

EDGAR COUNTY ROSC MEETING MINUTES

June 25th, 2024

5:15 PM

Paris Hospital Conference Room A and Zoom

Attendees: Keith Myers, Bethany Wagoner, Michelle Creech, Lisa Foster, Doug Cochran, Liesl Wingert, Jonathan Burns, Vicky Dick, Sue Sheeran, Jerica Robinson, Dennis Eveland, Cory Hanks, Carrie McKenzie, Zach George, Lexanna Kocher, Kristin Davis, Amanda Thompson, Lisa Ellis, Leanna Morgan, Derek Kinderman, Connor Dotson, Dr. Marilyn Frey, Tess Miller, Janice Watson, Jackie Cunningham, Scott Foster, Lugene Joines, Kyra Graham, Ambrosia Branson, Nicki Hanks, and Michelle Hibbard

Truman House:

Jonathan led the discussion by explaining that we as a council have been exploring recovery housing options, with our first discussion being on Oxford House. He said that that as a group we wanted to explore and bring other options to the table to discuss the best model for Edgar County. Jonathan stated that Keith was kind enough to bring Derek here today to talk with us about the Truman House model out of Terre Haute.

Derek stated that the Truman House is a 12-step based sober living for men. They must attend 5 meetings a week, they have to get a sponsor from NA or AA and work the steps. They are required to get a job, pay taxes, chores at the house, do community service hours. The Truman House does not accept people with schizophrenia, they cannot be on MAT, no sex offender charges or convictions, no arsonists and no crimes against children. Truman House makes the men work a max of 54 hours a week due to their meeting requirements and community service responsibilities. They have several places they do service work at in Terre Haute. They are required to meet with a sponsor a minimum of 1 hour a week.

They charge \$140 a week to live there. The start-up of when they come into the home is \$280 for the first two weeks so they are not behind. The guys have two week to find a job and a sponsor. Curfew is Sunday through Thursday to 10 PM and 11 on Friday and Saturday. They allow girlfriends or wives to come spend the night at the Truman House. They just believe that it is safer because one does not know where these individuals are going home to. They only hire staff that have been at the house. They have 3 paid positions; one that oversees the chores, the assistant house manager (does 2 random drug screens a week), and a house manager (collects rent and puts out fires in the house). If an individual fails a drug screen, they are automatically removed from the program. Depending on the situation, some guys can come back in 7 days.

They are a four-month program, but after the 4 months are up they can choose to stay. Most people stay in between 9 months and one year, which is Derek recommends. They do have a waiting list, typically what that looks like is he will evaluate you and put that individual on the list. Truman House is not affiliated with any other organization, and they are privately funded. Derek said that if the courts are requiring something (ex: anger management class) and they are not complying with the courts, then they are not complying with Truman House. They have to follow what the law says.

Derek said as far as establishing a home in our community, he is not sure procedures or ordinances that we would need to look at. From their experience, their original start-up someone had to look into those things. Derek said they have 6 houses with around 70 guys. The only drawback Derek sees with starting a Truman House is the lack of availability of support meetings. He said they do 2 in-house meetings a week. They do one group meal a week on Sundays, and they eat together as a group. They are required to buy their own food. Liesl asked what long-term success rates they have? Derek said they have been open since 2016 and they had a report from one year ago that stated out of 74 individuals, 32 are still maintaining their sobriety. Dr. Frey asked for clarification on sober over what time period? Derek said that its tough to throw out a number, but he said anywhere from 8 years on down. Liesl asked if they worked with drug court participants. Derek stated that they do, they are currently working with 5-6 right now. He said that they have individuals in the home from close counties and even farther counties.

Derek states that community support is a huge part of their success. They are privately funded from the people that live in the community, and they are not 501c3 affiliated. He said they do not get any help from the federal or state government. Jonathan asked how people that are wanting to get into the house come up with that \$280? Derek said that mainly friends and family help them or sometimes community organizations like the Salvation Army if they do not already have a job. Derek also stated that it has been difficult to get individuals from Illinois into their program as the courts do not allow them to cross state lines. Liesl stated they see the same problem near her with Indiana programs not accepting Illinois Medicaid. She said that even with individuals on drug courts they see the same problem with the courts not allowing them to cross state lines.

Derek said that one of the things they do not allow with their guys in the program is for them to come work in Paris. He said one of the biggest barriers is the time difference and that many of the places only offer 12-hour shifts. This creates issues when they only allow their men to work a max of 54 hours a week. Keith stated that he is a peer in Terre Haute and everyone he talks to has great things to say about the Truman House and how everyone feels like family there. He asked Derek what he thinks is different with their program than others? Derek said they make their guys get involved with the community. He explained several instances where they have had the guys get involved and the impact it has had on the men. He states they have two camping

trips also a year and a family day once every month. He also said they are just very family oriented. Jonathan also asked what they do about transportation. Derek stated that he is the only guy in the house that has a car, and they teach the guys to be self-sufficient and how to get their own rides to work, meetings, etc. He tells them to network outside of the Truman House. He said the recovery community in Terre Haute is very strong.

Spotlight Agency/Program (Gateway):

Carrie introduced herself as the Business Development Coordinator. She explains that she previously worked for Gateway and is back! She explains that Gateway provides personalized evidence-based treatment. They have 17 locations throughout the state of Illinois. They are also in-network with most insurance providers. They also offered some specialized programs at Gateway; Her Story in Carbondale that has 42 beds and specializes in women with trauma (it is one of the only programs in the state with just female), the Triumph program is in Springfield and the program is specialized for people that are working professionally and they need a program tailored for them to still work, their gambling disorder program is virtual and an intensive outpatient program.

She then explained that they do offer, again, their virtual outpatient program. It is a combination of group and individual therapy. Carrie also went into detail about their levels of care. She stated that they have over 500 beds between all of their locations. They have the following: detox, residential inpatient treatment, day treatment, intensive outpatient, outpatient, and recovery home. Carrie also said they have two new locations, Peoria and Bloomington. She also stated that they are now dual-licensed. In those two locations they can now provide services for just mental health, they do not have to have a SUD.

Carrie goes into detail regarding the insurance they accept. She said they accept most commercial insurances, Medicaid and also have a grant that helps them cover the cost for individuals that do not have insurance. She said the next steps to make a referral are to have a client to call her. She said Gateway is a large organization and it can be hard to find the loopholes. She said they no longer accept adolescents in an inpatient facility and that has opened up their bed space now. They very rarely run a wait for men with Medicaid, and if it is, it is around 5 days. Women do run a little longer and there is usually not a wait longer than 10 days.

She then talks about their clinical aspect. They offer DBT, CBT, etc. They try to get to the root cause of the problems. They stay up to date on the newest, latest trends to ensure they get the best care. Carrie also shares that 96% of people would recommend Gateway when they leave at an outpatient level, which was reported on a post-survey. 91% of overall care was also received by inpatient clients. She also said that they have an open house coming up on July 24 in Springfield and she will share the flyer to the group.

Oxford House Update:

Zach stated there are lots of things going on in Oxford House. He stated that when he originally started engaging with the ROSC he presented a tentative timeline of when we would be looking at new expansion goals, which originally were next week. He said there have been some organizational changes where he has less field staff than he has had in the fiscal year which just changes the methodology of where we expand the network in the new areas. He said it does not disqualify areas, it just changes how we go about it and how aggressive we are about going into new areas. He said tomorrow morning he has a staff meeting statewide and since it is the final meeting of the fiscal year they come together and brainstorm where are the new areas they are going to expand in the new fiscal year and the target date, and what it looks like! He said Edgar County is firmly on his radar and on the top of the list to bring to his team. He wants to get something concrete and actionable to get something started in the area. He has taken some additional steps and reached out to a colleague with Oxford House in Terre Haute and he has offered some support as well. He said by the next ROSC meeting he will be getting on here to explain the target date and the deliberate steps we are going to take to make it happen.

Subcommittee Meeting Update:

Ambrosia stated that due to only having 4 minutes left of the meeting, she was not going to have enough time to go over the minutes from the subcommittee meeting. She encouraged council members to read the minutes.

Accomplishment Sheet for EdCRC:

Ambrosia stated that her and Nicki also put together an accomplishment sheet based off of things the council were proud of and things that the ROSC completed in fiscal year 24. She thanked all of the council members as all of the things on the accomplishment sheet would not have been possible without everyone in the room and our members that were not able to be in attendance for the evening. She touched on a few of the accomplishments: The ROSC was able to distribute 683 boxes of Narcan through the ROSC DOPP display sites, We were able to host 8 Free Laundry Days and do the following: 659 wash cycles, 571.5 dry cycles, transport 12 individuals, gave out 27 boxes of Narcan, 19 Deterra pouches, and helped over 165 people.

Agency Updates:

ECPHD: N/A

Neighborhood Watch: N/A

Recovery Court: N/A

HRC: HRC just passed their budget for the new fiscal year. On the state level, funding for SUD treatment was cut by 45 million dollars in the state of Illinois. Jonathan stated that HRC did not take a huge hit to their funding, and will continue to provide their services. He did want to be forthright with the council and stated that HRC will not be able to purchase a vehicle for the Oxford House. He said on another related topic is that they did fund for HRC to provide 4/5 grade SUD prevention education in the schools. Council members discussed the opportunity to fundraise for the vehicle to aim to set members of the Oxford House up for success. Michelle also mentioned the potential for a fundraiser to be put apart of a wellness walk HRC plans on

hosting in May/June of 2025. Nicki said the ROSC can assist in the wellness walk! Cory also asked Jonathan how insurance and such would look with the purchasing of a vehicle. He stated that HRC would provide insurance and a driver through one of their grants. He said that members of the Oxford House would have to be enrolled in services, but would then be able to use the transportation service of the vehicle.

CARE: Lisa stated that they are planning to have a board meeting in August. She said they are also planning the Candlelight Vigil for August 31 at 7 PM at New Beginnings Church.

Soup Kitchen: Vicky shared that they are making wonderful progress with the Soup Kitchen. She stated that they will be open July 8th and 15th from 11-12:30 PM at the Baptist Church and then the following week will be open 5 days a week. They have their 501c3 and have spoken with the health department. They have a PO Box for donations, it is number 103. They have also applied for several grants and have been awarded a grant to help in purchasing large equipment. If anyone is also interested in sponsoring a meal for the soup kitchen, please reach out to Sue or Vicki. They are also doing a food drive with Grace Lutheran Daycare. They are also doing a separate food drive where they are asking for donations of non-perishable food items and people can drop those off at the Edgar County Public Health Department, Lake Ridge Christian Church, or the Paris Carnegie Public Library.

Next Meeting: July 23rd, 2024, 5:15 PM at Paris Hospital Conference Room A and Zoom

AGENDA

Edgar County ROSC Subcommittee

When: June 20, 2024

- Introduction of attendees
 - Bo Scott, Nicki Hanks, Ambrosia Branson, Lexanna Kocher, Lisa Foster, Connor Dotson, Kristina Drum
- Recovery Picnic
 1. Donations
 - a. Lake Ridge said they will donate!
 - i. What do we want to ask them to donate?
 1. Foam Homies? (ambrosia will call this week)
 - b. Nicki will reach out to Prairie Farms and House of Brisket
 - c. Ambrosia will send out donation list from year
 - i. Bo will help with reaching out
 - d. Asking for monetary or specific donations?
 - i. Bringing in monetary donations through CARE??? 😊
 - ii. Dependent on what organization you are asking!
 - e. HRC donating kiddos prizes
 - f. Nicki will set up a meeting with D21 Designs and see where we can go with the t-shirts
 - i. Bo has a girl that may give us a discount- she will reach out to
 2. Michelle said pretty sure her daughters band can come
 3. April Burns said she will do a selfie station
 4. HRC doing a table on job employment and applications
 5. Speakers
 - a. Potential people
 - i. Keith- Nicki reach out
 - ii. Mary Beth said she would!
 - iii. Jason- Bo reach out

- Candle light vigil
 - Lisa has a meeting at their church tonight and ask them if they will provide drinks
 - She will also ask them where we will hold it on the church grounds
 - Lisa will see if CARE will purchase the candles
 - Nicki said CR can help too, just let Nicki know what CR can help with
 - Asking individuals for their photos of loved ones
 - Put a flyer out asking for them? Putting in newspaper? Or send to CARE? Facebook event?
- Upcoming Events
 - Laundry Day was busy last time with less volunteers
 - If anyone has an hour or two to donate their time, we would appreciate it
 - July 11 is the next one
 - Kristina will be there
 - Movie Night
 - Decided to postpone due to training purposes and getting someone hired
 - Survey
 - Homelessness
 - Lisa said that she believes people need to see the numbers
 - Hear from community members that there isn't a problem
 - Showing number is one way to prove there is a problem
 - Jeannie creating a flyer with QR code for the survey
 - Keep handing out at free Laundry Days
- Open Discussion
 - Anything they want to see the ROSC do or partner with? Ideas, suggestions?
 - Laundry Day, Recovery Picnic, Candlelight Vigil already planning and doing a lot with the upcoming changes
 - August
 - Educational Presentation on the Science Behind Addiction
 - Hidden in Plain Sights- Shiloh and Kansas
 - Back to School Bang
 - August 2 from 4:30-7:30 PM
 - Nicki is going to email Kyra for ROSC and CARE to set up a table

