

ROSC Council Meeting Minutes June 12th, 2024

0:00- 14:25

ROSC Coordinator Jarrett Burton, opened this month's meeting by welcoming all in attendance. For those who may be new to this meeting, Jarrett gives a brief rundown of what ROSC is. He states DuPage ROSC is a coordinated network of person centered and community based supports and services that are along a Recovery Continuum. The overall goal is to focus on the strengths and resilience of the individuals, their loved ones, and the community to improve health, wellness, and quality of life for people who are in recovery from substance use challenges, or even still in active use; to give them a system of care providing access to services in the DuPage recovery community. ROSC also works to reduce stigmas surrounding substance use disorders as well as mental health challenges that people face on a day-to-day basis.

Coordinator shared some exciting updates that have been going on in the ROSC; accomplishments have been **expanding in the harm reduction work** (i.e. partnerships with other organizations, training for Narcan in the community, volunteer work for the DuPage County jails and soon in Kane County jails, etc.).

ROSC Coordinator Jarrett Burton, shared this month's agenda:

1. Meeting Open – **Jarrett Burton**
2. Agenda/Preview of upcoming meetings/trainings
3. What's App referral group update: **Danny Sourbis**
4. DuPage RCO Update: **Saleha Jawaid**
5. Synthetic Opioid Alerts: **Blake Worman**
6. **Marc Davidson, M.S., Director of Student Affairs and Chair of Safe Space Ally Committee, Benedictine University: Speak Out Proudly event and BenU Pride Endowed Scholarship**
7. Breakout Groups: Areas of Need
8. **Region 2 ROSC** spotlight + updates
9. Organizational updates

The next **DuPage ROSC Presentation Series** is Wednesday, June 26th at 10am on Zoom. The topic of this presentation will be on Vape Shop Highs: Kratom, Tianeptine, Delta 8, and more.

The **Annual Pancake Breakfast** will be held on Saturday, June 22nd at 8:30am, \$5 all you can eat. A guest speaker will begin at 10am, following with raffle baskets and a 50/50 raffle. This event will be held at Serenity House Counseling Services, Inc. in the Big Hall. This event is open to the public, all are welcome to attend for sober fun!

The ROSC is holding a sock drive for the **Glen Ellyn Public Library's Community Closet**. This drive will be accepting sock donations through August of 2024. If you are interested in donating, the drop off location will be at Serenity House Counseling Services, Inc. to Jarrett Burton, Monday-Friday's 9am-5pm, or contact jarrett.burton@serenityhouse.com to coordinate.

Jarrett also announces the recent installment of a Narcan Box in the library. This is something ROSC has been trying to accomplish for years, and Glen Ellyn Public Library is the first within DuPage.

On May 30th, DuPage ROSC hosted a Focus Group which consisted of a variety of individuals who are in all different stages of the recovery community. This group was quite the success and a lot of good information was gathered from the participants.

14:25 - 27:48

ROSC member **Danny Sourbis** comes on screen to give the monthly update on the What's App Group. Danny shares that the team has reached 105 members; individuals from Nami Metro Suburban, Way Back Inn, The Second Story Foundation, YWCA, Guild House, and Sock Valley Voices of Recovery have joined the chat. Over the last month the chat has provided referrals for detox, residential treatment for SUD, PHP, IOP, Vivitrol providers, methadone clinics, resources for sexual traumas, LGBTQIA+ therapists, EMDR therapists, Mental Health transitional housing shelters, DBT support groups, PTSD support groups, suicide law support groups, sex offender residential, and sober living.

This month's referral group MVP who provided the most referrals is **Derek Coran** from **Footprints to Recovery**.

If you are interested in joining this chat, please reach out to Danny Sourbis at danny.sourbis@DuPageROSC.org

Next up, **DRCO Coordinator, Saleha Jawaid** comes on screen to share about an upcoming event held by **DuPage RCO** and **The Conservation Foundation** on Friday June, 28th from 1pm-3pm at Blackwell Forest Preserve in Lombard. This event consists of **Nature Therapy and a Forest Bathing experience** to those in attendance. This event is open to the public, all are welcome to attend this sober activity! Saleha discussed other RCO accomplishments such as the education in the schools, narcan training at different events in the community, sober fun events, and more.

Saleha shares a QR code that links to the DRCO Instagram page. Please feel free to follow this account to be abreast of all things DRCO related!

27:48 - 34:02

Switching gears, **ROSC Coordinator Jarrett Burton** brings on **ROSC member and Recovery Coach, Blake Worman**. Blake shares about his journey through recovery and how his life has changed in his sobriety and working as a recovery coach for DuPage ROSC.

Blake shares about the dangers of synthetic opioids and how things have been emerging in DuPage County:

Nitazene: this is an opioid class that was first synthesized in the 1950's, they were used in research settings to find new drugs. **Nitazene is between 1,000 and 1,500 times the potency of morphine**. This substance is not typically suited for human usage, but due to the pressures on the precursors for Fentanyl, Nitazene has become more popular. Trends show and predict that there will be an outbreak of Nitazene within the next 10-20 years.

Medetomidine: this is an animal tranquilizer similar to Xylazine, it is being added to the supplies and has become more common in the Chicagoland area. This makes treatment more difficult as new drugs continue to emerge. Due to this not being an opiate, reversals such as Narcan are ineffective when someone is in an overdose.

34:02 - 39:47

ROSC Coordinator Jarrett Burton, discusses an event coming up at the end of the month for the LGBTQIA+ community at Benedictine University in Lisle later this month. Jarrett invites **Mark Davidson** on screen who is the **director of student affairs and the chair of the Safe Space Ally Committee at Benedictine University**.

Mark Davidson shares this is the first large scale Pride event they have held at the University. The event will consist of two parts: a resource fair where local organizations will share how they support the LGBTQIA+ population, as well as 4 speakers who will be answering the question: What does pride mean to me? If you are interested in having a table at this resource fair, reach out to Mark directly.

39:47 - 51:57

Next up, Jarrett shares the questions for this month's **Breakout Group** questions:

1. What are some strengths of the recovery community in DuPage County (services, etc?)
2. In your opinion, what are three areas of need or current gaps in services in our area?
3. What are your thoughts on stigmas related to substance use and mental health challenges in DuPage County and surrounding areas? Do you believe stigmas have increased or decreased over the past few years? If so, why?
4. What are some areas you would like to see ROSC focus on in the coming year?

Based on the above questions, breakout groups were assigned and given 10 minutes to discuss their responses with one another.

Reporters from each group came to share their discussions to the larger group:

- Strengths include treatment diversion, recovery groups of all kinds (SMART, 12-step, etc.).
- Areas of need: treatment for individuals who are not able to get treatment due to financial issues.
- In some settings, stigma has decreased, while in other settings it has increased.
- Transportation is a large barrier for people in recovery.
- Stigma is a continuous issue and many people do not understand the need for access to recovery and treatment.

Other ROSC members came on screen to share their own thoughts from the discussion. ROSC Coordinator, Jarrett Burton thanks those for participating and attending this month's council meeting.

The next ROSC council meeting will be Wednesday, July 10th at 3pm in person at Serenity House or on zoom. Guest speakers will be from 360 Youth Services and the Outreach House in Lombard.