



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

Date: December 19, 2023

Time: 6:30pm

Location: ICan Dream Center

Minutes Dictate By: Jada Anthony

### **Attendance:**

Kyle Leak- Speaker

Diamond Hargrove- Council Member

Kristen Dean- Program Director

Wesley Stringfellow- Council Member

Kathleen Burke- Will County Dept of Health

Maria Crawford- Founder of Heartlife Ministries

Ruby Powell- Council Member

KJ Powell- Attendee

Nathan Powell- Attendee

Danny Sourbis- Dupage Rosc

Marriane Bithos- NAMI South Suburbs

Jada Anthony- Administrative Assistant

Jonathan Powell- Attendee

Joann Jackson- New Attendee

Nick Sunberg- New Attendee

William Mcadams- Speaker

Andrea M- New Attendee

Nia Robinson- New Attendee

Angela McClellan- Will County Dept of Health

Danielle Bonds- Attendee

Cynthia Tyler- Attendee

Lynn Taylor- Council Member

### **Agenda:**

**Welcome and Prayer:** Kristen Dean

**Icebreaker and Introductions**

**Review of Events from this year**

**Panel of Mens speakers**

**Close**

## **Meeting Minutes:**

Our Show up Recovery council meeting started off with some time to fellowship and connect with food, we had a good turnout with a few new faces. Kristen Dean kicked off the meeting with our welcome and prayer. She had everyone go around the room and introduce themselves including name and organization and one thing they are looking forward to over Christmas. A lot of rest was said, we moved on to our presentation of all we have done with events this year or contributed too. Events like our Movie and Mind, Celebrate Families Walk a thon, Love and Grief Care and many many other events we have held and or contributed to. This comprehensive summary highlights the diverse range of topics discussed during the recovery council meeting, showcasing a collective effort to address mental health, addiction, and the importance of support systems. The meeting covers various themes, including the need for Narcan distribution in schools, reflections on accomplishments, mental health awareness events, and discussions on combating stigma in mental health for men.

### **Narcan Distribution and Marketing:**

- Emphasis on effective communication and marketing strategies for mandatory Narcan distribution in schools in Illinois.

### **Mental Health Awareness Initiatives:**

- Launch of virtual panels and immersive dance conferences by Director Neesha Stringfellow to educate youth and families on mental health and suicide prevention.

### **Collaboration and County Impact:**

- Collaboration between Speaker 1's nonprofit, Heartlight Ministries, Sound Minds, and the donation of proceeds to support recovery and ministries globally.

### **Reaching Gen Z and Combating Stigma:**

- emphasizes reaching the Gen Z community and experienced therapists discuss combating mental health stigma, especially for men from diverse backgrounds.

### **Role Modeling and Emotional Support:**

- Discussions on being a good role model for children, addressing the lack of emotional support for young men, and the impact of stigma on seeking help.

### **Encouraging Men to Seek Help:**

- Encouragement for men to express emotions, seek help, and normalize therapy as a viable option.

### **Therapeutic Approaches and Challenges:**

- Insights from therapists on language use, validation, and affirmation in therapy, and the potential for reinforcing harmful dynamics in relationships.

### **Family Dynamics and Addiction:**

- Exploration of the role of family members in addiction, the impact of growing up with addiction, and personal stories to build trust with clients.

### **Breakdown of Traditional Masculinity:**

- Emphasizing the importance of men sharing experiences to challenge traditional notions of masculinity.

### Recognizing Signs and Seeking Support:

- Concerns about recognizing signs of depression in men, the importance of asking the right questions, and seeking help from mental health professionals and peers.

### . Sharing Personal Experiences:

- Personal stories shared by various speakers, including experiences with mental health, loss, addiction, and the importance of sharing to reduce stigma.

### Peer Support and Certification Opportunities:

- Recognition of peer specialist training completion and the importance of spreading the word about certification opportunities.

### Breaking Stigma and Building Trust:

- Our Speakers stress the need for more open conversations to break the stigma around men showing emotion, vulnerability, and building trust through honesty.

### Future Discussions and Support:

- Suggestions for more conversations, larger panel discussions, and creating spaces to address mental health stigma.

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