

Ford County ROSC Council Meeting Minutes

Tuesday, August 27th, 2024, at 8:30 AM (Zoom)

Definition of ROSC: A Recovery Oriented Systems of Care (ROSC) is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to experience recovery and improved health, wellness and quality of life for those with or at risk of substance use and/or co-occurring conditions. The central focus of a ROSC is to create an infrastructure, or “systems of care”, with the resources to effectively address the full range of substance use and/or co-occurring disorders within communities.

Our Mission: Bring the community together to build a recovery support system to improve health, wellness and quality of life, through education, stigma reduction, and access to resources.

Attendance:

Frankie Ward (Ford County ROSC, Chestnut)
Kari Knapp (Chestnut Health Systems, Associate Director Community Health)
Barbara Brumleve (Ford County ROSC, McLean County ROSC, Chestnut)
James Kowalsky (Integrated Recovery Support Services, Administrator IDHS, Division of Substance Use Prevention & Recovery)
Kami Garrison (Chestnut – Region 3 TA – Statewide ROSC)
Del Saam (Veterans Court)
David King (Carle Addiction Recovery Center)
Christine P (Carle Addiction Recovery Center)
Carrie McKinzie (Gateway Foundation)
Brittany Fry (Clove Alliance)
Julie Pohlman (Chestnut – Statewide ROSC)
Jennifer Harrison (Director of Ford County Probation)
Mikalah Dunbar (Birth to Five)
Paul Abraham – (Public Health Administrator-Ford County Health Department)
Jeanette Davis (Logan/Mason ROSC)
Jeremy Darnell (GCMS Superintendent)
Sue Emberson (GROW – Gibson Recovery Optimizing Wellness)
Sam Kortkamp (Chestnut Health Services Intern-Central Prevention)
Shane Huerta (East Central Community Action Agency)
Tristan McGrew (Logan/Mason ROSC)
Helen Haynes (East Central Community Action Agency)
Caitlyn Kurtz (Birth to Five)

Agenda:

- Introductions
- Spotlight: Harm Reduction: Unblocking Pathways to Recovery

- Updates/Upcoming Events
- Available Trainings
- Agency Updates/Questions

Main Topic: Harm Reduction: Unblocking Pathways to Recovery

Does Recovery = Abstinence?

“Recovery is a journey of healing and growth during which people choose many pathways. For some, abstinence is a critical pathway while others choose different approaches.” Paolo del Vecchio, MSW, Director, SAMHSA, Office of Recovery

Why People Don't Go to Treatment

Among adults with a substance use disorder who did not get treatment in the past year:

- 78% think they should be able to handle their alcohol or drug use on their own
- 61% not ready to start treatment
- 53% not ready to stop or cut back on using alcohol or drugs
- 46% worried about what people would think or say if they got treatment
- 42% not having health insurance coverage for alcohol or drug use treatment

(SAMHSA, 2023)

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SAMHSA's Definition of Recovery:

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” (SAMHSA, 2012)

Defining Recovery: Dan Bigg & the Chicago Recovery Alliance:

- In 1989, Dan Bigg and colleagues met in Chicago to define recovery, which became their working definition of recovery
- Driven by the idea that, “It’s not about whether you’re getting high, but whether you’re getting better.”
- “Recovery is about people and what matters most to them, just as it is for those who are recovering from other mental or physical disorders. Quality of life is what’s important and that can only be determined by the person living it.” Maia Szalavitz, Undoing Drugs

What is Harm Reduction?

“Harm reduction is a set of pragmatic and compassionate approaches for reducing harm associated with high-risk behaviors and improving quality of life for individuals and their communities.” Collins et al. (2011)

“The premise of harm reduction is that by welcoming people as they are, and by offering help that meets people’s basic needs, we can increase client engagement and lower their reluctance to change.” Vakharia & Little (2017)

Harm Reduction Philosophy (Harm Reduction Coalition, 2020):

- Prioritizes minimizing the harmful effects of drugs
- Recognizes drug use is complex and there are safer ways of using drugs
- Establishes quality of life and well-being as the criteria for success
- Promotes nonjudgmental, noncoercive services for people who use drugs
- Ensures PWUD and those with a history of drug use have a real voice in the programs and policies designed to serve them

Harm Reduction in Practice:

- Low threshold to access services
- Integrates biopsychosocial approach to substance use
- Treats people with respect and avoids shaming
- Does not use predetermined goals or interventions
- Expands the menu of options
- Supports any positive change

Strategies: Risk Reduction Programs and Tools (Harm Reduction Coalition, 2020):

- Syringe Services Programs
- Overdose Education and Naloxone Distribution
- Drug checking services (e.g., fentanyl test strips, Fourier-transformed infrared (FTIR), mass spectrometers)
- Overdose Prevention Centers (also known as Drug Consumption Rooms, Supervised Consumption Services, Supervised Injection Facilities)
- Harm Reduction Psychotherapy
- Housing First Model
- Medication First approach to Medication Assisted Recovery



Open Conversation:

James asked the group if Recovery equals Abstinence and both Barb and Dave agreed that Recovery is a journey and different for everyone. Some groups say abstinence from all mind-altering drugs equals recovery, however, this can cause a barrier, and we need to meet people where they are at. Mikalah noted that when she thinks of abstinence, she thinks of rehab programs that require abstinence. She agrees that everyone is different and so the process of recovery would naturally look unique to individual journeys.

Also, a question came up about evidence-based curriculums and James stated that the Safety First drug education program is very good. He sent along the following links:

- Safety First, overview and fact sheet: <https://drugpolicy.org/resource/safety-first/#:~:text=DPA%20developed%20Safety%20First%20according%20to%20the%20following,3%20Drug%20education%20should%20be%3A%20scientifically%20accurate%3B%20>
- Safety First, curriculum and supporting materials: <https://med.stanford.edu/halpern-felsher-reach-lab/preventions-interventions/Safety-First.html>

UPDATES/EVENTS:

International Overdose Awareness Day (IOAD), observed annually on August 31st, is a campaign to end overdose, remember without stigma those who have died and acknowledge the grief of family and friends left behind. TOGETHER WE CAN!!

September is National Recovery Month, and we will be promoting Ford ROSC's 3rd year of Painting the Town Purple!! Please spread the word and let's make Ford County Purple. Join in on the competition and send us a picture of your display. We will have 3 winners based on social media voting!! We're also looking forward to partnering with GROW and we will have a table at Harvest Fest. Lastly, we have partnered with Gibson City and Paxton City libraries to offer a display on Recovery with many good books to choose from!!

3RD ANNUAL PAINT THE TOWN PURPLE
FOR NATIONAL RECOVERY MONTH

This September, help us raise awareness and understanding of mental health and substance use disorders.

WINDOW/DOOR DECORATING CONTEST

Please send a photo of your decorated window/door of your home or business along with your name & phone number to FordCountyROSC@gmail.com.

3 WINNERS!

Voting will be done on the Ford County ROSC Facebook page, so be sure to follow us and share with your friends and family.

Winners will be announced October 1st on the Ford County ROSC Facebook page.

Learn to learn more about Ford County ROSC

Learn to learn more about National Recovery Month

NATIONAL RECOVERY MONTH 2024

RECOVERY is Possible for EVERYONE!

- Paint the Town Purple
- Harvest Fest
- Library Displays

We partnered with GROW at the Summer Bash and provided a super cool Sober Sips Oasis. Sue Emberson and her daughter were INCREDIBLE, we served approximately 250 people. We made delicious Mocktails that kept everyone nice and cool and tasty Popcorn and Chips. Needless to say, we had SO much FUN!! Sue shared that she has heard great feedback and “ready to take the show on the road!!”



Upcoming Trainings:

Harm Reduction Resources



- [Harm Reduction - Learn More - Resources and Links \(website-files.com\)](https://www.website-files.com)
- [HARM REDUCTION - QUICK REFERENCE GUIDE \(website-files.com\)](https://www.website-files.com)
- [Harm Reduction \(wevideo.com\)](https://www.wevideo.com)



Date & Time
Aug 31, 2024, 3:00 – 4:00 PM
Location
Logan/Mason ROSC
Facebook Live



Date & Time
Aug 28, 2024, 7:00 – 8:30 AM

This webinar brings together a panel with diverse perspectives, insights, experiences, research, and solutions to the overdose crisis.

[Webinar Registration - Zoom](#)

Upcoming Free Webinar

Agency Updates:

-We are still working on our Stigma Campaign and hope to have more information at our next council meeting.

-Dave King shared that there is now a Harm reduction mobile unit in Vermillion County, it is headed to a couple of events and going slow but will be out and about.

-Christine stated this **Friday, August 30th from 1-4** there will be a Narcan drive-thru at the Champaign Urbana Health Department on Kenyon Road.

-Jeanette shared that the Logan/Mason ROSC will have a **FB LIVE** panel discussion this Saturday, **August 31st at 3pm**, the subject is Narcan Saves Lives, please join if you can!! They also have Recovery Walks planned on **September 7th, 1-3**, in **Lincoln** and **September 14th, 1-3** in **Havana**.

We hope to see all of you on September 24th, via zoom, 8:30 AM.

As always, please reach out if you have any questions, ideas for collaborations, etc. Thank You!!

Social Media & Contact Information



Ford-County-Recovery-a-ROSC-Community



FordCountyROSC



Ford County ROSC - YouTube

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