

BB2L OCTOBER ROSC MEETING AGENDA

Call to Order by Pastor Steve Jones

Date: October 18, 2023

Time: 9:30 am – 11:00 am

Location: Abundant Life Christian Center

Attendance: Please see attachment For Attendance

MEETING AGENDA

Overview of ROSC – Pastor William Jenkins

Introduction of Guest Speaker – Apostle Carl White

Guest Speaker- Pastor William Fleshman

Relapse Prevention

Announcements & Upcoming Events.....Apostle Steve Jones

Closeout..... Apostle Carl White

Meeting Minutes:

Meeting called to order by Pastor William Jenkins

Pastor Jenkins gave an overview of: Recovery-Oriented Systems of Care (ROSC), explaining how individuals in their journey of recovery and promoting their overall well-being. represents a shift from the traditional acute-care model to a more holistic, person-centered approach. Pastor Jenkins emphasized the main principles of a ROSC including Person Centered approach, Holistic approach, Hope and Empowerment, Collaboration and Cooperation, and Cultural Competence.

Topic Discussion

Today's meeting topic was relapse prevention and the process of personal growth. Pastor Jenkins started off the discussion with a personal account of a family member that struggles with addiction. He stated that they truly desired to be clean but found themselves struggling to stay away from substance use. Pastor Jenkins shared with us the stages of relapse (Emotional, Mental, Physical) and some techniques to assist/handle relapse prevention. Prevention techniques include self-care, tell someone you're struggling so your support system can be there for you, and to take it one day at a time (less pressure on you if you only focus on today). Pastor Jenkins then opened the floor for a Q&A, where many guests were able to ask questions and share their own experiences.

Upcoming Events Included:

BB2L Meeting: Understanding Recovery Through Addiction (11/15/2023), ROSC

Black and White Gala

Each Person was asked to complete our online survey

Meeting Adjourned by Apostle Carl White