



ROSC Monthly Council Meeting

Event name	[From Meeting] GBPS ROSC Monthly Council Meeting - Aug 26, 2024
Time	Aug 26, 2024, 12:25 PM - 01:28 PM (CDT)
Participants	GBPS Aviance Jones William Penn Stacy Munroe Vawnshekia Brown Mark Bailey Aimee Potter

Quick recap

The team discussed their plans for Overdose Awareness Week and the importance of self-care for practitioners working in non-profit organizations. They also explored the concept of harm reduction in substance use treatment, the challenges of securing funding for non-profit organizations, and the increasing availability of Fentanyl and Carfentanyl in the drug supply. Lastly, they shared their experiences and strategies in providing services to those in need, with a focus on peer recovery services for the homeless population.

Next steps

- All attendees attend mandatory training from the State of Illinois on Thursday at 9am (for those funded by ROSC).
- Aviance to send the group a TED Talk about fentanyl coming into the United States through Mexico.
- William to reach out to Tommy about the mandatory training on Thursday.
- William to attend Amy's event on Friday to help pass out flyers.
- All attendees to invite more people to join the next meeting on September 30th.
- Mark to send his contact information to William to forward it to Amy.

Summaries

Overdose Awareness Week and Suicide Prevention Plans

William and Aimee discussed their plans for the upcoming Overdose Awareness Week. William's team would be distributing flyers and giving speeches in high-risk areas, while Aimee planned to set up a table at Jesse Brown's courtyard. Despite the heat, both agreed to promote each other's events and show their support. Aviance, who usually leads the discussion on suicide prevention, had to reschedule due to the unexpected passing of her younger sister. William began the meeting with a roll call, checking in with attendees Stacy, Amy, and Mark.

Addressing Practitioner Stress and Trauma

William expressed his concern about the increasing stress levels among practitioners in their field, particularly those working in non-profit organizations. He highlighted the added burden of caseloads, family responsibilities, and the stress of dealing with substance abuse and self-care. Mark shared his experiences, noting the link between mental health, substance abuse, and trauma. He emphasized the importance of understanding the effects of trauma and how it impacts individuals, leading to a discussion on ways to mitigate and prevent trauma in children.

Self-Care Strategies and Team Goals

Stacy shared her self-care routine, emphasizing the importance of exercise and walking, especially for those who spend a lot of time on the computer. She also discussed the impact of violence and trauma on those working in the field, highlighting how it can become normalized over time. Aimee then shared her own self-care strategy, focusing on multitasking and finding positivity in helping others. The conversation also touched on the team's collective goal of making a positive difference in people's lives, with a focus on harm reduction and meeting people where they are in their recovery journey.

Critical Thinking, Emotions, and Harm Reduction

Mark stressed the importance of fostering critical thinking and addressing the emotional challenges in teaching. He shared a personal story about a patient who had struggled with treatment, highlighting the complexities of the healthcare system. The team, including Stacy and William, discussed the significance of celebration in their practice, with Stacy noting the positive impact it had during her time at the Cook County jail. William proposed the idea of giving people appreciation immediately, linking it to the current culture of instant gratification. Lastly, William introduced the concept of harm reduction, suggesting strategies like providing clean needles and testing kits to minimize the negative consequences of drug use, and sought feedback from the team, particularly Amy who was working on the front lines.

Harm Reduction in Substance Use Treatment

Aimee, Mark, and William discussed the importance of harm reduction in substance use treatment, emphasizing the need for a variety of support approaches rather than solely abstinence-focused methods. Mark shared his experiences witnessing the development of harm reduction and the significance of educating individuals to make healthier choices. William highlighted the value of continuing education for practitioners to better understand and implement harm reduction techniques. The conversation then shifted to Stacy, who talked about her adaptations to writing style in grant applications, acknowledging the need to adjust her approach at times.

Securing Funding for Non-Profit Organizations

Stacy and William discussed the challenges and strategies of securing funding for non-profit organizations. Stacy emphasized the importance of evidence-based practices and aligning grant proposals with funder requirements. They also discussed the need to strategize and collaborate to increase their chances of securing funding. Mark shared his experiences with grant writing, highlighting the need to focus on practical application rather than just impressive language. The group agreed on the importance of serving all residents, regardless of location, when securing funding.

Navigating Bureaucratic Hurdles in Services

Stacy, Aimee, and William discussed the challenges of providing services to those in need, particularly in harm reduction and supply distribution. Aimee shared her experiences with the bureaucratic hurdles she faces in her work for the federal government, expressing frustration at the red tape. Stacy highlighted a shift towards non-restricted or trust-based funding by private foundations and nonprofit funders, which aims to give organizations more freedom in their work. Aimee shared how this approach has been successful for a former colleague, Dan, who secured funds without strict administrative requirements for harm reduction services.

Discussing Replacements, Training, and Harm Reduction

Aimee, William, Stacy, Vawnshekia, and Tommy discussed various topics including the need to find a replacement for 'Dan', mandatory training for those being funded by the Rosc, and an upcoming holiday. William confirmed his availability for the training and highlighted the importance of fulfilling such requirements. The team also discussed harm reduction strategies, with Mark sharing his experience and Stacy suggesting a greater focus on peer recovery services for the homeless population. William agreed, suggesting that such initiatives could begin at the local level.

Fentanyl Availability and Upcoming Event

Stacy, Aviance, William, and Aimee discussed the increasing availability of Fentanyl and Carfentanyl in the drug supply, particularly through over-the-counter medications from US stores. Aviance shared her research on this issue, highlighting the need for further research and awareness campaigns to prevent misuse. William stressed the importance of educating themselves and their clients about drug use, and expressed concern about promoting products that could harm health. The team also planned for an upcoming event on September 30th, with William encouraging attendance and offering to distribute flyers.