



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L DECEMBER 2024 ROSC MEETING

Call to Order by Araina Mickens

Date: January 15, 2025

Time: 9:30 am – 11:00 am

Location: Online (Zoom)

Attendance: Attached

[MEETING AGENDA](#)

Introduction of Agencies/ Attendees- Araina Mickens

Moderator- Araina Mickens

Why ROSC is important..... Araina Mickens

Introductions - Araina Mickens

Speaker- Pastor Steve Jones "Identifying Barrier to Recovery"

Questions & Answer

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: February 19, 2025

Location: Zoom

RECOVERY NETWORK

BOUNCE BACK 2 LIFE



Meeting Minutes - BB2L ROSC Council

Date: [January 15, 2025] 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.

Summary of Key Speaker:

Pastor Steve Jones educated the group on barrier to recovery. To understand and address barriers to recovery, they can be categorized into the following themes:

1. **Psychological Barriers** - Denial: Refusal to acknowledge the problem or rationalizing behavior. - Mental Health and Co-Occurring Disorders: Issues like depression or anxiety that exacerbate addiction.
2. **Social and Environmental Barriers** - Social Environment and Enablers: Influence of friends, family, and societal norms.- Stigma and Shame: Societal judgment and personal shame that prevent seeking help.
3. **Emotional and Behavioral Barriers**- Lack of Meaningful Activities and Purpose: Absence of fulfillment or direction, leading to boredom and relapse.- Sudden Life Changes and Stress Triggers: Challenges like job loss, relationship issues, or health problems.

4. ****Structural Barriers****- Lack of Access to Holistic Recovery Approaches: Inadequate programs addressing physical, mental, and social aspects of recovery.
5. ****Cultural and Societal Barriers****- Breaking Stigma: Community-wide education and advocacy to normalize recovery and reduce judgment.

He ended his presentation with this wise statement: "Recovery is not a one-size-fits-all endeavor. A holistic approach addressing physical, mental, and social aspects is most effective. This includes ongoing treatment, a nutritious diet, regular exercise, spiritual growth, and rebuilding relationships."

Upcoming Events:

- BB2L December Meeting, February 19, 2025.

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