

DuPage ROSC Council Meeting

December 11th, 2024

0:00-12:20

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 let everyone know that today's hybrid portion of the meeting would be a little shorter, as the ROSC Holiday Party will be going on, with networking, food, fellowshiping, etc.

Jarrett talked about the importance of everyone sharing their contact information, as it helps the ROSC report on attendance, but also so people can connect offline for referrals, collaborations, etc.

Jarrett explained what a ROSC is, and what DuPage ROSC does. ROSC is a coordinated network of community-based services and supports that attempt to identify both the strengths of the recovery community in DuPage County, but also the gaps in services and barriers to entry for those living with substance use and mental health challenges. We do what we can as an organization to fill those gaps and to advocate on behalf of those living with SUD and mental health concerns. We try and center the voices of people with lived experience to reduce stigma and give some hope to people who are still struggling.

Jarrett notes that Region 2 TA Ben Rudolph has joined us in person and is the guest of honor at the holiday party.

ROSC Coordinator Jarrett Burton promoted a number of upcoming meetings and trainings being put on by DuPage ROSC and their community partners:

ROSC Coordinator Jarrett Burton promoted the January meeting of the DuPage ROSC Council, which will feature presentations by Herb Strickland, MS, LCPC, Substance Use Recovery and Prevention Director and Daisy Silva, MSW, LCSW, Crisis Services Director, both from Ecker Center for Behavioral Health in nearby Elgin, IL. Jarrett mentions that a group of ROSC members recently toured Ecker Center and they have a number of beneficial services they provide for people seeking recovery.

ROSC Coordinator Jarrett Burton says that we will also be welcoming Alex Pulaski from the DuPage Health Department and the DuPage Narcan Program to give a rundown of their yearly report on harm reduction services, overdose stats, and more.

Jarrett also mentions that at the January meeting we will be reporting on some of the early responses to the ROSC's Community Needs Survey, which is launching after the meeting. The early results will give us an idea of how close we are to hitting our goal, and how we can push the survey to any demographics that might be missing.

ROSC Coordinator Jarrett Burton then promoted the January edition of the DuPage ROSC Presentation Series, which will feature Bruce Sewick, CRSS Program Coordinator from College of DuPage, and his presentation *What Have We Learned From the Psychedelic Renaissance?* Jarrett mentions that Bruce did a similar presentation two years ago, and we're glad to welcome Bruce back to update us on what has changed over the past two years around psychedelics as a treatment option for people with trauma and other mental health challenges that aren't able to be met by traditional treatment. Bruce has long been a proponent of psychedelics as a therapeutic option, which fits the ROSC multiple pathways approach to recovery. The presentation is open to the public and will be held on Wednesday, January 15th at 10am on Zoom.

ROSC Coordinator Jarrett Burton then promoted the DuPage ROSC + DuPage RCO Game Night, which is taking place on Saturday, January 25th from 6p-9p at Serenity House Counseling Services (891 S Rohlwing Rd, Addison IL). Jarrett mentions that ROSC held a couple of these game nights last year, and they had great turnouts and were a lot of fun. At previous game nights there were multiple video game stations, board games, cards, refreshments, and more, including a Game Night GOAT trophy that was awarded to the best gamers.

ROSC Coordinator Jarrett Burton next promoted a Recovery Yoga event happening on Saturday, January 11th from 3-5pm at the Women's Halfway House at Serenity House. The event will be led by Trinity Hamilton, who runs Serene Sanctuary Studios in Naperville. Trinity has also done an amazing job at collecting yoga mats and supplies for use at Serenity House. Jarrett stresses that this is a yoga event for beginners, and although he is the world's least-flexible man, he will be there attempting yoga with everyone else.

ROSC Coordinator Jarrett Burton then promoted the upcoming annual Sober Skate event taking place on February 23rd from 4:30-6:30pm at Coachlite Skate Center in Roselle. Jarrett mentions his love for roller skating as a kid, and was pleasantly surprised to learn that there were in fact skating rinks still in existence. The Sober Skate is \$12 to attend, with a \$5 skate rental fee. You can also bring new packages of socks for donation and all proceeds will be going back into the recovery community.

ROSC Coordinator Jarrett Burton then promoted the DuPage RCO's Virtual Narcan Training, which takes place on the third Thursday of every month at 12:30pm. These virtual

trainings are great for beginners, or even as a brush up for people who are already aware of Narcan and how invaluable it's been for our community. The training also goes into recent trends, including updated overdose stats for DuPage County, new adulterants showing up in the drug supply, and more.

ROSC Coordinator Jarrett Burton then promoted the SMART Recovery meeting run by the DuPage RCO at Stonybrook Center, which is a local MAT clinic in Wheaton. This meeting is open to the public, and takes place every Wednesday from 1-2pm. Jarrett describes SMART as an alternative to 12-Step recovery meetings that used Cognitive Behavioral Therapy and goal-based work and says that several clients at Serenity House that were resistant to AA or NA have really thrived using SMART Recovery.

ROSC Coordinator Jarrett Burton then promoted a hybrid Veterans Support Group meeting that takes place every Thursday from 6:30p-7:30p on Zoom and at Serenity House (891 S. Rohlwing Rd, Addison). Jarrett says that veterans are a group that often gets forgotten about in regards to recovery and their specific needs, so we're glad that there's a meeting designed specifically for them.

ROSC Coordinator Jarrett Burton then promoted a virtual SMART Recovery meeting happening each Saturday from 9am-10am on Zoom. Jarrett says that he provides copies of all of these meeting and event fliers in his follow up emails sent after the council meeting.

ROSC Coordinator Jarrett Burton then promoted a virtual Refuge Recovery Meeting taking place every Saturday from 10:30am-11:30am on Zoom. Jarrett says that Refuge is a recovery program based around the core tenants of Buddhism, and offers a lot of mindfulness and meditation as recovery practices. Refuge can be a great alternative to 12-Step and other traditional recovery programs.

ROSC Coordinator Jarrett Burton then promoted a SMART Recovery Friends and Family meeting happening every Thursday from 6pm-7pm at Serenity House (892 S Rohlwing Rd, Addison), and led by colleague Felicia Miceli. This meeting is specifically for the friends, family, loved ones, and allies of people struggling with substance use challenges. Jarrett says that friends and family can sometimes be forgotten about in the process of someone trying to recover, so it's crucial to be able to provide that support for them.

ROSC Coordinator Jarrett Burton now introduces the **ROSC What's App Referral Hub Coordinator, Blake Worman**. Jarrett says that if you aren't signed up to take part in the Referral Hub, you're missing out as it's a great way to find quick and easy options for any type of services you may be seeking along the recovery continuum, warm-handoff included. Jarrett gave a brief history of the Referral Hub: it started as a group text between a dozen people, all of whom worked in the field or had lived experience and were the ones that people would come to whenever they were seeking recovery services for themselves or others. It quickly grew past the limitations of texting and was then moved over to What'sApp in early 2023. Jarrett mentions that the Hub is now up to 130 members who are in there working on referrals day and night. Jarrett also mentions how to join the group.

Jarrett says that for the past few months the ROSC has been awarding a monthly Referral Hub MVP, and that it was time to announce the first DuPage ROSC Referral Hub 2024 MVP.

DuPage ROSC Recovery Navigator Blake Worman takes the mic to tell us that in 2024 the Hub has provided around 430 different referrals, coming out to an average of 35 referrals per month. Blake says that none of this would've been possible without the Hub members time, knowledge, and willingness to provide each other with the resources needed to keep folks from falling through the gaps in services. Blake also mentions that when people are seeking recovery there is a narrow window of time in which to find those services before a person changes their mind or gets cold feet.

Blake reveals that the winner of the ROSC Referral Hub 2024 MVP goes to John Skocz, LCPC, CAADC, and Coordinator of Inpatient & Outpatient Addictions Programs at Central DuPage Hospital. John wins a gift card, but Jarrett mentions that we don't do this work for gift cards or recognition, but for the people who may have previously fallen through the gaps before the Hub was created.

John Skocz gives a short acceptance speech. He says he was surprised he won, only because the Hub is so active and there are so many people offering resources to people in need. John says that he will use the gift card to purchase something for the inpatient unit at CDH that his clients and patients can enjoy. One idea he has is for some pairs of nail-clippers, as they don't currently have any on the unit and it's one of those items that people take for granted or forget about. John says he might also use it to order some outside food for the clients. John says he is grateful for the Hub, as he's able to connect people to services quickly, whereas previously they may have been waiting weeks to find the right resource. Lastly, John expresses his gratitude for the ROSC and notes the positive impact it has had for our county. Jarrett follows up by explaining how people can join the Hub.

12:20-20:30

ROSC Coordinator Jarrett Burton wanted to walk everyone through some of the ROSCs highlights from 2024, as well as the goals for 2025.

The DuPage ROSC Council 2024 Highlights:

- Partnership with DuPage Health Department for harm reduction saw installation of Narcan boxes at partner sites: West Suburban Fellowship Club, 360 Youth Services, Stonybrook Center, Abraxas Treatment Center, Wheaton Police Department, The Outreach House, Glen Ellyn Public Library, Villa Park Public Library, Wheaton Public Library. Partnership will continue into 2025
- Expansion of the DuPage ROSC Referral Hub to 130 (!) members, the Referral Hub continues to be a model for timely referrals and warm handoffs
- Over two dozen presentations on a wide variety of topics across the recovery continuum, including: sober living, EMDR, trauma-informed care, Methadone, Xylazine, Vape Shop Highs, and other timely topics
- Justice-involved individuals in recovery: conducted focus group to identify gaps and barriers to services. Our volunteer work continued inside DuPage County jail, including an employment training course for industrial painting and drywall. ROSC also started volunteering inside Kane County jail.
- Overdose Awareness Day event in collaboration with DuPage Recovery Community Organization and Serenity House
- Advocacy and representation: DuPage Council on Strengthening the System, DuPage Crisis Center, Illinois Regional Care Coordination (opioid settlement funds), Illinois Recovery Support Services Action Committee, etc
- Strategic Prevention Framework partnership with DuPage Health Department providing SBIRT screening and Motivational Interviewing trainings, and future Parent Café events
- Creation of DuPage ROSC Resource Guide, an in-depth collection of resources from 20 sectors along the substance use and mental health continuum
- DuPage ROSC Donation Drives for community partner sites including Midwest Shelter For Homeless Veterans, People's Resource Center, and Glen Ellyn Public Library

The DuPage ROSC Council Goals for 2025:

- Increased advocacy work on behalf of those living with substance use and mental health challenges in DuPage County
- Expansion of harm reduction work in the county: more Narcan boxes, machines, collaborations with community partners, education and advocacy for ALL harm reduction pathways
- More work on stigma reduction through campaigns, collaborations, and increased visibility of members in recovery but also residents who might still be using substances.
- Spanish-language referral services

- Increased representation from folks and groups that don't have a seat at the table
- Continue to keep people “plugged in”—everyone from PLEs in early recovery to students looking to enter the field.

20:30-23:15

ROSC Coordinator Jarrett Burton takes a few minutes to honor Bob Heldermon, a longtime peer support worker who is leaving Serenity House for a position at the SHARE Program in Hoffman Estates. Jarrett tells a story about how he became acquainted with Bob back when he was a client at Serenity House. Jarrett was asked to meet with Bob at least once to see if having a peer support option would be helpful, which it was. So from then on out, Jarrett and Bob would meet once a week to discuss not only recovery, but things in their lives in general including music, movies, and other interests. It was through these meetings that Jarrett first discovered peer support, and he thought it might be something he could be good at. Jarrett thanks Bob for all of his hard work at Serenity House and wishes him luck at SHARE.

23:10-End

ROSC Coordinator Jarrett Burton announces the ROSC Community Survey is open. Jarrett says that assessments and surveys like this are incredibly important to our work, not only because we're helping the state with data collection, but because it helps us get an accurate view of what's happening in DuPage County. Jarrett says it also helps to direct the efforts of the ROSC in the coming months and years.

Jarrett says that this survey is in collaboration with IDHS/SUPR, because there are a number of questions that they have required all ROSCs across the state to include in their surveys. SUPR is asking us to use their 10 questions, and DuPage ROSC can add additional questions that might be more specific to our area. Overall the questions align with five priority goals of all ROSCs in the state of Illinois:

- **Stigma reduction**
- **Promoting Medication Assisted Recovery (MAR)**
- **Promoting harm reduction**
- **Ensuring effective service delivery**
- **Prioritizing equity**

Jarrett says that these are five areas that the DuPage ROSC has already been focusing on over the past three years, and that focus will continue. Jarrett mentions that we have two versions of the survey available—one in English, and one in Spanish, which was translated by new DuPage ROSC addition Annette Villareal. Jarrett says that the goal is to push the survey out to as many people and places as possible, and that we're casting a wide net. Jarrett says that we don't want the survey to only be answered by people already working somewhere on the recovery continuum.

Jarrett shares the flyer with QR codes for both versions of the survey, and they have also been posted on the tables at the ROSC Holiday Party. Jarrett again stresses how important data collection is to the ROSC.

Jarrett also mentions that he will be sending the survey out through email blasts, and asks the attendees to share the survey with people in their networks, their friends, families, loved ones, students, etc etc.

Jarrett closes the official meeting portion of the afternoon so the ROSC Holiday Party can kickoff, and reminds everyone that the next meeting of the DuPage ROSC Council will be on Wednesday, January 8th at 3pm when we welcome Herb Strickland and Daisy Silva from The Ecker Center to spotlight their services, as well as Alex Pulaski from The DuPage Narcan Program to go over their yearly report.

HAPPY HOLIDAYS FROM YOUR FRIENDS AT THE DUPAGE ROSC!