



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L SEPTEMBER 2024 ROSC MEETING

Call to Order by Pastor William Jenkins

Date: September 18, 2024

Time: 9:30 am – 11:00 am

Location: Victory Christian International Ministries - 10 Hemlock
St, Park Forest, IL 60466

Attendance: Attached

[MEETING AGENDA](#)

Introduction of Agencies/ Attendees- Pastor William
Jenkins

Moderator- Pastor Steve Jones

Why ROSC is important..... Apostle Carl White

Introductions - Apostle Carl White

Speaker- Whole Health: Integrating Mind, Body, & Spirit

Questions & Answer

Join the ROSC Movement..... Araina Mickens

MOUs.....Araina Mickens

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: October 16, 2024

Abundant Life Christian Center, 14540 Lincoln Ave, Dolton, IL 60419



Meeting Minutes - BB2L ROSC Council

Date: [September 18, 2024] Time: 9:30 am Location: Victory Christian International Ministries

Call to Order:

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

Attendance Registration:

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

Welcome and Introductions:

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

Apostle Carl White gave a quick overview of the importance of ROSC

Councils Summary of Open Discussion:

Pastor Steve Jones spoke about Whole Health: Integrating mind, body, and spirit. Holistic recovery recognizes that individuals are complex beings with interconnected physical, emotional, and spiritual dimensions. Holistic healing refers to an approach that addresses the whole person: mind, body, and spirit, rather than just focusing on the addiction itself. It emphasizes treating the underlying causes and contributing factors of addiction, as well as promoting overall wellbeing and health. Holistic healing considers all aspects of an individual's life that may contribute to addiction, such as mental health issues, trauma, physical health, and social environment. Closely examining the tie between stress and addiction allows those in recovery to make strides in identifying what in their life may be triggering anxiety and depression. Integrating traditional addiction therapies, like counseling and support groups, along with alternative therapies, such as yoga, meditation, acupuncture, and

art therapy. Traditional addiction therapies allow for the rebuilding of relationships in recovery while alternative therapies have been shown to lessen symptoms of anxiety and depression. The emphasis is on promoting overall wellness, including physical fitness, nutrition, stress management, and healthy lifestyle habits. These elements are essential for combatting withdrawal symptoms on the road to long-term recovery.

Araina Mickens:

- 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 October Meeting, October 16, 2024.

Meeting Adjourned: The meeting was adjourned by Araina Mickens at 11:00 am.