

DuPage ROSC Council Meeting Minutes

February 19th, 2025

0:00-35:00

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 started the meeting by talking about the importance of self-care, especially in a time of anxiety and uncertainty around funding but also the stress of the job, especially for people with lived experience. Jarrett challenged the attendees to do something today to practice self-care, and asked folks to mention their own self-care techniques. Jarrett mentions that he enjoys working with furniture, because doing things like sanding and painting can be a cathartic work and helps shutting off his brain for a while. Some other examples of self-care practices: coloring, getting enough sleep, early morning workouts, knitting, building large Lego sets, playing piano and singing, running and reading, nature events, and more. It goes to show that there are plenty of ways to practice self-care and not just talk about it.

Jarrett then asked for anyone attending DuPage ROSC for the first time to introduce themselves, and this month we had first-time attendees from: Gateway Foundation, several students from College of DuPage, Prevention Leadership Team, and Relief Mental Health.

As there are several new attendees, Jarrett took a few minutes to describe the ROSC model and what DuPage ROSC works on, specifically. He then went over the agenda for the meeting.

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 February edition of the DuPage ROSC Presentation Series, and he will be presenting on nitrous oxide, as it is currently having a moment in the culture. He asked that anyone interested in presenting in the future to please reach out, as ROSC is always looking for new presenters.

ROSC Coordinator Jarrett Burton then promoted the ROSC's work in creating Narcan Access Points throughout DuPage County, and showed the list of partner sites that ROSC provided Narcan wall boxes for in the past year. Jarrett said that the contract with the Health Department has been re-upped for the next year, and DuPage ROSC is looking for new partner sites in specific geographic areas of DuPage.

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 promoted 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.

ROSC Coordinator Jarrett Burton then promoted 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, and how to get involved with that grant program

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).

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.

ROSC Coordinator Jarrett Burton introduced Blake Worman, who helps with the ROSC Referral Hub, as well as the ROSC Resource Guide and Map. Jarrett gave a quick rundown of the history of the Hub, and Blake gave the monthly referral figures. We are up to 139 members using the Hub. Blake was unable to tabulate this month's winner of the Hub MVP, but will get back to that starting next month.

Blake transitioned into talking about the ROSC Resource Guide, which he's been working on for months now, which covers a dozen different sectors and has listings for the organization, direct contact, insurance information, and more.

Blake then provided a demonstration of the ROSC resource map, which uses the information submitted to him through the Hub and resource guide. Blake also made the map searchable by keyword, which includes insurance information. The map will be continuously updated, and anyone should be able to access it online.

One attendee asked if ROSC was able to determine the outcomes in referrals to services, and Jarrett explained that outcomes have been tricky to track, as it would require dozens of follow up questions to providers using the Hub. Previously Jarrett had asked the Hub users to self-report when clients followed through on referrals, and they did not have much luck. They will continue to try and track outcomes to the best of their ability.

35:00-56:25

ROSC Coordinator Jarrett Burton then introduced Don Mitckess, LCPC, CRADC, and Director of Clinical Strategy at Relief Mental Health. Don has been a presenter a handful of times previously on topics like Transcranial Magnetic Stimulation, Eating Disorders, and Non-Suicidal Self Injury. Don joined the council to give a rundown of Relief's services and their

seven different locations in the Chicagoland area. They have many locations spread across a large geographic area due to all of the modalities of treatment.

Transcranial Magnetic Stimulation (TMS): TMS is FDA approved to treat the following mental health challenges: depression, OCD, anxiety, and smoking addiction. TMA has really only been covered by insurance over the past 7-8 years.

TMS is a machine that uses helmets made up of magnetic coils that painlessly sends pulses through your brain. It is often utilized on patients who have proven to be treatment resistant, so it's normally not a treatment option for first time patients of mental health challenges. It may be some time before TMS is a front line treatment.

The closest analogy Don can use in describing TMS is like how a wireless phone charger works—it's the same principle, which is charged magnetic coil sending pulses. No electricity is being delivered, but a stimulation waking up neurons in the brain. The helmets used in TMS can look slightly scary, but there is no pain involved at all

The treatment regimen is intensive, being daily for the first week and then titrated down from there. The treatments are only 30 minutes, so folks can come in before or after work, on their lunch break, etc.

Four out of five people have reported positive outcomes from TMS treatment. They measure "success" by a 50% reduction in assessment scores. The reduction is often greater than 50%. The only side effect that's reported in early TMS treatments is some slight headaches, which are caused by the brain starting to work more.

There are three different types of helmets which are designed to treat different types of disorders. There is also evidence that TMS can also be used to treat various other problems like: opioid use disorder, alcohol use disorder, PTSD, tinnitus, traumatic brain injury, dementia, and attention deficit disorder. Relief will try to utilize TMS for off-label, but insurance will not cover in those cases. Relief clinical staff are in constant communication with the companies that manufacture the TMS machines so they can remain up to date on all of the applications and updates.

TMS is covered by all major insurances, including Tricare and Medicare, but is not covered by Medicaid. One exclusionary disorder that insurances will not cover is bi-polar disorder, and that is because TMS could possibly trigger a manic episode—a rare side effect, but one that happens.

Spravato: FDA approved form of intranasal ketamine used in the treatment of treatment-resistant depression and major depressive disorders with suicidal thoughts or behaviors.

Don has been a CRADC for a number of years, and so was hesitant about the use of a substance like ketamine. He has treated a lot of people for addiction, including ketamine addiction. People in the substance use field have a lot of questions about using a hallucinogen and they should, but after a lot of research Don came around to using Spravato due to its success rate.

The science behind Spravato is it's a nonselective noncompetitive inhibitor of NMDA receptor which leads to downstream glutamate release. The most common side effects include: sedation, dissociation, tachycardia, and hypertension. Some guidelines for Spravato use at Relief:

- Required to be monitored by a HCP in office for at least 2 hours
- Required to have a ride home after the appointment; cannot drive or operate machinery until after a good night's rest
- Do not eat for 2 hours prior to appointment
- Limit liquids about 30 minutes prior to treatment
- Monitor for abuse and misuse

The way the induction is worked out:

Weeks 1-4: Twice weekly, Day One starting dose is 56mg, subsequent doses are 56mg or 84mg

Weeks 5-8: Once weekly, 56mg or 84mg

Weeks 9 and beyond: Once weekly or every 2 weeks, 56mg or 84mg

With the remaining time, Don touched on **IV ketamine** and its off-label use for: Major Depressive Disorder, Treatment-Resistant Depression, PTSD, Anxiety Disorders, Bipolar Depression, and Substance Use Disorders. The induction schedule is six Ketamine infusions administered over the course of 2-3 weeks. Appointments are roughly 90 minutes, and occasional maintenance booster infusions may be needed.

Don also touched on the **psychiatry services** available at Relief Mental Health:

- Diagnostic services
- Medication management by psychiatrists, psychiatric nurse practitioners, and physician assistants
- Personalized Treatment Plans
- Collaborative care with both internal and external providers
- In person and telehealth services available

There are also **psychotherapy** services available:

- Diagnostic services
- Personalized treatment plans
- Therapeutic approaches: CBT, DBT, ERP, ACT, EMDR
- Collaborative care with both internal and external providers
- In person and telehealth services available

Relief also provides warm, inviting therapy rooms, personalized treatment plans, expedited care, collaborative care, convenient locations and flexible office hours, and you're covered by most insurances, including Medicare and Tricare.

56:20-end

ROSC Coordinator Jarrett Burton then introduced Eva Rafas, Senior Program Director at the Language Access Resource Center at the DuPage Federation on Human Services Reform. Eva discussed their initiatives that can help with translation services:

Grant supported language services available for **assisting with traditional and non-traditional mental health services** including mental health services, substance abuse services, or services for individuals with disabilities. Funds can be used to support the providers who are assisting optimal mental health, including, but not limited to: substance use prevention, treatment and recovery, services for individuals with developmental disabilities, mental illness, therapy, consultation, etc. The funds can assist non-clinical; settings as well, such as support groups, connection groups, etc.

Both grants include geographical restrictions which means either your organization or the services needs to be located at OR the service recipient needs to be a resident of any of the following:

Milton township:

Carol Stream: 60188
Downers Grove: 60515
Glen Ellyn: 60137
Glendale Heights: 60139
Lisle: 60532
Lombard: 60148
Naperville: 60563
Wheaton: 60187, 60189
Winfield: 60190

CDH service areas:

Addison: 60101
Aurora: 60502, 60504, 60505, 60519, 60568
Bartlett: 60103
Bloomingtondale: 60108
Carol Stream: 60188

Glendale Heights: 60139
Glen Ellyn: 60137
Hanover Park: 60133
Lisle: 60532
Lombard: 60148
Naperville: 60540, 60563, 60565
Roselle: 60172
Villa Park: 60181
Warrenville: 60555
Wayne: 60184
West Chicago: 60185
Wheaton: 60187, 60189
Winfield: 60190

Here's how LARC can assist:

- **Interpretation Services:** Available in-person, virtual, and telephonic access for you and your clients..
- **Document Translation:** LARC offers translation for forms, documents, emails, flyers, subtitles, and more.
- **Training Scholarships:** Scholarships are available for their Interpreter Training and Intro to Interpreting courses. A total of 10 (ten) seats are available. Residents or staff in the CDH service area that work or volunteer in traditional and non-traditional mental health services.
- **Workshop:** about Interpretation in Mental Health settings
- **Language Access Consultations:** LARC here to help with any language access needs you might have.

For more details and to access LARC services, visit their [Grant Funded Services](#) page for additional information on language access services. For scheduling a language assessment, or register for training classes, please visit <https://link.edgepilot.com/s/440a2960/3rHRuw7OgU6EvVB6OEWc1A?u=https://www.duPageFederation.org/interpreter-training>

DuPage ROSC Coordinator Jarrett Burton thanked the presenters and attendees, and promoted the March edition of the ROSC Council, which will feature a presentation on Recovery Center of America's services, as well as the reporting from the recent Community Needs Survey. The meeting will be Wednesday, March 12th at 3pm.

