



Bond County Recovery Council
Wednesday, November 8, 2023
10am-11:30am (probably only until 11am)
Via Zoom/In Person at the SMART
building 3rd Floor

Meeting Agenda

1. Welcome and Introductions

In Person:

Toni Randall-BCRC
Dan Hutchison-Chestnut
Tony Brooks-Bond County Coroner
Kat Houghton-Southern Region 6 Mentor
Melissa Monte-The Aviary Treatment Center
Stacy Nonn-RCORP
Michelle Dettwiler-St Francis Way Clinic
Dusty Hanner-Chestnut
Naomi Fulton-RCORP
Bill Archibald-Mayor of Smithboro

Via Zoom:

Monique Brunious-BCRC
Julie Pohlman-ROSC Mentor Region 4
Chuck Bersin-PLE
Savannah Welch
Donnis Campbell-Chestnut
Kacie Blaser-HSHS Greenville Intern/Nursing Manager
Kelly Jefferson-NAMI
Jamie Armstrong-RCO AMARE/PLE
Tracy Dones-Chestnut
Michelle Miller-Prairie Counseling Center
Alice Fitzsimmons-Lost & Found
Megan Miller-Prairie Counseling Center
Savannah Welch-ROSC Montgomery/Macoupin

2. Review Old Business

*Completed Resource List-Monique has been working on these a lot. Please check and let us know if any changes/additions need to be made. Please send a separate email with "Resource List" in the subject line and include exactly what you want in the body of the email. We will have these new lists to share in December.

*We participated in the Keyesport Halloween parade-Saturday, October 28th

-We only had 4 people who were able to participate, but they handed out a lot of information.

-Thank you to all organizations that donated candy this year. Funderburks in Pocahontas donated all of the candy for this last parade.

-Thank you for Dusty Hanner for taking the lead on this.

*Meeting cards-featuring meeting days of the week. We will be reprinting in December. Please send any updates of meetings to me. Current list is at the end of this document.

*Red Ribbon Week-Updated about "Too Good for Drugs" training program that was completed by a few Council members. Working with School Resource Officer for BCCU#2 to start this in schools. We were able to do several lessons from this during Red Ribbon week to give examples of how it works.

3. Presentation- "Lived Experience", Naomi Fulton-Chestnut Health Systems RCORP Recovery Specialist. Naomi shared her personal experiences with Mental Health. It is important to share personal stories at least once a year so the Council can continue to remember why we do what we do. Recovery is a beautiful thing and we want to do everything in our power to support it. A huge thank you to Naomi

4. Strategic Plan Work Groups

-**RCO Development**-meets the 2nd Tuesday of the month, 2-3pm, McDonalds in Greenville. We are looking for a few more people to join this group. We are currently looking at RCO's and how that might look in Bond County. Rebecca Klitze, Gene Dunkley, Kelly Jefferson, Patrick Miller, Shane Pinnell, Monique Brunious & Toni Randall. Next meeting will be December 12th.

-**Transportation**-2:30-3:30pm, meet via Zoom on the 3rd Tuesday of the month. Melissa Marti, Michelle Miller, Jennifer Noel, Chuck Bersin, Patrice White, Monique Brunious & Toni Randall. Next meeting is November 21st.

-**Stigma**-2-3pm, meet at Lost & Found in Greenville on the 4th Tuesday of each month. We are looking for projects to do within the community that will help to reduce Stigma. Alice Fitzsimmons, Rebecca Klitze, Kelly Jefferson, Kristine Gamm-Smith, Monique Brunious & Toni Randall. Next meeting November 28th.

5. New Business

-Bond County Transit New Program-(see flyer at the end of the minutes for more information). Transit bus will take people to Vandalia one day and Highland the other day to more stores than what is in Greenville. It is a flat rate of \$10 to be picked up at your house and taken back after the trip. 15 bags of groceries allowed. Call Bond County Transit the day before to set up ride. Recovery council is working on a service project that could supply individuals in recovery with vouchers to pay for their ride.

-3 New meetings in Bond County, really needing everyone to share about the one being held in Keyesport.

*Attendance has been low and we are trying to promote this one in Keyesport. Flyer at the end for these 3 new meetings

-CRAFT (Community Reinforcement Approach-Family Therapy) being done as a Zoom meeting through Prairie Counseling Center. Please take a look at attached flyer for more information.

-PALS (Parents of Addicted Loved Ones) other friends and family are invited. Must be 18. Being done by a couple in Clinton County. See attached flyer for more information.

-AMARE Family Support, Jamie Armstrong Certified Recovery Coach. She can connect people to several groups & support networks. She works in St Clair, Madison, Christian & Jersey. She can work with families from Bond County virtually. For more information reach out to her at Jaime Armstrong jarmstrong@amarenfp.org

-SMART Recovery-Prairie Counseling Center, Tuesdays 10am & 6pm. See flyer at the end

-REFLECTIONS-Prairie Counseling Center, 1st Wednesday of the month. See flyer at the end of minutes

-Representation from the community at meetings. We will be discussing ideas at the next meeting. Need feedback from the council on how to grow our reach and add new members. PCC meets regularly with Law Enforcement and keeps them updated on what is going on. Below is the Sectors that we need to have represented at our meetings each month. Having everyone represented is the best way to have the most success in Bond County

| Sector | Additional Sector Information | | | | |
|--|---|--|--|--|-------------------------------|
| Person with Lived Experience | | | | | |
| Recovery Supports | Recovery Supports: RCO | Recovery Supports: 12 step or other group | Recovery Supports: Housing | Recovery Supports: Other | |
| Faith-based Groups | Faith-based: Local Pastor | Faith-based: Ministerial Alliance | Faith-based: Other | | |
| Family/Parents | | | | | |
| Service Providers | Service Providers: Harm Reduction | Service Providers: Programs for Unhoused Individuals | Service Providers: Employment Programs | | |
| State/Local/Tribal Government | Government: Local Official | Government: County Official | Government: 708 Board | Government: State Official | Government: Re-entry programs |
| Substance Use Treatment Organizations | Treatment: Local Provider | Treatment: Hospital Program | Treatment: Withdrawal Management Program | Treatment: Other | |
| Healthcare | Healthcare: MAR Prescriber | Healthcare: Hospital | Healthcare: County Health Department | Healthcare: Other | |
| Law Enforcement | Law Enforcement: Local Police | Law Enforcement: County Sheriff's Dept. | Law Enforcement: ISP | Law Enforcement: State Attorney's Office | Law Enforcement: Other |
| Judicial | Judicial: Drug Court Representative | Judicial: Public Defender's Office | Judicial: Probation | Judicial: Other | |
| Volunteer/Civic Organizations | Volunteer: Drug Free Coalitions | Volunteer: Other | | | |
| Education/Schools | Education: Local University | Education: GED programs | Education: Local K-12 | Education: Other | |
| Youth-Serving Organizations | Youth-Serving: Local Prevention Providers | Youth-Serving: Other | | | |
| Media | | | | | |
| Business | Business: Local Business | Business: Chamber of Commerce | Business: Other | | |

6. Advisory Board for People with Lived Experience. In 2023 we will be meeting every month on the first Wednesday of the month from 7pm-8:30pm. We meet at Senior Center from now on. Free drinks & \$20 GC for attending & contributing. Next meeting December 6th at 7pm-8:30pm.

-hosting Family Game night for the remainder of the year on the 3rd Saturday night of the month from 6-9pm at the Senior Center. Our next one is this Saturday, November 18th. We will not have one in December because of the Holiday weekend.

7. Update from any Groups & Organizations-

-New CR meeting at Baptist Church. 3rd Tuesday of the month at 6pm. Chuck will get more information.

-Michelle PCC working with jail to review available services in jail and would like to add more. Please reach out to Michelle with ideas or info.

8. FREE Virtual Narcan Training each month by Chestnut. We also have FREE Narcan for anyone who needs it.

Future Meeting Dates for 2023:

December 13, 2023

BCRC Vision: Working together to build and maintain safer and healthier communities of recovery and hope.

BCRC Mission: To empower the Bond County communities to support prevention and recovery through awareness, policy, education, stigma reduction and access to quality services.

Current Meetings list for Bond County: (we will be updating). Please let me know of any changes that need to be made.

| | |
|-----------|---|
| Monday | Men's Group at Lost & Found, 206 W Oak, Greenville, IL-7-8:30pm |
| | Sober Bar at Lost & Found for ALL 8:30-11pm |
| Tuesday | SMART Recovery -Prairie Counseling Center, 1520 S. 4th St, Greenville, IL-10am (2nd Tuesday of the month only) |
| | Women's Group at Lost & Found, 206 W. Oak, Greenville, IL-6:30-8pm |
| | Living FREE 12 Step Recovery at house across from Tamalco Church, 1798 Tamalco Ave., Keyesport, IL-6pm |
| | CRAFT (Community Reinforcement and Family Training) at Mulberry Grove Community Building, 203 Colburn Dr., Mulberry Grove, IL-6pm |
| Wednesday | Reflections Group -Prairie Counseling Center, 1520 S. 4th St, Greenville, IL-10am (1st Wednesday of the month only) |
| Thursday | Finding Freedom AA Meeting , Bond County Senior Center, 1001 E. Harris, Greenville, IL-12:30pm |
| | Celebrate Recovery at FM Church, 1367 IL-40, Greenville, IL- *5:30pm-Dinner, *6:15pm-Large Group, *7:15pm-Men's & Women's Groups (Childcare Available) |
| Friday | Sober Bar at Lost & Found, 206 W Oak, Greenville, IL, 7-11pm |
| Saturday | |
| Sunday | Sober Bar at Lost & Found, 7-9pm |
| | AA Meeting at Mulberry Grove Fire House, 1897 US-40, Mulberry Grove, IL, 7pm |



WEEKLY DISCOUNTED SHOPPING TRIPS

**EVERY
TUESDAY**

**Vandalia
Walmart or
Aldi**

11:00am - 12:00pm

\$10



**EVERY
WEDNESDAY**

**Carlyle
Shopping
(up to 2 stops!)**

11:00am - 12:30pm

**1 Stop: \$10
2 Stops: \$12**

**EVERY
THURSDAY**

**Highland
Walmart or
Ruler Foods**

11:00am - 12:00pm

\$10



Call (618) 664-9844 to reserve your seat

NEW RECOVERY MEETINGS

In Bond County



The Healers Community

(Restoration Recovery)

2nd & 4th Saturday of
the month at 11am

Bond County Senior Center

1001 E. Harris

Greenville, IL

Open to anyone in Recovery

Coffee served

Sponsored

By:



Finding Freedom

Every Thursday at 12:30pm

Bond County Senior Center

1001 E. Harris

Greenville IL

Open Meeting

Coffee Served



LIVING FREE

12 STEP RECOVERY

Every Tuesday at 6pm

Tamalco Christian Church

(house across the street)

1798 Tamalco Ave.

Keyesport, IL

Open to EVERYONE

618-381-0831



mbrunious@chestnut.org



Funded in whole or in part by the Illinois Department of Human Services,
Division of Substance Use Prevention and Recovery

CRAFT Group



Community Reinforcement Approach – For Family (CRAFT)

CRAFT is an evidence-based method for motivating your loved one toward recovery while taking care of yourself in the process.

Find out more information at:

www.helpingfamilieshelp.com/about-craft

WHEN:

Every Tuesday at 6 P.M.

WHERE:

Via Zoom ONLY:

<https://us06web.zoom.us/j/9653794348>

Call Prairie Counseling Center at 618-664-1455 for more information

CRAFT-based approaches offer tools & skills for inviting change:

- *Learn proven strategies to help encourage your loved one to get into treatment.*
- *Stay connected with your loved one while taking care of yourself.*
- *Invest in your own skills to support long-term change.*
- *Get the support & guidance you need to cope & move ahead.*

Learn how to respond to your situation in ways that you can feel good about.





NEW PARENT SUPPORT GROUP

For families of adult children
dealing with substance addiction

Parents of Addicted Loved Ones (PAL) PROVIDES HOPE

*"PAL
brought back
hope, sanity and
purpose in our lives.
We have learned
to live again."
- PAL parent*

Tuesdays, 7:00-8:30PM

Virtual Meeting
Via Zoom

CONTACT: Craig Loddeke
craigloddeke@yahoo.com

FREE weekly meetings feature:

- Education
- Peer-to-peer support

Participants must be 18 or older.

TOPICS INCLUDE:

The addiction cycle • Enabling behaviors • Delayed emotional growth
Role of the family • Setting realistic boundaries • Emotional detachment
Financial strings • Steps of recovery • Recognizing relapse

FOR MORE ABOUT PAL, VISIT THE WEBSITE AT
www.palgroup.org

SMART Recovery



SMART Recovery 4-Point Program

- BUILDING AND MAINTAINING MOTIVATION
- COPING WITH URGES
- MANAGING THOUGHTS, FEELINGS AND BEHAVIORS
- LIVING A BALANCED LIFE

In-Person Meeting at Bond County Health Department Every Tuesday at 10:00 a.m. and 6 p.m

SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a tool-box of methods and strategies.

The goal of SMART Recovery is for you to achieve a health, positive and balanced lifestyle and to "move on" when you feel confident your addictive behavior is behind you, rather than remaining a permanent participant in the program. Graduates are invited to volunteer as meeting facilitators or to volunteer in other roles to help "give back to our recovery community."

Example of tools

Change Plan Worksheet: This is a chart on which you list your goals, how to attain them, ways in which to overcome obstacles and challenges, etc.

Cost/Benefit Analysis (CBA): This tool is especially useful for increasing motivation to abstain from addictive behaviors.

Role Playing/Rehearsing: This tool is used to rehearse how to avoid addictive behavior at high-risk upcoming events.

Prairie Counseling Center
1520 South Fourth Street
Greenville, Illinois 62246
Tel: 618-664-1455 Fax 618-664-1374
24H Crisis Line: 618-228-4587



Are you

- **Feeling busy?**
- **Feeling distracted?**
- **Feeling exhausted?**
- **Feeling overwhelmed?**

Prairie Counseling Center is starting a group that is perfect for you! PCC's Reflections Group will help you look into yourself to see your own mental and emotional processes. Many of us have so many overwhelming emotions that our mind is chaotic, this group will help us learn skills to calm our mind so we can build new emotional processes that will make it easier for us to cope with life's challenges.

The group will meet at the Bond County Health Department the first Wednesday of every month at 10:00 a.m.

Please let your counselor know if you are interested or if there are any barriers that may keep you from attending.