



**Bond County Recovery Council**  
**Wednesday, March 13, 2023**  
**10am-11:30am (probably only until 11am)**  
**Via Zoom/In Person at the SMART**  
**building 3<sup>rd</sup> Floor**

## Meeting Agenda

### 1. Welcome and Introductions

#### In Person: (Have sign in sheet)

Dan Hutchison- ROSC  
Naomi Fulton- RCORP  
Patrice White- Bond County Core Community  
Tony Brooks- Bond County Coroner

#### Via Zoom:

Angella Holloway- ROSC  
Diane Borawski- NAMI Southern IL  
Donnis Cambell- Recovery Corps  
Dusty Hanner- OEND/DOPP  
Guy Gomez- DEA Community Outreach Specialist  
Katie Unthank- ROSC Mentor  
Mark Knott- ROSC  
Nellie Baity- ROSC  
Sandi Laurent- Kaskaskia College  
Sheena Langhauser- Memorial Medical- Belleville  
Teresa Cornelius- HSHS  
Tracy Dones- Chestnut Health Systems

### 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.** These are almost ready. 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 NEXT week. **If you have anything to add or change, please let me know by the end of this week.**

### 3. Presentation- Naomi Fulton presented outcome data from RCORP needs assessment. Four main areas of need identified included Recovery and Family support services, community outreach/education, veteran services, and evidence-based practices (see attached Community Needs Assessment Summary PDF for more info). Naomi can be reached at [ngfulton@chestnut.org](mailto:ngfulton@chestnut.org) for further information. **2pg summary at end of minutes & attached**

#### 4. Strategic Plan Work Group Updates

-**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 April 9th. **Would anyone like to be added to the group?**

-**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 March 19th. **Would anyone like to be added to the 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 March 26th. **Would anyone like to be added to the group?**

#### 5. New Business

-Sheena Langhauser, Program Coordinator- Medical Stabilization, provided an update about Memorial Hospital's Medication Assisted Recovery services at their Belleville Location. This program can accommodate people seeking Buprenorphine and Vivitrol and works to connect to other services and providers. If you are familiar with the program in Alton, this program is very similar. Please see attached flyer for more information or reach out to Sheena at [sheena/langhauser@bjc.org](mailto:sheena/langhauser@bjc.org). To be connected to services call 618-257-5341 **Flyer at the end of the minutes & attached.**

#### 6. Update from any Groups & Organizations

-Tony Brooks reported that to date, there have been zero OD deaths in Bond County.

-Diane Borawski (NAMI) shared that a program will be starting soon and will continue for 8 Mondays called Family to Family. This will be a hybrid program with the live portion be held in Fairview Heights. For more information please reach out to [info@namiswi.org](mailto:info@namiswi.org) or call 618-798-9788

-Teresa Cornelius (HSHS) shared that there is currently work being done to get permission to distribute Fentanyl test strips in a similar manner to how they are distributing Narcan. While this may take some time to sort through, Teresa had the idea of including information cards for where to obtain test strips in the meantime. HSHS is also working towards finalizing a large marketing campaign that will highlight the Warm Hand Off collaboration with Gateway Foundation and new tele-psych services that will be starting at the hospital.

7. General Reminders

-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 April 3<sup>rd</sup> at 7pm-8:30pm.** The Advisory Board will also be 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. **Next Family Game Night is March 16. Flyers for both are at end & attached**

-Bond County Transit Program- Transit bus will take people to Vandalia on Tuesday (Walmart & Aldi) and Highland on Thursday (Walmart & Ruler) 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. They are also working on a route to Edwardsville in the future. **For further info contact Toni or Monique. See flyer at end & attached**

-Reminder, CRAFT (Community Reinforcement Approach-Family Therapy) is not happening at this time due to lack of attendance.

-PALS (Parents of Addicted Loved Ones) other friends and family are invited. Must be 18. Being done by a couple in Clinton County. **See attached flyer 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. She can work with families from Bond County virtually. For more information reach out to her at Jaime Armstrong [jarmstrong@amarenfp.org](mailto:jarmstrong@amarenfp.org)

-SMART Recovery-Prairie Counseling Center, Tuesdays 10am & Wednesday 6pm. **See attached flyer.**

-REFLECTIONS-Prairie Counseling Center, 1<sup>st</sup> Wednesday of the month at 10am. **See flyer attached.**

8. FREE Virtual Narcan Training each month by Chestnut. For more information email [SR-NARCAN@chestnut.org](mailto:SR-NARCAN@chestnut.org). The Recovery Council also has FREE Narcan for anyone who needs it.

Future Meeting Dates for 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.

# COMMUNITY NEEDS ASSESSMENT SUMMARY

DECEMBER 2023



## Rural Communities Opioid Response Program (RCORP)

In September of 2022, Chestnut Health Systems (Chestnut) was awarded a Rural Community Opioid Response (RCORP) Implementation Grant, (No. GAI1RH45962). The RCORP project is a multi-year initiative by the Health Resources and Services Administration (HRSA) aimed at reducing the morbidity and mortality of substance use, including opioid use, in rural communities at the highest risk for substance use. The grant aims to serve people with mental health/emotional conditions and people living with substance use or co-occurring disorders by providing an array of comprehensive prevention, treatment, and community-based services in rural communities.

## Methodology

The needs assessment created a snapshot of the degree to which the RCORP consortium fulfills its commitments to the population of focus by utilizing quantitative and qualitative input from key stakeholders in the community. The team completed 161 Community Surveys and 25 Key Informant Interviews.

Summary of Data Sources:

- individuals with lived experience and their families,
- community members from the services area,
- behavioral health providers and community agencies,
- demographic and prevalence data.



RCORP Service Area  
Population - 519,286

01/02

# Recommendations for the RCORP Consortium Agencies

- Evidence-based Practices Implementation and Assessment
  - Encourage training for agency staff, offering opportunities for conferences, certifications, and consultation.
  - Identify what evidence-based practices would be most beneficial to their service lines and clients.
- Recovery and Family Support Services
  - Explore implementing an internal process for developing recovery support roles for clients who reach their recovery goals and desire to work in recovery support positions.
  - Identify the current family support services available in the area, as well as the gaps in services where additional support is needed to make family support services more widely available.
  - Utilize staff in outreach positions to educate the community on how to better access services.
  - Peer recovery support services should include supporting those involved with the criminal justice system.
- Community Outreach/Education
  - Conduct targeted outreach to areas identified as underserved, focusing on health education to reduce health risks and increase awareness of the behavioral health service availability.
  - Community events should be offered and support for community coalitions should be put in place.
  - Community education on harm reduction and the distribution of supplies should be a priority.
- Veterans Services
  - Focus its efforts to serve veterans and their families by addressing gaps in care that are currently not covered, including (a) veterans who seek services outside of the VA system, (b) veterans who do not meet VA requirements, and (c) military-involved families. This effort could include developing tracking methods and determining the service lines in which veterans and their families are most likely to engage.
  - Expand cultural competency training related to serving veterans and military-involved families to all staff associated with service lines related to this subpopulation.

## Recommended Initiatives



## Community Education



## Partnership Development



## Behavioral Health Outreach



For additional information please contact RCORP Project Director, Alicia Moesner, at [aamoesner@chestnut.org](mailto:aamoesner@chestnut.org)

# Medical Stabilization Program

Walking Together

## About Us

We are here to offer support to adults who are seeking assistance with substance use disorders. We will help those who are interested to get connected to available treatment options and community resources.

## How can our team help you?

Our treatment team will work with each patient to link them to treatment options that are available to them, including:

- Hospital admission for adults who are showing signs and symptoms of withdrawal, if certain criteria are met
- Creating an individualized plan for next steps in treatment
- Assistance with referrals for inpatient and/or outpatient treatment programs
- Addressing issues that can get in the way of treatment, including transportation issues, primary care provider referrals, and linking to resources for other needs such as housing or food

## Medically Assisted Withdrawal

Memorial Hospital provides medically monitored detoxification admissions for individuals with substance and alcohol use disorders, if certain criteria are met. Substances that often require a brief, medically monitored inpatient stay are:

- Alcohol
- Benzodiazepines (Valium, Xanax)
- Opioids (Heroin, Fentanyl, OxyContin)
- Combined Substances

## Our Team

For patients that require hospital admission for medical stabilization of their withdrawal symptoms, our nurses and physicians will work together to monitor and treat those symptoms, such as nausea, anxiety, and dehydration.



Our Peer Recovery Specialists have been through this themselves. They know what it is like to feel like you've lost control, and they know how hard it can be to ask for help. A Peer Recovery Specialist will work with each patient, speaking from their own place of lived experience, to help patients find services that will meet their needs. The Peer Recovery Specialist will work to create an individualized discharge plan with appropriate referrals to ensure that patients have a pathway to access counseling, medication, and other supports that are needed to continue their journey of recovery.

Memorial's Medical Stabilization Team will also offer referrals and support for anyone seeking treatment for substance use disorders that do not require hospitalization, which can include methamphetamine, marijuana, prescription medications, or cases in which the withdrawal symptoms from alcohol, benzodiazepines, or opioids do not meet criteria for hospitalization.

We want to walk with you on your journey to a new beginning.

→ **Call Memorial Hospital's Medical Stabilization Team at 618-257-5341 or email [memorialmsu@bjc.org](mailto:memorialmsu@bjc.org) to get started.**



[memhosp.org](http://memhosp.org)

Memorial Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo.

Lláme al 618-257-5420 para Memorial en Belleville, 618-607-3139 para Memorial en Shiloh (TTY: 1-800-735-2966).

注意: 免费提供语言协助服务, 如有需要敬请致电 Belleville: 618-257-5420, Shiloh: 618-607-3139 (TTY: 1-800-735-2966)。

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# 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





# 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](mailto: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



**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.**