

Sangamon County ROSC Meeting

1/28/25

9 AM

Location: zoom

Attendees:

- Sarah Richardson, FGC
- Whitney Devine, FGC
- Austin Dambacher, FGC
- Nicholas Banning, SIU Medicine
- Bobby Baker, SIU Medicine (CRSS Training)
- Marie Riley, SCDPH CFC #18 Early Intervention
- Donna Reeves, Central Counties Health Center
- Julie Pohlman, ROSC Region 4
- Stephanie Carson, Gateway Foundation
- Deanna Greene, Washington St. Mission
- Deb Beckman, Statewide ROSC; Chestnut Health Systems
- Galia Cossyleon, Memorial Hospital
- Brycen McFadden, Oxford House Inc.
- Steve Ohl, Washington St. Mission; Celebrate Recovery
- Jamie Riedle, Heartland Housed
- Megan Murray, Wooden It Be Lovely (speaker)

Agenda:

- Introductions
- Membership Update
- Staff update
- Review of Community Resource Guide and Resource Map
- Community Survey
- Focus Group Data from Washington Street Mission
- ROSC Event Updates
- Community Organization Spotlights: Video Project highlighting community organizations; Thoughts on organizations that would like to be highlighted.
- ROSC rebranding (new logo options)
- Open floor to ROSC members to share upcoming events, ideas, needs, etc.
- Organizational Speaker

Next Steps:

- Take our community survey and distribute widely in your networks:
<https://www.surveymonkey.com/r/sangamonrosc>
- Register for Music Bingo 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”
- Vote on your favorite logo design

Meeting Notes:

- Introductions, contact info
- Resource guide review- QR business cards discussed and offered to collaborating organizations
- Community survey update- review of current data, outreach strategies, encouraging zoom participants to take survey and reach out if willing to help distribute surveys (paper or QR)
- Focus group review- results (initial, partial)
- Video Spotlight Opps
- Rebranding- logo update
 - Voting- A (5), B (5), C (2), D (0)
- Event updates
 - Paint night- rescheduled to 2/1 (this Saturday), still have spots open, encouraged participants to register
 - Music Bingo- 2/22 @ Pasfield House- lasagna provided, prizes for bingo, encouraged participants to register
 - Sober living home item collection update (at events)
 - Terrarium Night- 3/7 @ SAA- flyer & registration TBA
 - Needing mason jars, soil, plant starters donated
 - Yoga- 3/22 @ Unity Church- sharing circle, instructor-led yoga- flyer & registration TBA
- Member Updates
 - Brycen McFadden (Oxford House Inc.)- new women’s house (9 bed) open, new men's house (10 bed) opening soon
- Presentation: Wooden It Be Lovely, Megan Murray

Sangamon County ROSC

General Meeting

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Introductions

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

ROSC Program Manager Contact

Whitney Devine

wdevine@fgcinc.org

Family Guidance Centers, Inc.

2924 Stanton Street

Springfield, IL 62703

Cell: (217) 891-7627



ROSC Coordinator New**

Austin Dambacher

adambacher@fgcinc.org

Family Guidance Centers, Inc.

2924 Stanton Street

Springfield, IL 62703



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=1oPSS5VcAz3E22XSkNQGjuriiXCkaAQA&usp=sharing>

- Map can also be accessed on ROSC website www.sangamoncountyrosc.org under resource tab



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.
- Currently at 183 responses; goal = 300

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:

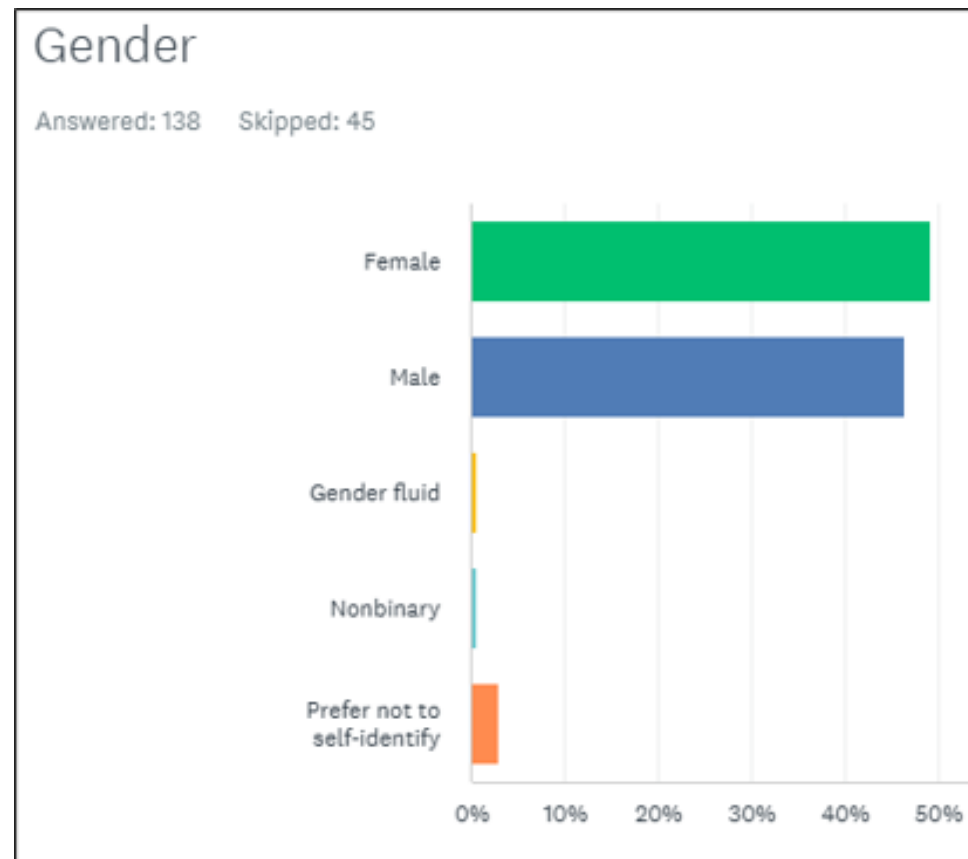
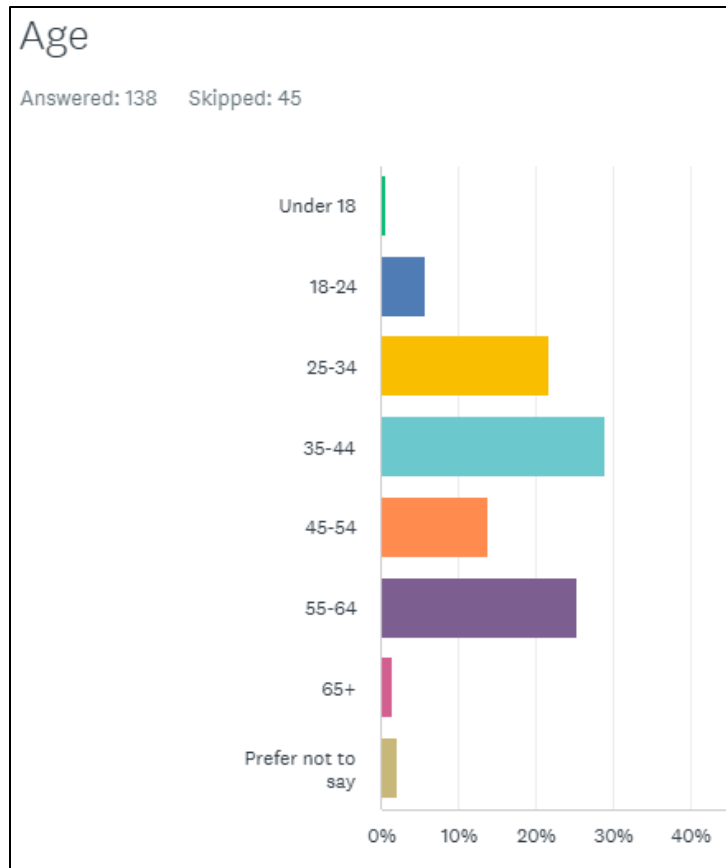
www.surveymonkey.com/r/sangamonrosc

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



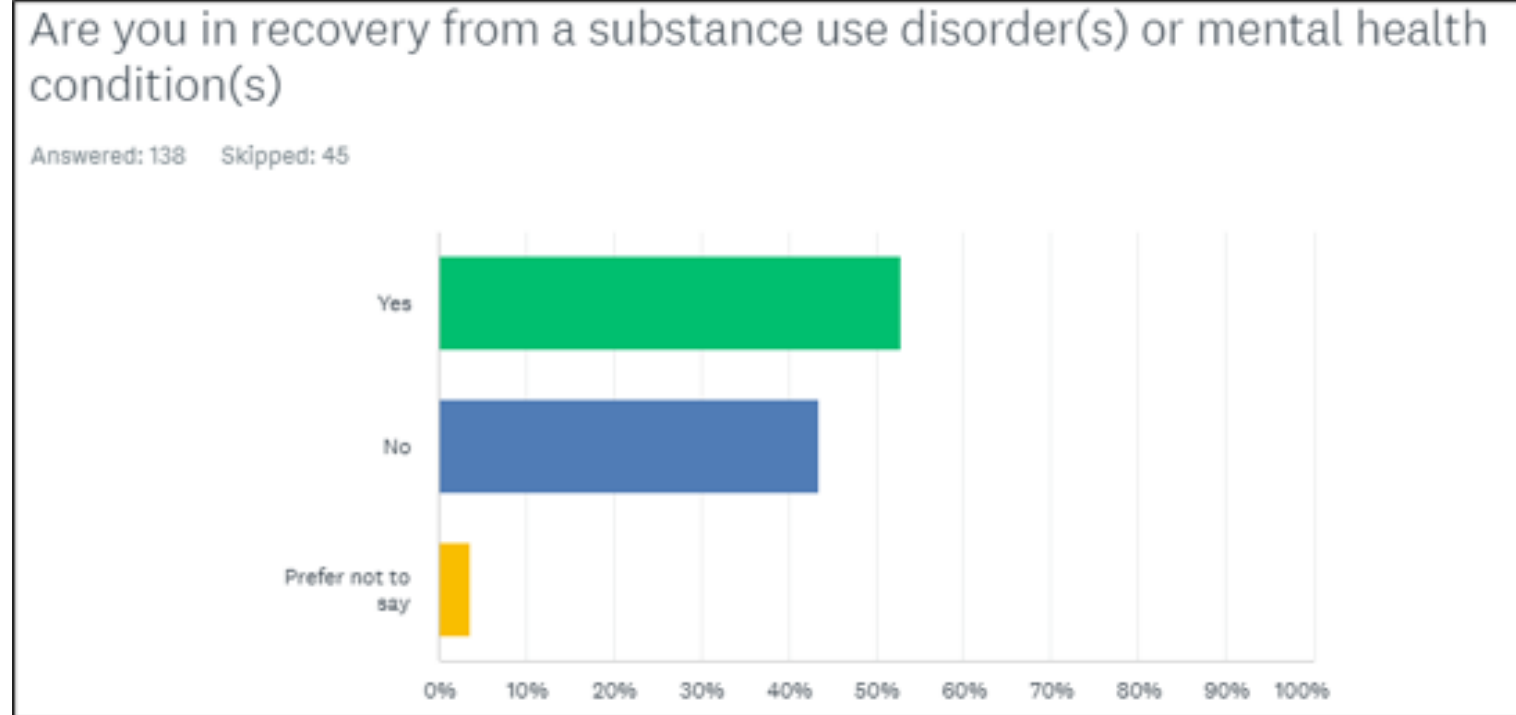
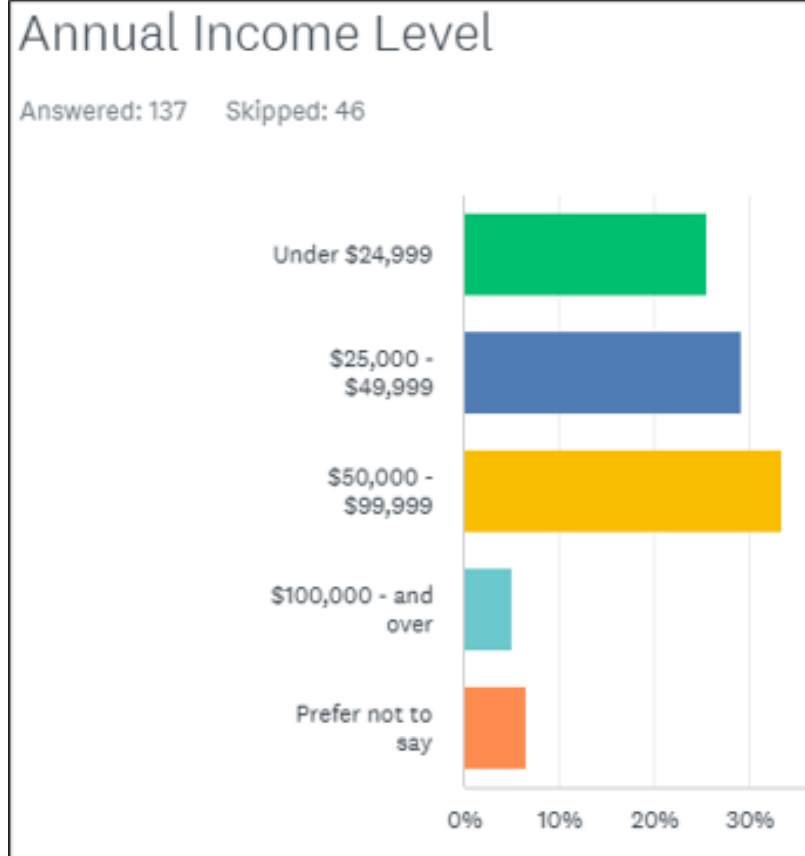
Community Survey Update

- As of Friday 1/24/25: 183 responses



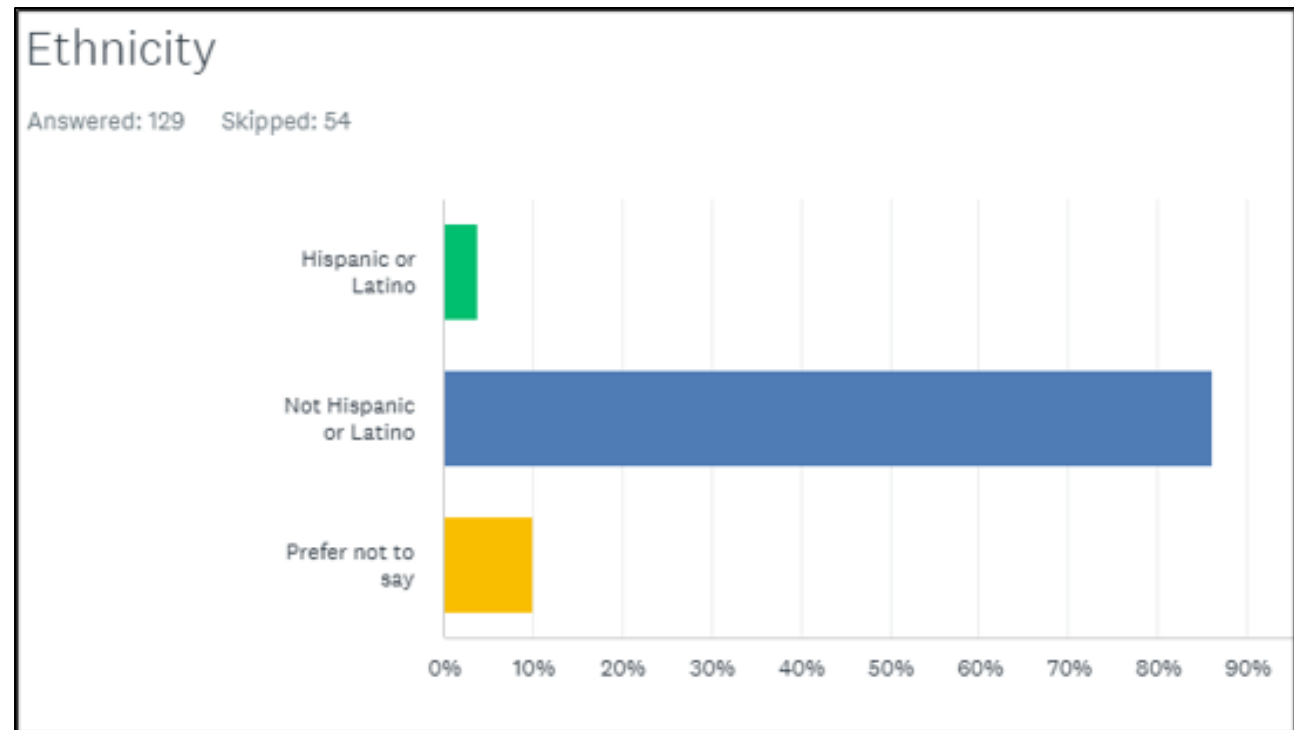
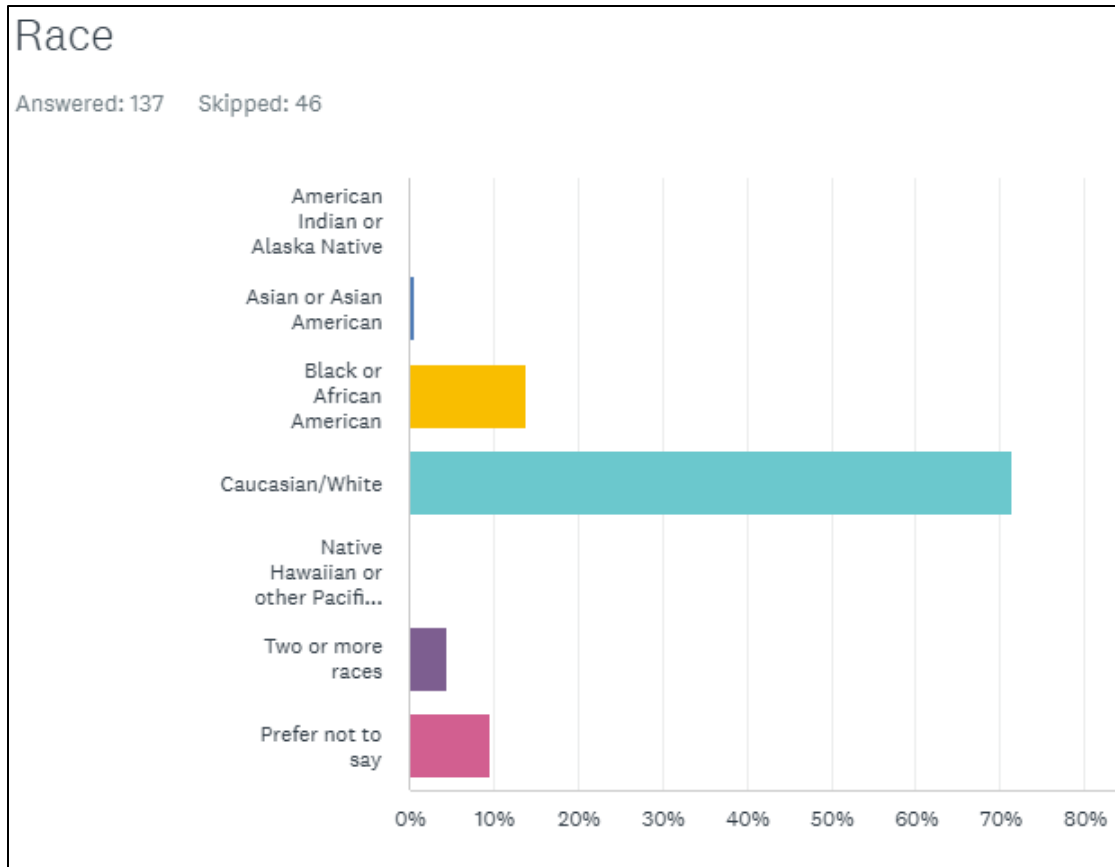
Community Survey Update

- As of Friday 1/24/25: 183 responses



Community Survey Update

- As of Friday 1/24/25: 183 responses



Community Survey Update:

Updated: 1/24/25

Total Responses: 183 --> Target: 300 responses by mid-February

	Sangamon County	ROSC Survey Respondents
Average age	40.6 yrs	35-54 yrs
% Female	51.7%	49.3%
% Hispanic/Latino	2.7%	3.8%
% Black/African American	13.2%	13.9%
% White	77.4%	71.5%
% Asian	2.2%	0.7%
% Two or more races	5.9%	4.4%

Fairly good alignment with countywide demographics, but some groups are underrepresented in survey

Community Survey Update

- As of Friday 1/24/25: 183 responses. Target = 300 responses
- Distribution Strategies:
- Partnered with IHOP, who agreed to give customers who complete our survey a 10% discount on their orders. Advertised promo on social media.
- Partnered with Black Sheep Tattoos who is distributing to their clientele.
- Shared with Brycen from Oxford Inc who shared on Oxford House social media page.
- Distributed surveys to the following organizations: Central Counties, Gateway Foundation (residential and outpatient), FGC, and SIU MAR Clinic.
- Corresponded with the following agencies who agreed to share survey link and QR Code: Sangamon County Problem Solving Courts, Phoenix Center, Sangamon County Health Dept, Pawnee Highschool (faculty and students), Auburn Highschool (faculty and students), Pawnee Police Dept.
- FGC Outreach team has been distributing surveys throughout community, shelter, and distributed at Washington Street Mission during Winter Giveaway event.

Focus Group (Supplement to community survey)

- A focus group was conducted at The Washington Street Mission on 1/16/25
- Adapted from full needs assessment survey
- The focus group consisted of: People Experiencing Homelessness with behavioral health needs or conditions
- The focus group had 9 participants
- Each participant received a gift card for taking part in our focus group.

Focus Group Questions:

1. Access to Safer Use Supplies:

i.e. Is it hard to get new syringes, pipes, or testing kits? Do you think the community supports services like this?

2. Narcan (Naloxone):

i.e. Do you know what Narcan is? When did you first hear about it, and how?

Do you know where to get Narcan for free in Sangamon County?

3. Treatment Resources:

When someone is ready to stop using drugs, what help is available?

Is it hard or easy to get into treatment? How long do people usually have to wait? What makes it hard to get treatment quickly?

Are some kinds of help easier to find than others?

4. Helpful Experiences Have you had any experiences that made it easier to get support

5. Challenges: Have you seen or experienced things that make it hard to get help or stay in recovery? (barriers; transportation child care etc)

6. Support Groups: Do you know about any support groups or events for people in recovery?

If yes, what are they? Where are they?; If you've gone to one, what did you like or dislike about it?

7. Stigma (or Feeling Judged) Have you seen or experienced people treating others poorly because of drug use or mental health issues?

Who acted this way, and what did they do? How can our community stop this kind of behavior?

8. Improvements

What do you think Sangamon County (government, organizations, and people) should do to make it easier to get help for drug use or mental health challenges?

Focus Group Results (Initial, partial)

Is it hard to get new syringes, pipes, or testing kits?

- 4 = hard to get
- 2 = there's regular shortages of supplies
- 1 = not sure where to go

Where do people usually go to get these things?

- 1 = church on the west side (couldn't think of the name of it)
- 4 = the MAR van that comes around with them
- 4 = named places like rehabs (named FGC, Gateway)
- 1 = the Red Cross
- 8 = mentioned driving around (finding used ones to make do)

Focus Group Results (Initial, partial)

What do you think Sangamon County (government, organizations, and people) should do to make it easier to get help for drug use or mental health challenges?

- All said more outreach
- Majority of participants agreed that there needs to be greater availability to Narcan in common places and in local businesses
- A few participants said there needs to be greater availability to sharps disposal containers or sharps exchanges within Springfield
- 3 mention create life skills classes at community centers
- 3 said create a central mail location for the unhoused
- 6 said it was hard for them to find employment because of their circumstances, despite wanting to work
- All suggested more shelters, more warming centers
 - All participants noted that there are plenty of cooling centers open in the summer but very few warming centers open in the winter.
 - 5 participants also noted that the warming centers currently available close at 8pm and would like to see them stay open longer.

Membership Report



Sarah Richardson

Membership Registration

+ 1 new member since last month:

December: 30 registered members

January: 31 registered members

Of registered members:

- 19 unique organizations
- 1 individual (not org-affiliated)
- 19 renewals; 12 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
- 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 12	Recovery supports 17	Faith-based groups 6	Family 11	Service providers 17
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 February 21st at 12pm

Join Zoom Meeting

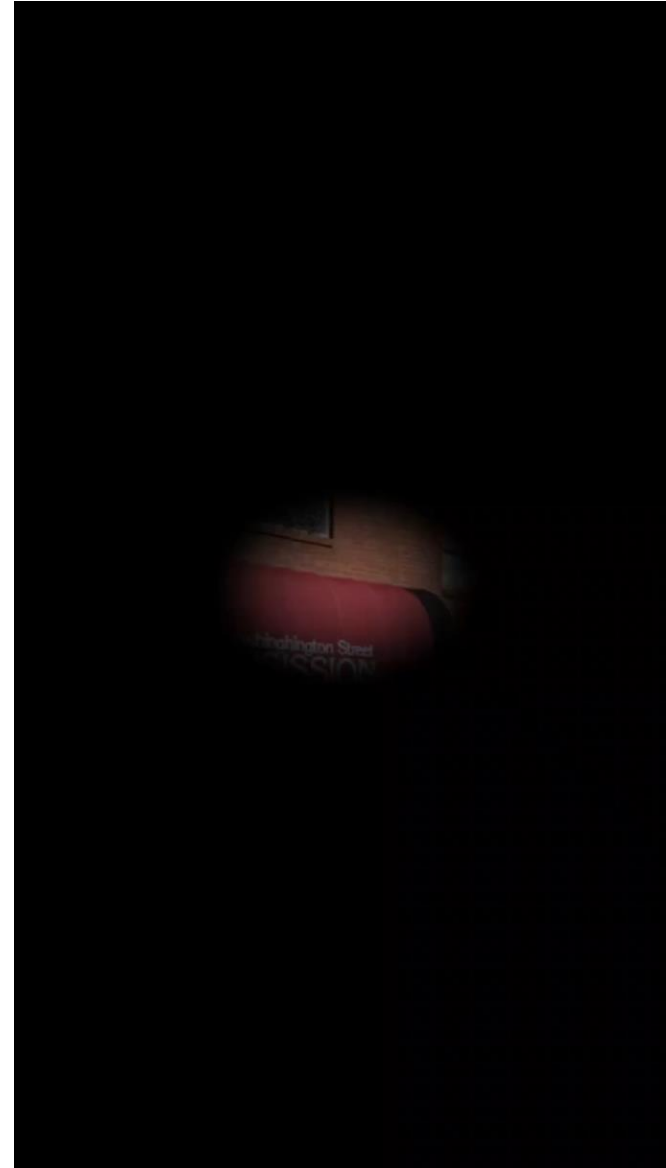
<https://us06web.zoom.us/j/81264605484?pwd=nFlSnubNwS8w2CjbMHL7ONNm6d07n.1>

Meeting ID: 812 6460 5484

Passcode: 879238

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.



ROSC Rebranding: Creating new logo

- Please vote on your favorite logo:
vote in chat or submit vote via
email to wdevine@fgcinc.org
- Option A, B, C or D

A.



B.



C.



D.

Event Updates:

Whitney Devine





Relax and Recover Paint Night: Rescheduled to 2/1

- Rescheduled due to snowstorm
- Violetta Torregrossa to lead a breath work activity prior to painting activity.
- Kids craft table with helpers available.
- Taking place at Springfield Art Association.
- Painting a winter scene with guidance from an instructor.
- Snacks and light refreshments to be provided.
- **Asking for individuals to re-register to get accurate number for new date.**
- Visit <https://www.springfieldart.org/> to learn more about Springfield Art Association

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.



Sangamon County ROSC Presents

A RECOVERY OUTING:

MUSIC BINGO

FEATURING MUSIC FROM THE 90'S AND 2000'S

SAT. FEBRUARY 22ND 2025

Doors open @5:30PM | Bingo @6-8 PM

HELD AT & SPONSORED BY THE PASFIELD HOUSE

525 S PASFIELD ST, SPRINGFIELD, IL 62704

FOOD | PRIZES | FELLOWSHIP

PRE-REGISTRATION REQUIRED



To Register Scan QR code

OR Contact ROSC Program Manager Whitney D. at 217-891-7627 with questions



Upcoming Event: Music Bingo

- **Saturday February 22nd, 2025.**
- Doors open at 5:30 PM for food and fellowship. Music Bingo from 6-8 PM
- Music from the 90's and 2000's
- Winners of music bingo will win prizes each round.
- Venue space donated by The Pasfield House
- Cap of 50 attendees; Pre-registration required. Scan QR code or visit: https://docs.google.com/forms/d/e/1FAIpQLScZJu_n15LRSKsR0TosmVNJuhDjenpL0Lwomq0qcE07SRGuPQ/viewform?usp=header

Donations collected for prizes so far:

- Giftcards from: Jerkshop Go, Charlie Parkers, Scoop Dujour, Motorheads, Rt 66 Drive-in, Knight's Action Park, A+ Car wash, La Piazza Cucina, Amazing Xscapes (Escape Room), Dumb Records, and Ritz's Lil Fryer
- A brand-new home coffee maker from Bunn, day passes to Skateland South, A punch card to Fitbodies gym, Natural Honey from Witty's Honey, multiple gifts from Once in a Blue Moon - Amanda Rollins (friend who is massage therapist) is donating a giftcard for massage.
- -Any leftover prizes will be given out through drawings at future events

Shout Out's and Special Thanks

- Shout out to The Pasfield House for donating their venue for our event. Visit: <https://pasfieldhouse.com/> to learn more about their venue and what they offer.
- Shout out to all of the local businesses that donated prizes!
- Shout out Beth Rees with Feeding Springfield One Lasagna At A Time who is providing lasagna for the event
- Shout out to Hank Boehme with FGC Outreach for helping us get some prizes for Bingo Event; as well as to him along with his team for assisting with getting more survey results.



March Events

- **Relax and Recover: Terrarium Night (instructor guided)**

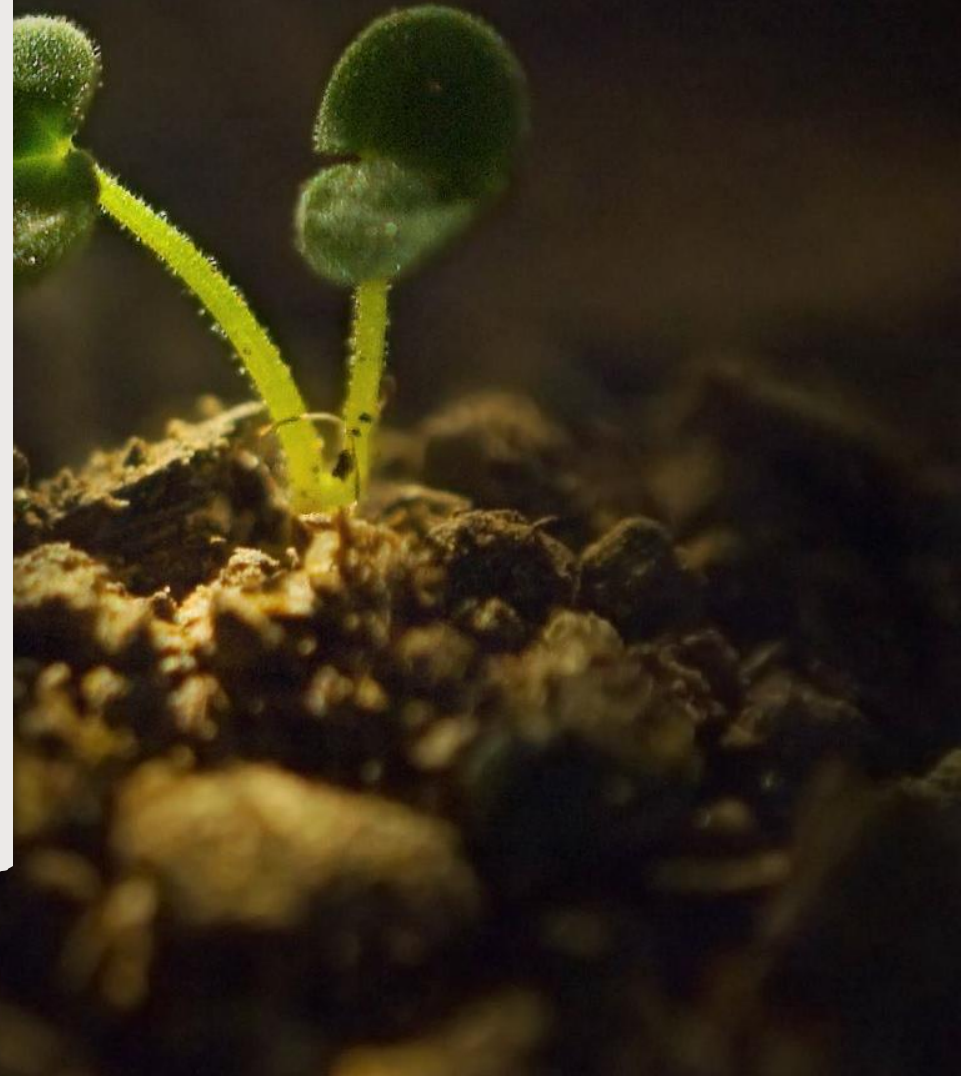
- **Friday March 7th, 2025**

- Need donations of 40-50 'wide mouth' Mason jars
- Need donations of soil and plant starters
- @Springfield Art Association 6-8 PM
- Flyer coming & registration coming soon!
- All Ages!

- **Recover & Restore: Yoga event**

- **Saturday March 22nd, 2025**

- @ 10:00 AM Sharing circle; Yoga to start at 11 AM
- Yoga mats and healthy snacks being donated by Jeffrey Isbell with Meridian
- Instructor led yoga (by Ashley K. with Wholeself Healing Resilience Center)
- Peer led Recovery Support Sharing Circle before yoga
- Being held at Unity of Springfield. 417 E Cordelia St Springfield, IL 62703
- Flyer & Registration coming soon!
- Ages 13 and up



Shout Out's and Special Thanks

- Thank you, Springfield Art Association, for allowing us to host a 2nd event in their space!
- Shout out and thanks to Samantha Brown for also leading our Relax and Recover Terrarium night
- Thanks to FGC Prevention team for leading another kid's craft table.
- Shout to Unity Church of Springfield for donating their space for yoga event!
- Thanks to Ashley K with WholeSelf Healing Resilience Center for volunteering to instruct yoga
- Shout out to Jeffrey Isbell with Meridian for donating healthy snacks and yoga mats for yoga event



Member Updates

Whitney Devine

Member Updates



UPCOMING EVENTS



COORDINATION
NEEDS



GENERAL
ORGANIZATIONAL
UPDATES



NEWS FOR THE
GROUP



WOODEN [♥]IT
Be lovely

Presentation: Wooden It Be Lovely

Website:

<https://woodenitbelovely.love/>