

## **Sangamon County ROSC Council- Monthly Meeting**

9/23/25

9 a.m.

Location: zoom

### **Attendees:**

- Sarah Richardson, Family Guidance Centers, Inc. / Sangamon Co. ROSC Council
- Whitney Devine, Family Guidance Centers, Inc. / Sangamon Co. ROSC Council
- Austin Dambacher, Family Guidance Centers, Inc. / Sangamon Co. ROSC Council
- Donna Reeves, Central Counties Health Center
- Aisha Esquivel, Illinois Helpline
- Jeshua Pearson, Chestnut Health Systems (BASE Project)
- Josh Rees, Feeding Springfield One Lasagna At A Time
- Matt Lantgen, SIU Medicine (START Program)
- Nicholas Banning, SIU School of Medicine (CRSS Program)
- Johanna Gonzalez, IDHS-DBHR
- Brycen McFadden, Oxford House, Inc.
- Sharon Helms-Commer, Envision Unlimited / Hope Springs Apartments
- Rikki Williams, Envision Unlimited / Hope Springs Apartments
- Galia Cossyleon, Memorial Hospital
- Ashley Earles, Birth to Five Illinois (Region 51)
- Mercedes Kent, Gateway Foundation
- Deb Beckman, Statewide ROSC

### **Agenda:**

- Introductions
- Community Survey
- Membership Update
- Community and organizational Events
- ROSC Event Updates
- Open floor to ROSC members to share news, ideas, needs, etc.
- Organizational Speaker: Matt Lantgen, SIU START Clinic

### **Meeting Notes:**

#### **Introductions:**

- See attendee list

#### **Community Needs Survey:**

71 responses so far (goal: 400)

Paper and digital versions available

(Josh Rees with Feeding Springfield One Lasagna At A Time) requested survey link be emailed, as well as resource guides- Whitney and Austin will follow up

### Membership Update:

- 1 new member since last meeting (Woodward Community Media)
- **New membership / Membership representation** (sectors); opportunity for growth judicial and law enforcement (1 member)

### Community Event Updates:

- Family Guidance Centers- offering free clinical supervision for those seeking licensure / certification in Illinois; contact Cindy Rivera at [crivera@fgcinc.org](mailto:crivera@fgcinc.org)
- 10/1, 10am-11:30am- Best practices in Reflective Clinical Supervision; contact Hillary Wang
- Heartland Housed- Welcome Home Basket initiative- collecting baskets with home goods, hygiene supplies, etc. To help those transitioning from being unhoused into housing
- Gateway Foundation: Motivational Interviewing training in Bloomington, 9/26 from 9am-5pm, CEUs available at Gateway Foundation Outpatient
- Peer Power: Rooted and Ready training in Elgin IL, 9/25-9/26, CEUs available.
- SIU Medicine-
  - Addiction Medicine Conference 9/24, 7:30am-4pm at the Memorial Learning Center, CEUs available
  - William C. Moyers, person in / advocate for recovery, 9/23, 7pm-8:30pm at Salvation Army; \*free event\*
- Josh Rees- Helping high schoolers who cannot afford dresses / suits for prom, reach out via Facebook (“Feeding Springfield One Lasagna At a Time” and “BB Boutique”), located in Kumler Church

### Community Resource Guides

- Digital list and interactive map available online
- Physical booklets available- contact Whitney or Austin if you’d like some

### ROSC Event Updates

- Recap: ROSC and Gateway Foundation present The United Recovery Takeover- 9/6 at Southern View Park- Recovery month event with local organizations provided resources for those in recovery from SUD / MH, free event with food, games, prizes, recovery speakers, and fellowship; approximately 160 people in attendance and 13 participating organizations
- Rock n Run for Mental Health- 9/7- benefit 5k for mental health support at Rochester Community Park, 400 registered for the race
- Upcoming: Halloween Event on 10/24 from 6pm-9pm
  - Outdoor event, recovery speakers, hot dogs, snacks, pumpkin painting and fall crafts, costume contest, outdoor movie night; location TBD

- In coordination with Fifth Street Renaissance and Feeding Springfield One Lasagna at a Time
- Parent Cafe: in coordination with Birth to Five Illinois; date, time, location TBD

### **Organization Speaker:**

SIU Medicine START Clinic, Matt Lantgen CADDC, CRSS

- Support Team for Addiction Recovery Treatment
- Level 1.7 Outpatient Program
- Medication, individual therapy, recovery groups, peer support, psychiatry
- Accepts teens (12+), and adult patients
- Treats Substance use disorder, STAR MOM – specialty clinic for pregnant patients, gambling disorder
- Referral Process: Call clinic directly (217-545-4781), walk-in hours M-F 8:30am-4pm
- Accepts all insurance / funding sources; financial counselors available
- Risk prioritization for scheduling
  - 1<sup>st</sup>- Active IV users, pregnant people, hospital follow-up
  - 2<sup>nd</sup>- street users, in withdrawal (can call MAR NOW to bridge medication to appointment time)
  - 3<sup>rd</sup>- Discharging from detox / treatment
- Treatment engagement- weekly appointments, 3 behavioral health engagements per month (individual therapy, peer support groups, community meetings, outpatient at Gateway or FGC, can be a variety of engagements but need to provide verification
- No current waitlist for addiction therapist
- Adolescent programs- separate groups than adults (18+)

### **Next Steps:**

- Contact Whitney or Austin for survey distribution and send any upcoming event flyers your organization has.
- Save the date for our fall event.
- Invite people to join Sangamon County ROSC.

# Sangamon County ROSC Council

General Meeting

9.23.25



# Agenda

- Introductions
- Survey
- Membership Update
- Collaborating Organizations: Updates, Events, & Needs
- Community Resource Guide, Map, & Booklets
- ROSC Event Updates
- Organizational Speaker
- Open Floor



# Introductions

- Name
- Agency/organization/affiliation
- How long have you been with ROSC?
- What is your favorite Fall activity?



# ROSC Program Manager

Whitney Devine

[wdevine@fgcinc.org](mailto:wdevine@fgcinc.org)

Family Guidance Centers, Inc.

2924 Stanton Street

Springfield, IL 62703

Cell: 217.891.7627

# ROSC Coordinator

Austin Dambacher

[adambacher@fgcinc.org](mailto:adambacher@fgcinc.org)

Family Guidance Centers, Inc.

2924 Stanton Street

Springfield, IL 62703

Work: 217.441.6529 ext.8230

# Community Needs Survey

- Survey helps to measure public opinion / perception of addiction and recovery
- Identifies both strengths and weaknesses within the
- Helps to identify gaps of care
- Yearly survey results help to gauge progress in areas that need attention
- ROSC serves as a gap-closing facilitator
- Partner with us! We'd love to get QR flyers out across the county! (as well as paper copies)



**YOUR VOICE MATTERS!**



TAKE OUR QUICK SURVEY TO SHARE YOUR THOUGHTS ON  
RECOVERY, MENTAL HEALTH, AND SUPPORT IN OUR COUNTY.  
HELP US FIND THE GAPS — AND MAKE THINGS BETTER

[www.sangamoncorosc.org](http://www.sangamoncorosc.org)

Funded in whole or in part by the Illinois Department of Human Services,  
Division of Behavioral Health and Recovery



# Survey Distribution

- Looking for creative ways to distribute survey. Digital and Paper copies are available.
- Asking Council members to distribute amongst their organizations. Paper Copies are available as well as digital.
- Shout out to IHOP on Wabash for offering a discount for customers who complete our survey.
- Currently have 71 responses; 400 is the goal.



IHOP On Wabash Ave, Springfield, IL

2h · 🌐

Sangamon County ROSC wants to hear from you!!  
Complete this survey online or in ihop and receive 15% off your bill!!

\*\*if you're not familiar with ROSC please look it up!  
Great organization that helps support mental health and substance use disorders.

1 share



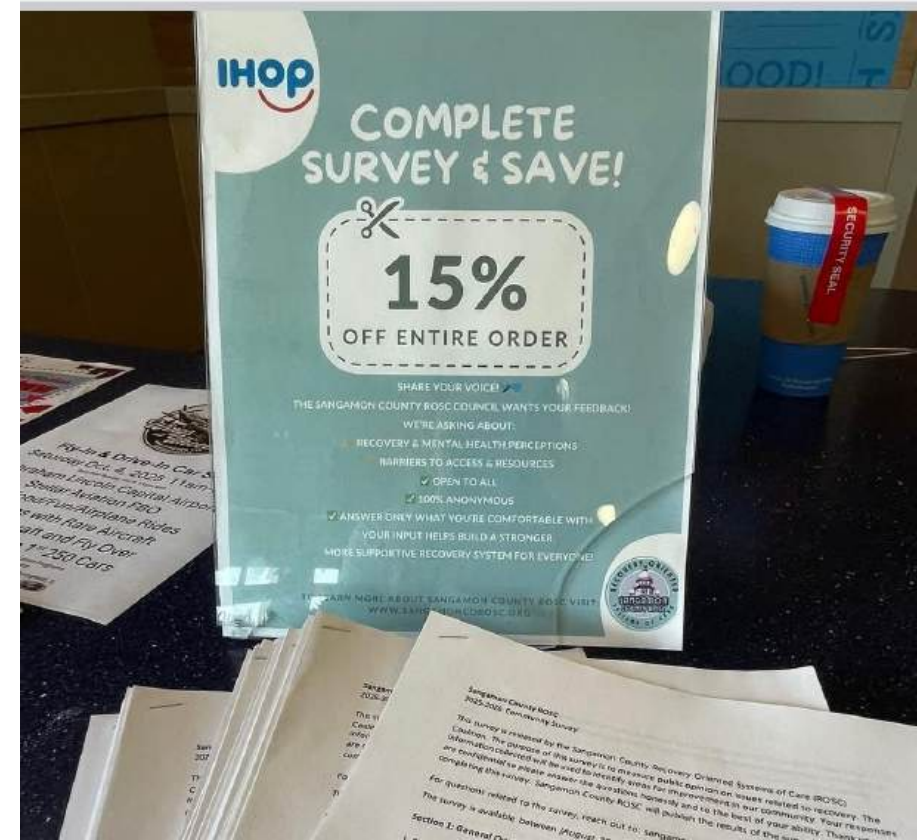
Like



Comment



Share



# Membership Update

**+1 new members since our last meeting**

Membership as of August: 43 Members

Of registered members:

28 unique organizations

1 individual (not org-affiliated)

# Collaborating Community Organizations





# 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 October 17th, 2025 at 12pm

Join the Zoom Meeting at:

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

Meeting ID: 812 6460 5484

Passcode: 879238

# Membership Representation: Sectors

ROSC Sectors (n = 42 people, can choose more than one sector)				
Person with lived experience <b>17</b>	Recovery supports <b>20</b>	Faith-based groups <b>8</b>	Family <b>13</b>	Service providers <b>21</b>
Volunteer/civic organizations <b>3</b>	Education/schools <b>3</b>	Youth-serving organizations <b>3</b>	Media <b>1</b>	Business <b>9</b>
State/local/tribal government <b>4</b>	Substance use treatment organizations <b>7</b>	Healthcare <b>5</b>	Law enforcement <b>1</b>	Judicial <b>0</b>

# Collaborating Community Organizations: Updates



UPCOMING EVENTS



COORDINATION  
NEEDS



GENERAL  
ORGANIZATIONAL  
UPDATES



NEWS FOR THE  
GROUP





# Recovery Month Bench ads!



# FALL SERIES TRAINING EVENT

**Friday, September 26<sup>th</sup>, 2025**

Gateway Foundation Bloomington  
404 N Hershey Rd, Suite B  
Bloomington, IL 61704

Join us for a free CE presentation at Gateway Foundation Bloomington:

## **Introduction to Motivational Interviewing**

*Presented by Kasia Loniewska LCSW, CADC and Isaac Copi BA, CADC*

**9:00 AM - 12:15 PM: Introductions & Presentations**

**12:15 PM - 1:00 PM: Lunch**

**1:00 PM - 5:00 PM: Presentations**

This session focuses on learning what motivational interviewing is and how to apply its techniques in a variety of settings. This education introduces the building blocks of motivational interviewing (MI) and provides practical techniques that can be applied immediately in your work.

Participants will earn 7.25 CE Credits!

Register [here](#):



## Rooted and Ready

**Grounded in Values - Responsive in Crisis**

Join us for a **FREE** two-day training designed for peer support workers in high-intensity settings that explores how to hold true to the peer role, even when systems pull you off course, and how to respond to crisis through a non-clinical, peer-centered lens.



Click Location  
to Register

**Springfield**  
September 9 & 10

**Elgin**  
September 25 & 26

Day  
1

### **Anchored: Defining & Defending the Peer Role to Avoid Drift**

This interactive training supports peer support workers in holding firm to the unique power of the peer role, even in environments that may blur boundaries or challenge your scope.

Day  
2

### **Crisis Through a Peer Lens: Connection, Compassion, and Care**

This interactive training explores how peer support workers can respond to crisis with connection, compassion, and care without stepping outside the peer role.



#### **Who Should Attend**

Individuals who have their CRSS or CPRS (or those working towards) who are currently working in a crisis setting. Whether you work on a mobile crisis response team or warmline, in a living room program or hospital, this **FREE** training will strengthen your role clarity and connections.

**SPACE IS LIMITED | REGISTER TODAY!**

[www.peer-power.net](http://www.peer-power.net)



## Upcoming Training | October 1 10-11:30 AM

### Best Practices in Reflective Clinical Supervision

Virtual training for clinical supervisors in the behavioral health field to learn how to incorporate collaborative, reflective supervisory techniques into regular supervision sessions with clinical staff.

**Contact Hillary Wang to register:**

 [hwang@fgcinc.org](mailto:hwang@fgcinc.org)

PREVENTION FIRST 



Funding provided in whole or in part by the Illinois Department of Human Services.

## Clinical Supervision Available

### Opioid Training and Technical Assistance Center (OTTAC)

- Clinical supervision with documentation from expert, licensed staff for individuals seeking licensure or certification in Illinois
- Provided at no cost to clinicians needing support on their path to becoming a certified/licensed behavioral health professional

**Contact Cindy Rivera to schedule:**

 [crivera@fgcinc.org](mailto:crivera@fgcinc.org)



PREVENTION FIRST 



# 2ND ANNUAL ADDICTION MEDICINE CONFERENCE

Facing Addiction: Looking towards the future in treatment and prevention of substance use disorders

Professional Development Conference

**Wednesday, September 24, 2025 | 7:30 am – 4:00 pm**  
Memorial Learning Center | 228 W Miller St | Springfield



PRESENTED BY  
SIU Medicine Department of Family & Community Medicine

**REGISTRATION IS NOW OPEN**  
To register, visit [siumed.edu/cpd](https://siumed.edu/cpd)  
(In the drop-down under 'Learners', select 'Conferences')



## ADDICTION MEDICINE CONFERENCE

Professional Development Conference | September 24, 2025

Facing Addiction: Looking towards the future in treatment and prevention of substance use disorders

### GENERAL INFORMATION

For general information about this course, please email [OCPD@siumed.edu](mailto:OCPD@siumed.edu) or call 217-545-7711.

### REGISTRATION

Registration information can be found at [siumed.edu/cpd](https://siumed.edu/cpd) (In the drop-down under 'Learners', select 'Conferences').

- SIU School of Medicine Faculty, Staff, Residents, Fellows | \$40
- Memorial Health Employee | \$40
- Physician | \$85
- Advanced Practice Providers, Nurses, Social Workers/Other | \$55
- SIU School of Medicine Students (PA or Medical) | \$0
- Speakers | \$0

### CANCELLATION POLICY

Registration fees are refundable, less a \$40 processing fee, if requested before September 17. After September 17, only substitutions are allowed. Advance notice of substitution is appreciated.

### WHO SHOULD ATTEND

This conference is ideal for primary care providers, clinicians, and allied health professionals who work with those with substance use disorders, and learners.

### SPECIAL ASSISTANCE

SIU School of Medicine wishes to assure that its activities are accessible to all individuals. If you need any of the services identified in the Americans with Disabilities Act, please contact the Office of Continuing Professional Development at 217-545-7711 or [ocpd@siumed.edu](mailto:ocpd@siumed.edu) at least 7 days in advance.

### ACCREDITATION

The SIU School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### SUPPORT

Services Administration (HRSA), Department of Health and Human Services (HHS) provided financial support for this conference. The contents are those of the author. They may not reflect the policies of HRSA, HHS, or the U.S. Government.

### CREDIT DESIGNATION STATEMENT

SIU School of Medicine designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Academy of Physician Assistants (AAPA) accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME. Physician assistants may receive a maximum of 6.25 AAP Category 1 CME credits for completing this program.

American Academy of Nurse Practitioners National Certification Board (AANPCB) accepts AMA PRA Category 1 Credit™ issued by organizations accredited by the ACCME as an equivalent number of hours of participation.

SIU School of Medicine is preapproved as a continuing nursing education provider pursuant to Section 1300.130, subsection c), 1), B) and P) of the Illinois Department of Financial and Professional Regulation Nurse Practice Act. Nurses may receive a maximum of 6.25 contact hours for completing this activity.

Memorial EMS has authorized this continuing Education for a maximum of 6.25 EMS CE hours under Site Code 032700E1225.

All other attendees will receive a Certificate of Attendance.

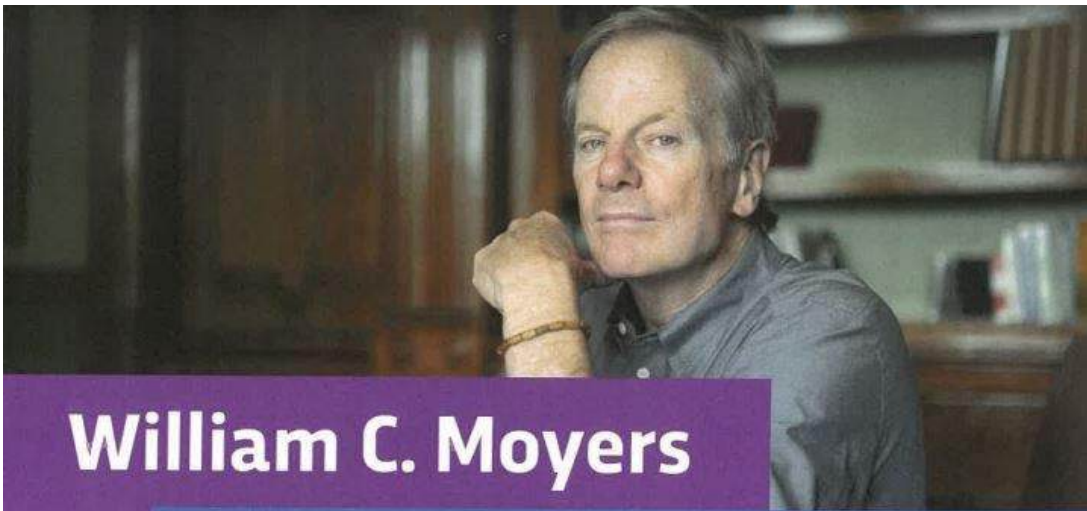
### DISCLOSURE POLICY

It is the policy of Southern Illinois University School of Medicine that speakers, planners and anyone in control of content disclose real or apparent conflicts of interest relating to the topics of this activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). The SIU School of Medicine Office of Continuing Professional Development has policies in place that will identify and mitigate all conflicts of interest prior to this activity. Detailed disclosure will be provided prior to the start of the activity.

### SPONSORSHIP & EXHIBITOR INFORMATION

Have information about addiction medicine to share with our audience (physicians, learners, etc)? We invite you to join as an exhibitor or sponsor of our conference. Contact the Office of Continuing Professional Development for information [OCPD@siumed.edu](mailto:OCPD@siumed.edu).





## William C. Moyers

A deeply personal perspective on recovery.

**Tuesday, September 23, 2025**

**7:00 pm - 8:30 pm (Doors open at 6:00 pm)**

**FREE EVENT** | Open to all | No registration required

**The Salvation Army | Springfield**

1600 E Clearlake Ave

Join William C. Moyers, a public advocate, as he “carries the message” about addiction, treatment, and recovery across the country and around the world. Moyers offers a deeply personal and human perspective on recovery.



**SIU MEDICINE**



## The 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
- Hygiene (Hand Soap, Shower Gel)
- Toilet Paper
- Handheld Broom and Dustpan
- Trash Bags
- Cleaning Chemicals

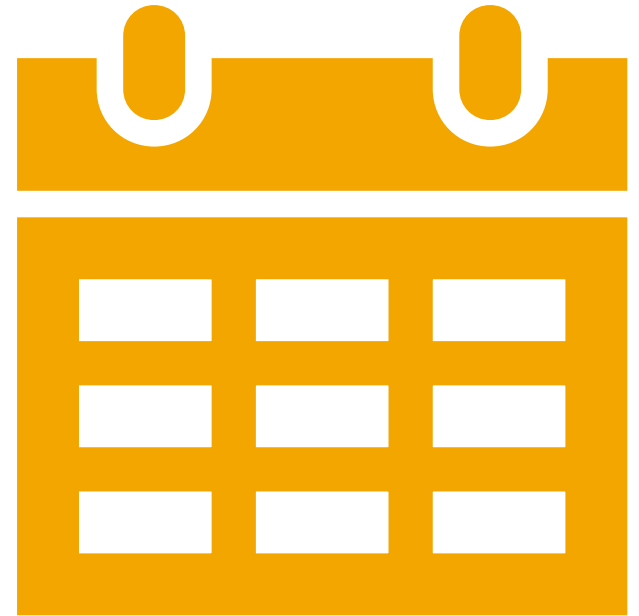
Contact us at (217) 801-9033 or [staff@heartlandhoused.org](mailto:staff@heartlandhoused.org)

# Resource Guide Booklets

- Reminder: Paper version of our Sangamon County resource guide available
- Have distributed **2661** across **41** organizations in the community so far.
- Reach out if you would like some at your organization!
- QR cards that will direct users to the online resource guide and interactive resource map
  - ◀ Accessible via 'Resources' tab at our website:  
<https://www.sangamoncorosc.org/>
  - ◀ Contact ROSC Program Manager at [wdevine@fgcinc.org](mailto: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=1oPSS5VcAz3E22XSkNQGjuriiXCkaAQA&usp=sharing>
  - ◀ Map can also be accessed on ROSC website [www.sangamoncorosc.org](http://www.sangamoncorosc.org) under resource tab



# Event Updates



# Recap: United Recovery Takeover

- We had **perfect weather** as around 160 people joined us for our collaborative Recovery Month celebration! 🌞 Special thanks to **Gateway Foundation** for partnering with us to make it a success.
- Guests enjoyed **great food, kids' activities, and plenty of fun** throughout the day. Two inspiring recovery speakers shared their powerful stories, reminding us all of the hope and strength in recovery.
- We were proud to host **17 organizations**, each setting up resource tables to connect with our community—thank you for showing up and sharing your support!
- A big shout-out to **Boo Crew, Ergadoozy, Fed Kitchen/Papos Café, Pumpkin Creek Farms, Yanni's Gyros, Bel Viso Medical Aesthetics, and USCA** for generously donating prizes. Attendees who visited every table had the chance to win these exciting giveaways.
- Families had a blast with **paint pours, lawn games, and activities for the kids**—making the day both meaningful and fun for all ages.







# Rock and Run for Mental Health

Sangamon County ROSC was excited to be part of a **fun-filled community event at Rochester Community Park!**



We loved connecting with everyone who stopped by our table and shared in a day packed with **live music, a 5K walk/run, vendors, and plenty of activities**—all in celebration of **mental health and community wellness**.

It was wonderful to see so many friends, families, and community members come together with such positive energy. We're grateful to have been included and look forward to the next one! 💙





# Save the Date!!

## Fall into Recovery Event

- **Date: October 24th 2025 6-9 PM**
- **Location TBD**
- **Family Friendly, Outdoor movie night, recovery speakers, hotdogs, hot chocolate, popcorn, costume contest & prizes, pumpkin painting, and more**

# **An Introduction to the START Clinic**

**Support Team for Addiction  
Recovery Treatment  
(START)**



Matt Lantgen, CADC, CRSS

# Services Provided

- ▶ Medication
- ▶ Individual Therapy
- ▶ Recovery Groups
- ▶ Peer Support
- ▶ Psychiatry



# START Providers



**Camille  
Dunkley**

Medical Director  
& Physician



**Jamie Wallman**

Physician



**Kami Harless**

Physician



**Erin Shaefer**

Psychiatric Mental  
Health Nurse  
Practitioner



**Taryn Ellison**

Behavioral Health  
Coordinator  
& Licensed Clinical  
Professional Counselor



**Elizabeth Steere**

Licensed  
Professional  
Counselor



**Matt Lantgen**

Peer Support  
Supervisor

**Nursing Staff:**

Jackie Wassell, RN  
Deb McWhorter, RN  
Haylea Barker, CMA



# What This Clinic Sees

- Teens (12+) and Adult Patients
- Substance Use Disorders
  - Alcohol
  - Stimulants
    - Methamphetamine, Cocaine
  - Opioids
    - Heroin, Fentanyl, Prescription Opioids, Illicit opioids
- STAR MOM- Pregnant Patients
- Gambling Disorder

## Substance Use Disorder symptoms:

- Increasing quantity / frequency of use
- Difficulty cutting back
- Continued use despite risks or negative consequences
- Increased tolerance
- Withdrawal symptoms when not using

# Referral Process

- Patients can call SIU START directly to be assessed and scheduled
- Providers can submit referrals directly to FQHC MAT via Touchworks or Halo START staff directly
- Walk ins are welcome anytime to be assessed for START services
- Patients in other programs can be referred by their discharge planner

## **START Clinic Contact**

**Phone: 217-545-4781**

**Address: 319 E Madison,  
Suite 1 F**

# Risk Prioritizing for Scheduling

1<sup>st</sup>

- Active IV users
- Pregnant people
- Hospital follow-up

2<sup>nd</sup>

- Street users
- In withdrawal (can call MAR NOW to bridge medication to appointment time)

3<sup>rd</sup>

- Discharging from treatment/detox
- Transferring from other programs

# First Appointment

- Patient will meet with the integrated team—all during the same visit, in the same room
- First appointment takes about 1 hour

## Medical Provider

- Discuss substance use disorder concerns and history
- Collaborate on treatment options

## Behavioral Health Therapist

- Schedule behavioral health intake (1 hour)
- Discuss interest in individual therapy

## Peer Support

- Learn about groups and resources
- Discuss case management needs



# START Treatment Engagement

- Starts with weekly appointments
- Needs to have 3 behavioral health engagements a month
  - Individual Therapy
  - Peer Support Groups
  - Community Meetings
  - Gateway Outpatient
  - Can be a variety of engagements, need to provide verification



# Medication

- There are various medications that can help manage substance use disorders and withdrawal symptoms
- Medication is not mandatory to be part of this program
- Medications typically used in clinic:
  - Buprenorphine
    - Sublocade
    - Brixadi
  - Naltrexone
    - Vivitrol
  - Acamprosate
  - Topiramate
  - Bupropion



# Questions

# Open Floor

- Thoughts?
- Questions?
- Comments?
- Collaborations?
- Needs?