

## DuPage ROSC Council Meeting

October 9<sup>th</sup>, 2024

**0:00-16:00**

**ROSC Coordinator Jarrett Burton** starts this month's meeting by welcoming everyone and introducing himself. Jarrett asks everyone to put their name and contact information in the chat. Jarrett states that this is a very special week and will be celebrating six years in recovery tomorrow. If someone would have told me 6 or 7 years ago I'd be here, leading a council meeting like this, I wouldn't believe you. Every day I am here to work on this program with others with lived experience - it is real honor to do and it's real inspiring to do. The people who come back month after month, the people who come to present, the people who engage with us with programs and collaborations are some of the most inspiring people that I've had chance to work with so it's very special to have this meeting on this week and celebrating. Jared shares his screen and talks about what ROSC does: Rosc stands for Recovery Oriented System of Care. What we do is a coordinated network of person centered and community based services which builds on the strengths and resilience of the individuals, families and the overall community to help achieve recovery, improve health wellness and quality of life overall. It's important that ROSC is driven by peers and people who are in recovery or people who have been touched by it – people who have lost loved ones, people who have family members who have struggled with substance use challenges. Thank you again to those that keep coming back month after month and those participating in the programs – thank you for continuing to engage with us. In fact next month were coming up on the third anniversary meeting.

### Meeting Agenda:

1. Meeting Open – Jarrett Burton
2. Agenda/Preview of upcoming meetings/trainings
3. What's App Referral Hub Group update: Blake Worman
4. Serenity House CORS grant update – Danny Sourbis
5. Michael Wood – Director of Business Development @ Banyan Treatment Centers
6. Matthew Ashley, Intake and Admissions, + Clinical Staffer @ The Way Back Inn
7. Ambrosia Branson, MS, Circle of Care Project Coordinator @ Hour House + Illinois Family Resource Center
8. Organizational Updates

**ROSC Coordinator Jarrett Burton** promotes the DuPage ROSC Winter Coat Drive, we are looking for coat donations through the first week of November, for the People's Resource Center. Donations can be dropped off at Serenity House Counseling Services 891 Rohlwing

Road, Addison, IL 60101 or contact Jarrett Burton at [jarret.burton@serenityhouse.com](mailto:jarret.burton@serenityhouse.com) to make arrangements. Looking for lightly used coats of all sizes for men, woman and children.

**ROSC Coordinator Jarrett Burton** next promotes the Peer Recovery Support Specialist Support Group – it's on the first and third Wednesday of every month on Zoom at 7pm. We started this meeting for a couple different reasons. Recovery Support Specialists are growing in this field, getting certification through local colleges like College of DuPage, Elgin Community College, Governor's State and here (which will be talked about later). Are you looking for support from other specialists in the field? Need a safe space to talk about topics related to the job? More and more people are entering the field as a Recovery Support Specialist and people in this field need their own support. Come talk about the job and students are welcome!

**ROSC Coordinator Jarrett Burton** then promotes DuPage RCO in which Danielle is our coordinator and she is out on vacation but Jarrett states he can talk about the Recovery Coaching Services that we provide free of charge through grants – not only for mental health and substance use challenges – we do non-clinical work with others. We meet with people in a non-clinical setting and help others with early on recovery. For example, some people come to Serenity House and they don't have an i.d., they haven't worked in long time, maybe they have housing insecurity. Therefore, there are a lot of factors that go on not only just the substance and coaches are here to help along with that. We are providing that free of charge.

**ROSC Coordinator Jarrett Burton** next promotes the Recovery Coach Academy: it is training that provides 30 CEUs, Contact Hours. We do these courses and it's been awhile since we have done one of these courses. This is done through The Connecticut Community of Addiction and Recovery and it's done on three consecutive weekends. This training is here at Serenity House. It starts on a Friday, the first class is on November 1<sup>st</sup> from 6pm to 10pm and then the next day, Saturday, November 2<sup>nd</sup> from 10am to 4pm. So it is three consecutive weekends and that takes care of all 30 CEU or Contact Hours. To register email [holly.brunton@serenityhouse.com](mailto:holly.brunton@serenityhouse.com). The only cost is material cost so it's a pretty cheap proposition. Also, space is limited so sign up soon if you are interested.

**ROSC Coordinator Jarrett Burton** next promotes Virtual Narcan Training every third Thursday of the month at 12:30pm via Zoom. We do a lot of Narcan training out in the Community but we also offer this training via zoom as well. It's basically like a Narcan 101. Get trained on administering opioid reversal medication and learn more about the Fentanyl crisis, Xylazine and other trends regarding overdoses and their rates – rates are going down but how are they going down and where are we finding the most overdoses; information regarding those types of subjects as well.

**ROSC Coordinator Jarrett Burton** now introduces the new **ROSC What's App Referral Hub Coordinator, Blake Worman**. Blake has replaced Danny Sourbis in this position and we expect him to do an amazing things taking over this role. Blake will give an update. Blake states he will introduce the Referral Hub month's MVP award today. But first Blake thanks everyone for being a part of the Referral Hub. Blake mentions we are now up to 125 members. This month we are now joined by members of the following organizations: City of Wheaton, District 211, Nami Metro Suburban, Blue Kite Wellness, several students at C.O.D., Will County Health Department, Eker Center, Health Care Alternative Systems and Conventions Psychiatry & Counseling. This month we have provided referrals for recovery coaching, sober living, shelters, inpatient that accepts clients without insurance, inpatient that treats both addiction and mental health, inpatient referrals, outpatient referrals, and sober living that accepts clients that use medical cannabis. Now Blake announces our Referral MVP (drum roll everybody) this is the individual that provided the most referrals this month and that is Lindsey Hartman for the Association for Individual Development, otherwise known as AID. This month we are starting to give away a gift card for you, so Blake said he will reach out to you (Lindsey Hartman) and work on getting you your gift card. Jarrett speaks about the Referral Hub as a real effective model to keep people from falling through gaps. So if you are somebody who works for an organization or maybe you are just that person in your group who people know you are in recovery and you are the one that gets those phone calls about "hey I got a friend that's looking for treatment – how do we get him a bed" – join the Referral Hub, very easy to use and helps people get the help they need in that small window of opportunity when they want the help.

**ROSC Coordinator Jarrett Burton** now introduces **CORS Coordinator, Danny Sourbis**. Danny speaks about a brief overview of CORS: CORS stands for Community Outreach and Recovery Support. The priority population are those who are unhoused, at risk of being unhoused, have opioid or substance use disorders, or other mental health challenges that go along with that are those that are at risk for medical complications, incarceration and overdose. So in order to do that we have a few objectives: we do harm reduction, naran training and distribution and education. We also do referrals – the Referral Hub, along with referring to treatment doing warm handoffs and also do referring to coaching. Coaching services is something we are specializing in. Danny mentions coaching can happen even if someone is not sober or is still using we can still help them, still be there to support them. We are going to do the coaching in person or virtually. Danny states he will put his email in the chat and would love to talk to you further.

**ROSC Coordinator Jarrett Burton** now introduces our **Recovery Core Member** that is here today, is **Annette**. Jarrett states he want to introduce Annette to speak about herself since she will be around and would like us to know about her. Annette stands up and takes the mic. Annette says hello and states she is here with Recovery Core and will be the new Recovery Project Coordinator and is very excited to be here. Annette mentions a fun fact about herself is

that she loves to golf, she is a big golfer. Secondly she states she loves to rescue dogs. Mainly she loves to rescue Mastiffs. Jarrett thanks Annette for being here.

**16:02-32:44**

**ROSC Coordinator Jarrett Burton** now introduces Michael Wood – Director of Business Development @ Banyan Treatment Centers. This is a very special person to Jarrett. Jarrett states he finally joined sobriety with Mike Wood 6 years ago but has known Mike for a while and it feels divine to have him here at this meeting. Jarrett introduces Mike Wood as somebody he will always look up to as a peer and as a friend. Mike comes up and takes the mic, he thanks Jarrett for the introduction and he states he appreciates it more than you know to Jarrett. Mike states he has been in long time recovery himself and his sobriety date is November 7<sup>th</sup>, 2013 and is forever grateful for that day. He states we don't do this perfectly but when we come together we do this really well. Banyan Treatment Center – Banyan has always been a staple in DuPage County area. One of the people that helped launch Banyan Treatment Center in the Chicagoland area is a guy named Brad Gerke, whom many of you are familiar with and Brad has been a part of Banyan for years. Many of the people that work for Banyan are in recovery themselves. Banyan nationwide has 18 facilities in 10 different states. They have primary mental health disorder programs. They have a specific Veterans Program which is Veterans and First Responders only and that is in Massachusetts (it's very military, no civilians allowed, and it's ran by First Responders and Veterans). There are 6 programs in Florida (primary mental health and substance use disorders). The Banyan tree represents something that grows very mighty and strong out of darkness and in sort of chaos. Mike explains they have a facility called Banyan Heartland which is in Gilman, Illinois. It's south of Kankakee and they provide transportation for anyone admitting to their care. This is where their detox/residential is located. They will offer detox only if that is something someone only wants. 5 to 7 days for detox and 21 to 28 days for residential. There is a Naperville IL location which has a PHP Program and a PHP Program with Housing and an IOP Program. Also they offer virtual IOP programs at all locations. Banyan has Family Coaches. Family coaches reach out to the family within 48 hours or to their emergency contact. The clients still have therapists. They have a minimal therapist to client ratio which is great, therapists get to get to do a ton more work with their clients. Their place is not a bells and whistles, however they do have a work out place, yoga and a holistic approach, but they get into the trenches for their program. Jarrett speaks how cozy and beautiful the place looks. Jarrett asks Mike to speak about Spiritual Care Network. Mike states Spiritual Care Network meets every month – all faith backgrounds are welcome, we are a primarily Christian based organization, so you'll hear about Jesus a ton. It is a group of professionals, people that are in business development, it is church leaders, community leaders, first responders. Mike states the goal that was laid out and on their hearts is to bridge the gap between the church and the mental health world. Mike states he is seeing growth and people being attracted to it. They have a dynamic speaker coming up that is the owner of Heritage Counseling out of Wheaton. It's every fourth Thursday of the month. November and December will be different dates, feel free to come join us.

**33:40-44:30**

**ROSC Coordinator Jarrett Burton** now introduces **Matthew Ashley, Intake and Admissions, + Clinical Staffer @ The Way Back Inn.** Matthew states that the facility (ERC) for men is in Maywood, Illinois. The woman's facility (ERC) is located in Oak Park, IL. Matthew states Way Back Inn is a long term residential treatment program for drug, alcohol and problem gambling. Their program is a very structured living environment and it's required that all the clients work full-time (or close to it) and first shift. The initial program usually last 3 to 4 months. Sometimes clients do stay 12 to 15 months. They provide clients to attend 12 step meetings and get sponsor. They are a smoke free campus and they hold onto client's cell phones while they are on property. They have a land line for use. They do work with a psychiatrist and she meets with clients via zoom, other than that they are a non-clinical facility. Proximity is near a hospital. Matthew speaks of the facility as an extension of a 28 day facility. He states again they are very structured. They can go to a computer lab to search for jobs. They do not accept payments up front. The clients need to find a job up to 30 days. They know their clients come in with nothing and are starting from scratch rebuilding their lives. 5pm they are together eating meals and then evenings they have groups / meetings / meeting with a sponsor. They keep them busy that is why they are not needing the use of their cell phones. They do have a recovery home (apartment building) in Melrose Park – they have more time for themselves, more leeway. They do work with the families if that is something the clients want. Their mentality is being present, be in the moment, having structure – lists of what you are doing that day, that hour, etc. Make your bed, take off your hat when you walk in the house, those are things they expect out of their clients. If they feel like children well, when some were using they didn't do those things (like making the bed, pushing in your chair) that is expected of their clients. Cleaning up after yourself, cleaning up after others as well is part of their system. Being mindful, teaching responsibility, it's again like going backwards to relearn and team work. In close proximity to the Oak Park AA and NA community here, it's a huge community in Oak Park. Best way to get in touch with Matthew or the program is by calling their intake phone number

**45:40-57:17**

**ROSC Coordinator Jarrett Burton** now introduces **Ambrosia Branson, MS, Circle of Care Project Coordinator @ Hour House + Illinois Family Resource Center.** Ambrosia said kudos to the DuPage ROSC What's App Referral Hub, very impressive. She states that Circle of Care is a program that supports children, youth and families grieving loss due to substance related death and disorders. The program came to work from the Illinois Family Resource Center. One year state wide grant funded program through IDHS/SUPR. After one year is over another worker will take over. We want to provide training for natural helpers, those caregivers, people in communities that naturally interact with kiddos within their everyday personal life or professional life. For example, volunteers that work at the YMCA, healthcare, first responders, law enforcement and social services or just anyone in the community that naturally interacts with kids that grieving loss due to substance related death and disorders to be able to respond comfortably and confidently to that grief that the child may be experiencing. There are four

components to their project: Grief Support Services Directory in Illinois (you can find this list of supports on Illinois Family Resources Network website), Online Resource Toolkits and Grief & Substance Use Disorder Trainings (help the kids with the shame or guilt they may feel having experienced living with that type of loss). They will be offering trainings to all the regions of Illinois and can be counted as 9 to 13.5 CEU's. (Fyi: DuPage area is region two per Jarrett). They are giving out 14,400 comfort bags to youth and teens, including Spanish bags. Learning materials in the bags. Handle of Care initiative to help vulnerable children through simple communication between law enforcement and educators and mental health providers. For example, if law enforcement came out to a family's house and a domestic violence occurrence was going on that night and little Timmy was up all night. Law enforcement can use their best judgement to inform the school so the teachers will be more understanding if Timmy is feeling sleepy or sad that next day in school, teachers can handle it with better understanding for Timmy.

**57:46-1:02:11**

### **Other Featuring Events:**

**Gilda with GPS Parent Series** speaks about her event: Event coming up next Thursday, October 17th at 6:30 pm, John Duffy about his book called *Rescuing our Boys* virtual or in person at the Glen Ellyn Library at the Resource Fair. Jarrett asks Gilda if she saw the narcan wall boxes that are at the Glen Ellyn Library. [Gilda\\_Ross@Glenbard.org](mailto:Gilda_Ross@Glenbard.org).

**Recovercon** is happening this Saturday in DeKalb, IL

**Ian from New Directions** speaks about their 2024 Annual Gala – Stories of Recovery – live entertainment, at the Dole Mansion in Crystal Lake on November 9<sup>th</sup> at 5pm, Tickets are \$125. He also speaks about all the support groups offered called **The Other Side** Support Groups in Crystal Lake. Many different types of meetings every day of the week(AA, NA, CA, Coda, Refuge, Grief Guide). Every Friday night is open mic night at 8pm. Every third Thursday night is poetry night at 7pm. Every Saturday night is live music, it's great, it's a jam. Every last Saturday night is comedy night 8pm, just ask for donations, the place gets packed so get there early.

**1:02:12-1:03:20**

Jarrett gives a thank you to everyone that attended this meeting –and the next ROSC council meeting - 3rd Birthday party ROSC meeting; Wednesday, November 13<sup>th</sup>. We're going to be talking about substance and mental health programs for justice involved people and our friends who are still incarcerated. In December, the third annual holiday party. If you have any programs or any topics you'd like to discuss please give a shout out to Jarrett and hopefully we can feature you.