

LC ROSC January 23, 2025, Monthly Meeting

10:30 am

Dr. Mary Roberson opened the meeting by sharing LC ROSC's framework.

She also talked about the importance of our Community Needs Survey.

Attendees introduced themselves.

Barbara Young introduced Jamen Spitzer, Volunteer Manager from The Phoenix. The Phoenix serves IL, IN, MI, and Ohio. It's a national non-profit organization.

The Phoenix has a strong presence in Chicago, IL.

Their goal is to create a sober active community. The only requirement is that a person has 48 hours of sobriety.

Jamen shared the following:

- Folks use "Dry January" as a means of beginning the year on a journey to sobriety.
- The Phoenix welcomes allies and currently have chapters in Crystal Lake and Naperville, IL.
- Volunteers can start their own chapter.
- The Phoenix covers the cost of activities per their budget with IDHS.
- Volunteers are empowered to take action in their communities by using places of recovery. Connections can be made with Probation departments, Problem solving courts, etc.

Data on The Phoenix:

- Founded in 2006
- Over 500,000 people are served across the US.
- Volunteer driven with over 3,000 volunteers, their goal is to reach 7000 volunteers by 2025.
- They understand the talent is found in the community.

They have hosted the following events:

- Music events, climbing, exercise, bike riding, yoga, soccer, chess, boxing, art activities, etc.
- Their partners include Lincoln Lodge, Vertical Endeavors, Above & Beyond, Recovery Center, Fresh Start and Big Mini Putt Club.

After 3 months of participation, they experienced the following:

78%- Felt increase in connections

87% More hopeful

83% Felt a stronger self-identity

83% Meaning in life

82% More empowered

Jamen then asked how The Phoenix could partner with a ROSC Organization? They can foster connections, healthy fun that aligns with goals of ROSC Organizations to help create a sober, active community. By offering the following:

- 1) Free, accessible program
- 2) Foster long-term recovery through community
- 3) Flexible engagements for participants and volunteers
- 4) Partnership with ROSC to meet more people
- 5) Holistic approach to wellness, ie, Recovery Based Comedy shows

The next step to this partnership is to host a program with the organization, hosting an event for alumni and current meeting groups.

James opens the meeting for questions:

Q1. Whitney asked how does funding work?

A1. The answer is that funding varies, and it is case by case. Sometimes instructors volunteer their services (no compensation) as some organizations have space and there is no need for funds. This helps to keep the prices low or for free. Volunteers must be able to open event with an ethos and ice breaker.

Q2. Dr. Mary Roberson asked if background checks were required.

A2. There are no credit checks, however there is a criminal history check. (Violence, sexual assault) They are conducted by Checkr Background company.)

Q3. Dr. Mary asked if there were age limits with activities.

A3. Activities are for 18+ and ability appropriate. Some activities are family oriented and scaled to ability of participants. They are adaptive to disabilities. Use of the correct language is applied.

Q4. Whitney asked if there was a list of The Phoenix chapters?

A4. There is no specific map, but the app provides a 'near me' query to direct used to a specific city. The Phoenix app assists volunteers who want to provide events in their community and those who want to grow their community. They help to provide the tools.

Q5. Chris Thompson asked about the business model.

A5. Jamen explained that there are 'pop-up' events and constant planned events. The Phoenix prefers to partner with volunteers in communities instead of starting from the ground up.

Jamen can be reached at 818-942-4255, jspitzer@thephoenix.org.

Dr. Mary then opened the meeting for attendees to 'toot' their own horns.

Valenica Samuel shared their services that include getting records expunged for little to no cost. A flyer was included in the chat.

Debbie Rueber with Veterans Path to Hope, shared their video game night event, Mortal Combat will be played. This is a sober event. A flyer was added to the chat.

On behalf of the Eddie Washington Center, CJ Jarvis expressed his sincere gratitude for NIRCO and others who attended their annual MLK breakfast.

NIRCO's Veteran Chat N Chew, February 10, 2025

NIRCO's Black History Event, "We Are Better Together", February 8, 2025

Amanda Douglas introduced NIRCO's two new projects:

Justice Impacted Women which addresses barriers for women getting back into the community.

Warm Handoff Project, this project walks participants through services needed.

Dr. Mary Roberson ended the meeting at 11:50 am.

Our next meeting is February 27, 2025, at 10:30 am.