

McLean County Recovery-Oriented Systems of Care (ROSC) Council Meeting Minutes

May 21st, 2024

Date: Tuesday, May 21, 2024

Time: 3:30 – 4:30 pm

Location: Zoom only, YouTube: https://youtu.be/Rf_2iKcpgd4?si=qZ23vZ0dHkJ2tsFR

Agenda:

- Welcome & attendance
- Community Resource Spotlight: Illinois Extension Office – SNAP Education with Cindy Alcazar
- Council Discussion Topic: *“Coming Back to Our Why – Recentering on the Purpose of Monthly Council Meetings”*
 - *“What is your ‘why’ for coming to McLean County ROSC Council monthly meetings?”*
 - *“Ideally, what would you like to get out of future monthly McLean County ROSC Council meetings?”*
 - *“What is one way that the ROSC can increase engagement on these meetings?”*
- Upcoming McLean County ROSC Sober Social Events
- Agency Updates & Wrap Up

Attendees

1. Barb Brumleve (McLean/Ford ROSC)
2. Cat Hays (McLean ROSC)
3. Kari Knapp (McLean ROSC/CCE)
4. Erika Hahn (OMNI Youth Services/IL Prescription Playbook)
5. Jeff McFadden (West Central IL ROSC/Region 3 Mentor)
6. Emily Hartley (Brightpoint)
7. Selena Pappas (Central IL FRIENDS)
8. Jeffrey Ehrmentraut (McLean County CASA)
9. Ryan Faber (Mid Central Community Action)
10. Michelle Cope (Bloomington Public Library)
11. Andrea Kindseth (LIFE CIL)
12. Michael Smith (Oxford House)
13. Nadine Khoury (McLean County Health Department)
14. Doug Bernius (Heartland Community College CRSS Program)
15. Colin Witt (Community Health Specialist-Chestnut Health Systems)
16. Lilyana Montes De Oca (Focus Youth Gambling Prevention)
17. Nolan Recker (Center for Community Engagement)
18. Amy Stork (McLean County Court Services)
19. Maxine B (Mid Central Community Action)

- 20. Randi Derrig (BN Parents)
- 21. Jonathan Baptist (BN Parents)

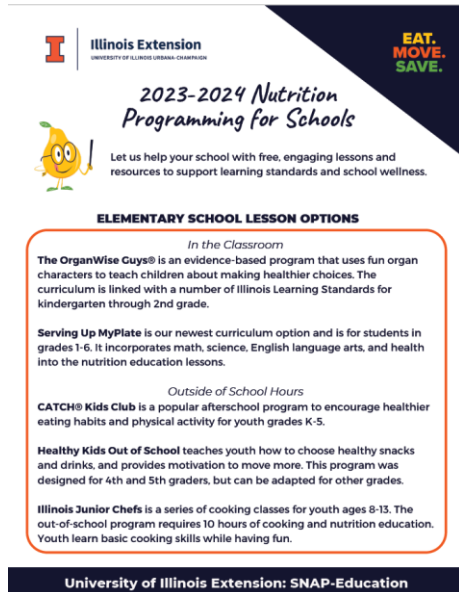
Community Resource Spotlight: Illinois Extension Office SNAP Education Program with Cindy Alcazar

About Illinois Extension Office SNAP Education Program

- Funded by the United States Department of Agriculture (USDA)
- Programming is provided for students kindergarten through 12th grade, along with adults.
- Programming covers:
 - Basic nutrition information
 - Educating the community on the 5 food groups and how to incorporate those into a daily lifestyle and diet
 - Budgeting for meals
 - Ways to become more physically active.

Program Resources:

- <https://eatmovesave.org/>
- Farmer’s Market Tours once per month (for more details, contact Cindy via email: cindy6@illinois.edu).
- K-12 Programming:



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

EAT. MOVE. SAVE.

2023-2024 Nutrition Programming for Schools

Let us help your school with free, engaging lessons and resources to support learning standards and school wellness.

ELEMENTARY SCHOOL LESSON OPTIONS

In the Classroom

The OrganWise Guys® is an evidence-based program that uses fun organ characters to teach children about making healthier choices. The curriculum is linked with a number of Illinois Learning Standards for kindergarten through 2nd grade.

Serving Up MyPlate is our newest curriculum option and is for students in grades 1-6. It incorporates math, science, English language arts, and health into the nutrition education lessons.

Outside of School Hours

CATCH® Kids Club is a popular afterschool program to encourage healthier eating habits and physical activity for youth grades K-5.

Healthy Kids Out of School teaches youth how to choose healthy snacks and drinks, and provides motivation to move more. This program was designed for 4th and 5th graders, but can be adapted for other grades.

Illinois Junior Chefs is a series of cooking classes for youth ages 8-13. The out-of-school program requires 10 hours of cooking and nutrition education. Youth learn basic cooking skills while having fun.

University of Illinois Extension: SNAP-Education

- Adult Programming:

MIDDLE AND HIGH SCHOOL LESSON OPTIONS

EatFit is a middle school curriculum for the classroom. Students are guided in setting goals to improve their nutrition and fitness choices with a focus on skill building and social support.

Teen Cuisine is a series that teaches healthy eating habits and cooking skills in engaging, hands-on lessons for middle and high school students. A student workbook with recipes is provided to students. This series can be afterschool or during the summer.

ADDITIONAL RESOURCES

- **EatPlayGrow™** is a program for preschoolers and parents/guardians together to learn about healthy choices using art, stories, and music.
- Follow us on social media or sign up for our email newsletter for healthy tips for families and recipes.
- Sign up for programs for parents/guardians of students at your school focusing on family health, wellness, and food budgeting.

For questions or to discuss options for your school, please contact your local Extension office:



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

This institution is an equal opportunity provider. This material funded by USDA's Supplemental Nutrition Assistance Program - SNAP- College of Agricultural, Consumer and Environmental Sciences, University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating.

Illinois Nutrition Education Programs

Adult programs now enrolling!

- Let us help your group or agency reach the adults you serve with free, engaging, interactive nutrition lessons and recipe demonstration!
- **Healthy Cents** is a curriculum for adults that covers topics such as saving money at the grocery store, container gardening, and making healthy food choices. Lessons may also include food demonstrations and additional health resources.
 - **MyPlate for My Family** is designed for parents and guardians with children at home, and includes topics such as family meals and active, fun family time!
 - **Eat. Move. Save. booths** are opportunities for clients to learn quick nutrition, wellness, or food preparation tips to complement full-length lessons. These tabled events are typically set up in public-facing areas such as waiting areas.
 - **CREATE Better Health** is an adult curriculum that requires a series of classes. The lessons help people CREATE healthy meals on a budget by using foods they have on hand. Lessons also include tips to help participants add more physical activity to their busy lives.

For questions, please contact your local Extension office.

Cindy Alcazar - University of Illinois - SNAP-Ed
Cindy6@illinois.edu
309-862-4041

This institution is an equal opportunity provider. This material funded by USDA's Supplemental Nutrition Assistance Program - SNAP, College of Agricultural, Consumer & Environmental Sciences, University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating. go.illinois.edu/EatMoveSave

- Spanish-Speaking Nutrition Program @ Chestnut Family Health Center:



Creaciones en la Cocina

Esta serie de cursos GRATIS le ayudara a CREAR comida saludable y económica utilizando ingredientes disponibles a la mano en casa. Cocinara recetas y daremos consejos para añadir la actividad física a una vida ocupada.

Donde: Chestnut Family Health Center - 720 W. Chestnut St. Bloomington, IL 61704

Fechas: martes, 14 de mayo, 2 PM martes, 28 de mayo, 9 AM
jueves, 6 de junio, 12 PM **jueves**, 20 de junio, 5 PM
jueves, 27 de junio, 11 AM

Inscríbese: <https://go.illinois.edu/Chestnut-Creaciones-en-la-Cocina>



Para más información o si tiene una discapacidad y necesita solicitar una adaptación razonable para participar en este programa, favor de ponerse en contacto con Cindy Alcazar al (309)862-4041, ext.2 o cindy6@illinois.edu

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP, University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. Illinois Extension: <https://go.illinois.edu/extension>. Illinois at Chicago: <http://ghp.uc.edu>



- Note from Michelle Cope: The Spanish Senior Social Isolation group with the East Central IL Agency on Aging may be interested in this info.

Council Discussion Topic: “Coming Back to Our ‘Why’ – Recentering on the Purpose of Monthly Council Meetings”

- **“What is your ‘why’ for coming to McLean County ROSC Council monthly meetings?”**
 - Prior involvement with ROSC
 - Making an impact at the local level
 - Learning about new available resources
 - Learning about different initiatives and volunteering opportunities
- **“Ideally, what would you like to get out of future monthly McLean County ROSC Council meetings?”**
 - Continue what we’re doing

- Keep intentions with agenda
- Love speakers
- More opportunities to get to know other council members
- **“What is one way that the ROSC can increase engagement on these meetings?”**
 - Increasing the number of in-person meetings
 - More break out room discussions
 - Opening up more discussion time during meetings
 - More opportunities for council members to get to know one another
 - Email reminders for the day of council meetings
 - Encouragement to bring a friend or buddy
 - Opportunities for hearing more personal lived experience
 - More community events

McLean County ROSC Updates

- **Upcoming Sober Social Events:**

- Generation Found Film Screening @ Eastview Community Center
 - Thursday, 5/23
 - 6:30-8:30 pm
- Brushes & Bites: A Cookies & Canvas Family Event
 - Friday, 6/7
 - 7-9 pm
 - Living Well United, Le Roy, IL
- Free Yoga for Recovery with the Yoga Lab
 - Classes to take place at Chestnut Family Health Center Community Room
 - 702 W Chestnut St, Bloomington 61701
 - Participation is free, but online registration is required.
 - Dates/Times:
 - Monday, 6/3 – 10-11 am
 - Wednesday, 6/12 – 6:30-7:30 pm
 - Monday, 6/24 – 6:30-7:30 pm
 - Friday, 6/28 – 9-10 am
- Grady’s 4th Annual Family Fun Night
 - Friday, 6/21
 - 6-8 pm
 - 40 passes available, includes rides, bumper boats, go-karts, mini golf, and more!

- **Rural McLean County Outreach**

- The McLean County ROSC Team has assembled another round of **outreach bags**, 200 in total, majority for rural outreach before the end of the fiscal year. We will be including warm/hot weather items, resource info packets, and Narcan.

- **Available McLean ROSC Print Resources**

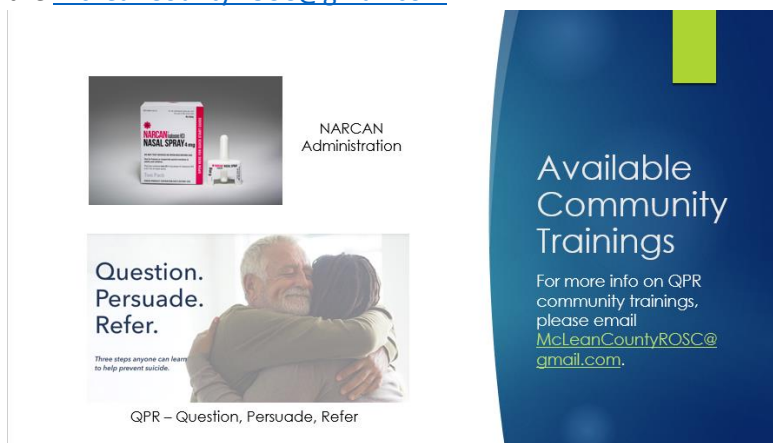
- **ROSC Intro “101” Binders:** Binders are now ready. These are “ROSC 101” Orientation/Intro Binders for new council members or prospective volunteers interested in joining. Content includes: What is a ROSC Q&A?, Stigma & Language Overview, ROSC Elevator Speech & How to Get Involved, Recovery Support Groups Quick Reference

Guide, McLean County ROSC Council Member Talent Assessment, McLean County ROSC Info One Pager FY24, McLean County ROSC Membership Brochure FY24, & more.

- **McLean County Sober Social Guide (SSG):** The McLean County Sober Social Guide is now available both as a digital copy (<https://heyzine.com/flip-book/505fe4c39d.html>) and in limited print copies. If interested in receiving a print copy, please email the McLean ROSC team at McLeanCountyROSC@gmail.com.
- **Virtual Resource App Business Cards:** If interested in receiving some McLean ROSC Virtual Resource app business cards for yourself or your organization/group/agency, please let us know via email, McLeanCountyROSC@gmail.com.

- **Available Community Trainings – Narcan Administration and QPR – Question, Persuade, Refer**

- If interested in receiving a free QPR-Question Persuade Refer training, please contact the McLeanCountyROSC@gmail.com.



- **If you Need Narcan:** Please contact **Kari Knapp (kmknapp@chestnut.org)** for Narcan. If interested in receiving free Narcan administration training, the McLean County ROSC team is now fully trained.

McLean County Narcan

- ▶ The McLean County ROSC Team is fully trained to offer free Narcan trainings!
- ▶ If interested in receiving free Narcan in McLean County, please contact Kari Knapp
 - ▶ kmknapp@chestnut.org
- ▶ If interested in receiving a free Narcan training, please email SR-NARCAN@chestnut.org



In The Spotlight – Please reach out if you’re interested in sharing about the work you do!! We don’t know what we don’t know 😊

McLean ROSC Council Community Resource Spotlight Openings – June 2024

- ▶ If your agency/organization is interested, we have 2 openings for community resource spotlights in June 2024.
- ▶ Spotlight presentation time slots run about 10-15 minutes/community resource spotlight.
- ▶ If interested, please reach out to the team via email at McLeanCountyROSC@gmail.com.



Agency Updates

- **Illinois Faith & Recovery Collaborative**
 - In the local news!: <https://www.wglt.org/local-news/2024-05-09/chestnut-health-systems-offering-mental-health-substance-abuse-training-for-faith-groups>

- To learn more about the collaborative, please visit:
<https://www.coalitionsupport.org/faith-and-recovery-collab>
- **Bloomington Public Library Summer Reading Program**
 - Runs from 5/28-7/29/2024
 - <https://www.bloomingtonlibrary.org/events/summer-reading>
- **Normal Public Library Update**
 - <https://www.normalpl.org/planning>

Next Meeting & Contact Info:

- **Next Meeting – Tuesday, June 18, 2024**
 - 3:30-4:30 pm
 - Meeting virtually via Zoom (<https://zoom.us/j/3729798714>)
 - Meeting Code: 372 979 8714
- **Contact Info**
 - Kari Knapp, Associate Director of Community Health
 - kmknapp@chestnut.org
 - 309-391-1802
 - Barb Brumleve, Community Health Specialist
 - bdbrumleve@chestnut.org
 - Cat Hays, Recovery Specialist
 - cmhays@chestnut.org
 - 309-665-2067
 - McLean County ROSC Team
 - McLeanCountyROSC@gmail.com

Thank you for all your continued support...CONNECTION is the Key!!