

Attendees: Kristina Drum, Kyle Houser, Ambrosia Branson, Jennifer West, Ed Bartholomew, Corey Blair, Bobbye Scott, Kristin Davis, Donnelle Darling, Cindy Hanley, Allyssa Houser, Julie Pohlman, Jack Weber, Paul Abraham, Adam Lovell, Amanda Heurman, Megan Edmondson, Norm Wilson

Minutes

Agenda Item: Introductions/ Goals for 2024

- What do you hope to accomplish this year?
 - Kristina- circle back to people in the beginning that they spoke with
 - Schools and law enforcement
 - Kyle- personally graduate with bachelor, professionally get more contact with states attorney
 - Ed Bartholomew- living life
 - Corey Blair- more involved in church and helping more people
 - Cindy Hanley- survive it!
 - Donnelle Darling- be present with kids in personal life
 - Norm- get back to being fully staffed
 - Julie- love to see more ROSCs in our region
 - Megan- keep learning as much as she can in her role
 - Jack- continue to grow as a person in recovery and personal life, continue to spread the word on recovery
 - Sara- become more organized and intentional
 - Ambrosia- continue to grow Edgar County ROSC council
 - Bo- continue to expand with Amazon and more time to provide in Clark County
 - Kristin- feeling comfortable in her new role
 - Allyssa- being a present parent and balance being a good employee, professional- better educate her field to better take care of their patients and team
 - Paul- risk reduction items expand this year
 - Amanda- Hope to keep climbing up

Spotlight speaker – Jennifer West/Substance Use Prevention Specialist with Hour House Prevention. Jennifer stated the office consists of six women, including herself and her supervisor.

Hour House Prevention serves 6 counties including Coles, Cumberland, Douglas, Effingham, Moultrie & Shelby, and provides services to 63 surrounding schools. Prevention is a program that focuses on youth, their families, and the community. Prevention specialists work with law enforcement, local businesses, schools, community groups, etc. Jennifer shared Prevention's mission and vision statement: Our mission is to build community capacity to prevent substance abuse by providing training and technical assistance and raising public awareness. Our vision is healthy communities that encourage drug-free youth. The Youth Prevention Services that Hour House Prevention offers includes: The "Too Good for Drugs" curriculum is an evidence-based substance use prevention curriculum for youth. Solely focused on 6th-8th grade for this particular school-based program that gives students the knowledge, skills, and the attitudes they need to make good decisions and avoid drug use. Prevention also teaches Project alert. Project ALERT is an evidence-based curriculum proven to motivate middle school students against substance use, provide skills and strategies to resist drugs, and establish non-use attitudes and beliefs. Project ALERT is a scientifically proven school-based alcohol, tobacco, and marijuana prevention program for 7th and 8th graders. In addition, Prevention teaches Botvin's Life Skills. Botvin LifeSkills Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. As a prevention specialist, Jennifer is responsible for promoting the Illinois Youth Survey or IYS, but gets help from her coworkers as needed. She works to recruit all the surrounding schools, including public, alternative and private to administer the Illinois Youth Survey to grades 8th, 10th and 12th. The survey is conducted between January and Mid- May, each year. The survey is available in both English and Spanish. Types of questions on the survey include: Alcohol, tobacco, and other drug use, beliefs about drug use, health and nutritional behaviors, feelings about school, family support and rules about alcohol use. All the information collected is gathered and entered into statistical form and provided to the community, schools and local agencies. It is very helpful information. Additional information can be found on the Illinois youth Survey website. The Drug Take-Back Program is also another responsibility of a prevention specialist. Resources: Jennifer and her coworkers work together to compile a plethora of resources on youth substance use and prevention. The Prevention team are all working on gathering parent and teacher resources within our area to educate parents and school staff about substances, new substances, ways to prevent children from engaging in substances and resources to help them seek additional services, as needed.

Upcoming Events: Laundry Day on January 26th in Cumberland County

Subcommittee Update: Next meeting is January 30th at 4:30

New Recovery Meeting in Greenup:

Recovery Meetings are being held at Noble Health Associates in Greenup twice daily on Tuesdays at 2 pm and 6 pm. The meeting at 6 pm is an NA meeting.

Deliverables - Strategic Plan:

(Goals D, E, F)

Goal D: Develop additional support systems for persons in recovery and their families. (1-3 yr)
Objective 7: ROSC Council will provide advocacy to explore the establishment of a local Drug Court in Clark County.

- Clark County: We are having a panel in June and the topic will be centered around the benefits of having a drug court.
- Cumberland County:
Kyle provides educational groups to drug court participants and provides them with resources.

Goal E: The ROSC Council will assist key stakeholders with substance use disorder education.
Objective 9: Provide community wide education series to reduce stigma and myth regraded to substance use disorder.

- Both Counties
We will continue to provide education on Substance Use Disorder and stigma reduction surrounding it. Kyle is hosting educational groups in both communities, providing individuals with recovery resources. We offer community wide and pop up Narcan trainings. We partner with 10 businesses between Clark and Cumberland Counties with Narcan displays. Community members can walk into these businesses and grab as many boxes of Narcan as they wish.

Goal F: Collaborate with the County Jails to identify gaps and barriers to incarcerated individuals seeking recovery. (1-3-year goals).

Objective 12: Assist in implementing a ROSC Council Recovery Navigator in the jail to provide a recovery-orientated education series to incarcerated individuals.

- Clark County
Kyle is providing educational groups and resources to inmates.
- Cumberland County
We hope that the Cumberland County Sheriff can connect with the Clark County Sheriff in the future to hear about how the inmates are benefiting from Kyle's groups in the Clark County jail.

Council members are encouraged to provide feedback and reach out with any ideas to meet these goals.

Reminders/Tasks:

- Please Sign the MOUs and return them to Kristina Drum.
- Kristina will schedule additional opportunities to educate the community on the ROSC Concept.
- Who do we need at the ROSC Council meetings, and how do we get them here?
- Planning for events for the next Fiscal Year, such as the panel events. Council members are encouraged to participate in the planning to make them successful.

Next Meeting: February 13th, 2024 4:30 p.m. at The Forsythe Center in Marshall & Zoom