

**Douglas County ROSC Council (DCRC)
Meeting Minutes**

**May 29, 2024
10:00 am
Zoom and In-Person
Hybrid**

Attendees: Anthony Hooker, Casey McClain, Christina Isley, Christine Pierce, Darlene Smith, Diane Zell, Jeff McFadden, Jenna Hays, Joe Duncan, Julie Pohlman, Karen Cook, Kristin Davis, Leanna Morgan, Liesl Wingert, Linda Scribner, Matthew Hales, Michelle Hibbard, Robert Edwards, Tiffany Murdock

Guest Speaker(s): Michelle Hibbard

Note Taker: Matthew Hales

Minutes

Introductions

- Casey McClain, DCHD Mental Health Counselor
- Christina Isley, SLU Department of Family and Community Medicine Research Assistant
- Christine Pierce, Carle Addiction Recovery Center
- Darlene Smith, Douglas County Recovery Navigator
- Diane Zell, immediate past president, National Alliance on Mental Illness (NAMI)
- Jeff McFadden, Bridgeway System of Care Coordinator
- Jenna Hays, ROSC Region 4 Mentor
- Joe Duncan, Atwood Chief of Police
- Julie Pohlman, Statewide ROSC Region 4 TA
- Karen Cook, ROSC Supervisor
- Kristin Davis, Family Guidance Center, Region 4 Substance Use Prevention Integration Coordinator
- Leanna Morgan, Douglas County ROSC Coordinator
- Liesl Wingert, SIU School of Medicine, Center for Rural Health and Social Service Development
- Linda Scribner, Founder of Be Brave
- Matthew Hales, Librarian, Newman Regional Library District
- Michelle Hibbard, Community Relations Coordinator, Rosecrance
- Robert Edwards, Director, Atwood-Hammond Public Library
- Tiffany Murdock, Hour House Prevention
- Tony Hooker, Adult and Returning Students, Parkland College

Organization Spotlight/ Guest(s)

Michelle Hibbard, Community Relations Coordinator, Rosecrance

Rosecrance Started as home for boys struggling with substance use 100 years ago and has evolved and expanded to over 60 locations in Illinois, Iowa, and Wisconsin. Rosecrance covers the whole spectrum of services for Mental health and Substance use. Will accept most insurance and payments, including Medicaid and uninsured individuals. Rosecrance is a not for profit. Some of the services and facilities mentioned were the following.

- Rescue center that works as bridge between hospitalization and outpatient. Stabilizing, medicine adjustment, and step between hospital and release.
- 35-day substance use program in Champaign. Detox available with the exception of Benzodiazepines or alcohol
- Crisis respite center for primary diagnosis of mental health to bridge between hospitalization and community. Generally, 8-10 days between acute stay and out in community
- 12 Bed unit Recovery home
- Number of outpatient services including virtual.
- Group homes available for major mental health diagnosis
- Apartments
- If Rosecrance doesn't provide the service in central Illinois, they can look at other locations.

Michelle shared her personal story of how she came to this work. She has been in outreach for 20 years and enjoys public speaking! Stigma reduction is part of her outreach to give a voice to those that do not have one.

Additional information will be sent out to council via PDF document. Michelle also okayed to add the documents to the ROSC newsletter.

Recovery Navigator update

Darlene Smith, Douglas County Recovery Navigator, provided updates on education groups.

- Education group at jail is now twice per week! The groups are going well and have been getting great attendance.
- Darlene reported that there have been 2 more individuals that have been accessed for treatment.
- Virtual Wellness Group every Friday 4:00, except for the week Darlene is on vacation.

East Central IL Deflection Initiative

Also known as Deflection Avenues Reconnection Team (DART)

- Next implementation meeting is June 5, 2024 from 9:00-5:00 pm in Bloomington. This is an all-day in person only.
- For additional information, please reach out to Koren VanderWeele at kvanderweele@tasc.org

Drug Endangered Children and Human Trafficking training on 5/13/24

Training event went great! There were quite a few that made this event a success. A special thank you to the following:

- First Baptist Church of Atwood for hosting the event
- Liesl Wingert (SUI School of Medicine) for being the trainer for the event
- Megan Edmundson (Prevention First) applied for CEUs for training and assisted with planning
- Summer Phillips (DCHD) provided Narcan trainings and gave out Narcan prior to training
- Sheriff Nathan Chaplin was in attendance to assist with Q&A
- Diane Zell and the Tuscola Women in Faith donated Sandwiches and cookies for refreshments
- Stacy Welch (Shalynn's Hope) donated bottled water and chips for refreshments
- Amber Clark (VA) provided gun safety locks

Ending FY24 (Ending June 30, 2024)

Reviewing Communication plan for unfinished items

- Strategic Plan Presentations remaining, requirement of deliverables.
 - Law Enforcement- Scheduled May 30 (Leanna and Darlene)
 - Healthcare- DCHD staff are already aware of strategic plan. Leanna will reach out to the local SIHF, Sarah Bush, or Kirby Medical to see about scheduling.
- Request a day of prayer- the council decided to keep separate from the National Day of Prayer and make specific for people with mental health and/or substance use. Could be requested for the last Sunday in June during services to acknowledge the work being done in the community to support recovery and for strength for those struggling.
 - Diane Zell is connected with faith-based community members in Tuscola area.
 - Darlene and Leanna can also share with their faith-based contact in Murdock.
 - Joe Duncan sharing an Atwood contact.
 - Information can also be passed along to the area ministerial alliance and also suggest prayer for pastoral luncheon.

Douglas County Opioid Settlement Fund projects in process

- SMART Recovery- Leanna has received codes to register the trainees! She is working on getting each of them set up so they can begin training! Trainees will have 180 days (about 6 months) to complete training. Each will have the option for 25 CEUs that are included. Leanna also ordered the InsideOut correction-based training materials and workbooks for use at the Douglas County Jail. Leanna and Darlene will touch base with the trainees to determine next steps once closer to completing the training.
 - Jeff McFadden explained more about SMART recovery. (Self-Management and Recovery Training)
 - Support groups that are science based, not faith-based. Cognitive behavioral approach to recovery
 - Another option for multiple pathways of recovery
 - Different from 12 step, encourages discussion. 12 step discourages cross talk or side talk
 - There are online meetings available. In other counties, the in person meetings have been successful.
 - A lot of younger generation seem to take to smart recovery

- Narcan Access boxes
 - Joe Duncan reported that he has discussed adding a 24-hour access in Atwood using a large medicine box. The box has not been set up yet. Leanna will add to Narcan site list once complete.
 - Council is looking into additional locations for the remaining boxes. Still looking for 24-hour access in Arcola and Villa Grove.

- Literature
 - Literature purchased and some has been distributed in places that were most needed.
 - Another ROSC project through separate funding to purchase a book share library box to put literature in. An artist has agreed to paint the box, looking to do a memorial painting of individuals that have overdosed, with permission from family. Leanna will also ask the artist if they can do a time lapse video for the council that could be used for social media. The goal will be to showcase the box for Recovery Month in September 2024. Will have a solar light to shine on box at night. Will hold a book drive to get the box filled. The local NA group has offered to assist with some materials.

Looking ahead into FY25 (Beginning July 1, 2024)

Increase awareness

- Anti-Stigma efforts such as person first language training.

- Homelessness Awareness is in November. An idea mentioned is to set up boxes for individuals to donate backpacks after school has started.

Increased support for recovery resources

- educational programs in jail
- problem-solving court or drug court
- additional support groups, such as SMART Recovery, NA, AA. CR. Etc.
- transitional housing

Transitional Housing Cont.

- Linda Scribner was in attendance to mention what she is working on. After reviewing the Douglas County ROSC needs assessment, she noticed a need for housing. With having lost two sons to substance use, Linda feels compelled to do something. Linda now has a business plan and has picked out a location for sale that has a large living room for education and support groups. She is currently looking for grants and fundraising opportunities. Linda has been invited to be the guest speaker for the June ROSC meeting with time dedicated to further the discussion about PJs Place. If needed, the council can discuss adding a subcommittee to assist with this project.

Council discussed training topics that would benefit Douglas County community and organizations. Several gave input on ideas for potential trainings. Leanna will also reach out to council not present to see what other ideas can be discussed.

- NAMI- health and advocacy
- Liesl Wingert- offers other trainings
- Jill Duden- Prevent Child Abuse
- Amber Clark- suicide prevention

Upcoming events that are currently being planned are the Candlelight Vigil for Overdose Awareness. The council did not have additional time to discuss events so Leanna will reach out to council via email or in person for input. Item will remain on the agenda for the next meeting.

Other Business and agency updates

Diane Zell (NAMI) recommended book *While You Were Out: An Intimate Family Portrait of Mental Illness in an Era of Silence* by Meg Kissinger

Next meeting: June 26, 2024 at 10:00am at Douglas County Health Dept. and Zoom.