

- ◆ Jami Linhart, ROSC Coordinator, opened the meeting with introductions of new members, reminders to sign in via the physical sign in sheet or within the chat box via Zoom chat
- ◆ Showed the Logo Board, and invited members to contact if they would like their logo added to the board
  - ◇ Follow up with a motion to approve meeting minutes from January's ROSC
    - ◆ Motion approved by one consortium member
- ◆ Moving into the coverage of Homelessness Outreach and Community Response on what to do with individuals who may not need inpatient, and have out resourced Litchfield and surrounding areas already. What to do with the people falling through the cracks.
  - ◇ Discussed different organizations or resource options for individuals experiencing homelessness; as far as Phoenix Center and separate rapid rehousing. Also the criteria to be placed in said housing resources
  - ◇ Mentioned funding in Macoupin County, like Illinois Valley resources. Mentioned IL Valley speaking at ROSC meeting in May.
- ◆ Moving into covering the revamping on the ROSC social media page, scanning QR code option, discussing coving highlights/spotlights/updates- and an invite to follow the page
- ◆ Moving into coverage of the new collaboration of 4 different resources.
  - ◇ American Red Cross- Dawn Morris- how they might assist in our area, and surrounding areas. Assisting homes with safety checks, smoke alarms, and installments, installing of smoke alarms to assist with individuals that are hard of hearing, providing flyers for smoke detectors, and providing CPR courses. Will partner with Macoupin/Montgomery county. New program announcements coming soon.
  - ◇ IL Faith and Recovery Collaborative- Patrick Miller- the new collaborative that focuses on faith based communities within Bond and surrounding counties. Providing recovery friendly training, and services for recovery, and provide better assistance to the recovery community. The information will be held on Chestnut engagement site, (faith based), and he will come speak in April.
  - ◇ Illinois Valley- Paige Hanks- with resources based on grants, have much to offer, and will come to speak at ROSC in May.
  - ◇ Phoenix Center Groups- Shawna Peterman- will be coming to our area with options for virtual groups. Providing recovery friendly groups, such as LGBTQ friendly, neurodivergent, and sex positive groups. Members are invited to find more information on SLACK channel.
- ◆ Moving into covering the MAPPING Meeting, discussing different housing opportunities, how we can improve Litchfield as a community, providing different resources to improve the community, what barriers are in place and how to navigate through said barriers, ect.
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- ◆ Crossing Healthcare- presentation done by Savannah Welch

- ◇ Savannah explained how Crossing is a substance treatment facility in Decatur IL, established in 1972 that covered primary care services. It now serves 16,000 services annually. Crossing has grown tremendously; in 2019 Crossing added a recovery facility with a wide range of services.
- ◇ The mission/vision of Crossing is providing comprehensive services for substance dependency, and recognizing individuality as no one's journey is the same.
- ◆ Savannah went on to describe the immense growth of Crossing because of generous donation of \$3,000,000, and plans to expand recovery campus
- ◆ Savannah went on to cover the many services Crossing provides such as transitional housing facilities, fitness center, recovery living apartments, Baby Talk Program, and opportunities center.
- ◆ Savannah went on to cover how the housing is implemented there with 24 male beds, and 24 female beds, all including their own bathrooms. Crossing provides a 21 day stay that includes individual and group therapy, MAT, CM, psychiatric and medical services, fitness planning, discharge planning, and recovery services.
- ◆ Crossing provides a kitchen, where individuals meet with a dietician for a personalized food plan, this program is called "Food for Thought." This program teaches people a variety of topics such as gut health and substance use, how to shop on a budget, ect. The nutrition coach provides a nutrition assessment where patients are asked a variety of questions so the coach can provide a detailed treatment plan for the individual, and education on any concern.
- ◆ Savannah then goes on to explain how transitional housing works. Crossing has a 64 bed dorm style housing, where residents can continue to strengthen themselves in their recovery journey. This includes male and female wings, with kitchen and communal areas, where they are required to continue attendance in group meetings and medical appointments; and are encouraged to continue participating in activities which improve overall health and well being, such as exercise, and financial classes.
- ◆ Individuals will participate in a phased system, where privileges are increased as they pass through each phase.
- ◆ She continued to add that individuals are encouraged to limit work hours
- ◆ Savannah described the many resource elements Crossing provides to their residents such as outpatient treatment, MAT, treatment planning, individual and group therapy, trauma informed yoga, alumni program, fitness center and basketball court, movie theater, personal training, and equine therapy.
- ◆ Savannah went on to cover how Crossings focuses on recovery for parents, partners, and families, as well as providing prenatal/obgyn care, primary care, doula services, lactation consultation, childcare, early childhood programs, nutrition and exercise, vocational skills, domestic violence services, reentry services, and crisis.
- ◆ Savannah mentioned how Crossings has 20 outpatient apartments that include ½ bathrooms, a washer and dryer for each apartment, living room and kitchen in the unit, where individuals can attend group education and community building events. Also containing a basketball court and a pavilion with a pond.

- ◆ Savannah went on to cover if anyone knows of someone interested in taking the steps to recovery Crossing will offer transportation, and with a successful stay, they will provide transportation back to the individual's residence.
- ◆ Savannah then went on to cover how Crossing accepts Medicaid, commercial insurance, and involves the sliding scale if individuals are not covered
- ◆ Jami went on to cover next month's ROSC meeting which will include Officer Cochran from Edgar county as he speaks on Human Trafficking, knowing the signs; as we are located right outside I55 so likely have associated with people who have been exploited.
- ◆ Savannah and Elyse went on to cover the upcoming Health and Wellness fair, which will be at Carlinville Area Hospital, collaborating with Carlinville Chamber of Commerce. The fair will be held on April 27th from 8am-12pm. There will be resource tables that serve Carlinville and breakout sessions with NAMI, Phoenix Center, Nutrition, Meditation/Yoga, providing a kid corner and gardening lessons. Everyone was invited to reach out to Elyse if they would like to attend as a resource. She made aware that it may be indoor/outdoor dependent upon weather and that the American Red Cross will be joining to teach CPR.
- ◆ Kevin Shott spoke on other announcements such as the Mental Health Legislation, initially brought to our attention by Kelly Jefferson of NAMI, and the list of different House Bills related to mental health and substance use disorder; particularly asking support for House Bills 5045 and 5046. He spoke of the necessity to increase access to psychiatric care, and offered to run a discussion on the process of “slipping a bill” as he worked as a legislator.
  - ◇ Kevin highlighted key facts about slipping bills including that it is better to slip a bill as an organization rather than as an individual
- ◆ Jon Magnuson went on to cover how on March 28th the Next Network and Phoenix Center will be holding a HIV testing event in Litchfield, targeted towards individuals who may want to know their status. These individuals do not necessarily need to be a part of the recovery community. There will be STI tests available as well, and food will be provided. He also went on to add that the Next Network is having a race to recover on April 20th, from noon to 3pm, and will be as long as one mile. He invited any partnering organization to join to advocate in reducing stigma. He also informed us that the starting point would be placed at the Recovery Wellness Center, and they will be providing food.
- ◆ Chas Swearingen made us aware that Lincoln Prairie has 2 inpatient groups for adolescents that are held in person, and the facility has 20 inpatient beds available.
- ◆ Kelly Jefferson of NAMI reminded us that if we wish to support House Bill 5045 and 5046 as organizations, we can contact Mark P (get additional info from Kelly) with our organizational logo which will be attached to the bill
- ◆ Kelly Jefferson had mentioned that Carlinville stable support group will now have a virtual option at Oakland Ave, from 6-7:30pm.
- ◆ Jen Carron went on to cover how Crossover Ministry had given a presentation on Haven Home of Hope to approximately 175-200 individuals; covering statistics, how individuals can help Montgomery County, utilizing services offered to provide recovery homes, and strategic planning. She made known they are getting a lot of support from the community.

- ◆ Darlene Sim from Lincoln Land Community College had announced virtual Career Exploration and Prep Classes, starting March 18th, and also pre-CNA training in Springfield, IL.
- ◆ Savannah went on to cover an event that is being held at Vandalia Park that will have a free fireworks display and many free options for families. She made aware that Savannah Holthaus will be running this event and to contact her if they would like a booth set up.
- ◆ Ron Howard then spoke on to add that MCHD have purchased a new Litchfield office and they are in the process of getting it plumbed. They will hold 2 full time counselors, a WIC office, elderly services medicare part C/D. Also he made us aware that a Nokomis office has been purchased, and a part time counselor will be employed there until they know what is needed.
- ◆ Savannah then finished the meeting by reminding members that she will be sending out a poll for subcommittee meetings that will now be virtual.