

# Recovery Oriented System of Care



## Alexander/Pulaski County ROSC Council Minutes 12/19/2024

### 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 18<sup>th</sup> and a Narcan Training on January 6<sup>th</sup>.
- IV. **New Business**
  - I. Holidays can be a stressful time. According to the CDC, December and January are the highest times for overdoses.
  - II. Some council members are experiencing stress surrounding the holidays. We can make plans to navigate holiday stress. Make a plan to protect your recovery.
    - I. Have a plan to say no to substances:
      - I. Some suggestions:
        - I. No
        - II. I'll have something else, like water, tea, or soda
        - III. I don't want to be hungover
        - IV. I don't drink, it makes me break out in handcuffs
      - II. A quick exit is sometimes appropriate.
- V. **Announcements**
  - I. Dignity Fair – Wednesday, December 18<sup>th</sup> from 10AM to 2PM at SICIL in Metropolis
  - II. Narcan Training – January 6<sup>th</sup> at 5:30PM at our office in Golconda

III. January Meeting is Scheduled for Thursday, January 16<sup>th</sup> at 1PM