



Minutes

July 29, 2024

12:30 PM-1:30 PM

ATTENDANCE: Donna Mead, Iesha Mason (Special Guest), Roshelle Mead, William Penn, Elizabeth Kellogg, Maggie Harris, Henry Scott, Vawnshekia Brown, Vernon Spells and Mark Bailey

The meeting began at 12:32 pm with an icebreaker to have all participants introduce themselves and their connection. Donna recapped the last meeting with guest speaker Kim Ambrose from the Department of Human Services. Ms. Ambrose advocates for trauma, mental illness and healing strategies within marginalized communities. She also covers the role that trauma can play in drug usage along with the importance of education awareness in at-risk communities. Donna Mead introduces Iesha Mason who runs a male recovery home.

Iesha mentions that her recovery home is focused on treatment and living. Her home is in the Washington Heights neighborhood of Chicago. Currently, she is hosting 6 males in her sobriety home. She is currently working on opening another home for women in the Roseland neighborhood of Chicago. She is contracted through a company called Remnest of Illinois. This company started in Kentucky and has expanded to Rockford and Chicago, Illinois. In the past Iesha has worked both at a recovery home and halfway house.

The participants have an entry fee to pay and a weekly fee, they are required to attend daily AA meetings. They have group like setting for Church to provide a setting that is most comfortable for the participants. Each participant has a therapist too to address any underlining issues and where codependency comes in. Some of them are beginning to address issues they were not aware of, such as anxiety, anger, PTSD, bipolar and how it can be tied into their addiction and recovery.

We try to keep the location with a homie feeling. The participants are allowed to buy their own food we do supplement the food with items we get either

out of our pocket or through donations. When Isha gets a new client during the intake process, she states to them welcome home so that they can immediately feel at ease and know they are in a home setting. After 28 days Isha is somewhat lenient as she is aware that they may have backgrounds. However, they must be looking for their own housing. She does accept those who are receiving income from social security however they must be doing something productive.

There is a temporary classroom set up in the basement until we find an office location. In the classroom they connect and do their programming with individuals that are in Rockford. Some of the topics covered are spiritual wellness, self-perseverance and money management. Isha states her current staff are in the process of training so that their space can conduct their own treatment plan meetings at this time the staff is more peer support.

Currently she is a new program under another program, she does not have any funding she is working on it but most of the time she is running her organization through donations and her personal funds. She can accept Medicaid insurance. She tests them very randomly so they never know when she will test to keep them on their toes. She also advocates for them to be united with their children. She uses the honor roll system with her participants. They all have responsibilities to help maintain the home they are living in outside of their responsibilities to remain sober. Once the participants finish the program, they are given the opportunity to become peer support leaders. She allows the participants to complete a full year at the facility. There are many ways to recovery and one way does not fit all of them. However, they must be clean before coming to our facility, if not we will refer them to location where they can begin again. We will be opening our woman's location soon in this location will be able to host 7 women. Isha thanks everyone for listening and answering questions that were asked of her.

Donna closed out this meeting reminding them that the next meeting will be August 26, 2024, at 12:30 pm.