

# Recovery Oriented System of Care



## Alexander/Pulaski County ROSC Council Minutes 02/20/2025

### Attendance

Emily Middleton, Arrowleaf  
Amber Mulkins, Arrowleaf  
TJay Purchase, Community Resident  
Dan Martinez, Arrowleaf  
Perri Harrell, Community Resident  
Kimberly Thorwegen, Health Services  
Johanna Gonzalez

### Notes

- I. **Welcome and Introductions**
- II. **Mission and Values**
- III. **Old Business**
  - I. Discussed setting Recovery Goals for the New Year. Setting a realistic goal includes focusing on a SMART goal:
    - I. **Specific** – *make your goal clear*
    - II. **Measurable** – *track your progress*
    - III. **Attainable** – *keep it realistic*
    - IV. **Relevant** – *align with your values*
    - V. **Time-Specific** – *set a deadline*
  - a. **Weaknesses**
- V. **New Business**
  - I. Community Needs Assessment
    - I. How would you describe the community's readiness to support the ROSC Council?
      - I. Encouraged attendees to participate in the Community Survey.
    - II. Completed a SWOT Analysis of the Community.
      - I. **Strengths**
        - I. What do we do well?
        - II. What unique resources do we have available?
        - III. What do others see as our strengths?
          - I. Faith-based leadership is a strength of the community. Resiliency and connection between community members and organizations is a key

strength, too. The community has persevered through several bouts of uncertainty especially with budget cuts and budget impasses to state and local resources. The community also does a very good job with connecting with youth in the community and uplifting their voices. The community is very strong, often having that strength not be visible to others as it can be overclouded with negative information.

**II. Weaknesses**

- I. What resources or services are lacking?
- II. Where are we starting to struggle?
- III. How can we overcome these?
  - I. Access to safe and stable shelter is a strong need of the community. There are several resources that have been available but have resulted in false promises and the community understandably struggles with trust.

**III. Opportunities**

- I. What resources are available to us?
- II. What trends should we take advantage of?
- III. How can we turn our strengths into opportunities?
  - I. We are positioned with a unique opportunity to approach recovery as holistic within our community. With so much access to the Shawnee National Forest, we can build upon opportunities to engage our community with the natural environment. We could continue to build upon the voice of the youth in our communities and work with schools to ensure our resource information is listed on student IDs and materials that go home with families.

**IV. Threats**

- I. What threats do we face?
- II. Who might challenge us?
- III. What could go wrong?
  - I. The community has a lot of resiliency but there is a threat that the outside support that is needed can be hard to find. There is a lack of stable housing and transportation to resources. Funding, sustainability, and the uncertainty of the future as it pertains to prevention and recovery resources are in jeopardy.

**VI. Announcements**

- I. Arrowleaf's New Housing Opportunity – Garden Apartments in Anna
  - I. Arrowleaf is now taking applications for the new housing opportunity – Garden Apartments in Anna, previously known at Bethany Village. The rent includes utilities. Individuals who may have backgrounds that could get them denied from public housing may still be able to qualify. The minimum annual income requirement is \$19,000 and the maximum is \$51,000.
  - II. The new facility hopes to remove barriers for those trying to find quality housing. For more information, email: [info@myarrowleaf.org](mailto:info@myarrowleaf.org) and stay tuned for social media announcements on how to apply.
- II. Arrowleaf's Community Resource Guide
  - I. Arrowleaf is working on reviewing and revising the annual Community Resource Guide. If you know of any substance use or mental health services, supports, and resources that should be added, please let Emily know!
- III. Child Abuse Prevention Month
  - I. Join the ROSC team on Monday, April 7<sup>th</sup> at 11:30AM at the Pope County Courthouse lawn to kick off Child Abuse Prevention Month. Speakers will be present and read a Proclamation Reading along with other activities to take a stand against child abuse.
  - II. Southern Seven Health Department – Jennifer – will be present. Pamphlets, resources, etc.
  - III. Working with schools and students in Johnson County to provide Child Abuse Prevention opportunities.
  - IV. Businesses that may want blue lightbulbs?
- IV. Community Needs Assessment – [click this link](#)
  - I. Our Community Needs Assessment is live! We are seeking feedback from those who live and/or work in the southern seven counties. This brief survey regarding substance use and recovery services will assist our program in better understanding and meeting the needs of the community. Results are anonymous and the data will be used to share with our upcoming Council Meetings.
- V. March Meeting is Scheduled for Thursday, March 20<sup>th</sup> at 1PM