

# Recovery Oriented System of Care



## Alexander/Pulaski ROSC Council – Notes 11.21.24

**Attendance:** Trina Martin, Samantha Carver, Tor Neal, Emily Middleton, Beverly Holland (Region 5 TA), Florance (Cairo women’s shelter), Roshelle (CHESSI), Toya Wilson, Victor (PLE), Jordan Strong (MCDAC)

- Meeting began with introductions and welcoming for coming
- Old news was discussion of trainings and our Statewide ROSC meeting

### **Holiday Season and Mental Health**

- Overwhelming, especially on people in recovery because of triggers, family functions
- Dec and Jan are the most dangerous months of deaths according to the CDC

Samantha added that the stress from all the décor and making the tree perfect was too much this year so she’s letting her kids decorate the tree. Vic said sometimes at family functions you have to deal with family members who have substance use problems and them offering you drugs or alcohol. Trina also added the stressor of buying gifts.

- Womens shelter, Florance, says there are not enough resources. Jordan says even grown women sometimes have to learn from their own mistakes.
- Idea of Trina going to spend time/talk with women at the shelter was brought up.
- Be nice. Be transparent. This makes relationships easier.

### **Winter ROSC Activities/Places to set up**

- City Hall, SCC, Rise Market (Contact them about being inside), Post office, auto store

**Remember during the holiday season (and all the time) that you are allowed to say NO for your own mental health!**

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