

DuPage ROSC Council Meeting

May 8th, 2024

0:00-16:50

ROSC Coordinator Jarrett Burton starts this month's meeting by welcoming everyone and introducing himself. Jarrett asks everyone to put their name and contact information in the chat. Jarrett states that DuPage ROSC is made up of organizations along the recovery continuum, which means that all of the things that someone in recovery go through the rest of their life, such as housing, employment, spirituality, and social support. Jarrett states that they are spearheaded by people with lived experience. Jarrett then thanks everyone who came out to the DuPage ROSC Game Night. It was the 2nd Game Night DuPage ROSC hosted. Jarrett states that the night was a huge success, and that ROSC is going to start doing Game Night quarterly, with events monthly. He states that it is a great way to get plugged in to sober fun. Jarrett states that many clients that he talks to, are worried that life will be boring in recovery. Events like Game Night, are great to build that sober support network so that life does not have to be boring in recovery. Jarrett also states that DuPage ROSC installed their 5th Narcan wall vending box at the Wheaton Police Department. The 4th wall vending box went into Outreach House in Lombard. Jarrett states that the new box in Wheaton, is the only wall box that DuPage ROSC installed, with 24 hour access. Jarrett then states that the 6th box will be going in to the Glen Ellyn Library. He states that libraries have been such a fight to get the wall boxes in, since DuPage ROSC started. Jarrett states that through experience, he knows how much unhoused people utilize libraries to escape the cold and weather of outdoors. Jarrett states that they are trying to get these Narcan access points in as many places as possible. DuPage ROSC will be rolling out a map soon to see where all the access points are. Jarrett then states that if anyone is interested in having a Narcan vending box, to please reach out. DuPage ROSC installs it, and fills it for free. Jarrett next mentions the work DuPage ROSC has been doing in the DuPage County Jail. We provide 4 classes for the inmates, and we are starting a painting class. Jarrett also mentions that DuPage ROSC is going to start doing a re-entry class at Kane County Jail. Lastly, Jarrett mentions that DuPage ROSC has partnered again with PLT, which is the Prevention Leadership Team, who do a lot of work with prevention education in schools. He states that they are working with people to get them SBIRT trained, and working on opening up Parent Cafes.

Meeting Agenda:

1. Meeting Open – Jarrett Burton
2. Agenda
3. Preview of upcoming meetings/trainings
4. What's App referral group update: Danny Sourbis
5. Joshua Taylor, USAF Veteran, Veteran Employment Officer at Midwest Shelter for Homeless Veterans
6. Michelle Augoustatos, LCSW, Hines VA
7. Region 2 ROSC spotlight + updates
8. Organizational updates

ROSC Coordinator Jarrett Burton promotes the DuPage ROSC Presentation Series, which will be May 15th, at 10 AM on zoom. This month's presentation will be on Esketamine treatments for mental health challenges by Geode Health. Jarrett states that Ketamine is a way to treat Anxiety, Depression, and PTSD.

ROSC Coordinator Jarrett Burton next promotes the Veterans Memorial Drive that DuPage ROSC is hosting for the Midwest Shelter for Homeless Veterans. We are collecting household items, clothes, linens, and toiletries through the end of May. Jarrett states that donations can be dropped off at Serenity House, or you can reach out to him to make other arrangements.

ROSC Coordinator Jarrett Burton then promotes the Taco Fiesta on May 18th, at 5 PM. The event will be hosted by DuPage ROSC and the Serenity House Alumni Group. Jarrett states that there is a \$5 suggested donation, but that will cover all you can eat tacos. There will be fun and fellowship at the event.

ROSC Coordinator Jarrett Burton next promotes the Verbal De-Escalation Skills in a Treatment Setting training by Phil Schneeberger that DuPage ROSC and Serenity House are hosting. The training will be at 12 PM, on May 29th, and worth 2.5 CEUs. The training will be at Serenity House, in the Big Hall.

ROSC Coordinator Jarrett Burton lastly, promotes next month's DuPage ROSC Council Meeting, which will be at 3 PM on June 12th. Next month's presentation will be on substance use and mental health challenges for first responders.

16:51-19:35

ROSC Co-coordinator Danny Sourbis now comes to give the What's App referral update. Danny states that the group started as a text thread, but has now grown to 98 members. The chat has been joined by members from Kane County Sheriff's Office, Hines VA, Wolfpack Therapy, Grace Bible Church, Illinois Harm Reduction and Recovery Coalition, Northern Illinois Recovery Center, River Edge Hospital, Serenity House, and YWCA. Danny states that over the last month, they have been able to provide referrals for Detox, Residential Treatment, IOP, PHP, outpatient benzo taper programs, medication management, sex offender housing, Sublicade providers, transportation, Methadone providers, DUI legal services, DUI evaluations in Kane County, Suboxone providers, grief support groups, free mattresses, pain management, eating disorder therapists, resources for women trying to leave abusive relationships, Spanish speaking resources, and sober living. Danny then states that this month's referral MVP is Kylie Sanko, from Geode Health, for providing the most referrals this month.

19:36-35:51

ROSC Coordinator Jarrett Burton now introduces **Joshua Taylor, USAF Veteran, Veteran Employment Officer at Midwest Shelter for Homeless Veterans**. Joshua starts off by thanking everyone for donating to the ROSC drive to support them. Those donations go to supporting their Freedom Commissary program. He states that there are male and female housing options. There are 1 single male house with 6 beds and one single female house with 3 beds in Wheaton. He states that they are trying to expand that soon in DuPage and Will Counties. Josh

states that they obtained that property as a gift in 2007. He states that their largest program is their supportive services for veteran families that is funded by the VA. He states that it is a rapid rehousing model that happens instantly regardless of sobriety. They also work with intensive case management to address how the homeless situation occurred. He states that 80% of veterans deal with mental health and substance use issues. Josh then states that the veterans sometimes stay for 6 weeks, or even up to 2 years. Sometimes they even come back on and off for over 10 years because everybody's path and recovery is different. He states that they were the number 2 service provider for the SSVF program in the state of Illinois, yet they only serve 10 counties. But due to Catholic Charities dropped out, they have absorbed all of the clients in Cook County too. That has led to some growing pains in their organization, but their goal is still to end veteran homelessness.

Joshua Taylor, USAF Veteran, Veteran Employment Officer at Midwest Shelter for Homeless Veterans next states that he served from 2002-2015 in the USAF as an air traffic controller. He states that while he was active for those 12 years, he didn't experience trauma in the military. Although he does have PTSD, he is in recovery himself for the last 8 years. He states that military culture, transforms people and changes them. Not always bad or good. He states that it is very common to feel isolated and undermine your own issues and trauma when veterans come back to reintegrate with civilian life. He states that that is what happened to him, and he even tried to take his own life. That is what drove him to ask for help. He went to the transitional house for 5 months, which included free rent, food and commissary, so he was able to focus on himself again. The VA provided mental health and substance use services. Josh states that they understand all of the stigma and judgement that comes with asking for help, so they try to provide these resources to veterans with compassion and reassurance.

Joshua Taylor, USAF Veteran, Veteran Employment Officer at Midwest Shelter for Homeless Veterans states that they serve any veteran from any era as long as they did not have a dishonorable discharge, and a low income. He states that if they cannot provide services, they will make sure to find them resources through the VA. Joshua then states that the housing for the men is 5 individual units, which are getting renovated, with a communal living room. The house for the women is a shared house where the staff is off site. Joshua then states that on site there is no clinical support, but they utilize the VA for all clinical needs. He does say that because of the expansion recently into Cook County, they are looking to expand to get clinical staff on site soon. Joshua then states that the best way to help out is by donating to their freedom commissary. That helps the vets have daily necessities, and also helps break the ice for interactions with them.

35:52-39:30

ROSC Coordinator Jarrett Burton introduces **Tom, Past Senior Resident of Serenity House.** Tom states that his service was from 2000-2004 and he was in the Navy. He states that his military service played a big part of his recovery because the military forced him into rehab the first time. He states that he was in the Hines VA 5 or 6 times until he got sober. He states that the VA is how he got to Serenity House. Tom then states that veterans are unique to recovery because they deal with things in a "do as I say" kind of way.

39:31-48:28

ROSC Coordinator Jarrett Burton next introduces **Michelle Augoustatos, LCSW, Hines VA**. Michelle starts off by stating that she is the Community Engagements and Partnerships Coordinator at Hines VA. She states that she is a social worker who does outreach, public education about veteran suicide, and works of prevention for veteran suicide. She states that the VA created her position, and there are one of her position at every VA in the country. Their goal is to decrease and completely eradicate veterans dying by suicide. Michelle states that they want to screen for suicide risk, promote connectedness, and improve care transitions and increase safety planning. She wants to make sure that they have a connection with the recovery community because it goes hand in hand. Michelle states that her biggest responsibly is to develop suicide prevention coalitions. She states that she wants to develop one that focuses on veterans and substance use. She is currently looking for people to participate in a coalition for veterans.

48:29-53:37

ROSC Coordinator Jarrett Burton next introduces **Eric, Coordinator of EDR in Winnebago County**. EDR is in Region 2 of Illinois ROSCs. Eric introduces himself and states that they are located in Rockford IL, and have been running for 2 years. He states that they are currently working on their own What's App referral chat, and breaking down barriers such as jails and harm reduction. Eric then mentions that Live 4 Loli is the RCO in Winnebago County, and they work on Narcan distribution with them. He states that it is a sense of urgency with overdoses, and he lost his brother to overdose. He states that we need to get as much Narcan out where people are in general.

53:38-55:00

ROSC Coordinator Jarrett Burton next introduces **Scott Kaufman from The DuPage Health Department**. Scott states that the health department has started rolling out 988 yard signs. He states that 988 is a crisis line. He states if you would like a yard sign, to reach out to DuPage ROSC.

55:01-56:24

ROSC Coordinator Jarrett Burton states the DuPage ROSC has now started bagging Fentanyl and Xylazine test strips. If any organization needs any test strips, they can reach out to Jarrett to receive bagged packages. Jarrett then states that DuPage ROSC will have been active for 3 years in July.

56:25-58:33

ROSC Coordinator Jarrett Burton lastly introduces **Mike Wood from Banyan Treatment Center**. Mike states that they started the Spiritual Care Network in Chicagoland last month. He states that it is a Christian-based fellowship mental health professionals and community leaders, where they try to bridge the gap between mental health and the church. He states that this month, Pastor Adam will be speaking on the intersection between faith and mental health. Mike states

that the meeting will be May 23rd, 12-1:30 PM, at Compass Church in Naperville. Lunch will be provided at the event.

58:34-59:24

DuPage ROSC Coordinator Jarrett Burton closes this month's meeting by stating that next month's ROSC meeting will be June 12th, and they will be talking about specialized services for first responders seeking recovery from substance use. Jarrett then thanks everyone for coming.