



**Bond County Recovery Council
Wednesday, December 13, 2023
10am-11:30am (probably only until 11am)
Via Zoom/In Person at the SMART
building 3rd Floor**

Meeting Minutes

1. Welcome and Introductions

In Person:

Tony Brooks-County Coroner
Bill Archibald-Mayor Smithboro
Mark Knott-MERC
Dan Hutchison-Chestnut
Julie Herr-Chestnut
Melissa Monte-The Aviary
Naomi Fulton-RCORP
Michelle Dewittler-Americorp
Savannah Welch-Macoupin/Mongomery Co ROSC
Kat Houghton-Region 5 Mentor

Via Zoom:

Angela Holloway-MERC
Kelly Jefferson-NAMI
Chelsey Scott-Prairie Counseling Center
Jennifer Noel-Bond County Transit
Alice Fitzsimmons-Lost & Found
Jamie Armstrong-AMARE
Veneta Wadlow-Head Start
Tracy Dones-Chestnut
Megan Miller-Prairie Counseling Center
Julie Pohlman-Region 4 Technical Assistance
Chuck Bersin-PLE
Liz McQuaid-OND/DOPP
Elyse Shoen-Macoupin/Montgomery Co ROSC
Elyse Shoen-Macoupin/Mongomery
Cindy Crouch-HSHS Greenville

2. Review Old Business

*Completed Resource List-In the attachments is where we currently are on these. Please send a separate email with "Resource List" in the subject line and include exactly what you want changed or updated in the body of the email. They are much more extensive than the old ones. Old ones were 4 page of Bond County only. New ones are 24 pages with surrounding counties and state hotlines.

*Meeting cards-featuring meeting days of the week. We will be reprinting soon. Show current list. The list is at the end of these minutes. Please notify if anything is missing or is incorrect.

*Update 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. Michelle Dewittler is interested in this information. I will connect her with our person at Chestnut.

3. Presentation- Kelly Jefferson, National Alliance on Mental Illness-Southwestern Illinois (NAMI-SWI), Program Director, will be speaking to coalition members about how the holiday season can be difficult for individuals with mental health & substance use issues.

-Holidays can be stressful for many people who struggle with loss, Addiction, Health, Mental Illness, and many other things. Changing thoughts and ideas to meet stress relief can be helpful. Changing the ways we celebrate (create different strategies) the Holidays. Create new traditions. Release high expectations of others. Go with the flow, take time to relax. Get a plan together. Seek extra visits with a therapist. Talk to doctor about adjusting medications, get enough sleep, don't eat the junk food, and exercise. Know the warning signs-then take a break. It's OK to say NO or set limits. Make sure that a non-alcoholic option is available. Keep everything safe with alcohol free celebrations.

NAMI offers some really great classes. Flyers for those are attached also.

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 in January.

-**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 in January.

-**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 is in January.

5. New Business

-Illinois Youth Survey for 8th, 10th & 12th graders. We are working with SOR officer Taylor Hill on a plan to have the schools taking this. It gives GREAT data that if taken every other year can provide a lot of trending data. Also provides information that can be used for the school to receive more funds.

-Bond County Transit New Program- 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. For more information see the attached flyer.

-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

-NA-NEW meeting starting at Sorento Baptist Church on Mondays. First one is January 1st, 6:30-7:30pm

-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 jamstrong@amarenfp.org](mailto:jamstrong@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

*Each of these flyers is included at the end of this document and also in attachments. Please reach out if you would like me to deliver any printed copies to you.

-Representation from the community at meetings. We will be discussing ideas at this 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 January 3rd at 7pm-8:30pm.

-hosting Family Game night for all of the next year on the 3rd Saturday night of the month from 6-9pm at the Senior Center. Our next one is January 20th. We will not have one in December because of the Holiday weekend.

7. Update from any Groups & Organizations-

-Lost & Found will be hosting a New Years Eve Party. I will be sending more details.

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

Future Meeting Dates for 2024:

January 10, 2024	July 1, 2024
February 14, 2024	August 14, 2024
March 13, 2024	September 11, 2024
April 10, 2024	October 9, 2024
May 8, 2024	November 13, 2024
June 12, 2024	December 11, 2024

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.

Recovery Supports in Bond County Illinois

Monday	Men's Group at Lost & Found, 206 W Oak, Greenville, IL-7-8:30pm
	NA Meeting at Sorento Baptist Church, 206 W Taylor St, Sorento, IL, 6:30-7:30
	Sober Bar at Lost & Found for ALL 8:30-11pm
Tuesday	SMART Recovery -Prairie Counseling Center, 1520 S. 4th St, Greenville, IL-10am & 2pm
	Women's Group at Lost & Found, 206 W. Oak, Greenville, IL-6:30-8pm
	CRAFT (Community Reinforcement and Family Training) Prairie Counseling Center done via Zoom. Call 6918-664-1455 for the link.
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	Healers Meeting at Senior Center, 1001 E Harris Ave, Greenville, IL, 2nd & 4th Saturdays at 11am
Sunday	AA Meeting at Mulberry Grove Fire House, 1897 US-40, Mulberry Grove, IL, 7pm



We, in cooperation with OSF Saint Anthony's Health Center Psychological Services, will be sponsoring Family Support Groups in Alton.

[NAMI Family Support Group](#) is a safe place for family members, significant others, and friends of people with mental health conditions share feelings, coping and communication strategies. This group will meet monthly. Attendance is open to everyone.

Meetings will be held on the third Thursday of every month.

**7pm – 8:30pm
In the 3 West Meeting Room
1 St. Anthony's Way
Alton, Illinois 62002**

Enter through the emergency room entrance. Straight past registration, continue hallway to elevator number 3 in lobby. Take to the third floor. When you exit the elevator there will be signs directing you to the meeting room.

Facilitators: Diane and Paul Borawski (with more than 10+ years of lived experience in supporting families).

To register or for questions please contact Kelly Jefferson at kelly.nami.swi@gmail.com or 618-798-9788.

NAMI SWI Office
Gateway Regional Med. Ctr.
2100 Madison Ave.
Suite #4401
Granite City, IL 62040

<http://namiswi.org>
(618) 798-9788
info@namiswi.org



Southwestern
Illinois

Serving the Eight Illinois Counties of: Bond, Clinton,
Macoupin, Madison, Monroe, Montgomery, Randolph, & St. Clair



NAMI SWI Support Group Meetings



The Family Support Meetings are free for family members, significant others, and/or friends of persons with a mental health condition.

1st Thursday of every month

ZOOM only

Facilitators: Wendy Klein and Linda Hylla
7 - 8:30 PM

2nd Wednesday of every month

In-person and on ZOOM

Facilitators: Mark and Kelly Jefferson
7 - 8:30 PM
Heights Community Church,
231 South Bluff Road, Collinsville, IL. 62234

3rd Wednesday of every month

In-person

Facilitators: Mark and Kelly Jefferson
6:00—7:30PM
Oakland Avenue Clinic,
205 Oakland Avenue, Carlinville, IL 62626

~~4th Thursday of every month~~

~~In-person~~

~~Facilitators: Paul and Diane B...ski
7 - 8:30 PM
Hope Christian Church
9272 Coon... Road, Columbus, IL 62236~~

4th Thursday of every month

ZOOM only

Facilitators: Pat Rudloff and Beverly Churchill
7 - 8:30 PM

CONTACT PERSON for all meetings is Kelly Jefferson. For more information or questions about the meetings, you may email her at kelly.nami.swi@gmail.com or call the NAMI SWI Office at (618) 798-9788

CHANGES IN RED



This free peer-to-peer Support Group is for adults with a mental health condition working towards recovery!!

Weekly—Every **TUESDAY**

New Day!

ZOOM Only

6:30-8:00pm

ZOOM: <https://us02web.zoom.us/j/3914844542>

Monthly—1st Saturday of Each Month

In-Person

1:00pm

LINC Office,
#15 Emerald Terrace
Swansea, IL 62226



NAMI IL is offering Statewide Spanish Connection and Family Support Group Meetings via ZOOM.

Contact: Support@namillinois.org

[En Español - NAMI Illinois](#)

What to Expect & Why Participate in Support Groups?

- ◆ Support group leaders discuss challenges and successes while sharing healthy coping strategies.
- ◆ NAMI support groups can be the perfect complement to medical treatment for those looking for emotional support.
- ◆ Support groups create community and foster connection for a sense of belonging and support.
- ◆ Support Groups allow you to hear that others have very similar story to your own. Something that worked for them, may not work for you. Similarly, something that did not work for them, may just be the thing to help you. Through it all...you are not alone.

**YOU ARE
NOT
ALONE**

Revised 09/07/2023



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

Supported by the :



Vouchers available for Community Service
work within the Recovery Community

Contact Toni Randall for information 618-304-2590

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

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



Reflections Group

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.