



**Bond County Recovery Council**  
**Wednesday, January 10, 2023**  
**10am-11:30am (probably only until 11am)**  
**Via Zoom/In Person at the SMART**  
**building 3<sup>rd</sup> Floor**

## Meeting Minutes

### 1. Welcome and Introductions

#### In Person:

Toni Randall-BCRC Coordinator  
Monique Brunious-BCRC Coordinator  
Bill Archibald-Smithboro Mayor  
Dusty Hanner-OND/DOPP  
Melissa Monte-The Aviary  
Dan Hutchinson-Chestnut Health Systems-Supervisor  
Mark Knott-MERC  
Kat Houghton-Region 5 Mentor  
Julie Herr-Chestnut Health Systems  
Laura Stine-The Simple Room

#### Via Zoom:

Naomi Fulton-RCORP  
Jamie Armstrong-AMARE  
Michelle Miller-Prairie Counseling Center  
Alice Fitzsimmons-Lost & Found  
Teresa Cornelious-HSHS  
Patrick Small-HSHS ER  
Johanna Gonzalez-IDHS  
Donnis Campbell-Chestnut Health Systems  
Liz McQuaid-OND/DOPP  
Beverly Holland-Region 5 Technical Assistance  
Julie Pohlman-Region 4 Technical Assistance

### 2. Review Old Business

\*Completed Resource List-We are still working on completing these. I have attached the work in progress to this email. If you see anything missing or incorrect, please send a separate email with "Resource List" in the subject line and include exactly what you want changed or updated in the body of the email. We will have these new lists to share in the near future. They are much more extensive than the old ones.

\*Meeting cards-featuring meeting days of the week. We will be reprinting soon. We are waiting on a few new meetings to finalize their plans. Show current list. The updated list is below. Please check to see if any changes need to be made.

## Recovery Supports in Bond County Illinois

Monday	<b>Men's Group</b> at Lost & Found, 206 W Oak, Greenville, IL-7-8:30pm
	<b>Sober Bar</b> at Lost & Found for ALL 8:30-11pm
Tuesday	<b>SMART Recovery</b> -Prairie Counseling Center, 1520 S. 4th St, Greenville, IL-6pm
	<b>Women's Group</b> at Lost & Found, 206 W. Oak, Greenville, IL-6:30-8pm
Wednesday	<b>Reflections Group</b> -Prairie Counseling Center, 1520 S. 4th St, Greenville, IL-10am (1st Wednesday of the month only)
	<b>SMART Recovery</b> -Prairie Counseling Center, 1520 S. 4th St, Greenville, IL-10am
Thursday	<b>Finding Freedom AA Meeting</b> , Bond County Senior Center, 1001 E. Harris, Greenville, IL-12:30pm
	<b>Celebrate Recovery</b> at FM Church, 1367 IL-40, Greenville, IL- *5:30pm-Dinner, *6:15pm-Large Group, *7:15pm-Men's & Women's Groups (Childcare Available)
Friday	<b>Sober Bar</b> at Lost & Found, 206 W Oak, Greenville, IL, 7-11pm
Saturday	<b>Healers Meeting</b> at Senior Center, 1001 E Harris Ave, Greenville, IL, 2nd & 4th Saturdays at 11am
Sunday	<b>AA Meeting</b> at Mulberry Grove Fire House,1897 US-40, Mulberry Grove, IL, 7pm

3. Presentation- Laura Stine, New Executive Director for The Simple Room. Presenting on programs at The Simple Room.
  - Laura Stine 217-299-0858, [laura@simpleroom.org](mailto:laura@simpleroom.org) (reach out if you would like more information).
  - Empowering young people to be disciples of Jesus Christ through holistic development
  - History of the Simple Room, Started over 40 years ago for students to have a place to go after school and learn biblical teachings. Simple room is about building relationships and living out gospel throughout the community. High School group, after school group and project 24 is the focus of the Simple Room. Spiritually, emotionally, socially and physically is the Holistic approach set by the Simple Room. Homeschool programs are also available. They serve after school snacks to students. Kids trust the staff and are able to share with staff. They serve Kindergarten through 12<sup>th</sup> grade.
  - Physical-They have a beautiful playground for kids to burn off energy.
  - Spiritual-They do approximately 25 minutes of devotional and bible study
  - Emotional-Volunteers interact with the children and assist with homework
  - Social-Rec & Activity time. GU students volunteer for about 35 minutes. Also create crafts.
  - Holistic Approach means all of these things interact.
  - After school program 3:30-6pm (Mon-Thurs)
  - High School Tues & Wed 6-8pm more relational
  - Jr High & Teen Friday 3:30-6pm
  - they offer transportation home from their programs
  - Project 24- 4 days per week/6 weeks in Summer
    - June 10<sup>th</sup> to July 18<sup>th</sup>
    - Summer prevention program, transportation, lunch (free)
    - Volunteers teach reading, art, music and recreation
    - Monday-electives, gardening, soccer, baking. Students pick based off interests
  - Simple Room also offers "Camp Scholarships" to students
  - Currently is a wait list for programs. They are hoping to expand and solve that problem.
  - They are also working with families who have children in Foster Care.
  
4. Strategic Plan Work Groups
  - RCO Development**-meets the 2nd Tuesday of the month, 2-3pm, McDonalds in Greenville. We are looking for a few more people to join this group. We are currently looking at RCO's and how that might look in Bond County. Rebecca Klitze, Gene Dunkley, Kelly Jefferson, Patrick Miller, Shane Pinnell, Monique Brunious & Toni Randall. Next meeting will be February 13<sup>th</sup>. We are looking for a few more people to join this group
  - Transportation**-2:30-3:30pm, meet via Zoom on the 3rd Tuesday of the month. We look at possible solutions to the problem of transportation in Bond County. Melissa Marti, Michelle Miller, Jennifer Noel, Patrice White, Monique Brunious & Toni Randall. Next meeting is January 16<sup>th</sup>. We are looking for a few more people to join this group

-Stigma-2-3pm, meet at Lost & Found in Greenville on the 4th Tuesday of each month. We are looking for projects to do within the community that will help to reduce Stigma. Alice Fitzsimmons, Rebecca Klitze, Kelly Jefferson, Monique Brunious & Toni Randall. Next meeting January 23rd. . We are looking for a few more people to join this group

#### 5. New Business

-Illinois Youth Survey for 8<sup>th</sup>, 10<sup>th</sup> & 12<sup>th</sup> graders. Toni is meeting with School Resource Officer Taylor Hill to discuss tomorrow. He plans to present to all of the administrators in Unit 2. Hoping to get them signed up. Toni will be also checking with Unit 1 about signing up. This could provide very important data to the districts about substance use, bullying, mental health, school opinions and home life. This will let schools know where gaps are. By taking this every 2 years, you can see if what you are doing is making improvements. This data can also be used to apply for grants for schools.

-Bond County Transit New Program- Transit bus will take people to Vandalia one day and Highland the other day to more stores than what is in Greenville. It is a flat rate of \$10 to be picked up at your house and taken back after the trip. 15 bags of groceries allowed. Call Bond County Transit the day before to set up ride. Recovery council now has vouchers for those in the Recovery Community who do service work. Please see the flyer at the end of these minutes.

-Meeting updates

\*Attendance has been low and we are trying to promote the one in Keyesport. We are now working with the Clinton County ROSC to create something here that would serve both counties. More information to come.

\*CRAFT (Community Reinforcement Approach-Family Therapy)was being done as a Zoom meeting through Prairie Counseling Center. **Sad to say this one is ending due to lack of attendance. Maybe it will be brought back in the future.**

\*PALS (Parents of Addicted Loved Ones) other friends and family are invited. Must be 18. Being done by a couple in Clinton County. See flyer at the end of the minutes for more information.

\*AMARE Family Support, Jamie Armstrong Certified Recovery Coach. She can connect people to several groups & support networks. She works in St Clair, Madison, Christian & Jersey counties. She can work with families from Bond County virtually. For more information reach out to her at Jaime Armstrong [jarmstrong@amarefp.org](mailto:jarmstrong@amarefp.org)

\*SMART Recovery-Prairie Counseling Center, Tuesdays @ 6pm & Wednesdays @ 10am. See updated flyer at the end of minutes

\*REFLECTIONS-Prairie Counseling Center, 1<sup>st</sup> Wednesday of the month. See flyer at the end of minutes

-Sector Representation from the community at meetings. PCC meets regularly with Law Enforcement and keeps them updated on what is going on. Below is the Sectors that we need to have represented at our meetings each month. Having everyone represented is the best way to have the most success in Bond County. Highlighted yellow are sectors we are looking to have represented.

<b>The following list will help in determining sector representation on the ROSC Councils. The first column lists 15 community sectors. Columns 2 through 5 provide additional possible roles within each sector</b>					
Sector	Additional Sector Information				
<b>Person with Lived Experience</b>	PLE: Substance Use	PLE: Mental Health	PLE: Other		
<b>Recovery Supports</b>	Recovery Supports: RCO	Recovery Supports: 12 step or other group	Recovery Supports: Housing	Recovery Supports: Other	
<b>Faith-based Groups</b>	Faith-based: Local Pastor	Faith-based: Ministerial Alliance	Faith-based: Other		
<b>Family/Parents</b>	Family: Substance Use	Family: Mental Health	Family: Other		
<b>Service Providers</b>	Service Providers: Harm Reduction	Service Providers: Programs for Unhoused Individuals	Service Providers: Employment Programs	Service Providers: Violence Prevention	Service Providers: Other
<b>State/Local/Tribal Government</b>	Government: Local Official	Government: County Official	Government: 708 Board	Government: State Official	Government: Re-entry programs
<b>Substance Use Treatment Organizations</b>	Treatment: Local Provider	Treatment: Hospital Program	Treatment: Withdrawal Management Program	Treatment: Other	
<b>Healthcare</b>	Healthcare: MAR Prescriber	Healthcare: Hospital	Healthcare: County Health Department	Healthcare: Other	
<b>Law Enforcement</b>	Law Enforcement: Local Police	Law Enforcement: County Sheriff's Dept.	Law Enforcement: ISP	Law Enforcement: State Attorney's Office	Law Enforcement: Other
<b>Judicial</b>	Judicial: Drug Court Representative	Judicial: Public Defender's Office	Judicial: Probation	Judicial: Other	
<b>Volunteer/Civic Organizations</b>	Volunteer: Drug Free Coalitions	Volunteer: Other			
<b>Education/Schools</b>	Education: Local University	Education: GED programs	Education: Local K-12	Education: Other	
<b>Youth-Serving Organizations</b>	Youth-Serving: Local Prevention Providers	Youth-Serving: Other			
<b>Media</b>	Media: All				
<b>Business</b>	Business: Local Business	Business: Chamber of Commerce	Business: Other		

6. Advisory Board for People with Lived Experience. In 2023 we will be meeting every month on the first Wednesday of the month from 7pm-8:30pm. We meet at Senior Center in Greenville. Free drinks & \$20 GC for attending & contributing. Next meeting February 7th at 7pm-8:30pm. Please see flyer at the end of minutes.

-hosting Family Game night for all of the next year on the 3<sup>rd</sup> Saturday night of the month from 6-9pm at the Senior Center. Our next one is January 20th. Please see the flyer at the end of the minutes.

7. Update from any Groups & Organizations-

-Michelle PCC other programs for jail. Looking to utilize an app to learn different skills that individuals are interested in. Possibly doing virtual meetings. Looking to provide Ministerial support too.

8. FREE Virtual Narcan Training each month by Chestnut. We also have FREE Narcan for anyone who needs it. Introduce Dusty

**Future Meeting Dates for 2024:**

	July 1, 2024
February 14, 2024	August 14, 2024
March 13, 2024	September 11, 2024
April 10, 2024	October 9, 2024
May 8, 2024	November 13, 2024
June 12, 2024	December 11, 2024

**BCRC Vision:** Working together to build and maintain safer and healthier communities of recovery and hope.

**BCRC Mission:** To empower the Bond County communities to support prevention and recovery through awareness, policy, education, stigma reduction and access to quality services.



# WEEKLY DISCOUNTED SHOPPING TRIPS

**EVERY  
TUESDAY**

**Vandalia  
Walmart or  
Aldi**

11:00am - 12:00pm

**\$10**



**EVERY  
WEDNESDAY**

**Carlyle  
Shopping  
(up to 2 stops!)**

11:00am - 12:30pm

**1 Stop: \$10  
2 Stops: \$12**

**EVERY  
THURSDAY**

**Highland  
Walmart or  
Ruler Foods**

11:00am - 12:00pm

**\$10**



**Call (618) 664-9844 to reserve your seat**

Supported by the :



Vouchers available for Community Service  
work within the Recovery Community

Contact Toni Randall for information 618-304-2590

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance  
Use Prevention and Recovery





## NEW PARENT SUPPORT GROUP

For families of adult children  
dealing with substance addiction

### Parents of Addicted Loved Ones (PAL) PROVIDES HOPE

*"PAL  
brought back  
hope, sanity and  
purpose in our lives.  
We have learned  
to live again."  
- PAL parent*

**Tuesdays, 7:00-8:30PM**

**Virtual Meeting**  
Via Zoom

**CONTACT: Craig Loddeke**  
craigloddeke@yahoo.com

#### **FREE weekly meetings feature:**

- Education
- Peer-to-peer support

*Participants must be 18 or older.*

#### **TOPICS INCLUDE:**

The addiction cycle • Enabling behaviors • Delayed emotional growth  
Role of the family • Setting realistic boundaries • Emotional detachment  
Financial strings • Steps of recovery • Recognizing relapse

**FOR MORE ABOUT PAL, VISIT THE WEBSITE AT**  
**[www.palgroup.org](http://www.palgroup.org)**



# SMART Recovery



## SMART Recovery 4-Point Program

- BUILDING AND MAINTAINING  
MOTIVATION
- COPING WITH URGES
- MANAGING THOUGHTS,  
FEELINGS AND BEHAVIORS
- LIVING A BALANCED LIFE

In-Person Meeting  
at Bond County Health Department  
Every Tuesday  
at 6 p.m  
and  
Every Wednesday at 10 a.m.

SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a tool-box of methods and strategies.

The goal of SMART Recovery is for you to achieve a health, positive and balanced lifestyle and to "move on" when you feel confident your addictive behavior is behind you, rather than remaining a permanent participant in the program. Graduates are invited to volunteer as meeting facilitators or to volunteer in other roles to help "give back to our recovery community."

### Example of tools

**Change Plan Worksheet:** This is a chart on which you list your goals, how to attain them, ways in which to overcome obstacles and challenges, etc.

**Cost/Benefit Analysis (CBA):** This tool is especially useful for increasing motivation to abstain from addictive behaviors.

**Role Playing/Rehearsing:** This tool is used to rehearse how to avoid addictive behavior at high-risk upcoming events.

Prairie Counseling Center  
1520 South Fourth Street  
Greenville, Illinois 62246  
Tel: 618-664-1455 Fax: 618-664-1374  
24H Crisis Line: 618-228-4587



# Reflections Group

**Are you**

- **Feeling busy?**
- **Feeling distracted?**
- **Feeling exhausted?**
- **Feeling overwhelmed?**

Prairie Counseling Center is starting a group that is perfect for you! PCC's Reflections Group will help you look into yourself to see your own mental and emotional processes. Many of us have so many overwhelming emotions that our mind is chaotic, this group will help us learn skills to calm our mind so we can build new emotional processes that will make it easier for us to cope with life's challenges.

**The group will meet at the Bond County Health Department the first Wednesday of every month at 10:00 a.m.**

**Please let your counselor know if you are interested or if there are any barriers that may keep you from attending.**

# Recovery Advisory Board

Meeting at  
*Bond County Senior Center:*  
1st Wednesday  
Each Month in 2024  
**From 7-8:30pm**

Be a part  
of our  
focus  
group

We are looking  
for people with  
lived experience  
with Substance  
Use Disorder  
to help  
guide the Council

**Your Voice  
Matters**  
and we are listening

For more information:  
[tcrandall@chestnut.org](mailto:tcrandall@chestnut.org)



Funded in whole or in part by the Illinois Department of Human Services,  
Division of Substance Use Prevention and Recovery



# Recovery Family Game Night

People who have experienced  
Substance Use  
& their Loved Ones join us  
for a sober evening of FUN!

Sponsored by:



Snacks & Drinks  
provided

Bring your favorite board  
game

The 3rd Saturday  
of the month  
6-9pm @  
Bond County  
Senior Center  
1001 E. Harris Ave  
Greenville  
(none in December)

Funded in whole or in part by the Illinois Department of Human Services, Division of  
Substance Use Prevention and Recovery