



Livingston County ROSC Council Meeting

Thursday, December 7th, 2023 at Noon (Zoom Videoconference)

Agenda:

- Introductions and Opening Remarks (Ice Breaker: Favorite Holiday Tradition/Memory)
- New State Deliverables and ROSC Updates
 - Asset Mapping
 - Gap Analysis
 - Strategic Plan
- 2023 Toy Drive
- Agency Updates
- Housekeeping (Social Media ([Livingston Facebook](#) & YouTube; Next Meeting 12/7/23)

Attendees:

John Schneider (Livingston Ford ROSC)
Kari Knapp (Chestnut Health)
Sandra Beecher (Gateway Foundation)
Erin Fogarty (Livingston County Health Dept)
Johanna Gonzales (SUPR/IDHS)
Adrian Barr (Prairie State Legal)
Leann Courson (Region 3 ROSC Mentor)
Theresa Diemer (IHR)
Erick Mund (Livingston County Probation)
Dave King (Carle Hospital)
Dan S. (PLE)
Rhonda Sue Looney (Recovery Specialist)
Erick Mund (Livingston County Probation)\
Abby Behrens (Brightpoint, Butterfly Project)
Kami Garrison (Chestnut Health Systems)

*Note: Today's meeting was recorded for data collection and archival purposes. If you were unable to attend and want to see what you missed, or if you want to relive all the enjoyment, here is a [link to the meeting recording on YouTube](#).

General Discussion:

- **Intros & Ice Breaker:** The meeting started on time with John asking attendees to introduce themselves if they wished. Today's Ice breaker was an optional Agency Update and your Favorite Holiday Memory/Tradition. Examples of the latter included cookie decorating, buying real Xmas trees every year as a family, a game that involves hiding pickles and competitive adults, large family gatherings on Christmas Eve, 'Stopwatch' Saran Wrap Unwrapping (with little gifts embedded in the ball of thin plastic frustration), making homemade noodles with kiddos, watching 'classic' movies with family (from Die Hard to Krampus to Wonderful Life), hiding Gonzo (Muppet?) in the Xmas tree and throughout the



house, South American (Honduras) traditions, and many more to help remind us that it is the season to be grateful (and jolly).

- **Meeting Recording:** John announced we will be recording again today for data collection, reference and archival purposes. These recordings are stored on YouTube. There are several references throughout this doc, but you can also access video by clicking: <https://youtu.be/Uy5UOAYmjs0>
- **CCE:** Certified Recovery Congregations: Kari reported the CCE (Center for Community Engagement) has started its faith-based recovery programs for local church congregations.
- **Gateway:** Sandra reported that Gateway is opening a new facility in Bloomington for MAR, Outpatient, Partial Hospitalization, etc. Open House will be in February. A new facility is also opening in Peoria with similar services. Sandy clarified that detox services are currently open in Springfield facility.
- **Prairie State Legal:** Adrian reminded the council that the Prairie State Legal office is in McLean County but they do serve clients in Livingston.
- **IHR:** Theresa reported a new Family Group has started (bi-weekly on Thursdays and Saturdays). The goal is to combine people with lived experience and family recovery (geared towards people relatively new to recovery).
- **Brightpoint:** Our Coalition meetings on 12/14 from 12 to 1p (Prairie State Legal will be presenting, with lunch provided). Contact Abby for more information.
- **Carle:** Continuing focus on mobile unit in Vermillion County (for HR services focused on rural areas), utilizing peer support.
- **Salvation Army:** Caroline reported that they have had 90 families sign up for meals this year, which was nearly double last year's output. We're working hard to get our Toy Drive going, which starts next week (176 kids signed up for Tree/Toy Drive, which is also a big spike up from last year). On a more serious note, Caroline shared that November was difficult month, particularly with regard to people having no home or shelter available to them (including families up to 8). Due to lack of shelter and Fiesta being full, that family was unhoused for at least one night. Caroline wanted to point out homelessness is increasing and that's a concern with the weather turning for the worse in coming months.
- **WIT Program:** Erin reminded the group of the WIT (?) program that helps ensure children are receiving proper nutrition (including babies and tips on breast-feeding, etc.). The feedback from survey participants has been very positive and encouraging. Income guidelines are more 'generous' than people may believe, so please don't hesitate to ask or refer people.

- Asset Map:** This doc/process model serves as a 'quick reference' glance at our correlation (i.e. mapping) of existing Livingston County services within key areas identified as being most critical to holistic recovery supports (e.g Medication Assisted Recovery, Food Pantries, Public Transportation, Mental Health Providers, SUD/MH Tx Providers, etc.). Please scan QR Code on screenshot below (below/left) to access a full screen version of all three deliverables covered today.

State Deliverables: Community Asset Map

- Dashboard View of Local Recovery Capital
- Scan QR below for full-size access to *all* state deliverables:

Updated Nov. 2023

Livingston ROSC is funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

- Gap Analysis:** One of our new deliverables for 2023 (due to State in November) was a Gap Analysis of the Livingston County community. We, as a ROSC, conducted a similar exercise when conducting and creating the Community Needs Assessment in 2021. It has been two years though, so the ROSC team felt it was prudent to review the Strengths, Weaknesses, Opportunities, and Threats presenting facing the community in 2023. The screen shots below depicts the Gap Analysis, but if illegible, please consider scanning the QR Code (above and below; embedded in slides) for a full screen version via access to our Virtual Resource Site.
 - John pointed out that funds will not be available (from the state) forever, so while we are building out services, we want to ensure they are long term and available to recovering people for *generations*, not just a few weeks or months.



<h1>Gap Analysis</h1> <p>Summary of Recovery-Oriented Gaps in Livingston County; Updated Nov. 2023</p>				
	EXISTING SITUATION	TARGET SITUATION	GAPS	ACTION ITEMS
TRANSPORTATION	Local recoverees in rural areas lack transportation for recovery meetings, events, treatment, doc appts, and other recovery-oriented commitments.	Public transportation or volunteer pick-up/drop-off services available to people in recovery with a need to attend meetings, treatment, outpatient, doctor appointments, etc.	Many newly recovering people lack vehicles or money for transportation to recovery meetings and other commitments necessary to continue their journey; Treatment, Doctor Appointments, Recovery Events/Plonks, Church, etc. Very minimal assistance currently offered.	Establish group of volunteers to focus on transportation solutions. Discuss potential vouchers or free transportation solutions Seek possible grant opportunities; collaborate with Probation to assess the progress and efficiency of their new transportation funding Research feasibility and legal implications (insurance, etc.) of launching fleet of volunteer drivers
SOBER LIVING	Overall lack of capacity for sober living in Livingston County and minimal rent or deposit assistance for those who do find a bed.	Increased capacity for sober living (more homes/beds) and rent assistance for people leaving treatment or jails. Citizens in first year of recovery stand a much better chance of success.	N.A, C.A, CR, SMART, All Recovery, Al-Anon (Family), Adolescent (Ala-Teen)	Launch sub-committee or small task force to research viability of increasing sober living capacity. Fundraising for scholarship fund for people leaving treatment or jail and seeking recovery) Talk to local property owners, Oxford House Inc. and other potential stakeholders to determine feasibility of more sober living, establishing new Oxford House, apartments, etc.
MULTIPLE PATHS OF RECOVERY	County primarily has A.A. meetings; gaps include lack of Narcotics Anonymous, Cocaine Anonymous, Celebrate Recovery, SMART Recovery, All Recovery, Family Recovery, and other paths.	Livingston County offers a variety of Recovery Meeting choices for recovering people, from secular to diversified 12-step programs to faith-based recovery options.	Unless a local newcomer to recovery is not amenable to A.A. then there are very few meetings available. Gaps include Narcotics Anonymous, Cocaine Anonymous, Celebrate Recovery, All Recovery, as well as specialized groups like Ala-Teen, SMART, etc.	Conduct exhaustive 'inventory' of active meetings in Livingston County Contact N.A., C.A. National Offices (along with any other desired 12-step programs), faith-based meetings, etc. to confirm what is needed to register new meeting. Create service flyers, make announcements for Pontiac Alano Club & other meeting sites to advise the need for N.A., C.A., All Recovery, Ala-Teen chairpersons to sustain new meetings.

<h1>Gap Analysis</h1> <p>Summary of Recovery-Oriented Gaps in Livingston County; Updated Nov. 2023</p>				
	EXISTING SITUATION	TARGET SITUATION	GAPS	ACTION ITEMS
SUD EDUCATION & AWARENESS	Rural communities can be even more reluctant to change. The ROSC has made great strides but needs to continuously educate the public why addiction is a disease and not a moral failure.	Community is more aware of how addiction is an illness of the brain. This awareness can reduce stigma and open opportunities for local recoverees (jobs, housing, etc.)	Stigma regarding substance use disorders (SUD) and mental health (MH) illness is still present in community despite improvements. It takes time to change hearts and minds and we recognize this is an ongoing effort/gap.	Continue to discuss with council and share new and emerging awareness/training topics to pursue. Continue seeking community events, recovery fairs & celebrations to build ROSC Awareness with resource tables, giveaways, literature, speaking engagements, and more Seek new and additional opportunities to reduce stigma through social media, ROSC 101 Orientation Binder, brochures, etc.
AWARENESS OF EXISTING RESOURCES	County is geographically dispersed and there is not always awareness among industry workers about local services; much less people new to recovery.	Recovering people and human service workers in Livingston County are more aware of local services, how to get involved, and can easily access the information when needed.	Gaps addressed through Restaurant-style 'Placemat' with local resources (distributed to local dining), Newsletter, Social Media and Virtual Resource Guide; Increase recruitment of People with Lived Experience (PLEs) and develop marketing materials for recruitment & conveying that anybody can join ROSC.	Finalize ROSC 101 Orientation Binder materials with explicit listing of most relevant local resources. Continue to update the Virtual Resource Form (Jotform) weekly with relevant news, latest minutes, flyers and event announcements, etc. Communicate with ROSC stakeholders at least monthly and allow council members to provide agency updates regularly to ensure we are aware of latest local services, events, postings, etc.

- John also briefly reviewed the Strategic Plan and ensured attendees knew where to find a full copy of it (Jotform/Virtual Resource App/Link below). Transportation and initial brainstorming of possible solutions, challenges, workarounds, requirements, etc.
 - **Primary Gaps:** Lack of Transportation, Sober Living, Multiple Pathways of Recovery (i.e. expanded support groups), SUD Education & Awareness (Stigma Reduction), and Awareness of Existing Resources were the 5 main gaps identified through our assessment process and council meeting discussions.
- **Toy Drive:** John reminded the council about the ongoing Toy Drive, in which the ROSC is assisting Salvation Army. John thanked Heller Motors, Chamber of Commerce, Caterpillar and others who participated and hosted dropoff boxes.
- **2023 Successes:** John took a few moments to recap some of the milestones achieved by the Livingston County ROSC over the past year. Examples included the 2023 Holiday Toy Drive (still ongoing), adding at least eight new council members (a huge “W” considering the size of the county, several Recovery Month events and activities, increasing awareness of SUD/MH recovery in order to reduce stigma, tripling Narcan distribution from 2022 to 2023, raising awareness of Livingston ROSC ‘brand’ through participation at events, development of Virtual Resource Guide, creation of Restaurant Placemats, Liv-ROSC business cards (QR to resources), HIPS (Hidden in Plain Site) trailer, Coffee n

Clay sober rec events, and more.

Celebrating 2023 Accomplishments Pt. 1

- › Holiday Toy Drive Collaboration
- › Added 8+ New Council Members
- › Recovery Awareness Month!
 - Library Initiative: Nine local libraries displayed recovery literature
 - Block 59 Recovery Celebration in Pontiac
 - Harvest Days ROSC Table & Hidden in Plain Site Trailer (HIPS)



2023 Accomplishments (cont'd)

- Tripled the NARCAN distribution at ROSC event tables from 2022 to 2023
- Building awareness of “Liv-ROSC” name, brand, and services:
 - Increased ROSC participation and presence at local community events.
 - Distribution of ROSC T-Shirts
 - Distribution of 1,400 Resource cards with QR codes do date
 - Virtual Resource Guide
 - Bi-monthly ROSC Newsletter
 - Restaurant Placemats
- Accomplished strategy and goals per our requirements
- Coffee and Canvas events (in tandem with Ford ROSC)
- We turned 2 years old!

- **2024 Goals/Going Forward:** John reviewed some of top goals and solutions we will seek to address starting (or going into) in 2024. Examples included the following:
 - Continue with Agency Partnerships & Collaboration (John shared this is relatively easy in Livingston County due to agency and staff willingness to get involved).
 - PLE Recruitment & Retention
 - Reduce SUD/MH Stigma through Education & Awareness
 - Seek Pragmatic Solutions for Transportation, Housing & other Recovery Supports
 - Focus on Family Events & Programming
 - Evolve ROSC Maturation and Gain Community Buy-in



- **2023 Toy Drive:** Liv-ROSC's role with the Toy Drive ends Friday December 8th (tomorrow), when John makes his final pickups. Anyone can drop off unused and unwrapped toys at any point during regular business hours of these locations. Contact Caroline McLeese with Salvation Army if you have donations after tomorrow but are unable to make the drop-off in time. Caroline added moments later that drop-offs can also be made after Friday directly to the Once & Again building at 123 Madison Street in Pontiac.



Other ROSC & Agency Updates:

- **Warming Bags:** ROSC is putting together 'warming bags' for people in need this Winter. Items include Hygiene products, as well as the following:
 - Gloves, hats, socks
 - Hand warmers
 - Snacks
 - NARCAN
 - Educational materials
- **ROSC "101" Intro Binders:** Kari shared about a new work product being finished up by the ROSC core team. It is a small binder of information designed to serve as an orientation or introduction of the Livingston ROSC to newcomers. It will also help council members share about the ROSC and have tangible "documentation" to give others when speaking about it. Some of the content is listed below and we hope you'll help us get these out to those curious or interested in the ROSC:
 - One-pager, brochure, virtual resource guide information
 - Strategic plan, outreach plan, asset map, and more
 - Talking points – "how to talk about ROSC"
 - Talent assessment
 - Ways to get involved with ROSC
 - QR Codes and local meeting lists
 - Stigma and words matter documents



General Housekeeping/Way Forward:

- **New Livingston ROSC Newsletter** (“Liv Loves Life”) is completed and going through final reviews. It will be a special bonus size Holiday edition and will be quickly updated to include the new IHR Family Support Group. Look for a electronic copy of it to be sent with these meeting minutes. Please share with others and print out copies for your message boards, lobby/waiting rooms, local support groups, Alano Club, etc.
- **The Livingston ROSC Virtual Resource Guide** (aka. Jotform) is being updated continuously (as information changes, events elapse, new events are announced, etc.). Scan QR below or [follow this link to access](#) a variety of Liv-ROSC-related docs, services, meetings, videos, etc.

https://www.jotform.com/app/231105805739152?utm_source=jotform_pwa

FIND US ON SOCIAL MEDIA	LIV-ROSC VIRTUAL RESOURCE GUIDE
 Livingston-County-Recovers-a-ROSC-Community	
 Livingston.County.ROSC	
 Livingston County ROSC	
 LivingstonCountyROSC@gmail.com	

- **Today’s Recording:** <https://youtu.be/Uy5UOAYmjs0>
- **Next ROSC Council Meeting:** Thursday, January 4^h at Noon (same Zoom info, below)

<https://zoom.us/j/94591664561?pwd=bno1c3c3cGhoY3B0Z2xlOXlrMW5yZz09>

Meeting ID: 945 9166 4561

SAMHSA ROSC Definition and Website:

