

Effingham County ROSC Council Meeting Minutes

Date: Monday, September 16th, 2024

Time: 1:00-2:30 pm

Location: 104 Blohm Ave, Effingham IL & Zoom

Attendees:

Zoom: Kelly Buscher & Maria Deaconesa (Effingham Public Library case worker), Samantha Weidner (Effingham/Clay County Health Department), Jenna Hays (Hour House ROSC Supervisor), Lyndsey Reedy (Effingham Co Health Dept), Liesl Wingert (SIU Rural Health Coordinator), Margot Cepeda (VA Affairs), Kat O'Brien (Gateway Foundation Warm Hand off Program @ HSHS), Emily Nelson (Tri-Star & Aspire Academy Student Support Specialist, REO#3), Julie Pohlman (ROSC Region 4 TA Specialist), Kristin Davis (Family Guidance Center- Prevention Integration Coordinator), Megan Miller (Prairie Counseling Counselor/speaker), Amanda Depew (IL Joining Forces Veteran Affairs) Amy Robinson (Birth to Five IL)

In person: Samantha Hicks (Effingham County ROSC Coordinator), Carrie McKenzie (Gateway Foundation,) Beth Wise (ECHD, Family Connections), Felicia Depoister (Effingham Co Recovery Navigator, CPRS), Ken Sterner (IL TASC/State Police), Maggie Gouchenouer (IL TASC/State Police), Norbert Soltwedel (Effingham County Board member), Jen Galvin (Family Resource Center of Effingham Co), Wallace Fleming (PLE)

Secretary: Samantha Hicks

Minutes

Introductions

Council meeting attendees introduced themselves and agencies they represent or reason for being present.

Spotlight Speaker

Megan Miller, MHP, SUD Counselor at Prairie Counseling in Bond County

Megan introduced herself and started speaking of the work their organization has done in their community to bridge gaps and work together for people suffering from substance use disorder and mental health disorders. Megan stated Prairie Counseling has 1 substance use disorder counselor, 3 part-time mental health counselors, 2 engagement specialists, 1 crisis counselor, and 2 physician providers who service 700 clients currently. They are also a part of their health department.

Schools

Megan spoke of counseling services just recently starting to be provided in the schools (less than a year). They go to the schools where children are clients of Prairie Counseling to provide services to reduce the transportation barrier. The number of times the school is visited varies on how many children attend the school. Megan stated it was extremely hard to get into the schools to talk to the children about substances. They still are prohibited from saying certain words and using certain language surrounding substances and SUD. Megan stated once law enforcement was on board with what Prairie Counseling was doing, the schools opened up a little.

Healthcare

Megan stated if someone is admitted the ER and is suicidal or homicidal they will call the crisis counselor who will assess them after a toxicity screening. If it is concluded this person is in need for SUD/MH in-patient treatment services, they will call around to facilities to see who has openings and then transport them.

Jail

Prairie Counseling had a grant from Chestnut Health Systems to be able to get a jail program going that provided vivitrol services to inmate in the jail (harm reduction). The program has since then been discontinued due to the grant running out. Prairie Counseling also provides counseling to inmates in the jail. When someone is released from jail, the jail staff give them a Narcan kit and SUD/MH resources.

Samantha asked how they were able to get the jail engaged. Megan stated they provided incentives via grants—e.g. new lap tops, printer paper, ink, gloves—anything you could link back to SUD and Recovery.

911 Dispatch/Law enforcement

Megan stated they have implemented the KNOCK Program. This is where Prairie Counseling calls the 911 dispatch to see if there have been any overdoses the previous day/night. Dispatch is allowed to give them the address only (due to HIPPA compliance). Two staff members go to the address with a Narcan kit and knock to see if anyone is home. If they are not, they leave the kit on the door knob facing towards the house to protect the family's privacy. If someone does answer, they talk to them about what happened (if they're willing) and provide the resource for them to get help and show them how to use the Narcan.

590 Meeting

This is a monthly meeting that is held between:

- Schools
- Probation
- ER Nurses
- Sheriff/Police- City & County

- 911 Telecare

Megan stated at this meeting these organizations talk about “the good, the bad, and the ugly” and figure out what they can do to work together and make a change for the people they’re seeing in their work environments—e.g. repeat offenders. This meeting has been happening for about 3 years. In the beginning it was only Prairie Counseling who showed up, but after continuous 1:1 meetings and continuously reaching out to these sectors, they consistently show up to each 590 meeting now. Megan stated Probation was the hardest sector to get on board and even had the meeting at probation to make it easier for probation staff to attend. Megan stated the Director of Prairie Counseling did most of the footwork to set up and attend the meetings in the beginning and look for grants to be able to provide something tangible to these organizations.

Questions for Megan

Beth W. asked if the schools got on board when they were able to provide specific services to students. Megan answered yes and stated it all came together when they got a school resource office. They also provide Social Emotional Learning trainings to school staff.

Carrie M. asked what the difference is between the school’s counselor and the counseling they provide. Megan stated the main difference was that Prairie Counseling has 2 providers who are able to prescribe medication.

Norbert S. asked about the protocol to follow up with adults who have inquired about services at Prairie Counseling. Megan stated each individual has to fill out paperwork and complete an assessment. They currently have a 2-week waiting list but during this time, an engagement specialist reaches out every day to keep the potential client engaged and to let them know they’re not alone. Once a client is able to get into services, the counselor creates a treatment plan which incorporates a client’s goals they want to achieve. If this includes getting help with housing, job placement, food, education, etc., a case management worker will be a part of the client’s team as well.

Wallace F. asked what treatment facilities Prairie Counseling uses. Megan stated they typically get a client set up with Gateway in Caseyville or Chestnut Health Systems. They have good working relationships. Megan also stated that Belleville Memorial just opened up a Detox unit which is where they refer to as well.

- Coordinator/Recovery Navigator update
 - Altamont group—**Felicia stated her weekly First Baptist Church Recovery group has been discontinued due to Bible study being moved to that time slot.**
- Illinois Deflection Initiative
 - **Samantha stated the Kickoff event is at HSHS Auditorium on Wed, Oct 9th at 10am for Effingham, Crawford, Clay, Jasper, Marion, Richland, Wabash, & Lawrence counties. It is a collaboration between IDHS, IL State Police, & IL Criminal Justice**

Information Authority and is geared toward First Responders, heavy on the law enforcement, mental health & SUD providers sectors. Jenna H. spoke about this initiative and gave an update about her experience being a part of this initiative in other counties. Contact Jenna for more specific questions or attend the Kickoff event for our area to get more information!

- Strategic Plan FY25
 - Samantha discussed the google form survey sent out about our strategic plan. Based on response so far, the following goals are the top 3 priorities to the ROSC Council:
 - Identify local ROSC Council community needs via Needs Assessment
 - Develop additional support systems for persons in recovery and their families
 - Collaborate with community schools to provide education on substance use and harm reduction services
 - Samantha also stated he will be sending out a survey in the next month to the Council to take and to distribute to anyone in the community in regards to the knowledge of local resources with a focus on substance use and recovery. She also stated Rosie (Narcans newsstand) has received a couple of surveys back as well.
- Opioid Settlement Funds
 - Samantha stated the County Board should be deciding on a date today during their meeting about when an open forum to the public will be held to discuss the criteria and eligibility of the grant in case organizations in our community want to apply. Norbert S. confirmed this statement.
- PLE committee
 - S'more Recovery update
 - Wallace F. stated there were a lot of people at this event (around 60-70) and they were all from different 12 step programs and family members of people in these programs along with their children as well. He stated our recovery community needs more of this type of event for fellowship & that is appeared to be a great success.
- New Hope parent's forum
 - Samantha stated Olivia is back to teaching in the schools and has connected Samantha with the youth organizer for this event. More details to come.
- October- **NEED CANDY DONATIONS FOR THESE EVENTS**
 - Trick or Treat Street, 26th @ Cornerstone Church
 - Sunrise Rotary Parade, 27th- PLE Committee
 - Trunk of Treat, 31st @ Heartland Human Services

- Free Laundry Days- **Looking for sponsors for Feb 2025- June 2025. Wallace F. asked how much money it takes to sponsor the day. Samantha stated \$250-\$300.**

Norbert S. asked for input from the Council in regards to the Sheriff Departments proposal for opioid funds. The program involves Gentle Care Consultants, Heartland Human Services, Probation, State’s Attorney’s office, and Advanced Correctional Healthcare. Samantha gave an overview of the proposal provided. Comments from Council members suggested that the proposal has a good starting point but may need more details to fill the gaps as to what happens to people after being released from jail or from GCC and HHS services. A concern was raised about the amount of money being asked for versus the number of people possibly being helped over the 2-year period—which is 12 people total (6 per year). Overall, positive remarks were made about the proposal.

Contact emails:

Effingham County ROSC Coordinator

Samantha Hicks—samanthah@hourhouserecovery.org

Effingham County ROSC Recovery Navigator

Felicia Depoister—feliciad@hourhouserecovery.org

ROSC Program Supervisor

Jenna Hays- jennah@hourhouserecovery.org

Where to find past meeting minutes: <https://www.govst.edu/Recovery-Support/South-Central-IL-ROSC/EFCRC-ROSC-Council/>



Effingham County ROSC Facebook page



****NEXT EFFINGHAM ROSC COUNCIL MEETING****

Date: Monday, October 21st, 2024

Time: 1:00-2:00pm

Where: 104 Blohm Ave, Effingham & Zoom

