

Coles County ROSC Meeting Notes – February 3, 2025

ROSC Name/Lead Agency: Coles County ROSC / Hour House

Date & Time: February 3, 2025 | 12:00 PM – 1:00 PM

Location: LifeSpan Center / Hybrid

Attendees:

- **Whitley Grayson** – Drug Court Recovery Navigator
 - **Lisa Blackwell** – Coles County ROSC Coordinator
 - **Josh H.** – Community Member
 - **Josh F.** – Guest Speaker
 - **Samantha Cross** – Community Member
 - **Jared S.** – Community Member
 - **Gary Stephen** – Community Member
 - **Kaden Dedmin** – Community Member
 - **Peg Zimmer** – Community Member
 - **Jenna Hays** – ROSC Supervisor
 - **Jasmine Gast** – Coles ROSC Recovery Navigator
 - **Dani Prince** - BASE
-

1. Welcome & Introductions

- Attendees introduced themselves.
 - **Goal of the Meeting:** Bringing the community together to support individuals in **recovery, active substance use disorder (SUD), and their families.**
-

2. Guest Speaker – Personal Lived Experience (PLE): Josh F.

- Josh shared his **recovery journey**
- He sought **treatment at Hour House** and has remained in **recovery since October 14, 2023.**
- His story highlighted the importance of **faith, surrender, Narcotics Anonymous (NA), sponsorship, and consistency in recovery.**

- He also shared how **his mother, who drank for 60 years, found recovery through daily meditations he sent her**—she celebrated **one year sober on January 4, 2025**.

Key Takeaway:

Josh’s story emphasized the **ripple effect of recovery**, showing how one person’s sobriety can impact their entire family.

3. Updates on Current Initiatives

Community Survey

- Update: The survey distribution is ongoing.
- Goal: **Engage at least 3% of the Coles County population.**
- **Strategies to increase participation:**
 - QR code placement in the **Journal Gazette newspaper.**
 - **Survey blast to all Sarah Bush Lincoln Health employees on Monday, February 10, 2025.**
 - Placing **physical copies at laundromats, libraries, gas stations, and courthouses.**
 - Checking with **Daily Eastern News for additional promotion.**

Certified Recovery Congregation (CRC) Initiative

- The **new faith-based subcommittee is called “Faith in Community.”**
 - **Meetings:** 3rd Thursday of every month at 10:00 AM at LifeSpan Center.
 - The subcommittee is focused on:
 - **Educating churches on recovery and mental health.**
 - **Creating certified recovery congregations** that provide **safe spaces and resources** for individuals in recovery.
 - **Hosting faith-based recovery events** such as concerts, prayer groups, and educational programs.
 - Need to **invite more faith-based leaders and community members** to join.
-

4. Navigator Updates

Community Outreach (Jasmine Gast)

- Planning a **recovery-friendly music event** at **Jackson Avenue Coffee** to increase community engagement.

- Looking for **additional community-based events** to spread awareness about ROSC.

Education Groups

- **1st Wednesday of the month – Mattoon Public Library.**
- **3rd Wednesday of the month – Charleston Public Library.**
- February's topic: **Healthy Relationships in Recovery.**
- Attendance has been low; **suggestions were made to relocate the groups to a more engaging venue.**

Drug Court Updates (Whitley – Drug Court Coordinator)

- **Graduation: Thursday, February 27, 2025 – Four graduates** with impactful recovery stories.
 - **“Bears If You Care” Project:**
 - Collecting **new stuffed animals** for children entering foster care through DCFS.
 - No official drop boxes yet; **donations can be arranged by emailing Whitley.**
-

5. Deliverables

Community Asset Mapping

- The **resource guide is complete** and **available in digital and hard copy formats.**
- Includes **licensed providers, community resources, parks, and mental health/substance use services.**

Community Survey Update

- **Same as discussed above** under "Current Initiatives."
-

6. Subcommittee Updates – Certified Recovery Congregations (CRC) Program

- **Faith in Recovery subcommittee is officially formalized.**
 - Meetings: **3rd Thursday of each month at 10:00 AM at LifeSpan Center.**
 - Plan to invite more **churches and faith-based organizations** to join.
-

7. Spotlight Initiative: BASE Program

- BASE is a **school-based program** placing **navigators and prevention specialists in Coles and Douglas County schools.**
- More information will be shared at the next meeting.

8. Community Engagement Plans

Upcoming Event for March

- **Proposed: Recovery Music Jam at Jackson Avenue Coffee.**
- **Features: Live music, recovery education, and family-friendly activities.**

Future Events & Plans

- **Spring Event: “Stories in Harmony”**
 - **A music and storytelling event featuring local bands, lived experience stories, and food vendors.**
 - **Goal: Celebrate resilience and recovery** while supporting local businesses.
- **Laundry Days Initiative**
 - **Planning phase; seeking funding and locations.**
- **May/June Event Ideas Needed**
 - **Possible recovery community festival (SilverFest) at Kiwanis Park.**
 - **Potential pool rental and food trucks for a family event.**

9. Open Discussion

Sober Living & Housing Resources Discussion

- Discussion highlighted a **need for more women’s sober living homes in Coles County.**
- Identified **men’s Christian sober living homes in Mattoon.**

Next Steps:

- Follow up with **contacts who may have housing resources.**
- Consider creating a **resource spotlight at each meeting** to feature available housing and services.

10. Closing Remarks

- **Next Meeting: Monday, March 3, 2025, at 12:00 PM (LifeSpan & Zoom).**
- **Next Guest Speaker: TBD.**

- **Contact Information:**

- **Jenna Hays:** [jennah@hourhourecovery.org/](mailto:jennah@hourhourecovery.org) 217-549-5362
- **Lisa Blackwell:** Lisab@hourhourecovery.org / 217-549-9045
- **Jasmine Gast:** jasmine@hourhourecovery.org / 217-549-7516