

# Recovery Oriented System of Care



## Pope/Hardin County ROSC Meeting

12/12/2024

### Attendance

Dave Griswold, PLE

Cammy Duggins, Arrowleaf

Tor Neal, Arrowleaf

Beverly Holland, Region 5 TA

Brent Van Ham, SIU School of Medicine (Center for Rural Health and Social Service Development)

- I. Welcome and Introductions
- II. Old Business
  - a. We represented ROSC at the local Deer Festival Parade! We were Comeback Couture: Aim for Recovery.
    - i. We won best in fashion!
  - b. Last month, we learned about recovery capital as a way to build and maintain recovery. Melissa Brown did a great job of explaining the concept and how we can build recovery capital in our community!
    - i. This includes things like having a safe home, primary doctor, clothing, and other examples that we discussed.
  - c. Last meeting, we asked what ideas for safe, sober spaces!
    - i. Some council members mentioned bowling as an idea.
      1. Tor and Camy are working on this idea.
- III. Collaboration

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- a. Brent Van Ham offered to present a stigma presentation for this council next month! We appreciate Brent and his work in this field!
  - b. Subreddit: “stopdrinking”
    - i. IWWNDT
      - 1. I will not drink with you today.
      - ii. Helpful tool for people not wanting to drink today!
- IV. New Business: Holiday Stress
- a. Holidays can be a stressful time! According to the CDC, December and January are the highest times for overdoses.
  - b. Some council members are experiencing stress surrounding the holidays.
  - c. We can make plans to navigate holiday stress! Make a plan to protect your recovery!
    - i. Have a plan to say no to substances.
      - 1. Some suggestions:
        - a. NO
        - b. I’ll have something else, like water, tea, soda.
        - c. I don’t want to be hungover.
        - d. I don’t drink, it makes me break out in handcuffs.
      - ii. A quick exit is sometimes appropriate.
- V. Announcements
- a. Dignity Fair
    - i. Wednesday, December 18
    - ii. 10AM-2PM
    - iii. SICIL Metropolis
  - b. Narcan training
    - i. Monday January 6 at 5:30PM
    - ii. Golconda Office
    - iii. Open to the public