

## DuPage ROSC Council Meeting

April 10<sup>th</sup>, 2024

0:00-12:04

**ROSC Coordinator Jarrett Burton** starts this month's meeting by welcoming everyone and reminding everyone to please stay muted, unless speaking. Jarrett then asks everyone to put their name and info in the chat. Jarrett states that DuPage ROSC is made up of people with lived experience, and also people in organizations working in the recovery continuum. Jarrett states that DuPage ROSC identifies the gaps in services, works to fill those gaps, advocate for people still struggling, fight stigma, and try to provide a system of care that starts a culture of recovery for DuPage ROSC. Jarrett then mentions that DuPage ROSC was at an event where they spoke to the staff on how to identify substance use and mental health challenges in their clients, but also on how to approach and deescalate certain situations with their clients. He states that they had a great time talking with them, and not to them. Jarrett states that DuPage ROSC loves collaborating with others in the recovery continuum, and it reminds us what we are doing in ROSC.

Meeting Agenda:

1. Meeting Open
2. Agenda
3. Preview of upcoming meetings/trainings/openings
4. What's App referral group update: Danny Sourbis
5. Brenda Pasia, LSW, Therapist + Sabrina Albers, Clinical Director and Founder of R&B Counseling: Services for Refugee and BIPOC Communities.
6. Organizational updates

**ROSC Coordinator Jarrett Burton** mentions the next DuPage ROSC Presentation Series that is at 10 AM on April 17<sup>th</sup>, on Zoom. This month's presentation will be on Methadone for Medication Assisted Recovery and will be presented by **Marissa Kirch, MSW, LCSW, CADC, Program Director of Stonybrook Center.**

**ROSC Coordinator Jarrett Burton** next mentions the Veterans Memorial Drive that DuPage ROSC is hosting for **Midwest Shelter of Homeless Veterans.** The drive will be running through Memorial Day, and they are looking for household items, cleaning supplies, clothing, kitchen items, linens, and toiletries. Donations can be dropped off at Serenity House, or people can reach out to Jarrett to make other arrangements.

**ROSC Coordinator Jarrett Burton** next mentions the next DuPage ROSC Sober Game Night that will be at 7 PM on April 20<sup>th</sup>. Jarrett mentions that the last Game Night was such a success, that DuPage ROSC had to host another one soon. Jarrett also mentions the 2<sup>nd</sup> DuPage ROSC Game Night trophy that will go to the next Mario Kart champion.

**ROSC Coordinator Jarrett Burton** next mentions the Connection Through Loss grief group that **DuPage ROSC Recovery Coach Felicia Miceli** hosts at Serenity House the 2<sup>nd</sup> and 4<sup>th</sup>

Thursday of every month at 7:30 PM. Felicia has been running this group for a long time now and it is a great and welcoming group.

**ROSC Coordinator Jarrett Burton** next mentions the new Women's SMART Recovery meeting hosted at Serenity House on Tuesdays, at 8:30 PM. The meeting is facilitated by **ROSC Recovery Coach Felicia Miceli** and **ROSC Recovery Coach Danielle Heffernan**.

**ROSC Coordinator Jarrett Burton** next mentions the Friends and Family SMART Recovery meeting hosted at Serenity House on Thursdays at 6 PM. The meeting is facilitated by **ROSC Recovery Coach Felicia Miceli**.

**ROSC Coordinator Jarrett Burton** next mentions the Take Back the Night event, hosted by Family Shelter Service, at Benedictine University. It will be April 10<sup>th</sup>, at 6 PM and is an event for sexual violence survivors.

**ROSC Coordinator Jarrett Burton** lastly mentions the Spiritual Care Network's first meeting that will be on April 25<sup>th</sup>, at 1 PM. The meeting will be at the Compass Church in Naperville IL.

**12:05-16:37**

**ROSC Coordinator Jarrett Burton** now introduces **ROSC Co-Coordinator Danny Sourbis** to give the What's App referral group update. **ROSC Co-Coordinator Danny Sourbis** starts by thanking Jarrett and explaining how the referral chat started as a text thread that grew into the What's App referral chat. Danny states that the chat has been active since February 1<sup>st</sup>, 2023 and now has 93 members throughout the states. The chat has been joined by members from Serenity House, NAMI, College of DuPage, Footprints to Recovery, Modern Med Recovery, Hines VA, and Naomi's House. The chat has helped find referrals for detox, residential treatment, PHP, IOP with housing, Vivitrol, support groups for sexual abuse, driving evaluations, Sublicade providers, grief support groups, pain management resources, living rooms, mental health shelters, MAT and MAR, porn addiction therapy, and sober living. Danny then states that the Referral MVP was **Don Mitckess from Relief Mental Health**. Danny states that all referrals are meaningful, and he will put his contact info in the chat for anyone interested in joining.

**16:38-22:16**

**ROSC Coordinator Jarrett Burton** next talks about the work that DuPage ROSC does in the DuPage County Jail. Jarrett states that one of the first gaps in service that DuPage ROSC noticed, was being able to reach more people trying to recover inside DuPage County Jail. Jarrett states that we started with one class on Sunday mornings. That class was a Re-entry Class for Criminal Thinking. Now DuPage ROSC hosts a Grief and Loss class, Intro to Recovery class, and a Heroin Anonymous meeting too. Next, Jarrett mentions that DuPage ROSC is starting an employment training program for industrial and house painting for the inmates. Jarrett states that one of the main concerns the inmates had, was finding employment. And through this training program, they will receive a certificate that can help find employment.

**ROSC Coordinator Jarrett Burton** next introduces **ROSC Recovery Coach Danielle Heffernan** to talk about her experience doing the class at the jail. **ROSC Recovery Coach**

**Danielle Heffernan** states that going in to the jails has been one of her favorite parts of working with DuPage ROSC. She states that as a person with lived experience, she has never been in jail, but could have been. And being able to give back to those who are struggling and facing that challenge of how to take that next step. People getting out of jail face all these barriers and it is nice to be able to help give them hope and a road map for when they get out.

**ROSC Coordinator Jarrett Burton** next introduced **ROSC Co-Coordinator Danny Sourbis** to give his feedback on working in the jail. Danny states that it is great to instill hope for the inmates. Danny states that they really appreciate our time and experiences, and also appreciate being able to improve themselves. Danny states that many inmates come to Serenity House after they get released, and it is great to see the hope that some of them have to even become recovery coaches in the future.

**22:17-47:47**

**ROSC Coordinator Jarrett Burton** introduces **Brenda Pasia, LSW, Therapist and Sabrina Albers, Clinical Director and Founder of R&B Counseling**. Jarrett states that R&B Counseling is a practice that's dedicated to providing a safe and supportive environment for refugees and minorities in the western suburbs of Chicago. Jarrett states that the team is made up of minority professionals.

**Sabrina Albers, Clinical Director and Founder of R&B Counseling** starts off by introducing herself and stating that R&B stands for refugee and BIPOC. BIPOC stands for Black Indigenous People of Color. She also states that she is the CEO of Stone Catchers Counseling. Sabrina states that they operate 2 practices in 1 facility because Stone Catchers is for profit, and R&B is a non-profit. She states that they believe in anti-racist, anti-oppressive, and culturally responsive care. She states that they believe in providing just, equitable, and accessible care. All 16 therapists are people of color, and they speak Creole, French, Farsi, Dari, Arabic, and Spanish. She states that one of the biggest barriers for people to access services, is the language barrier. Sabrina states that they run 1400 sessions a month, and 93% of their clients are on Medicaid. She states that most practices in DuPage County do not accept Medicaid, and that is a serious gap in care. She states that so many people are being denied care based on their socioeconomic status. She states that because of this, it is perfectly acceptable to discriminate against somebody over their ability to pay.

**Sabrina Albers, Clinical Director and Founder of R&B Counseling** states that their clients face mental health challenges, discrimination, and messages that they are not worthy of care. Their clients have faced rejection after rejection when trying to access care, with the challenge of combating cultural norms and stigmas against mental health treatment. Sabrina wants to motivate others in the community to accept Medicaid plans because a lot of the ideas of Medicaid are not true. Also, other agencies may be worried about having poor people of color in their facilities. Sabrina also mentions that so many people got kicked off of Medicaid after May of 2023 due to the lifted Covid restrictions. When they lifted those emergency measures, people with unstable housing or language barriers fell through the cracks because they may not have even read the mail stating their Medicaid was running out.

**Sabrina Albers, Clinical Director and Founder of R&B Counseling** next turns it over to **Brenda Pasia, LSW, Therapist of R&B Counselling**. Brenda starts off by thanking Sabrina and introducing herself. She states that mental health claims can't be denied by health insurance companies for reasons not medically necessary or just their benefits. Also, she that restates that after the Covid 19 policy was lifted, so many people did not get approved for Medicaid based on income. She states that she lost 9 clients in the last month because of this. She states that her clients have a hard time coming to therapy, and now that they did, to have the service interrupted, is unfortunate. It brings up past traumas and causes the clients to not want to continue therapy. She states that as an organization, they aim to raise awareness of the challenges for the refugees and the BIPOC communities face.

**Brenda Pasia, LSW, Therapist of R&B Counselling** states that most of her clients are 18-34 years old, and a part of the Latino community. She states that her life goal was to help individuals in the Latino community based on her own experience as a first generation Mexican American. She states that the stigma against therapy too is a big barrier that she tries to help her clients navigate with their families. Sabrina states another barrier is the privacy concern, which causes clients to hold on to traumas. She also mentions the language barrier, so they offer sessions in Spanish and other languages. Lastly, another big concern from their clients is immigration. It is a huge burden on their clients. That is why she creates the safe space for her clients, and she plans to continue to do so.

**ROSC Coordinator Jarrett Burton** starts off by thanking both of them for such a powerful presentation and stating how relevant this issue is. Jarrett thanks them for their advocacy work that they do. He opens the floor for questions and comments. **Mike Murray** asks if a lot of their population are Asylum Seekers. Sabrina states that World Relief Chicago has been a huge help in stepping in because they have access to different resources and different policy advocates to be able to help move them along. Jarrett then asks what the best way would be to seek services or refer to R&B Counseling. Sabrina states that she is putting their email addresses in to the chat. Jarrett then states that it is important to share to take Medicaid clients. There can't be just one or two organizations who take Medicaid clients. He asks what the best way is to advocate. Sabrina states that political meetings can help, but any time healthcare professionals get together, is a good time to talk about this issue. We have to share these responsibilities as a communities. Next, **Scott from the DuPage Health Department** asks what ages are served and R&B Counseling. Sabrina states age 3-105, they have every age covered. Scott states that he is putting together referrals for early childhood, so he appreciates being able to put them down. Jarrett lastly thanks Sabrina and Brenda again for their presentation.

**47:48-56:58**

**ROSC Coordinator Jarrett Burton** then introduces **Mike Wood of Banyan Treatment Centers** to talk about the Spiritual Care Network meeting. Mike states that what Sabrina and Brenda were talking about, is exactly the kind of topic they would like to present to Ministry leaders and mental health professionals because there is such a huge gap and misinformation about the topic. Mike states that he had a beautiful faith transformation in his life, and that the church did a lot for him. He states that he thinks that we are missing the mark as a whole when it

comes to mental health and substance use. Mike states that the goal of this meeting is to bridge the gap between mental health providers, recovery professionals, and the faith community. He states that the format will be to have a time for networking, small groups, panel discussions, a lunch, and a speaker. Mike states that he will be the first speaker, and he is going to talk about utilizing your gifts for someone else's success. He states that it is important to not take on too much, and to lead people to where they can find help, and he believes that that is where the church is falling short. He states that they want to bridge gaps with encouragement, education, enlightenment, and empowerment. He states that if anyone has any questions, to reach out to him.

**ROSC Coordinator Jarrett Burton** thanks Mike and states that the faith sector of recovery was hard to crack. He felt that on both sides we could be doing more to make those connections and bridge those gaps. Jarrett opens the floor for questions. **Heather** states she has faced many challenges when it comes to students who have IEPs in catholic schools. Mike states that there is no excuse for that, and that is exactly why they are starting this meeting. Jarrett states that he will connect her with Mike Wood.

**56:59-1:00:05**

**ROSC Coordinator Jarrett Burton** lastly asks anyone if they have any organizational updates. **Mike Murray** states that elections are coming up soon, and that he is trying to get funding for his campaign. They are having a fundraiser on May 4<sup>th</sup> at Trinity Church. Jarrett states that a lot of work gets done with township mental health boards and that is where we can do advocacy work.

**ROSC Coordinator Jarrett Burton** thanks Mike, and closes this month's meeting by stating that the next DuPage ROSC Council Meeting will be May 8<sup>th</sup>, and they will be talking about veteran's issues. He thanks everyone for coming as well as the presenters.