

Westside ROSC Council

Lead Agency: Chicago Recovering Communities Coalition

Friday, December 20, 2024

10am – 12pm

[Zoom Meeting Information](#)

<https://us02web.zoom.us/j/695761637?pwd=eVVOUzJ1N3VUcXl6WFJzSnVNOVJXdz09>

Meeting ID: 695 761 637 | Password: 038839

Meeting Minutes

Welcome Extended by; Venessa Moreno: Expressed appreciation for members present, and continued support, and to those who were attending ROSC meetings for the first time. Also mentioned that from now on ROSC will be offering CEU's.

Participant Introductions: Samantha Adamaitis, PMC; Kimberly Haywood, Brighter Behavior Choices RC Chicago; Kami Garrison, Statewide ROSC Region 3 TA; Candyce Banford, CRCC; Aimee Rabe, CRCC; Charlotte Estell, Kalimba Foundation; Patricia Therese Johnson, Chicago Department of Public Health; Ronald Milner, BOODLE.COM, INC Financial Literacy company; Angelique Valerio, The Perfectly Flawed Foundation; Yulanda A Thomas, CRCC; Anthony Baker, Kalimba; John Wright, CRCC; Venessa Moreno, CRCC; Dora Wright, CRCC; Karen Thomas, CRCC; Walter Houston, Kalimba House; Mary Dowling, West Side Heroin Opioid Task Force; Fred L Nance Jr, C.L.I.C.K. Services NFP; Toniesha Roberts, Trilogy Behavioral Health; Tom Johnson, CRCC; Frances Gordon, CRCC; Derrick Brewer, CRCC; Stacey Zawacki, Perfectly Flawed; Chris Leavy,

Our council is made up of members including Hospitals, Treatment Centers, Mental Health Facilities, First Responders, Recovery Programs, Schools, Local Government, Employment Agencies, and importantly persons with lived experience.

Goals and Objectives by; Venessa Moreno: Westside ROSC Councils overall goal is to advocate and assist with guiding and monitoring the development of an integrated system of recovery by creating a shared vision to improve availability of services by building a sustainable ROSC Council. Our objectives 1. To create communities of recovery that encourage and integrate resources for the recovering individual, families, and friends. 2. Develop supportive recovery communities that foster growth, respect and understanding of those who have identified problems in the areas of substance use and mental health. 3. Implement effective communication that will allow for inclusion of PLE's (persons with lived experience) voices to be heard.

ROSC Council Speaker: NAMI: Ending the Silence; Presenter: Mariah Nichelle, Education and Engagement Specialist, NAMI Chicago

Council Updates by Venessa: Venessa discussed Council goals and objectives. Provided updates on deliverables and the importance of the needs assessment and had all individuals on the call fill it out and encouraged them to share with their network and participants.



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Supporting a Diverse Chicago West Side Community

Topic Discussion: NAMI: Ending the Silence; Presenter: Mariah Nichelle, Education and Engagement Specialist, NAMI Chicago

In the meeting, the West Side Ross Council discussed their goals and objectives, which include advocating for the development of an integrated system of recovery, creating communities of recovery, and implementing effective communication. The attendees introduced themselves and shared their roles and experiences. The main topic of the meeting was mental health, with Mariah from NAMI Chicago presenting on starting conversations around mental health, addressing stigma and discrimination, and promoting self-care. The attendees were encouraged to share their personal wellness practices, and the conversation ended with a reminder that self-care can take many forms and is essential for overall well-being.

Mental Health: Definitions and Experiences

Mariah led a discussion on mental health, encouraging participants to share their definitions and experiences. The group agreed that mental health is a spectrum, and everyone has it, but it can manifest differently in each person. They also discussed the importance of seeking help and treatment for mental health conditions, which are medical conditions like physical ones. The group acknowledged that mental health conditions are not one's fault, nothing to be ashamed of, and can be managed to not limit one's goals. They also discussed the challenges youth face in identifying and seeking help for mental health issues, and the need for education and understanding to combat the stigma surrounding mental health.

Language and Mental Health Discussion

Mariah, a former high school English teacher, emphasized the importance of language in discussing mental health. She shared her experience of teaching students that their lives and dreams mattered, and how language can impact how people perceive mental health conditions. Mariah highlighted the potential offense of comparing someone's mental health condition to the weather, using the example of bipolar disorder. She encouraged the team to think of alternative words to describe the weather and to be mindful of their language when discussing mental health. Mariah also stressed the need for open and honest conversations to reduce the stigma surrounding mental health.

Discussing Mental Health and Self-Care

In the meeting, Mariah led a discussion about mental health, emphasizing the importance of recognizing warning signs and seeking help. She asked participants to consider their own mental health and that of others, and to identify trusted adults from their past. The group shared their trusted adults, which included family members, teachers, and mentors. Mariah stressed the importance of having a trusted adult and the need for self-care, especially when discussing sensitive topics. The conversation ended with a reminder to take care of oneself and to reach out to a trusted adult if needed.

Recognizing Suicide Warning Signs and 988

Mariah discussed the importance of recognizing and responding to warning signs of suicide, emphasizing the need for immediate action. She differentiated between the 911 emergency service, which is for crimes or injuries, and the 988 service, which is for mental health emergencies. Mariah shared a personal story to illustrate the difference between the two services, highlighting the potential negative consequences of calling 911 for a mental health crisis. The conversation ended with a discussion on the potential benefits of using the 988 service for mental health emergencies.

Mental Health Awareness and Support

Mariah discussed the importance of mental health awareness and the need to reduce stigma around mental health conditions. She emphasized that mental health conditions are medical conditions and not a personal failing. Mariah also highlighted the availability of various treatment options, including medication and therapy, and encouraged individuals to seek help if they are struggling with their mental health. She stressed the importance of self-care and finding ways to express oneself, and encouraged everyone to end the silence around mental health issues. Mariah also mentioned the existence of a helpline for those in need of emotional support or resources. The conversation ended with Mariah encouraging everyone to take action and seek help if needed.



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Addressing Mental Health and Resources

Mariah presented on mental health, emphasizing the importance of understanding and addressing mental health issues. She encouraged the audience to seek help and support, and provided resources such as the 988 helpline and NAMI Chicago. Mariah also offered to present her work to other organizations and communities. The audience appreciated the presentation and expressed interest in further discussions and presentations.

Closing Remarks

Venessa then announced a needs assessment survey for the community, emphasizing its importance in identifying gaps and advocating for resources. The conversation ended with Venessa thanking Mariah and encouraging everyone to prioritize self-care.

Wrap Up

- Mariah to send presentation materials to interested organizations for future use.
- Attendees to fill out and share the needs assessment survey link within their organizations and networks.
- Dora to coordinate with Mariah to present at RSS group, workforce development group, and statewide events.
- Venessa to send out mass communication about the needs assessment survey to all active Ross Council participants.
- Attendees to practice self-care techniques discussed during the holiday season.
- Attendees to familiarize themselves with the 988 crisis hotline for mental health emergencies.

Venessa: Thanked the membership for sharing openly and respectfully and we will see everyone next month. Next Westside ROSC Council meeting will be hosted via Zoom January 24, 2024.

Please Join Us in Building a Sustainable Westside ROSC Council

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