

Ford County ROSC Council Meeting Minutes

Tuesday, December 19th, 2023 at 8:30 AM (Zoom/Virtual)

Rescheduled meeting from December 26th

Attendance:

Kari Knapp (Chestnut Health Systems, Ford ROSC)
Frankie Ward (Chestnut Health Systems, Ford County ROSC)
Barbara Brumleve (Chestnut Health Systems, Ford County ROSC)
John Schneider (Gibson City Celebrate Recovery)
Tia Schum (Piatt County ROSC)
Kerrie Blanton (Clove Alliance)
Leann Courson (Bridgeways – Region 3 mentor)
Kami Garrison (Chestnut – Region 3 TA – Statewide ROSC)
David King (Carle)
Donny Gill (Ford County Public Health Department)
Helena Longfellow (Gibson City Hospital)
Jennifer Anderson (Ford County (Probation))
Tim Nuss (Ford County Board District 2)
Abby Behrens (Butterfly Project)
Ashley Laurent (Regional Planning Commission)
Odette Watson (East Central Community Action Agency)

Agenda:

- Introductions and Opening Remarks
- Navigating the Holiday Season
 - Holiday tips for self-care
 - Optimizing your mental health
 - Prioritizing recovery/supporting a loved one
- 2023 Year in Review – Highlight ROSC Accomplishments
- Ford ROSC Updates
- Agency Updates
- Conclusion

Introductions & Agency Updates:

- Today's meeting started with introductions

Main Discussion – Navigating the holiday season (self-care and supporting others):

Learn more by visiting SAMHSA: <https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

Focus on self-care for your overall health and wellness.

Here are some ways to take care of yourself one small way each day:

Coping Tips

Take care of your body

- Get enough sleep
- Spend time outside
- Play sports
- Get exercise

Take care of your mind

- Write or draw your feelings
- Take a few deep breaths
- Take a break from news or social media
- Explore your interests and hobbies
- If you can, follow a regular schedule each day and build in time to take breaks
- Celebrate large and small successes

Connect with people for support

- When you feel ready, think about asking for help
- Join a support group or online community
- Talk to people who care about you and won't judge you—and be open to their advice
- If you're in a safe relationship, be open with your partner about what you're going through
- Get involved with a sports team, school activity, or a religious or spiritual organization
- Volunteer for a cause you care about

Holiday/Winter Tips for Self-Care

SAMHSA [samhsa.gov/find-support/how-to-cope](https://www.samhsa.gov/find-support/how-to-cope)

TIPS & TRICKS TO OPTIMIZE YOUR MENTAL HEALTH THIS SEASON

Focus on what you can control.

Keep up with healthy habits & self-care.

Core 4 – Sleep, nutrition, movement, stress management.

Reach out for help when you need it.

Manage expectations.

Be kind to your wallet.

Pull back when you need to.

Monitor your moods.



A guide on navigating the season in recovery:



A GUIDE ON NAVIGATING THE SEASON IN RECOVERY

- Stick to your boundaries, especially with your family.
- Keep your self-care routine going.
- Stay connected to your (sober)network.
- Think before you commit.
- Don't worry about saying no.
- Tell the host you might slip away early – have an exit plan.
- Think it Forward – play the tape...
- Help someone else.



HOW TO SUPPORT A LOVED ONE WITH MENTAL HEALTH STRUGGLES THIS SEASON

Be a listening ear – utilize active empathetic listening skills.

Ask how you can best help and support them.

Give reassurance and information once you loved one feels heard and seen.

Encourage professional and self-help support.

**HOW TO SUPPORT A LOVED ONE
ALONG THEIR SUBSTANCE USE
RECOVERY JOURNEY THIS SEASON**

Communicate.

**Encourage them to celebrate with a
fellow friend in recovery.**

Reduce holiday pressures.

**Educate others on the recovery
process.**

Promote recovery and well-being.



**FORD COUNTY ROSC
VIRTUAL RESOURCE
GUIDE**



**RESOURCES
FOR YOU
AND YOUR
LOVED ONES**

**MCLEAN COUNTY ROSC
VIRTUAL RESOURCE
GUIDE**



Home > "Holiday/Winter
Resources for Self-Care"

A Year in Review (2023):

- All Awareness Day – a collaboration of the whole community
 - Will do again in May 2024



- **Connected in the Community**
 - Wide variety of resource tabling, educational events, etc.
 - Canvas & Coffee (sober recreational activities)
 - Celebrated National Recovery Month!
 - Painted the town purple for National Recovery Month
 - Celebrated recovery in unique ways
 - Created and distributed the Ford County Virtual Resource Guide
- A December to Remember (was held on **Thursday December 14th from 5:30-7pm at Methodist Church!**)
 - Free professional family photos!
 - Shared resources, education, etc.
 - Celebrate Recovery donated snacks and treats



Moving Forward in 2024:

- We used to have an Outreach Sub-committee in the earlier days of the Ford ROSC. It seemed to lose some momentum over time though and was eventually disbanded. Frankie is starting a new sub-committee (Workgroup) for the third goal above (Stigma Reduction): “Inform and Engage the Community to Increase Awareness and Reduce Stigma around SU/MH”. Please contact Frankie or Kari if you have any questions or would like to be a part of this workgroup. You can also sign up via the QR code above. *We cannot do the things we hope to do without volunteers from our ROSC council. If interested in signing up for the subcommittee, scan the QR code:*



- Strategic Plan – our team is continuously working towards achieving the goals/objectives of our strategic. We will be prioritizing this in the days ahead!
- If you have any specific things that you would like us to include in meetings, please reach out to our ROSC team to share ideas/thoughts. More information forthcoming.
- Please reach out to Frankie if there are any subsequent announcements, flyers, or other information you would like help sharing. We can post to our social media and other outlets. Below is a larger image of the ‘business cards’ we are handing out with regularity.

Agency Updates

- Ashley Laurent- looking for businesses who are seeking assistance with employment opportunities; can bring in individuals ages 18-24 (agriculture, CDL, etc.) who are able to support with these employment needs
 - If you know of anyone in this age range that have graduated OR dropped out of high school, receiving SNAP benefits, English as a second language, has a disability, foster child, low-income, single parent, etc. – please refer to them to Ashley
 - Will pay wages and their insurance to work
 - If an adult is looking for resume building support, Ashley can support with this, too
 - Contact Info: Ford and Iroquois Counties 815-432-5246 (works for both counties) al Laurent@ccrpc.org

- Ford County Board – if anyone has any information that they would like to share or would like to present information on, please reach out to Tim Nuss
 - ROOSC is now a subcommittee of the Ford County Board
 - ROOSC will continue to provide updates to Tim
 - 2nd Mon of every month at 7:00 PM in basement of Sheriff building
 - Prior notice is not necessarily required for involvement – just arrive early for introductions/sign in
 - Have press available, community involvement, etc.
- Celebrate Recovery (Gibson City)
 - Retooling teen program (12-18 yrs. Old) – hurts habits and hangups
 - Recognizing more struggles within this age range
 - Seeing kids entering into substance use at an earlier age, but also, they are bringing it forward with the CR leaders/support staff
 - If anyone has any ideas/help on how to best support these youth, please reach out to John Schneider at jjschneider@chestnut.org – this celebrate recovery is the only youth focused recovery group in the county
 - Looking for resources/locations/donations/direct time to support these youth
 - What are the next steps for these youth? CR is open to partnerships with local agencies for youth recovery events, sober social opportunities, etc. – looking to be ahead of the curve
- Dave King (Carle)
 - Health Management Associates (HMA) Conference – Peoria, IL (January 31st)
 - Registration link: <https://www.eventbrite.com/e/supporting-recovery-for-illinoisans-with-opioid-use-disorder-tickets-764966203507?aff=oddtcreator>
 - Geared towards anyone interested in bringing Medication Assisted Recovery (MAR) services to county jails
 - Assembling overdose resource bags that will include NARCAN/stigma reduction educational and tools– will be distributed to EMS folks, community agencies, during street outreach, etc.
 - New Outreach Worker started yesterday – based in Hoopston, IL
 - NARCAN update – comes from the Health Department out of Champaign, if we need extra NARCAN for Ford County, please reach out to Dave King.
 - All Carle staff will be Narcan trained

Conclusion and Wrap Up:



NEXT FORD CTY ROSC COUNCIL MEETING:

January 23, 2023

8:30-9:30 AM

<https://zoom.us/j/98701015645>

Meeting ID: 987 0101 5645