



**Bond County Recovery Council**  
**Wednesday, May 8, 2023**  
**10am-11:30am (probably only until 11am)**  
**Via Zoom/In Person at the SMART**  
**building 3<sup>rd</sup> Floor**

## Meeting Minutes

### 1. Welcome and Introductions

#### **In Person: (Have sign in sheet)**

Toni Randall-Bond County Recovery Council  
Savannah Welch-Macoupin/Mongomery County ROSC  
Michelle Dettwiler- Macoupin/Mongomery County ROSC  
Gene Dunkley-Greenville University  
Patrice White-Bibleway Church/Core Communities  
Naomi Fulton-RCORP  
Danielle Voelkel-CHS  
Dan Hutchison-ROSC Supervisor Chestnut Health Systems  
Dusty Hanner-OND/DOPP  
Amanda Zinkgraf-Citizen

#### **Via Zoom:**

Christina  
Alice Fitzsimmons-Lost & Found  
Angella Holloway-MERC  
Beverly Holland-Region 5 TA  
Cindy Crouch-Head of Nursing HSHS Greenville  
Elizabeth McQuade-Supervisor OND/DOPP  
Jaime Armstrong-AMARE  
Jennifer Noel-Bond County Transit  
Julie Herr-CHS  
Julie Pohlman-Region 4 TA  
Katie Unthank-Region 5 Mentor  
Kelly Jefferson-NAMI  
Michelle Miller-Prairie Counseling Center  
Monique Brunious-Bond County Recovery Council  
Nellie Baity-TAC  
Teresa Cornelius-HSHS Highland  
Tracy Dones-CHS  
Donnis Campbell-CHS

## 2. Review Old Business

\*Completed Resource List-if you see any changes that need to be made, please send a separate email with "Resource List" in the subject line and include exactly what you want changed or updated in the body of the email. These are ready. They are much more extensive than the old ones and we are trying to make sure we have everything included.

**See Attachment**

\*Meeting cards-have been ordered, should be done this week or next. **They are now completed and ready to be distributed**

## 3. Presentation- Christina (Foster) Beegle, public relations chair of Metro East Narcotics Anonymous, sharing her experience, strength, and hope!

-She came to share her own opinions (not speaking on behalf of NA)

Upcoming Event in July. She will send Toni the flyer to share with the Council.

Fundraiser for their efforts to help those impacted by suicide and substance use.

Grief Group hosted by Jaimie Armstrong will share info about the project Christina is wanting to grow.

This is the contact information that Christina sent to me for anyone who needed it.

My contact info is Christina (Foster) Beegle

My phone number is 618-225-9357 you can share it with anyone you need to...

Foster's Light in the Dark Facebook page too

I have also **attached their fundraiser flyer**

## 4. Strategic Plan Work Group Updates

-**RCO Development**-meets the 2nd Tuesday of the month, 2-3pm, McDonalds in Greenville. We are looking for a few more people to join this group. We are currently looking at RCO's and how that might look in Bond County. Rebecca Klitze, Gene Dunkley, Kelly Jefferson, Patrick Miller, Shane Pinnell, Monique Brunious & Toni Randall. Next meeting will be **May 14th**. **Would anyone like to be added to the group?**

-**Transportation**-2:30-3:30pm, meet via Zoom on the 3rd Tuesday of the month. Melissa Marti, Michelle Miller, Jennifer Noel, Patrice White, Monique Brunious & Toni Randall. **This group will not be meeting in May due to a conference**. **Would anyone like to be added to the group?**

-**Stigma**-2-3pm, meet at Lost & Found in Greenville on the 4th Tuesday of each month. We are looking for projects to do within the community that will help to reduce Stigma. Alice Fitzsimmons, Rebecca Klitze, Kelly Jefferson, Monique Brunious & Toni Randall. Next meeting **May 28th**. **Would anyone like to be added to the group?**

5. New Business

- Drug Take Back Day-very slow day. Took back 32 bottles of pills. Planning for the one in October. Going to try to have a “health fair” type event with lots of tables and people there.
- Red Ribbon Week Work Group-anyone like to join. Going to be setting up a screening of “Screenagers-Under the Influence”

6. Update from any Groups & Organizations

- Jaimie from AMARE-applied for a support group “Invitation to Change” which will work to help families understand behaviors. (more information to come). The Family Class has had 8 participants complete and becoming the first graduating class. Class program runs over 9 weeks. Participants were tested before the class and after. They showed a 37 point increase in knowledge base.
- Teresa Cornelious HSHS-They are working on Community Needs Assessment. Not completed but Substance Use is one of the top 3 concerns showing up.
- Kelly Jefferson from NAMI-They are hosting a Mental Health Awareness Night at the Grizzlies Stadium on May 29<sup>th</sup>. See the end of these minutes for flyer, and also in the **attachments**.
- Cindy Crouch HSHS Greenville-gave update about progress at the hospital and still seeing high numbers of people using Fentanyl. They are passing out Narcan kits regularly. Liz McQuaid said she had additional resources (DOPP) that they could provide. ([SR-NARCAN@chestnut.org](mailto:SR-NARCAN@chestnut.org))
- Savannah Welch Macoupin/Montgomery County ROSC. Shared lots of things going on.
- Michelle Miller Prairie Counseling Center
  - \*32 boxes of pills from Drug take back Event
  - \*Collaborating to put together Health Fair connected with October Take Back Day
  - \*Red Ribbon Week planning for next school year has begun.
  - \*1 person in jail worked with Sara to start a Book Club with others in the jail due to the impact that MAR treatment had on him.
  - \*SMART Recovery is **open to the public**. See flyer at the end and in the attachments. One of the regular attendees is wanting to get trained to add another meeting.
  - \*Looking for someone who could encourage Mulberry Grove School to pursue grant funding for a resource officer to be able to expand their work.
- Patrice White Core Communities. Poverty program is 20 week curriculum. Recruitment for the next class will start in July. Also, her church “Bibleway” is the first church in Bond County (and 2<sup>nd</sup> in the state) to become a Certified Recovery Congregation.
- Amanda Zinkgraf CRSS program at SIUE, Reported on seeing good connections with harm reduction groups to meet people where they are.

## 7. General Reminders

-Advisory Board for People with Lived Experience. In 2024 we will be meeting every month on the first Wednesday of the month from 7pm-8:30pm. We meet at Senior Center from now on. Free drinks & \$20 GC for attending & contributing. Next meeting June 5<sup>th</sup> at 7pm-8:30pm. **(flyer attached)**

-The Advisory Board will also be hosting **Family Game night** on the 3<sup>rd</sup> Saturday night of the month from 6-9pm at the Senior Center. Next Family Game Night is May 18<sup>th</sup>. Then we will take a break in June, July & August because of parades and other activities. **(flyer attached)**

-Bond County Transit Program- Transit bus will take people to Vandalia on Tuesday (Walmart & Aldi) and Highland on Thursday (Walmart & Ruler) to more stores than what is in Greenville. It is a flat rate of \$10 to be picked up at your house and taken back after the trip. 15 bags of groceries allowed. Call Bond County Transit the day before to set up ride. Recovery council now has vouchers for those in the Recovery Community who do service work. They are also working on a route to Edwardsville in the future.

**Flyer attached**

-Reminder, CRAFT (Community Reinforcement Approach-Family Therapy) is not happening at this time due to lack of attendance.

-PALS (Parents of Addicted Loved Ones) other friends and family are invited. Must be 18. Being done by a couple in Clinton County. Online only. **Flyer attached**

-AMARE Family Support, Jamie Armstrong Certified Recovery Coach. She can connect people to several groups & support networks. She works in St Clair, Madison, Christian & Jersey. She can work with families from Bond County virtually. For more information reach out to her at Jaime Armstrong [jarmstrong@amarefp.org](mailto:jarmstrong@amarefp.org)

-SMART Recovery-Prairie Counseling Center, Tuesdays 6pm & Wednesday 10am.

**Flyer Attached**

-REFLECTIONS-Prairie Counseling Center, 1<sup>st</sup> Wednesday of the month at 10am. **Flyer attached.**

-HEALERS group meets on the 2<sup>nd</sup> & 4<sup>th</sup> Saturday of the month at the Senior Center at 11am. **Flyer Attached**

## Recovery Month in September ideas

-Every Week in the month of September have something going on for Recovery Month. These don't necessarily have to be on a Saturday Make decision on all dates.

**Sunday, September 8<sup>th</sup>- "Day of Prayer"**

**Saturday, September 14<sup>th</sup>- "Recovery Walk"**

**Saturday, September 21<sup>st</sup>- "Recovery Picnic"**

**September 28<sup>th</sup>- "Rock'in for Recovery" (Go as a group)**

8. FREE Virtual Narcan Training each month by Chestnut. For more information email [SR-NARCAN@chestnut.org](mailto:SR-NARCAN@chestnut.org). The Recovery Council also has FREE Narcan for anyone who needs it.

Future Meeting Dates for 2024:

June 12, 2024                      September 11, 2024

July 1, 2024                        October 9, 2024

August 14, 2024                  November 13, 2024

December 11, 2024

BCRC Vision: Working together to build and maintain safer and healthier communities of recovery and hope.

BCRC Mission: To empower the Bond County communities to support prevention and recovery through awareness, policy, education, stigma reduction and access to quality services.



**Chicken**  
**DINNER**  
**Fundraiser**

**Sunday, July 7, 2024**

**Time: 11am-3pm**

**\$12.00 per person**

Includes fried chicken, mashed potatoes & gravy, green beans, corn, salad and tea or coffee.

Carryout available

**Loyal Order of Moose**

**7371 Marine Road  
Edwardsville, IL 62025**

**Portion of the proceeds benefit:**

**Foster's Light In The Dark**

*For more information, please contact Christina B. @ (618) 225-9357*



*Foster's*  
**Light In  
The Dark**





Southwestern  
Illinois



## Mental Health Awareness Night

# GRIZZLIES BASEBALL



VS



6:30 P.M. MAY 29TH, 2024

\$25 Field Box  
Includes Hot Dog and Drink  
2301 Grizzlie Bear Blvd, Sauget, IL



Questions? Email [LStone@GatewayGrizzlies.com](mailto:LStone@GatewayGrizzlies.com) | 618-337-3000 EXT 14  
Order Tickets using the QR code above (on [www.NAMISwi.org](http://www.NAMISwi.org) soon).



NAMI SWI Office  
Gateway Regional Med. Ctr.  
2100 Madison Ave.  
Suite #4401  
Granite City, IL 62040  
<http://namiswi.org>  
(618) 798-9788  
[info@namiswi.org](mailto:info@namiswi.org)



Southwestern  
Illinois

Serving the Eight Illinois Counties of: Bond, Clinton,  
Macoupin, Madison, Monroe, Montgomery, Randolph, & St. Clair



**NOTE: New meeting and other revisions in RED.**

## NAMI SWI Support Group Meetings



The Family Support Meetings are free for family members, significant others, and/or friends of persons with a mental health condition.

**1st Thursday of every month**  
ZOOM only from 7:00 - 8:30 PM  
Facilitators: Wendy Klein and Linda Hylla  
\*\*\*\*\*

**2nd Wednesday of every month**  
In-person and on ZOOM from 7:00 - 8:30 PM  
Facilitators: Mark and Kelly Jefferson  
Location: Heights Community Church,  
231 South Bluff Road, Collinsville, IL 62234  
\*\*\*\*\*

**3rd Wednesday of every month**  
In-person from 6:00 - 7:30PM  
Facilitators: **Kelly Jefferson and Terri Worth**  
Location: Oakland Avenue Clinic,  
205 Oakland Avenue, Carlinville, IL 62626  
\*\*\*\*\*

**3rd Thursday of every month**  
In-Person from 7:00 - 8:30 PM  
Facilitators: Paul and Diane Borawski  
Location: St. Anthony's Way,  
**Psychological Services**, Alton, IL 62002  
\*\*\*\*\*

**4th Wednesday of every month**  
In-Person from 6:00 - 7:30PM  
Facilitators: **Mark and Kelly Jefferson**  
Location: **The Next Network**,  
**205 E. Edwards Street, Litchfield, IL 62056**

### CONTACT PERSON:

**Kelly Jefferson, Executive Director**

YOU ARE  
NOT  
ALONE

For questions about any of the meetings, you can email Kelly at [kelly.nami.swi@gmail.com](mailto:kelly.nami.swi@gmail.com) or call the NAMI SWI Office at (618) 798-9788.



This free peer-to-peer Support Group is for adults with a mental health condition working towards recovery!!

**Weekly—Every TUESDAY**  
ZOOM Only  
6:30-8:00pm  
ZOOM: <https://us02web.zoom.us/j/3914844542>

**Monthly—1st Saturday of Each Month**  
In-Person  
1:00pm  
Location: LINC Office,  
#15 Emerald Terrace  
Swansea, IL 62226



Grupo de Apoyo para  
Familiares de NAMI

NAMI IL is offering Statewide Spanish Connection and Family Support Group Meetings via ZOOM.

Contact: [Support@namiillinois.org](mailto:Support@namiillinois.org)  
[En Español - NAMI Illinois](#)

### What to Expect & Why Participate in Support Groups?

- ◆ Support group leaders discuss challenges and successes while sharing healthy coping strategies.
- ◆ NAMI support groups can be the perfect complement to medical treatment for those looking for emotional support.
- ◆ Support groups create community and foster connection for a sense of belonging and support.
- ◆ Support Groups allow you to hear that others have very similar story to your own. Something that worked for them, may not work for you. Similarly, something that did not work for them, may just be the thing to help you. Through it all...**you are not alone.**

Revised 04/12/2024



# SMART Recovery



## SMART Recovery 4-Point Program

- BUILDING AND MAINTAINING MOTIVATION
- COPING WITH URGES
- MANAGING THOUGHTS, FEELINGS AND BEHAVIORS
- LIVING A BALANCED LIFE

**In-Person Meeting  
at Bond County Health Department  
Every Tuesday  
at 6 p.m  
and  
Every Wednesday at 10 a.m.**

SMART Recovery advocates choice, so that those seeking recovery can choose what works best for them from a tool-box of methods and strategies.

The goal of SMART Recovery is for you to achieve a health, positive and balanced lifestyle and to "move on" when you feel confident your addictive behavior is behind you, rather than remaining a permanent participant in the program. Graduates are invited to volunteer as meeting facilitators or to volunteer in other roles to help "give back to our recovery community."

### Example of tools

**Change Plan Worksheet:** This is a chart on which you list your goals, how to attain them, ways in which to overcome obstacles and challenges, etc.

**Cost/Benefit Analysis (CBA):** This tool is especially useful for increasing motivation to abstain from addictive behaviors.

**Role Playing/Rehearsing:** This tool is used to rehearse how to avoid addictive behavior at high-risk upcoming events.

Prairie Counseling Center  
1520 South Fourth Street  
Greenville, Illinois 62246  
Tel: 618-664-1455 Fax 618-664-1374  
24H Crisis Line: 618-228-4587

# What's going on at the Bond County Recovery Council?

We are a community organization that meets on the 2nd Wednesday of every month at 10am on the 3rd floor of the SMART Center to educate and support RECOVERY in Bond County. Everyone is WELCOME!



## Recovery Advisory Board

Meeting at  
*Bond County Senior Center:*  
1st Wednesday  
Each Month in 2024  
From 7-8:30pm

Be a part of our focus group

We are looking for people with lived experience with Substance Use Disorder to help guide the Council

Your Voice Matters and we are listening

For more information:  
tcrandall@chestnut.org

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery

## Recovery Family Game Night

People who have experienced Substance Use & their Loved Ones join us for a sober evening of FUN!

Sponsored by:

Snacks & Drinks provided  
Bring your favorite board game

The 3rd Saturday of the month  
6-9pm @  
Bond County Senior Center  
1001 E. Harris Ave  
Greenville  
(none in December)

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery

## BCT WEEKLY DISCOUNTED SHOPPING TRIPS

EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY
Vandalia Walmart or Aldi	Carlyle Shopping (up to 2 stops!)	Highland Walmart or Ruler Foods
11:00am - 12:00pm	11:00am - 12:30pm	11:00am - 12:00pm
\$10	1 Stop: \$10 2 Stops: \$12	\$10

Call (618) 664-9844 to reserve your seat

Vouchers available for Community Service work within the Recovery Community

Contact Toni Randall for information 618-304-2590



## NEW PARENT SUPPORT GROUP

For families of adult children  
dealing with substance addiction

### Parents of Addicted Loved Ones (PAL) PROVIDES HOPE

*"PAL  
brought back  
hope, sanity and  
purpose in our lives.  
We have learned  
to live again."  
- PAL parent*

**Tuesdays, 7:00-8:30PM**

**Virtual Meeting**

Via Zoom

**CONTACT: Craig Loddeke**

[craigloddeke@yahoo.com](mailto:craigloddeke@yahoo.com)

**FREE weekly meetings feature:**

- Education
- Peer-to-peer support

*Participants must be 18 or older.*

#### **TOPICS INCLUDE:**

The addiction cycle • Enabling behaviors • Delayed emotional growth  
Role of the family • Setting realistic boundaries • Emotional detachment  
Financial strings • Steps of recovery • Recognizing relapse

**FOR MORE ABOUT PAL, VISIT THE WEBSITE AT**

**[www.palgroup.org](http://www.palgroup.org)**



**Are you**

- **Feeling busy?**
- **Feeling distracted?**
- **Feeling exhausted?**
- **Feeling overwhelmed?**

Prairie Counseling Center is starting a group that is perfect for you! PCC's Reflections Group will help you look into yourself to see your own mental and emotional processes. Many of us have so many overwhelming emotions that our mind is chaotic, this group will help us learn skills to calm our mind so we can build new emotional processes that will make it easier for us to cope with life's challenges.

**The group will meet at the Bond County Health Department the first Wednesday of every month at 10:00 a.m.**

**Please let your counselor know if you are interested or if there are any barriers that may keep you from attending.**

# **The Healers Community**

**(Restoration Recovery)**

**2nd & 4th Saturday of**

**the month at 11am**

**Bond County Senior Center**

**1001 E. Harris**

**Greenville, IL**

Coffee served

Sponsored

By:



**For More Information**

618-381-0831



[mbrunious@chestnut.org](mailto:mbrunious@chestnut.org)



**Funded in whole or in part by the Illinois Department of Human Services,  
Division of Substance Use Prevention and Recovery**