



**March 27 2019, Meeting Minutes
10:00-11:30 a.m. Anderson Hospital, Maryville, IL**

Jessica Duft, Vice Chair, began the meeting with a welcome to all and asked for brief introductions from participants. Thirty-four people were in attendance.

Current Business:

- The information from the strategic planning activity at the January meeting has been compiled and sorted by questions: topics of interest, engaging or recruiting members, and funding, new projects. Copies were disseminated and will be emailed to the Partnership. The Work Groups and the Executive Committee will use the information to develop a strategic plan.
- Donations to the Partnership are currently being held by Chestnut and used for designated projects such as printing posters, resource cards and brochures. Also, donations to cover the website maintenance are paid directly to Riverbender. The Executive Committee has begun information gathering about becoming a 501 c 3. If you are interested and available to assist with this process, please let a member of the Executive Committee partnershipdrugfreecommunities@gmail.org

Guest speakers:

- Tenda Hedges, CRSS, CPRS Warm Line (beaconhealthoptions.com and www.illinoismentalhealthcollaborative.com); 217-801-9179
- The Illinois Warm Line operates 8:00 AM - 5:00 PM Monday through Friday and is available to anyone over the age of 12 who is in Illinois. Most calls to the Warm Line last 20 minutes. The Warm Line is staffed by professionals trained in advocacy, professional responsibility, mentoring and recovery support. All staff have a basic understanding of the people living with substance use and misuse challenges and/or mental health challenges because of their lived experiences.
- The Warm Line is statewide and is unique in the services provided to callers; 14,000 calls in FY18 Illinois Department of Mental Health provides funding for the Warm Line.
- Who calls:
 - Individuals receiving behavioral health services
 - Individuals needing behavioral health services
 - Individuals choosing to do recovery without professional services
 - Family members, friends, colleagues and community members who desire to effectively support people with behavioral health challenges and providers.
 - Provide administrative support for providers across the state of Illinois.
- Services offered include:
 - Wellness and recovery education
 - Mental health
 - Substance use
 - Suicide prevention
 - Self-advocacy support- teach and mentor caller to explain what they need; For example, help someone with an addiction communicate with their primary care physician and other providers about their substance use challenges.
 - Emotional support



Partnership for Drug-Free Communities

- Callers need to be heard and validated
- Information and referrals
 - Community resources
 - Referral for services
 - Provider assistance
- Crisis support
 - Smallest component of what the calls are.
 - Follow a crisis support protocol
- Examples of what the Warm Line does
 - Listen without judging
 - Let callers take the lead
 - Support and validate
 - Provide safe space to share
 - Promote self-directed wellness
 - Explore strengths
 - Help prepare for appointments
 - Role model wellness and recovery
 - Share some of our stories
 - Help callers develop a WRAP-Wellness Recovery Action Plan
 - Work on what callers want to do
 - Action plan for triggers
 - Remind people that they are the experts on themselves
- Examples of what the Warm Line does NOT
 - Provide counseling or therapy
 - Collect health information
 - Bill
 - Diagnose or prescribe
 - Case manage
 - Keep case files
 - Perform clinical assessment
 - Call people back
 - Provide in-person services
 - Participate in treatment team meetings

Work Group Updates:

- Education and Prevention Work Group: The work group will be meeting after the Partnership meeting and will discuss potential projects for the group. One potential project is disseminating the Prescription Drop Box tear off sheets and updating the prescription drop box information with new locations. The Work Group will use the strategic plan activity information to plan for future projects.
- Law Enforcement Work Group: The state police are interested in resuming the work that officers have done educating students in schools. The FBI is available to follow up on any contacts of people who may be inappropriately writing prescriptions for opiates.
- Treatment and Recovery Work Group: The work group will begin work on their future plans using the information from the strategic planning activity.



Announcements:

- Chestnut Health Systems has three years of funding for youth living in St. Clair and Madison County who have been impacted by a caregiver with a diagnosis of Opiate Use Disorder. The funding covers individual therapy, case management and support groups. A referral flier was shared.
- State Police Camp for 13 to 17 Year old youth will be July 13-20.

Next Meeting:

Wednesday, April, 24, 10:00 a.m.-11:30 a.m. at Anderson Hospital in Maryville, IL. The guest speaker will be Mike Luther on The Dangers of Vaping.

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