

## Effingham County ROSC Council Meeting Minutes 10.16.2023

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Date: Monday, October 16<sup>th</sup>, 2023

Time: 1:00-2:00pm

Location: 104 Blohm Ave, Effingham IL & Zoom

Attendees:

**Zoom:** Margot Cepeda (VA Community Engagement and Partnership Coordinator,) Kevin McNally (SUD Counselor HHS,) Sam Weidner (Special Events Director Effingham & Clay County Health Department,) Kenneth Sterner (State Police, Drug force Analyst,) Nathan Nichols (Mobility Manager, C.E.F.S.,) Toby Depoister (Ministry Leader- Edgewood CR,) Leanna Morgan (Douglas Co ROSC Coordinator)

**In person:** Wallace Flaming (PLE,) Beth Wise (0-3 Home Visiting Program,) Cody Bushue (PLE,) Kelly Curll (Mental Health outpatient therapist- HHS,) Samantha Hicks (Effingham County ROSC Coordinator) Felicia Depoister (Effingham County ROSC Navigator)

Secretary: Samantha Hicks

### Minutes

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Council meeting attendees introduced themselves and agencies they represent or reason for being present.

#### **Guest Speaker:**

Kelly Curll is an Outpatient therapist at Heartland Human Services (HHS) in Effingham, IL. Kelly spoke on behalf of all programs offered at HHS. HHS has mental health therapy, substance use disorder (SUD) counseling, various groups that are provided on a need/want basis, Individual Placement Employment Services, Case Management, DUI evaluation, CILA, and geriatric Programs such as the Information Assistance Program, Family Caregiver Program, and Grandparents Raising Grandchildren. Kelly also discussed the mental health services and touched on the others. She stated HHS has a counselor for couples and marriages (LMFT.) Kelly also said they have 3 SUD counselors now and no waiting list for mental health services. Kelly stated she runs the anger management group, which is an 8-hour class but needs an average of 7-10 people to attend, so HHS has not hosted one in a while. Beth W. stated her clients were confused because they thought they were on a waitlist and couldn't get into the class. This issue was cleared up, and suggestions were made to various agencies and people to reach out to, as this has been identified as a gap in Beth's services. Kelly stated HHS offers a psychosocial rehabilitation program to help integrate their clients into various activities. Kelly said HHS has three residential houses (CILA) where people live 24 hours a day but was unable to provide much information when Samantha H. asked about who lives there and the criteria. Kelly said she would email Samantha that information. Kelly stated they accept clients from 10 years old and up for mental health services.

### **ROSC Coordinator/Recovery Navigator update**

Felicia D. gave an update on her peer-to-peer support and stated she has many people attend, and many leave her with education and resources/referrals to a higher level of care. She said she now has an office at the Family Connections building (where this meeting is held) being donated to her until the end of the year. Beth W. was the catalyst of this donation. Samantha H. stated ROSC gave Narcan training to the Family Life Center staff, which was great. She noted a lot of the staff have never been on the front lines of addiction and that it was eye-opening and informative for them. Samantha H. let the Council know that Lived-in Cosmetics is now a DOPP site and the location of Kaylee's store. Samantha H. stated she was meeting with the owner, Chandra, of the Amtrak station to discuss the possible placement of the Narcan newsstand, as having it outside was a concern. Samantha H. reviewed the 1st Free Laundry Day stats for the Council: 55 families helped, 75 wash cycles, 66 dry cycles, and \$473.50 worth of quarters were dispensed. She stated the next Free Laundry Day is Friday, October 20th, 2023. She also asked for suggestions and contacts for sponsorship/donations for future Free Laundry Days starting January 2024, as the health department's grant runs out at the end of the year. New Hope Church mentioned a small women's group trying the same thing a while ago but without much success. Samantha H. stated she has been in contact with the Connections Coordinator for New Hope and plans to set up a meeting with her when she returns from vacation. Samantha H. stated she and Felicia have Statewide ROSC tomorrow in Springfield, where they will discuss RCOs in depth- how to create one, funds, who can start one, etc.

Beth W. stated the Health Department obtained a 3-year grant for DCFS for a Family Resource Center. Beth W. says new employees start training next week. Services include case management and family advocacy through the Effingham County Family Resource Center. Provides referrals to a network of community agencies and services. Plans and facilitates or collaborates with local agencies to offer classes and individual sessions to increase the family's knowledge of parenting, anger management, substance use disorder support, mental health counseling, financial literacy, job readiness, and other life skills. Works with families to develop a plan of support to serve their individual needs best. Provides support to DCFS Alumni under the age of 30.

### **Advisory subcommittee discussion**

Cody B. showed the Council the purple shirts made of the Halloween Parade with ROSC's recovery logo on the front and "East Central Illinois ROSC" on the back. Cody B. stated the PLE committee will build the ROSC float this Thursday. The next PLE committee meeting date will be discussed during the float-building process and posted on the PLE committee page on Facebook.

### **ROSC Related Events**

Samantha H. stated the 2nd Free Laundry Day is this Friday and asked volunteers to attend for an hour to dispense quarters and keep track of stats. Samantha H. named and thanked the volunteers at the 1st Free Laundry Day.

Samantha H. stated Red Ribbon Week is the last week of October and that Felicia D. will be sharing her story at Tri-Star Academy, Aspire High School, and Brownstown schools during that week. Brownstown is in Fayette County, and the assembly will have 7th-12th graders in attendance. The school's counselor contacted ROSC to speak for Red Ribbon Week.

Samantha H. stated ROSC will be at Cornerstone Trunk or Treat on October 28th and in the Halloween Parade on October 29th, along with 10-15 people from the PLE committee and their families. Samantha stated anyone who wants to be a part of the ROSC float is welcome to join. Samantha H. mentioned an idea for a "RECOVERY" basketball tournament that is the same as HORSE but with the word recovery. She suggested having the Hidden in Plain Sight display for parents to view while their children shoot hoops. Felicia D. suggested asking Olivia Jenkins, who works for HH Prevention, for help. Samantha H. will reach out to Olivia. Beth W. said that often, the rec center will donate the time for the space to non-profits as it is \$60 an hour to rent. Samantha H. suggested partnering with Joe Sippers for community members, families, and PLEs to display artwork of "what recovery means to them." The Council liked this idea. Sam W. suggested a pottery group to set a time and day for people who want to do this. She told me to contact local artists to see if anyone has space or a kiln.

Samantha H. passed around the Strategic Plan for FY24 and asked people to look it over and write their names next to the goal they wish to see steps taken to complete. Beth W. was the only Council member to do so. Samantha H. will email the plan to the Council and ask for responses.

Next ROSC Meeting Date: **Monday, November 20<sup>th</sup>, 2023 @ 1 pm**

Location: **104 Blohm Ave in Effingham & Zoom**

Contacts:

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