



Bond County Recovery Council
Wednesday, February 14, 2023
10am-11:30am (probably only until 11am)
Via Zoom/In Person at the SMART
building 3rd Floor

Meeting Agenda

1. Welcome and Introductions

In Person:

Toni Randall-Bond County Recovery Council
Dusty Hanner-DOPP/OND
Stacy Nonn-CHS
Naomi Fulton-CHS RCORP
Danielle Voelkel-CHS
Patrick Miller-CHS Faith Based Initiative
Alicia Moesner-CHS RCORP
Julie Herr-RCORP
Patrice White-Core Communities & Minister
Sandy Bellegante-Core Communities
Bill Archibald-Smithboro Mayor
Alice Fitzsimmons-Lost & Found Ministries
Laura Stine-Simple Room (Youth After School Program)

Via Zoom:

Angella Holloway-MERC
Beverly Holland-Region 5 TA
Deb Beckman-TAC
Donnis Campbell-CHS
Liz McQuaid-DOPP/OND
Jamie Armstrong-AMARE + Student
Jennifer Noel-Bond County Transit
Katie Unthank-Region 5 Mentor
Kelly Jefferson-NAMI
Mark Knott-MERC
Melissa Monte-The Aviary
Michelle Miller-Prairie Counseling Center
Nellie Baity-TAC
Sandi Laurent-Kaskaskia College
Sheena Langhauser-BJC Program Coordinator Medical Stabilization
Teresa Cornelious-HSHS Hospital
Tracy Dones-CHS

2. Review Old Business

*Completed Resource List-if you see any changes that need to be made, 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 and we are trying to make sure we have everything included

*Meeting cards-featuring meeting days of the week. We will be reprinting soon. We are still waiting for a few meeting times to finalize.

3. Presentation- Guy Gomez, DEA Community Outreach Specialist St Louis Division, This presentation will be most of the meeting.

Presentation from DEA Agent Guy Gomez
30 years' experience, Law Enforcement, Therapist
From California to St. Louis (6mo)

7 out of 10 pills contain Fentanyl. (70% of pills contain lethal doses of Fentanyl)
Common phrases often heard about SUD "just say no to drugs", or "They get what they deserve, they are druggie/addict", "you mess with the dragon, you get burned by the dragon". There is often an underlying trauma, which is the major cause of drug use, and the reason people continue to use it.

Chocolate chip effect, not all chips in the cookie are equal; same in pills, not all pills contain the same amount of fentanyl. 1 quarter of a pill could contain a lethal dose of fentanyl and the rest of the pill may not contain any. This is important when testing with Fentanyl strips, a person may be testing the part of the pill with low amounts of Fentanyl.

Mr. Gomez explained how opioids work in the brain, how the opioids fall onto the brain's receptors, and how Naloxone is used to knock the opioid off the receptor for a period of time. He cautioned how a person could have a reoccurring overdose, depending on the amount of opioids used.

Mr. Gomez informed meeting attendees of the effects of Xylazine and Nitazene, and how they are making their way to this area. Xylazine, a large animal tranquilizer, causes the skin to become necrosis, and there is no cure for it; he explained how Naloxone will not work for Xylazine due to it not being an opioid. People are using Xylazine because the high lasts longer. Nitazene, which is an opioid, and does respond to Naloxone, is a new drug making its way into the market. Nitazene is a synthetic opioid but is so potent that it can't be used on humans and is 10x stronger than Fentanyl and is no longer prescribed or produced.

Synthetic drug use is rising as natural drug use is declining. The reason for this is change is because natural drugs take a lot of land, irrigation, and people to grow, harvest and process. Where Synthetic drugs only take hours to produce; by taking a whole bunch of synthetic compounds call precursors and throwing them all together in a mixture, with the results producing pills in a matter of hours.

Fentanyl-buy compounds, combine, sell next day. Meth- extract one compound from Sudafed, meth produced within 4 hours.

If a meth lab has been in a house, that house must be torn down due to the toxins and carcinogens from the cooking lab entering the drywall and rest of house.

Asking for help from the public to fight the drug epidemic. Drug precursors are sold from companies in China, then purchased by drug cartels in Mexico, who then make them into Fentanyl or smuggle kilos into the US, then press and distribute them in the US. Missouri is one of the largest hubs for drugs to come into the East Coast.

Drugs are also smuggled through Canada.

January 1st, Operation Engage was moved from Kansas City to St. Louis, Mo., covers St. Louis Metro area and Southern Illinois. The goal is to have a Train the Trainer (presentation given today), educate the public and allow them to train others. Police cannot arrest their way out of the drug problem, nor do they want to.

Pushing for live data reports from medical examiners, and not to have individuals working off old data, live data has more accurate counts.

Toni Randall mentioned that Xylazine has been in the area since 2019.

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 March 12th.

-**Transportation**-2:30-3:30pm, meet via Zoom on the 3rd Tuesday of the month. Melissa Marti, Michelle Miller, Jennifer Noel, Patrice White, Monique Brunious & Toni Randall. Next meeting is February 20th.

-**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 February 27th.

5. New Business

-Illinois Youth Survey for 8th, 10th & 12th graders.

-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. Flyer is attached & at the end of the minutes.

-CRAFT (Community Reinforcement Approach-Family Therapy) **no longer being held**

-PALS (Parents of Addicted Loved Ones) other friends and family are invited. Must be 18. Being done by a couple in Clinton County. Flyer is attached & at the end of the minutes.

-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. She can work with families from Bond County

virtually. For more information reach out to her at Jaime Armstrong
jarmstrong@amarenfp.org

AMARE is starting a new Family Connections Group. Flyer is attached & at the end of the minutes.

-SMART Recovery-Prairie Counseling Center, Tuesdays 10am & Wednesday 6pm. Flyer is attached & at the end of the minutes.

-REFLECTIONS-Prairie Counseling Center, 1st Wednesday of the month at 10am. Flyer is attached & at the end of the minutes.

6. Advisory Board for People with Lived Experience. In 2024 we will be meeting every month on the first Wednesday of the month from 7pm-8:30pm. We meet at Senior Center from now on. Free drinks & \$20 GC for attending & contributing. Next meeting March 6th at 7pm-8:30pm.

-hosting Family Game night for all of the next year on the 3rd Saturday night of the month from 6-9pm at the Senior Center. Our next one is February 17.

7. Update from any Groups & Organizations-

-Michelle PCC shared about a PLE who went out of their way for someone else and how proud she was of them.

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

Future Meeting Dates for 2024:

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

AMARE FAMILY CONNECTIONS

Join Amare's Family Connections & Support Recovery Coaches as we dive into the world of addiction as experienced by family members.

FREE!

**9-WEEK
SESSION**

**Tuesdays
at 6:30-8pm
at RFM**

*Class starts on
March 5th*

*Maximum capacity
15, so make sure to
sign up quickly!

WEEK 1: DIFFERENT SUBSTANCES
& THEIR EFFECTS

WEEK 2: SUPPORT GROUP OPTIONS

WEEK 3: RECOVERY JOURNEY OPTIONS
(RECOVERY COACH LIVED EXPERIENCE)

WEEK 4: UNDERSTANDING
FAMILY DYNAMICS

WEEK 5: CARING DETACHMENT SKILLS

WEEK 6: BOUNDARIES

WEEK 7: TRIGGERS & RELAPSE
(MOTHER/DAUGHTER LIVED EXPERIENCE)

WEEK 8: SELF-CARE
(GUEST SPEAKER FROM NAMI)

WEEK 9: COPING STRATEGIES
(NARCAN TRAINING AND DISTRIBUTION)



**Main Office:
144 East Ferguson Ave.
Wood River, IL 62095**

WWW.AMARENFP.ORG

Family Recovery
Coaching/Support:
618.331.6412
jarmstrong@amarenfp.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



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



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