

# Logan/Mason ROSC Meeting Notes

December 21<sup>st</sup>, 2023

## **Attendance:**

Abby Behrens (Brightpoint)  
Leann Courson (Region 3 ROSC Mentor)  
Kendra Jo Day (Memorial Behavioral Health)  
Cassie Delaney (Memorial Behavioral Health)  
Kami Garrison (Chestnut Health Systems)  
Grace Irvin (Chestnut Health Systems)  
Bryan L. (Community Member)  
Samantha Martini (Chestnut Health Systems, PLE)  
Calen Matthew (PLE)  
Molly McCain (Lincoln Memorial Hospital)  
Tristan McGrew (Recovery Support Group)  
Danny Sourbis (DuPage County ROSC)  
Kim Turner (Logan County Probation)  
Tyler Wenger (Chestnut Health Systems)

## **Old Business:**

Recovery in Action Updates- Samantha mentioned that the Recovery in Action group was in the Christmas Parade this year. At last year's parade, Sam, Jeanette, and three of their children were present. There were a lot more people who attended this year. The Recovery in Action group already has ideas for next year's parade. The goal for next year's parade is to have a float in order to not have to walk. The next Recovery in Action meeting is Tuesday, January 9<sup>th</sup> at 4:30 p.m. The meeting location is at 200 5<sup>th</sup> St. in Lincoln. The group is growing, however the group could still use more people to help with ideas and get out more in the community.

## **New Business:**

Samantha Shared Recovery Story- Samantha shared her story of recovery. She mentioned that we "recover out loud," meaning to be loud about recovery so that people know that it's possible.

Memorial Behavioral Health Presentation- Cassie Delaney gave an update on mental health: understanding the problem, the statistics, how to support someone struggling with mental health, and what services are available. Over this last year, mental health concerns have continued to increase in all different ages. There has been an increase in suicide as well. Still, there is a lot of stigma surrounding mental health. Last year, there was an increase in almost all areas of mental health conditions in age ranges, but the biggest jump is in the population of 75 years and older. In that age range there has been a 150% jump in suicide. It hasn't been this high in the history of this age group. There are groups like LGBTQ+ who also have higher rates of suicide and mental health conditions; they are four times more

likely than individuals who are their same age. The trends show that in rural areas the rates of suicide increase. There are lots of people who struggle with substance use and mental health. It is very important to check in with the people we are around. Having conversations is the best way to notice any signs of mental health challenges. After you've noticed some changes in someone, the first thing is to use a lot of 'I' statements: "I have noticed some changes..." and list the examples. Be a good listener, ask open-ended questions, and validate the person. Not every conversation about mental health has a solution, but there are resources. Know the resources available, encourage individuals, but also know where that line is in where professional help is needed. It's important to do a follow-up; if you're concerned about someone, don't have just one conversation. When someone is in a mental health crisis, you must keep in mind that safety is always first. If a person is putting you at risk, you always want to bring in an emergency response. One of the programs that is relatively new with Memorial Behavioral Health is the Mobile Crisis Response. This program covers all of Illinois. This allows someone to present in person in the community when someone's having a mental health crisis. Memorial Behavioral Health is the provider for Logan and Mason County and serves eight counties total. Another resources is 988. This is a nationwide call, text, chat program and has served millions of people throughout the United States. There is a Veteran's line, an LGBTQ+ line, and an ASL line. 988 serves 150 languages, is available 24/7, is anonymous, and if an individual needs in-person response, 988 can dispatch Mobile Crisis Response. Paperwork at Memorial Behavioral Health-Lincoln is offered virtually now. Memorial Behavioral Health-Lincoln offers therapy, adult case management, child stabilization/case management, community engagement, and crisis services- MCR, PRT, and 988.

Calen Shared Recovery Story- Calen shared his story of recovery. Calen is the president of the Oxford House in Lincoln, IL.

### **Reminders/Recovery Resources:**

Harm Reduction Resources- The Havana Public library will be having harm reduction resources. The Family Custom Cleaners provide harm reduction items for free: Narcan, Fentanyl test strips, and Xylazine test strips.

Flyers and Cards- If you need any flyers or cards for recovery meeting times and locations, let Grace or Jeanette know.

### **On-Going Projects:**

Oxford House Updates- The Oxford House is accepting applications. In Lincoln it is a seven-men house with a \$150 deposit and costs \$150/week for rent, which includes all furnishings, utilities, and internet. If you have any questions about Oxford House, you can contact Diamond Armstrong.

**Contact Info:**

- Jeanette Davis- Recovery Specialist
  - [jedavis@chestnut.org](mailto:jedavis@chestnut.org) ; 217-871-3208
- Grace Irvin- Prevention Coordinator
  - [gcirvin@chestnut.org](mailto:gcirvin@chestnut.org) ; 309-451-7776
- Nadia Klekamp- Director of Integrated Community Education
  - [nfklekamp@chestnut.org](mailto:nfklekamp@chestnut.org) ; 309-824-3765

**Next Meeting:**

- Thursday, January 18<sup>th</sup> at 2:00 p.m.
  - Join Zoom Meeting:  
<https://zoom.us/j/93561727220?pwd=TDVsWHRJdldYWnRnb2dnVFJTaTByQT09>
  - Meeting ID: 935 6172 7220 / Passcode: 395255

**End of Meeting:** 3:06 p.m.