

PCHC ROSC Council Meeting

01/09/2025

Attendance

Tor Neal, Arrowleaf

Amber Mulkins, Arrowleaf

Cammy Duggins, Arrowleaf

Bunny Lee, Family Member

Beverly Hollan, Region 5 TA

Dave Griswold, PLE

Lisa Burns, Diver Down

Trina Marin, Arrowleaf

Jennifer Worthen, PLE

Andrea Quigely, DCFS

Johanna Gonzalez, IDHS

Daniel Bell, PLE

Samantha Carver, Arrowleaf

Brent Van Ham, SIU College of Medicine

- I. Welcome and Introductions
- II. Old Business
 - a. In the December meeting, we discussed the many reasons for holiday stress and ways to manage it. Several mental health tips were given and shared by council members.
 - b. The need for a Relapse Prevention Plan during this time of year was emphasized and the members gave examples of their plans such as having an escape plan from a party if it is too overwhelming or is triggering you.
 - c. Gave out recovery kits to members who wanted to hand out to individuals they see during the cold weather who may be unhoused or in need.
 - d. Shared announcements of the Dignity Fair on Dec. 18 and a Narcan Training on Jan. 6
 - e. Asked Brent Van Ham to present at our January meeting.

III. New Business

- a. Stigma: The Unseen Barrier to Recovery presented by Brent Van Ham
- b. We learned facts about stigma and how it can lead to discrimination.
- c. Discussed 3 types of stigmas: public, structural, & self.
- d. We concluded by being reminded of the impact we have on others, esp. individuals who are in recovery (or active substance use) & were encouraged to use respectful language emphasizing the individual's humanity rather than defining them solely by their stigmatized attribute.
- e. Having run out of time, we decided to share thoughts & comments at the Feb. Meeting.

IV. Announcements

- a. It was announced that the Hardin/Pope Faith Leaders Meeting will be held in February.

V. Adjournment