



# BOUNCE BACK 2 LIFE RECOVERY NETWORK

## BB2L JUNE 2024 ROSC MEETING

Call to Order by Pastor William Fleshman

Date: June 19, 2024

Time: 9:30 am – 11:00 am

Location: Abundant Living Christian Center

Attendance: Attached

### [MEETING AGENDA](#)

Introduction of Agencies/ Attendees- Pastor Steve Jones

Moderator- Araina Mickens

Why ROSC is important..... Araina Mickens

Introductions - Araina Mickens

Speaker- Vashti Hatch "Change Talk"

Questions & Answer

Join the ROSC Movement..... Pastor William Jenkins

MOUs.....Pastor William Jenkins

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date July 17, 2024

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



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

*Date: [June 19, 2024] Time: 9:30 am Location: Abundant Living Christian Center*

### **Call to Order:**

- The meeting was called to order by Pastor William Fleshman.

### **Attendance Registration:**

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

### **Welcome and Introductions:**

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

Araina Mickens gave a quick overview of the importance of ROSC Councils

## **Introduction of Vashti Hatch**

### **Summary of "Change Talk":**

Ms. Vashti Hatch introduced the topic of "Change Talk". Informing the audience on the 5 stages of change in recovery. The five stages that people go through when changing their behavior: pre-contemplation (not ready), contemplation (getting ready), preparation (ready), action and maintenance. The model assumes that everyone goes through a similar process when changing a behavior. An unofficial sixth stage is called "relapse." At this stage, a person returns to old behaviors.

Ms Hatch also emphasized the importance of patience and persistence in recovery. She listed several successful tips to persevere through recovery. Get help: since sobriety can be difficult to sustain alone, it's helpful to seek out both professional help and social support throughout the entire recovery process.

Recovery from addiction is a long journey — a life-long journey, really. This means staying motivated can be difficult at times. Making the decision to enter a recovery

program to reclaim your life is the first important step. There are several steps to follow, each with its own challenge. It is human nature to avoid discomfort and recovering from addiction is uncomfortable.

**Participant Opinions and Testimonies:**

- Attendees voices their thoughts and opinions on the matter. They voiced their own struggles with themselves or family members who needed help staying motivated and being patient with the process.

**Pastor William Jenkins:**

- Invited people to become members of BB2L, highlighting the benefits of networking within the Recovery Community.
- Introduced MOUs and underscored the importance of becoming a member.

**Upcoming Events:**

- BB2L Podcast, ROSC Networking Event.
- BB2L Media Blast for July, 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.