



Southland Recovery Coalition ROSC Meeting Agenda

Meeting Minutes

Date/Time: 4/24/2024 at 9:30AM

LOCATION: Virtual via Zoom

PRESENTER(S): Marianne Bithos, NAMI South Suburbs

TOPIC: Mental Health: How Wellness Supports Recovery Efforts

ATTENDEES:

1	Angelia F. Smith, Lead Agency	Cornerstone CDC	21	Dr. Michele Ferraro	Bremen Township
2	Yvonne M. Orr, Partner Agency	ICSC	22	Rondal Jones, Sr.	Bremen Township
3	Kathryn Straniero, Partner Agency	Together We Cope	23	Denise Jones, Executive Dir	Tender Touch, Inc.
4	Kamil Walton, Deputy Dir	Cornerstone CDC	24	Natiasha Hudson	PLE
5	Capucine Walls, Workforce Coord	Cornerstone CDC	25	Bridgett LaMar-Carter	Carter & Carter Cons
6	April Haymond, Dir of Programs	Cornerstone CDC	26		
7	Leonard Noble, Dir of Workforce	Cornerstone CDC	27		
8	Zion Richardson, Ideal Mentor	ICSC	28		
9	Lamont Wallace, Ideal Mentor	ICSC	29		
10	May Salman	Together We Cope	30		
11	Andrea Coletta	Together We Cope	31		
12	Christine Cornacchia	Together We Cope	32		
13	Souheir Rahman	Together We Cope	33		
14	Nickolas Sundberg	NAMI So Suburbs	34		
15	Marianne Bithos, Speaker	NAMI So Suburbs	35		
16	Danny Sourbis	DuPage ROSC	36		
17	Maya Hardy	United Way of Metro	37		
18	Angi Chasensky	Region I TA	38		
19	Isaac Marufo	CCDPH (County)	39		
20	Neesha Stringfellow	Will Grundy ROSC	40		

MEETING SUMMARY: Robust discussion on mental illness, self-care, and working with those with mental illness in recovery. Expand awareness about best practice models that help recovery providers and advocates implement holistic, self-care strategies to improve recovery outcomes.



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ACTION ITEMS:

1. Determine various ways to collaborate with other agencies.
 2. Look into partnering with community-based orgs to host popups.
 3. Host two more pop ups by June 30th.
 4. Start planning for next year's May conference.
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Minute Highlights:

Presentation by Marianne Bithos, NAMI South Suburbs Chicago

- Minorities face additional challenges when seeking care for mental health issues, such as: cultural stigma, lack of cultural competency and limited access to treatment in their community.
- Discussed how best to support a loved one with mental illness.
- Marianne shared tips on communication: using calm, relaxed tones; “I” statements vs you statements; and avoid condescending or pity types of behavior.
- Assign family member/loved on as the point person should the loved one become incapacitated to make critical decisions.
- **Speak with teens.** Mental health conditions start early, yet half of teens aren’t getting the help they need. Stigma, fear and lack of awareness are part of the reason. NAMI Ending the Silence is an engaging presentation designed for middle and high school students that includes warning signs, facts and statistics and how to get help for themselves or a friend.
- **Involve Your Faith Community.** Faith, and supportive faith communities, can play a large role in helping individuals with mental illness and their families. Talk about ways to improve resources in your community by making informative mental health bulletin inserts that you can share with the congregation or asking faith leaders to address mental health to their community.

Announcements

- Lamont and Zion will be hosting a Facebook live “Breaking Down Barriers” before the end of June.
- Denise Jones mentioned her upcoming play at the Beverly Arts Center this September. (9-13-9/15/24) about redemption and recovery occurring during recovery month. More information to follow.

NEXT MEETING: Wednesday, May 29, 2024 at 9:30 a.m. via Zoom.

SOUTHLAND RECOVERY COALITION
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Changing Communities...Restoring Lives!
SRC ROSC COUNCIL PARTNER AGENCIES
Cornerstone Community Development Corporation, NFP (Lead Fiscal Agent)
Indigenous Community Service Center • Together We Cope (Partner Agencies)

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