

Partnership for Drug-Free Communities Minutes
November 28, 2018
10:00-11:30 a.m. Anderson Hospital, Maryville, IL

Caroline Reynolds began the meeting with a welcome to all and asked for brief introductions from participants. There were 42 people in attendance.

Current Business:

- Caroline acknowledged the recent losses of two young people with connections to the Partnership. The first a young man from Mt. Olive. His family asked that memorial donations be made to the Partnership. Second a young man from Bethalto whose father has been active in the Partnership. She reminded us that these young people and others are the reason we work together for a drug free community and invited everyone to participate in a work group. Everyone has a role in the work group.
- Nominating Committee is open for anyone to volunteer to help recruit the next Vice Chair and Corresponding Secretary. If interested in being a part of the Nominating Committee, please contact anyone on the Executive Committee.

Guest Speakers:

- Recovery through the Holidays was the topic for presentation with Mike Homan, LCSW with OSF St. Anthony's Health Center and Cindy Mayhew, BA, CRSS with DHS Division of Mental Health.
 - Mike began with a discussion of how families can be supportive of individuals in recovery. This is especially important during the holiday. He provided handouts which will be attached.
 - Mike provided an overview of acute recovery versus post-acute recovery. He stressed the importance of communication.
 - Cindy discussed WRAP –Wellness Recovery Action Plan and the importance of an individual in recovery making and then working their plan. Any time is a good time for a WRAP and the handout provided is attached.
 - WRAP started as a tool for helping people with a mental illness and is now accepted as a tool which is flexible enough to be used to assist with any challenges. It is a person-centered approach; a wellness tool versus a sickness tool. For more information, contact Cindy Mayhew at 618-474-3813 or cindy.mayhew@illinois.org
 - Other resources: hopetocope.com; [Gratitude A-Z](http://Gratitude-A-Z), Illinois Mental Health Collaborative-illinoismentalhealthcollaborative.com and their warm line-not crisis 866-359-7953

Work Group Announcements

Education and Prevention- Jessica provided the update for the group.

- Current work is focused on a panel presentation on the importance of Gateway Drugs and youth. Two suggested resources: Cyra Lohman with BreakDown St. Louis and Mark Lore with SIUE. The idea is to put together a presentation for the March Partnership meeting and then take the presentation on the road to school and community groups.
- **The work group meets immediately following the Partnership meeting each month.**

Treatment and Recovery Supports- Jean provided the update for the group.

- Current work is focused on panel presentation at the February Partnership meeting with a variety treatment options discussed to help participants better understand the importance of assessment and appropriate treatment for an individual. If you have questions, ideas or to find

out how you can get involved contact treatmentandrecoveryworkgroup@gmail.com **The next meeting is December 11 at noon at Chestnut, Maryville location.** Join us and bring your lunch.

Law Enforcement

- November meeting was cancelled. The group continues to discuss Fentanyl risk for providers and first responders.
- **The next meeting is December 19 at noon at Madison County States Attorney's office over lunch. Contact Tayleur at tablaylock@co.madison.il.us for information. The meeting is open to anyone and rsvp is needed for lunch.**

Announcements:

AJ French mentioned the Gift of Voice doing a fundraiser through Eventbrite.com.

Toy Beasley with TASC provided information about Winners' Circles and Inner Circles-Peer Support for Crime free Community. The flyer is attached.

Next Meeting:

Wednesday, January 23 at 10:00 a.m. - 11:30 a.m. at Anderson Hospital in Maryville, IL.

If there are any additions or corrections, please let me know. Denise Strehlow at denise.strehlow@bjc.org or 314-580-3767.