



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L January 2024 ROSC MEETING

Call to Order by Araina Mickens:

Date: Jan 17, 2024

Time: 9:30 am – 11:00 am

Location: Lights of Zion Ministries, 11636 S. Halsted, Chicago, IL

Attendance: Attached

[MEETING AGENDA](#)

Introduction of Agencies/ Attendees- Araina Mickens

Moderator- Araina Mickens

Why ROSC is important..... Apostle Steve Jones

Introductions - Araina Mickens

Speaker- Kenneth Brown Kirby Rehabilitation

[Trauma Informed Care Part II](#)

Questions & Answer

Join the ROSC Movement..... Apostle Carl White Jr.

MOUs.....William Fleishman

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date February 21, 2024

Lights of Zion Ministries, 11636 S. Halsted, Chicago, 60628



Meeting Minutes - BB2L ROSC Council

Date: [January 17, 2024] *Time:* 9:30 am *Location:* 11636 S. Halsted Chicago, IL 60628

Call to Order:

- The meeting was called to order by Araina Mickens.

Attendance Registration:

- Attendees were requested to sign in if they had not already registered.

Welcome and Introductions:

- Araina Mickens welcomed all attendees, introducing the purpose of the discussion.
- Ms. Mickens invited each attendee to provide a brief introduction, highlighting their roles within the BB2L ROSC Council.

Apostle Steve Jones gave a quick overview of the importance of ROSC Councils

Introduction of Mr. Kenneth Brown:

- Ms. Mickens introduced Mr. Kenneth Brown.
- Mr. Brown, from Kirby Rehabilitation, presented an overview of the last Trauma-Informed Care session.

Summary of Trauma-Informed Care (TIC) by Mr. Brown:

Kenneth Brown from Kirby Rehabilitation gave an Overview of the last Trauma-Informed Care session. In his insightful summary, Mr. Brown shed light on Trauma-Informed Care (TIC), describing it as a holistic approach that places a premium on creating a safe, trustworthy, and transparent space for individuals who have undergone trauma. This approach is marked by its focus on empowering individuals through choices, fostering collaborative relationships, and integrating strategies like peer support, cultural competence, and resilience-building. Mr. Brown underscored TIC's careful consideration of language to prevent re-traumatization and its acknowledgment of the varying impact of trauma across developmental stages. He also emphasized TIC's commitment to continuous learning, system-wide integration, and the promotion of self-care for service providers. In essence, as Mr. Brown aptly summarized, TIC strives to establish an environment of understanding, compassion, and empowerment, crucial for individuals navigating their journey of healing and recovery.

Mr. Brown provided an insightful summary of TIC, emphasizing its holistic approach to creating a safe, trustworthy, and transparent space for individuals who have experienced trauma.

He highlighted TIC's focus on empowering individuals, fostering collaborative relationships, and integrating strategies such as peer support, cultural competence, and resilience-building.

Mr. Brown emphasized TIC's commitment to continuous learning, system-wide integration, and the promotion of self-care for service providers.

Questions Proposed to Mr. Brown:

How do you envision Trauma-Informed Care making a tangible impact on daily interactions within our organization?

Can you provide examples or strategies for avoiding re-traumatization through language in our day-to-day practices?

How do you propose integrating ongoing education and training into our organization to ensure staff members stay informed about Trauma-Informed Care best practices?

Considering the nature of our work, what specific self-care practices would be most beneficial for our team?

Participant Opinions and Testimonies:

- Several opinions were shared regarding the powerful and helpful nature of the presentation to various agencies and stakeholders.
- Testimonies were provided on how trauma had affected the lives of individuals.

Apostle Carl White Jr.:

- Invited people to become members of BB2L, highlighting the benefits of networking within the Recovery Community.
- Emphasized the upcoming Martin Luther King Event.

William Fleishman:

- Thanked everyone for participating in the MLK day and the Winter Care Kit Distribution.
- Introduced MOUs and underscored the importance of becoming a member.

Upcoming Events:

- BB2L Podcast, ROSC Networking Event.
- BB2L Media Blast for February & March, with each member requested to submit videos and pictures of all events.
- Each person was asked to complete the online survey.

Meeting Adjourned: The meeting was adjourned by Araina Mickens at 11:00 am.