

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

January 16, 2024

Date: Tuesday, January 16, 2024

Time: 3:30 – 4:30 pm

YouTube Link: <https://youtu.be/1YdTVlxA3x8?si=9gx41B2Aw5AdnzGw>

Location: Zoom only

Agenda:

- Introductions and agency updates
- Community Resource Spotlight: The Center for Community Engagement
- Special Meeting Topic: Targeted Rural McLean County Community Outreach Update & Gathering Council Feedback
 - Specific Communities for Targeted Rural Community Outreach
 - Council Feedback – Open Discussion of Previous Rural Community Outreach Successes
 - Slido Polls
 - Of these organizations/affiliations, which do you think our team should prioritize first?
 - Of these communication channels, which do you believe has the greatest impact in rural McLean County?
- 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 (McLean ROSC/Livingston ROSC/Ford ROSC)
2. Barb Brumleve (McLean ROSC/Ford ROSC)
3. Cathleen Hays (McLean ROSC)
Update: *Cat is fundraising under her team name, "Recovery Renegade" for Night in a Car 2024, an annual fundraiser for Home Sweet Home Ministries for their homelessness services. Link for support/donation: <https://nightinacar.org/support-our-participants/profile/recovery-renegade>.*
4. Selena Nolan (Chestnut)
5. Nolan Recker (Chestnut/CCE)
6. Autumn Olowo (Chestnut/CCE)
Update: *Lots of resources to share with the community from the Center for Community Engagement.*
7. Amy Hopper (McLean Co Health Dept)
Update: *Working with Chestnut Health Systems on Narcan distribution partnership.*

8. Cindy Alcazar (U of I Extension)
9. Jeff McFadden (West Central IL ROSC Coordinator/Statewide ROSC Mentor)
Update: Jeff is the new Systems of Care Coordinator for the West Central Illinois ROSC and is the new Region 3 Statewide ROSC Mentor.
10. Danielle Heffernan (Dupage Co. ROSC)
Update: Dupage County ROSC has a new Instagram account to follow: <https://instagram.com/dupageco.rosco/>. Handle-dupage.rosco.
11. Amy Stork (McLean Co Court Services)
Update: If interested in improving collaboration in the McLean County Court Services, please reach out to her, amy.stork@mcleancountyil.gov.
12. Jonathan Baptist (BN Parents)
13. Allen Reid (PLE)
14. Hannah Lombardi (Butterfly Project)
15. Erika Hahn (OMNI Youth Services)
Update: Learning the Keys to Succeed Webinar featuring Chicago Cubs 2016 World Series MVP Ben Zobrist on Wednesday, 1/31/2024, 12-1 pm, via Zoom. Link for more details: <https://ilhpp.org/events/learningthekeystosucceed-with-benzobrist>.
16. Sandra Beecher (Gateway)
Update: New McLean County location for Gateway Foundation to open in March 2024. Tentative open house/ribbon cutting on 3/14/2024. Flier with details to come.
17. Jimmy Buonavolanto (Chestnut)
Update: Promotion of Chestnut Family Health Center Community Room - Actively looking for organizations, agencies, groups, and individuals to make use of space. If interested, contact Jimmy via email, jbuonavolanto@chestnut.org.
18. MaResa (McLean Co. CASA)
19. Joshua Edwards (Mayors Manor)
20. Cecelia Long (Prairie State Legal)
Update: Prairie State Legal Services has been expanding services over the last 2 years to address a wide variety of legal issues/topics. Current program-working with children in the foster care system, specifically with considerations for special needs, accessibility, and school expulsions. Offering referral services for DCFS case workers or employees directly working with DCFS. If interested in knowing more, contact Cecelia via email, clong@pslegal.org.
21. Abby Behrens (Butterfly Project)
Update: The Butterfly Project has a virtual coalition meeting on 2/5 from 11 am – 12:30 pm via Zoom. For more details, contact Abby via email, abehrens@brightpoint.org.
22. Dorothy Davis (Brightpoint)
Update: Two upcoming programs from BrightPoint for parents. 1) Creating Your Fatherhood Blueprint on 2/15, 11 am – 12 pm via Zoom (Registration Link: <https://www.surveymonkey.com/r/fatherhoodmanifesto2-15-24>); 2) Building a Winning Team, a 7 week parenting program for moms (Registration Link: <https://www.surveymonkey.com/r/BWTJanuary2024>).
23. Randi Derrig (BN Parents)
Update: Public Narcan Training on 2/6, 3 pm, at Chestnut Family Health Center, 702 W Chestnut St, Bloomington. Flier to soon be distributed by McLean ROSC team.
24. Wendi Ashford (Carle Browman, Addiction Recovery/MAR)

25. Kami Garrison (Statewide ROSC TA)
26. Danny Sourbis (Dupage Co. ROSC/Statewide ROSC TA)
Update: Sober Fun Event with the Dupage County ROSC-Saturday, 1/27, 7-9 pm, at Serenity House, 891 S Rohlwing Rd, Addison, IL. Link for more details: <https://www.dupagerosc.org/events>.
27. Marita Landreth (McLean Co FUSE)
Update: McLean County FUSE will be looking to hire an LPN/RN for their program.
28. Alex Sullivan (PLE)
Update: Alex is the community member running the McLean County ROSC Recovery-Story Sharing Program. If interested in sharing your recovery story via interview, please email the McLean ROSC team, McLeanCountyROSC@gmail.com, or Alex, asulliv5@my.heartland.edu.
29. Selena Pappas (Central IL FRIENDS)
Update: Central IL Friends has opened their new LGBTQIA+ community center in Peoria. They are currently working on the public spaces of the center. If interested in a tour or visit, get in touch with Central IL Friends.
30. Angi Chasensky (Statewide ROSC)
31. Michelle Cope (Bloomington Public Library)
Update: Indoor Seed Starting Program at BPL on Saturday, 1/27/2024 from 10:30-11:30 am. Link for more details: <https://www.bloomingtonlibrary.org/event/indoor-seed-starting-25252>.
Update: The Bookmobile Babes are fundraising for Night in a Car 2024, an annual fundraiser for Home Sweet Home Ministries for their homelessness services. Link for support/donation: <https://nightinacar.org/support-our-participants/profile/the-bookmobile-babes>.

Community Resource Spotlight: The Center for Community Engagement at Chestnut Health Systems



<p>Funded by IDHS; Division of Substance Use Prevention & Recovery and Substance Abuse Mental Health Services Administration</p>	<p>15 community assessments for counties in Central IL</p>	<p>Gaps: substance use stigma, recovery housing, and transportation</p>	<p>Toolkits addressing 3 identified gaps in SUD treatment services</p>	<p>CCE expands work throughout all of IL to communities, stakeholders, and coalitions</p>
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Trainings

Supporting communities, stakeholders, and coalitions with

- Community Organizing and Engagement
- Strategic Planning
- Strategic Prevention Framework (SPF)
- Substance Use Stigma 101
- Mental Health 101
- Trauma-Informed Care
- NARCAN® Training
- Other trainings by request



TECHNICAL ASSISTANCE

Supporting communities, stakeholders, and coalitions with

- Coalition development
- Establishing community support
- Increasing community readiness
- Marketing your coalition
- Increasing recruitment and retention of community partners
- How to organize an effective meeting
- Conducting a community assessment
- Data collection and interpretation
- Creating a strategic plan
- Strategic Prevention Framework (SPF)



STIGMA

- Stigma Video #1: The Basics
- Stigma Video #3: Harm Reduction
- Stigma video #2: Brain and Addiction
- Stigma video #4: Treatment
- Stigma video #5: Stigma & Recovery

TRANSPORTATION

- Connecting with HSTP Networks
- PCs for People
- Telehealth Cafes
- Transportation Grant Funding Opportunities
- Transportation Video #1: Managed Care Organizations 101
- Volunteer Models

RECOVERY HOUSING

- Housing Documentation
- Housing Stigma Fact Sheet
- Housing Video #1: Types of Recovery Housing
- Housing Video #2: Recovery Housing 101
- Levels of Recovery Housing
- Recovery Housing FAQ
- Recovery Housing Funding Source
- Recovery Support Meeting Options
- The Living Room Program

Coming soon: Integrated Care Toolkit



- Increase awareness of mental health and substance use challenges
- Identify and decrease stigma against substance use and mental health disorders
- Enhance collaboration between faith and recovery communities
- Increase community supports for individuals in recovery
- Increase recovery program participation and referrals
- Promote local prevention efforts & decrease deaths by overdose and suicide

Illinois Faith & Recovery Initiative



Contact Us

Website: www.coalitionsupport.org
Email: coalitionsupport@chestnut.org
Technical Assistance:



Special Meeting Topic: Targeted Rural McLean County Community Outreach Update &

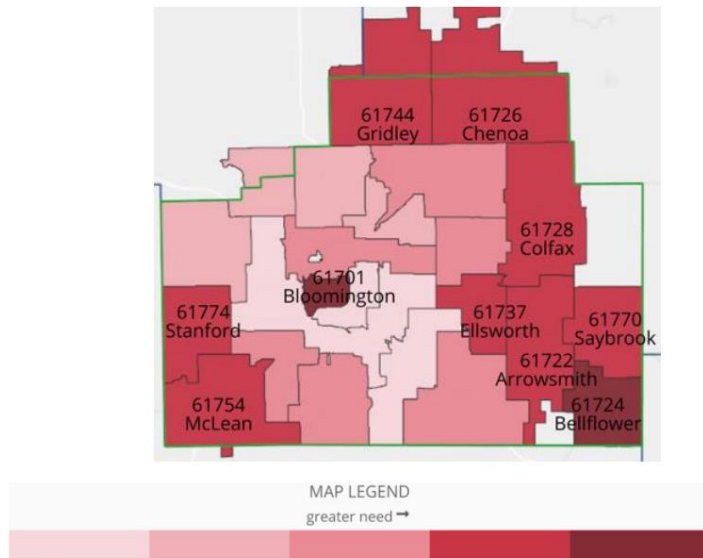
Gathering Council Feedback

- **Targeted Rural McLean County Community Outreach**
 - Chosen Communities:
 - Bellflower
 - Stanford
 - Ellsworth
 - Chenoa
 - Colfax
 - Arrowsmith
 - Gridley
 - McLean
 - Saybrook

Exhibit 4: High Health Equity Needs ZIP Codes - McLean County, 2021

City/Town	ZIP Code	Health Equity Ranking	Population
Bellflower	61724	5	488
Bloomington	61701	5	33,884
Stanford	61774	4	896
Ellsworth	61737	4	471
Chenoa	61726	4	2,505
Colfax	61728	4	1,395
Arrowsmith	61722	4	506
Gridley	61744	4	1,924
McLean	61754	4	1,121
Saybrook	61770	4	1,044

Exhibit 5: McLean County Health Equity Index, 2021



Source: Conduent Healthy Communities Institute, 2021

- **Community Selection Criteria and Approach:**
 - The 2023 Health Equity Index (formerly SocioNeeds Index), created by [Conduent Healthy Communities Institute](#), is a measure of socioeconomic need that is correlated with poor health outcomes. The index is part of Conduent's [SocioNeeds Index® Suite](#), which provides analytics around social determinants of health to advance equitable outcomes for a range of topics.
 - All zip codes, counties, and county equivalents in the United States are given an index value from 0 (low need) to 100 (high need). To help you find the areas of highest need in your community, the selected locations are ranked from 1 (low need) to 5 (high need) based on their index value relative to similar locations within the region.
 - Indicators of Need
 - Income-Average Household Income
 - Poverty-Families Below Poverty
 - Employment-Percent of Civilian Labor Force Unemployed
 - Education-Population 25+ with a High School Degree or Higher
 - Language- Population 5+ that Speaks Only English at Home
 - Medicaid enrollment- Adults with Medicaid Health Insurance
 - Race - Percent of Non-White Population
- **Targeted Rural Outreach Council Feedback – Open Discussion**
 - Marita Landreth
 - Micro outreach
 - Choose consistent day and time
 - Michelle Cope
 - Where do you post the schedule?
 - Suggestion of utilizing post office community boards – look at what the community is doing

- Smaller communities have a community center
 - Offer to utilize BPL Book Mobile as a strategy
 - Erika Hahn
 - Utilize postcards/snail mail
 - Everyone loves getting something in the mail
 - Lean into spaces where community members like to go – What spaces are they passionate about?
- **Slido Polls – Targeted Rural Community Outreach**
 - *Of these organizations/affiliations, which do you think our team should prioritize first (can select multiple)? Top answers are highlighted below:*
 - Churches – 50%
 - Schools/school districts – 57%
 - Parks and pools – 14%
 - Food pantries – 43%
 - Farmers markets – 29%
 - Small businesses – 14%
 - Civic/volunteer organizations – 21%
 - Community centers – 71%
 - Town halls/community buildings – 50%
 - Restaurants – 14%
 - Festivals – 21%
 - Post offices – 14%
 - Nonprofits – 43%
 - *Of these communication channels, which do you believe has the greatest impact in rural McLean County (option to select one)? Top answer is highlighted below:*
 - Fliers/brochures – 7%
 - Community bulletin boards – 0%
 - Email – 0%
 - Phone calls – 0%
 - Meetings – 7%
 - Local media channels (i.e. newspaper ads, radio) – 14%
 - Social media – 64%
 - All of the above – 7%



We Need Your Help!

We are seeking e-introductions to any rural community contacts that council members might be able to facilitate to aid the McLean ROSC Team to rural McLean County outreach efforts

Email: McLeanCountyROSC@gmail.com



McLean ROSC Updates:

- **McLean County ROSC 2023 Impact Report**

McLean County ROSC 2023 Impact Report

"Collaborating to Build & Empower Communities of Recovery."

ROSC Council Representation

- 24 Community sectors represented on the ROSC Council
- 47 New ROSC Council members recruited
- 2 New people with lived experience (PLEs) recruited
- 3 New Sober Social Planning Subcommittee members

Sober Social Events

- 9 Recovery recreational/sober social events offered
- 149 Unduplicated recovery recreational/sober social event participants

Outreach & Engagement

- 8 Community trainings & presentations
- 8 Community outreach & engagement events
- 6 Community resource spotlights
- 10 McLean County library partnerships for National Recovery Month 2023 Book Displays

Big 2023 Successes

- The 2023 McLean County Sober Social Guide
- Professional Clothing Drive
- McLean County ROSC/McLean County Problem Solving Courts Partnership
- McLean County ROSC Virtual Resource App

Thank you

Thank you to the McLean County ROSC Council, Community Partners, & Recovery Communities for a wonderful year!

The McLean County ROSC is funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention & Recovery.

- **ROSC Intro “101” Binders:** Binders are now ready. These are “ROSC 101” Orientation/Intro Binders for new council members or prospective volunteers interested in joining. Content includes: What is a ROSC Q&A?, Stigma & Language Overview, ROSC Elevator Speech & How to Get Involved, Recovery Support Groups Quick Reference Guide, McLean County ROSC Council Member Talent Assessment, McLean County ROSC Info One Pager FY24, McLean County ROSC Membership Brochure FY24, & more.
- **Personal Care and Warming Outreach Bags:** Bags were assembled by the McLean ROSC team end of December 2023. Bags are filled with personal care items, winter wear accessories such as hats, gloves, and socks, NARCAN, educational materials, and much more! The McLean ROSC team has already distributed 30 bags to the Junction at Home Sweet Home Ministries and 20 bags to A New Horizon Recovery Community Center and the Behavioral Health Urgent Care. Forty-five bags have been reserved for rural McLean County outreach, with 5 bags leftover.
- **McLean County Sober Social Guide (SSG):** The McLean County Sober Social Guide is now available both as a digital copy (<https://heyzine.com/flip-book/505fe4c39d.html>) and in limited print copies. If interested in receiving a print copy, please email the McLean ROSC team at McLeanCountyROSC@gmail.com.



- **The Sober Social Planning Committee** is meeting bi-weekly at 11am on Tuesdays (contact team if interested in joining) to brainstorm and discuss planning for upcoming Sober Social Events and Outreach/Engagement Initiatives. The committee is always seeking new perspectives and people to help us brainstorm and plan upcoming ROSC events and opportunities.
 - **Recovery Film screening:** The team wants to screen a recovery-oriented movie as a recreational and educational event in early 2024. Currently in talks with ISU Redbirds for Recovery collegiate recovery program to implement this.
 - Will continue with **4th Annual Family Night at Grady’s** event next year, likely in June.

- Please contact Cat, via email, cmhays@chestnut.org if you are interested in joining the Sober Social 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.

- **McLean County Recovery Story Sharing Program**



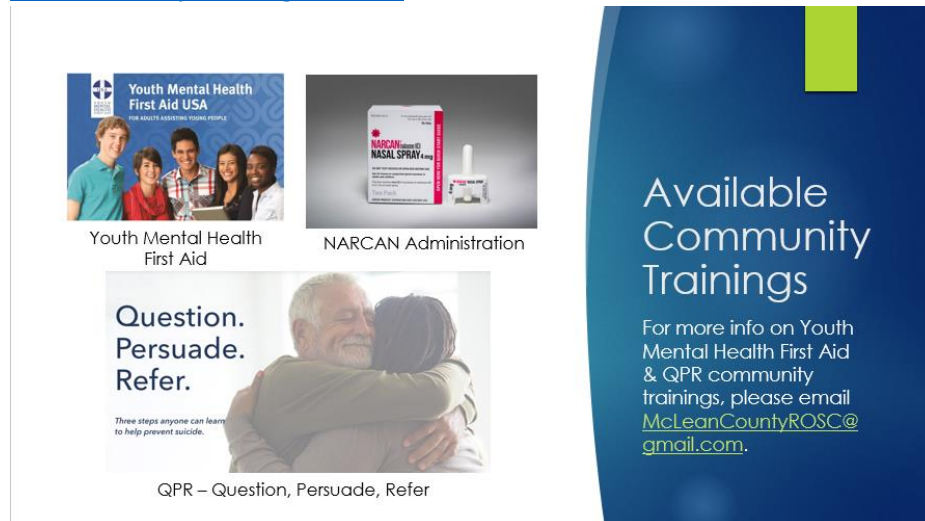
McLean County
Recovery Story-Sharing
Program

- ▶ FIRST STORY – CAT HAYS, MCLEAN ROSC RECOVERY SPECIALIST
- ▶ IF INTERESTED IN PARTICIPATING, EMAIL MCLEANCOUNTYROSC@GMAIL.COM OR ASULLIV5@MY.HEARTLAND.EDU



- **Available Community Trainings – Narcan Administration, Youth Mental Health First Aid, and QPR – Question, Persuade, Refer**

- If interested in receiving a free Youth Mental Health First Aid or QPR-Question Persuade Refer training, please contact the McLean ROSC team via email, McLeanCountyROSC@gmail.com.



Youth Mental Health First Aid USA
FOR ADULTS ASSISTING YOUNG PEOPLE

NARCAN Administration

Question. Persuade. Refer.
Three steps anyone can learn to help prevent suicide.

QPR – Question, Persuade, Refer

Available Community Trainings

For more info on Youth Mental Health First Aid & QPR community trainings, please email McLeanCountyROSC@gmail.com.

- **If you Need Narcan:** Please contact Randi Derrig for Narcan. If interested in receiving a free Narcan administration training, the McLean County ROSC team is now able fully trained to offer

these trainings in the community.

**McLean County
Narcan**

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



- **Community Call to Action – In the Spotlight**

- If interested in being a community resource spotlight at one of our upcoming council meetings or on our Facebook page, please fill out the following survey:
<https://www.surveymonkey.com/r/3LCPC9D>, or scan the QR code:



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Next Meeting & Contact Info:

- **Next Meeting – Tuesday, February 20, 2024**
 - 3:30-4:30 pm
 - Meeting virtually via Zoom (<https://zoom.us/j/3729798714>)
 - Meeting Code: 372 979 8714
- **Contact Info**
 - Kari Knapp, Associate Director of Community Health
 - kmknapp@chestnut.org
 - 309-391-1802
 - Barb Brumleve, Community Health Specialist
 - bdbrumleve@chestnut.org
 - Cat Hays, Recovery Specialist
 - cmhays@chestnut.org
 - 309-665-2067
 - McLean County ROSC Team
 - McLeanCountyROSC@gmail.com