



# BOUNCE BACK 2 LIFE RECOVERY NETWORK

## BB2L MAY 2024 ROSC MEETING

Call to Order by Pastor Steve Jones

Date: May 15, 2024

Time: 9:30 am – 11:00 am

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

Attendance: Attached

### [MEETING AGENDA](#)

Introduction of Agencies/ Attendees- Pastor Steve Jones

Moderator- Pastor William Fleshman

Why ROSC is important..... Pastor William Fleshman

Introductions - Pastor William Fleshman

Speaker- Apostle Carl White "Housing and Recovery Support for Families"

Questions & Answer

Join the ROSC Movement..... Araina Mickens

MOUs.....Araina Mickens

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date June 26, 2024

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



## **Meeting Minutes - BB2L ROSC Council**

*Date:* [May 15, 2024] *Time:* 9:30 am *Location:* 11636 S Halsted, Chicago, IL

### **Call to Order:**

- The meeting was called to order by Pastor Steve Jones.

### **Attendance Registration:**

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

### **Welcome and Introductions:**

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

Pastor Fleshman gave a quick overview of the importance of ROSC Councils

## **Introduction of Apostle Carl White**

### **Summary of Housing and Recovery Support for Families:**

Apostle White started his presentation with introducing to some and educating others on sober living. Sober living homes are different than halfway houses in that halfway houses are transitional living spaces for people who have been incarcerated and need a place to live while transitioning back into the community. Someone living in a halfway house is under the supervision of probation or parole. They are not able to come and go without approval.

In contrast, choosing to stay in a sober living home is often a voluntary decision made by someone who is transitioning from an inpatient treatment setting or for a person in the community who may be struggling with continued sobriety and would benefit from a sober environment to avoid the chance of relapse.

Residents aren't bound to the sober living home. Individuals in recovery should feel like they are easing back into everyday life and can start returning to their daily tasks and responsibilities. However, although these residences are less restrictive than inpatient facilities, they still have rules that residents must abide by.

Expectations of residents may include: Attending 12-step programs, being accountable, & creating a sober fellowship, creating positive friendships that help to reinforce abstinence, being involved in mutual aid support, fostering communal learning, & undergoing drug screenings. The average stay of someone in a sober living home is 6-12 months. In a sober living home, residents gain the following: time to practice living a sober lifestyle, safe and stable living environment, skills to maintain recovery, employment and financial responsibility, positive personal and peer relationships, community network of resources, evidence-based practices regarding medication and treatment. Family support is essential to one's recovery journey and can really be the catalyst for success.

### **Participant Opinions and Testimonies:**

- Attendees voices their thoughts and opinions on the matter. Most attendees agreed that everyone should be screened. Most people struggle in silence.

### **Araina Mickens:**

- Invited people to become members of BB2L, highlighting the benefits of networking within the Recovery Community.

### **Araina Mickens:**

- Introduced MOUs and underscored the importance of becoming a member.

### **Upcoming Events:**

- BB2L Podcast, ROSC Networking Event.
- BB2L Media Blast for May and June, 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.