

Attendees In-Person: Kristina Drum- Cumberland County ROSC Council Coordinator, Kyle Houser- Cumberland County ROSC Council Recovery Navigator, Sara Ruholl- Families & Parents, Camille Gordon- Director of Outreach & Prevention with Hope, Debbie Cunningham- Oak Tree Counseling & Wellness

Attendees on Zoom: Camille Gordon- Director of Outreach & Prevention with Hope, Johanna Gonzalez- Statewide ROSC Coordinator, Madison Butler- Prevention Specialist, Hour House Prevention, Amber Clark- Community Engagement & Partnership Coordinator, Suicide Prevention VA Illiana HCS

Minutes

Agenda Item: Introductions of attendees & Ice breaker

Spotlight Speaker: Debbie Cunningham, owner of Oak Tree Wellness and Counseling is a licensed clinical social worker with over 40 years of experience, discussed her alternative therapy approaches including equine-assisted therapy, EMDR, Reiki energy healing and sound healing. Debbie explained why she chooses not to accept insurance. Debbie hosts several different events throughout the year including Healing the Healers; a ½ day experience designed to help those in the human and animal services “fill your cup”, Couples Retreat: A full day of interactive experiences that include horses, music and energy work, Meditations and sound baths: These help find connection to yourself as well as bring peace. Yoga is offered weekly to help mind, body and soul. In addition, there is a recovery meeting held on Thursday nights in the barn at 6:30 PM. Visit the Oak Tree Wellness & Counseling website:

Oaktreewellnessandcounseling.com, phone number: 217-512-1424 and email:

Oaktreewellnessandcounseling@gmail.com

Meeting Summary: The meeting began with introductions and an icebreaker question about what motivates participants to continue their recovery work. Members shared personal motivations including seeing success stories, witnessing progress in rural communities, and helping clients achieve recovery. The group reviewed their communication campaign on good sleep for mental health, upcoming events including a laundry day and Strikes for Strength bowling event, and progress on harm reduction efforts with additional Narcan display site locations secured. They discussed the development of recovery housing through a partnership between SEEK Ministries and Fine Lines Drafting, which will implement a Level 3 structured housing model. The conversation ended with discussions about expanding their diversion program and the importance of including education and stigma reduction.

Expanding Harm Reduction Access and Awareness: The fourth Narcan training will be scheduled with the Greenup Fire Department and will take place in June. Kristina updated the council on the addition of two new Narcan Display sights, including the Compass Counseling, the Neoga Legion, and Oak Tree Wellness & Counseling.

Recovery Housing Update: Seek Ministries, a local nonprofit organization, and Fine Lines Drafting have begun collaborating to explore the development of recovery housing in Cumberland County. Preliminary discussions have focused on creating a supportive recovery living environment that promotes accountability, peer support, and long-term recovery stability for individuals seeking a safe and structured environment to support their recovery journey. As part of this effort, Fine Lines Drafting developed and submitted preliminary recovery housing plans and concepts to Seek Ministries for consideration and continued collaboration. The proposed concept includes a structured recovery residence model designed to provide a safe, substance-free living environment with peer-based support and connections to community resources and recovery services. At this time, Seek Ministries is leaning toward a Level III recovery housing model as planning and development efforts continue.

Diversion Program: Kyle provided an update on the diversion program, explaining that its primary goal is to support individuals with substance use disorders who have become involved in the justice system by connecting them with treatment and recovery support services rather than traditional criminal justice interventions when appropriate. He shared examples of previous pre-adjudication diversion cases and discussed efforts to further develop the program. Debbie offered valuable insight based on her experience with diversion programs, contributing to a discussion about best practices, implementation challenges, and opportunities for collaboration. The group explored the use of objective assessment tools to help evaluate an individual's risk of relapse and identify suitable candidates for diversion, as well as the potential role of professional evaluations in supporting judicial decision-making. Additional discussion focused on program logistics, including drug testing protocols, coordination with probation services, and strengthening partnerships to ensure successful participant outcomes.

Laundry Days: The council is seeking donations for future laundry days. Funds will be gone before the Laundry Day that is scheduled in June.

Statewide ROSC Input for Strategic Planning: Johanna clarified that ROSC councils can update their strategic plans at any time, not just annually, and encouraged adding specific objectives like stigma reduction when appropriate. She noted that feedback from DBHR and IDHS has led to more specific strategic plans this year, with a focus on attaching initiatives to concrete projects rather than vague statements.

Upcoming Events: Kristina discussed upcoming events and activities. She confirmed a bowling event scheduled for June 4th from 6-8pm at Thunder Lanes in Neoga, and mentioned plans for a Candlelight Vigil on August 28th. The Gazebo on the square in Toledo was suggested as a location for the vigil.

Communication Campaign: “Good Sleep for Good Mental Health” during the month of May. This focus emphasizes the critical role sleep plays in mental health, recovery, and overall well-

being. Quality sleep is a vital—yet often overlooked—component of mental health. Through this campaign, the Cumberland County ROSC Council is working to educate the community on how healthy sleep habits can reduce stress, improve emotional regulation, and support clearer thinking and decision-making.

Reminders/Tasks:

- Visit the sheriff to request permission to hold the candlelight vigil at the gazebo on the square.
- Call and get permission from relevant authorities in Toledo and Greenup for placing ribbons and pinwheels during Paint the Town Purple.
- Continue coordination with Greenup firefighters and new fire chief to confirm and schedule Narcan training in June (on the 8th, 15th, or 22nd).
- Support and encourage the development of recovery housing in Cumberland County by continuing to support SEEK Ministries and Fine Lines Drafting, including sharing resources and community feedback.
- Begin planning for Hidden in Plain Sight and other educational events for the upcoming school year.
- Table membership protocols for review at the next meeting.
- Share the current objectives document (including year 2/year 3 plans) with Debbie.
- Kristina, Jenna, Melissa, and relevant team members: Schedule and conduct a meeting with the state's attorney, probation, and clinical staff to hash out the diversion program details, including roles, guidelines, and working agreements.
- All members: Consider submitting one to two sentences for the impact report on how ROSC has impacted Cumberland County.

Next Meeting: [June 23rd, 2026 5:30 p.m. at Calvary Tabernacle & Zoom](#)

Facebook Page:

