#### **Sangamon County ROSC Meeting**

3/25/25 9 a.m.

Location: zoom

#### **Attendees:**

- Sarah Richardson, FGC
- Austin Dambacher, FGC
- Stacey Stottler, FGC
- Hank Boehme, FGC
- Marie Riley, Sangamon County Dept of Public Health CFC #18
- Joan Stevens, Sangamon County Dept of Public Health
- Stephanie Carson, Gateway
- Katie Coniglio, Sangamon County Dept of Public Health (Health Educator)
- Samantha Brown, 5<sup>th</sup> St Renaissance
- Donna Reeves, Central Counties Health Centers
- Nicholas Banning, SIU School of Medicine CPRS Training Program
- Brycen McFadden, Oxford House
- Galia Cossyleon, Springfield Memorial Hospital
- Jamie Riedle, Heartland Housed
- Yolanda McKinney, Helping Hands

#### Agenda:

- Introductions
- Membership Update
- Resource guide update
- ROSC Event Updates
- Sober living supply drive
- Strategic plan: goals to bridge gaps identified in community survey
- Open floor to ROSC members to share upcoming events, ideas, needs, etc.
- Organizational speaker

#### **Next Steps:**

- Austin will get Joan Stevens information on the 3 support groups for family members of people with an SUD
- Register for upcoming ROSC events:
  - Rewind and Recover Retro Game Night at the Phoenix Center April 26<sup>th</sup> at
     6pm
  - o Let's Taco 'Bout Recovery May 10th
- If you know of anyone who has recently entered sober living and would benefit from a hygiene item/bedding donation, reach out to Whitney and Austin

#### **Meeting Notes:**

- Community Events:
  - Advanced Dental Care of Springfield is doing a free dental day on May 30<sup>th</sup>

- County Market is doing a Food and Supply Drive on March 28-29
- Gateway is doing a What's Brewing at Gateway Coffee Connection Networking
   Event May 20 at 8am
  - Email Stephanie Carson to RSVP
- Heartland Housed Welcome Home Basket Initiative
- Community Easter Bunny Bash April 12, run by Feeding Springfield One Lasagna at a Time
  - o She still needs help making up Easter baskets, volunteers
  - o This is vendor friendly if you provide children/family resources
  - Contact Beth Rees to volunteer or attend
- Salvation Army is having a Veteran's Resource Fair on March 28
- Next new member orientation is April 18<sup>th</sup> at 12pm invite anyone who might be interested in joining ROSC
- Community Resource Guide Update: resource books are on their way!
  - Whitney and Austin will let everyone know when they are ready reach out if you would like a stack of them at your organization
- Terrarium Night and Yoga event in March went really well
- Upcoming Events:
  - Rewind and Recover Retro Game Night at the Phoenix Center April 26<sup>th</sup> at
     6pm
    - Pre-registration is required
  - o Let's Taco 'Bout Recovery May 10<sup>th</sup>
    - 3 speakers talking about recovery
    - Full taco bar sponsored by local businesses
    - Pre-registration is required
- Sober Living Supply Drive we have a surplus of donations!
  - If you know of anyone in need or any sober living house managers that aren't familiar with ROSC – send them our way
- Organizational Speaker: Stacey Stottler, FGC
  - Highlight: Stabilization and Transition Services (STS)
    - People who are 18 and older
    - Housing insecurity/homelessness
    - Medically stable but having a crisis
    - Do not need to have any substance use needs/SUD
    - Not currently in treatment for behavioral health treatment
    - Housed for approx. 3 days in the STS program, do an assessment at the end of the 3<sup>rd</sup> day
      - No treatment services are offered during an STS stay

- o Immediate Access to Care
  - Confirming that we are able to serve everyone when they walk in, no appointments or next-day scheduling

# Sangamon County ROSC Council

General Meeting 3.25.25



# Agenda

- Introductions
- Membership Updates
- ► Resource guide update
- Community Survey & Strategic Plan
- ► ROSC Event Updates
- Sober living supply drive
- Open floor to ROSC members to share upcoming events, ideas, needs, etc.
- Organizational Speaker

## 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

## 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

#### No new members since last month

February: 33 registered members

March: 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	Recovery supports	Faith-based groups	Family	Service providers	
12	17	7	11	17	
Volunteer/civic organizations	Education/schools	Youth-serving organizations	Media	Business	
3	3	2	0	7	
State/local/tribal government	Substance use treatment organizations	Healthcare	Law enforcement	Judicial	
4	6	5	1	0	

### Collaborating Community Organizations







































# Collaborating Community Organizations: Updates



**UPCOMING EVENTS** 



COORDINATION NEEDS



GENERAL ORGANIZATIONAL UPDATES



NEWS FOR THE GROUP

# FREE DENTAL DAY

FRIDAY MAY 30th

HOSTED BY

ADVANCED DENTAL CARE OF SPRINGFIELD

COUNTRY AND MARKS AND PROPERTY HERE

THE RESIDENCE OF SHARP PARTY AND ADDRESS OF THE PARTY OF

DIGHT OF A PILLING, EXTRACTION ON CLEANING WILL BE

PROVIDED FOR THOSE IN YEARS AND CEDITE WHO CAN'T GET

#### TREATMENT BY APPOINTMENT ONLY.

The responsibility for the event beginning appointment from





#### EVENT:

What's Brewing at Gateway?

#### OHILE

Sunstan, May 20th

#### Tittle

Marry 9-30am

#### Locathon

Cataminy Springfield 2000 Lake Victoria Drive Springfield, IL 52703



Security for a susual featuring affective recommendation and to

PSVP to Septiative Comon by Westmestey, Kiey IAChr scarpon@gattewayfouthdelign.org

# COUNTY MARKET FOOD & SUPPLY DRIVE

FOR THE HOMELESS

MARCH 28 & 29 | FROM 8 AM TO 6 PM

COUNTY MARKET 1903 W. MONROE - SPRINGFIELD

DEHEFITING WASHINGTON STREET MISSION

# The **O O O Welcome Home Basket** Initiative

Each month, 20 to 30 households transition from homelessness into stable housing. Many move in without the basic essentials needed to manage a home.

You can help by donating essential household items!



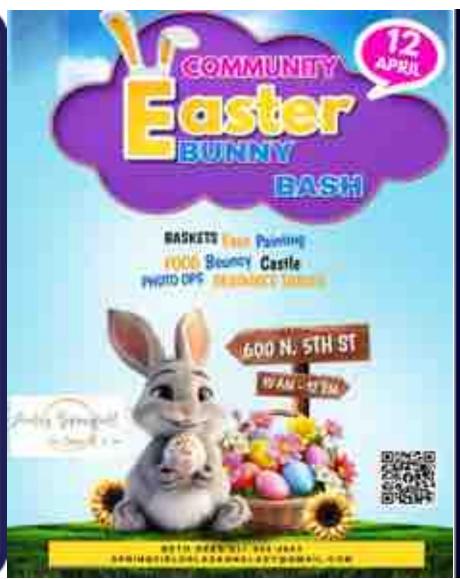
Heartland HOUSED can provide the laundry basket! Whether you contribute a single item, a partially filled basket, or a fully stocked one, every donation makes a difference! Our team will ensure that each basket is complete to greet our newly housed neighbors! Please only include items in good condition.

#### WHAT ITEMS ARE NEEDED?

- · Pots and Pans Set
- Dishes (2 plates, 2 bowls)
- Cups (2 coffee mugs, 2 cups)
- · Silverware / Knife Set
- . Cooking Utensils
- Can Opener
- Oven Mitts
- \_\_\_\_
- Dish Towels
- · Dish Soap and Sponge

- Food Storage Containers
- · Comforter, Sheets, Pillow (Twin)
- · Bath Towels and Washcloths
- Shower Curtain and Plastic Liner
- arrange designations are a second contra
- Hygiene (Hand Soap, Shower Gel)
- · Tollet Paper
- · Handheld Broom and Dustpan
- Trash Bags
- · Cleaning Chemicals

Contact us at (217) 801-9033 or staff@heartlandhoused.org





10 am To 3 pm

 Get Real ID
 Purchase a vehicle sticker

License

Renew Drivers

Become an
Organ Donor

- AmVets
- VFW
- American Legion
- VAC
- IDVA

APPOINTMENTS ARE AVAILABLE CALL 217-753-6680 OR EMAIL VETERANS@SANGAMONIL.GOV

3.28.25

TABLES AVAILABLE: CALL SHAWN (618) 604-1073

#### FOR HONOURING THE BRAVE

SALVATION ARMY 1600 E CLEAR LAKE AVE, SPRINGFIELD, IL

### New Member Registration & Process

If you are interested in becoming a member OR need to re-register this year, please complete the survey: <a href="https://forms.office.com/r/V1Fr6F3eeN">https://forms.office.com/r/V1Fr6F3eeN</a>

Next new member orientation is April 18th, 2025 at 12pm

Join Zoom Meeting

https://us06web.zoom.us/j/81264605484?pwd=nFlSnubNwS8w2CjbMHL7ONNmn6d07n.1

Meeting ID: 812 6460 5484

Passcode: 879238

## Community Resource Guide & Map

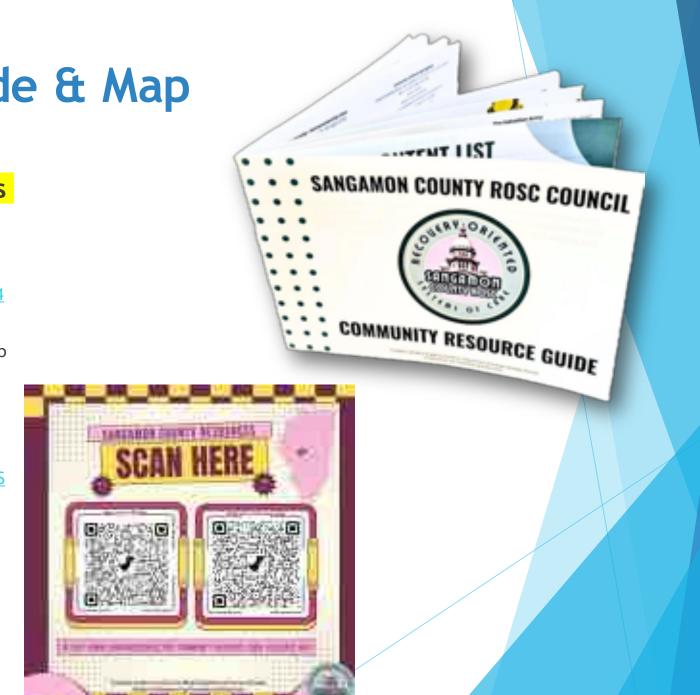
Austin Dambacher

### Live Resource Guide & Map

## Announcement!! Resource Books are made, and on the way!!!

► Direct link: https://docs.google.com/spreadsheets/d/1KprxmMf24 EsZc6V35nP-H8B6xBBCxaWFx2cD3B1Wc2I/edit?usp=sharing

- Document can also be accessed under 'Resources' tab at our website: <a href="https://www.sangamoncorosc.org/">https://www.sangamoncorosc.org/</a>
- 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=1oPS S5VcAz3E22XSkNQGjuriiXCkaAQA&usp=sharing
- Map can also be accessed on ROSC website www.sangamoncorosc.org under resource tab



# Community Survey Results & Strategic Plan

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: 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% or respondents report that they do not know how to do this

### Gaps Analysis



incarcerated or leaving incarceration

Youth outpatient SUD

Support groups for

family members of

people with a MH

Youth withdrawal

management for SUD

Youth residential SUD

supports for people

who are incarcerated

treatment

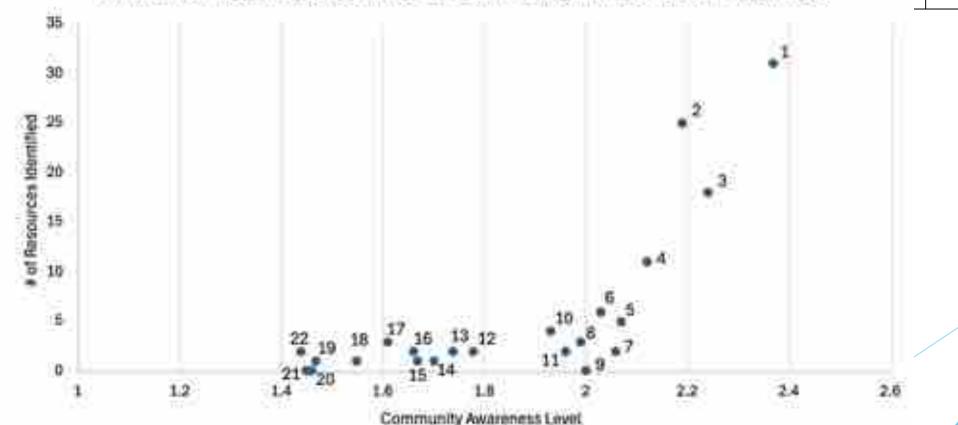
condition

treatment

or leaving incarceration

Mental health





# 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

## Strategic Plan Summary

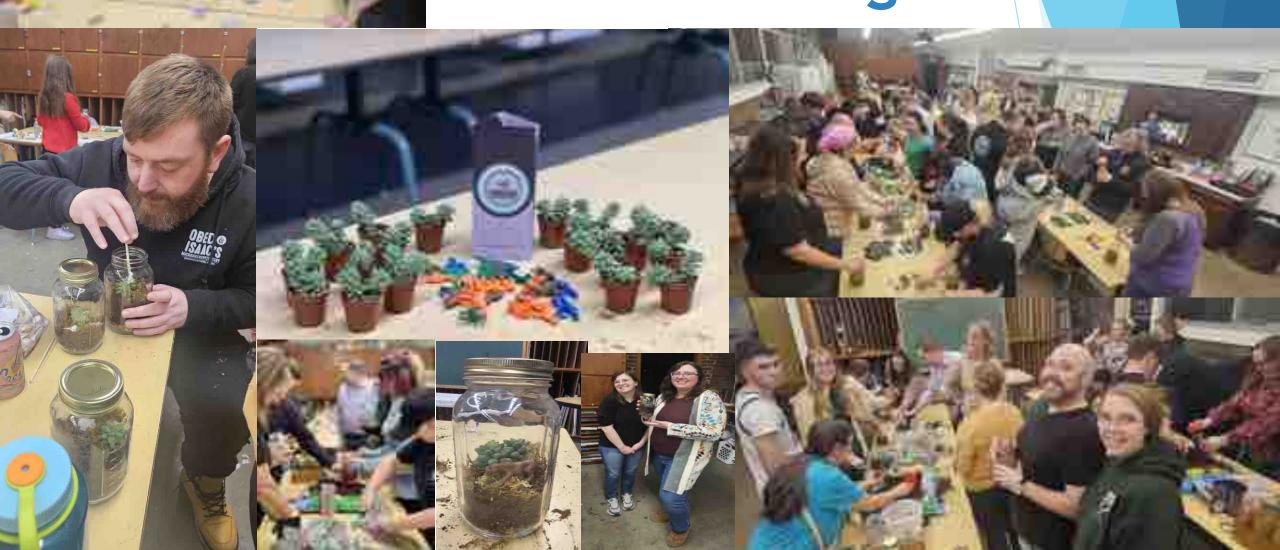
Goals	Objectives
Facilitate improvements to youth substance use disorder services in Sangamon County	<ol> <li>Coordinate with the five identified youth-serving agencies in the county to develop marketing materials related to their services, disseminate throughout the community</li> <li>Conduct a targeted assessment of youth-serving providers AND current adult outpatient SUD providers to identify barriers to initiating youth SUD treatment and/or recovery supports at their organization</li> <li>Identify at least one host organization that can provide or collaborate with others to provide a youth recovery support group in the county</li> </ol>
Strengthen partnerships that produce a greater diversity of behavioral health support groups and events for families	<ol> <li>Host at least 5 ROSC events annually focused on supporting and/or engaging family members of people with SUDs</li> <li>Create working group that includes representatives of large behavioral health providers to try to establish a regular family support group for family members of people with mental health conditions</li> </ol>
Improve systemic silos between mental health and substance use disorder providers and systems of care	<ol> <li>Conduct in-person outreach to local mental health organizations to learn more about their services and engage them about SUD services available</li> <li>Hold at least 2 ROSC events each year that focus on co-occurring mental health conditions and SUD, and recovery supports tailored to co-occurring disorders</li> <li>Hold a provider resource fair and working session that emphasizes breaking down silos between and within behavioral health systems of care</li> </ol>
Enhance access to behavioral health resources for people in the criminal-legal system	<ol> <li>Create a resource bundle for individuals being released from carceral settings, work with local ROSC entities to include harm reduction resources like testing strips and safer use supplies</li> <li>Coordinate with community partners to identify volunteers to provide AA and NA groups within Sangamon County Jail for men and women</li> </ol>
Grow the capacity of the Sangamon County ROSC to meet the needs of the community	<ol> <li>Proactively engage at least 5 youth-serving organizations and invite them to join the ROSC council</li> <li>Develop a ROSC newsletter that includes upcoming events, community resources, etc.</li> <li>Building off of successful community events, create a "Recovery Volunteers" list of people in recovery willing to volunteer at events, host support groups, speak at events, etc.</li> </ol>

# Event Updates Austin Dambacher





# Relax & Recover Terrarium Night



# Recover & Restore

Yoga Event

















### Shout Out's and Special Thanks

- Big thanks to Samantha Brown from Fifth Street Renaissance for sponsoring the Terrarium Event and leading the class!
- A special shout-out to Pleasant Nursery Inc for their generous discount on succulents.
- Huge thanks to Subway of Central Illinois for donating delicious subs, sandwiches, and cookies for our event.
- Big props to Family Guidance Center's Prevention Team and Audrey Sprinkel for running the kids' craft table activities!
- Big thank you to Jeffrey Isbell from Meridian for donating jars, rocks, soil, yoga mats, and healthy snacks for the Terrarium and Yoga Event.
- We appreciate Springfield Art Association and Unity Church for generously allowing us to use their spaces.
- And a heartfelt thank you to Ashley K. from Wholeself Healing Resilience Center for guiding us through the yoga activity, and to Matt L. from SIU MAR Clinic for leading our recovery sharing circle.

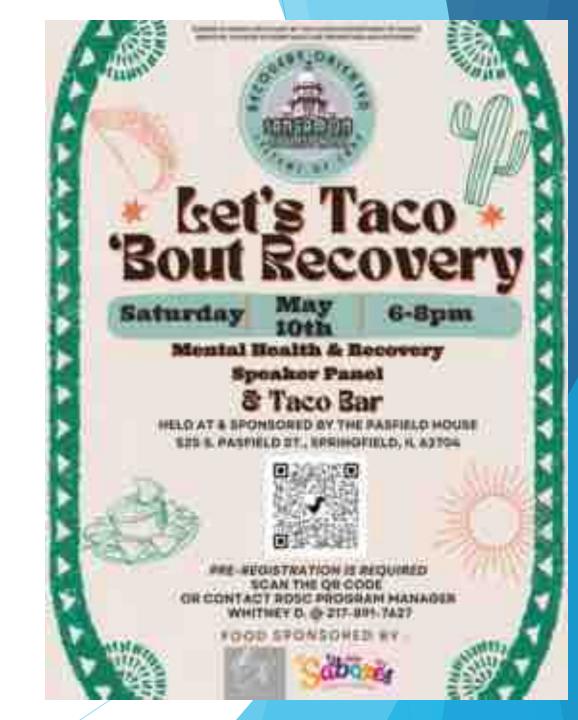
## Upcoming Event: Rewind & Recover-Retro Game Night

- Special thanks to The Phoenix Center (Out on Second) for donating their venue space!
- Potluck food=the best food! (But let's be mindful with labeling common allergens)
- Recovery-oriented Speaker
- All the classic games! Sorry!, Rock Em Sock Em Robots, Candyland, etc.!
- Pre-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/1FAIpQLSc8vQyWlLaojZ8htwXJIB5a\_lvDk7o2bwTaxZtjPcHlD4dEw/viewform? usp=header



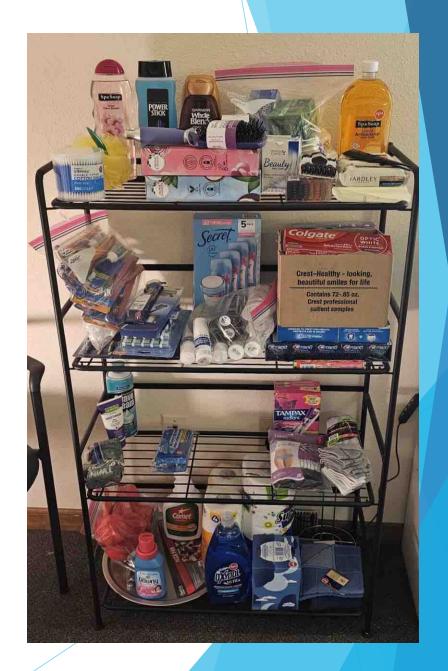
## Upcoming Event: Let's Taco 'Bout Recovery

- Special thanks to The Pasfield House for donating their venue space!
- Shout out to Bel Viso Medical Aesthetics for sponsoring our taco bar with Mas Sabores!
- Panel includes 3 speakers sharing their personal stories
- Pre-registration is required to attend
- https://docs.google.com/forms/d/e/1FAIpQLSdZF5P XTUEZ\_VYkSafo8i0oT8AReuT0HAwNUfhP52mxr8WLw/viewform?usp=hea der



## Sober Living Supply Drive

- Collecting basic household items for individuals starting out in sober living homes
- A donation box is included at every event.
- ROSC is connected with various sober living homes in the area to help identify when there are needs.
- Examples of items accepted:
- Hygiene essentials (Shampoo, conditioner, toothbrush, toothpaste, feminine care products, deodorant, razors, brushes, Q-tips
- New bedding (sheets, pillows, comforters)
- Towels (new\*\*)
- Underwear & socks (new\*\*)
- Kitchen essentials



## Organizational Speaker

Stacey Stottler Family Guidance Centers, Inc.



Stacey L. Stottler, Vice President – Springfield Operations

March 25, 2025

## **OUR LOCATIONS**

- Springfield 120 North 11<sup>th</sup> Street and 2924 Stanton Street
- Aurora
- Chicago Several sites throughout the Greater Chicagoland area
- Des Plaines
- Harvey
- Joliet
- Manteno
- Quincy



## FGC Springfield Services

- Substance Use Prevention Services
- Regional Substance Use Prevention Integration Center
- Residential Treatment
- Outpatient Treatment
- Medication-Assisted Recovery Services
- Stabilization and Transition Services
- Telehealth Services for all counseling services
- Immediate Access to Care
- Outreach
- ROSC

# Prevention Services

- Evidence-based programming designed for elementary and middle-school aged youth.
- Sangamon, Menard, Morgan, Scott, and Macoupin Counties.
- Youth Prevention Education
- National Prevention Week
- Communication Campaigns
- Drug Take Back activities
- Youth Advisory Committees



#### Regional Substance Use Prevention Integration Center (RSUPIC)

- Designed to help increase access to substance use prevention to IDHS Region 4.
- Partner with youth-serving organizations throughout the region to determine the most effective ways to add substance use prevention information into the work they are doing.
- Provide support, guidance, education, and training to community partners.
- Regional Advisory Board meetings.

## Treatment options at FGC - Springfield

#### **Outpatient Treatment**

- We recognize that every patients does not want or need medication assisted recovery.
- After a comprehensive assessment, we work with the patient to determine the best course of action.

#### **Residential Treatment**

- Approximately 30-hours per week of group therapy.
- Individual counseling services.
- Case Management to assist with housing, job searches, various documentation needs.

## Medication Assisted Recovery

- Combines medication with therapy to provide a whole-person approach to opioid use disorder.
- Individual and group counseling.
- Mobile van serves
   Central Illinois, bringing
   medications for Opioid
   Use Disorder directly
   into communities with
   fewer resources.

## Stabilization and Transition Services (STS)

- Intended for individuals aged 18 and older who are homeless or housing insecure, medically stable, and who are experiencing a crisis that may be keeping them from obtaining an immediate assessment for substance use disorder treatment. These individuals need short-term stabilization and transition services.
- Stays are intended to be approximately three days in length.
- Rooms are separate from Residential Treatment, with no treatment services being offered until after the assessment is completed on the last day.
- Not an extension of level 3.5 treatment, and individuals may be provided assistance to another community partner/facility as deemed appropriate.

#### Immediate Access to Care

- We serve everyone, regardless of insurance status, income, or documentation status.
- The Immediate Access to Care (IAC) team is on-hand to provide assessments and work to determine appropriate placement. Walk-Ins are welcome.
- If treatment at FGC is not deemed as the best fit, we will work to find transportation to an appropriate facility or community partner.



#### Contact Us:

- info@fgcinc.org
- 217-544-9858
- http://fgcinc.org
- sstottler@fgcinc.org
- 217-319-9956

