



## **Minutes of the Meeting**

**Date:** July 23rd, 2024 **Time:** 11am CST **Location:** Zoom

**Meeting Agenda:** PRAYER,

### **1. Prayer, New Introductions & Updates: Neesha Stringfellow**

- Attendees will introduce themselves and give updates on their work and any relevant news.
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- Fill out the Jotform Registration form in the chat.

### **2. Event Updates: Jada Anthony**

### **3. Updates from the State/ Survey for Will/Grundy: Tarcia Leak**

- Updates From Community Partners
- Paul Hempel- Recovery Centers of America

### **Opening Prayer:**

Neesha Stringfellow initiated the meeting with a prayer, expressing gratitude for the opportunity to contribute to providing help, hope, and healing in various areas of recovery. The prayer included blessings for all individuals and organizations present.

### **Introduction:**

Neesha Stringfellow welcomed everyone to the meeting, acknowledging the diverse backgrounds and commitments of the attendees. She highlighted the purpose of the organization, Heart Life Ministries (HLM), in providing support and resources for recovery in substance use, mental health, unemployment, and the near Southside ROSC health fair, where she collects and shares valuable resources for organization

**Networking and Collaboration:** She emphasized the importance of collaboration and resource-sharing among attendees to support the recovery community effectively.

## **Event Updates:**

Attendees were encouraged to share upcoming events, workshops, or programs relevant to the recovery community. Neesha highlighted the significance of staying informed and connected to maximize support effort.

## **Speakers**

### **Paul Hempel:**

Paul Hempel's addiction began as a form of enjoyment but gradually evolved into a necessity, habit, and eventually a want. This progression required significant support and intervention from others to address. Robert's final recovery process began in April 2011 after 11 years of substance use. His journey included a 10-year gap with no aftercare programs or community connections, which impacted his long-term recovery efforts. Throughout his recovery journey, Robert engaged with various treatment centers. While these experiences provided periods of sobriety, they did not offer the sustained support or community connections needed for long-term recovery. At Recovery Centers of America, Robert focuses on bridging the gap between initial recovery and sustained sobriety. He emphasizes the importance of connecting individuals to clinical care and community organizations for extended periods, ranging from 90 days to up to a year. From day zero to day 29 of recovery, Robert works intensively with individuals, helping them transition from initial treatment to outpatient programs and ensuring ongoing support through aftercare. Robert's personal journey underscores the critical need for continuous care, community support, and comprehensive aftercare programs to support individuals in maintaining long-term sobriety and recovery.

## **Announcements:**

- Loving Grief Care, grief counseling program every third Tuesday of the month from 7 to 8 pm.
- a crisis response training and a youth mental health first aid training.
  - Jada Anthony announces a Rally for Recovery in Chicago on September 21, 2024,.
  - Neesha Stringfellow encourages attendees to share upcoming events on HLM recovery's social media platforms, tagging the account for visibility.
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## **Closing Remarks:**

- Neesha thanked attendees for their participation and encouraged continued collaboration.
- Emphasized the importance of sharing events and resources for mutual support.
- Expressed gratitude for everyone's dedication to improving community health and well-being.

## **Action Items**

- Neesha Stringfellow - Provide transportation resource information to the group
- Participate in the Your Light Still Shines event on August 21st by contacting Allison St. Thomas to have a resource table
- Attend the Stigma Task Force meeting on August 12th
- Volunteer or sponsor the National Recovery Rally on September 21st
- Encourage Community Support:\*\* Continue discussions on the importance of community support and resource availability, addressing issues like the IMD exclusion and bed caps.
- Promote CPR and AED Training:\*\* Emphasize the need for CPR certification and AED availability in facilities to enhance emergency response capabilities.
- Maintain Recovery Connections:\*\* Support the approach of maintaining connections with individuals in recovery, with a focus on ensuring continuity of care through a care coordinator for up to a year.
- These action items are designed to support ongoing efforts in substance use disorder and mental health initiatives, improve community engagement, and enhance overall support systems in Grundy County

### **Conclusion:**

The meeting concluded with Jada providing updates on upcoming events and inviting attendees to share any additional information or announcements. Neesha reiterated the importance of communication and collaboration within the recovery community and expressed appreciation for everyone's participation.

Next Meeting Date: **Tuesday August 27th, at 11AM CST on Zoom**

*Meeting Adjourned.*

## **Individual Introductions:**

### **Attendees introduced themselves, their roles, and organizations:**

- Neesha Stringfellow- HLM Recovery
- Kyle Leak- HLM Volunteer
- Allison Thomas- Rosecrance
- Cristina Banda- Illinois Family Resource Center
- Dr Ruby Powell- HLM Recovery
- Marianne Bithos- Nami SouthSuburbs
- Ben Rudolph- Region 2 Technical Coordinator
- Kathleen Burke- Will County Health Department
- Paul Hempel- COA
- Troy Green- Gateway Foundation
- Angela McClellan- RCCJ Joliet
- Cristina Ramirez- ECS
- Caitlyn Daily- MAPP
- Connie Dewall- Will County Health Department
- Danny Sourbis-Dupage ROSC
- Paul Hempel- Recovery Centers of America
- Jada Anthony- HLM
- Tarcia Leak-HLM
- Dianna O'Macker- Pastor
- Jacob Jewers- RCA
- Michelle Lowman- WGMC Case Managers
- Mica Freeman
- Perkins
- Sunya Watson- Breath of Life Medical
- Jarrett Burton- Dupage ROSC