

ROSC Council Meeting Minutes

March 13th, 2024

0:00-9:25

ROSC Coordinator Jarrett Burton starts this month's meeting by welcoming and thanking everyone for coming. He asks everyone to make sure that they are muted unless they are speaking. He then asks everyone to put their name and contact information in the chat. Jarrett then states that this month's meeting will be about sober living. He states that sober living was such a vital part to his recovery even though he had stigmas towards what sober living was. He states that he was around 30 other men going through the same thing he was, had structure for the first time, and had accountability. He states that there is such a great need for more of these places. He states how vital it is to advocate and educate the public to help break those stigmas.

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. New ROSC Outreach Coordinator: Joshua Rich
6. **Sober Living Spotlights**
Courtney Ross, Oxford House Inc.
Richard Butts, The Guildhaus
Mariana Prokop, Evergreen Sober Living
7. Organizational Updates
8. Regional ROSC Roundup
9. Closing

ROSC Coordinator Jarrett Burton mentions the ROSC Presentation Series on March 20th at 10 AM on Zoom. He states that the presentation will be by **Don Mitckess, LCPC, CRADC** who is the **Director of Clinical Strategy at Relief Mental Health**. The presentation will be about TMS Therapy for mental health.

ROSC Coordinator Jarrett Burton then mentions next month's ROSC Council Meeting on April 10th, which will highlight services for refugee and BIPOC and also **Restoration 61**. Then Jarrett mentions next month's presentation series, which will be on April 17th. The presentation will be about Methadone for medication assisted recovery. Jarrett then mentions the ROSC Council meeting on May 8th, which will be about recovery for veterans, and the May presentation series on May 15h, which will be about Ketamine therapy. Lastly, Jarrett mentions the June Council meeting, which is on the 12th, and will be about first responders.

ROSC Coordinator Jarrett Burton then shares that Serenity House is hosting a free 4 CEU training on March 26th, from 12 to 4:30 PM. He states that the training will be on understanding, coping, and healing from abuse and trauma. It will be presented by **Gary Rukin, LPC** and held in the Big Hall at Serenity House.

ROSC Coordinator Jarrett Burton then mentions the next DuPage ROSC Game Night that will be on April 20th. He states that the last one was such a success, so DuPage ROSC is going to make the game nights a more regular occasion. It will be from 7 to 9 PM, and there will be another trophy for the Mario Kart Champion. Game night will be in the Big Hall at Serenity House.

ROSC Coordinator Jarrett Burton lastly mentions that DuPage ROSC is hosting another drive. This drive will be for the **Midwest Shelter for Homeless Veterans**. DuPage ROSC is asking for donations of household items, kitchen items, linens, cleaning supplies, toiletries, clothing, and winter items through Memorial Day. You can drop off donations at Serenity House, or contact Jarrett to make other arrangements.

9:26-12:37

ROSC Coordinator Jarrett Burton then introduces **ROSC Co-coordinator Danny Sourbis** to give the What's App Referral Group Update. Danny starts off by stating that What's App is DuPage ROSC's referral hub that started off as a text chain between 17 people who were looking to fill the gaps for treatment. Danny states that there are 89 members now, through multiple counties in Illinois. Danny then states that we have been joined by members from 360 Youth Services, The Foundation Center, Heartlife Ministries, Recovery 180 ROSC Council, Family Shelter Service, Metropolitan Family Services of DuPage, Serenity House, Way Back Inn, Symmetria Recovery, Northwestern Medicine, Ben Gordon Center, and a College of DuPage Student. Danny then states that over the past month, they have been able to provide referrals for detox, residential treatment, PHP, IOP, young adult 12 step meetings, interventionists, smart support groups, support groups for families, outpatient therapists and psychiatrists, programming for developmentally disabled, eating disorder treatment, grief and loss support, anger management, trauma support, harm reduction materials, and sober living. Danny states this month's referral MVP is **Becky Sadler from Rosecranse**.

ROSC Co-coordinator Danny Sourbis then thanks everyone for their support in the chat. He then states that he is going to put his information in the chat, so if anyone wants to join the what's app referral group, they can reach out to him.

12:38-14:38

ROSC Coordinator Jarrett Burton then welcomes and introduces the new **DuPage ROSC Outreach Coordinator Joshua Rich**. Joshua Rich then introduces himself and thanks Jarrett. He states that he has been here for a month now, and his goal is to connect ROSC services with different agencies and organizations in the community. He states that he is a person in long-term recovery, and he comes from 8 years of social work service in this field at different levels of care. He states that prior to that, he was a firefighter paramedic for 10 years. He states that he will be presenting for the June ROSC meeting on first responders.

14:39-29:55

ROSC Coordinator Jarrett Burton next welcomes **Courtney Ross, Resource Coordinator for Oxford House**. Courtney starts off by thanking Jarrett and introducing herself. She states

that her responsibilities are to network with the community, providers, DOC, establish resources, and nurture relationships within the community so that members and others in the field can overlap. She states that Oxford House is sober transitional housing. She then agrees with Jarrett over the stigmas against sober living houses. She states that she moved into her first Oxford House in 2017 after struggling with crack cocaine, liquor, and toxic relationships for over 20 years. She states that to get into an Oxford House, you have to complete an interview and application. You can find any information on the website, including the application and bed availability. You can search for bed availability by gender, and living with children.

Oxford House Resource Coordinator Courtney Ross next states some house rules. She states that for the first 30 days, you are on probation in order to get acclimated to your room mates and house rules. Next, Courtney states that you have to find employment and a sponsor within the first 2 weeks. Courtney then states that for the first 30 days, you have to attend 5 meetings a week. Courtney then states that the curfew is 11 PM Monday-Thursday and 12 AM Friday and Saturday. Courtney states that there is a mandatory business meeting once a week. Next, Courtney states that all Oxford Houses are single family homes and the business meeting is an opportunity for everyone residing in the home to sit down as a family to pay bills, check in with each other, and address behaviors and concerns. Courtney states that people can live in an Oxford House for the rest of their life as long as they do not use, pay their fair share, and don't participate in disruptive behaviors. She states that most people are not ready to go out on their own in 6 months or 2 years, so Oxford Houses pride themselves in the fact that people can stay as long as they need to. Courtney states that their goal is to have 10,000 houses, and right now they have 3,600 in the United States, as well as in 2 other countries. She states that there are 92 in the state of Illinois. Lastly, Courtney closes sharing that her motto is that if we don't grow, we have to go.

ROSC Coordinator Jarrett Burton thanks **Oxford House Resource Coordinator Courtney Ross** and asks her how someone can move to an Oxford House for the first time after filling out the application. Courtney answers by saying you can call the contact person for each house, listed on the website, to schedule an interview. She states that the fee is 175 a week, but money does not determine if you are accepted or not. She states that the interview is 32 questions that were formed to get the interviewer and interviewee to get to know each other. Jarrett then opens the floor for questions. Eric then asks Courtney how they handle clients from the LGBTQ+ community. Courtney states that they have had individuals from that community, and that Oxford House prides themselves on educating clients to be open-minded. There is not specific housing for those individuals, but they are all inclusive.

29:56-39:32

ROSC Coordinator Jarrett Burton next introduces **Guildhaus NCRS and Recovery Coach Richard Butts**. Richard starts by stating that the Guildhaus is a level 3.1 men's treatment center that was founded in 1987 by Jack King. Jack King was in recovery and a retired fire fighter. Richard states that the house is located in Blue Island, Illinois and they are a 90 day program. There is on site staff counseling, and many weekly open AA and NA meetings. Richard states that clients have to come from treatment to be at Guildhaus. Richard then shares some upcoming

Guildhaus fellowship events. There is the Million Dollar Break Golf Outing on June 2nd, the Summer Coed Retreat at Lake Bennet in Wisconsin from August 16th to 18th, the Guildhaus Family Picnic on August 24th, and the 2nd Annual Blue Bridges 5K on September 22nd. Richard then goes on to state that through the grace of God and his mentors, he will have 4 years of sobriety soon.

ROSC Coordinator Jarrett Burton congratulates **Guildhaus NCRS Richard Butts** for his anniversary coming up and his certification for recovery coaching. Jarrett then asks how he likes being a coach. Richard states that it has been great having more understanding on how to help the guys especially when councilors are not there. Richard states that when it comes to recovery, he wants the guys to find what he has. Jarrett then thanks Richard for presenting and Guildhaus for being such a strong role model alumni group.

39:33-54:10

ROSC Coordinator Jarrett Burton introduces **Founder of Evergreen House Mariana Prokop**. Mariana starts off by stating that Evergreen House is a non-profit organization that provides sober living to women with substance use disorder. She states that she is in recovery herself, and she is a firm believer in transformation of self, and that is why their logo is a butterfly. She states that the definition of recovery is “the process of change through which individuals improve their health and wellness, and live self-directed lives to reach their full potential.” Mariana states that Evergreen House has used policies similar to Serenity House and Oxford House. Mariana states that Evergreen House cares for adult women who have completed treatment for substance use disorders, are serious about recovery and willing to submit to the structure and accountability of the home. She states that residents are working towards independence and that they have utilized ROSC coaches to work towards that. Mariana then states that the home is located in Carol Stream, Illinois, and the residents share 4 double occupancy bedrooms. Mariana then goes on to state that research suggests that sober living environments can contribute to sustained recovery by providing structure, accountability, and a supportive community. She also states that sober living homes often serve as a bridge between formal addiction treatment and independent living. She states that she loves being very involved with the ladies, even though sometimes it can get overwhelming. That is why she is looking for assistance soon. Mariana then states that Evergreen House takes a holistic approach, and connects residents to resources such as peer recovery support, self-care plan development, nutrition and exercise, resume development, recreation and creativity classes, spiritual gatherings, finance and time management, self-help services, and relationship and community enhancement. She also states that she is planning on bringing educations to the home too.

Founder of Evergreen House Mariana Prokop then states the weekly fee is \$220, which includes bed and utilities, and there is a one-time intake fee of \$250. She states that they are almost at full capacity and stresses that there is a great need for sober living homes. Mariana then states that building this home from the ground up was a great challenge, but she appreciates everyone who she was able to go to for guidance. Mariana shares that there is a resident of the home who is pursuing a CADAC and she sees that as a great success. Mariana closes out by

thanking everyone again who has been a part of Evergreen's journey and that the application is online.

ROSC Coordinator Jarrett Burton thanks **Founder of Evergreen House Mariana Prokop** and shares how amazing it has been to see how far Evergreen has come within a year. Jarrett then states that touching on the holistic part is so important because residents of sober living are still learning and finding what they like to do. Jarrett then opens the floor for questions and comments. **Bruce Sewick from College of DuPage** states that Mariana was one of his former students and asks if she had problems with stigma. Mariana states that she kept the house being a recovery home private and states that she will let people know when they ask. She states that she decided that based off of the stigma involved with sober living. She states that she wants to change that eventually, in order to educate. Jarrett thanks Bruce and Mariana.

54:11-57:28

ROSC Coordinator Jarrett Burton next introduces **RCO Coordinator Saleha Jawaid** to give a DRCO Update. Saleha starts by thanking all the speakers and states that the RCO is offering school prevention education, one on one counseling at schools, classes at DuPage County Jail, groups in the community, and recovery coaching. She then states that RCO is still providing the monthly virtual Narcan training. Jarrett then thanks Saleha and states that we are always looking for community partners.

57:29-1:02:06

ROSC Coordinator Jarrett Burton lastly opens the floor for organization updates. **Marissa Kirch of Stonybrook Center** states that Stonybrook is offering and in person training on addiction in the family on March 19th. It will be worth 2 CEU's and there will be food provided. She next mentions that there are openings in their program for MAT IOP, and that they have a MARA meeting on Saturdays at 10 AM.

Mike Wood from Banyan Treatment Center then states that they are launching the Midwest chapter of The Spiritual Care Network. It will be ran out of Compass Church in Naperville and there will be mental health professionals in a faith based networking group.

Bo Cook from Cook County Jail then states that DuPage ROSC is so inspiring and that it is nice to know that there are wonderful people working in the field outside of Cook County.

ROSC Coordinator Jarrett Burton closes this month's meeting by stating that the next ROSC Council Meeting will be on April 10th, and we will be talking about specialized services for refugee and BIPOC populations, and welcoming Restoration 61 to talk about the work combating human trafficking in our area. Jarrett thanks everyone for attending.