



MERC Meeting Agenda

9:00 a.m. via Zoom

<https://zoom.us/j/97144229718>

December 21, 2023

Welcome and Introductions

- Welcome and please introduce yourself, your organization, and the role you play at your agency and new information concerning your agency. Members in attendance:
 - Angella Holloway- Chestnut/ROSC
 - Ashley Holmes- Division of Rehabilitation Services (Belleville)
 - Beverly Holland- Chestnut/Statewide ROSC
 - Daniel Hutchison- Chestnut/ROSC/OEND
 - Emma Bowen- Guest Speaker Chestnut/Gambling Outreach
 - Greg Norkus- St. Clair County Probation
 - Jane Nesbit- St. Clair County 708 Mental Health Board
 - Jennifer Schulz- Centerstone
 - Kat Houghton- Egyptian Health/Statewide ROSC
 - Lindsay Minor- Montgomery/Macoupin County ROSC
 - Mark Knott- Chestnut/ROSC
 - Monique Brunious-Chestnut/Bond County ROSC
 - Naomi Fulton- Chestnut/RCORP
 - Savannah Welch- Montgomery/Macoupin County ROSC
 - Stephanie Everhart- Chestnut IPS Employment

Old Business

- Megan Tyler of Sacred Spaces of Care: Megan sent an informational flyer that will be disseminated to this group to share.
- The next sub-committees meeting will be Tues Jan 9th at 2pm. This will be a virtual meeting and Mark Knott will send invites. New members are always welcome.

New Business

Guest Speaker: Emma Bowen from Chestnut Health Systems presented on problem gambling. Emma shared information about what differentiates gambling from playing games, comparison to substance use disorders and problem gambling, warning signs of problem gambling, and the impact it has in regards to finances, physical health, and mental health (including a very strong correlation to suicidal ideation). For more information reach out to Emma at embowen@chestnut.org or call her at 618-205-8239. Emma has also shared her

presentation and it will be passed along to the group. Other notable info to share if you know someone in need: 1-800-GAMBLER (800-426-2537)
AreYouReallyWinning.com

Announcements and upcoming events

- Starting December 13th at the Edwardsville Library there will be monthly Stigma conversations along with Narcan demonstrations will continue to be held the 2nd wed of each month
- Weekly Early recovery meeting Tuesdays at 6:30 pm at 144 E Ferguson in Wood River (Amare). Will be continuing in the next year.
- St. Clair County 708 Mental Health Board reported Opioid Abatement funds for the coming year have been provided to Comprehensive Behavioral Health, Chestnut Health Systems, TASC, Amare, Health Link.
- If your agency or those you work with are in need of Narcan Training and Narcan to distribute please reach out to SR-NARCAN@chestnut.org. The training can be on site or virtual. The training and the Narcan are provided at no cost.

Wellness Moment

- Mark Knott – Chestnut Health Systems Community Health Specialist III
 - Reminder to put down the phones and enjoy the ones around you this holiday season.

MERC Upcoming Zoom Meeting

December 21, 2023

Metro East Recovery Council (MERC) Vision:

A community system that nurtures and supports individuals and families seeking or maintaining recovery for themselves or a loved one.

Recovery Oriented Systems of Care (ROSC) Mission:

Collaborating to build and empower communities of recovery.