

McLean County Recovery-Oriented Systems of Care (ROSC) Council Meeting Minutes

December 19, 2023

Date: Tuesday, December 19, 2023

Time: 3:30 – 4:30 pm

YouTube Link: <https://www.youtube.com/watch?v=BVjbbKe4OTo>

Location: Zoom only

Agenda:

- Introductions and agency updates
- Navigating the Holiday Season
 - Holiday tips for self-care
 - Optimizing your mental health
 - Prioritizing recovery/supporting a loved one
- Community Resource Spotlight: A New Horizon (Recovery Community Center)
- McLean ROSC Updates
- Conclusion

Attendees and agency updates:


Today's meeting started with introductions and agency updates were provided on the front end of the meeting:

1. Kari Knapp (Chestnut Health)
2. Cat Hays (Chestnut Health Systems)
3. Barb Brumleve (Chestnut Health Systems)
4. Anonymous (PLE)
5. Johanna Gonzalez (IDHS/SUPR)
6. Kami Garrison (Statewide ROSC Region 3 TA)
7. Jimmy Buonavolanto (Chestnut Health Systems)
8. Amanda Spencer (A New Horizon RCC)
9. Jen Woodrum (Center for Youth & Family Solutions)
10. Allen Reid (PLE)
11. Noah (Prairie State Legal Services)
12. Michael Smith (Oxford House Inc.)
13. Dameca Kirkwood (Prairie State Legal Services)
14. Mesha Williams (CDV, Community Action)
15. Timothy Mollet (A New Horizon RCC)

16. Randi Derrig (Chestnut Health Systems)
Update: Able to provide free NARCAN or NARCAN trainings to you or your agency
17. Doug Bernius (Heartland Community College)
Update: classes starting on January 16; 9 people completed courses this past semester
18. Erika Hahn (Omni Youth)
Update: if anyone has connections/contacts to local high schools or sports teams, please reach out to Erika – Omni Youth Services is able to provide educational opportunities for spring
19. Nolan Recker (Center for Community Engagement, CCE)
Update: working on increasing MAR services in county jails and the IL Faith & Recovery C Collaborative
20. Amy Hopper (McLean Co. Health Department)
Update: working with Chestnut to increase partnership on NARCAN distribution
21. Cecelia Long (Prairie State Legal Services)
Update: tax clinic program – for any clients who might be having issues with taxes; there are also educational opportunities for tax providers; all services are free to those who qualify; please reach out to Cecelia for more information
22. Abby Behrens (Brightpoint, Butterfly Project)
Update: program is expanding – Therapist and two Case Manager positions are open/posted
23. Michelle Cope (Bloomington Public Library)
Update: renovations under way! The governor was promoting the Dolly Parton Imagination Library – open to all children throughout IL – if they go to the Imagination Library website and try to sign up and it is not available to them, please reach out to Michelle. This is available to ALL children. Winter activities going on in library – library will be closed on Christmas Day and New Years Day
24. Alex Sullivan (PLE)
Update: working on recovery story sharing program with ROSC and seeking recovery support internship opportunities MaResa (McLean CASA)
25. MaResa (McLean County CASA)
Update: training for new volunteers starts on January 30th – if interested in being a volunteer, please reach out to MaResa

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

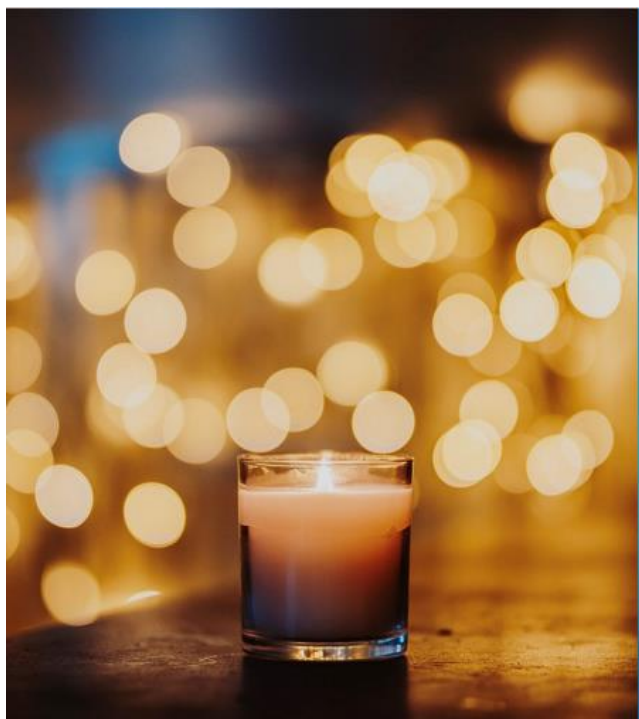
Connect with people for support

- 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

SAMHSA samhsa.gov/find-support/how-to-cope



Holiday/Winter Tips for Self-Care



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

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.

REMINDERS FOR THE

holiday season

♥ Set boundaries

♥ Take breaks

♥ Rest as needed

♥ Check in on loved ones

988 SUICIDE & CRISIS LIFELINE

How to Support A Loved One with a Mental Health Disorder This Season

Be a listening ear – utilize active empathetic listening skills

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

Ask how you can best help and support them

Encourage professional and self-help support

How to Support A Loved One Along Their Substance Use Recovery Journey This Season

- Communicate. According to Mental Health First Aid, people are more likely experience a recurrence of symptoms if there is an emotional upset in their life, but family and friends can try to reduce this possibility. Becoming aware of potentially triggering situations and knowing how to prepare for them can help minimize your loved one's risk of recurrence.
- Encourage them to celebrate with a fellow friend in recovery. Ask them to invite someone to the event who understands what recovery is like and what they are going through. Having a supportive friend by their side will make it easier for your loved one to handle any potentially stressful situations.
- Reduce holiday pressures. If you notice your loved one feels overwhelmed or uneasy, reassure them that declining an invitation, skipping a particular activity, or leaving a party early is perfectly acceptable. However, if they participate in the festivities, make sure they have a [backup plan](#).
- Educate others on the recovery process. Let family and friends know ahead of time that someone in recovery will be attending the holiday event. Some people may not understand how to interact with someone who is overcoming a substance use challenge. Give family and friends guidance on how to interact with someone in recovery.
- Promote recovery and mental wellbeing. Find ways to support your loved one's recovery. Motivate them to engage in consistent healthy behaviors, like eating healthy, exercising, or engaging in self-care. Offer to attend a support group meeting with them, such as a 12-step program (Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), for example) or a different mutual aid group (like SMART Recovery or Celebrate Recovery).
- The holidays are about spending time with your loved ones. If you have anyone in your life who is in recovery, let them know that you support their recovery and will do your best to accommodate them.

Community Resource Spotlight: A New Horizon Recovery Community Center (Sonja Workman)

- Anyone is welcome to reach out to Sonja for more information or would like a tour of the new Recovery Community Center (A New Horizon)
 - Contact: workman@mcchs.org
- Belief that there is hope and healing for all that are in recovery
- PowerPoint Overview:
 - Opened for services November 1, 2023
 - Mission is to bring hope & support to individuals, families, and allies affected by addiction related to substance use and misuse, empowering them to build happy, healthy lives
 - Services are available to anyone in ALL states of recovery from substance use disorders (ages 12 years and older)
 - Recovery Community Center will be a resource for education, advocacy, peer support, and training
 - Transportation assistance will be provided to participants for activities, events, etc.
 - Services are flexible – calendar of events will be provided

- One on one peer coaching and support is available; willing to accommodate the individuals schedule who is seeking support
- Certified Recovery Support Specialists are a guiding factor in service delivery

Services include:

- Recovery Support Services
- Health and Wellness Education
- Employment Coaching
- Employment Training
- Recovery Coaching
- Recovery Skills
- Spiritual Support
- Peer Coaching

Services may be Individual and/or Group

This peer-run organization focuses on meeting people where they are at and helping to increase recovery capital, build hope, and sustain long term recovery goals.

Emphasis will be placed on exploration and discovery of behaviors and practices needed to maintain personal recovery plans, while developing positive self-images and to develop positive self-images through acknowledgement of the processes of recovery from addiction disorders.

ROSC Updates:

- **If you Need Narcan:** Please contact Randi Derrig for Narcan.

**McLean County
Narcan**

- ▶ If interested in receiving free Narcan in McLean County, please contact Randi Derrig
 - ▶ rwderig@chestnut.org
- ▶ If interested in receiving a free Narcan training, please email
 - ▶ SR-NARCAN@chestnut.org



- **ROSC Intro “101” Binders:** Kari discussed plans and work already underway to create “ROSC 101” Orientation/Intro Binders for new council members or prospective volunteers interested in joining. It will utilize feedback from last month’s meeting and will include a “Finding Your Strengths” worksheet to help the council identify the various strengths and areas for development among the ROSC Council. This will enable us to hopefully match talents with future initiatives.
- **Event-Planning Committee** is meeting bi-weekly at 11am on Tuesdays (contact team if interested in joining) to discuss plans for Holiday recovery parties/gatherings. Due to the amount of Recovery Month activities and recent state deliverables being due all at once, the team decided to bypass the Holiday Party this year, so while there will not be a holiday party, there will be activities around the corner in Jan-Feb to compensate. The committee is always seeking new perspectives and people to help us brainstorm and plan upcoming ROSC events and opportunities.
- **Personal Care and Warming Outreach Bags:** will be filled with personal care items, winter wear accessories such as hats, gloves, and socks, NARCAN, educational materials, and much more! ROSC staff will be distributing to local libraries in rural McLean County and other pertinent agencies for distribution to families/individuals in need.
- **Recovery Film screening:** The team wants to screen a recovery-oriented movie as a recreational and educational event in early 2024. Looking at a partnership with ISU Recovery Redbirds.
- Will continue with **4th Annual Family Night at Grady’s** event next year, likely in June.

Other Agency Updates/Upcoming ROSC Events:

- **McLean County Sober Social Guide (SSG):** The McLean ROSC core team is working with a consultant to develop a comprehensive, digital sober social guide (phone link) for a wide variety of recovery-oriented services, leisure and supports. Please scan the QR Code below for a full, updated listing of McLean County Supports (Support Groups, Outdoor Recreation, Arts & Crafts, Volunteering, Games & Family Fun, Recovery Supports & More!



- **McLean County Recovery Story Sharing Program:**

Next Meeting/Contact Info:

- Cat provided some Planning Committee updates; the team is currently meeting weekly on Tuesdays at 11am. Several new members have recently joined and we are always thrilled for more new faces. The more people we have, the more ideas and capacity we have to do great things!
 - Join the Planning Committee that meets bi-weekly on Tuesdays to plan and discuss various upcoming ROSC recreational and educational events. Contact cmhays@gmail.com
- Please contact Cat (cmhays@gmail.com) if you are interested in joining the Events Planning Committee, helping to form any additional sub-committees, updates/events you would like shared on our social media as cross-promotion, or anything else relevant to recovery-oriented services.
- **Next Meeting:** Tuesday, January 16, 2023 at 3:30pm
- Contact Info:
 - a. Kari
 - Kari Knapp, Email: kmknapp@chestnut.org
 - Cell: 309.391.1802
 - b. Cat Hays & Barb Brumleve
 - Email: cmhays@chestnut.org
 - Cell: 309.665.2067
 - bdbrumleve@chestnut.org