

Recovery Oriented System of Care



Hardin/Pope County ROSC

11/14/2024

Attendance

Cammy Duggins, Arrowleaf

Bunny Lee, Family Member of PLE

Daniel Bell, PLE

David Griswald, PLE

Tor Neal, Arrowleaf

Trina Martin, Arrowleaf

Beverly Holland, Region 5 TA

Samantha Carver, Arrowleaf

Amanda Etienne, Golconda and Hardin Co. Pharmacies

Melissa Brown, PLE

Notes

- I. Welcome and Introductions
- II. Mission and Values
- III. Old Business
 - a. Last month, we heard from council member Dave Griswald. He shared that he is celebrating 20 years of recovery.
- IV. New Business
 - a. Recovery Capital
 - i. Melissa explain recovery capital.
 1. We need a strong foundation or the house will not stand.

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2. We need to take care of our physical health by going to a primary care doctor.
3. We need to build on our education, coping skills, and hope.
4. We need to change our attitudes about life, what our believes are, and support.

b. Discussion:

- i. We discussed the benefits and risks of using ketamin in a clinic controlled environment.
- ii. We discussed the importance of having connections and friends.
 1. The opposite of addiction is connection.
 2. Council member offered that tough love and cutting people off is not helpful, but having compassion for someone using substances is helpful and productive.
 3. Council member said that isolation is a hallmark of addiction.
 4. Humans need humans.
- iii. We discussed what we do when people are not supportive of recovery.
 1. We need to respect people's boundaries. If they are not ready to have compassion for you then we need to respect that.
 2. If it's not a healthy relationship, it's not a relationship worth having.
 3. You have to learn your own value and protect your space.
- iv. What community resources do we have right now?
 1. Groups are very helpful and important because you are not recovering alone.

V. Announcements

- a. Cammy sent out resources via email to the entire council.