

**Lee/Whiteside ROSC Minutes**  
**9/18/2024**

**Attendees-** Gerald Lott, Lauren Metzler, Stephanie Reitzel, Cassandra, Clare (SVVOR), Whitney Miller (LCSW Roberts Counseling), Melanie Marrandano (MSW Gigi's Playhouse), Michael Wilcox (Lee County Probation), Karl Arellano (Sterling VA Clinic), Ben Rudolph (State ROSC TA), Kristina Canfield - Executive Director of ARHE (Presenter)

**Gerald**

- Brief rundown of events and activities. RecoverCon October 12 @ NIU in Dekalb.
- AA is also having an event on the same day.
- A lot of intakes this month and new referrals to us.

**Lauren**

- Last Saturday we had an event in Rock Falls for Tevin's Tribe: a memorial for those who've died due to addiction or suicide. It was a volleyball tournament. The proceeds will go to scholarships and various non-profits. Held at the old Triple-P Restaurant in Rock Fall, IL. It was very well attended.
- Will be reaching out to you all to touch base and connect. Sometime next month.

**Kristina Canfield (Presenter on Collegiate Recovery Communities)**

- I was addicted to alcohol in college in So. VA, and when I found out, the school did not help me. I got sober and switched schools. My goal is to make sure every higher education institution has these Collegiate Recovery Programs (CRP) available.
- It is an educational opportunity alongside recovery support to ensure students don't sacrifice one for the other.
- We have around 170 members and almost 30 active campuses for ARHE.
- Over 600,000 college students self identify as being in recovery.
- All CRPs look different. You need a staff member to be there to lead and continue the program. Peer support is the heart of it.
- When a student has access to CRP, it saves the institution \$11,000 per year per student and saves the broader community \$3,000 per year for the remainder of the student's life.
- Only 8% return to use.
- IL is one of the only states where we are not active anywhere.
- **Questions?**
  - **Gerald** - What does it look like on campuses?
  - **K** - Rules are based upon the students' needs and the campus' culture. Every place is as different as the students and colleges it helps.
  - **Gerald** - Do you offer aid to all recovery?
  - **K** - Yes. These include eating disorders, mental health, porn addiction, and more.
  - **Melanie** - Do the disability coordinators on campus get involved?
  - **K** - Yes. We encourage partnerships.
  - **Ben** - How would a college administrator start this?
  - **K** - We have a getting started guide on our website (<https://4bjc9c.a2cdn1.secureserver.net/wp-content/uploads/2021/08/Collegiate-Recovery-Best-Practice-Guide.pdf?time=1726677950>)

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- **Gerald** - Is there a "Gold Standard" school for others to look at?
- **K** - There are a few college staples, but I caution people because these programs take time to take effect and stabilize, and comparing yourself to these other schools might not help. They might not mesh with your college's campus culture.
- **Mike** - I'm thinking about Sauk. How do traditional and non-traditional students (younger and older) mix?
- **K** - It depends on the program. Some offer sober dorms, childcare aid, and others. Tutoring is also a big deal.

**Gerald**

- **What can we do for ROSC?**

**Mike**

- Someone told me there was a sober chili cook-off. Is that true?
  - **Gerald** - It is on October 12 at Lowell Park from 11-3.

**Melanie**

- Nomi is hosting training on mental illness on September 28-29 and we are looking for youths to help. Speakers will be given a \$100 gift card.
- Also a state convention October 18-19

**Whitney**

- Looking forward to meeting with Lauren in October.

**Stephanie**

- Done some outreach in Ashton, Franklin Grove, etc.
- Will email Chili Cook-off flyer to Mike.

**Cassandra**

- Legacy Sober house has some openings.
  - Applicants may not have class 2+ felony within the past 7 years or be a sex offender.