

# DuPage ROSC Council Meeting Minutes

## January 8<sup>th</sup>, 2025

**0:00-21:15**

**ROSC Coordinator Jarrett Burton** starts this month's meeting by welcoming everyone and introducing himself. Jarrett asks everyone to put their name and contact information in the chat.

Jarrett talked about the importance of everyone sharing their contact information, as it helps the ROSC report on attendance, but also so people can connect offline for referrals, collaborations, etc.

Jarrett explained what a ROSC is, and what DuPage ROSC does. ROSC is a coordinated network of community-based services and supports that attempt to identify both the strengths of the recovery community in DuPage County, but also the gaps in services and barriers to entry for those living with substance use and mental health challenges. We do what we can as an organization to fill those gaps and to advocate on behalf of those living with SUD and mental health concerns. We try and center the voices of people with lived experience to reduce stigma and give some hope to people who are still struggling.

Jarrett wanted to make special mention of ROSC coordination team member Annette Villareal, who has been making great strides in providing Spanish-language translations of ROSC materials as well as offering community partners referral help for residents who primarily speak Spanish.

Jarrett asked that folks who were attending the meeting for the first time to introduce themselves, and their organization if applicable.

**ROSC Coordinator Jarrett Burton** promoted a number of upcoming meetings and trainings being put on by DuPage ROSC and their community partners:

**ROSC Coordinator Jarrett Burton** promoted the ROSC Community Survey, which is being coordinated in collaboration with IDHS/SUPR. The information collected will be reported back to the state, and will also help the ROSC in identifying gaps in services.

**ROSC Coordinator Jarrett Burton** then promoted the January edition of the DuPage ROSC Presentation Series, which will feature Bruce Sewick, CRSS Program Coordinator from College of DuPage, and his presentation *What Have We Learned From the Psychedelic Renaissance?* Jarrett mentions that Bruce did a similar presentation two years ago, and we're glad to welcome Bruce back to update us on what has changed over the past two years around psychedelics as a

treatment option for people with trauma and other mental health challenges that aren't able to be met by traditional treatment. Bruce has long been a proponent of psychedelics as a therapeutic option, which fits the ROSC multiple pathways approach to recovery. The presentation is open to the public and will be held on Wednesday, January 15<sup>th</sup> at 10am on Zoom.

**ROSC Coordinator Jarrett Burton** then promoted the February edition of the DuPage ROSC Council meeting, with organizational spotlights on Geode Health as well as Relief Mental Health, as well as a demonstration of our ROSC Asset Map.

**ROSC Coordinator Jarrett Burton** then promoted the DuPage ROSC + DuPage RCO Game Night, which is taking place on Saturday, January 25<sup>th</sup> from 6p-9p at Serenity House Counseling Services (891 S Rohlwing Rd, Addison IL). Jarrett mentions that ROSC held a couple of these game nights last year, and they had great turnouts and were a lot of fun. At previous game nights there were multiple video game stations, board games, cards, refreshments, and more, including a Game Night GOAT trophy that was awarded to the best gamers.

**ROSC Coordinator Jarrett Burton** then promoted a Connection Through Loss meeting happening every other Thursday at 7:30pm at Serenity House (892 S Rohlwing Rd, Addison), and led by colleague Felicia Miceli. This meeting is specifically for the friends, family, loved ones, and allies of people who've lost their lives to the disease of addiction.

**ROSC Coordinator Jarrett Burton** then promoted a SMART Recovery Friends and Family meeting happening every Thursday from 6pm-7pm at Serenity House (892 S Rohlwing Rd, Addison), and led by colleague Felicia Miceli. This meeting is specifically for the friends, family, loved ones, and allies of people struggling with substance use challenges. Jarrett says that friends and family can sometimes be forgotten about in the process of someone trying to recover, so it's crucial to be able to provide that support for them.

**ROSC Coordinator Jarrett Burton** then welcomed DuPage RCO Coordinator Danielle Heffernan, who promoted a Recovery Yoga event happening on Saturday, January 11<sup>th</sup> from 3-5pm at the Women's Halfway House at Serenity House. The event will be led by Trinity Hamilton, who runs Serene Sanctuary Studios in Naperville. Trinity has also done an amazing job at collecting yoga mats and supplies for use at Serenity House.

**RCO Coordinator Danielle Heffernan** then promoted the SMART Recovery meeting run by the DuPage RCO at Stonybrook Center, which is a local MAT clinic in Wheaton. This meeting is open to the public, and takes place every Wednesday from 1-2pm. Danielle describes SMART

as an alternative to 12-Step recovery meetings that used Cognitive Behavioral Therapy and goal-based work and says that several clients at Serenity House that were resistant to AA or NA have really thrived using SMART Recovery.

**RCO Coordinator Danielle Heffernan** then promoted the DuPage RCO's Virtual Narcan Training, which takes place on the third Thursday of every month at 12:30pm. These virtual trainings are great for beginners, or even as a brush up for people who are already aware of Narcan and how invaluable it's been for our community. The training also goes into recent trends, including updated overdose stats for DuPage County, new adulterants showing up in the drug supply, and more.

**ROSC Coordinator Jarrett Burton** then invited up Serenity House CORS grant coordinator Danny Sourbis to promote some of their meetings and events

**Serenity House CORS grant coordinator Danny Sourbis** promoted a virtual Refuge Recovery Meeting taking place every Saturday from 10:30am-11:30am on Zoom. Danny says that Refuge is a recovery program based around the core tenants of Buddhism, and offers a lot of mindfulness and meditation as recovery practices. Refuge can be a great alternative to 12-Step and other traditional recovery programs.

**Serenity House CORS grant coordinator Danny Sourbis** then promoted a virtual SMART Recovery meeting happening each Saturday from 9am-10am on Zoom.

**Serenity House CORS grant coordinator Danny Sourbis** promoted a hybrid Veterans Support Group meeting that takes place every Thursday from 6:30p-7:30p on Zoom and at Serenity House (891 S. Rohlwing Rd, Addison).

**ROSC Coordinator Jarrett Burton** now introduces the **ROSC What's App Referral Hub Coordinator, Blake Worman**. Jarrett says that if you aren't signed up to take part in the Referral Hub, you're missing out as it's a great way to find quick and easy options for any type of services you may be seeking along the recovery continuum, warm-handoff included. Jarrett gave a brief history of the Referral Hub: it started as a group text between a dozen people, all of whom worked in the field or had lived experience and were the ones that people would come to whenever they were seeking recovery services for themselves or others. It quickly grew past the limitations of texting and was then moved over to What'sApp in early 2023. DuPage ROSC Recovery Navigator Blake Worman takes the mic to tell us that in the past month the Referral

Hub has provided a conservatively estimated 63 referrals, with the member count hitting 133 after 5 more people joined.

Blake reveals that the winner of the ROSC Referral Hub January 2025 MVP goes to Becky Sadler from Rosecrance Foundation, who is the winner of a gift card. Blake also mentions that the updated version of the ROSC Referral Guide is available to anyone who'd like to be sent a copy.

## **21:15-42:20**

**ROSC Coordinator Jarrett Burton** then introduced the first guest presenters for the day, Herb Strickland, Director of Substance Use Recovery and Prevention and Daisy Silva, Director of Crisis Services at the Ecker Center for Behavioral Health in Elgin. Jarrett said that he and some other team members recently toured the facilities at The Ecker Center, so it was great to be able to do the same and have them visit Serenity House.

Herb gave some general background on The Ecker Center, which has been around since the mid 1950's. They are in the process of becoming a certified community behavioral health clinic, which will help to expand services and further meet the needs of the community. Part of what that allows Ecker to do is same-day walk-in assessments for mental health and substance use. Monday-Thursday between Noon and 4pm, people can walk-in for these assessments, and then be placed into the appropriate level of care.

Ecker offers both prevention and clinical services for treatment. On the prevention side, they offer an ATOD (Alcohol, tobacco, and other drugs) program, and the primary focus is going out to local middle schools and high schools and speaking to the students about making healthy choices. Herb mentions that they also team up with the Kane County Health department on opioid overdose prevention programs. They've also been able to open up some Recovery Cafes, the primary one is at their Grandstand location, with others at Ecker's St. Charles and Hanover Landing facilities. It's a place where people can go to meet with a recovery coach and learn more about the process. They also do a lot of Narcan trainings, do police ridealongs, and are looking to partner with agencies to provide mobile versions of the recovery cafes.

They also offer treatment options like outpatient and intensive outpatient for adults and adolescents. Ecker also provides Medication Assisted Recovery, with meds like Suboxone, Vivitrol, and others.

There are also options for recovery meetings including 12 Step, SMART recovery, etc both in-person and telehealth.

Jarrett then introduced Daisy Silva, who handles Crisis Services at Ecker Center, which covers immediate assistance for residents dealing with a behavioral health crisis in Kane and Western Cook Counties. They have a Mobile Crisis Response team that can help guide people to the appropriate program tailored to their needs, including supportive housing.

**42:20-53:10**

**ROSC Coordinator Jarrett Burton** then introduced Alex Pulaski, who is a Community Initiatives Coordinator at the DuPage Health Department and works with the DuPage Narcan Program. Alex gave everyone an overview of the most recent DuPage Narcan Program annual report. She made sure to preface that the annual reports usually come out a year after the current year we're in, so this is for 2023.

Alex pointed out the list of sites throughout DuPage that currently host Narcan boxes, vending machines, or have it on site for the public to access. This list and map will be constantly updated.

Alex then talked about the overdose fatality review team, which looks at case studies of fatal overdoses and makes recommendations on how to prevent similar cases from happening again in the future.

Alex also talked about providing the public an option to order safe supplies via mail, not only in DuPage County but from across the state.

2023 also saw 50+ schools partner up with the DNP to provide Narcan trainings for staff, as well as keeping Narcan at the schools to prevent any possible overdoses from happening on campus. This is in response to laws being passed requiring schools to have Narcan on hand

There was also a Fentanyl awareness media campaign in collaboration with the DuPage ROSC that featured DuPage ROSC Coordinator Jarrett Burton, as well as other residents with lived experience. This campaign saw more than 1.6 million impressions overall.

A really positive change noted in the report was that fatal overdoses were down 24% from the previous year

**53:10-End**

With the remaining time of the meeting, ROSC Coordinator Jarrett Burton opened up the floor for folks to promote their organizations, meetings, programs, etc:

- Mark Mathews from Greater Family Health talked about their peer support services, as well as new outreach initiatives with the Kane County opioid task force and others
- Kim Peterson from the Kane County Health Department talked about their program that teaches Medication Assisted Recovery to healthcare professionals.