

ROSC Council Meeting Minutes

January 11th, 2024

0:00-12:25

ROSC Coordinator Jarrett Burton starts this month's meeting by welcoming everyone to the first DuPage ROSC Council meeting of 2024 and introducing himself and stating that he is a person in long term recovery from substances. He states that he is happy to be here in 2024. He asks everyone to be on mute, unless they are speaking. He then states that this meeting will be recorded for the YouTube page. He states that every meeting DuPage ROSC does is posted on the YouTube page. Jarrett then asks everyone to put their name, organization, and contact information in the chat for attendance purposes. He states that it is a great way for members to get in contact with each other. Jarrett then states that it is 2024, and there are people here for the first time, so he states that ROSC is a coordinated network of community based services and supports. He then states that it is person centered and they try to build on the strengths and resiliencies of individuals, families, and communities to improve recovery, and quality of life. He then states that most importantly, ROSC is a way to come together to bridge gaps in services that are happening in the area. ROSC wants to build a recovery culture that helps and empowers people with lived experience. He then asks if there is anyone who is at this meeting for the first time. **Erika** then introduces herself as the new community advocate from **Family Shelter Services**. Jarrett then welcomes her and thanks her for coming. He then shares the meeting agenda.

Meeting Agenda:

1. Meeting Open – Jarrett Burton
2. Agenda
3. Preview of upcoming meetings/trainings/openings
4. What's App Referral Group update: Danny Sourbis
5. ROSC Social Media
6. **Nicole Janssen, Treatment Advocate @ Recovery Centers of America – Evidence Based Care For Alcohol and Substance Use Disorders: Awareness and Advocacy**
7. Organizational Updates
8. Regional ROSC Roundup
9. Closing

ROSC Coordinator Jarrett Burton states that the ROSC Presentation Series is on January 17th at 10 AM on Zoom. He states that he is doing the presentation on Xylazine and the growing threat and treatment challenges. Jarrett states that Xylazine is a tranquilizer that is being cut into drug supplies across the country. Jarrett states that the presentation will go into the history of Xylazine how it effects the body, as well as the challenges we are facing in treating people using it. Then Jarrett states that if anyone is interested in doing a presentation, to please reach out to him.

ROSC Coordinator Jarrett Burton then mentions that **Serenity House** is hosting a free Gambling Disorder Workshop that will be worth 4 CEUs. The workshop will be presented by **Nicasa Behavioral Health Services** and will take place February 20th, at 12 PM at Serenity House in the Big Hall.

ROSC Coordinator Jarrett Burton then mentions the CCAR Recovery Coach Academy. The training starts January 19th at 6 PM and will be held on Fridays and Saturdays for 3 weeks. The training will be held at **Serenity House**. Jarrett then states that this training is a great way to get your foot in the door to work in the field. He states that CRSS and PRSS are positions that are growing. He states that if you are interested in registering, email **Donna Rennard or Holly Brunton**.

ROSC Coordinator Jarrett Burton then mentions the DuPage ROSC Game Night. Game night will be on January 27th, from 7-9 PM at **Serenity House** in the Big Hall. Jarrett states that there is a trophy for the Mario Kart Tournament. Jarrett states that there will be multiple TVs and board games, and the event is open to the public.

ROSC Coordinator Jarrett Burton then mentions the Sober Skate Event on January 21st at 4:30 PM. Jarrett states that it is \$10 for adults, \$5 for kids, and you can either bring your own skates, or pay \$4 to rent skates. Jarrett then mentions that you can bring clean socks for the sock drive at the event. Jarrett then mentions that the proceeds from this event go back into the recovery community.

ROSC Coordinator Jarrett Burton then mentions that **DuPage ROSC, DuPage RCO and Serenity House** are hiring CRSS positions and a Van Technician. Jarrett states that if you are looking to work in a cool office, to check out the flyer and come by.

12:26-15:20

ROSC Coordinator Jarrett Burton then introduces **ROSC Co-coordinator Danny Sourbis** to give the What's App referral group update.

ROSC Co-coordinator Danny Sourbis thanks Jarrett and welcomes everyone and states that the group chat is up to 70 members. He states that the group chat started as a text thread with a few people from **Serenity House**. Danny states that the chat has been joined by members from **Serenity House, Sauk Valley Voices of Recovery, Charlie Health, and New Life Behavioral Health**. Danny then states that they have given referrals for detox, residential treatment, PHP with housing, IOP, virtual IOP, locations to receive Vivitrol shots and oral Naltrexone, LGBTQ facilities that focus on sex addiction, and sober living. Danny then states that he is going to put his name and email in the chat if anyone is interested in joining the chat.

ROSC Co-coordinator Danny Sourbis mentions that there are 2 new What's App referral groups outside of DuPage ROSC's. One in Winnebago County, and one in Sauk Valley. Danny states to email him if you want more information on those groups.

ROSC Coordinator Jarrett Burton states that the What's App referral group is one of the things DuPage ROSC is most proud of because the results have been able to really help people

find treatment. Jarrett states that it can be very disheartening to try to find treatment and it can be the difference of life or death. Jarrett states that the group chat is non-intrusive and that in the coming future, they are going to track results. Then Jarrett thanks everyone for taking part in the group chat.

15:21-17:51

ROSC Coordinator Jarrett Burton then introduces **ROSC Recovery Coach Danielle Heffernan** to give a ROSC Social Media Update. Danielle introduces herself and states that she started off as a client at **Serenity House**. Then she became the Senior Resident of the Women's Program at Serenity House for over a year before she was hired on as a recovery coach. She states that she loves it, and loves being a part of this place. She then states that she started an Instagram page for DuPage ROSC. Danielle states that they are trying to get more followers on Instagram and that the page is a great place to hear more about what is upcoming with DuPage ROSC, plus some fun posts such as Meet a Coach Monday, where you get to meet some of the ROSC staff. Danielle then states that the Instagram handle is dupageco.rosco for anyone who wants to follow.

ROSC Coordinator Jarrett Burton then thanks **ROSC Recovery Coach Danielle Heffernan** and states that a lot of people are big on Instagram and urges people to go follow.

17:52-58:24

ROSC Coordinator Jarrett Burton then introduces **Recovery Centers of America Treatment Advocate Nicole Janssen**. Jarrett mentions that Nicole has been a member of DuPage ROSC since the beginning. Jarrett states that she will share on evidence based practices for alcohol and substance use disorder.

Recovery Centers of America Treatment Advocate Nicole Janssen starts off by thanking everyone for having her present. Nicole states that she asked Jarrett if she could present this, because she went through this training as well and she thinks it is interesting because it was very helpful because she wished she had this training for when she went through this journey with her family. She states that she is not a clinician, or someone with lived experience, but her brother is in recovery from opiate use disorder. She states that she has learned that there are a lot of things that families and patients don't know when it comes to seeking treatment. Nicole then states that her goal is to make substance use disorder and treatment transparent and accessible to everyone. She states that the intent of this training is to promote patient advocacy and to help obtain better patient outcomes. She states that if we want to treat substance use disorder and other behavioral health disorders as medical conditions, we need to approach it the way we approach things like hypertension, diabetes and asthma. She states that we do that currently through science and addiction should be no different. She states that this training will be about what treatments are effective as of right now for recovery. She then goes on to state that different occupational fields will find this training useful for different reasons, but most importantly advocacy within the healthcare system.

Recovery Centers of America Treatment Advocate Nicole Janssen next shares the NIDA Principles of Effective Treatment:

1. Addiction is a complex but treatable disease that affects brain function and behavior.
2. No single treatment is appropriate for everyone.
3. Treatment needs to be readily available.
4. Effective treatment attends to multiple needs, not just drug abuse.
5. Remaining in treatment for an adequate period of time is critical.
6. Behavioral therapies including individual, family or group counseling are commonly used forms of treatment.
7. Medications are an important element of treatment for many patients.
8. An individual's treatment plan must be assessed continually and modified as necessary.
9. Many drug addicted individuals also have other mental disorders.
10. Medically assisted detox is only the first stage of addiction treatment and by itself does little to change long term drug abuse.
11. Treatment does not need to be voluntary to be effective.
12. Drug use during treatment must be monitored continuously as lapses during treatment do occur.
13. Treatment programs should test patients for the presence of HIV/AIDS, Hepatitis B and C, TB and other infectious diseases.

Recovery Centers of America Treatment Advocate Nicole Janssen then goes on to show a short video. The video states that scientist first began to understand addiction as a brain disorder in the 1950's. In 1994, they discovered that addiction affected tissue function primarily in Limbic System and Cortex of the brain. The video states that the Limbic System is responsible for survival instincts and releasing dopamine when we complete survival tasks. The Prefrontal Cortex is the part of the brain that separates humans from other animals. It is where decision making and impulse control live. When drugs and alcohol are used, it activates the same dopamine process in the survival center of the brain, and when use is repeated, that substance can hijack that part of the brain and weakens the system to make the brain believe that the primary source of survival is the drug. There are individual factors, such as genes and age of first use, and environmental factors, such as drug availability, that make people more susceptible to addiction. The video then states that brain scans show, that once in recovery, the tissues of the brain can recover and get better. Nicole then states that she wished she saw that video 20 years ago because it broke down what she was seeing in her family in an understandable way.

Recovery Centers of America Treatment Advocate Nicole Janssen then goes on to talk about the drivers of addiction. She states that it is different for everyone, but there are 3 major categories. The first one is biology, such as genetics, cravings, and withdrawal symptoms. The next category is social environment, including family dynamics, stressors in life, and the people around them. Lastly, the third category is psychology, including the neurobiology of habituated learning, untreated mental health, and coping skills.

Recovery Centers of America Treatment Advocate Nicole Janssen then states that individuals who enter treatment generally need 3 months in formal treatment, such as detox, inpatient, IOP, or PHP programs. She states that it does not have to be in a linear fashion and that they can move up and down in levels of care. Nicole then states that the individual should have at least 12 months of informal care such as 12 step meetings and other recovery meetings and sober events. She states that it will not look the same for everyone but patients see the best outcomes when they have both of those. Nicole then goes on to state that most individuals require more than one episode in formal treatment and that goes into the full continuum of care.

Recovery Centers of America Treatment Advocate Nicole Janssen then goes on to state that recovery starts when people enter care, whether that is inpatient services, outpatient services, peer recovery support, or alumni services and activities. Nicole then gives different examples of support groups, such as AA, NA, SMART, Celebrate Recovery, and Refuge Recovery. She states that if you don't enjoy AA meetings, there are other meetings and options to find recovery.

Recovery Centers of America Treatment Advocate Nicole Janssen then states that medication assisted treatment (MAT) is gaining popularity. She states that it is interesting that opioid use seems to get most of the attention in the media because it is more dangerous, but 63% of the patients she sees, struggle with primarily alcohol. She states that it stands out because even if you have someone in your life with problematic use around substances, you can still have this conversation about whether or not some form of intervention is right for them. She then goes on to say that there are FDA approved medications available to help with recovery from opioids and alcohol that help with reduced cravings, managing withdrawal symptoms, can help limit the effects of opioids, and reduce the overdose fatalities. Nicole states that there is Buprenorphine and Methadone that help with opioids, and Naltrexone which helps with opioids and alcohol. Nicole then goes on to state that there are some myths revolving around MAT. Those myths are proven to be untrue due to the medications being very well regulated. She goes on to state that these medications have been proven to be very useful in treating opioid and alcohol addiction.

Recovery Centers of America Treatment Advocate Nicole Janssen then goes on to state how important the therapeutic alliance is. She states that therapy is very personal and intimate, so trust is a huge needed component. Nicole states that when you are looking for a therapist, to find one that is a good fit with a similar belief system. Nicole also states that it is important to properly pair patients with therapists and programming that will work best with them, their motivations, and their beliefs. Next, Nicole goes on to state how it is good to track patient outcomes. Patient feedback helps therapists know what is working and what isn't. Nicole states that outcome tracking software enables real-time monitoring of therapist and program efficacy so both the therapist and patient can view their progress.

Recovery Centers of America Treatment Advocate Nicole Janssen states that everything she mentioned in this presentation is useful and should be followed by programming. She states that Recovery Centers of America (RCA) follows this model because it is scientifically proven. As science changes, their program will change along with it. She states that the RCA program addresses biopsychosocial factors, tailors program to the individual, includes a full continuum of care, uses MAT consistently, tracks patient outcome, has weekly audits with supportive

feedback, and has ongoing training for trauma informed clinical and medical team. Nicole then states that personalized treatment for patients and families is used by using DBT, CBT, family education and support, 12 step integration, and MAT. Nicole states that addiction treatment is so group centered, because addiction is very isolating and it is so important to foster connection in recovery. Then Nicole states that RCA offers all levels of care with 24/7 admissions. Nicole states how treatment needs to be readily available, so they offer free transportation and they are in network with most insurances. She states that they also offer free interventions, accept pregnant woman in many cases, and have work and school flex programs.

Recovery Centers of America Treatment Advocate Nicole Janssen then opens the floor for questions. **ROSC Coordinator Jarrett Burton** starts by thanking Nicole and stating that treating addiction with a true disease model helps fighting the stigma of addiction. Jarrett states that he has been through medical issues not related to substance use and there was no stigma related to it. But there is still stigma attached to substance use and recovery. Jarrett then asks if there are any other questions. **ROSC Recovery Coach Felicia Miceli** asks if Methadone for MAT, is still an option, or has Suboxone taken over? Nicole answers by saying that she sees both. Nicole states that they are 2 different medications that work differently, and there is sometimes more of a stigma with Methadone. Nicole finished answering the question that some medications work better for others, and there is no right medication for anyone. One does not necessarily work better than the other, and it depends on the individual's biology. Jarrett then states that Methadone gets a lot of flak, but there a lot of people that have remained off of opiates because of Methadone so it should remain a viable option.

58:25-1:00:35

ROSC Coordinator Jarrett Burton then opens the floor to anyone who wants to promote events or what is going on with their organization. **Scott Kaufmann of the DuPage County Health Department** thanks **Recovery Centers of America Treatment Advocate Nicole Janssen** and states that it was a great presentation. Scott then goes on to mention the DuPage Health Department's Narcan Mail Out Program. Scott states that in 2023, they mailed out 781 Narcan kits, through that program, to any Illinois resident. Scott then says that the community center had 884 vending machine kits taken, so over 1500 kits between both programs. He states that there are many more at the other vending machines and wall units.

1:00:36-1:01:48

ROSC Coordinator Jarrett Burton starts to close this month's meeting by reminding everyone of next month's Council meeting on February 14th at 3 PM in this same Zoom link. Jarrett states that next month's presentation will be by **Bill Wilkerson** of the states gambling initiatives. Jarrett states that they will talk about some of the work they are doing which we see cross over more and more with substance use. Lastly, Jarrett welcomes people to come in person, to receive Narcan and Fentanyl Test strips. Jarrett then thanks **Recovery Centers of America Treatment Advocate Nicole Janssen** and everyone else for coming.