



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L DECEMBER 2024 ROSC MEETING

Call to Order by Araina Mickens

Date: December 18, 2024

Time: 9:30 am – 11:00 am

Location: Online (Zoom)

Attendance: Attached

[MEETING AGENDA](#)

Introduction of Agencies/ Attendees- Araina Mickens

Moderator- Taurean Mickens

Why ROSC is important..... Araina Mickens

Introductions - Araina Mickens

Speaker- Having a Sober and Supportive Holiday Celebration

Questions & Answer

Join the ROSC Movement..... Pastor Steve Jones

MOUs.....Pastor Steve Jones

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: January 15, 2025

Location: Zoom

RECOVERY NETWORK

BOUNCE BACK 2 LIFE



Meeting Minutes - BB2L ROSC Council

Date: [December 18, 2024] *Time:* 9:30 am *Location:* Online (Zoom)

Call to Order:

- The meeting was called to order by Araina Mickens.

Attendance Registration:

- Attendees were requested to put their name and organization into the chat box.

Welcome and Introductions:

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

Councils Summary of Key Speaker:

Mrs. Mickens started the meeting with a personal testimony about a family struggling with addiction. We learned that during addiction treatment, you learned to recognize your relapse cues, reshape negative thought patterns, tolerate stress, and resist social pressures. Now is the time to put these skills and strategies into use.

We were given a few tips for those in recovery to use:

*Acknowledging your cravings. Experiencing cravings is common and it doesn't mean you've done anything wrong.

*Weighing the pros and cons of having that drink or using when cravings arise. The cons of relapsing are always much greater.

*"Playing the tape forward" (i.e., asking yourself what will happen if you drink or use drugs). How might it affect your health, your relationships, and the progress you've made?

*Before you arrive at a situation where you feel something might trigger cravings—be it a family gathering, social setting, or sports event—it’s often a good idea to remind yourself you can leave whenever you want. There’s never a good reason to stay in a situation that may threaten your sobriety and, by extension, your safety.

If you’re hosting a get-together with a loved one in recovery, you shouldn’t feel like you need to walk on eggshells around them. However, if they say they must leave or seem uncomfortable, don’t try to make them feel guilty about exiting early, and don’t take an Irish goodbye personally.

Pastor William Jenkins:

- 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 December Meeting, January 15, 2025.

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