

Logan/Mason ROSC Meeting Notes

September 19th, 2024

Attendance:

Jeanette Davis (Chestnut Health Systems-Logan/Mason ROSC)
Kara Davis (Logan County Department of Public Health)
Whitney Devine (Family Guidance Center/Region 4 Sangamon County ROSC Coordinator)
Kami Garrison (Chestnut Health Systems-Region 3 TA)
Dani Hernan (Community Health Worker/SIU Medicine)
Amy Hopper (Logan County Community Member)
Jody Howerter (All In Wellness/LCPC)
Grace Irvin (Chestnut Health Systems-Logan/Mason ROSC, Prevention, BASE Project, & Impacted Youth Project)
Bahiyah Khalilallah (Chestnut Health Systems-Statewide ROSC)
Chelsey Lemme (SIU-Lincoln/Nurse)
Molly McCain (Lincoln Memorial Hospital)
Tristan McGrew (Recovery Corps/PLE Substance Use)
Dominic Valenti (Chestnut Health Systems-Logan/Mason Prevention)
Tyler Wenger (Chestnut Health Systems-Logan/Mason Prevention)

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 ROSC Recovery Walk happened in Lincoln on Saturday, September 7th and in Mason County on Saturday, September 14th. One of the barriers was not having a restroom at the part in Lincoln. This year, a porta potty was donated for the day. Lincoln Memorial Hospital took care of the food and partnered with Deep Roots. People volunteered their equipment for music. There were agencies who attended with information. The Mason County Walk had a great turnout. Last time in Mason County, there were only a few people who showed up. This time, about 30-35 people attended.

New Business:

- A debrief of the Recovery Walks happened at the meeting. Discussion questions were as follows:
 - How was the turnout compared to your expectations?
 - Did the event run smoothly according to the schedule?
 - What kind of feedback did you receive from attendees (positive or negative)?
 - How did you feel about the event's execution?
 - What improvements could be made for future events?
 - For those who were unable to make it to the event, how do we get you there?
- Jodi mentioned that she has been to recovery walks before, primarily for mental health. She was impressed with the ROSC Recovery Walk.
- Jeanette mentioned that at the Recovery Walks there is a moment for attendees to speak their loved one's name who they have lost, and a moment of silence is honored.
- Jeanette mentioned that the Ford County ROSC inspired the whole state to color towns purple for recovery month. The Ford County ROSC has a contest every year where people decorate windows, places of business, their residence, etc. The photos are submitted, and a winner is chosen. This is to promote recovery month and the fact that people can and do recover.
- Amy mentioned that it's important to share vulnerability with safe people. This reduces the stigma. She mentioned that it is amazing that small communities are participating in recovery activities.
- Jeanette mentioned that one of the goals of the Logan-Mason ROSC is to share good, accurate information. If you have events going on in your community that the Logan-Mason ROSC can help share (time change, email change, etc.), the ROSC continues to build a robust distribution list. Molly at Lincoln Memorial Hospital has a robust distribution list that is sent out. The Logan-Mason ROSC would love to partner with you to share your information.
- If there are any resources or services that are talked about, and you would like more information on, the Logan-Mason ROSC has a goal of connecting this information to you.
- Jeanette asked if an individual is unable to attend a Recovery Walk, how could we get your resources to an event.
- The Logan-Mason ROSC has Facebook pages named "Logan County Recovers Together" and "Mason County Recovers Together." Events were created online for the Recovery Walks.
- Amy mentioned that Lincoln has a community Facebook page that can help more community members to participate at the Recovery Walks.
- Jodi mentioned that in Havana, there are signs that have a QR code for a community calendar. It has announcements that are helpful. There may be a way to have your community events on this calendar. The app is called "Savvy Citizen."
- In Logan County, WLCN has a robust community calendar for the area and can be used for events.

Reminders/Recovery Resources:

- There are updated meeting flyers/cards available. This is a list of recovery meetings in Logan and Mason Counties. This includes CoDa meetings, Veterans meetings, meetings in Havana, etc. If you would like hard copies of these, they are available in 5" x 7" and in business card sizes. The QR code on the cards connects you to the Logan-Mason ROSC Facebook page, [na.org](#), [aa.org](#), [CoDa](#), [logancountyresources.org](#), [masoncountyresources.org](#), etc. If this is something that you would like to have to give out, let Jeanette know.
- Newer meetings include a bi-monthly meeting for veteran's only; one is more for peer support and the other is more for peer recovery support. Odd's & End's is a recovery support meeting held in Havana that is starting.
- SMART Recovery meetings have started at Lincoln Memorial Hospital. It would be great to have anyone who is interested in learning or looking into a pathway to recovery to attend. SMART Recovery is an evidence-based program that has lots of tools focused in CBT and different types of useful tools. These are hosted on Fridays from 11:00 a.m. – 12:30 p.m. Sometimes transportation can be a barrier for people to get to meetings. If this is something you notice for people, reach out to Jeanette to find ways to problem solve.

On-Going Projects:

- In Logan County, there are harm reduction resources available 24 hours at the Family Custom Cleaners in Lincoln. There are harm reduction resources available at the Logan County Department of Public Health. Also, the Mount Pulaski Library and the Logan County Courthouse has harm reduction resources available.
- In Mason County, harm reduction resources are available at the Havana Public Library, Mason County Health Department, and the Forman Valley Public Library in Manito.
- The Recovery in Action Committee meets the second Tuesday of every month at Hope on 5th in Lincoln (upstairs). This is a great opportunity for those who are planners and do enjoy bringing people together for educational opportunities or family-friendly activities. The next meeting is on October 8th from 4:30 p.m. – 6:00 p.m. This group put together resource bags around 90 resource bags that contain naloxone, testing strips, meeting lists, etc. As people are exiting the Logan County Jail, they can have resources to take with them. If you have planning skills and a heart to bring things to life in the community, please join the group.

Upcoming Events:

- The Recovery Rally will be happening on Saturday, September 21st in Chicago. This is the first ever national Recovery Rally. There will be music, events, meetings, etc.
- A few weeks back, there was a conversation to bring a Deflection program to Logan, Mason, and Menard counties. There was enough interest to bring this program to the community. There will be an official kickoff of this program on October 8th from 10:00 a.m. – 12:00 p.m. at the Lincoln Park District. Sangamon County is in the process of implementing their deflection program. This program works to keep people from ever getting into the criminal justice system. This program costs our community nothing.

Contact Info:

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- Grace Irvin- Prevention Coordinator
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- Nadia Klekamp- Director of Integrated Community Education
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Next Meeting:

- Thursday, October 17th at 2:00 p.m.
 - This meeting will take place at Hope on Fifth in Lincoln. 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.