

WINNEBAGO ROSC

MEETING MINUTES

LOCATION: Virtual - Zoom

DATE: 2/13/24

ATTENDEES: Erick Williams (Host- EDDR Foundation), Gloria Prowell (Near South Side Community Coordinator), Katie Healy (EDDR Foundation), Daniel Mendez (EDDR Foundation), Richard Springs (EDDR Foundation ROSC), Miracle Cooper (EDDR Foundation ROSC), Courtney Ross (Resource Coordinator Oxford House), Will Crandall (Live4Lali), Renee Luthe (Foundations Center), Danny Sourbis (DuPage ROSC Region 2), Jarett Burton (DuPage ROSC Region 2), Ben Rudolph (DuPage ROSC Region 2), Maria Edith Vilchis (Grupo Lenguaje Del Corazon), Stephanie Summers (Rockford Housing Authority), Jacob Jerwers (Banyan Treatment Centers), Mariah (Client at Sinnissippi Recovery Homes)

TIME: 10:00 am -11:00 am

AGENDA ITEMS

- I. Introductions: Name, Organization, how to stay in touch.
- II. ROSC Overview: What is the ROSC and why it is important to the community? Mission: Building a collaborative community while recognizing multiple pathways to recovery. Vision: to be a resource to the community including persons in recovery, their families, and others
- III. Guest Speaker: Will Crandall from Live4Lali - A community based approach to substance use and overdose awareness, advocacy, and access

Mission: work to reduce stigma and prevent substance use disorder among individuals, families, and communities, and minimize the overall health, legal, and social harms associated with substance use

Vision: A world in which we prevent substance use disorder when we can and offer compassionate support to reduce harms among individuals, families, and communities when we cannot

4 pillars

- Harm Reduction
- Peer Support
- Advocacy
- Education

Support and Care Access

- Peer-driven CBT/REBT and Motivational Interviewing
- Case Management
- Linkage to care
- Harm Reduction Strategies
- Transportation
- Recovery Coaching
- Insurance Registration
- Compassion, connection & love without judgement

Support Groups

- SMART Recovery
- SMART recovery family & friends
- Narcotics anonymous
- Families anonymous
- Harm reduction works
- Grief support for substance related passing
- Sibling overdose grief group

Challenges

- Monetary - without donations, grants, and a sustainability plan we cannot continue to save lives
- Stigma - without open minds, people will continue to die because our work won't be valued
- Legislative - without sensible and effective local, state, and federal policies, our missions fulfillment will be limited
- Quality care accessibility and availability - without treatment programming focused on helping the individual from an evidence based biopsychosocial standpoint, we will struggle to identify supportive partners to assist the populations we serve

IV. Guest Speaker: Renee Luthe from Foundations Center - a generalized substance use disorder treatment center with a location in Loves Park and Belvidere

Provide hybrid, in person, and virtual services

Self-pay but have reasonable payment options and can work with individuals that are struggling significantly

Level 1 generalized outpatient treatment for substance use disorder and intensive outpatient treatment. Program length and frequency is dependent on patient needs

Primary population: DUI education for individuals arrested for DUIs

- Work with Secretary of State
- Partnerships with agencies surrounding individuals obtaining license after establishing and meeting needs for recovery time
- Provide partner abuse intervention programming
 - Treat the aggressor that has been arrested for domestic violence
 - Partner with judicial court system
 - In person and self-pay
- Anger Management
 - Understanding emotional regulation

Without referral what is process if the individual calls for help:

- Make initial outreach call to Foundations Center
- Come into Fill out paperwork
- Meet with counselor to identify specific needs
- Typically able to see individuals the week after the call

Foundation Center does not offer transportation services but can connect individuals with those who can offer those services

- V.** Events and Trainings: Discussed the past January events and the upcoming events in February. NA convention hosted a fundraising event at EDDR on 1/27/24. The event was successful and had a large turnout. Looking to continue to partner with Anonymous groups for future events. On 2/24/24 there will be a Chili Cookoff from 12-4 at EDDR.

Dr. Sorrell provides monthly trainings that are uploaded to YouTube.

Additional trainings from the state:

- A Trauma Informed Approach - Virtual
- Positive Psychology: Evidence Based Strategies for Wellbeing - In person
- AutPlay Therapy: Introduction and Foundations - In person
- Mental Health Strategies for Professionals - In person
- Assessment and Intervention Strategies for Children and Adolescents Struggling with School Refusal/School Avoidance - In person

VI. Strategic Initiatives:

Goal 1: Increase the involvement of family members and other natural supports in the Recovery process of loved ones

Goal 2: Decrease Stigma in the community

Goal 3: Housing

Goal 4: Employment

Goal 5: Transportation

Goal 6: Improve knowledge of recovery events in the community

Goal 7: Build Recovery programs alongside providers

Goal 8: Increase and Maintain ROSC Council

Goal 9: Establish Recovery Support Services for Winnebago County

- VII.** Additional Topics consisted of discussing distribution of Narcan and what that process will look like. Coroner report for Winnebago County compared overdose deaths from 2022(166) to 2023(125). WhatsApp group has been created and will be used a resource for referrals and questions within the ROSC.