

Minutes

Attendance and Introductions

**Coles County ROSC Recovery Navigator, Whitley Grayson
Coles County ROSC Recovery Coordinator, Dana Tell
Community Member, Sarah Miller
Lake Land College & Charleston ELKS, Tomoko Jo
Lake Land College, Mariah White-Landrus
Gateway Foundation, Carrie McKinzie
Wingman Ministries, Gary Stephen
Lumpkin Mental Wellness Workshop- Payton Turk- Zoom
Lumpkin Mental Wellness Workshop- Maddi Hemrich- Zoom
Community Member, Brendan Hartley – Zoom
Illinois Courts, Anna Michealchuck
West Central IL ROSC, Jeff McFadden – Zoom
Vermilion County ROSC, Wendy Lambert - Zoom
ROE #11 McKinney-Vento Liaison, Teresa Metzger- Zoom
HOPE, Camille Gordon- Zoom
Prevail, Ky Newsome- Zoom
Illinois Department of Human Services, Adam Flack – Zoom
ROSC Region 4 Mentor, Jenna Hays - Zoom
East Central Illinois ROSC Program Supervisor, Karen Cook – Zoom
Moultrie Shelby ROSC Navigator, Skylar Miller
Effingham County ROSC Coordinator, Samantha Hicks- Zoom
Douglas County ROSC Coordinator, Leanna Morgan - Zoom
Vermillion County ROSC Coordinator, Wendy Lambert - Zoom**

Welcome and Introductions:

Dana and Whitley introduced themselves and continued with council participants on Zoom and in person. Dana explained that we meet at LifeSpan Center because of the transportation available in Mattoon and Charleston to LifeSpan Center. Someone can be at the bus stop at 11 a.m., and they can ride the bus to LifeSpan by noon. After the meeting at 1 p.m., they can get on the bus and be back at their stop before 2 p.m.

Minutes and Agenda Approval:

Dana asked the Council to read the minutes and agenda for approval. Gary made a motion to approve the minutes and agenda.

Tomoko seconded the motion.

Guest Speaker:

The Coles County ROSC Council invites a person with lived experience to share their story each month to keep the focus on recovery and remind others of the reason we meet. Whitley introduced Sarah M., who shared that she relied on herself for recovery but wanted to inform the Council of Smart Recovery and Life Ring. She would like to see these programs more local. Dana let her and the Council know that SMART Recovery may start in Douglas County. Dana Thanked her. Then Dana reintroduced Whitley for the Navigator news.

Navigator News:

Jail Update—Whitley told the Council that she can meet people in jail as needed if they are on Drug Court. We have yet to hold education and resource groups. We will be meeting with the Sheriff soon. Whitley assists in facilitating groups at the Douglas County Jail when needed.

Probation & LifeLinks: Whitley shared with the Council that she continues to work with Probation and Drug Court to provide education and resource linkages. She also hosts education groups and resource linkages at Life Links.

The Haven and HOPE Update- Whitley told the ROSC Council that she still holds educational groups on Friday mornings at the Haven. She also offers education groups at HOPE.

Educational Groups—Whitley shared that the topic for March will be dealing with stressors and triggers. These groups are held at the Mattoon and Charleston libraries each month and are free and open to the public.

Goal Status:

Activity & Goals- Dana shared that we have a new Coles County ROSC Facebook page. We put most of our information on the Facebook page. Please like and follow the page. Let Dana know if you would like to be one of those able to post from the page to promote what we have going on in our community.

Need for CR Material- Dana asked the Council if they knew how we could obtain CR material since our grants did not allow for these materials. Wendy asked if the Council could pay for them since she has been able to get other materials but not the CR materials. Dana explained that we could not get them with the grant since they contain words like "Bible" and "In God's Way." Sam said to contact the CR group in Effingham since they helped get the one started in Charleston.

5 ROSC Presentations—Dana reminded the members that the Communication Plan states that we will conduct five presentations to different stakeholder categories about the COles County ROSC and our strategic plan. She said a few have been done, and she is working on the other two that need to be done, but she would like to open this up to anyone else who would like to hear the presentation.

Activity Updates:

Charleston & Mattoon Safe Passage Program- Dana shared with the Council that both programs are doing well. We will continue to promote them.

Narcan Distribution Site & Narcan Training Locations and Dates—Dana shared 45 places in Coles County with the Council that have Narcan displays. They are listed in the newsletter and on our Facebook page. We are looking for more places. Dana said that we have training at EIU and Lake Land College coming up. We also have pop-up training at EIU on Advisory Day at the SAB event. All this information can be found in the ROSC Newsletter.

Upcoming Events-

Drug Endangered Children Training—Dana explained that the Council had postponed this and asked Liesl when she was considering holding it. Liesl explained that she would let Dana or the Council figure out a good time to hold this event.

Lumpkin Mental Wellness Workshop—Dana shared that two co-investigators from EIU will present on mental wellness on March 11th at AOP 513 N 13th in Mattoon (The ROSC Office).

Suicide Prevention- Dana shared that Amber Clark, Community Engagement and Outreach, will present an Alcohol Awareness and Suicide Prevention Presentation on April 30th at the Sarah Bush Health Care Systems Educational Rooms.

Parenting Tips and Resources—This will be our May Event, with a presentation from Cali Rice from Choices Pregnancy Center. Dana shared that the date and location details have yet to be planned.

Grandparents Raising Grandchildren—This will be our June Event, with a Presentation from Nancy Phillips. Dana asked Nancy if she thought the event should be called Kinship Raising Children so that it could be more inclusive. Nancy said that the date and location details have yet to be set for this event, but it would be about reunifying children with their parents since that is the state's goal.

Hobby Fair—Dana told the Council she had been talking with EIU and Lifespan about this event in the fall of 2024 but had not spoken to them lately. She asked if the Council thought we could forgo this event and concentrate on the other events. Dana further explained that one is being planned in Arthur, and ROSC Councils from Douglas, Piatt, and Shelby/Moultrie are partnering for it. However, that does not cover Coles County.

Karen rephrased the question and reminded the Council that this was an event we came up with because our peers and our needs assessment identified limited sober activities in the community. Teresa stated it would be nice to have such an event. Ky said this could easily be done by getting each organization to take a table if needed. Leanna said she would send Dana the table ideas they had devised in their planning. Dana reminded the Council that they had wanted to keep council meetings to an hour so that people could attend over their lunch hour and those who needed

transportation could participate and return the Zip Line busses, so we needed to finish the meeting. Dana said that we would discuss this next month.

Community Meetings- Dana mentioned the other community meetings. She encouraged others to attend the interagency meeting led by Ky Newsome, the Wellness Collaboration led by Laura Bolland, and the Citizens Against Child Abuse by Kristen Bertrand.

Community Events—Dana reminded the Council about the events mentioned in previous meetings: Basic Fair Housing on April 17th—Teresa Metzger, The Resources Fair at Lake Land College field house—Sue Shumway, and SAIL Resource Fair on Sept. 19th—Brenda Ingle.

Additional Comments- Karen reminded the Council to register for the Lumpkin Mental Wellness event by contacting Dana.

Next Meeting:

Time and Meeting Location: Our next meeting will be on April 1st at noon at lifespan center or by Zoom at the same time.

<https://zoom.us/j/96781724024?pwd=b3hFWdV1cExYa0pEa1BqTUx6ejJLUT09>

Meeting ID: 967 8172 4024

Passcode: 611963