

Logan/Mason ROSC Meeting Notes

November 21st, 2024

Attendance:

Galia Cossyleon (Memorial Hospital)
Jeanette Davis (Chestnut Health Systems-Logan/Mason ROSC)
Sandra England (Taylorville SIU Family Medicine MAR Program)
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)
Jessica Johnson (Chestnut Health Systems-BASE Project)
Bahiyah Khalilallah (Chestnut Health Systems-Statewide ROSC)
Samantha Martinie (Family Guidance Center-Springfield/Logan County Community Member/PLE)
Molly McCain (Lincoln Memorial Hospital)
Brysen McFadden (Oxford House)
Jeff McFadden (Bridgeway ROSC)
Julie Pohlman (Chestnut Health Systems-Region 4 TA)
Marie Riley (Sangamon County Department of Public Health)
Sue Tisdale (Trillium Place an Affiliate of Carle Health)
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)
Colin Witt (Chestnut Health Systems-Impacted Youth Project)

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.

New Business:

- The “Recovery Talk” open discussion during the meeting was about recovery during the holidays. The holidays can be stressful and emotional, especially in recovery or newly in recovery. In a recent survey, 94% of respondents in recovery reported feeling overwhelmed or moderately stressed during the holidays. There are ways we can support our friends and family who may be experiencing stress or overwhelm during the holidays. According to the Mental Health First Aid, research has shown that people are more likely to recover if they have stable family relationships, approval and sympathy expressed by their families, supportive friends, friends who don’t use alcohol and other drugs and who encourage the person not to use, and peer support. When these are in place, people have greater success making it through the holidays without engaging or indulging in substances. Offering support and fostering hope is an extremely valuable contribution that we can give.
- Tips to help:
 - Communicate and becoming aware of potentially triggering situations and having conversations with someone about their triggers. Being pro-active, asking questions, and making sure that we’re listening.
 - Invite or suggest friends in recovery to be around. Make room for people to feel welcome.
 - Reduce holiday pressures by declining an invitation, skipping a particular activity, or leaving a party early. Set your limits and create personal boundaries. Encourage our loved ones and friends in recovery to say “no”.
 - Educate others and give them guidance on where they can help step in.
 - Promote recovery by encouraging consistent and healthy behaviors by eating healthy, keeping our bedtime consistent, and perhaps offering to attend a support group with someone.

Reminders/Recovery Resources:

- There are updated flyers and cards available. If you need any, please reach out. These list recovery meetings, such as AA, NA, and CODA. Peer recovery meetings are also listed. The QR attached has several great resources, so please check it out. If you would like any business-sized cards or flyer-sized cards, the ROSC can get them to you.
- The SMART Recovery meetings occur on Fridays at Lincoln Memorial Hospital from 11:00 a.m. – 12:30 p.m. The ROSC would love you to attend. SMART Recovery is an evidence-based recovery program and is another option for those in recovery. If you are interested in learning more, please join.
- Harm reduction resources are available in Logan County at Family Custom Cleaners in Lincoln (24-hour vending machine), Logan County Health Department, Mount Pulaski Library (24-hour side door access), and Logan County Courthouse.
- Harm reduction resources are available in Mason County at Havana Public Library, Mason County Health Department, and Forman Valley Public Library in Manito.
- For telephonic support, there is the Illinois Warm Line. A hot line is more for someone in crisis or has an emergency; a warm line is a step before that. It is for those who need someone to reach

out to for peer support. Everyone that answers the phone on the warm line is peer support and is someone who has personally experienced mental health and/or substance use disorders themselves and is someone who has earned their Certified Recovery Support Specialist credential. This resource is free to anyone in the state of Illinois who is 12 years old or older. It is completely confidential. This resource is only available Monday through Saturday from 8:00 a.m. to 8:00 p.m. Family members who are walking alongside struggling family and friends can also receive resources from the warm line.

- 988 is available 24/7, as well as the Mobile Crisis Response.
- If you come up with ideas on ways to support someone and post something, you can also include the hashtag #BeTheDifference.
- For those who may be in recovery, having an exit strategy, having a plan, and never going somewhere alone are all important preparations for the holidays.

On-Going Projects:

- The Logan-Mason ROSC has kicked off an Anti-Stigma Campaign. Posters and media posts that have been put out were shared at the meeting. There is more content to come. More examples of content will be released with the meeting minutes. Please help share this content digitally. If you want these resources at your location, please reach out. Some locations have been asked to place these resources in their break rooms. The tagline to the campaign is “Reframing Recovery.” If you have any suggestions on where the ROSC could place these resources, please share ideas.

Upcoming Events:

- On Sunday, November 24th, several people in the recovery community will be gathering at the Oxford House in Lincoln for “An Evening of Gratitude” event. A bonfire and s’mores will be provided. Attendees will share what they are grateful for and have fellowship with others. This would be a great time to come for those who haven’t visited Oxford House. All are welcome.
- The Recovery in Action subcommittee meets the second Tuesday of every month at 4:30 p.m. The next meeting will be on December 10th at Hope on Fifth in Lincoln (upstairs). This is for those who are interested in planning events, coming up with ideas, and coming up with educational opportunities.

Agency Updates

- Naomi mentioned that Gateway’s Peoria location will be taking calls starting Monday, November 25th for services. If there are enough people to start groups, Gateway will be starting groups and walk-in assessments, which will be three days out of the week. Naomi will send out an email to everyone with the information as to when the walk-in hours will be, and services are offered. Gateway’s Bloomington location was also just approved to start accepting MCOs, and so Gateway is approved for Better Health (Molina) and Blue Cross Blue Shield Medicaid.

- Samantha mentioned that she is new to her position at Family Guidance Center. Family Guidance Center has immediate access to care program; anybody who would like to be on Suboxone or Methadone or Vivitrol shots, there is a program called “MAR Now.” These medications may be available for those within the same day or next day. The STS program is where people can have an up to five-day stay; people would have to be able to pass a breathalyzer. These are not detox services, so if they are going through withdrawals, they will not get services for their withdrawals. The Family Guidance Center has outpatient and in-patient services, so if anybody needs these services, you can also contact Samantha or Andrew Kroush.
- Jody mentioned that her clinic window was designed for Recovery Awareness in September. All In Wellness is offering Mental Health First Aid at the clinic. There is training for adults and training for adults who are working with youth. Because this training is offered through the Illinois Agricultural Extension Office, it is geared towards people who are working in the agricultural industry for their family members because they are at heightened risk. If you know anyone who might be interested or want to sign up, please reach out to Jody.
- Brycen mentioned that two Oxford Houses have opened in Springfield, one in October and one in September. Both houses filled up right away and have been full ever since. Two more houses will be opening in Springfield, which will make 10 houses altogether in Sangamon County by January 1st. One of the new ones will be for women and children and the other will be a men’s house.
- Molly mentioned that several people were in Petersburg last week for a Deflection Planning meeting; this was the first of two meetings (another one will be in January). A lot of time was spent going over what resources are currently available and what are not. Another discussion was on how we could best partner with police and local government. The Deflection Program is an initiative that reaches people before they are justice-impacted and have official records. To successfully do that we have to have a collaboration with first responders and law enforcement. The idea is that Logan, Mason, and Menard counties will have a deflection supervisor and four deflection specialists that will be working in the communities to provide aggressive outreach and follow up to connect people to agencies and services.
- Jeanette mentioned that Trillium Place has officially moved into the building at Hope on Fifth and is offering services. Judge Funk is there offering legal aid through the Springfield office. The recovery meetings continue to take place at Hope on Fifth. Talks with Salvation Army continue to happen; the hope is for them to have a space at the building. There is a Facebook page and a Wishlist for Hope on Fifth. There is also emergency housing for veterans at Hope on Fifth. The Regional Housing Support Services is the 501(c)(3) that oversees Hope on Fifth.
- Jeanette mentioned that logancountyresources.org and masoncountyresources.org are both comprehensive websites that have multiple resources available in those areas. If you need anything updated, you can submit it online.

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, December 19th at 2:00 p.m.
 - This meeting will take place at Hope on Fifth (Lincoln). 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: 3:01 p.m.