

Logan/Mason ROSC Meeting Notes

August 15th, 2024

Attendance:

Jimmy Buonavolanto (Chestnut Health Systems)
Jeanette Davis (Chestnut Health Systems-Logan/Mason ROSC)
Kara Davis (Logan County Department of Public Health)
Kendra Day (Memorial Behavioral Health)
Kami Garrison (Chestnut Health Systems-Region 3 TA)
Cathleen Hays (Chestnut Health Systems-McLean County ROSC)
Grace Irvin (Chestnut Health Systems-Logan/Mason ROSC, Prevention, BASE Project, & Impacted Youth Project)
Calen Matthew (Oxford House)
Molly McCain (Lincoln Memorial Hospital)
Brysen McFadden (Oxford House)
Tristan McGrew (Recovery Corps/PLE Substance Use)
Julie Pohlman (Chestnut Health Systems-Region 4 TA)
Marie Riley (Sangamon County Department of Public Health)
Kim Turner (Logan County Crime Stoppers, Drug Court, Veterans Court, Logan County Probation, & Hope on 5th Board Member)
Penny Tutter (Lincoln Memorial Hospital)
Dominic Valenti (Chestnut Health Systems-Logan/Mason Prevention)
Tyler Wenger (Chestnut Health Systems-Logan/Mason Prevention)
Naomi Willis (Gateway Foundation)
Colin Witt (Chestnut Health Systems-Impacted Youth Project)

Old Business:

- What is ROSC? ROSC is a coordinated network of community-based services and supports that is person-centered and on the strengths and resilience is 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 mental health challenges. The central focus of a ROSC, is to create an infrastructure, a “systems of care”, with the resources to effectively address the full range of substance use and/or mental health challenges within communities.
- Logan/Mason ROSC Mission Statement: Improving access to health, wellness, and holistic recovery options for people who are at risk of, or suffering from, substance use disorders while educating and connecting Logan and Mason Counties to reduce stigma and improve recovery outcomes.
- The Recovery Speaker Jam happened on July 20th at Kickapoo Creek Park. There were two guest speakers who told their story, food, and good fellowship. There were about 30-35 people who came to the event. Dr. Dunkley from SIU, who administers medical-assisted recovery through the health department in Lincoln, stopped by the event as well. These types of events are not

only for people in recovery; these are for our friends, allies, those who are curious, etc. The Recovery in Action subcommittee helped with the planning of this event. J&M Market supplied 30 lbs of ground beef for the taco bar.

New Business:

- Logan/Mason ROSC has partnered with Lincoln Memorial Hospital to meet Fridays from 11:00 a.m. – 12:30 p.m. for SMART Recovery. The meetings are open to anyone. This is another pathway to recovery, which is an evidence-based initiative. If you have any questions or want to know more, please reach out to Jeanette.
- A breakout room discussion on the topic of “What does recovery mean to you?” took place during the ROSC meeting. We want to create not just a safe space, but a courageous space to begin to talk about or expose some of the thoughts within us when it comes to recovery. It’s important for this body of people to do that because we are part of a Recovery Oriented System of Care; it’s important for us to really identify what this means to us. When we begin to dive in on a personal level and examine our thoughts on recovery, then we can really be impactful.
 - When you hear the word recovery what comes to mind?
 - Positive thing
 - New beginning
 - A program
 - Something everybody needs
 - A journey of health
 - A self assessment that you heal with past trauma
 - Intentional goal oriented
 - Fresh start
 - Positive change
 - When you think of someone who needs recovery, what picture do you see in your minds eye?
 - Everyone
 - Substance Use
 - Seeing someone talking to themselves
 - You can’t judge a person because you can’t see inside of themselves you just see that person
 - How does recovery effect your job?
 - It is apart of our job
 - What keeps you engaged with the ROSC? What keeps you coming back?
 - Update to date on best practices
 - It personal thing to them
 - It’s a platform to be the example
 - It keeps them on the right path
 - Because it is important!
 - Recovery is people helping people!

- Working definition of recovery for mental disorders and/or substance use disorders: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
- The ROSC is working on an anti-stigma campaign, so we are in the process of looking for focus groups. A Survey Monkey link will be sent out, which allows you to pick what date you are available to be a part of a focus group.

Reminders/Recovery Resources:

- The Logan/Mason ROSC has updated flyers and cards available. If you need flyers/cards, we can get them to you by either mail or Jeanette will deliver them to you. These have been recently updated and new ones are being printed since there has been another meeting change. The change is for the Thursday Veteran's Recovery group meetings. The online QR code has been updated. The Veteran's meetings are new and have started at Hope on 5th; Wednesday night is a peer meeting and the recovery group meeting has been moved to Thursdays from 6:00 p.m. – 7:00 p.m. The QR code has a link tree, containing links to the ROSC Facebook, Instagram, and YouTube pages. Logan County and Mason County resource directories have rehabilitation services listed and the insurances they accept.

On-Going Projects:

- Logan County harm reduction resources are continuing to grow. Places where harm reduction resources are available include Family Custom Cleaners, Logan County Department of Public Health, Mount Pulaski Library, and the Logan County Courthouse.
- In Mason County, harm reduction resources are at the Havana Public Library, Mason County Health Department, and Forman Valley Public Library in Manito.
- If you or your agency that's interested in providing harm reduction resources, that is a way that ROSC would like to partner with you.
- There are resource bags available for the jail in Lincoln, but if you or your agency would like resource bags, the ROSC would be glad to get them to you. The Recovery in Action group is helping to distribute the bags.
 - Jeanette will be reaching out to Penny Tutter about having bags available at the Emergency Department.
- The Recovery in Action subcommittee meets the second Tuesday of every month on Hope of 5th (upstairs). The next meeting will be on September 15th at 4:30 p.m.

Upcoming Events:

- Jeff McFadden is doing a comedy show on Friday, August 16th (adults only).
- The Naloxone Awareness Panel is taking place at the Oxford House in Lincoln on Overdose Awareness Day (Saturday, August 31st). This will be a Facebook Live event.

- The Logan County Recovery Walk will take place in Lincoln on Saturday, September 7th from 1:00 p.m. – 3:00 p.m. There will be guest speakers and food. A Survey Monkey will be sent out if your agency would like to have a resource table at the Recovery Walk.
- The Mason County Recovery Walk will take place in Havana on Saturday, September 14th from 1:00 p.m. – 3:00 p.m. There will be guest speakers and food. A Survey Monkey will be sent out if your agency would like to have a resource table at the Recovery Walk.

Contact Info:

- Jeanette Davis- Recovery Specialist
 - jedavis@chestnut.org ; 217-871-3208
- Grace Irvin- Prevention Coordinator
 - gcirvin@chestnut.org ; 309-451-7776
- Nadia Klekamp- Director of Integrated Community Education
 - nfklekamp@chestnut.org ; 309-824-3765

Next Meeting:

- Thursday, September 19th at 2:00 p.m.
 - This meeting will take place at the Mason City Public Library. For those unavailable to attend in-person, a Zoom option is provided.
 - Join Zoom Meeting:
<https://zoom.us/j/93561727220?pwd=TDVsWHRJdldYWnRnb2dnVFJTaTByQT09>
 - Meeting ID: 935 6172 7220 / Passcode: 395255

End of Meeting: 3:00 p.m.