

Sangamon County ROSC Meeting

2/25/25

9 a.m.

Location: zoom

Attendees:

- Sarah Richardson, FGC
- Whitney Devine, FGC
- Austin Dambacher, FGC
- Nicholas Banning, SIU Medicine
- Stephanie Carson, Gateway Foundation
- Kenneth Bell, ROSC Region 1 TA
- Trenda Hedges, Peer Power
- Marie Riley, Early Intervention SCDPH
- Julie Pohlman, ROSC Region 4 TA
- Donna Reeves, Central Counties Health

Agenda:

- Introductions/Icebreaker
- Review of Community Resource Guide and Resource Map
- ROSC rebranding- New logo
- New Website
- Community Survey Results
- Focus Group Data from Sober living home
- Membership Update
- ROSC Event Updates
- Open floor to ROSC members to share upcoming events, ideas, needs, etc.

Next Steps:

- Share flyers for upcoming events
- Collaborate with council to address gaps found in resources via community needs assessment
- Continue to work on increasing ROSC membership
- Continue distribution of ROSC information, community resource guide QRs

Meeting Notes:

- Review of community resource guide, resource map, and how to access it
- Discussed new website and features
- Reviewed results from community needs assessment: findings, gaps, demographics
- Reviewed responses from focus group #2 at a sober living home: compared results to those of community needs assessment (largely consistent)
- Discussed successes of our past two events, as well as the next two upcoming events
- Open floor:
 - Stephanie Carson, Gateway Foundation-
 - Gateway Springfield Outpatient open-house 4/3, 8:30am-10:30am

- Gateway Springfield is now doing DUI Evaluations
- Trena Hedges, Peer Power-
 - Inquired about action steps following community needs assessment, Sarah Richardson responded with details about next steps (devising strategic plan)

Sangamon County ROSC Council

General Meeting

2.25.25

Agenda

- ▶ Introductions
- ▶ Membership Update
- ▶ Review of Community Resource Guide and Resource Map
- ▶ ROSC Rebranding – New Logo
- ▶ New Website
- ▶ Community Survey
- ▶ Focus Group Data from Oxford House
- ▶ ROSC Event Updates
- ▶ Open floor to ROSC members to share upcoming events, ideas, needs, etc.

Introductions

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

ROSC Program Manager

Whitney Devine

wdevine@fgcinc.org

Family Guidance Centers, Inc.

2924 Stanton Street

Springfield, IL 62703

Cell: 217.891.7627

ROSC Coordinator

Austin Dambacher

adambacher@fgcinc.org

Family Guidance Centers, Inc.

2924 Stanton Street

Springfield, IL 62703

Office: 217.441.6529 ext.8230

Community Resource Guide & Map

Whitney Devine

Live Resource Guide & Map

Community Resource Guide:

<https://docs.google.com/spreadsheets/d/1KprxmMf24EsZc6V35nP-H8B6xBBCxaWFx2cD3B1Wc2I/edit?usp=sharing>

- Document can also be accessed under 'Resources' tab at our website: <https://www.sangamoncorosc.org/>
- Contact ROSC Program Manager 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=1oPSS5VcAz3E22XSKNQGjuriXCkaAQA&usp=sharing>

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

SANGAMON COUNTY RESOURCES

SCAN HERE

Resource Guide

Interactive Resource Map

OR VISIT: WWW.SANGAMONCOROSC.ORG/COMMUNITY-RESOURCE-GUIDE-RESOURCE-MAP

Funded in whole or in part by the Illinois Department of Human Services,
Division of Substance Use Prevention and Recovery

RECOVERY-ORIENTED
SANGAMON
COUNTY HEALTH
SERVICES OF CARE

ROSC rebranding

Whitney Devine



www.sangamoncorosc.org

What is ROSC?
ROSC Defined:
 ROSC [Recovery Oriented Systems of Care]
verb; noun

It is a community-driven network focused on empowering individuals and families in their recovery journey while working to reduce stigma. By building on personal strengths, ROSC aims to improve well-being and quality of life for those recovering from substance use and mental health disorders. At its core, ROSC creates a supportive system of care that connects individuals to various pathways to wellness and community resources, guiding them through all aspects of recovery in a stigma-free, inclusive environment.

Join our monthly meetings!

Monthly ROSC Council Meeting

This council is inclusive and anyone can be a part of it. The goal of this council is to bring together the community to begin to form a system that supports recovery. This meeting is hosted every fourth Tuesday of the month at 8:00am, via zoom.

Zoom Link: <https://us06web.zoom.us/j/82238730688?pwd=MTY0MTY4RjNkZTQ3aUJhbnRlbnR1aW50aD01>
 Meeting ID: 822 3873 0688
 Passcode: 056037

Monthly Events & Outreach Meeting

This group's main focus is serving the community of recovery through events, developing outreach materials and communication plan to engage the community in recovery along with development of learning opportunities for the community regarding recovery. This meeting is held on the second Tuesday of the month at 2pm.

Zoom Link: <https://us06web.zoom.us/j/92822427921?pwd=MTY0MTY4RjNkZTQ3aUJhbnRlbnR1aW50aD01>
 Meeting ID: 928 224 2792
 Passcode: 325430

Monthly New Membership Orientation

Join us on the 3rd Friday of each month at 12:00pm on zoom for a brief orientation to Sangamon County ROSC. Members will discuss the Mission, Vision, goals, and structure of the committee, and answer your questions about membership.

Zoom Link: <https://us06web.zoom.us/j/81284405847?pwd=MTY0MTY4RjNkZTQ3aUJhbnRlbnR1aW50aD01>
 Meeting ID: 812 8440 5494
 Passcode: 879238

Join Our Council [Get Involved](#)

A Recovery Oriented MUSIC BINGO
 18 Feb 2023 Saturday
 12:00 pm - 4:00 pm
 @ The Jubal House

Music & Recovery Terrence Night
 24 Feb 2023 Friday
 6:30 pm - 9:00 pm
 @ The Jubal House

One-Stop Shop for all things Sangamon Co. ROSC

- Learn all about ROSC
- explore collaborating organizations
- use interactive resource guide
- contact directly from website
- register for our events
- join our meetings

COLLABORATING COMMUNITY ORGANIZATIONS

Community Survey Update & Results

Sarah Richardson

Community Survey Update & Results

▶ Target:

- Responses: 300
- Focus Groups: 2

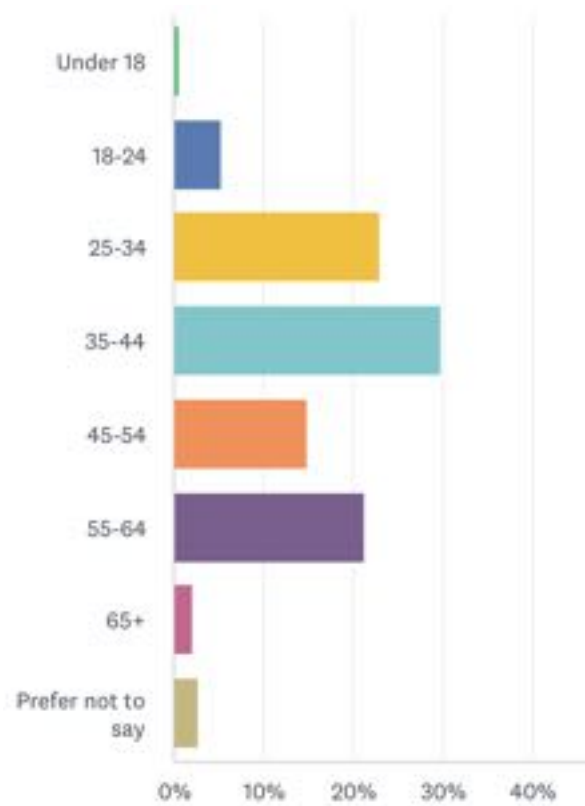
▶ Actual:

- Responses: 243
- Focus Groups: 2

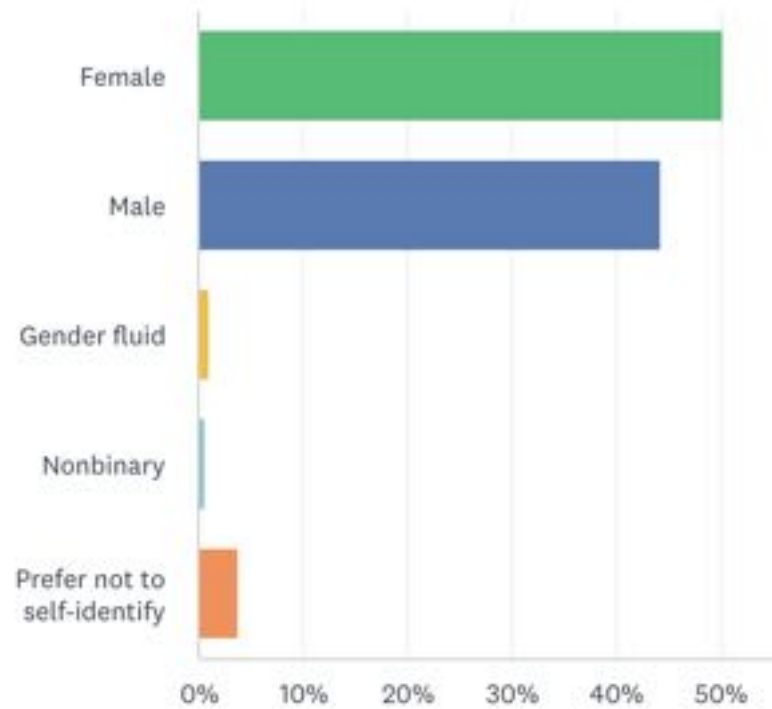
- ▶ Survey responses reflect an underrepresentation of people under age 24 and over age 65
- ▶ Survey responses reflect an underrepresentation of males
- ▶ Survey responses reflect an underrepresentation of Asian and Alaska Native/American Indian respondents
- ▶ Survey responses reflect an overrepresentation of people in recovery from a substance use disorder or mental health condition

Community Survey Update & Results

Age

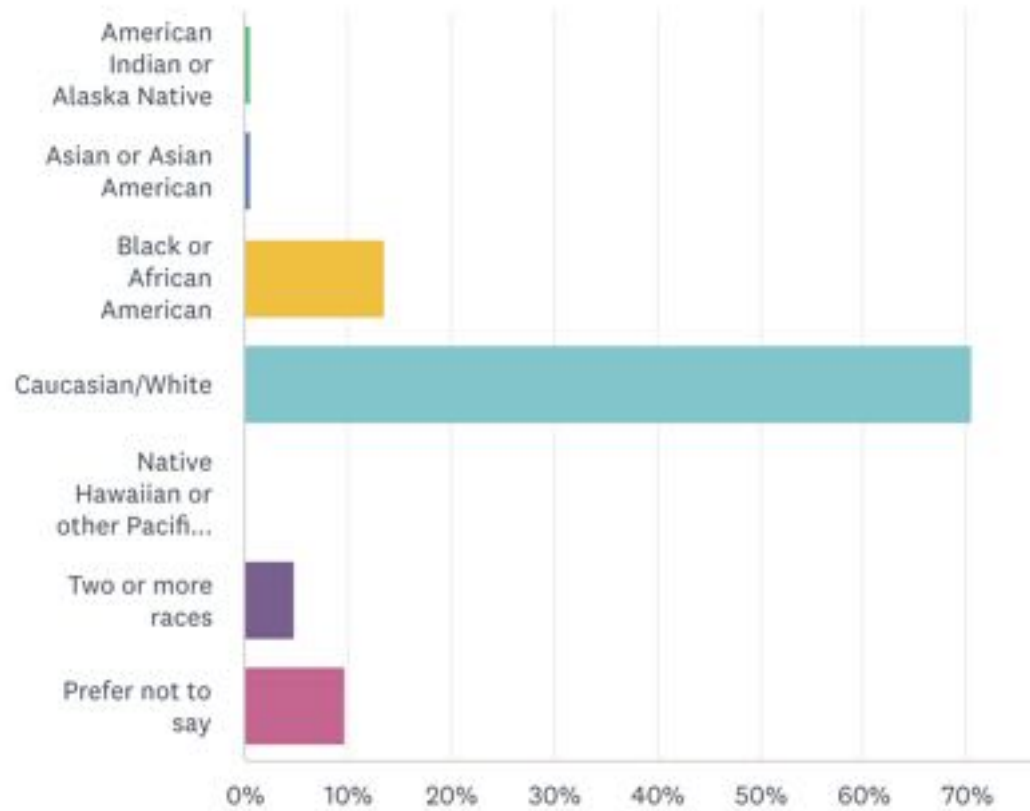


Gender

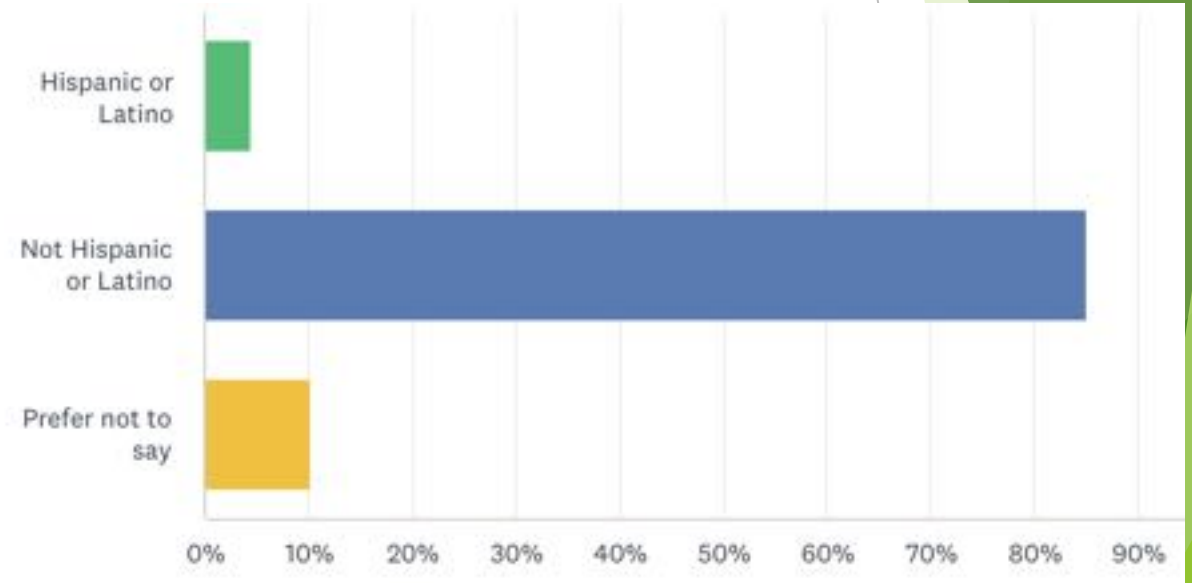


Community Survey Update & Results

Race

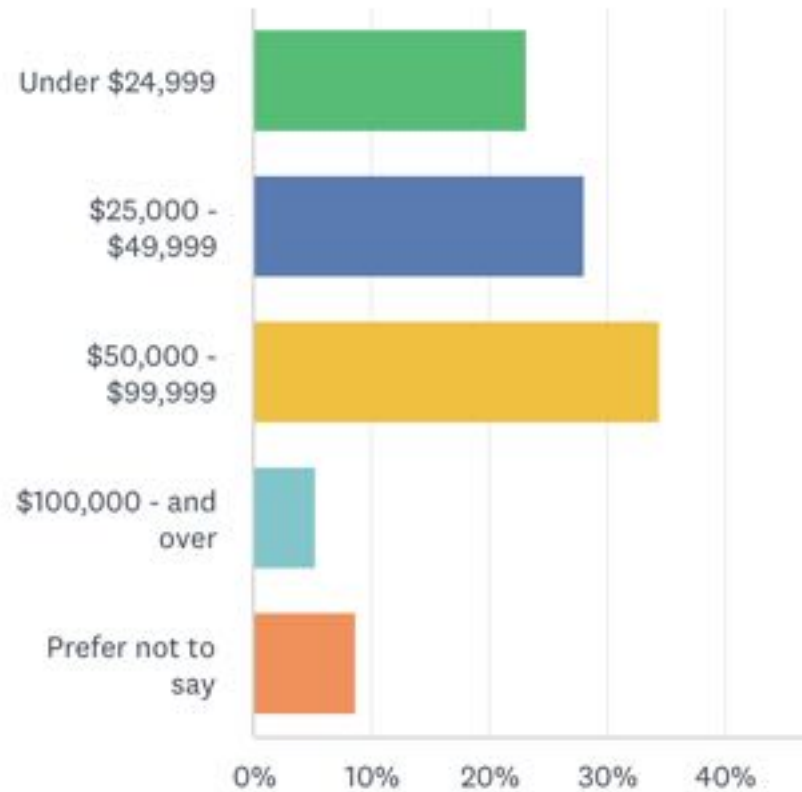


Ethnicity

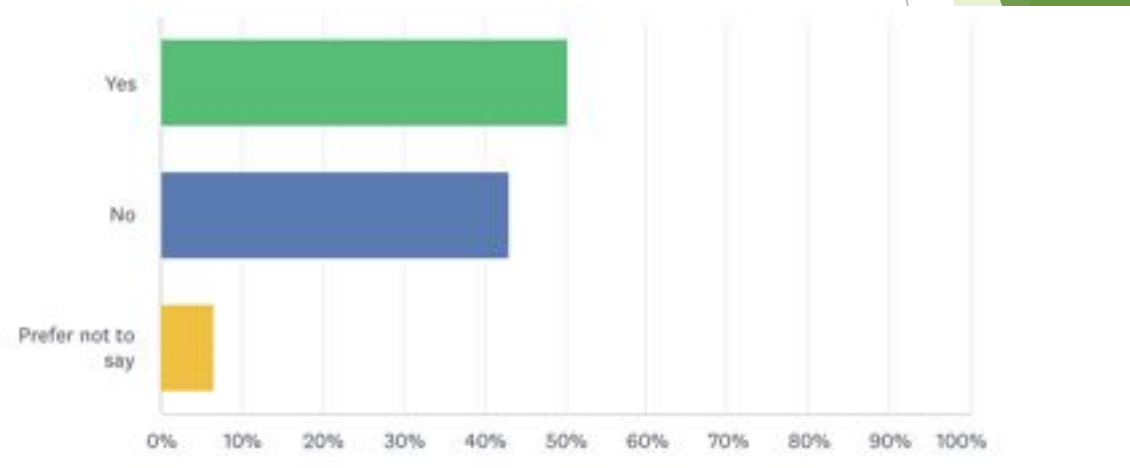


Community Survey Update & Results

Annual Income Level



Are you in recovery from a substance use disorder(s) and/or mental health condition(s)?



Community Survey Update & Results: High Level Findings - Gaps

- ▶ **Youth services-** services for people under age 18 are lacking in the community, and survey respondents' awareness of these services is also low. This includes:
 - ▶ Adolescent outpatient SUD treatment – 1 site (compared to 18 for adults)
 - ▶ Adolescent inpatient mental health treatment – 1 site
 - ▶ Adolescent residential SUD treatment – 0 providers
- ▶ **Support groups-** while support groups for people with SUD (like AA, NA, etc.) are relatively common in the county, support groups for specific sub-populations are rare, and awareness of these resources is low:
 - ▶ Support groups for family members of people with an SUD – 3 resources identified
 - ▶ Support groups for people with a mental health condition- 2 resources identified
 - ▶ Support groups for family members of people with a mental health condition- 1 resource identified
- ▶ **Services related to incarceration-** Sangamon County Jail serves many people with SUD and/or mental health needs, but awareness of and existence of resources related to supporting people currently incarcerated or exiting incarceration is low

Community Survey Update & Results: High Level Findings - Awareness of Resources

- ▶ Respondents were aware of the fewest services for youth, compared to adult services
- ▶ In general, awareness of mental health-related services was lower than awareness of substance use-related services
- ▶ Almost half (49%) of respondents were aware of 3 or more support groups for people in recovery from SUD, but many fewer (13%) were aware of 3 or more support groups for people with a mental health condition
 - ▶ A majority (59%) were aware of 0 support groups for family members of someone with a mental health condition, compared to 26% for family members of someone with a substance use disorder
- ▶ Nearly 1/3 of respondents (29%) were unaware of any resources for peer support services
- ▶ Nearly half (49%) of respondents were unaware of any resources for people exiting incarceration with substance use needs, and a majority (62%) were unaware of any resources for this population related to mental health

Community Survey Update & Results: High Level Findings - Barriers to Access

	Strongly	Somewhat	Rarely	Never	Not Applicable
Waitlist to access services	33%	29%	12%	14%	12%
Inability to pay for services	28%	29%	15%	16%	13%
Stigma	21%	23%	20%	21%	14%
Lack of insurance	19%	26%	15%	21%	19%
Transportation	15%	22%	14%	32%	17%
Hours of operation	15%	25%	25%	21%	13%
Childcare	14%	19%	8%	22%	37%
Culturally responsive care not available	13%	17%	14%	26%	30%
Geographic distance	12%	23%	19%	31%	16%
Ability of location to accommodate physical disability or limited mobility	10%	14%	16%	25%	35%
Only in-person services offered	10%	26%	20%	23%	20%
Only telehealth services offered	8%	22%	25%	23%	23%
Language barrier	5%	13%	15%	38%	29%

Community Survey Update & Results: High Level Findings - Naloxone Knowledge & Access

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
I know what naloxone (Narcan) is	65%	27%	7%	1%	0.5%
I know where I can access naloxone (Narcan) at no cost.	50%	22%	10%	12%	4%
I know how to use naloxone (Narcan) to reverse an overdose.	50%	26%	7%	13%	4%

When it comes to naloxone, nearly all respondents (96%) know what it is, and a smaller majority (74%) know where to access it at no cost.

- 76% of respondents report knowing how to use naloxone in the event of an overdose
- 17% of respondents report that they do not know how to do this

Focus Group #2

Supplement to Community Needs Survey

Austin Dambacher

Focus Group Questions:

1. Assets: Considering recovery resources for both substance use and mental health treatment, what do you feel are Sangamon County's greatest assets?

2. Narcan (Naloxone): 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. Availability and Accessibility to Treatment Resources: From your experience or what you've observed, when someone is ready to seek treatment for substance use, what types of resources are available to them? Is it easy or difficult to access treatment? What is the usual wait time for treatment? Are some resources easier to access than others? What do you see as the biggest challenges to accessing treatment right away?

4. Helpful and Positive Experiences: Can you share any experiences where you found it easier to access substance use support services, such as detox, treatment, residential program, recovery / sober living homes, or long-term recovery?

5. Difficulties and Challenges: Can you describe any experiences or observations where it has been more difficult for people to access substance use support services or maintain their recovery in those services? (challenges relating to transportation, insurance, income, employment, age, disability or mobility, etc.)

6. Support Groups: Are you aware of any support groups or organizations that offer to support to people in recovery? If so, which ones and where are they located? If you've attended any, what did you appreciate about them or find challenging about them?

7. Stigma (or Feeling Judged) Have you observed or experienced discrimination in regards to being in recovery from substance use and/or living with mental health conditions in this community (from organizations, healthcare, employers, housing providers, individuals, family, community members, etc.)? What did it look like and how did people behave? What do you think our community can do to reduce discrimination and support everyone more effectively?

8. Improvements What would you like to see from Sangamon County (government, organizations, or communities) to make it easier for people to access substance use and/or mental health support services?

- A focus group was conducted at a sober living home on 2.5.25
- Adapted from full needs assessment survey
- The focus group consisted of individuals in recovery who were living in a structured environment
- The focus group had 8 participants
- Each participant received a gift card for taking part in our focus group.

Focus Group Results (Initial, partial)

Substance Use Resources

- ▶ Sober living homes: 100% (8 participants)
- ▶ 12-step meetings: 100% (8 participants)
- ▶ SMART Recovery/Recovery Dharma: 12.5% (1 participant)

Mental Health Resources

- ▶ SIU Medicine's MAR program, counseling, psychiatric services: 37.5% (3 participants)
- ▶ Memorial Behavioral Health: 12.5% (1 participant)

Narcan (Naloxone)

- ▶ 100% knew what Narcan is and how to use it
- ▶ First exposure: 25% (treatment centers), 12.5% (incarceration, active addiction)
- ▶ Free Narcan: 100% (Oxford Houses), 25% (SIU Medicine)

Treatment Resources

- ▶ Available: 75% (Treatment centers), 25% (Crisis line)
- ▶ Access challenges: Long wait times (100%), lack of detox (50%), poor communication (100%)

Focus Group Results (Initial, partial)

Positive Experiences

- ▶ Easier access through legal system (25%)
- ▶ Sober living (37.5%)

Support & Stigma

- ▶ **Support groups:** 100% (AA, NA meetings)
- ▶ **Stigma:** Discrimination in job interviews (50%)

Improvements Needed

- ▶ **Key suggestions:** More funding (100%), more resources in hospitals (62.5%), better communication between agencies (100%)
- ▶ **Additional needs:** Housing solutions, outreach, streamlined treatment access

Membership Update

Sarah Richardson

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
- Meridian Health Plan of Illinois
- Westminster Presbyterian Church

+2 new members since last month!

January: 31 registered members

February: 33 registered members

Of registered members:

21 unique organizations

1 individual (not org-affiliated)

19 renewals; 14 new members

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 7	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 5	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 March 14th, 2025 at 12pm

Join Zoom Meeting

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

Meeting ID: 812 6460 5484

Passcode: 879238

Event Updates

Whitney Devine &
Austin Dambacher



Relax & Recover Paint Night



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 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.



Music Bingo!



Shout Out's and Special Thanks

- ▶ A big shout out to all of the 40 people that attended!
- ▶ 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 provided lasagna, green beans, and garlic for the event



Upcoming Event: Relax & Recover Terrarium Night

- ▶ Friday March 7th, 2025
- ▶ Doors open at 5:30pm
- ▶ Instructor-led mini terrarium building
- ▶ Crafts table for the kiddos! (with helpers)
- ▶ All materials for terrariums provided- but feel free to bring extras if you'd like
- ▶ Registration is required due to limited space- see website, scan QR code, or follow the link to register!
 - ▶ <https://docs.google.com/forms/d/e/1FAIpQLSdoVW02uKLIJSPxy0mGUwyGapulfi-XGTRH5mOyFVnHg-0odA/viewform?usp=sharing>

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES,
DIVISION OF SUBSTANCE USE PREVENTION AND RECOVERY

Sangamon County ROSC and Springfield Art Association Presents:

RELAX & RECOVER TERRARIUM NIGHT

FRI MARCH
7TH
6-8 PM

REGISTER BY MARCH 3RD

**RSVP REQUIRED-
SCAN QR CODE TO
REGISTER
OR EMAIL
wdevine@fgcinc.org**

*Grounding Exercises
Light Refreshments
Build your own Terrarium;
Instructor guided
+Crafts Table for Kids
All materials provided!*

@Springfield Art Association
700 N 4th St
Springfield, IL 62704

Special thanks to our event partners and sponsors:



Fifth Street Renaissance Visual Art Center SAA FGC Family Guidance Centers, Inc. SPRINGFIELD PREVENTION TEAM meridian

Upcoming Event: Relax & Restore Yoga

- ▶ Saturday March 22nd, 2025
- ▶ Peer-led sharing circle at 10am, instructor-led yoga at 11am
- ▶ Yoga mats & healthy snacks provided
 - ▶ Feel free to bring your own yoga mat if you'd like!
- ▶ Venue space donated by Unity Church of Springfield
- ▶ Ages 13+
- ▶ Registration is required due to limited space- see website, scan QR code, or follow the link to register!
 - ▶ <https://docs.google.com/forms/d/e/1FAIpQLScyNqI9JgSLhr6HJ0W8YUHZNbq5ALGXsaIG4MSYwSYTXBFqQ/viewform?usp=sharing>

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES,
DIVISION OF SUBSTANCE USE PREVENTION AND RECOVERY.

RECOVERY-ORIENTED
SANGAMON COUNTY
OFFICE OF LIFE

SANGAMON COUNTY ROSC PRESENTS:

RECOVER & RESTORE YOGA EVENT

FOR PEOPLE IN RECOVERY AND THEIR FAMILIES AGES 13 AND UP.

BEGINNER'S YOGA

INSTRUCTOR LED BY ASHLEY K. (WITH WHOLESelf HEALING RESILIENCE CENTER)

PEER-LED EMPOWERMENT & RECOVERY SHARING SESSION

LIGHT REFRESHMENTS

**Sat.
March 22
10 AM**

@ Unity Church
417 E Cordelia
Springfield, IL
62703

REGISTRATION REQUIRED:
SCAN QR CODE
OR VISIT
WWW.SANGAMONCROSC.ORG
TO REGISTER

SPECIAL THANKS
TO OUR EVENT PARTNERS
& SPONSORS

WholeSelf Healing
RESILIENCE CENTER

meridian

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 the 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 jars, soil, and rocks for our upcoming terrarium building event, as well as healthy snacks and yoga mats for our upcoming yoga event



Member Updates

Whitney Devine

Member Updates



UPCOMING EVENTS



COORDINATION
NEEDS



GENERAL
ORGANIZATIONAL
UPDATES



NEWS FOR THE
GROUP