

Logan/Mason ROSC Meeting Notes

October 17th, 2024

Attendance:

Sandra Beecher (Gateway Foundation)
Jeanette Davis (Chestnut Health Systems-Logan/Mason ROSC)
Sandra England (Taylorville SIU Family Medicine MAR Program)
Kami Garrison (Chestnut Health Systems-Region 3 TA)
Johanna Gonzalez (IDHS SUPR ROSC Coordinator)
Dani Hernan (Community Health Worker/SIU Medicine)
Jody Howerter (All In Wellness/LCPC)
Chelsey Lemme (SIU Medicine)
Molly McCain (Lincoln Memorial Hospital)
Brysen McFadden (Oxford House)
Jeff McFadden (Bridgeway ROSC)
Tristan McGrew (Recovery Corps/PLE Substance Use)
Katie McKenna (Volunteer)
Nichole Tinker (Trillium Place)
Silas Tockey (Community Action Partnership of Central Illinois)
Kim Turner (Logan County Crime Stoppers, Drug Court, Veterans Court, Logan County Probation, & Hope on 5th Board Member)
Dominic Valenti (Chestnut Health Systems-Logan/Mason Prevention)
Tyler Wenger (Chestnut Health Systems-Logan/Mason Prevention)
Naomi Willis (Gateway Foundation)

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 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.
- Calen is a committed person to the ROSC and Recovery in Action (RIA) subcommittee group. He just completed drug court in Logan County.
- The first ever Recovery Rally in Chicago was on September 21st. There were some ideas shared at the event that the Logan-Mason ROSC could adopt as a council. Agencies and representatives

from all over the state attended the event. An idea for next year is to adopt the idea of painting the town purple for Recovery Month.

New Business:

- A “Recovery Talk” discussion took place among meeting participants. The Recovery Talk topic was Anonymity vs. Recover Out Loud.
- Responses to, “When we hear anonymity, what are we thinking?”: Privacy; Alcoholics Anonymous in the church basement and every one knows they meet down there, but nobody knows who they are or what they are taking about or what recovery even is; secret or hiding; people not wanting to disclose.
- In the Cambridge Dictionary, anonymity is defined as, “The situation in which someone’s name is not given or known.”
- The Britannica Dictionary defines anonymity as, “The quality or state of being unknown to most people: the quality or state of being anonymous.”
- Anonymity in the world of recovery, and specifically, 12-step recovery, there is the “spirit of anonymity.” That has been a point of contention for a lot of people about how to recover: How can I belong to a program in which anonymity is one of the values, but yet, still recover out loud? This has been a barrier.
- Responses to, “What does it mean to recover out loud?”: Celebrate your victories; sharing our stories and experiences; being transparent about our walk and not being fearful of the consequence behind it; being proud of yourself; self-identifying yourself as a person in recovery; telling folks it is possible to recover.
- A clip from “The Anonymous People” was shown to meeting participants.
- A discussion around questions such as, “What stood out to you?”, “What is something you learned?” and “How can this information help those we serve?” as a result from watching a clip from “The Anonymous People” took place at the meeting.
- As the ROSC continues to promote and encourage multiple pathways to recovery, we want to do that in the most respectful way.

Reminders/Recovery Resources:

- There are brand new and updated meeting flyers/cards available. Jeanette has delivered these to places, but if you need more, please reach out. These include all the recovery meetings that are in Logan and Mason County. The QR code has a lot of resources, including logancountyresources.org and masoncountyresources.org. Insurance information for different treatment centers are shown on those websites (what they do take and what they don’t take).
- There are flyers available for the Veteran’s meetings and recovery support meetings.
- SMART Recovery meetings take place every Friday from 11:00 a.m. – 12:30 p.m. This is a partnership with Lincoln Memorial Hospital to host these meetings. If anyone is interested or wants more information, please reach out. SMART Recovery is an evidence-based program that takes a self-directed approach to recovery.

- Jody from All In Wellness shared that she is planning on doing Mental Health First Aid. She is having an instructor come into her clinic in Havana. There are no dates yet. She is looking on coordinating Mental Health First Aid for children and adults. If you have an interest, please reach out to Jody so she can coordinate with you on the dates of the training. Jody is planning on offering both trainings by the end of this year. It is looking like it will be limited to six participants.

On-Going Projects:

- There are harm reduction supplies available at Family Custom Cleaners in Lincoln, at the Logan County Health Department, Mount Pulaski Library, and Logan County Courthouse. Every place has naloxone, fentanyl testing strips, and xylazine testing strips. Most places also have benzo testing strips.
- In Mason County, there are harm reduction supplies at the Havana Public Library, Mason County Health Department, and Forman Valley Public Library in Manito.
- If your agency or someone you know is interested in having or distributing naloxone from their space, let us know.
- The Recovery in Action Committee meets the second Tuesday of every month at Hope on 5th in Lincoln (2nd floor) at 4:30 p.m. The next meeting will be on November 12th. This group is in the planning stages of a November bonfire event. If you have event planning skills or ideas on how we can educate our community, we would like you to be a part of this group. If you know someone who may be interested, please pass this information along.

Upcoming Events:

- There is a Deflection Program Kickoff, which we be brought to Logan, Mason, and Menard County. This is an amazing opportunity that we are bringing to our community that will empower people and help them never have to get into the justice system. We would love to make you a part of the planning group.

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, November 21st at 2:00 p.m.
 - This meeting will take place at 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=TDVsWHRJldlYWnRnb2dnVFJTaTByQT09>
 - Meeting ID: 935 6172 7220 / Passcode: 395255

End of Meeting: 3:00 p.m.