

# EDGAR COUNTY ROSC MEETING MINUTES

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January 28<sup>th</sup>, 2025

5:15 PM

Paris Hospital Conference Room A and on Zoom

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**Attendees:** Nicki Hanks, Jessica Parrill, Lexanna Strader, Norm Wilson, James Sanders, Conner Dotson, Julie Pohlman, Doug Cochran, Vicki Dick, Jack Hoffman, Amy Hornbrook, Jerica Robinson, Judy Benton, Cindy Spencer, Rick Cook, Debbie Cook, Sue Sheeran, Michelle Creech, Marylin Frey, Kristina Drum, Dennis Eveland, Johnathon Burns, Janice Watson, April Burns, Bethany Wagner, Mary Ryan, Betty Ridder, Deb Beckman, Jerica Robinson, Kyra Graham, Michelle Hibbard, Susan Eslinger, Cory Hanks

## **Self-Care Presentation Michelle Creech**

Michelle discussed the importance of self-care and its role in managing stress and improving overall well-being. She emphasized that self-care is not self-indulgence but self-respect, and it should be an integral part of daily life. Michelle highlighted five essential self-care strategies: sleep, exercise, eating well, relaxation, and connection. She also shared some common symptoms of stress and encouraged participants to identify their warning signs. Michelle concluded by encouraging everyone to build their self-care toolbox and use it consistently to enhance their overall health and well-being.

## **Freedom Rally “An Evening Of Hope” Jack Hoffman**

Jack proposed an event called the "Evening of Hope" to be held on May 1st, National Day of Prayer, in the evening. The event would be open to the public at no charge, with a primary focus on those with addictions or burdens. The event would be faith-based, but inclusive of secular groups. Jack also introduced a group called the 180 Degree, who are singers and inspirational speakers and shared their story of overcoming heroin addiction.

Various support and recovery programs would be highlighted, and attendees would be encouraged to cancel their regular meetings that week to participate. The event would be funded by donations and gifts from individuals and sponsors, with all funds being run through the Ru of 1st Baptist. Any leftover funds would be divided equally among the organizations that supported the event. Jack also mentioned the possibility of involving local corporations and churches in the event. He emphasized the importance of faith-based support and the potential for the event to help people overcome addiction.

## **We can and do recovery Communication Champaign**

The Effingham and Moultrie/Shelby County ROSC has collaborated with Prevention First to host a virtual youth panel on engaging young people in prevention efforts using data-driven strategies. Free CEUs will be provided. The panel will take place virtually on February 25, 2025.

### **ROSC Council Meeting Location**

There was also a discussion about moving the meetings to Conference Room D, with suggestions for alternative locations. The Council agreed to move to Conference Room D next month.

### **Community Survey**

Nicki began by thanking the Council for their outreach efforts in helping to achieve the goal for the community survey. She stated that only 100 more surveys are needed to reach the goal. She also mentioned that if each person in the room completed five surveys, they would successfully meet the target.

### **Community Asset Map**

The Council conducted a comprehensive review of the Community Asset Map. Following the discussion, Nicki will incorporate the necessary edits and finalize the document. Once approved, the revised version will be distributed to the Council for further review and implementation.

### **Community Strengths, Weaknesses, and Opportunities (SWOT Analysis)**

Nicki led a discussion on the community's strengths, weaknesses, opportunities, and threats. The group identified their strongest asset as the cooperation among various groups, with the ROSC playing a significant role in bringing everyone together. They also acknowledged the community's commitment to helping others and its generosity. However, they identified weaknesses such as a lack of acceptance of harm reduction materials and overall education, transportation issues, and a need for more sober activities for the youth. Opportunities for improvement included reaching a wider demographic and leveraging events like the recovering picnic. The group also discussed the importance of unconditional love and support, particularly in the soup kitchen. The conversation ended with Nicki encouraging the team to share any additional thoughts via email for inclusion in the needs assessment.

### **Upcoming Event and Training Updates**

Nicki discussed the upcoming event on March 27th, 2025 at 4 PM at the First Baptist Church in Paris. Where Joe Trotter from Campaign Urbana, Health Department will be Presenting for a Community-wide training on understanding addiction and harm reduction. She encouraged everyone to attend and partner if interested.

### **Handle with Care Initiative/ Human Trafficking Training**

Doug talked about his meetings with the Chief Association, the Illinois Sheriff Association, and the State Police to push out the Handle Care project. He invited suggestions for additional human trafficking training locations.

**Adult mental Health First aid Training**

Michelle Creech Mentions that she will be hosting an Adult Mental Health First Aid Training this Friday, January 31, 2025. Starting at 9 AM at the HRC Forsythe Building 406 N. 2<sup>nd</sup> Street Marshall Il 62441

**Next Meeting:** February 25<sup>th</sup> 2025 Paris Hospital Conference Room D and on Zoom