



# ROSC Monthly Council Meeting

Oct 28, 2024, 11:24 AM Central Time (US and Canada) ID: 810 5717 5491

## Meeting Information

<b>Event name</b>	GBPS ROSC Monthly Council Meeting
<b>Time</b>	Oct 28, 2024, 11:24 AM - 12:33 PM (CDT)
<b>Participants</b>	Dorian Figgers Stacy Munroe Kari Knapp Tomi Moore Elizabeth Kellogg Mark Bailey

## Quick recap

The meeting involved an icebreaker activity, a discussion on the necessity of teaching the negative effects of alcohol and drug use, and the evolution of recovery definitions. The team also discussed the concept of direct services, the impact of generational trauma and complex drama, and the importance of addressing trauma and promoting critical thinking in addiction treatment. The conversation ended with a focus on the topic of trauma, its impact on individuals, and the importance of understanding the brain and its patterns in overcoming trauma.

## Next steps

- Tomi Moore to investigate and find a speaker to conduct training on trauma, focusing on the process of overcoming trauma.
- Tomi Moore to look for and share any paperwork from the previous trauma training with Mark Bailey.
- Tomi Moore to plan and organize the upcoming event for Narcan distribution and food distribution.
- Elizabeth to coordinate with Henry regarding the distribution of surplus food for youth at the upcoming event.
- Tomi Moore to collect suggestions from attendees via email for future meeting topics.
- Mark Bailey to develop a training program on trauma and its connection to substance use.

## Summaries

### Brief Meeting and Icebreaker Discussion

Tomi Moore and Mark Bailey had a brief discussion, with Tomi Moore stepping out to give others a few more minutes to join the meeting. Tomi Moore mentioned that they would start the meeting at 1132. The meeting also involved an icebreaker activity where participants were asked to think of a fruit that best describes them.

### Fruit Icebreaker and Mark Bailey Introduction

In the meeting, Tomi Moore introduced the icebreaker activity where participants had to choose a fruit that best described them. Tomi Moore, Kami Garrison, Dorian, and Mark Bailey participated, with each person sharing their chosen fruit and a brief explanation. Tomi Moore then introduced the speaker for the day, Mark Bailey, who has experience in Arizona and Illinois, and has worked as an SA instructor, CBT and DBT trainer, and a certified CRS person.

Bailey also has lived experiences and will be speaking about trauma. The meeting emphasized the importance of interaction and participation.

### **Addressing Alcohol and Drug Use Risks**

The discussion revolved around the necessity of teaching the negative effects of alcohol and drug use. The participants agreed that understanding the risks and consequences is crucial, but also acknowledged that many individuals who use alcohol and drugs already know these negative effects. They debated whether it's necessary to continue solely focusing on the negative aspects, with some suggesting that it's more important to understand the underlying reasons for substance use, such as trauma and escape. The group also discussed the evolution of recovery definitions and the shift from complete abstinence to a more inclusive approach.

### **Direct Services and Trauma in Substance Misuse**

The discussion revolved around the concept of direct services, particularly in the context of substance misuse. The team acknowledged the shift from the traditional abstinence model to a more trauma-informed and harm reduction approach. The importance of understanding the reasons behind substance use, beyond just trying to escape reality, was emphasized. The team also discussed the role of trauma in substance use and the need to consider individual experiences and generational trauma. The conversation ended with a question about the possibility of substance misuse without trauma, which was left open for further discussion.

### **Origins and Effects of Trauma**

The discussion revolved around the concept of trauma and its origins. Mark and Tomi discussed how trauma can begin at birth or even before, with factors such as stress during pregnancy, abusive relationships, and harsh treatment of newborns contributing to it. Dorian added that trauma can also be passed down from the womb, affecting the baby's development. The group agreed that trauma is a complex issue and can have lasting effects on individuals. The conversation ended with a focus on the need for care and understanding when dealing with children, as they are vulnerable to trauma and require attention and support.

### **Generational Trauma and Treatment Evolution**

Mark discussed the impact of generational trauma and complex trauma on individuals, particularly in impoverished neighborhoods. He highlighted the recurring nature of these traumas and their ability to stimulate the flight or fight response, leading to stress and substance abuse. Mark also touched on the evolution of treatment methods, from complete abstinence to medication-assisted recovery, and the importance of skilled professionals in these areas. Dorian raised a question about the potential trauma associated with using pacifiers or allowing babies to cry themselves to sleep, which Mark acknowledged as a valid point.

### **Addressing Trauma and Harm Reduction**

The discussion revolved around the importance of teaching clients about the negative effects of using alcohol and drugs, and the necessity of harm reduction in treatment. The team agreed that complete abstinence is not always effective, and that harm reduction is necessary to help people use less or stop using drugs and alcohol. They also discussed the importance of addressing trauma in treatment and the need to teach insurance companies that 30 days of treatment is not

enough. The team acknowledged that recovery goes beyond just stopping the use of substances and that addressing the root cause of addiction is crucial.

### **Addressing Trauma in Addiction Treatment**

The speaker, Mark, discusses the importance of addressing trauma and promoting critical thinking in addiction treatment. He emphasizes that trauma is real and prevalent, and traditional scare tactics are ineffective for those deeply impacted by trauma. Instead, he focuses on helping participants develop emotional regulation, critical thinking skills, and the ability to process their experiences. Mark Bailey believes frontline workers need better training to address the complex traumas and generational issues their clients face. He aims to guide participants towards self-reflection and processing rather than solely promoting abstinence.

### **Addressing Mental Health and Trauma**

The discussion revolved around the importance of addressing mental health issues and trauma, particularly in relation to substance abuse. The panelists shared personal experiences and observations about the impact of untreated trauma and mental health issues on individuals and families. They emphasized the need for better understanding and treatment of these issues, and the importance of seeking professional help. The conversation also touched on the challenges faced by veterans dealing with trauma and the need for more effective tools and training to address these issues. The panelists agreed on the need to dig deeper into these issues and to encourage members to seek mental health support.

### **Breathing Exercises and Personal Experiences**

Dorian and Mark discussed the importance of breathing exercises and positive self-talk in managing stress and trauma. Mark shared his personal experiences with anxiety and the benefits of active listening and having someone to depend on. He also mentioned his recent health issues, including a heart attack, and how they have affected his perspective on life. The conversation ended with Mark encouraging others to share their experiences and learn from each other.

### **Trauma, Therapy, and Narcan Distribution**

The meeting focused on the topic of trauma and its impact on individuals. Mark shared his personal experience of dealing with trauma and emphasized that overcoming it is a process that requires daily effort and therapy. Dorian added that understanding the brain and its patterns is crucial in overcoming trauma, and that it's not a quick fix. The team also discussed the upcoming event where Narcan kits will be distributed, and food will be provided. Tomi encouraged the team to suggest future topics for discussion.