

## DuPage ROSC Council Meeting

September 11<sup>th</sup>, 2024

**0:00-13:20**

**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 goes through the rest of their life; such as housing, employment, spirituality, and social support. Jarrett mentions a reminder that we are in recovery month and there is so much going on with events and programs – overdose awareness month and recovery month. Jarrett mentions that some were at the DuPage County Health Summit this past weekend. Jarrett states is great to see all the organizations that were there but would like to see more of the attendance be of people that have lived experience. He states there still is a bit of stigma attached to substance use challenges in DuPage and the best way to combat that is by having people in recovery being out there speaking about it- their substance use in DuPage but also their recovery they found out here in DuPage. Jarrett mentions this is a jam packed month of events being Recovery Month. Jarrett thanks everyone for coming out to Overdose Awareness Event here at Serenity House and what an amazing evening it was, along with being very impactful. It's because of all the people that keep coming back for this event that makes it such a great experience and he thanks everyone for coming back year after year. Jarrett mentions there are new people here attending this meeting for the first time and he would like to go over who we are and what DuPage ROSC is about: We are a coordinated network of community based services and supports. We try to be person base centered and build on the strength and resiliencies of the individual and the families and the community. To not only increase wellness and mental health but overall wellness that goes with that. Collaboration to build and empower a community of recovery in DuPage County but also help with the challenges and achieve goals of the person centered behavioral health services in the community. It's been three years for DuPage ROSC meetings. DuPage ROSC is not a one size fits all, it's a person centered support of services. It's important to implement programs with integrity. Jarrett then speaks about what we are doing today

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 Hefernan
5. Joey Tepper, Coalition Coordinator @ Illinois Harm Reduction & Recovery Coalition (IHRRC).; Opioid Overdose Crisis Town hall
6. Dr. Mary Roberson, EdD, LCPC, CSADC, Founder + CEO @ Northern Illinois Recovery Community Organization (NIRCO) and Lake County ROSC: National Recovery Rally

## 7. Organizational Updates

**ROSC Coordinator Jarrett Burton** promotes the DuPage ROSC Presentation Series, which will be Wednesday, September 18th, at 10 AM on zoom. This month's presentation will be on A Very Special Recovery Month Presentation by Tom Farley, Professor of Relations Coordinator Rosecrance Foundation. He is the brother of Chris Farley and will be talking about his own recovery and the addiction that ran in his family.

**ROSC Coordinator Jarrett Burton** next promotes the Presentations by Banyan Treatment Centers and The Way Back Inn that DuPage ROSC is hosting to talk about options for Residential Treatment, Sober Living, and more! This takes place on Wed, Oct. 9<sup>th</sup> at 3pm here at the Serenity House, 891 S. Rohlwing Rd, Addison or via Zoom.

**ROSC Coordinator Jarrett Burton** then promotes Peer Recovery Support Specialist Support Group first and third Wednesday of every month at 7pm on Zoom. It's for people looking for some support from other specialists in the field and or need a safe place to talk about topics related to the job, or in the field. You don't have to be certified as a Peer Support Specialist to attend, good for students to get an idea of working in the field.

**ROSC Coordinator Jarrett Burton** next promotes the Virtual Narcan Training every third Thursday of every month via Zoom at 12:30pm.

**ROSC Coordinator Jarrett Burton** next promotes it's 3<sup>rd</sup> Annual DuPage ROSC Picnic on Saturday, September 14<sup>th</sup> from 11am to 3pm. At Churchill Woods Forest Preserve in Lombard.

**ROSC Coordinator Jarrett Burton** next promotes the Nami DuPage, Serenity House, DuPage County Prevention Leadership Team (PLT) their Annual Run for The Mind 5k Run/Walk and the NEW 1K Color Run as a fundraiser to increase mental health awareness. Saturday, September 14<sup>th</sup> at the DuPage County Fairgrounds, starts as early as 8am, there's even a Diaper Dash for the kids.

### 13:24-17:13

**ROSC Coordinator Jarrett Burton** now introduces **ROSC Co-coordinator Danny Sourbis** to give information about the ROSC Referral Hub and the CORS grant he is working with these days. Danny mentions some updates with the What's App Referral Hub- our team is now at 120

members and have now been joined by the following new members this month including: Nami DuPage, College of DuPage, Aid, Stonybrook, HLM, DuPage County Health Department and Greater Family Health. Over the last month we've been able to provide referrals for Detox, Residential Treatment for Substance Use Disorders, PHP & IOP for Psychosis, Reunification Therapy, Mental Health Inpatient Services, Basic Learning Essentials Shelter, Grief Support Groups, Mat, Gender Affirming Care and Sober Living. This month's MVP is Becky Sadler from Rosecrance. Danny thanks everyone for their support. Jarrett quickly explains the Referral Hub: this is free, it's simply looking for those timely referrals for someone in need of help states Jarrett. Started out as a group text and now sits on What's App.

Update on CORS, awarded the CORS grant in the beginning of July, that stands for Community Outreach and Recovery Support. Danny states they have been trying to make partnerships with different organizations and our priority focus are those who are unhoused or at risk of being unhoused, along with having substance or opioid disorders or other mental health challenges. Things are come along with that are this at risk of medical complications, incarceration or overdose. Some of the services we provide are harm reduction training and distribution, with referrals and coaching services which are free.

### **17:28-20:43**

**ROSC Coordinator Jarrett Burton** now introduces **RCO Coordinator Danielle Hefernan**. First Danielle speaks about what RCO is – she states we put on a lot of fun events for the community for people in recovery. She also mentions that we are going into schools and she is looking for volunteers that might want to come with us to the schools to talk to the students about drug education and prevention. In addition, RCO runs a lot of meetings a few being SMART recovery. RCO tries to help the recovery community and provide safe, fun, sober activities. Next month's event is going to be the Nature Therapy Walk and Forest Bathing Experience. It's the beginning of October, October 4<sup>th</sup> from 1 to 3 pm at Blackwell Forest Preserve, should be really pretty with all the fall colors. It's a really beautiful experience, a little bit like meditating. Danielle mentions getting a list of emails of people willing to go to the schools to speak, stating it's really rewarding and she already has a few schools lined up come November. It's about giving back and helping the kids. Jarrett agrees that the nature walk is a great alternative for recovery to experience mindfulness in a peaceful environment and he mentions how gratifying it is to speak at school and in the jails, that the people there appreciate it and do listen, he was amazed.

**ROSC Coordinator Jarrett Burton** now introduces a new comer to the ROSC meeting. Paul states he is a student at College of DuPage under Bruce and I am a student for the CRSS and I also run a company called Advisor Speaks, speaking in the area of mental health. A woman on Zoom speaks up stating she too is a new comer to the meeting her name is Rainy and she is also in the crss program. Melissa speaks up also stating she is part of the Nerco of Lake County.

**23:11-33:23**

**ROSC Coordinator Jarrett Barton** now introduces **Joey Tepper, Coalition Coordinator @ Illinois Harm Reduction & Recovery Coalition (IHRRC); Opioid Overdose Crisis Town hall**. Joey introduces himself and introduces what he does, it's the Illinois Reduction and Recovery Coalition; we are very small but very mighty team. We do legislation and advocacy across the entire state with lots of members and all get together once a month for a meeting. They pass bills to allow us to do the work we do. Joey states they are currently working hard on an OPS or Overdose Prevention Site Bill to open somewhere in Chicago. The Vice Mayor came out for that meeting and there was a lot of support. They are doing another event coming up and it's called A Community Conversation Solutions to the Opioid Overdose Crisis and this is going to be hosted and moderated by Representative Sanalitra. Also Jarrett will be on this panel along with Felicia who is from LTM Foundation and Dr. Steve Holtsford who is from the DuPage County Health Department. In addition we have Otis Len, she is an Outreach Coordinator at Live for Life. Also have Chelsea Barnes, founder and Co-Chair of the Harm Reduction. If you are an organization and wants tabling and does any type of harm reduction or recovery within District 48 please email Joey. He would like people to sign on for the overdose prevention site bill – it's a place where people take the drugs they buy and they come and use them and if they do experience an overdose they are brought back by staff, not medical staff just people with lived experience who are harm reductionists. They are there with oxygen and naran to bring people back. There are currently two open and they are in New York – this community center with massages, acupuncture, with food and showers and doctors and social workers and safe sites in the back. If you would like to support this there is a link. All different types of people join the Town Hall meetings; nurses, doctors, anyone...anyone that is passionate about saving lives, you don't have to be in recovery to come. A person raised hand about the Safe Consumption sites and have seen them in NYC and thinks people have a big misconception about them and we need to educate people that they are a good thing, especially if it's in their neighborhood. People need to go in and see it for themselves she states. Joey talks about the next town meeting on the 30<sup>th</sup> near Carol Stream. Jarrett thanks Joey for coming to join us in this meeting.

**33:30-50:05**

**ROSC Coordinator Jarrett Barton** now introduces **Dr. Mary Roberson, EdD, LCPC, CSADC, Founder + CEO @ Northern Illinois Recovery Community Organization (NIRCO) and Lake County ROSC: National Recovery Rally**. Jarrett states that Mary is the Founder of the Northern Illinois Recovery Community Organization and she also works with Lake County ROSC, along with the Chicago Recovery Communities Coalition. She is putting on a National Recovery Rally on Saturday the 21<sup>st</sup>, her and her team have been working on this for about a year. Dr. Mary Roberson expresses how excited she is about this rally they have been planning for is finally here and will take place right here in Chicago. She acknowledges all the talk about overdoses and mentions the interstate 290 and how it has always been pegged as the

Heroin Highway because folks from the suburbs are driving on 290 going to the west side of Chicago picking up their substances going back to their community and unfortunately are overdosing. She's excited to host this event and put faces and voices of recovery to this event on September 21<sup>st</sup>. There will be a DJ at the UIC Credit Union One Arena rocking to "Do you remember the 21<sup>st</sup> day in September". Go to CRCC website to register and go on their website. They are working with the Illinois Harms Reduction and Recovery Coalition. They are also going to have a mock overdose prevention site. They are going to have live music, national speakers with lived experience. They will have a recovery comedian come. Food trucks and vendors will be there. It's going to be family oriented with face painting for the kids. This event will take place from 9am to 4pm at the Credit Union One Arena, it's free, no cost to get in to the Rally. There will be vendor tables and organizations that will have all their giveaways. There was a question about the Friday night before the event and Dr. Mary Robinson said there will be a pre-rally kickoff: it won't be too far from the arena and it will be a social: three different speakers from the pathway and there are going to be games, open mic, karaoke. Dr. Mary Robinson said this event has taken place in Dallas, East Coast, Florida and now it's finally here in Illinois. Jarrett asks Dr. Mary Robinson if there is anything new going on with the ROSC up in Lake County. Dr. Robinson introduced her co-worker Marie to speak about ROSC in Lake County. Marie states they are providing a lot of recovery support and education to the Youth and Families in Lake County. Marie mentions they are bringing in other organizations that are Youth Focus. Marie mentions they are planning their Harvest Fest geared towards kids in the community with topics regarding substance and relationships. On the fourth Thursday of this month which is their ROSC Lake County meeting, they are going to do a recap of the rally: all the people, the faces, the encouragement, the empowerment because this is a national rally letting the world know that recovery is possible for any and every one. This meeting will begin at 10:30 am – they are going to have individuals from multiple pathways to recovery. Barbara begins to speak – another co-worker of Dr. Mary, and lets Dr. Mary and John Wright of CRCC that they are on WGN news being interviewed, check out that link to view the interview. Jarrett thanks Dr. Mary, Marie and Barbara for speaking about the rally and Lake County CRCC, Jarrett mentions he and Danny will be attending the Rally and is looking forward to it.

### **50:20-54:39**

Jarrett asks if anyone here would like to take this time to promote any events, and if you are here in person to come on down and use the mic. **Alex from Family Shelter Service of Metropolitan Family DuPage** comes on down and introduces herself on the microphone. She explains they are the domestic violence provider here in DuPage and will serve anybody who comes to them needing domestic violence services. She mentions we are on the eve of domestic violence awareness month. Alex mentions they are kicking off the month with raising dollars for domestic violence at Canes here in Glen Ellyn, so if you are near Glen Ellyn and like chicken fingers just mention domestic violence awareness and some of that money will be given to support domestic violence. They are also hosting a donation drive on October 2<sup>nd</sup>. If you don't know they have an emergency shelter that supports survivors leaving unsafe abusive

relationships. So they are always needing new products for their clients like hygiene products, linens, etc.- that donation drive is on October 2<sup>nd</sup>. One of their biggest events they are doing this year is an awareness walk, a very casual awareness walk, it's just meant for people to show up and show solidarity and that is on Sunday, October 6<sup>th</sup> at Herrick Lake in Wheaton, just a breezy one mile walk around the lake. That is a good way to get involved if you are interested. Also, they host a virtual training every Thursday in October from 10am to 12pm, every week they will have a different topic: the effects of domestic violence on children, orders of protection, post separation abuse. They are having a community partner open house as people can be curious about what the shelter looks like – so they are going to have a live shelter tour that night from 5 to 6 where you can actually come to our building – they will be there to answer any questions alleviate any fears people may have and that takes place on October 23<sup>rd</sup>. They are going to have a trunk retreat at the end of the month in Wheaton, they are going to be all over DuPage at the Farmer's Markets on the weekends, so stop on by. Jarrett mentions how these organizations as such can work together if there especially if there may be substance abuse involved and they can complement the work we are all doing together. Alex agrees and states they were at overdose awareness event because people feel the effects of both, DV and substance abuse.

#### **54:50-55:22**

Jarrett gives a thank you to everyone that attended this meeting – a thank you to Joey and to Dr. Mary and her team – and this recording will go up on YouTube page and the next ROSC council meeting is on October 9<sup>th</sup>, and we are talking to Banyan Treatment Centers and thank you again, we will see you a month from now.