



**Bond County Recovery June 12, 2024
10am-11:30am (probably only until 11am)
Via Zoom/In Person at the SMART
building 3rd Floor**

Meeting Minutes

1. Welcome and Introductions

In-Person-Toni Randall, Monique Brunious, Naomi Fulton, Sheena Langhauser, Patrick Miller, Tony Brooks, Dusty Hanner, Dan Hutchinson, Tonya Roberts, Gene Dunkly.

Via Zoom-Deb Beckman, Danielle Voekel, Julie Pohlman, Katie Unthank, Elizabeth McQuaid, Patrick Small, Nellie Baity, Sandy Laurent, Jahanna Gonzalez, Beverly Holland, Tricia Hogan, Tracy Dones, Veneeta Wadlow

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.

Please See Attachment

*NEW Meeting cards are in. Please take some with you to share. **If you need them dropped off, please let us know.**

3. Presentation- Sheena Langhauser, MSW, LSW, Program Coordinator – Medical Stabilization Memorial Hospital Belleville

She is a Clinton County Resident. Medical Stabilization started 1 year ago. They average 64 referrals a month. They have a Peer Recovery Support Teams. Referrals come through doctor offices, self referrals, medical teams, ER, Individuals in withdrawal and seeking help. Agenda to schedule detox must have medical criteria-Alcohol, Poly Substance, Opiod, Benzo and other circumstances. Peers available Monday through Friday- admitting through the ER. Detox program-admitted into the hospital.

This is considered a medical need-all inclusive to other patients. 1 page agreement form. No smoking or vaping allowed. Patient must stay on the Unit Floor. Goal is to rest and work on Recovery. They can bring clothes, packages food, electronics (must all be checked). No visitors are allowed. They will provide resources-Chestnut, Gateway, Comprehensive. They provide vivitrol on the last day of discharge. Suboxene is provided. Can take whatever insurance accepts. Helps to provide primary care providers. Beds are almost always available. They do Stigma trainings with all staff.

They can provide transportation to further treatment by Medicar, Peers, Taxis etc. We can give referrals for people to call down and talk to peer coaches. They provide resource packets. Telehealth link or mental illness. They will only maintain Methodone if a person is already established. No geographic limit.

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, Dusty Hanner, Shane Pinnell, Monique Brunious & Toni Randall. **Next meeting will be July 9th. 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. **Our next meeting will be June 18th. 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, Patrick Miller, Bill Archibald, Dusty Hanner, Monique Brunious & Toni Randall. **Next meeting June 25th. Would anyone like to be added to the group?**

5. New Business

-Red Ribbon Week Work Group-anyone like to join. Going to be setting up a screening of "Screenagers-Under the Influence". Looking for people to watch the preview and see if they think it will be good for parents and teachers. Hoping to do this in August. **Let me know if you are interested in the preview.**

-Parades that we will be walking in this year:
Saturday, July 13th Pocahontas Firemans Picnic
Tuesday, August 6th Bond County Fair
Possibly at the Keyesport Halloween Parade

We are needing people who would be willing to donate candy for the parades. Please let me know if anyone can help.

-Stigma Group working on "Pastor Appreciation Brunch"-Tues., August 6th at 10am. **We are going to need help providing food & serving it. Please reach out immediately if you are able to help in any way.**

-Overdose Awareness-will be held on the court house lawn again this year. We need help from lots of organizations. I will be reaching out individually to ask or help. It will be on Saturday, August 31st from -9pm. **I have attached the flyer for the event**

We will be looking for organizations willing to donate Hot Dogs, Pulled Pork, Chips, Water, Soda, and Cookies

-September is Recovery Month

*Sunday, September 8th- "Day of Prayer"

*Saturday, September 14th "Recovery Picnic"

*Saturday, September 21st "Recovery Walk"

*Saturday, September 28th "Rock'n for Recovery" going as a group

-We will be set up at Fourth Fest again this year on the July 5th & 6th. We will setting up Friday morning and tearing down at 9pm on Saturday evening. **We will need volunteers to take shift during the event: Friday 4pm-10pm, Saturday noon-9pm.**

6. Update from any Groups & Organizations-nothing to share this month

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 July 3rd at 7pm-8:30pm.

-The Advisory Board will also be hosting Family Game night on the 3rd Saturday night of the month from 6-9pm at the Senior Center. **We will take a break in June, July & August because of parades and other activities.**

-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.

-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.

-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

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

-REFLECTIONS-Prairie Counseling Center, 1st Wednesday of the month at 10am.

-HEALERS group meets on the 2nd & 4th Saturday of the month at the Senior Center at 11am.

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

Future Meeting Dates for 2024:

July 1, 2024 October 9, 2024

August 14, 2024 November 13, 2024

September 11, 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.



Pastor Appreciation

BRUNCH

Tuesday, August 6th

10am-11:30am

(immediately following the

Ministerial Alliance Meeting)

Hosted this month by Eden's Glory

214 N. 3rd St., Greenville, IL 62246

Sponsored by the
Bond County
Recovery Council:



 Toni Randall-618-304-2590
Monique Brunious-618-381-0831
 <https://www.facebook.com/BondCountyRecoveryCouncil>

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



**BOND COUNTY'S
4TH ANNUAL
OVERDOSE
AWARENESS
EVENT**

**BRING A FRAMED PHOTO
TO PLACE ON THE COURTHOUSE STEPS
TO REMEMBER YOUR LOVED ONE.
COME OUT AND JOIN US TO RAISE AWARENESS IN
HOPE OF SHATTERING THE STIGMA OF OVERDOSE**

Stop the SHAME, Stop the BLAME, Stop the STIGMA

**SATURDAY, AUGUST 31ST 6-9PM
COURT HOUSE LAWN, 200 W COLLEGE AVE,
GREENVILLE, IL**

**FOR QUESTIONS CONTACT
TONI RANDALL, TCRANDALL@CHESTNUT.ORG, 618-304-2590
OR MONIQUE BRUNIOUS, MBRUNIOUS@CHESTNUT.ORG, 618-381-0831**

Hosted
by:



**FREE FOOD & BOTTLED WATER
RESOURCE BOOTHS, LIVE MUSIC
GUEST SPEAKERS & REMEMBRANCE
OF THOSE LOST TO OVERDOSE**

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

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

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)

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 or Monique Brunious 618-381-0831

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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

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

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



Reflections Group

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



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