



## *July ROSC Meeting Minutes*

Date: 07/29/2024

Time: 10 AM until 12 PM

Location: 1750 West 103 rd. Street  
Chicago IL, 60643

### **Virtual info:**

Meeting ID: 83457129193

Password: 553998

Phone Number: 312-626-6799

**Community Topic:** Substance Misuse & Stigmas from a PLE Stance

**Education Highlights:** Frederick Buford RC, CPRS - Substance Use and Stigmas

What is Addiction

☒ A complex disease that can be chronic.

☒ Loss of control of one's life

☒ Affects the brain functioning and the body

☒ Causes damage to families, relationships, and communities

Fact: Addiction can be effectively prevented, treated, and managed by healthcare professionals with a combination of education and healthy support from family, friends, peers, and or the community.

☒ According to the National Survey on Drug Use and Health (NSDUH) 19.7 MILLION

Americans aged 12 and older have battled with a substance use disorder reported in 2017.

☒ 74% out of those 19.7 million reported according to the National Survey struggled with Alcohol use disorder reported in 2017.

☒ 38% out of those 19.7 million reported according to the National Survey struggled with substance use disorder reported in 2017.

☒ 46.8 million (16.7) Americans aged 12 years and older battled a substance use disorder in the past year.

☒ 10.5% of Americans 12 and older (9.7%) reported battling a drug use disorder in the past year.

☒ That same year 8 MILLION (2.9%) OF Americans 12 and older struggled with both alcohol

☒ 21.5 million American adults (8.4) suffered from both a mental health disorder and substance use disorder or co-occurring disorders in the past year.

☒ Drug abuse and Addiction cost the American society more than 740 billion annually in lost workplace productivity, healthcare expenses, and crime-related costs.

Stages of Addiction:

1. First use: Many use the first time because of peer pressures, parties, and curiosity. Note: Some will try Substance 1 time and never indulge again



2. Regular Use: Habit has formed, and the substance or alcohol has become part of your daily routine

3. Risky Use: A person will continue to use despite negative consequences

4. Dependence: The individual has a habit and looks for the substance or alcohol to function or feel normal.

5. Substance Use Disorder: Note: Substance dependency is not the same as substance use disorder. A disorder develops once the person has indulged and cannot stop without the help of a medical professional. Even with treatment relapse is common.

Fact: People indulge in substances and or alcohol for many reasons. There are many reasons people start and continue in addiction. No one shoe fits all. Recovery is a lifelong journey and commitment to oneself to live healthy and well lives however that may look for the individual. Multiple Pathways to recovery give the individual power of choice.

What can we do to push the voice for recovery: Provide education and information to combat biases and stigmas.

❑ What is stigma: Discrimination against an identifiable group of people, a [lace, or a nation.

❑ Stigmas Effects: disproportionately influence health outcomes and mental well-being. It can prevent people from getting help because of fear of judgment.

❑ How can we change stigmatizing behavior: use non-stigmatizing language. Use first-person language to let others choose how they are described and educate families and communities on addiction and its effects.

### **Stigmatized Language includes: (Substance Use)**

1. Addict
2. User
3. Substance or drug user
4. Junkie/alcoholic
5. Ex-addict
6. Clean/dirty

### **Non-stigmatized language includes (Substance Use)**

1. A person with opioid use disorder
2. OUS/SUD or person with opioid addiction
3. Patient, client, individual participate, recoveree
4. Person in recovery/person in long-term recovery
5. Healthy/ well
6. A person with alcohol use disorder

**Guest Speaker:** Beverly Binion PLE – spoke on her substance use and how it took her to places she thought she would never go, also how she lost family, friends, housing etc. She told her peers about how she just did not know how to get out of her addiction and how she felt all alone. She said her mother, father and brother died putting her in a deep depression and increasing her substance use. She said she began to blackout and became violent.



Beverly shared about the stigmas and how this was another reason that she stayed in her addiction. Then again, she talked about her transition and continuum of care. Beverly said her transition started when she moved out of town to take care of her oldest living aunt, and found her aunt was having to take care of her. Beverly said this is when she woke up and saw the pain, she was causing her family which prompted her to go Haymarket Center 18 months ago. She said she did not know where she was going past Haymarket, but she knew she was not going to return to her past life; therefore, she chose to go to Brighter Behavior Choices, attended the monthly ROSC meetings where she obtained education and resources. She said she entered other programs that assisted her with building structure, routine and coping skills to allow her to continue to walk the road of recovery. In addition, Beverly told her peers that she has a job and has gotten her own apartment. She ended with telling her peers if she got through to 1 person, she has done what she came out to do.

Comments: Peers commented on the stigmatizing language and how they will work on changing their language. Also, peers commented on the similarities. One asked a Beverly the question to how she is maintaining when times get rough. She informed she is using her coping skills and resource. Another, talked about how this journey he is on he is liking it and Beverly showed gave him hope. A long – time Alumni/PLE was at the meeting, and he spoke on how he struggled when he came home, but also told his peers to hold on if they are struggling. Comments from zoom members, where trauma is on-going and one of the primary causes of addiction, another commented on mental health.

The meeting ended with additional resources being shared, 311 for Chicago and 211 for Suburbs for all types of assistance. Furniture bank information was given for those in need of furniture. Concluding with flyers and invites to the children back to school and coat drive, UMARC Conference, Recovery Rally and TEECH/FSSRI/Clarity Clinic and BBC Speak-A-Thon and Resource Fair.

Surveys were passed out and retrieved at the end of the meeting.