

Sangamon County ROSC Meeting

12/17/24

9 AM

Location: zoom

Attendees:

- Sarah Richardson, FGC
- Whitney Devine, FGC
- Samantha Martinie, FGC
- Steve Ohl, Washington Street Mission/Celebrate Recovery
- Sally Jefferson, FGC
- Jamila Patterson, The Outlet
- Mike Thompson, Salvation Army/Express Employment Professionals
- Galia Cossyleon, Springfield Memorial Hospital
- Donna Darlene
- Stephanie Carson, Gateway
- Johanna Gonzalez, SUPR
- Shanon Allen, City of Springfield – first meeting! (Community Care Coordinator)
- Jamie Riedle, Heartland Housed
- Donna Reeves, Central Counties Health Center
- Joshua Stuenkel, Deputy Chief at Springfield Police Dept
- Kathy Battee-Freeman, UI Springfield
- Brycen McFadden, Oxford House
- Julie Pohlman, Chestnut Health
- Shymeka Kerr, Heartland Housed

Agenda:

- Introductions
- Membership Update
- Review of Community Resource Guide and Resource Map
- Community Survey
- ROSC Event Updates
- Community Organization Spotlights: Video Project highlighting community organizations; Thoughts on organizations that would like to be highlighted.
- Open floor to ROSC members to share upcoming events, ideas, needs, etc.

Next Steps:

- Take our community survey and distribute widely in your networks:
<https://www.surveymonkey.com/r/sangamonrosc>
- Register for January 10th Paint Night event, and share the flyer (attached) with your communities
- Reach out to Whitney directly if you would like printed cards with the resource guide information and map – these are also available on our website-
<https://www.sangamoncountyrosc.org/resources>

- Reach out to Whitney if you would like us to highlight your organization or suggest another organization to highlight in our social media series “Community Organization Spotlights”

Meeting Notes:

- Whitney was promoted to ROSC Program Manager, we are in process of hiring a ROSC Coordinator
- Recently started a project called Community Organization Spotlights – quick video segments of organizations in town to help the community better understand what they are doing
 - Reach out if you would like to be highlighted or know someone who should be highlighted
- Membership Report: 1 new member this month
 - New member orientation occurs on 3rd Friday of the month at 12pm – next orientation is Dec 20th at 12pm, zoom link is on the website or reach out to Whitney
 - Still looking for more members in the Media, Judicial, Law Enforcement sectors
- Whitney showcased new resource guide
 - Let Whitney know if you would like printed cards with the resource guide QR code and map
 - Whitney is in the process of making a printable version of the resource guide
 - If you are reviewing the guide and see a mistake or org not represented, let Whitney know
- Survey update-
 - Survey was released to the community two weeks ago, have 57 responses so far
 - Please share with your communities:
<https://www.surveymonkey.com/r/sangamonrose>
- Events Updates
 - Recovery in Motion Event – went very well
 - Had an open sharing session about the role of fitness in their recovery
 - Tai Chi and cycling classes
 - Donated sack lunches
 - At the event, many people expressed interest in a yoga event in the future – we have identified a yoga studio who will donate a class in March
 - Winter Item Giveaway – huge success, giant thank you to the community
 - Benefited individuals at the Washington Street Mission
 - People were very supportive and excited
 - Upcoming Event: Paint Night Relax and Recovery
 - Friday January 10th 6-8pm
 - At the Springfield Art Association
 - Will be led by Sam Brown from 5th St Renaissance
 - Breath work exercises prior to the painting
 - Craft table for kids- all ages welcome
 - Pre-registration required
 - Upcoming Event: Music Bingo event in February
 - Don’t have a flyer out yet
 - Saturday, Feb 22nd 5:30pm
 - Food/drinks, bingo starts at 6pm

- At the Pasfield House
 - Up to 50 attendees, pre-registration required
 - Beginning to collect bingo prizes – already have lots of things donated
- Member Updates
- Mike Thomas- big toy distribution happening on Saturday, could use some help volunteering at set up at the event – will send Whitney information on that
 - Jamila with The Outlet- this evening they have a community bonfire outside at their building. Starts at 5:30pm – open to the community to come together, network. Families, kids- everyone is invited. 3306 S 6th St location

Sangamon County ROSC

General Meeting
12/17/24

Agenda

- Introductions
- Membership Update
- Review of Community Resource Guide and Resource Map
- Community Survey Update
- ROSC Event Updates
- Community Organization Spotlights
- Open floor to ROSC members to share upcoming events, ideas, needs, etc.
- Monthly Speaker: Beth Rowe with Feeding Springfield One Lasagna at a Time

ROSC Program Manager Contact

Whitney Devine

Wdevine@fgcinc.org

Rosco@fgcinc.org

Family Guidance Centers, Inc.

2924 Stanton Street

Springfield, IL 62703

Cell: (217) 891-7627

- In the process of hiring a ROSC Coordinator

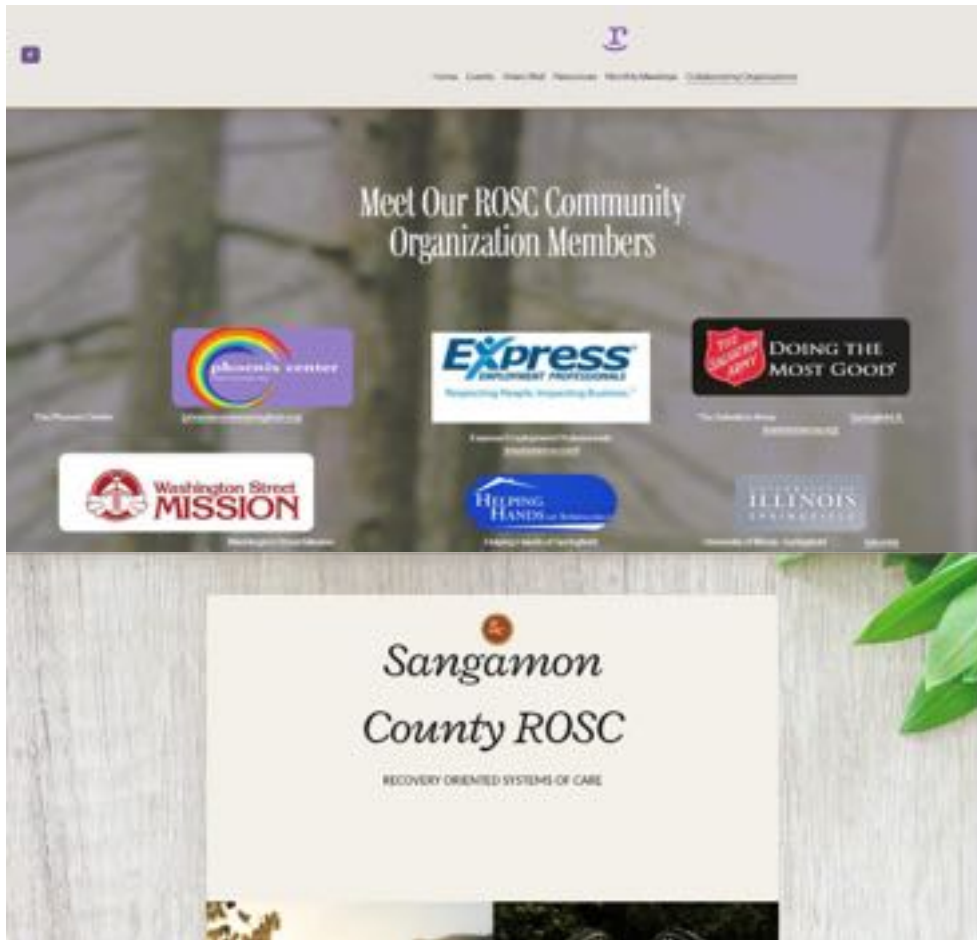


Introductions

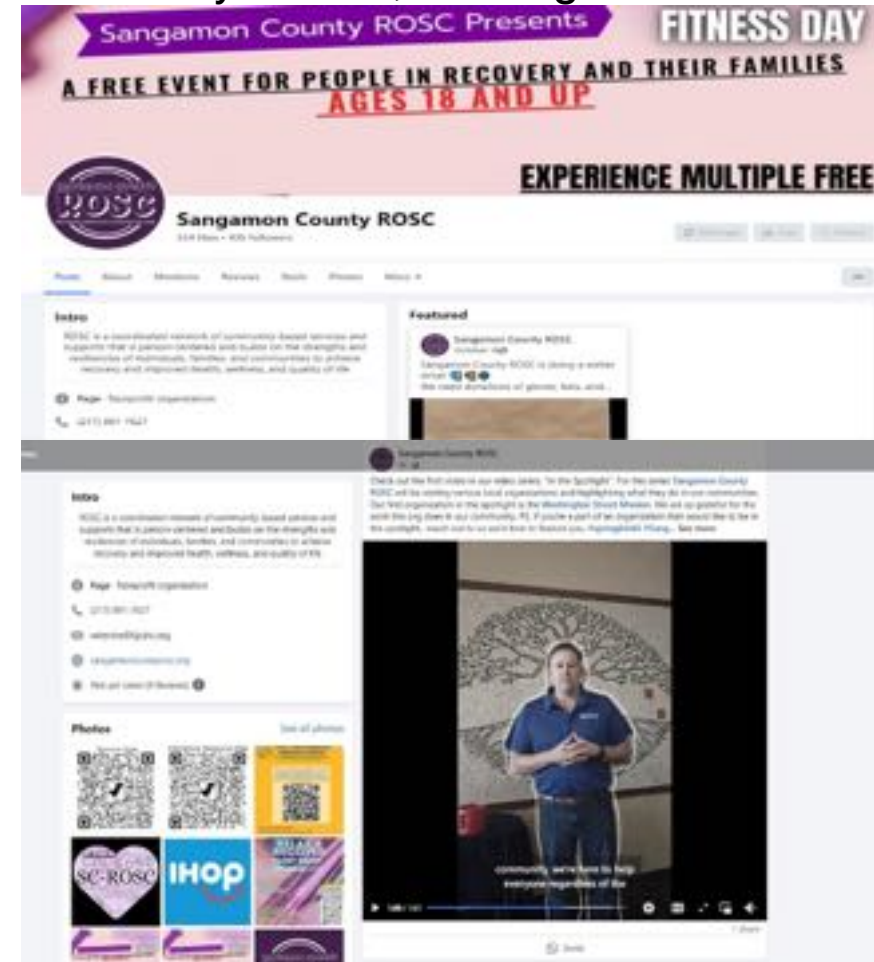
- Name
- Agency/organization/affiliation
- How long have you been with ROSC?

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!

Community Organization Spotlights

- Video projects featured on ROSC FB page- highlighting community organizations.
- Let ROSC manager know if you'd like your organization to be highlighted on our ROSC FB page or have a suggestion for an organization to be highlighted.



Membership Report

Sarah Richardson

Membership Registration

+ 1 new member since last month:

November: 29 registered members

December: 30 registered members

Of registered members:

- 19 unique organizations
- 1 individual (not org-affiliated)
- 19 renewals; 11 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
- **Springfield Memorial Hospital**

Membership Representation: Sectors



ROSC Sectors (n = 30 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 4	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

Passcode: 879238

Community Resource Guide & Map

Whitney Devine

New Live Resource Guide Doc & MAP

Community Resource Guide:

<https://docs.google.com/spreadsheets/d/1KprxmMf24EsZc6V35nP-H8B6xBBCxaWFx2cD3B1Wc2l/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=1oPSS5VcAz3E22XSkNQGjiriiXCkaAQA&usp=sharing>

- Map can also be accessed on ROsc website www.sangamoncountyrosc.org under resource tab
- **How can we make these resource guides most useful to you/your organizations/your clients?**
- **Are there other formats that would be helpful?**



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

Community Survey Update:

- Survey is now live via Survey Monkey
<https://www.surveymonkey.com/r/sangamonrosc>
- Survey posted to our Social Media Page
- Distribution ideas
- Survey available digitally, but paper copies can also be distributed.

Distribute to your family, friends, and communities in Sangamon County!



CALL FOR FEEDBACK! COMMUNITY SURVEY

*Take our Sangamon County Community Survey
and tell us how our County is doing!*

We'd love to hear your thoughts on recovery-related issues through this brief survey. Your input will help us identify key areas where we can make real improvements in our community.

Your voice matters.



HOW TO TAKE SURVEY:

Scan QR code to take our survey or visit:

www.surveymonkey.com/r/sangamonrosc

Contact Whitney D. 217-891-7627 if you'd like paper copies to distribute at your organization.



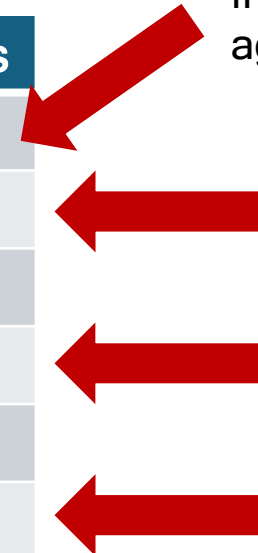
Community Survey Update:

Updated: 12/16/24

Total Responses: 57 --> Target: 300 responses by mid-February

Note: currently have 0 responses from people under age 25

	Sangamon County	ROSC Survey Respondents
Average age	40.6	35-44
% Female	51.7%	63%
% Hispanic/Latino	2.7%	7%
% Black/African American	13.2%	8%
% White	77.4%	77%
% Asian	2.2%	0%
% Two or more races	5.9%	5%



Event Updates:

Whitney Devine





Recovery in Motion: Event Review

- Approximately 15 Attendees present at 1st Fitness event (At Fitclub)
- Several individuals in recovery in attendance and one individual who was a family member of someone in recovery.
- Hank Boehme shared a little about his fitness journey with the group and the facilitated an open sharing session.
- Classes included Cycling and Tai chi.
- Attendees sat together after work out and enjoyed sack lunches sponsored by IHOP
- Many in attendance volunteered to help at future ROSC events
- Many expressed interest in doing a Yoga event in the future; A yoga event is being planned for March- instructor and studio being donated; along with recovery sharing circle. More details to come.

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

Winter Item Giveaway: Event Review

We would like to thank our community for all the donations we received for our Winter drive benefiting individuals at the Washington Street Mission. Here is a rough estimate of items given away at our event:

- 1000+ socks
- 300ish hats
- 100ish pairs of gloves
- 100ish scarves
- 3 pairs of shoes
- 5 pairs of underwear
- 10 handkerchiefs
- 50ish neck gaiters
- 600ish Hand/toe/body warmers
- 30 coats
- 8 sets of thermals
- 2 Rubbermaid containers full of winter clothing
- -A large case of hot chocolate packets



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:

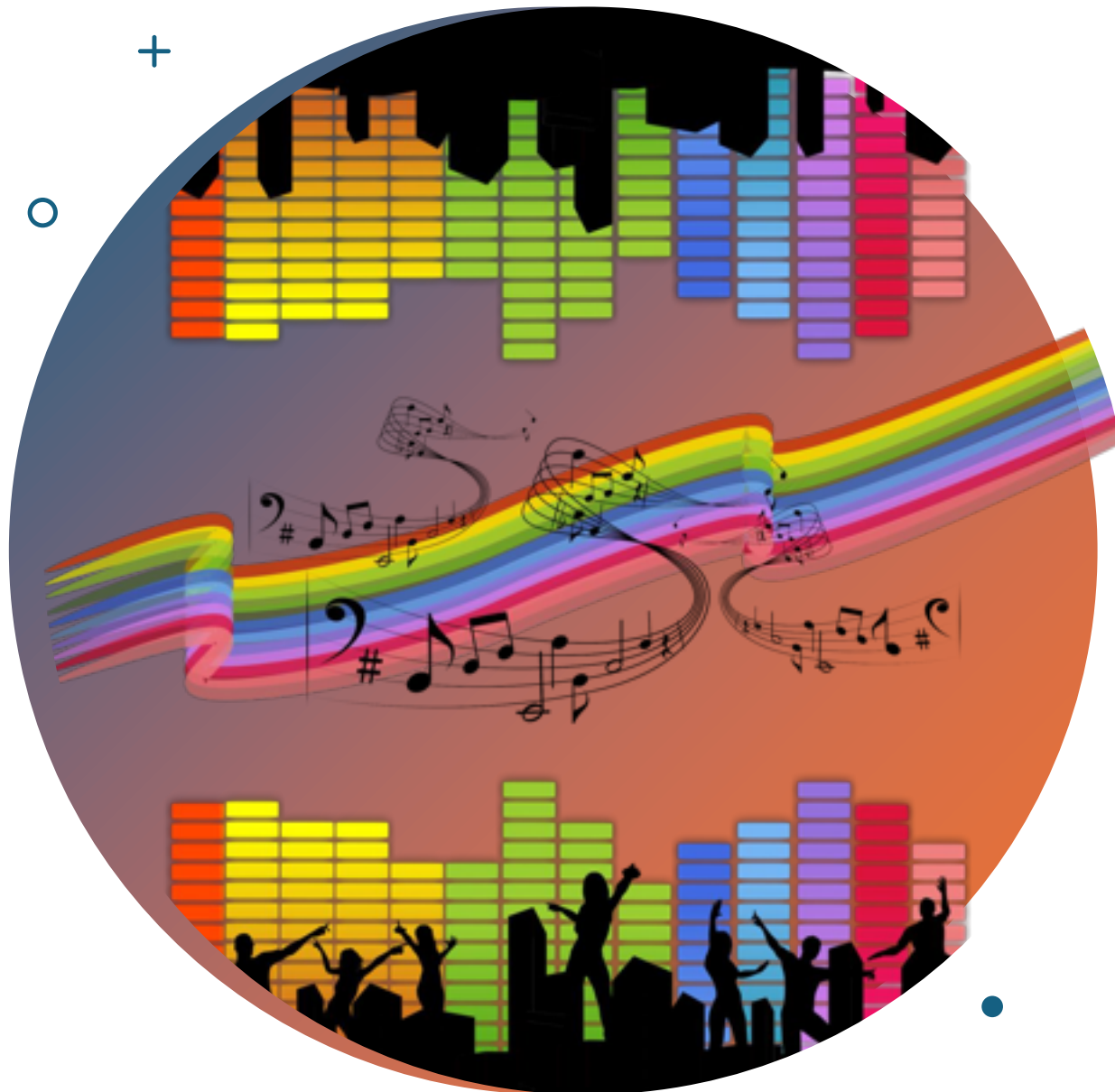
Relax and Recover: Paint Night

- **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.





ROSC February Event- Music Bingo

- **Saturday February 22nd, 2025.** Doors open at 5:30 PM for food and fellowship. Music Bingo from 6-8 PM
- Winners of music bingo will win prizes each round.
- Venue space donated by The Pasfield House
- Cap of 50 attendees; Pre-registration required.
- Flyer coming soon
- Beginning to collect Bingo Prizes-

Donations collected for prizes so far: Gift cards have been donated by Jerk Shop Go, Scoop Du Jour, Motorheads, and Charlie Parkers. Bunn has donated a coffee maker, Witty's Honey has donated some natural honey, and Fitbodies has donated a punch card. (Shout out to Hank for connecting us with Fitbodies)

Seeking additional gift cards or products for donation

Member Updates

Whitney Devine

Member Updates



UPCOMING
EVENTS



COORDINATION
NEEDS



GENERAL
ORGANIZATIONAL
UPDATES



NEWS FOR THE
GROUP

Presentation: “Feeding Springfield One Lasagna at a Time”

Beth Rowe