



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

Meeting Minutes

1. Welcome and Introductions

In Person:

Tony Brooks-Coroner

Julie Herr-RSUPIC Grant (CHS)

Patrick Miller-State Faith Based Initiative (CHS)

Melissa Monte-The Aviary Treatment Center

Patrice White-Bibleway Church & Core Communities

Shane Pinnell-Celebrate Recovery

Tonya Roberts-MERS Goodwill

Cindy Crouch-Head of Nursing HSHS

Dan Hutchison-ROSC Supervisor

Via Zoom:

Johanna Gonzalez-IDHS ROSC Coordinator

Teresa Cornelious-HSHS Highland

Danielle Voelkel-CHS

Nellie Baity-TAC

Alice Fitzsimmons-Lost & Found Ministries

Diane Borawski-NAMI

Rebecca Klitze-Crisis Coordinator PCC

Angella Holloway-MERC

Beverly Holland-ROSC Region 5 TA

Tracy Dones-CHS

Naomi Fulton-RCORP

Liz McQuaid-OND/DOPP

Michelle Miller-Director PCC

Mark Knott-MERC

Patrick Small-HSHS Highland

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. Final Date to get me changes is Monday, April 22nd. They are much more extensive than the old ones and we are trying to make sure we have everything included.

*New Meeting cards have been ordered. We will distribute as soon as possible.

3. Presentation- Celebrating 3 years of ROSC. Ask for different organizations to tell the changes they have seen in Bond County from April 2021 to April 2024-

*Cindy Crouch, Head of Nursing at HSHS Greenville. Need for the resources from the BCRC has increased. They enjoyed the POWERFUL Overdose Awareness events that have been held for the past 3 years. Attending the first one was moving and powerful. They knew they wanted to be a part of this. They are grateful for the Narcan Bags that are being provided by BCRC that can be given to patients who come to the ER. They are seeing more OD's that involved fentanyl and it takes more Narcan to reverse. They have also added a Medication Drop Box in their lobby. It has been very well utilized. So many changes since 2021

*Alice Fitzsimmons-Lost & Found Ministries (nicknamed the "Station"). They now have many more recovery resources since 2021. COVID affected their ministry in the county jail. They are hoping this will be changing soon. She praised Toni & the BCRC for all the efforts that have happened in the community. Men's Recovery Group has thrived over the past 3 years. The Women's Recovery Group has struggled (no child care). They provide a "Sober Bar" as a safe space for people seeking recovery on Friday & Sunday evenings. They continue to form a faith based relationship with the community.

*Tony Brooks-Bond County Coroner. Over the last 3 years, number of Overdose Deaths has been dropping. In 2021 Bond County had 6 deaths due to Overdose, 2022 they had 3 deaths due to Overdose, 2023 it was down to 2 death and so far in April 2024 none so far. 3 years ago most were caused by a mix of meth & fentanyl. Now we are seeing more that are just fentanyl.

*Michelle Miller-Prairie Counseling Center & speaking for Bond County Sheriffs Department-Many process changes within Prairie Counseling Center. They now have a staff member with lived experience. They have also added another substance use counselor. Increase in mental, suicide, homicide and substance abuse help in county. They are able to help get people into rehab services. They are doing blind overdose crisis calls-to assist families who experienced overdose and take resources. They are also providing counseling services at the school for students. Two providers are now doing MAT (no methadone). They work closely with Chestnut. They have Family Group Therapy and SMART Recovery. These are opened to the community not just their patients. They have worked with Chief Deputy Hill to offer services to people in jail through kiosk. Working on getting educational services into the jail. They offer vivitrol to the jail. They are hoping to get nurse services for jailers. They are giving out emergency resource bags. They have also started a fatality review to see if there were contacts/resources missed.

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, Dusty Hanner, Kelly Jefferson, Patrick Miller, Shane Pinnell, Monique Brunious & Toni Randall. Next meeting will be May 14th. **Would anyone like to be added to the group? Please reach out and let us know.**

-**Transportation**-2:30-3:30pm, meet via Zoom on the 3rd Tuesday of the month. Melissa Marti, Michelle Miller, Jennifer Noel, Dusty Hanner, Patrice White, Monique Brunious & Toni Randall. Next meeting is May 21st. (No meeting in April) **Would anyone like to be added to the group? Please reach out and let us know.**

-**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, Bill Archibald, Dusty Hanner, Rebecca Klitze, Kelly Jefferson, Patrick Miller, Monique Brunious & Toni Randall. Next meeting May 28th. (No meeting in April) **Would anyone like to be added to the group? Please reach out and let us know.**

5. New Business

-Drug Take Back Day-Partnering with Prairie Counseling Center. Doing "Donuts for Drugs". Saturday, April 27th, 10am-2pm. Drop off unused medicines. **Flyer is attached. Please share**

-Red Ribbon Week Work Group-PCC created a planning group that we are a part of. We are looking forward to helping to provide evidence based content for students during this week in October.

6. Update from any Groups & Organizations

-There is a benefit concert this Saturday, April 13th from 2-7pm for Shane Pinnell who lost his wife. **The flyer is attached. Please share.**

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 May 1st at 7pm-8:30pm. Flyer is attached. Please share.**

-The Advisory Board will also be 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. **Next Family Game Night is April 20th. Flyer is attached. Please share.**

-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. **Flyer is attached. Please share**

-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. **Flyer is attached. Please share**

-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

-SMART Recovery-Prairie Counseling Center, Tuesdays 6pm & Wednesday 10am. **Flyer is attached. Please share**

-REFLECTIONS-Prairie Counseling Center, 1st Wednesday of the month at 10am. **Flyer is attached. Please Share**

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

Future Meeting Dates for 2024:

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



2nd Annual Spring



Donuts for Drugs

Donuts donated by Double J Doggie
Play N Stay in exchange for your
prescription drug disposal

Too often, unused prescriptions find their way into the wrong hands. That's why we are partnering with the United States Drug Enforcement Agency(DEA), for National Drug Take Back Day

**DEA NATIONAL ^{Rx}
TAKEBACK**



**April 27, 2024
10am-2pm**

*Drive Thru Drop off
Behind the Bond County
Health Department-
Enter off Bowman Dr,
Follow the Signs*

Sponsored by:



NO LIQUIDS



**COMMUNITY
BENEFIT CONCERT**

for Shane and family

Saturday April 13

2 - 7pm

\$10

Saint Paul's FM Church

Live music
Silent auction
Snacks

**WILDFLOWER
CONSPIRACY**



STEPH PLANT



MIKE & JEREMY



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



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



Reflections Group

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.

SMART Recovery



SMART Recovery 4-Point Program

- BUILDING AND MAINTAINING MOTIVATION
- COPING WITH URGES
- MANAGING THOUGHTS, FEELINGS AND BEHAVIORS
- LIVING A BALANCED LIFE

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