

Logan/Mason ROSC Meeting Notes

May 16th, 2024

Attendance:

Kara Davis (Logan County Department of Public Health)
Jeanette Davis (Chestnut Health Systems)
Kendra Jo Day (Memorial Behavioral Health)
Jeff DeLaughter (Sunrise Fellowship Pastor)
Kami Garrison (Chestnut Health Systems)
Becky Hart (Mental Health Therapist)
Beverly Holland (Region 5 Technical Assistance Specialist)
Amy Hopper (McLean County Health Department)
Grace Irvin (Chestnut Health Systems)
Denise King (Trillium Place)
Carmen Lanham (Family Guidance Center- Springfield)
Kaytlin Lehman (Fulton-Mason Crisis Service)
Molly McCain (Lincoln Memorial Hospital)
Brysen McFadden (Oxford House)
Jeff McFadden (Bridgeway ROSC)
Tristan McGrew (Recovery Corps/Chestnut Health Systems)
Rachel Oney (Salvation Army)
Julie Pohlman (Region 4 Statewide ROSC)
Marie Riley (Sangamon County Department of Public Health)
Gwenda Sutton (Salvation Army)
Sue Tisdale (Trillium Place)
Silas Tockey (Community Action Partnership of Central Illinois)
Tyler Wenger (Chestnut Health Systems)
Vanessa (Havana Library)
Krista Wilcoxon (Havana Junior High School)
Naomi Willis (Gateway Foundation)

Old Business:

- What is ROSC? ROSC is a coordinated network of community-based services and supports that is person-centered and on the strengths and resilience of individuals, families, and communities to experience recovery and improved health, wellness, and quality of life for those with or at risk of substance use and/or mental health challenges. The central focus of a ROSC, is to create an infrastructure, a “systems of care”, with the resources to effectively address the full range of substance use and/or mental health challenges within communities.
- Logan Mason ROSC Mission Statement: Improving access to health, wellness, and holistic recovery options for people who are at risk of, or suffering from, Substance Use Disorders while educating and connecting Logan and Mason Counties to reduce stigma and improve recovery outcomes.

- The Logan-Mason ROSC partnered with Faces and Voices of Recovery to provide a free training called “Our Stories Have Power” in Lincoln. There were 13 people that participated, and four different agencies were represented at the training, which included people with lived experience. Joseph Green was the facilitator. Keep your eyes open for opportunities like this. CEUs can be earned for some trainings as well. Please pass trainings along to those you work with.

New Business:

- Treatment vs. Recovery: While treatment and recovery go hand-in-hand, they are not the same thing. Treatment refers to the overall addiction recovery process. This includes detox, inpatient or outpatient, as well as the therapies and various treatments that are part of those programs. Recovery though, encompasses every aspect of your life while you get and then continue to remain clean and sober. Essentially recovery is the life-long process of sobriety. This is a quote by Phoenix Rising.
- There are specific ways in which we clearly identify treatment: Addiction treatment medications (MAR), partial hospitalization programs, outpatient treatment, residential treatment, sober living homes, and peer-led/12-step programs. All of these fit under the treatment of addiction.
- There are also therapies of treatment: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), EMDR Therapy, Neurofeedback Therapy, Motivational Enhancement Therapy, Holistic Therapy, Equine Therapy, and Family, Group, and Individual Therapy.
- The difference between treatment and recovery: While many people assume that treatment and recovery are one of the same, they aren’t. Treatment is a step in the overall recovery process; however, recovery has a whole encompasses every aspect of our lives as you continue your journey. In short, treatment is the first step that you take to stop your addiction, where recovery changes your life moving forward, even after treatment has been completed.
- Breakout rooms were conducted with the meeting group to have a discussion on what recovery looks like in your area or in your experience. The three main questions of discussion: What are recovery resources? What recovery resources do we have access to? What recovery resources are missing?
- We will continue to have the Logan-Mason ROSC meetings on the third Thursday of every month at 2:00 p.m. The Logan-Mason ROSC hopes to offer hybrid meetings starting in July.

Reminders/Recovery Resources:

- The Logan-Mason ROSC has updated flyers and cards if you need them, which list recovery meeting times, days, and locations. They have changed again. Even if the physical cards are outdated, the QR code is kept up to date. If you need flyers and cards, let Jeanette know. Also, if you know of any meetings or changes that need to be made to the flyers and cards, please reach out.

On-Going Projects:

- There is a harm reduction materials cabinet at the Havana Public Library. There is also the Naloxone and Fentanyl test strips at the Mason County Health Department. The Logan-Mason ROSC is looking to have a cabinet available in Manito soon. Tristan is currently going to churches to see which events they may have that the ROSC can partner with. Harm reduction resources are also available in Logan County at the Family Custom Cleaners and at the Logan Health Department. Recently, harm reduction materials have been made available at the Mount Pulaski Library (24-hour accessibility). As of January 11th, 2024, the Family Custom Cleaners vending machine in Lincoln has distributed 688 Narcan, 687 Fentanyl testing strips, 517 Xylazine testing strips, and 115 Benzo testing strips.

Upcoming Events:

- The Logan-Mason ROSC will be at Havana First Fridays, Second Fridays in Mount Pulaski, and Third Fridays at Lincoln. There will be a table with information, Naloxone, etc. at these events.
- There will be an AA Speak-and-Eat meeting on June 15th starting at 5:00 p.m. at 200 5th Street in Lincoln.
- There will be a Building Bridge Dialogue meeting on June 18th from 10:00 a.m. – 4:30 p.m. at the Crowne Plaza in Springfield. If you are interested, please let Jeanette know, so that you receive all the information.
- The Recovery in Action subcommittee group is working on the Recovery Walk in September (more information will be coming out soon). The group will be creating resource bags for those leaving the Logan County Jail. Please look out for an email from the Logan-Mason ROSC; they are looking to collect and gather your informational cards that your agency has put together for the bags. Naloxone, testing strips, and other resources will be included in the bags.
- The next Recovery in Action meeting is on Tuesday, June 11th at 4:30 p.m. at the Hope on 5th building in Lincoln.

Contact Info:

- Jeanette Davis- Recovery Specialist
 - jedavis@chestnut.org ; 217-871-3208
- Grace Irvin- Prevention Coordinator
 - gcirvin@chestnut.org ; 309-451-7776
- Nadia Klekamp- Director of Integrated Community Education
 - nfklekamp@chestnut.org ; 309-824-3765

Next Meeting:

- Thursday, June 20th at 2:00 p.m.
 - Join Zoom Meeting:
<https://zoom.us/j/93561727220?pwd=TDVsWHRJdldYWnRnb2dnVFJTaTByQT09>

- Meeting ID: 935 6172 7220 / Passcode: 395255

End of Meeting: 3:00 p.m.