

DuPage ROSC Council Meeting

August 14th, 2024

0:00-10:33

ROSC Coordinator Jarrett Burton starts this month's meeting by welcoming everyone and introducing himself. Jarrett asks everyone to put their name and contact information in the chat. Jarrett states that DuPage ROSC is made up of organizations along the recovery continuum, which means that all of the things that someone in recovery go through the rest of their life, such as housing, employment, spirituality, and social support. Jarrett announces for those that are in the greater DuPage County area to be on the lookout while at gas stations for signage display put on by DuPage ROSC and DuPage Health Department. Jarrett states they have developed a collaborative stigma reduction campaign in which there are all kinds of signage at gas stations not only on pump toppers but on the actual gas pumps which is pretty neat. Someone from Hinsdale saw it and chimed in on the chat. Jarrett states it's an extension of a stigma reduction campaign we did last year and happy to expand that, would like everyone to keep an eye out for that. Jarrett states that today he will be talking to one of the guests about having Narcan wall boxes installed. Jarrett mentions if you've been coming to our meetings or are a part of DuPage ROSC you will know that is a huge piece of what we do, which is provide these Narcan Access points throughout DuPage County "it's really important that we're able keep Narcan not only for free but also easy to access in DuPage". Jarrett states that we are always looking for partner sites to host these Narcan wall boxes so if you are somebody that works for an organization that is interested in hosting a wall box please let him know, there is a plenty of supply.

Meeting 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: Danielle Heffernan
5. Justice-involved People in Recovery Focus Group Report: Mimi Doll
6. Organization spotlight: YWCA Metro Chicago – Kiley Baldwin + Sam Piper
7. Organizational spotlight: The Outreach House – Catherine Lynott
8. Organizational updates

ROSC Coordinator Jarrett Burton promotes our Overdose Awareness Day Event, which will take place here at Serenity house in Addison on Thursday, August 29th from 6pm to 9pm. Jarrett states we do this every year at Serenity House and this is a big event for us. Jarrett states that if you have been to this event years prior you will know what an impactful, kind and moving event this is and that every year hundreds of people show up for this event, it's very moving and impactful. Last year the event started to provide canvases for people to make art and express themselves; maybe in remembrance of somebody they lost or what recovery means to them. We

will be offering that again this year. If you want to honor someone our employee Felicia accepts photos of anyone you would like to honor - Felicia can add that to the larger pieces that we do. If you have photos of friends or loved ones. Please reach out to Jarrett, he sends out an email and you can respond to his email sending a photo if you wish in which he will forward on to Felicia.

ROSC Coordinator Jarrett Burton next promotes Impact DuPage virtual learning collaborative session focusing on Harm Reduction and Substance Use Disorder. This learning session takes place on August 28th from 9:30 am to 10:30 am. Topics include harm reduction and why it is important, SUD (People with Substance use disorder) treatment options and what to expect during treatment and local data related to substance abuse in DuPage County. Great for back to school part of the year and for those wanting to learn more about substance and opiate use disorder. To sign up a QR code provided on slide or you can find this on the DuPage County Health Department's website.

ROSC Coordinator Jarrett Burton then promotes the ROSC Sock Drive for the Glen Ellyn Public Library's Community Closet. The Glen Ellyn Library is collecting NEW socks of all sizes through the rest of August. Drop off location is at the Serenity House in Addison, Monday through Friday.

ROSC Coordinator Jarrett Burton next promotes the 3rd Annual DuPage ROSC Picnic on Saturday, September 14th from 11am to 3pm. The picnic will be located at the Churchill Woods Forest Preserve in Lombard. Enjoy burgers, hotdogs, games and fellowship. This event is for people in recovery, friends, and family are welcome. Completely free, great sober support especially for those early in recovery wondering if they can still have fun.

ROSC Coordinator Jarrett Burton promotes DuPage ROSC Presentation Series: a very special recovery month presentation by Tom Farly (Chris Farley's brother) a professional relations coordinator at Rosecrance Foundation on Wednesday, September 18th at 10am. This meeting is via Zoom: Zoom ID: 835 8543 8232 / Password: 072848

ROSC Coordinator Jarrett Burton promotes SMART Recovery Meeting at Stonybrook Center starting Wednesday, July 24th every Wednesday from 1pm to 2pm. Address is 1506 E Roosevelt Road in Wheaton, IL 60187. For more information email Danielle.Heffernan@dupagerosc.org

10:38-14:50

ROSC Coordinator Jarrett Burton now introduces **ROSC Co-coordinator Danny Sourbis** to give information about the ROSC Referral Hub. Danny states that the group started as a text thread with Jared and 7 other people. The chat became a Referral Hub group chat on What's App. This group was made to fill in the gaps of treatment and finding people help during that short window of time where people are ready to get help. This is a tiny window that we want to get people the help they need. It is called the What's App DuPage ROSC Referral Hub. It started out with 20 members and is now over 114 members. Over the last month the following organizations have become a part of this referral network: Veterans in Recovery, Housing Ford,

Thrive Counseling Center, Kenneth Young Center, Serenity House, HLM, DuPage County Health Department and Stepping Stones. This is to offer finding help for people needing residential treatment for substance use, PHP, IOP, EMDR therapists, Detox, support groups, inpatient for those on the spectrum or those with serious health issues, residential that accept methadone, emergency placement for a human trafficking victim, temporary shelter for pets while someone's in treatment, eating disorder help and sober living. A new grant was given for a Community Outreach and Recovery Support called CORS was awarded in which Danny is coordinator. It's for people living with substance use and mental health challenges, people who are unhoused or risk of being unhoused, opioid use disorder and are at risk for overdose, medical complications or incarceration. The group is made up of peer support workers or those whom have lived the experience. The CORS reaches out to populations at locations such as encampments, public libraries, shelters, food pantries or other places where people are unhoused or have housing instability. Objectives are harm reduction, referrals, Outreach, Peer and Recovery Coaching. Partners include: YWCA, Outreach House, Abaxis, Banyan Treatment Centers, Christians against Poverty, DuPage Pads and more. Providing SMART and Refuge Meetings.

15:00-34:00

ROSC Coordinator Jarrett Burton now introduces **Mimi Doll, Evaluation and Research Specialist - Focus Group Coordinator, Justice-involved People in Recovery Focus Group Report**. Last year Mimi conducted a focus group about what people were finding when seeking recovery services in DuPage (experiences, barriers and what was working for them) - this year the focus is from people who were justice involved, hearing from people who were formally incarcerated, on some kind of court program; for example, drug court, probation, parole and their experience in recovery on a whole being in those types of programs. Mimi starts off saying she is going to present the findings of the focus group they did mainly focused on adults who have been previously incarcerated and looking at needs for treatment and recovery services. She states some findings are that it can be hard to connect with services. For example, there aren't enough treatment beds, people aren't at a place where they're ready to engage in treatment or recovery services, peers that discourage them from engaging in treatment, along with transportation and work. The focus group consisted of a mix of 11 people incarcerated / post-incarcerated in DuPage County. Mimi states that while people were incarcerated some people reported getting no services, for example, one girl mentioned being incarcerated for substance abuse related charge for three days and was not given any information for recovery support or treatment. However, while incarcerated in DuPage some spoke of having positive experiences relating to getting support for recovery; especially those in drug court and those in held in treatment pods - had a more likelihood of getting connected to treatment. Mimi stated that if jail stay is less than 90 days, many people need to maintain sobriety with limited or no support before entering recovery programs. Mimi mentioned the barriers to getting treatment set up while incarcerated was very difficult due to: not enough support to get connected to a treatment program especially when they are only allowed one phone call per day, this was a main complaint. In addition, some constraints were not having employment, not having insurance due to unemployment along without having transportation (lack of employment/ unable to pay for treatment). It was stated

that those that were able to access services had the help of a probation officer, were a part of drug court/ treatment pods or outside support (an AA member for example helped with that one phone call). For those post incarceration: cyclical barriers are of lack of transportation to get to treatment, lack of employment (costs), income and lack of insurance work against people seeking treatment. Finally, recommendations during incarceration: increase participation in treatment and recovery services, transition period to post-incarceration treatment.

Recommendations Post-incarceration: Address barriers that prevent participation in treatment and recovery post-incarceration including employment, transportation, availability of treatment and recovery beds. Jarrett thanked Mimi for her presentation and she states she is happy to be a part of a wonderful organization; DuPage ROSC.

34:06–48:00

ROSC Coordinator Jarrett Burton next introduces **Kiley Baldwin, Manager of Advocacy and Crisis Intervention Services and Sam Piper, Advocates from The YWCA Metro Chicago**. Jarrett introduces Kiley Baldwin and Sam Piper to come up to the head of the table as Jarrett pulls up the YWCA website. Kiley speaks stating that they are more than just advocacy but that they are the largest Rape Crisis Center in Illinois. Kiley states she wants to describe the journey of a survivor. To start, they either get contacted by a police department but it's usually a hospital and get dispatched at all hours of the day and are on call 24/7. After which point they have one hour to respond to that call at that hospital. Sam then took the mic to discuss what happens at the hospital. She states that they respond to Edward Elmhurst, Good Sam, Central DuPage Hospital and Glen Oak – all of DuPage County. She states that they get the call, go to the hospital, meet with the nurse and the nurse introduces them to the survivor. They stay there as emotional support and act as a liaison between the survivor and the medical system. They answer any questions with the medical part, criminal part and legal part of the survivor. This is the hardest day of their lives. The advocates state are there to make that day for the survivor any better than they can. They are there to make this an easier or even just a hand to hold or to answer any technical questions. Kiley speaks that they tell the survivor of their rights. YWCA has something called Absolute Privilege and that's part of their confidentiality. What the survivor says to YWCA gets locked away, in fact the advocate can't speak to the police or legal person, no one. It's important that the survivor knows of the confidentiality. In addition to "being there" for the survivor they are also providing resources in the community such as recovery coaches. They will also help with orders of protection if that is necessary. They will go to court house and file a civil no contact order. Family shelter services handles civil no contact orders. Kiley states they stay with the survivor until the survivor no longer wants their assistance. Kiley states they can't believe the amount of calls they get. Control and empowerment is a big part of their work and they want to do the best they can to protect and support these survivors. Kiley states that it's so helpful to be able to reach out to the ROSC for the survivors to get them the help/resources they need: housing, or are dealing with substance abuse or mental health challenge. Jarrett states we know there's huge crossover with our programs and we can refer for each other. Kiley mentions the fact that housing and rehousing needed and is very limited for survivors and sex trafficking survivors, along with housing for substance abuse help. Kiley states they do refer out especially with substance abuse challenges. Awareness has increased a lot in

the last year – Kiley states that even the nurses at the hospitals gets the word out about the YWCA advocacy which in turn increases the number of survivors that are more likely to be reporting and reaching out to the advocacy for help. The YWCA Advocates get clients from: hospitals, police departments and from 24 hour hotline. 888-293-2080 - adding this line also provides crisis intervention in case their advocate is out of town. A question was asked if men call in for help. Kiley answered they do get calls from men, woman and children, men is much smaller but they do get calls from men. Jarrett speaks about wrapping it up and thanking the YWCA Advocates for coming to speak and is so glad they can collaborate together to help the community.

48:11–56:34

ROSC Coordinator Jarrett Burton next introduces **Catherine Lynott, Executive Director of The Outreach House, Lombard.** Jarrett introduces Catherine Lynott and mentions how he met Catherine at a Catholic Charities meeting while introducing her to Narcan boxes and have remained connected. Catherine begins to talk about services they provide and what the Outreach house offers in terms of four programs. She states they have a food pantry, a closed closet, an infant needs program called First Things First where they provide diapers and baby clothes, and an emergency assistance program where they assist with final disconnection notices for essential services. Two years ago they opened their doors to this new location in Lombard: 805 S Main Street, Lombard. The pantry is the busiest of their programs: they were serving 200 families per week and now they are regularly serving over 550 households a week. Their service area is York Township: Lombard, Villa Park, Oak Brook, Oak Brook Terrace, Elmhurst and a little Glen Ellyn, Downers Grove and Westmont, Glendale Heights now and Addison were recently added. Clients can come once a week for food and once a month for the other offerings. For their emergency assistance program if someone present with their final disconnection notice (sewer, gas and electric) they can pay up to \$300 towards that bill to prevent a final disconnection. They currently have 300 active volunteers working with Catherine. Catherine works with many organizations support programs, including with Jarrett now they offer the great free Narcan distribution boxes, along with Fentanyl and Xylazine testing strips (free and accessible to everyone, not just their guests). Catherine states if anyone interested in doing Outreach to our guests during opening hours are very welcome and to email her directly at director@theoutreachhouse.org. They need more help with mental health support and she is excited to be working with Danny on that. Jarrett states there is a long line outside the building (that starts strictly at 8:30am, no earlier).

56:40-58:27

ROSC Coordinator Jarrett Burton finally introduces **Danielle Heffernan, Coordinator for DuPage RCO.** Jarrett introduces Danielle as she just took over as the RCO Coordinator and Jarrett states we couldn't be more thrilled because she has done an amazing with ROSC for about a year and a half. Danielle introduces herself as the RCO Coordinator and states there is going to be a lot more events coming up – not a set date yet but it's going to be in early October to reschedule the Nature Walk at the Conservation Foundation. Danielle states to stay tuned there will be many events coming up this winter. Jarrett mentions a karaoke night idea, Danielle

agrees with that having a karaoke night soon, a movie night soon. Danielle mentions that one thing that RCO does is go to schools quite often to speak and would like to build up a roster list of volunteers in Recovery to speak about their experience, strength and hope that has lived with experience. If anyone is interested to please email Danielle. Danielle has spoken to schools and states what a rewarding experience it is and the kids really appreciate it.

58:27-59:06

DuPage ROSC Coordinator Jarrett Burton closes this month's meeting by thanking everyone and reminding that the Overdose Awareness event is on August 29th at the Serenity House. Jarrett reminds everyone about the next upcoming meeting is on the Second Wednesday of every month: the next meeting is on September 11th.