

## ROSC Council Meeting Minutes

February 14<sup>th</sup>, 2024

**0:00-10:10**

**ROSC Coordinator Jarrett Burton** starts this month's meeting by welcoming everyone and introducing himself. He starts by asking everyone to be muted unless they are talking and reminds everyone that this meeting will be recorded. Jarrett then refreshes everyone on what ROSC is. He states that DuPage ROSC is a coordinated network of community based services and supports. He states that it is person centered and that they try to build on the strengths and resilience's of the person in recovery, their families, friends and allies, and the community to reach overall wellness. He states that overall wellness refers to more than just substance use. He states that when he was in early recovery, there are still a lot of issues to deal with such as housing, employment, and cross addictions. Jarrett skips over introductions because of the amount of attendees at this month's meeting, but asks **Bruce Sewick from College of DuPage** to introduce himself and explain why there are so many new faces at this meeting. Bruce states that he has been a part of ROSC since before ROSC started. He states that he has invited students from 2 classes that he is teaching. He says that he is trying to help them to understand the value of ROSC and also the value of being plugged into a larger community. He states that recovery is not only where you are working in particular. He states that the people on this meeting are future CRSS professionals that want to better the community. He then finishes by stating that he is thankful for what ROSC does, and thanks Jarrett for making this all happen. Jarrett then thanks Bruce and everyone from his classes. Jarrett then asks everyone to put their name and contact info in the chat for collaborations and connecting. 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 Promo Video
6. **Kellie Gage, M.S., CAADC, Program Manager of Gambling Treatment Services/ARCH Program, Illinois Department of Human Services**
7. Organizational Updates
8. Regional ROSC Roundup
9. Closing

**ROSC Coordinator Jarrett Burton** then promotes a Gambling Disorder Workshop that will be presented by **Nicasa Behavioral Health Services at Serenity House Counseling Services Inc.** on Feb. 20<sup>th</sup> at 12 PM. It will be in the Big Hall, and worth 4 CEU's.

**ROSC Coordinator Jarrett Burton** next promotes the **DRCO** Virtual Narcan Training that they have every month on zoom. It is on the third Thursday of every month at 12:30 PM. Jarrett states that DRCO is the DuPage Recovery Community Organization. He states that the

difference between the ROSC and RCO is that the RCO does a lot of the non-clinical services for the community such as prevention education in schools, harm reduction training, and peer recovery support services. Jarrett then states that this training is good for people who are unfamiliar with Narcan, or for people wanting to brush up on current trends.

**ROSC Coordinator Jarrett Burton** then promotes that DuPage ROSC and RCO is hiring for CRSS and a Transportation Technician. There are benefits for full time employees, and you do not need to be CRSS certified immediately, but you do need to be working towards that. Jarrett then mentions that we are looking to expand and grow.

**10:11-14:42**

**ROSC Coordinator Jarrett Burton** states that the What's App Referral group stated as a group chat with 8 people who were frustrated with how hard it was to get referrals for people when they would call looking for treatment. Jarrett then introduces **ROSC Co-coordinator Danny Sourbis** to give the What's App referral Group Update. Danny starts by welcoming everyone and thanking everyone who has been a part of it. He states that the chat is at 80 members now. He states that we have been joined by members from Serenity House, SHARE Program, Restoration 61, Illinois Family Resource Center, NAMI Illinois, Alliance of Peer Professionals, New Directions Addiction Recovery Services, and R and B Counseling. Danny then states that they have been able to provide referrals for detox, residential treatment, adolescent therapist, homeless shelters, shopping addiction resources, mental health IOP, psychiatrist, clothing and toys for families that experienced a fire, methadone detox, financial assistance, outpatient benzo tapers, Suboxone tapers, pregnant women support groups, and sober living including one that takes registered sex offenders. Danny then states that the group has been around for over a year. He then states that **Nicole Jansson from Recovery Centers of America, John Sckoz from Central DuPage Hospital, Becky Sadler from Rosecrance, Cristina Ramirez from Existential Counseling Society, Michael Wood from Banyan Treatment Centers, and Kylie Sanko from Geode Health** have provided the most referrals this month. Danny then states that every month, DuPage ROSC will be recognizing MVPs from the referral chat.

**ROSC Coordinator Jarrett Burton** thanks **ROSC Co-coordinator Danny Sourbis** and then thanks everyone who is a part of the chat. Jarrett then stresses how helpful it is because when someone is ready for help and treatment, it is so vital that they receive that treatment quickly.

**14:43-22:34**

**ROSC Coordinator Jarrett Burton** then mentions that in November, they produced a promotional video for DuPage ROSC. He states that it was great to bring together partners with ROSC to be a part of a group like this. He states that they have the final cut of the video and are going to premier it. He then states that if you do not see yourself in the video, but were here for the shoot, it is because they needed to trim it down from being so long. He does state that those interviews will make it into the shorter clips posted on social media. Jarrett then shares the video.

22:35-58:27

**ROSC Coordinator Jarrett Burton** then introduces this month's presenter **Kellie Gage, M.S., CAADC, Program Manager of Gambling Treatment Services/ARCH Program, Illinois Department of Human Services**. Kellie thanks Jarrett for having her and she is excited because she remembers when ROSC was just a concept. She states that she is here today to share about gambling and services that exist for gambling addiction. She states that after college, she found herself at the state of Illinois at the start of their gambling initiative in early 2000.

**Kellie Gage, M.S., CAADC, Program Manager of Gambling Treatment Services/ARCH Program, Illinois Department of Human Services** starts out by defining gambling as risking something of value such as money on an unpredictable event. Then she states that The Gamblers Anonymous-Combo Book defines gambling for the compulsive gambler as any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or "skill." She states that when she first started, there were 9 casinos in Illinois. Now there are 16 licenses. There are racetracks, video gaming machines, organized sports and fights betting, the Illinois Lottery, family gambling, and online gambling. She states that there was a state wide assessment of gambling needs conducted in 2020, and the final report was released in 2022. She states that 9% of Illinoisans have or are at risk of having problem gambling, and 30% of individuals with gambling disorder considered or attempted suicide due to their gambling. She states that over 1 million people in Illinois either have gambling disorder, or are at risk. Kellie then goes on to share some symptoms of problem gambling. She states that stressing and/or obsessing over gambling, lying to family and/or friends about gambling, constantly gambling, letting relationships or other obligations suffer to gambling, having multiple failed attempts to stop or cut down gambling, and legal involvement are symptoms of gambling disorder. She then goes on to state that you may see legal problems related to theft and embezzlement, excessive borrowing potentially leading to bankruptcy, pawning and selling possessions, evictions and housing issues due to a lack of funds, employment problems, or other legal activities to fund gambling.

**Kellie Gage, M.S., CAADC, Program Manager of Gambling Treatment Services/ARCH Program, Illinois Department of Human Services** then goes on to share some stats that they discovered during their study. They found that 68.6% of people with problem gambling experienced comorbid mental health issues in the past year, and they were more likely to report problems with alcohol at 60% over their lifetime, and 32.3% with drugs over their lifetime. They also found that 30% of individuals with gambling disorder considered or attempted suicide due to their gambling. She then goes on to state the similarities between gambling disorder and substance use disorder. Kellie states that although no substance is ingested, someone with a gambling problem gets the same effect from gambling as one might get from taking a drug or drinking alcohol. Kellie then states that just as tolerance develops to drugs or alcohol, a person with gambling problems finds that it takes more and more of the gambling experience to achieve the same emotional effect as before. She states that this creates an increased urge for the activity and the person finds that they have less and less ability to resist as the craving grows in intensity and frequency. She also states that there are differences between gambling disorder and

substance use disorder. She states that gambling disorder is a hidden disorder, focuses on money, and adds greater financial stress due to gambling behavior.

**Kellie Gage, M.S., CAADC, Program Manager of Gambling Treatment Services/ARCH Program, Illinois Department of Human Services** then goes on to show how most people with gambling disorder seek help. She states that most people, at 50.9%, seek help from a friend or family member, the next is 33.3% seek help from a partner, 31.4% seek help from a helpline, 25% from an employee assistance program, 24.2% from Gamblers Anonymous and Debtors Anonymous, 21.1% from mental health professionals, 20.7% from the city or county health services, 14.4% from the doctor, and 8.9% from a religious leader. Then Kellie goes over the Eisenberg Disordered Gambling SBIRT Pre-screen and Screen. She states that they have asked all state providers to use this screening to see if people have high risk, low risk, or no risk for gambling disorder. She states that the State has been working on other areas to create a gambling informed state. She states that they have been working on the recovery process, prevention, awareness, treatment, training, and the hotline for gambling crisis. She states that there are posters in casinos and commercials on TV.

**Kellie Gage, M.S., CAADC, Program Manager of Gambling Treatment Services/ARCH Program, Illinois Department of Human Services** then goes over the Illinois' Self-Exclusion Program that is sponsored by the Illinois Gaming Board. The Illinois' Self-Exclusion Program is for individuals in Illinois who self-determine or have been diagnosed with gambling disorder who want to voluntarily self-exclude themselves from all Illinois casino establishments to reduce further gambling behaviors and/or harm. Kellie states that it is self-voluntarily and others cannot put someone on the list. She also states that there are consequences for individuals that put themselves on that list, who do go to the casino. If they win and try to cash in, they will face consequences. She also states that the lottery has a self-exclusion program too.

**Kellie Gage, M.S., CAADC, Program Manager of Gambling Treatment Services/ARCH Program, Illinois Department of Human Services** then goes on to state that the state offers many trainings such as the GBIRT training, a Latinx conference, an Asian conference, and an African American conference. She states that Illinois used to have a Gambling Court (like existing Drug Court and Mental Health Court) but no longer does. They are working to bring training into the jails so individuals can still get resources. Kellie then states that they are working to get PG Endorsements for CRSS/CPRS and linkages with substance use disorder training. Kellie then goes on to show an example of marketing for IDHS/SUPR gambling initiative at the White Sox game because of their lottery. She also states that there are advertisements in English, Spanish, and Chinese.

**Kellie Gage, M.S., CAADC, Program Manager of Gambling Treatment Services/ARCH Program, Illinois Department of Human Services** then shares that they have an art competition for how gambling can impact families and individuals. She states that there are stipends for the winners and it is all for awareness. Then Kellie shares the website and help line for gambling disorder. The website is [areyoureallywinning.org](http://areyoureallywinning.org) and the hotline is 1-800-GAMBLER. Then Kellie mentions Problem Gambling Awareness Month is in March. She states that all of March, they focus on awareness for Problem Gambling. She states that this month's

theme is “Every Story Matters” and they want to hear from people and families that deal with Gambling Disorder. Next, Kellie states that she could not do all of this on her own, and her team is growing. Lastly, Kellie shares support resources.

**ROSC Coordinator Jarrett Burton** thanks **Kellie Gage, M.S., CAADC, Program Manager of Gambling Treatment Services/ARCH Program, Illinois Department of Human Services** and opens the floor for comments and questions. **ROSC Co-coordinator Danny Sourbis** thanks Kellie and asks if there is a time limit on the self-exclusion program. Kellie states that when they sign up, it is active for 5 years. Once the 5 years is over, they have to get cleared by a professional. Next, **DuPage ROSC Recovery Coach Chris Thompson** thanks Kellie and asks her if there are any other correlations between gambling disorder and other disorders. Kellie states that it is mostly mental health disorders and substance use disorders that correlate with gambling disorders. Jarrett then thanks Kellie again and states that he will send out the PowerPoints.

**58:28-1:02:25**

**ROSC Coordinator Jarrett Burton** then opens the floor for any updates or promotions with other organizations. **Steve Stefani of Hope for Healing** states that they are planning a Narcan Training on the College of DuPage Campus. He states that they do not have a date yet, but he will follow up with **Bruce Sewick** when a date is set. Steve then mentions the art project they are doing with DuPage ROSC. He states that his uncle is a notable artist and sculpture and is building 2 sculptures. One is an overdose ribbon, and the other is a rising phoenix. He states that both will have Velcro on the front to have 4x4 canvases, painted by the community, attached to the front of the statues. He states that this is to spread awareness on how addiction is impacting the communities. Jarrett then mentions that they started putting the artwork out at the overdose awareness events, and they are very impactful. Jarrett then states that **Hope for Healing** has a harm reduction truck in Downers Grove, and are working to get a Narcan vending machine at College of DuPage.

**1:02:26-1:03:23**

**ROSC Coordinator Jarrett Burton** closes the meeting by thanking everyone and all of the students for attending. Jarrett then states that the next ROSC Council Meeting will be on March 13<sup>th</sup>, and will be about Sober Living.