

Minutes

Attendance and Introductions

Coles County ROSC Recovery Navigator, Whitley Grayson
Coles County ROSC Recovery Coordinator, Dana Tell
Community Member, Jeff Mingus
Community Member, Sarah Miller
Community Member Todd Brooks
Dial A Ride, Stephanie Burton
Wingman Ministries, Gary Stephen
Illinois Courts, Anna Michealchuck – Zoom
ROE #11 McKinney-Vento Liaison, Teresa Metzger- Zoom
Gateway Foundation, Carrie McKinzie
Prevail Illinois, Regina Lenox- Zoom
SAIL, Brenda Ingle - Zoom
VA Suicide Prevention Community Engagement and Outreach Specialist, Amber Clark - Zoom
SIU School of Medicine/Center for Rural Health and Social Service Development, Liesl Wingert
Community Recovery Technical Assistance Specialist Region 4, Julie Pohlman
Vermilion County ROSC, Wendy Lambert - Zoom
ROSC Region 4 Mentor, Jenna Hays - Zoom
East Central Illinois ROSC Program Supervisor, Karen Cook – Zoom
Edgar County ROSC Coordinator, Ambrosia Roberts- Zoom
Moultrie Shelby ROSC Navigator, Skylar Miller
Effingham County ROSC Coordinator, Samantha Hicks- Zoom
Douglas County ROSC Coordinator, Leanna Morgan - Zoom
The Family Resource Center, Nancy Phillips – Zoom

Welcome and Introductions:

Dana thanked everyone for coming to the meeting. Dana then asked everyone around the table to introduce themselves.

Whitley was the last to introduce herself at the table, then began calling on those on Zoom to introduce themselves. Then Dana Wrapped up introductions by explaining that the ROSC asks frequently if we are having the meeting at a convenient time and on a good day of the month so that we can get the most people in attendance and talk about recovery with the most input from our council members. We have changed times, days, and even locations in the past. We are

meeting at the LifeSpan Center because it is in the middle of our County and conveniently has transportation available with the Zipline.

The ZipLine has over 20 locations in Mattoon and Charleston, where someone could arrive at 11 am and catch the bus to the LifeSpan center by noon. When the ROSC Meeting is over at noon, one could see the bus back to their original stop and be there by 1 pm. We recently changed days from the 4th Monday to the 1st Monday of each month. Dana also explained that our Council wanted to hear from someone with lived experience. This will help us remember why we do what we do. Dana introduced Jeff to speak to the Council.

Guest Speaker:

Jeff shared that he went through the Hour House and Drug Court. He also credits AA and NA to help him in recovery. He explained that it took building a new life with new hobbies to help him stay in recovery. Dana thanked him.

Minutes and Agenda Approval:

Dana asked the Council to read the agenda for approval. We did not have the Minutes to approve. We will approve them at the next meeting. Todd made a motion to approve the agenda and Stephanie seconded. Whitley for the Navigator news.

Navigator News:

Jail & Probation Update- Whitley told the Council that she recently met with someone in the Jail since they were on Drug Court. She also told the Council she would start providing education groups in the jail this week. Whitley will continue to assist in facilitating groups at the Douglas County Jail when needed.

LifeLinks: Whitley shared with the Council that she works with clients from LifeLinks to assist in connecting peers to recovery resources.

The Haven and HOPE Update- Whitley told the ROSC Council that there isn't an update other than she continues to meet with groups here.

Educational Groups- Whitley shared that the topic for April will be Alcohol Awareness. These groups are held at the Mattoon and Charleston libraries each month.

Goal Status:

Dana said that before she continued with the agenda, she wanted to point out that Our Goals come from the Strategic Plan. For Example, us starting education groups with the Jails comes from Goal D, probation comes from Goal I, Classes at the Haven, HOPE, and the educational Groups meet Goal J.

Facebook Page Status- Dana shared that our "New" Coles County ROSC Facebook page started on December 12, 2023, has 125 likes and 233 followers. It has a Page Health of Excellence. This fits under our Strategic Plan Goal E. When we share information about our DOPP sites, it is in Activity 23. Dana said that we put most of our information on the Facebook

page. Please like and follow the page. Dana asked the Council to share the page with their Facebook “Friends.”

Sub-Committee: Dana explained that she was pointing out the different goals in the Strategic Plan because we need a few Council members to look over it and offer recommendations to the for FY25. Todd said that he would volunteer for the committee. Dana told everyone else that if they wanted to, they could reach out to her after the meeting.

Budget- Dana reviewed the budget and asked the Council if they had any questions. No questions were presented. Dana asked if anyone had an issue with any of the items listed on the budget. There were no indications that anyone had an issue, so Dana asked if everyone was okay with the items in the budget. A few nodded their heads in agreement.

Community Anti-Stigma ad awareness- Dana told the Council that the Displays at the Human Services Building in Charleston were recently decorated for Problem Gambling Awareness Month. These displays meet the Goal H in the Strategic Plan. Dana said that these displays will be changed throughout the year.

Activity Updates:

Charleston & Mattoon Safe Passage Program- Dana shared with the Council that both programs are doing well. We will continue to promote them. These are in the Strategic Plan listed in Goal I.

Narcan Distribution Site & Narcan Training Locations and Dates- Dana shared that we now have over 50 places where you can pick up Narcan, Fentanyl testing strips and/or Deterra Bags, and other materials. She explained that 50 businesses, organizations, or churches have said yes to offering us a place to put these items because they care.

Distributing Narcan is part of the Strategic Plan under Goal H. They believe in second chances and saving lives. We are reducing stigma and talking about recovery with them. All this information can be found on the Coles County ROSC Facebook page. Dana continued to explain that we try to highlight places where you can pick up Narcan on Facebook, also reducing Stigma in our Community.

Deflection Meeting—Dana explained that our Deflection Meeting (DART), which covers Coles and Douglas County each month, is also listed in our Strategic Plan under Goal I. We are hoping that DART will start soon.

Upcoming Events-

Suicide Prevention and Alcohol Awareness- Dana asked Amber Clark, the Suicide Prevention Community Engagement and Outreach Specialist, to share about the event. Amber said she will present an Alcohol Awareness and Suicide Prevention Presentation on April 30th at the Sarah Bush Health Care Systems Educational Rooms. She is going to speak about Alcoholism first.

Then, do the SAVE training so attendees can identify signs of those who may have feelings of Suicide. Dana thanked her for Sharing.

Parenting Tips and Resources—Dana shared that this will be our May event, with a presentation from Cali Rice from Choices Pregnancy Center. However, the date and location details have yet to be planned. Dana said she would get the information out as soon as she had it.

Grandparents Raising Grandchildren –Dana asked Nancy if she would like to share about the event. Nancy said this event would reunify children with their parents since that is the state's goal. Nancy said that there are things that the grandparents of Kin raising the children need to be aware of before reunification, so she will be talking about that. She will cover many things that people need to know on this journey.

Speak and Eat—Dana told the Council she had talked to Kyle S. at the Hour House and Whitley, and everyone thought it was a good idea to have a Speak and Eat on July 18th at the Kiwanis Park in Charleston. Dana said the Park is reserved, but the speakers have not confirmed. We are also looking for a sponsor for food for the event. Dana said she is working on this.

Candlelight Vigil—Dana told the Council that this event will be for National Overdose Awareness Day. Since Thursday Evenings work best for events like this, we will probably have it on August 29th. We will need a location since someone else has already reserved Kiwanis Park.

Dana Suggested we try Family Worship Center again. No one offered other suggestions. Dana will check into the Family Worship Center since they are close to the Hour House, which we did last year.

Proclamations- Dana told the Council that we will start preparing for the Proclamations from each community in Coles County in July. In August, the Mayors will sign them for September, which is Recovery Month.

Hobby Fair- Dana told the Council she had been talking with EIU and Lifespan about having this event in the fall of 2024 and has set a date. It will be at the LifeSpan Center on September 9th, from 10 am until 2 pm. Dana is sure that by working with EIU, Lake Land College, LifeSpan, and Douglas Hart Nature Center, she can reach the 25 Hobbyists to fill the 25 tables available at LifeSpan. Teresa said it sounds like Dana can do it and to let her know if she needs help.

October—Pop-up Narcan Sites—Dana told the Council that due to Drug Take Back Day being in October, we are going to try to schedule Pop-up Narcan displays, train people to use Narcan, share what Deterra Bags are for, and hopefully have Needle boxes.

November- 100 Homeless Bags- Dana Told the Council that due to November being Homeless Awareness Month, we will make another 100 bags for people experiencing homelessness.

Winter Clothing Drive—Dana told the Council in October that we will be preparing for and possibly starting the collection of winter clothes so that the drive can run through November and we can distribute them in December like last year. Tomoko is our connection with the Elks we partnered with the previous year.

Second Chance Employment Fair- Since there has been talk about Second Chance Employment Fairs, Dana suggested to the Council that we could have one in the Spring. Jeff mentioned that his employer is a second-chance employer.

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 Bollan, and the Citizens Against Child Abuse by Kristen Bertrand. When she mentioned DART, she was told the location had been changed to Tuscola. She gave this information to the Council.

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. Wendy mentioned the River Run at Kickapoo State Park on Memorial Day Weekend. Todd said he could share the Flyer with Dana so she could share it on Facebook. Dana also asked Todd to share the information regarding the Simply Basic Speaker Jam, so he did.

Next Meeting:

Time and Meeting Location: Our next meeting will be on May 6th 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