

Recovery Oriented System of Care



Alexander/Pulaski County ROSC Council Minutes 01/16/2025

Attendance

Tor Neal, Arrowleaf
Trina Martin, Arrowleaf
Amber Mulkins, Arrowleaf
Artie McBride, NAACP

Notes

- I. **Welcome and Introductions**
- II. **Mission and Values**
- III. **Old Business**
 - a. In the December meeting, we discussed the many reasons for holiday stress and ways to manage it. Several mental health tips were given and shared by council members. The need for Relapse Prevention Plan during this time of year was emphasized and the members gave examples of their plans as having an escape plan from a party if it is too overwhelming or is triggering you.
 - b. Shared announcements of the Dignity Fair on December 18th and a Narcan Training on January 6th.
- IV. **New Business**
 - I. Discussed setting Recovery Goals for the New Year. Setting a realistic goal includes focusing on a SMART goal:
 - I. **Specific** – *make your goal clear*
 - II. **Measurable** – *track your progress*
 - III. **Attainable** – *keep it realistic*
 - IV. **Relevant** – *align with your values*
 - V. **Time-Specific** – *set a deadline*
 - a. **Weaknesses**
- V. **Announcements**
 - I. Jan 16, 9am-3pm, Mental Health Awareness and Utilization Workshop, this workshop will be occurring frequently, contact Artie McBride amcbride@chesi.org for more details
 - II. Churches that completed the online request form to be contacted to begin the process to become a Certified Recovery Congregation
 - III. First Missionary Baptist Church in Cairo & Lighthouse House of Refuge Church in Ullin

- IV. Mobile Food Distribution, Jan 24, 10am, at The University of IL Extension Office, Mounds
- V. February Meeting is Scheduled for Thursday, February 20th at 1PM