



# HEARTLIFE MINISTRIES

## Meeting Notes: **HLM ROSC Meeting Notes**

Date: October 24, 2023

Time: 1:30 pm

Location: Zoom

Minutes Dictate By: Jada Anthony

**Attendance:** 13

Neesha Stringfellow

Blake Hubbard

Cristyna Ramirez

Danny Sourbis

Kathleen Burke

Maria Crawford

R. Hempel

Scott DuBois

Tarcia Leak

Mike Mecozzi

Jada Anthony

**Agenda:**

1. Welcome
2. Introductions
3. Upcoming Events in the Community
4. Speakers
5. Scott Dubois
6. Q&A with Scott
7. Dr. Mike Mecozzi From Hope and Healing
8. Close

## **Meeting Minutes**

Dr. Alice Crawford commenced the meeting with a thoughtful prayer, setting a solemn and reflective tone for our gathering. Following her opening, Neesha Stringfellow shared insights from last week's State Conference, highlighting a new terminology, S.U.C., which stands for Substance Use Challenges. This novel approach aims to address the issues surrounding substance use more effectively. One of our distinguished speakers, Scott Dubois, represents the Will County Problem Solving Courts and provided an overview of their program. It was enlightening to learn about the program's voluntary nature, specifically designed to assist individuals dealing with SUC. Scott shared that over 284,000 individuals have successfully graduated from this program, which is indeed a commendable achievement. We eagerly anticipate the prospect of collaborating with Scott and his team to further our shared mission of breaking the cycle of substance use challenges. Dr. Mike Mecozzi, a licensed therapist from New Lenox, and his wife, was the next speaker. His presentation focused on the management of stress, offering valuable insights into

handling anxiety. Dr. Mecozzi emphasized that understanding the root causes of stress is essential. He discussed how our thoughts play a crucial role in managing anxiety, emphasizing that it's not just about thinking positively but also about addressing the underlying issues that can exacerbate stress. The meeting was not only educational but also inspirational. The topics covered are vital to our organization's mission, and the knowledge shared during this meeting will undoubtedly contribute to our ongoing efforts to support and strengthen our community. We look forward to any future developments or actions stemming from the discussions and collaborations initiated during this gathering.

**Welcome and Prayer:** Neesha Stringfellow and Alice Crawford

**Introduction:** Scott Dubois and Mike Mecozzi

**Closing Prayer:** Alice Crawford