

# McLean County Recovery-Oriented Systems of Care (ROSC) September 2024 Council Meeting Minutes

**Date:** Tuesday, September 19th, 2024

**Time:** 3:30 – 4:30 pm

**Location:** Virtually via Zoom

## **Agenda:**

- Introductions of new ROSC members/attendees
- **Council Presentation Topic:**
  - **Special Presentation: Spotlight on Orlando and Shayla—Sharing their journey in RECOVERY**
- Mclean ROSC Updates
- Agency Updates & Wrap Up

## **Attendees:**

1. Barb Brumleve- Chestnut, McLean & Ford ROSC
2. Cat Hays- Chestnut, McLean ROSC
3. Kari Knapp - Associate Director of Community Health
4. Jeffrey Ehrmantraut- CASA
5. Daren Jones- Homeless Youth Specialist with Project Oz
6. Joshua Chasser- ROSC
7. Michelle Davis- Mid Central Community Action, Inc
8. Kelly Schwamberger- The Alliance to Combat Human Trafficking
9. Abby Behrens- Brightpoint
10. Sonja Workman- Center for Human Services
11. Shelley Smith- Reentry Coordinator and Outreach Worker, Oxford House
12. Sam Herrell- MCBHC
13. Orlando Jones- PLE
14. Shayla Woodworth - PLE
15. Natasha Nunoo-Ponder- Center for Human Services
16. Andrea Kindseth- LIFE CIL, Community Reintegration Advocate
17. Emily Hartley- Brightpoint
18. Zach Schimelpfenig- Path, Administrative Assistant, PLE
19. Jimmy Buonavolanto- Chestnut, Community Relations
20. Michelle Cope - Bloomington Public Library
21. Tasha Davis- Program Coordinator Family Community Resource Center
22. Nolan Recker- Chestnut, Community Health Specialist
23. Colin Witt- Chestnut
24. Linda Foster- BN NAACP and FCRC

25. Cynthia Carter- Wayman AME Church, Working on Mental Health 101 & Cultural Conversations
26. Sam Kortkamp- Access Department Intern for Chestnut
27. Rev Elexis Thomas- Wayman AME Church
28. Andrea Ogborn FCRC- Family Community Resource Center Family Support Supervisor
29. Erika Hahn- OMNI, Prescription Playbook/Illinois Human Performance Project
30. Kami Garrison- Statewide ROSC TA

**Special Guests:** Orlando and Shayla shared their Experience, Strength and HOPE!! We want to thank you for sharing your stories, the more **WE talk about RECOVERY the MORE WE RECOVER** 😊

**Three Break Out Rooms:**

**Question #1: “What does the phrase ‘multiple pathways to recovery’ mean to you? Why is it important that we embrace this as a ROSC Council?”**

- Multiple pathways to recovery means for us - the analogy of diets: Diets don’t always work for everybody. Recovery is kind of the same way, kind of finding the right diet or recovery approach for you, since it is so personalized and individualized. It’s about making that one step forward, which can look different for everybody, but just taking that step.
- Meeting the client where they’re at. It’s about having as many different approaches and avenues to recovery as possible. Community partnerships.
- Everyone’s in different places with their recovery and in their lives. Everything’s a little bit different in where they’re at. What works for one person may not work for everybody else.

**Question #2: “Do you think our general community knows about and/or agrees with recovery occurring via multiple pathways?”**

- If you don’t have an addiction problem, the general community doesn’t know about it, except for maybe AA. Nobody actually knows anything else unless you’re in the field, doing recovery, or are addicted to things.
- Individuals might be confused with the different pathways they can take for recovery. It can be challenging if individuals don’t know where to start.
- We discussed that we think people don’t know all options that are available. Like, there is a lot of knowledge and awareness of 12-steps, NA, AA, stuff like that. Other approaches like SMART Recovery, Drug Court, or Recovery Court, a lot of folks don’t have a lot of awareness of, which could partially be related to us being near the Bible Belt and more religious approaches being more frequently available. We also discussed not all people agree with medical-assisted recovery, because they sometimes see that as the easy way out or not true recovery.

- We discussed that we think people don't know all options that are available. Like, there is a lot of knowledge and awareness of 12-steps, NA, AA, stuff like that. Other approaches like SMART Recovery, Drug Court, or Recovery Court, a lot of folks don't have a lot of awareness of, which could partially be related to us being near the Bible Belt and more religious approaches being more frequently available. We also discussed not all people agree with medical-assisted recovery, because they sometimes see that as the easy way out or not true recovery.

**Question #3: "What are some ways our ROSC can help bridge that gap and increase awareness regarding multiple pathways to recovery?"**

- The third prompt we discussed – a push for more outreach on what programs are available beyond just 12-step, whether that's flyers or social media postings. Having a message of being supportive and accepting of the approach that works best for that individual.
- Even if it's getting to areas in town where individuals are unhoused, handing out flyers with education and prevention education materials. Something to just spur the thought process of "Oh, this is a thing; maybe, I could try this avenue."
- To bridge the gap, maybe put information on the back of bus seats or Uber seats and stuff like that. Advertise in movie theaters and other like outside-the-box things. Maybe the billboards now that flip every 30 seconds because nobody listens to the radio commercials or TV commercials anymore. Getting some other stuff out there that is visible. Putting something on the outside of the local sports arenas.

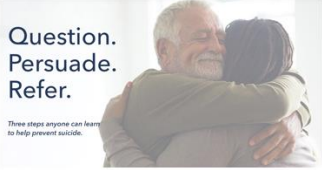
**McLean County ROSC Updates:** First and foremost, we would like to thank each and every one of you for showing up. So nice to see all your faces and all the new members! With that being said, we hope to see you at our next council meeting, **October 15th, 2024, via Zoom** (<https://zoom.us/j/96709486019>).

- **Recovery Month Planning with Our Friends at A New Horizon Recovery Community Center**
  - What we've got in the works:
    - ***Recovery Month Library Reading Displays*** at local community libraries, collegiate libraries, and high school libraries.
    - ***The History of Substance Use Treatment and Recovery in Victorian Times*** presentation for Heartland Community College Recovery Support Specialist program students.
- **The Sober Social Planning Committee** meets monthly at 11am on the first Tuesday of each month (contact team if interested in joining) to brainstorm and discuss planning for upcoming Sober Social Events and Outreach/Engagement Initiatives. The committee is always seeking new perspectives and people to help us brainstorm and plan upcoming ROSC events and opportunities.

- **Evolving Group Functions** – We are currently working as a group to evolve our group functions to those of potentially acting as a ROSC onboarding committee and as a community partnership/collaboration brainstorming space.
  - **Quarterly Recovery Community Newsletter** – We are working as a committee to revamp the McLean County ROSC newsletter into a McLean County Recovery Community Newsletter.
  - Please contact Cat, via email, [cmhays@chestnut.org](mailto:cmhays@chestnut.org) if you are interested in joining the Sober Social Planning Committee, helping to form any additional sub-committees, updates/events you would like shared on our social media as cross-promotion, or anything else relevant to recovery-oriented services.
- **Available McLean ROSC Print Resources**
    - **ROSC Intro “101” Binders:** Binders are now ready. These are “ROSC 101” Orientation/Intro Binders for new council members or prospective volunteers interested in joining. Content includes: What is a ROSC Q&A?, Stigma & Language Overview, ROSC Elevator Speech & How to Get Involved, Recovery Support Groups Quick Reference Guide, McLean County ROSC Council Member Talent Assessment, McLean County ROSC Info One Pager FY24, McLean County ROSC Membership Brochure FY24, & more.
    - **McLean County Sober Social Guide (SSG):** The McLean County Sober Social Guide is now available both as a digital copy (<https://heyzine.com/flip-book/505fe4c39d.html>) and in limited print copies. If interested in receiving a print copy, please email the McLean ROSC team at [McLeanCountyROSC@gmail.com](mailto:McLeanCountyROSC@gmail.com).
    - **Virtual Resource App Business Cards:** If interested in receiving some McLean ROSC Virtual Resource app business cards for yourself or your organization/group/agency, please let us know via email, [McLeanCountyROSC@gmail.com](mailto:McLeanCountyROSC@gmail.com).
  - **Available Community Trainings – Narcan Administration and QPR – Question, Persuade, Refer**
    - If interested in receiving a free QPR-Question Persuade Refer training, please contact the [McLeanCountyROSC@gmail.com](mailto:McLeanCountyROSC@gmail.com).



NARCAN Administration



Question.  
Persuade.  
Refer.

These steps anyone can learn to help prevent suicide.

QPR – Question, Persuade, Refer



Available  
Community  
Trainings

For more info on QPR community trainings, please email [McLeanCountyROSC@gmail.com](mailto:McLeanCountyROSC@gmail.com).

- **If you Need Narcan:** Please contact **Randi Derrig** ([rwderrig@chestnut.org](mailto:rwderrig@chestnut.org)) for Narcan. If interested in receiving free Narcan administration training, the McLean County ROSC team is now fully trained.



McLean County  
Narcan

- ▶ The McLean County ROSC Team is fully trained to offer free Narcan trainings!
- ▶ If interested in receiving free Narcan in McLean County, please contact Kari Knapp
  - ▶ [kmknapp@chestnut.org](mailto:kmknapp@chestnut.org)
- ▶ If interested in receiving a free Narcan training, please email [SR-NARCAN@chestnut.org](mailto:SR-NARCAN@chestnut.org)



### Next Meeting & Contact Info:

- **Next Meeting via Zoom – Tuesday, October 15, 2024 @ 3:30-4:30 PM**
  - Meeting virtually via Zoom (<https://zoom.us/j/96709486019>)
    - Meeting Code: 967 0948 6019
- **Contact Info**
  - Kari Knapp, Associate Director of Community Health
    - [kmknapp@chestnut.org](mailto:kmknapp@chestnut.org)
    - 309-391-1802

- Barb Brumleve, Community Health Specialist
  - [bdbrumleve@chestnut.org](mailto:bdbrumleve@chestnut.org)
- Cat Hays, Recovery Specialist
  - [cmhays@chestnut.org](mailto:cmhays@chestnut.org)
  - 309-665-2067
- McLean County ROSC Team
  - [McLeanCountyROSC@gmail.com](mailto:McLeanCountyROSC@gmail.com)