

Sangamon County ROSC

General Meeting
11/19/24

Agenda

- Introductions
- Membership Update
- Review of Community Resource Guide and Resource Map
- ROSC Event Updates
- Open floor to ROSC members to share upcoming events, ideas, needs, etc.
- Michael Thomas (Speaker) Presentation

Reminder- ROSC Coordinator Contact

Whitney Devine

Wdevine@fgcinc.org

Rosco@fgcinc.org

Family Guidance Centers,
Inc.

2924 Stanton Street
Springfield, IL 62703
Cell: (217) 891-7627



Introductions

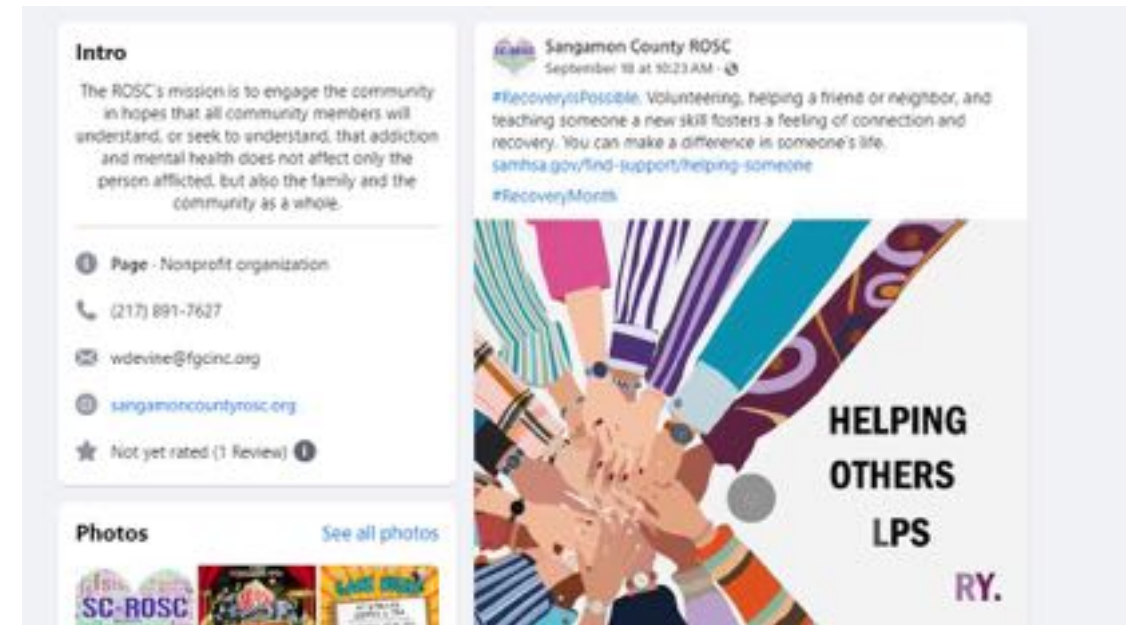
- Name
- Agency/organization/affiliation
- How long have you been with ROSC?

Reminder: Website & Social Media

"Community Organization" page with links to websites:



Enhanced posting about ROSC meetings, community events, and orgs on Facebook:



If you have events or want us to highlight your org on our social media, reach out to Whitney!

Membership Report

Sarah Richardson

Membership Registration

+ 0 new members since last month:

October: 29 registered members

November: 29 registered members

Of registered members:

- 18 unique organizations
- 1 individual (not org-affiliated)
- 19 renewals; 10 new members

Organizations Represented:

- The Phoenix Center
- Salvation Army / Express Employment
- Sangamon County Sheriff's Office
- Sangamon County Health Department
- Fifth Street Renaissance
- Helping Hands of Springfield
- Peer Power
- University of Illinois Springfield
- Gateway Foundation
- Statewide ROSC
- Central Counties Health Centers
- Heartland HOUSED
- Illinois Human Performance Project
- Oxford House
- Family Guidance Centers
- BYO Church Springfield
- SIU School of Medicine
- Washington Street Mission/ Celebrate Recovery

Membership Representation: Sectors



ROSC Sectors (n = 29 people, can choose more than one sector)				
Person with lived experience 11	Recovery supports 16	Faith-based groups 5	Family 11	Service providers 16
Volunteer/civic organizations 3	Education/schools 3	Youth-serving organizations 2	Media 0	Business 7
State/local/tribal government 4	Substance use treatment organizations 6	Healthcare 3	Law enforcement 1	Judicial 0

New Member Registration & Process

If you are interested in becoming a member OR need to re-register this year, please complete the survey: <https://forms.office.com/r/V1Fr6F3eeN>

Next new member orientation is December 20th at 12pm

Join Zoom Meeting

<https://us06web.zoom.us/j/81264605484?pwd=nFISnubNwS8w2CjbMHL7ONNmn6d07n.1>

Meeting ID: 812 6460 5484

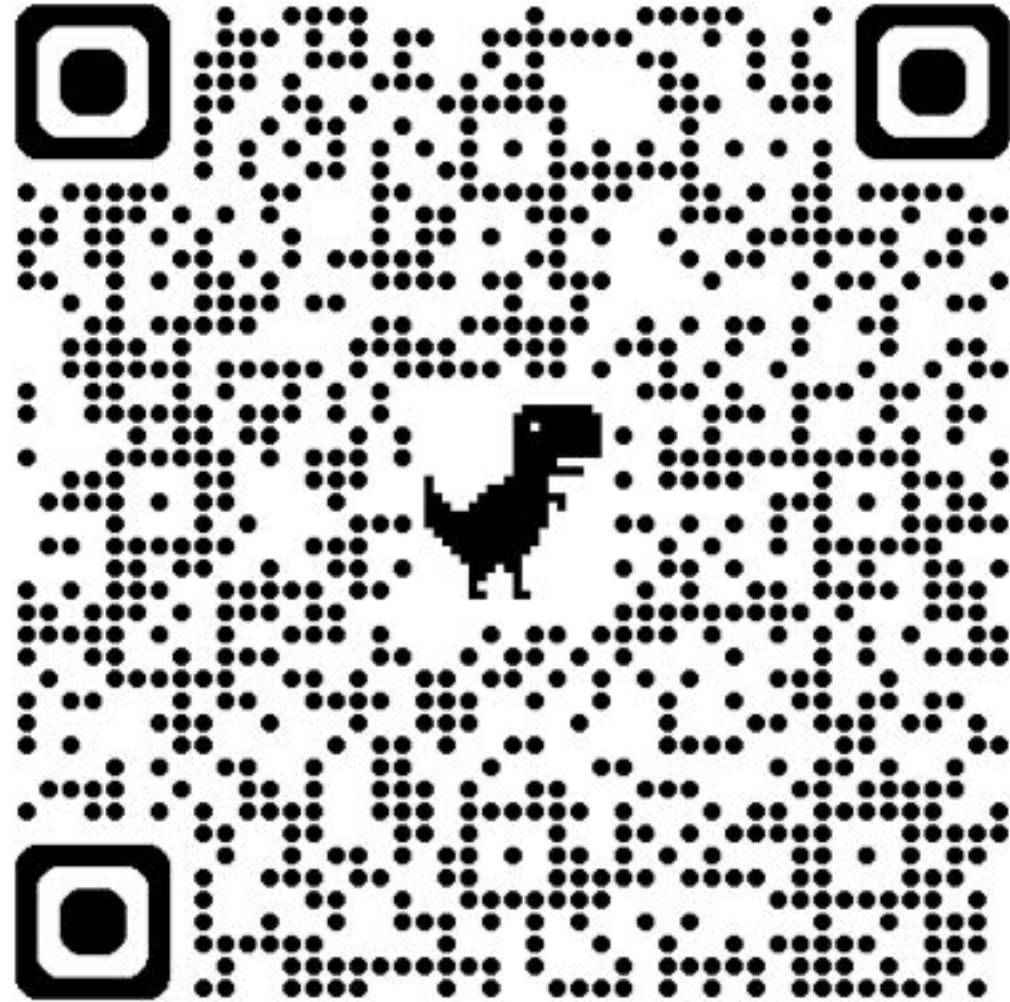
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Community Resource Guide

Whitney Devine

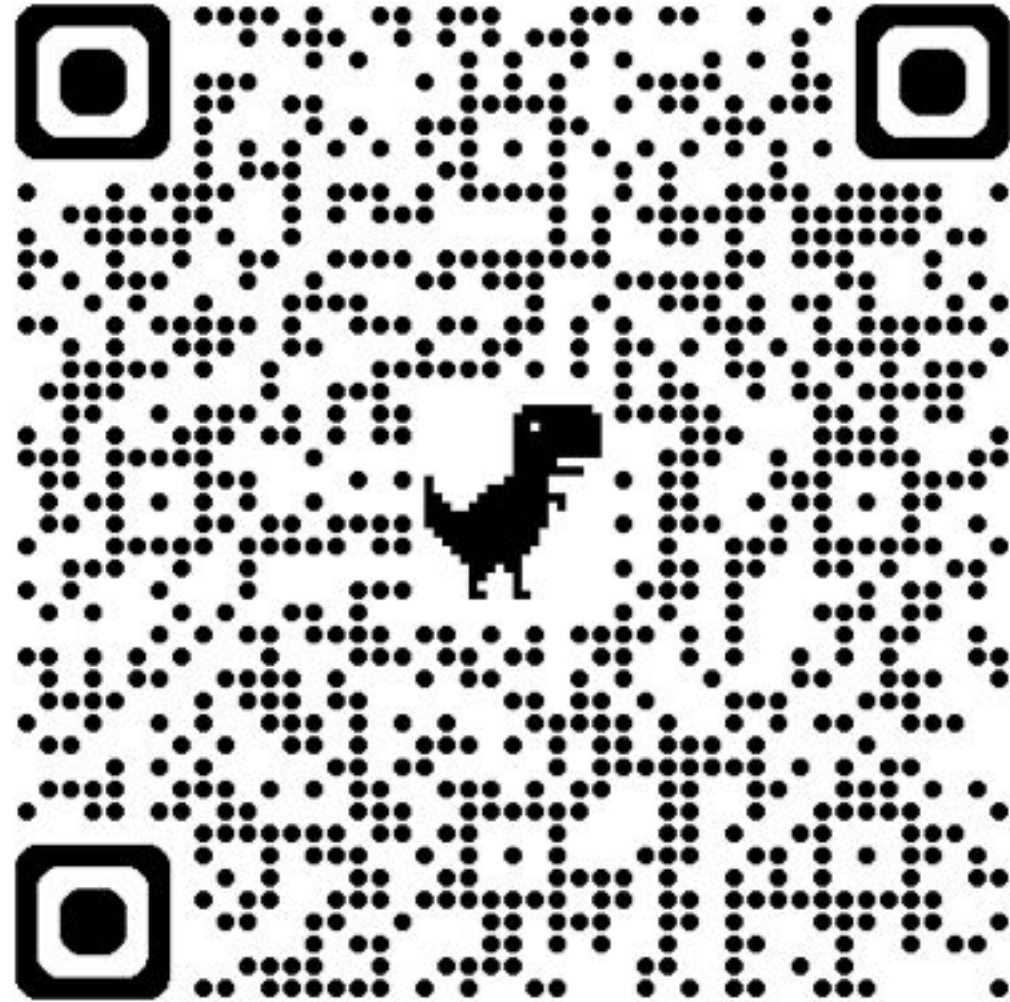
New Live Resource Guide Doc

- <https://docs.google.com/spreadsheets/d/1KprxmMf24EsZc6V35nP-H8B6xBBCxaWFx2cD3B1Wc2I/edit?usp=sharing>
- Document can also be accessed under 'Resources' tab at our website:
<https://www.sangamoncountyrosc.org/>
- Contact ROSC coordinator at wdevine@fgcinc.org for any edits or additions



Community Resource Map

- Google map listing different resources in Sangamon County
- https://www.google.com/maps/d/u/0/edit?mid=1oPSS5VcAz3E22XSkNQGju_riiXCkaAQA&usp=sharing
- Map can also be accessed on ROSC website
www.sangamoncountyrosc.org under resource tab



Community Resource Map



How can we make these resource guides most useful to you/your organizations/your clients?

Are there other formats that would be helpful?

Upcoming Events

Whitney Devine



Recovery in Motion: Fitness Event

- **Date:** Saturday, December 7th, 2024
- **Time:** 11:30 AM-1:30 PM
- **Location:** Fitclub
- **Details:** Event for people in recovery and their family members 18 years and up.
 - 3 Instructor-led classes that individuals can experience (ex: yoga class, hip hop cardio class, and cycling)
-Exact classes confirmed after RSVP secured.
 - Speaker before classes start
 - Healthy sack lunch to go; to secure with Hyvee
- **How to get involved:** Contact Whitney Devine (ROSC Coordinator) at 217-891-7627; or Email: wdevine@fgcinc.org

RECOVERY IN MOTION
FITNESS DAY

Sangamon County ROSC Presents
A FREE EVENT FOR PEOPLE IN RECOVERY AND THEIR FAMILIES
AGES 18 AND UP

SAT
December 7th
SPEAKER: 11:30 AM
CLASSES: 12-1:30 PM

EXPERIENCE MULTIPLE FREE
INSTRUCTOR LED CLASSES BY:
FitClub
Fitness And Wellness For Life

@3631 S 6TH ST, SPRINGFIELD, IL 62703
-POST WORKOUT SACK LUNCHES PROVIDED
RSVP REQUIRED
(LIMITED SPOTS AVAILABLE)
****RSVP BY NOVEMBER 16TH 2024**

TO RSVP SCAN QR CODE: OR CONTACT
WHITNEY D. (ROSC COORDINATOR)
217-891-7627 OR EMAIL:
WDEVINE@FGCINC.ORG



FINANCED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF SUBSTANCE USE PREVENTION AND RECOVERY

Shout Out's and Special Thanks

- Shout out to Michael Thomas with Express Employment Professionals and The Salvation Army for connecting us with the Director of Fitclub and The Chamber of Commerce
- Special Thanks to Fitclub for donating their space for our event; and donating Instructor-led classes
- Special Thanks to Hank Boehme with Family Guidance Center Outreach team for volunteering to be our speaker at the Fitness event!

Thank

You

SANGAMON COUNTY ROSC PRESENTS:

Winter Items Drive

10/9/24-12/09/24

Sangamon County ROSC is accepting donations of new and 'gently-used' winter items for a "Give Away" and Community Resource Event.

Donations Needed:

- Winter Hats
- Scarves
- Gloves and Mittens
- Thick Winter Socks
- Thermals
- long underwear
- "Hot Hands"
- Hot Chocolate Packets



DONATION DROP OFF-LOCATION:

Family Guidance Center

2924 Stanton Ave Springfield IL

DROP OFF TIMES: TUES, WED, THURS 8 AM-4:00 PM

For more information contact:

Whitney Devine (ROSC Coordinator)

wdevine@fgcinc.org ; 217-891-7627

Funded in whole or in part by the Illinois Department of Human Services,
Division of Substance Use Prevention and Recovery

Winter Clothing Drive

- **Event Date:** 12/10/24
- **Donations Accepted:** 10/9/24-12/9/24
- **Time:** Donations Drop off- Tues, Wed, Thurs 8:00 AM-4:00 PM
- **Location:** Drop off at 2924 Stanton Ave. Springfield, IL
 - Pick up also available upon request
- **Details:** Collecting winter items- hats, scarves, thick winter socks, thermals, "Hot Hands", Hot Chocolate packets etc.
 - All donated items will be given out to individuals in need during Community Connections event at the Washington Street Mission December 10th [8:30 AM-10:30 AM]
- **How to get involved:** Contact Whitney Devine (ROSC Coordinator): 217-891-7627; or Email: wdevine@fgcinc.org

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF SUBSTANCE USE PREVENTION AND RECOVERY

Sangamon County ROSC and Springfield Art Association Presents:

RELAX & RECOVER PAINT NIGHT

FRI JAN 10 6-8 PM

@ Springfield Art Association
700 N 4th St
Springfield, IL 62704

REGISTER BY JAN 6
RSVP REQUIRED-
SCAN QR CODE TO
REGISTER
OR EMAIL
wdevine@fgcinc.org

Breathwork Exercises
Light Refreshments
Instructor Led Paint Night
Crafts Table for Kids included!

Special thanks to:

Relax and Recover: Paint Night

- **Event Date:** Friday, Jan 10th, 2025
- **Time:** 6-8 PM
- **Location:** Springfield Art Association
- **Details:**
 - An on-going free Art Event series. On a quarterly basis to start; each workshop will have different art mediums.
 - Pre-registration required
 - All ages event; kid's craft table included
 - Includes Breath work activity; discussion on using art and creativity as an expressive self-care tool in recovery.
 - First event will be a paint night.
 - All materials will be provided
 - **How to get involved:** Contact Whitney Devine (ROSC Coordinator) at 217-891-7627; or Email: wdevine@fgcinc.org

Shout Out's and Special Thanks

- Shout out to Samantha Brown with Fifth Street Renaissance for sponsoring this event and instructing the classes!
- Shout out to Lt Aaron Conard and Sangamon County Sheriff's Office for donating canvases for the paint event!
- Shout to Violeta Torregrosa for donating her time; to instruct breathwork activity
- Shout out to Family Guidance Center's Prevention Team, and to Audrey Sprinkel for leading kids craft table activities.
- Special thanks to Springfield Art Association for allowing us to use their space.



Member Updates

Whitney Devine

Member Updates



UPCOMING
EVENTS



COORDINATION
NEEDS



GENERAL
ORGANIZATIONAL
UPDATES



NEWS FOR THE
GROUP

Presentation: Express Employment Professionals

Michael Thomas

Sangamon County ROSC Meeting

11/19/24

Location: zoom

Attendees:

- Sarah Richardson, FGC
- Whitney Devine, FGC
- Joan Stevens Thome, Sangamon County Health Dept
- Bobby Baker- SIU
- Nicholas Banning-SIU
- Julie Pohlman- Statewide ROSC Region 4 TA
- Stephanie Carson- Gateway Foundations
- Sally Jefferson- Recovery Connections RCO
- Shymeka Kerr- Heartland Housed
- Michael Thomas- Express Employment Professions/ Salvation Army Board
- Lt. Aaron Conard- Sangamon County Sheriff's Office
- Samantha Brown-Fifth Street Renaissance
- Danielle McDermott- Gateway Foundations
- Yolanda Mckinney- Helping Hands
- Jamie Reidle-Heartland Housed
- Bryce Mcfadden- Oxford House inc

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- Michael Thomas (Speaker) Presentation on Express Employment Professionals

Next Steps:

- Let Whitney know if you have any leads on food donations for 12/7 FitClub event
- Reach out to Sally Jefferson if you can assist with grant writing for Recovery Connections RCO
- Lt Conard still needs 2 female AA coaches – reach out if you can assist or have any leads
- Still looking for donations for Winter Item Drive on 12/10 - drop them off at FGC Stanton Tues-Thurs or email Whitney to arrange pick up. Donations accepted through 12/9.
- Still have a few open spots available for the 12/7 Fitness event
 - Register at: <https://docs.google.com/.../1FAIpQLSfOmfq.../viewform...>

Meeting Notes:

- Resource List/Map:
 - Whitney shared the resource list and map on the website, [Recovery Resources – Sangamon County ROSC](#) discussed need to create a printable guide that you

can download from the website, also a card with the QR code that links to the website with resources

- Event Updates:
 - FitClub Fitness Event Sat December 7th, 2024 11:30 AM- 1:30 PM
 - Still looking for donation of sack lunches, reach out to Whitney with any leads on this
 - Winter donation drive [Collecting Items until December 9th 2024] Items to be given out at Community Connections Event at Washington Street Mission on Tuesday December 10th, 2024 8:30 AM-10:30 AM
 - Mostly looking for gloves and other warm items, have received lots of socks
 - Relax & Recover Event- Friday January 10th 2024 6-8 PM
 - First in a series of arts-related events for people in recovery
 - Will have kinds/youth activities to provide child supervision while adults are in the class
- **General Member Updates:**
 - Sally Jefferson- looking for assistance with grant writing for the Recovery Connections RCO (Recovery Community Organization).
 - Goals of this organization are to provide a space where people in recovery can get resources, employment/training, and support. Reach out to Sally if you are able to support.
 - Lt Conard- still looking for 2 female AA coaches to lead meetings inside the jail
 - Joan volunteered to be second person if can find a coach
 - Yolanda suggested reaching out to Archie Ford – has good connections in the AA space
- **Michael Thomas, Director of Business Relationships at Express Employment Professionals**
 - Summary:
 - Have about 20 recruiters
 - 3000 Professional Drive, 217-528-3000, expresspros.com/SpringfieldIL
 - Open Mon-Fri 7:30am-5:30pm
 - Additional resources on YouTube- Express Job Genius --> short videos on interview tips, resumes, office etiquette, etc.
 - Employ over 1,000 people each year, work with 200+ orgs
 - Do long-term and temp placement
 - Light industrial team, Office professional team, skilled trades team (primarily focused on welders, machinist, maintenance techs), Professional team (accounting, finance, directors, etc.)
 - Services are free to job seekers, can walk in or visit the website
 - Services are open and available to anyone, companies decide on criteria for each open position
 - Job seekers will need 2 forms of ID and knowledge of their previous work experience
 - Sometimes companies are more selective on work history, criminal background- have seen this since 2023

- If an individual has been out of the workforce for a while, they have access to many temporary jobs – can build their work history in that way
- Job seekers will need to complete some federal and state documents at first appointment
 - Criminal background, drug screen- often prerequisites for positions
- How ROSC members can collaborate:
 - Biggest barriers are lack of references, work history, transportation, criminal background
 - Criminal background won't disqualify someone from work, but people are hesitant to disclose this – when they do not disclose, it hinders ability to get a job
 - Do have second chance employment opportunities for people with a criminal background