

Ford County ROSC Council Meeting Minutes

Tuesday, April 23rd, 2024, at 8:30 AM (Zoom/Virtual)

Ford Council March ROSC meeting now on our YouTube: [Ford ROSC Meeting April 2024 \(youtube.com\)](https://www.youtube.com/watch?v=...)

Attendance:

Frankie Ward (Ford County ROSC, Chestnut)
Kari Knapp (Chestnut Health Systems, Associate Director Community Health)
Barbara Brumleve (Ford County ROSC, McLean County ROSC, Chestnut)
Patrick Miller (Chestnut Health Systems, CCE, IL Faith & Recovery Collaborative)
Jeanette Davis (Logan/Mason ROSC, Chestnut)
Jeff McFadden (Bridgeway, ROSC Coordinator and Region 3 TA Mentor)
Kami Garrison (Chestnut – Region 3 TA – Statewide ROSC)
John Schneider (Livingston ROSC/Celebrate Recovery Ford County)
David King (Carle)
Jennifer Anderson (Ford County (Probation))
Tim Nuss (Ford County Board District 2)
Diamond Moss (Birth to Five)
Odette Hyatt-Watson (East Central Community Action Agency)
Del Saam (Veterans Treatment Court)
Christine P (Carle Outreach)
Clint Perzee (Iroquois County Sheriff-STAR Program)
Brittany Fry (Clove Alliance)
Sarah Hoover (GROW)
Carrie McKinzie (Gateway Foundation)
Abby Behrens (Brightpoint/Butterfly Project)

Agenda:

- Introductions
- Patrick Miller Presents: **IL Faith & Recovery Collaborative**
- April is **Alcohol Awareness Month**
- Updates/Upcoming Events
- Available Trainings
- Agency Updates/Questions

Introductions:

Good afternoon and **Thank You** for attending our April ROSC Council meeting. Today started with introductions and we had the honor to welcome **Patrick Miller, Center for Community Engagement at Chestnut Health Systems to present information on the IL Faith & Recovery Collaborative.** Please reach

out to Patrick if you have any questions at pmmiller@chestnut.org or 618.572.8371. Additional information can be found at www.Coalitionssupport.org.

Main Discussion – Engaging the Illinois Faith Community to Increase Recovery and Mental

Health: The Illinois Faith & Recovery Collaborative seeks to support and empower the work faith communities are doing to support individuals and families by providing information, trainings, toolkits, and networking opportunities.

- Illinois is a diverse State with nearly 13 million residents, 73% of whom identify as being part of roughly 11,800 communities of faith. Often, faith communities are one of the first places individuals and families impacted by substance use disorders and other mental illnesses turn to for help.
- Goals of the Illinois Faith & Recovery Collaborative:
 - Increase awareness of mental health and substance use challenges
 - Identify and decrease stigma against substance use and mental health disorders
 - Enhance collaboration between faith and recovery communities
 - Increase recovery program participation and referrals
 - Provide local resources
 - Promote local prevention efforts
 - Decrease deaths by overdose and suicide
- If you want to be a part of the recovery work being done in your community, we can help:
 - Become a **Certified Recovery Congregation** – Reach out to CCE, answer some questions, invite 80% of paid staff and one lead clergy person to be a part of the trainings, along with any congregation members. Once the initial training is completed, you will need to complete one training a year to keep your certification. This is a **FREE service**.
 - First year trainings to become certified:
 - ❖ Intro to Mental Health
 - ❖ Naloxone Overdose Reversal
 - ❖ Intro to Substance Use Disorder (SUD)
 - ❖ QPR Suicide Prevention (Question, Persuade, & Refer)
- The CCE IL Faith & Recovery Collaborative offers Technical Assistance aka Problem Solving (Free Too):
 - Starting Recovery Programs
 - Integrating With Your Local Mental Health & Recovery Community
 - Pursuing Grant Funding
 - Identifying Community Needs

Questions were asked and most answers can be found here: [Faith-Based Community Flyer 2023.pdf](#)

Ford County ROSC highlights April National Alcohol Awareness Month



Alcohol misuse, alcohol dependence, and alcohol use disorder (AUD) are often used interchangeably, although each one is different.

What's the difference?

Alcohol misuse is a pattern of drinking that increases one's risk of adverse effects. Although you can misuse alcohol without becoming dependent or addicted, it can quickly lead to alcohol dependence or AUD if left unchecked.

Alcohol dependence is described as needing alcohol to function and avoid withdrawal symptoms. However, it does not always involve heavy or binge drinking. A person can become alcohol dependent simply by drinking regularly over a long period.

Alcohol use disorder (AUD) is characterized by an inability to moderate or stop one's alcohol consumption despite the negative consequences.

The goal is to treat before Alcohol Use Disorder occurs...**Recovery is Probable** and does not need to get to the last stage!!

How can we help?




- 1. IDENTIFY AN APPROPRIATE TIME AND PLACE** Consider a private setting with limited distractions, such as at home or on a walk.
- 2. EXPRESS CONCERNS AND BE DIRECT** Ask how they are feeling and describe the reasons for your concern.
- 3. ACKNOWLEDGE THEIR FEELINGS AND LISTEN** Listen openly, actively, and without judgement.
- 4. OFFER TO HELP** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to available treatment services.
- 5. BE PATIENT** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.


A few resources:

Digital Tools & Resources

Answer a few questions from the American Psychiatric Association's DSM5, the gold standard for evaluating signs of a possible substance use disorder.

[Find out if you or a loved one have a substance use issue \(shatterproof.org\)](https://www.shatterproof.org)





From National Institutes of Health

- **Tracker Cards:** Keep track of what you drink with this downloadable tool.
- **Spending Calculator:** Find out the truth about what you spend on alcohol.

[Alcohol: Alcohol Statistics & Tools \(shatterproof.org\)](https://www.shatterproof.org)

Check Your Alcohol Use:

- Set a daily and weekly drinking limit
- Write down your limit and keep it with you
- Record how much you drink each day
- Avoid situations and triggers that cause you to drink
- Ask a friend to help you stay within your limit
- Talk with a doctor about your alcohol use

What is a Standard Drink?

- 12 ounces of beer (5% alcohol content)
- 8 ounces of malt liquor (5% alcohol content)
- 5 ounces of wine (12% alcohol content)
- 1.5 ounces of a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, vodka, rum, tequila, whiskey, brandy)


HELP IS AVAILABLE

APRIL

ALCOHOL AWARENESS MONTH

www.niaaa.nih.gov/find-help/etod/alcohol

Upcoming Event -You don't want to miss THIS!!!



ALL AWARE NESS DAY

All Awareness Day is a day created to celebrate & to give organizations and individuals the opportunity to bring awareness and share resources for their causes while supporting one another!

The day will begin with awareness/resource booths, activities for all ages, prizes, and food trucks to enjoy, wrapping up with a powder paint walk for those that wish to join at the end!

**May 11th, 2024
11:00am - 2:00pm**

**Is there a cause you'd like to bring awareness to?
Do you have a resource to share?
Contact us for more information or
to reserve your free place now!**

allawarenessday@gmail.com


C O M E T O G E T H E R

May 11th – 11am – 2pm

North Park – Gibson City


[All Awareness Day 2024 | Varsitee
Screenprinting \(itemorder.com\)](https://itemorder.com)
(Shop closes April 29th)

Still accepting registrations!




Bella + Canvas Youth CVC Unisex Jersey Tee

\$12.99



Bella + Canvas Unisex Heather Cvc T-Shirt

\$12.99



Gildan Heavy Blend Hooded Sweatshirt

\$22.50

Upcoming Training:



PREVENTION 101

Prevention 101: The Strategic Prevention Framework's Role in Community Coalition Work

PRESENTED BY: Rikki Barton
DATE: Thursday, May 16, 2024
TIME: 12:00 pm - 1:30 pm
CEUs: 1.5
TYPE: Virtual (webinar)
LOCATION: Zoom

[Webinar Registration - Zoom](#)



Thank You!!

Next Meeting: Tuesday, May 28th
8:30 AM via Zoom

All Awareness Day: May 1st
11 AM – 2 PM

Sober Sips Ladies Night – Date
TBD

June Meeting: In Person –
Location TBD

As always, please reach out if you have any questions, ideas for collaborations, etc.!!



Contact Info & Social Media

Frankie Ward, Recovery Specialist – fward@chestnut.org

Kari Knapp, Associate Director of Community Health – kknapp@chestnut.org

Barb Brumleve, Community Health Specialist – bbrumleve@chestnut.org

Ford County ROSC Team – FordCoutyROSC@gmail.com

 [FordCountyRecovery-ROSCCommunity](#)

 [FordCountyROSC](#)

 [Ford County ROSC YouTube](#)

Training Links

TRAUMA IN REAL LIFE - [Webinar Registration – Zoom](#)

WORDS MATTER - [Training Registration - Faces & Voices of Recovery \(facesandvoicesofrecovery.org\)](#)

Agency Updates

- Ford County Board – if anyone has any information that they would like to share or would like to present information on, please reach out to Tim Nuss
 - ROSC is now a subcommittee of the Ford County Board
 - ROSC will continue to provide updates to Tim Nuss
 - 2nd Mon of every month at 7:00 PM in basement of Sheriff building
 - Prior notice is not necessarily required for involvement – just arrive early for introductions/sign in
 - Have press available, community involvement, etc.
- Birth to Five IL: Region 9 is looking for guests' speakers to speak at a meeting about mental health in early childhood or anyone interested in a 1 on 1 interview to discuss the needs in Champaign & Ford County. If you know anyone in this role, can you please have them reach out to dmoos@birthtofiveil.com.

THANK YOU FOR EVERYTHING YOU DO—We are SO lucky to have you “at the table” ...CONNECTION is the KEY!!