

Westside ROSC Council

Lead Agency: Chicago Recovering Communities Coalition

Friday, December 22, 2023

10am – 12pm

Zoom Meeting Information

<https://us02web.zoom.us/j/695761637?pwd=eVVOUzJlN3VUcXl6WFJzSnVNOVJXdz09>

Meeting ID: 695 761 637 | Password: 038839

Meeting Minutes

Welcome Extended by; Venessa Moreno: Expressed appreciation for members present, and continued support, and to those who were attending ROSC meetings for the first time. Also mentioned that from now on ROSC will be offering CEU's.

Participant Introductions: Sharon McDaniel, WestCare Illinois, Sub Use Treatment, Local Provider; Geri Cooper, Salvation Army, Civic Organization; Ruthie Williams, Faith Way Men's Independent Living Facility, Recovery Supports, Housing; Mary Gonzalez, Association House of Chicago, Service Provider, Other: Wrap Around Services; Mary Dowling, West Side Heroin/Opioid Task Force, Volunteer/Civic Organization, Sub Use Coalition; Jarrett Burton, DuPage ROSC, Recovery Supports, RCO; Danny Sourbis, DuPage ROSC, Recovery Supports, RCO; Adam Scheffler, Social Worker, Recovery Supports, Other: Social Worker; Angi Chasensky, Statewide ROSC, Recovery Supports, RCO; Linda Sharp, Woodridge Interventions, Sub Use Treatment, Local Provider; Ashley Leyva, Social Worker, Recovery Supports, Other: Social Worker; Chanton Walker, Social Worker, Recovery Supports, Other: Social Worker; Julie Pohlman, Statewide ROSC, Recovery Supports, RCO; Frances Gordon, Polished Holistic Healing, Business Local Business; Michelle Williams, NAMI Chicago, Healthcare, Behavioral Health; Aimee Potter, Jesse Brown VA, Healthcare, Veterans Healthcare; Debra Laws, Renewed Hope Community Services, Sub Use Treatment, Local Provider; Stacey Zawacki, Perfectly Flawed Foundation, Service Provider, Harm Reduction

Our council is made up of members including Hospitals, Treatment Centers, Mental Health Facilities, First Responders, Recovery Programs, Schools, Local Government, Employment Agencies, and importantly persons with lived experience.

Goals and Objectives by; Venessa Moreno: Westside ROSC Councils overall goal is to advocate and assist with guiding and monitoring the development of an integrated system of recovery by creating a shared vision to improve availability of services by building a sustainable ROSC Council. Our objectives 1. To create communities of recovery that encourage and integrate resources for the recovering individual, families, and friends. 2. Develop supportive recovery communities that foster growth, respect and understanding of those who have identified problems in the areas of substance use and mental health. 3. Implement effective communication that will allow for inclusion of PLE's (persons with lived experience) voices to be heard.

Open Discussion: Westside ROSC Council Community Assessment

Council Updates by; Dora Wright and John Wright: Welcomed everyone and thank you to everyone for being here. Happy Holiday season. Glad everyone is here. John is proud to announce that there has been a lot happening over the last month where there is celebration of what happened in 2023 and how we are going to set it up. ROSC council is working hard to be at all these events. We were on location at Blue Christmas being hosted by Rush. CRCC and NIRCO are hosting the National Rally on September 21, 2024. There are many faith-based initiatives that are in the works and how they can learn more about recovery and mental health. Look for information on events happening on MLK Day – January 15, 2024.



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Supporting a Diverse Chicago West Side Community

Speaker: Frances Gordon, Polished Holistic Healing Center, Supporting Trauma in Recovery

Everyone has been impacted by trauma, especially since the pandemic. We live in a different community because of how the pandemic affected everyone whether they know it or not.

What is Trauma; unique individual experience of an event or enduring conditions, in which: The Individual's ability to integrate his/her emotional experience is overwhelmed or the individual experiences (subjectively) a threat to life, bodily integrity or sanity. Everyone processes a traumatic event differently because we all face them through the lens of prior experiences in our lives.

Complex trauma happens repetitively. It often results in direct harm to the individual. It is cumulative. The traumatic experience frequently transpires within a particular time frame or within a specific relationship, and often in a specific setting.

Post traumatic stress disorder (PTSD) is an anxiety disorder that develops following frightening, stressful, or distressing life events. Characterized by intense fear, helplessness, and stress. PTSD affects normal life and functioning.

Common responses and symptoms of trauma: Emotional signs, common physical symptoms and psychological disorders.

There is no cure or quick fixes for the suffering associated with trauma. There is hope and a wide range of effective therapies. Those who are affected by trauma are best served by those working with a therapist or therapy that is trauma focused or trauma informed. Most trauma informed therapists will employ a combination of modalities.

Discussion Highlight Talking Points:

Dora: I am a person in long term recovery, and I have experienced a lot of different areas of my life. I have experienced trauma working with some of the people I have provided services to and everyday I experience trauma in my community. To be aware is to be alive. I must recognize everything I experience and work through what I can for myself and then understand how I can help others. I must address my trauma. If we are going to continue to help people in recovery and help those being traumatized in our community then we must continue to get trained and educated on how we can help those through this trauma to support recovery.

Danny: I am a therapist and a person who has experienced trauma. I heard at another ROSC meeting – trauma is the gateway drug. It started way before the drugs and alcohol.

Jarrett: Trauma informed care was a blind spot but as I have been working with people in recovery, I am learning that people do not understand their own trauma and that can affect how their recovery journey unfolds. They minimize it by comparing it and then hiding it or avoiding it and that holds up the healing process.

Mary: Trauma education needs to get out in the community. So many suffer from it but they do not know it. When you are in active addiction you are traumatized, what you do to get the drugs, what you went through during and what happened after you used. We as providers work with people who need assistance, and we need to make sure we are doing the work we need to take care of ourselves. To help someone else get well I need to be well.

Dora: We need to understand the difference between how clinical and recovery support work with and support someone with trauma. We must make sure we are trained to help someone and do no harm. Harm can we done if you open something that you can't help someone close.

Ashley: Peer work is so important. I can self-disclose when appropriate it can show people that hope, and recovery is possible. What we need more of in the community is resilience. We need more education in the community about what are healthy coping skills instead of normalizing hurtful ones to deal with trauma. What could be used to solve one problem can be used to create another one.



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Frances: Stigma in addition has been the biggest trauma. That what I did was who I was, and I had to earn in recovery that I was not the drug. They are what I did and not who I am.

Adam: Organization Campaign for Trauma Information Policy and Practice. Their resources are very valuable and can be very helpful. Guide to Trauma Information Community Change and Models. There is a webinar for it.

Venessa: Spoke to Self-Care and what we do to take care of ourselves with the work that we do. Going into the holiday we encourage everyone to do some sort of self-care. What are you doing to take care of you. Be aware of compassion fatigue. We need to work on blocks that keep us from being able to practice self-love and care. Addressing negative self-talk, perfectionism in our jobs, comparison, and fear of failure. How do I start a self-love journey: set goals to live an intentional life, take care of your mind, body and soul, do more of what feels good, practice gratitude, be kind to yourself, try new things, set boundaries, use affirmations, surround yourself with people who life you up and unplug. Remember: Self Care Self Care Self Care. You cannot show up in our life with an empty tank. Be kind to yourself. Be kind to others because everyone is going through something, and we need more kindness in this world.

Share of Goals for 2024: We opened the floor to have folks share personal or professional goals they have for 2024. There are goals from getting certifications to those who opened new groups and nonprofits. Personal goals of being self-first, eliminate relationships that do not support me in my recovery and life or let go of unrealistic expectations of others. That I can share our story that I am a person in recovery and hope that message helps someone in 2024. Look at how to set boundaries in work life to give balance and be healthy. It was wonderful for the group to share and support and encourage.

Closing Remarks

Venessa: Thanked the membership for sharing openly and respectfully and have a peaceful and restful holiday break and Happy New Year. Next Westside ROSC Council meeting will be hosted via Zoom January 26, 2024

Please Join Us in Building a Sustainable Westside ROSC Council

This project is funded in whole or part by the Illinois Department of Human Services,
Division of Substance Use Prevention and Recovery.