

ROSC Meeting Minutes 10/26/2023
Hosted by Mark Green

10:30am Vawnshekia Oklah opens the meeting by introducing Mr. Green and the topic.

Mr. Green opens up by introducing himself as a Certified Peer Recovery Specialist. He informed the attendees that there are numerous ways to obtain assistance with recovery support within ROSC, and shared his own sobriety journey.

Mr. Green introduces HARM REDUCTION to the group. Harm Reduction strategies has existed for centuries. Mr. Green quotes "...since the first man stomped on grapes and drank them, and since the Chinese first smoked opium" addictions have existed. He also mentions that Prohibition was created as punishment with a goal that when implemented, alcohol abuse would be avoided/resolved.

Mr. Green clarifies the Principles of Harm Reduction which is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. He added that Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

He discussed the different harm reduction services such as connecting individuals to overdose education, counseling, and referral and substance use disorders. He talked about the opioid overdose reversal medications (e.g., naloxone) to individuals at risk of overdose, or to those who are likely to respond to an overdose. He then explained the different pathways of reduction, such as medically assisted treatment which consists of certain dosage of Methadone and Suboxone. The drug makes recovery easier to achieve as it is taken until your tolerance has lowered to sobriety.

10:40am

Mr. Green moves on to HARD REDUCTION PRINCIPLES with the group. Each principle is read by a different client.

He discusses the stigma associated with drug and alcohol use, and he notes that alcohol is the most dangerous drug because it is socially accepted.

Mr. Green states that harm reduction is not about stopping someone from using alcohol/drugs, but to help them to use them safely.

Mr. Green explained the importance of ROSC because it is a coordinated network of community based services. It has a holistic, family centered approach to recovery. He mentioned that other programs judges a person's sobriety by their quality of life (such as their relationships or employment), rather than by their abstinence.

10:53am

Mr. Green breaks down ROSC (Recovery Systems Of Care) by addressing the following:

- ROSC is non-judgemental.
- ROSC does not coerce its clients.
- ROSC provides unconditional resources for its clients.
- ROSC promotes advocacy for its clients by encouraging them to speak up and share their experiences with drugs to better help themselves and others recover more effectively. This is called PWUD (People Who Use Drugs).

11:00am

Mr. Green explained that no one does recovery, or life, by themselves, it is important to engage with family and your community for on-going support.

Several participants asked questions to the facilitator in reference to trauma as one of the gateways to drugs. During the discussion, he highlighted that children are the most vulnerable and exposed to drugs. He added that most children in Chicago are already familiar with gun violence whether by experience or hearsay, as well as drugs through music, social media and their own peers.

Some next steps continuation or needed request: Use our network to strengthen our outreach.

List of supportive services:

1. CAPS
2. Medical facilities/Health Providers
3. Mayor
4. Pastors
5. Community Leaders
6. Leno- One Summer Chicago

***Take Away**

Participants mentioned they didn't know what Harm Reduction was or medication assisted recovery prior to today's discussion.

More people knew how to save a friend with the use of nalcans

Overall there was more of an openness to the different concepts of Harm Reduction

11:30am

Mr. Green opens the floor for questions or comments.

Few feedback from the survey:

“I would take this information and help my son and his girlfriend.”

“They know where to get narcotics.”

“Helpful information!”

“These are tools that can be used to save a life!”

“There is more than one way to recovery.”

***Most people stated that they would recommend a ROSC council to their family and friends.**

Vawnshekia Oklah closes out the meeting with a Call to Action (what ways can we continue to strengthen our community) and provides the date of the next ROSC meeting.

Participants took time to complete a brief survey on the speaker and topic. The Three Cord Strong survey posed questions of their thoughts of today's meeting.



TRANSITIONAL TRAINING SERVICES
THREE CORDS STRONG ROSC ALLIANCE
 RECOVERY ORIENTED SYSTEMS OF CARE

MONTHLY ROSC MEETING

TOPIC : HARM REDUCTION
MAR -MEDICATION
ASSISTED RECOVERY




26 OCTOBER, 2023
 THURSDAY
 10:30AM



MARK GREEN
 CERTIFIED PEER RECOVERY
 SPECIALIST
 RECOVERY COACH
 SPEAKER

JOIN US IN PERSON OR ONLINE

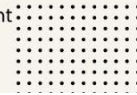
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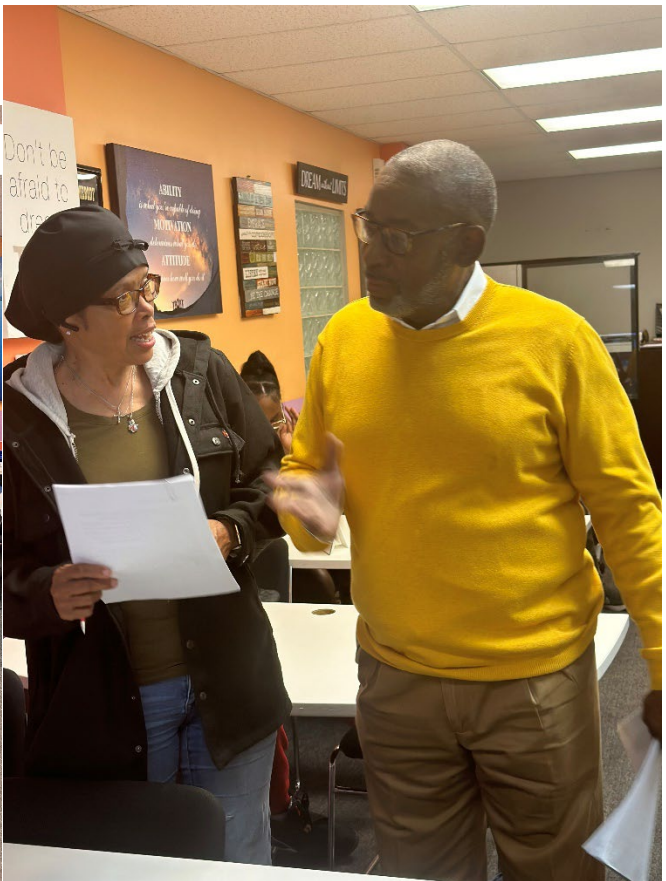


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 Prevention and Recovery







ROSC ALLIANCE



Marjorie Howard

