

- Savannah Welch, 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
- Savannah shares that she will be the sole coordinator today as Jami is on vacation
- Savannah shares the “Logo Board” which is a conglomerate of logos submitted from Council Members meant to represent the entirety of the ROSC
 - Members are encouraged to submit .jpeg logos to Coordinators to upload and add to the shared space for representation
- Approval of March minutes is provided by Amanda Majors, followed by approval of Planning Committee minutes by Lindsay Minor
- Members are encouraged to follow ROSC on social media for continued organizational spotlights, updates, events, and communications within the recovery community
- Savannah moves into community updates from the previous weekend including the Race for Recovery hosted by the Next Network and the Bags Tournament hosted by Haven Home of Hope
 - Amanda shares that the Race for Recovery had a great turnout featuring 25-30 runners of all ages
 - The RISE Food truck, which exclusively employs individuals with a felony conviction, debut it’s breakfast menu which went over well
 - Tables from the Phoenix Center, Haven Home of Hope, Crossing Recovery, and additional community resources were present
 - Adrienne shares that the Bags and Pickleball tournament did not have as large of a turn out as it traditionally has; however, it was still an incredibly fun event
 - The event is set to occur as a weekly or biweekly event to grow attendance throughout the year and expand sober activity offerings
- Conversation shifted toward upcoming community activities including:
 - Macoupin County Safe Families Golf Tournament scheduled for June 28th at Timber Lake Golf Course
 - Carlinville Area Hospital Health Fair in Collaboration with The Carlinville Chamber of commerce and MCPHD
 - Featuring family friendly fun, resources, recovery and mental health resources, the American Red Cross, Narcan Trainings, etc.
 - 8-12 on Saturday, April 27th
 - Women’s Health Survival Guide May 7th at St. Francis Hospital featuring speakers from IL Breast and Cervical Cancer Program, St. Francis Way Clinic, Crossover Ministries, Lighthouse Pregnancy, etc.
 - Speaking on women in health and recovery, mental health, and suicide prevention
 - Saturday, April 27th is National DEA Drug Takeback Day
 - St. Francis Way will be partnering with Sullivans Pharmacy in Litchfield
 - Individuals can drop off old, expired, or unused medications including liquids and syringes at the counter
 - All participants will be entered in a raffle drawing

- Shawna Peterman shares that the Phoenix Center will be hosting PrideFest on May 18th this year in Springfield
- Savannah requests individuals share any additional event fliers with Coordinators to share with the Council and on social media
- Savannah reminds that April is National Stress Awareness Month, National Autism Awareness Month, and Savannah Holthaus adds that is is National Child Abuse Prevention Month
- Savannah Holthaus moves into a report out from the Planning Committee from April
 - She shares that the Planning Committee is now communicating in a separate email group as to not bombard the ROSC Council with additional emails
 - If Council members want to be added to the Planning Group, either Savannah (W or H) can be contacted
 - She shares that a google document has been created that all Planning Committee members can access to create a living agenda for Committee Meetings
 - She shares that the Committee is currently reviewing the “Stigma” section of the Strategic Plan as “Stigma” was selected as the quarterly goal for the Planning Committee to focus action on
 - Savannah H identifies that the Planning Committee discussed having met the 1+ year ROSC Goals toward Stigma, and that we are actively working toward tackling year 2+ goals
 - Savannah H shares that we are beginning by utilizing the Anti Stigma campaign created by Michelle Dettwiler with the Recovery Corps, stationed out of St. Francis Way
 - Savannah H shares that members of the Planning Committee were agreeable to push out the promotional materials including table tents, window clings, posters, and purple glasses, to their neighborhoods and frequented locations
 - Michelle spoke on the upcoming ability to scan the QR code for the “Do You See Me Now” Campaign following the upload of the materials onto the MCPHD Site
 - Personal interviews, promotional video, artwork, etc. will be available
 - Additional ROSC members volunteered for distribution
 - Savannah H announced that the next ROSC Planning Committee meeting would be held Monday, May 20th at 10 a.m. via Zoom
- Patrick Miller, part of Chestnut Health System’s Center for Community Engagement Grant, was introduced to speak on the IL Faith & Recovery Collaborative
 - Patrick shares that prior to working with Chestnut, he spent a year working on the ROSC Council out of Bond County
 - He also shares that he has history working in Higher Education with anti-poverty, faith-based organizations
- Patrick states that his goal is to support and empower the work of faith communities in supporting individuals and families experiencing substance use disorder and co occurring mental health conditions by providing information, trainings, tool kits, and networking opportunities

- Patrick shares that the IL Faith & Recovery Collaborative was modeled after a program offered in Tennessee
 - Following the state of IL working with an advisory group for one consecutive year on development, the pilot program launched in January as a free program for interested churches
 - Research demonstrates that approximately 70% of Illinoisians belong to a faith community, and approximately 12,000 unique communities of faith exist within the state
 - History suggests that faith communities also tend to be one of the first places an individual experiencing SUD turn toward for assistance
 - Current research suggests that, as of 2023, the prevalence of depression and anxiety within IL residents sits at approximately 28.7%
 - If you operate off of the data suggesting that 4.2 million residents attend a religious service once weekly- for every life lost to an overdose, there are approximately 1393 individuals of faith who could have been of assistance when put to scale
- Chestnut's Centers for Community Engagement have goals to build awareness, decrease stigma, enhance collaboration, build capacity and support for recovery, help identify, support, and empower local solutions utilizing the IL Faith & Recovery Collaborative
 - Patrick shares that they are currently doing strategic outreach in communities with an ultimate goal of connecting congregations to existing RCO's, community mental health boards, and ROSC Councils
- Patrick goes on to state that becoming a part of this collaboration is incredibly easy
 - A congregation would contact the IL Faith & Recovery Collaborative and schedule a time to meet and discuss needs and goals
 - Patrick states that the Collaborative has a goal to certify as many congregations as possible
 - Certification will enhance a congregations ability to engage and impact the recovery community
 - Certification helps with public perception of the congregation as being more welcoming, holistic, and knowledgeable
- To become certified, a percentage of paid/leading clergy members must complete four core training courses including:
 - Mental Health Introduction
 - Introduction to SUD
 - Naloxone Plus
 - QPR Suicide Prevention
- Following the completion of these core courses at the clergy's desired pace, the church may become certified and gain access to Chestnut's Centers for Community Engagements arsenal of resources, technical assistance, advertisement, and additional trainings
 - Trainings must be maintained annually to maintain certification

- Technical assistance includes a variety of needs including identification of grants, assessment of community needs, service integration, and recovery program startup
- For more information on becoming a recovery certified congregation, one can visit CoalitionSupport.org
- Patrick goes on to share that, for individuals not familiar with Chestnut Health Systems, it is a large organization that offers behavioral health and SUD services, as well as conducts research
 - In 2024, needs assessments and feasibility analysis on the IL Faith & Recovery Collaborative was completed with the assistance of Dr. Karen White of the TEECH Foundation as well as Mike Tyson with Take Action Today
 - These partnerships demonstrate the implementation of IL Faith & Recovery in Urban and Rural IL
 - As of today, 14 trainings across 10 different communities encompassing 122 individuals have occurred, and 2 congregations out of Greenville and Flora IL have become certified
- Patrick reminds us that all faith communities are invited and encouraged to participate regardless of denomination or belief
- Patrick clarifies in Q&A that:
 - QPR courses are CEU eligible, and other courses may be eligible for CEU's in the future dependent on need and demand
 - Stigma trainings on a variety of topics are available dependent on what the faith community is looking to learn
 - Trainings are currently available to churches who might not want to become certified but would like specific knowledge
 - This may change as demand for training grows
 - The completion time is very flexible to the needs of the congregation
 - An average thus far has been 1-3 months
- Savannah welcomes Craig Loddeke with the Parents of Addicted Loved One's Support Group
- Craig shares that PAL's is a national organization based out of Arizona focused on family support and education for individuals with loved ones living with SUD
 - Craig shares that PAL's is a faith based group which is conducted over zoom, and welcome to individuals from all over the united states
 - He specifies that although the P in PAL's stands for Parents, the group is open to anyone 14+ with a family member living with SUD
- Craig states that for the district he currently leads, there are approximately 75 individuals that cycle in and out, but approximately 7 who attend regularly
- He explains that all meetings are confidential, and structured as follows:
 - Meetings open with a brief introduction and a prayer, followed by a preamble
 - Members are able to introduce themselves
 - An educational topic is presented (for example: delayed emotional growth, boundary setting, the cycle of addiction, etc.)

- Following the education, there is discussion and time to share about current events within the family
- The meeting closes with a prayer
 - Overall, meetings are 90 minutes
 - 7-8:30 CST
- Craig reminds us that PAL's is similar to 12 step groups in the sense that members should not expect immediate answers and progress; however, it is much different in the sense of its structure
 - PAL's heavily encourages the power of prayer
 - PAL's emphasizes managing your own behaviors and emotions as you are the only variable you can control
 - PAL's encourages cross talk
- Additional Information on PAL's can be found on www.palgroup.org
- Craig shared that he also answers the phone for Amare Family Support, and that often the first question he receives is "how can i convince my loved one to go to treatment" when he believes the primary focus should be "how can i check my emotions and behaviors related to my loved one making decisions I don't agree with"
 - He relays this back to PAL's primary emphasis on the self and self management
- Savannah moves into community announcements which are as follows:
 - Haven Home of Hope will be implementing a new Domestic Violence and Assault Support Group Tuesday Evenings
 - Members of the MMCR Slack Channel will need to switch their account to Pumble as Slack requires a paid subscription after 90 days which we did not expect
 - Litchfield Chamber of Commerce will be hosting "Art in the Park" Sunday May 5th from 10-4
 - This is open to painters of all ages
 - Judges judge paintings at 4 p.m.
 - Paintings are auctioned off in a silent auction
 - This is a SOBER EVENT for the first time ever
 - Montgomery County health Department will be doing giveaways at the Picker' Market on Saturday May 12th
- May's ROSC will be moved to 9 a.m. on Monday, May 20th