

**Healthy Communities Alliance
Recovery Advisory Group
December 4, 2023, 3:30-4:30**

Present Name & Role		Sector
John Reith, ComWell, ROSC Coordinator		Staff
Rhonda Wilson, HCA Chair Natl. Alliance Mental Illness SW IL		Health
Dr. Carissa Van Der Berk-Clark, SIH Foundation		Health
Rebekah Hillerman, ROE 45		Education
Johanna Gonzalez, IDHS, ROSC		Health
Mary, Guest Speaker		Volunteer
Sandy Prange, ComWell, Value Based Care Coordinator		Staff
		Community
Item	Discussion	Timeline & Responsible Person(s)
<p>Welcome, Introductions & Old Business John</p>	<p>John discussed the different roles of RCO vs. ROSC. ComWell has a ROSC program that is mostly administrative although we do have some paid Engagement Specialists with lived experience. John has learned there is no available funding for 2024 and maybe 2025 for a RCO that would provide direct services and pay to hire peer specialists. In the alternative, ComWell has made space available at the Red Bud campus for a Recovery resource center. John will work to develop what this may look like. Sandy added that it would be nice to promote sober events through the center. Within a year, he would like to look for spaces in Sparta & Chester.</p> <p>The SUDS Laundry event went well. Although the attendance was minimal, some good connections were made. We would like to plan a follow up event in another town in 2024.</p>	
<p>New Business John</p>	<p>Washington County has received a grant for drug court. John & Susan will meet with Judge Emge next week. John is hopeful this may lead to formation of an alumni group.</p> <p>John advised that he and Susan have discussed putting together some type of homeless care packages. Sandy shared that perhaps the Support group can assist with this. Rebekah shared information about programs through ROE that assist homeless youth under age 18. She advised there is a grant and Ms. Miles is a good contact. Perhaps we could partner with FBC and their Celebrate Recovery program.</p>	
<p>Guest Speaker</p>	<p>Mary shared her personal story of a 30-year gambling addiction. She is now in recovery and attends online support through Recovery Road. There are no local</p>	

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	<p>gambling addiction support groups in our area. Mary wants to help others escape this addiction and informed the group that Chester has 11 gambling facilities. She advised that many gamblers lose their homes and their families and suicide rates are high among addicted gamblers. Mary has spoken with the Mayor to try to get a support group going in Chester. John asked the question “What draws people” and Mary replied for her, “it was an escape.” She further advised that GA withdrawal symptoms are similar to those of other addictions. Music therapy and keeping her mind busy are helpful to Mary. We need to encourage open conversations about this addiction. Carissa shared that physicians should be trained on this but Mary advised her ComWell counselor had no GA information. Carissa advised Chestnut may be a resource.</p>	
Updates and Information from members	<p>Carissa encouraged John and the Recovery group to share any Recovery information or events in the new SLU newsletter. This may be a way to expand the group.</p>	
Upcoming events	<p>Rhonda reminded the group of the upcoming Jingle & Mingle event hosted by Healthy Communities Alliance. The event will be an open house on Thursday, 12/7 from 4:30-6:30. The location has been moved to the Coulterville City Hall (Community Center)</p>	
Next meeting	<p>TBD</p>	
	<p>*Meetings are held monthly on the first Monday of each month from 3:30-4:30</p>	

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