

## **Westside ROSC Council**

**Lead Agency: Chicago Recovering Communities Coalition**

**Friday, February 28, 2025**

**10am – 12pm**

**Zoom Meeting Information**

<https://us02web.zoom.us/j/695761637?pwd=eVVOUzJlN3VUcXl6WFJzSnVNOVJXdz09>

**Meeting ID: 695 761 637 | Password: 038839**

### **Meeting Minutes**

**Welcome Extended by; Ed Boone:** Expressed appreciation for members present, and continued support, and to those who were attending ROSC meetings for the first time. Also mentioned that ROSC will now be offering CEU's.

**Participant Introductions:** Sandra Harrison, DVA Leadership & Development Training Consultants; Kami Garrison, Statewide ROSC Region 3 TA; Angelique Valerio, The Perfectly Flawed Foundation; Bahiyyah Khalilallah, SROSC; Aimee Rabe, CRCC; Kenneth Bell, Chestnut Health; Kenisha Dale, Trilogy Inc.; Van Asher, The Perfectly Flawed Foundation; Charlotte A. Estell, Kalimba Foundation; LaShaun Rickman, Brighter Behavior Choices RC Chicago; Candyce Banford, CRCC; Maria Gonzalez, Campaign For A Drug Free Westside Inc.; Derrick Brewer, CRCC; Linda C. Campbell, Individual; Angel Crowder, CRCC; Yulanda A Thomas, CRCC; Adam L Scheffler, Individual; Karen Thomas, CRCC; Tom Johnson, CRCC; Arlisia Dockery, Echo Development Center; Ed Boone, CRCC; Frances Gordon, such Love Foundation; Juvanna Johnson, Ashunti Residential Management Systems; Regina Lewis, Ashunti Residential Management Systems; Mary Dowling, West Side Heroin Opioid Task Force; Candic Rushing, Ashunti Residential Management Systems; Aldair Abel Acosta Juarez, HBCD Northwestern University;

Our council is made up of members including Hospitals, Treatment Centers, Mental Health Facilities, First Responders, Recovery Programs, Schools, Local Government, Employment Agencies, and importantly persons with lived experience.

**Goals and Objectives by; Ed Boone:** Westside ROSC Councils overall goal is to advocate and assist with guiding and monitoring the development of an integrated system of recovery by creating a shared vision to improve availability of services by building a sustainable ROSC Council. Our objectives 1. To create communities of recovery that encourage and integrate resources for the recovering individual, families, and friends. 2. Develop supportive recovery communities that foster growth, respect and understanding of communication, those who have identified problems in the areas of substance use and mental health. 3. Implement effective that will allow for the inclusion of PLE's (persons with lived experience) voices to be heard.

**Summary:** The meeting began with introductions and technical difficulties, followed by a presentation on mental health in the workplace and wellness by Sandra Harrison from DVA Training. Sandra emphasized the importance of mental wellness in recovery work and offered various methods to manage mental health, including team development, health, and wellness. The conversation ended with a mindfulness exercise led by Sandra and announcements of upcoming events and job fairs.

**ROSC Council Speaker:** Sandra Harrison, DVA Leadership & Development.

**Council Updates by Ed:** Ed discussed Council goals and objectives. Provided updates on deliverables and the importance of the community needs assessment and requested that all individuals on the call fill it out and encouraged them to share with their network and participants.

**Topic Discussion: DVA Leadership & Development: Workplace Health & Wellness.**



# Westside ROSC Council

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## Supporting a Diverse Chicago West Side Community

The meeting began with greetings and introductions. There were some technical difficulties with audio, which were eventually resolved. The meeting was then paused to allow or attendance to be taken. The host, Venessa, promised to send a link for attendance and encouraged everyone to fill out the Google form. The meeting was then resumed with introductions, including the introduction of Ed Boone, the Project Coordinator for the West Side ROSC. The conversation ended with a positive note about the sunny weather outside.

Ed Boone led the meeting where attendees introduced themselves and their roles. Ed also provided links for attendance and a community needs assessment survey. The meeting was attended by representatives from various organizations, including CRCC, Ashanti Residential Management, Hope Coalition, Kalima Foundation, and more.

Ed encouraged everyone to fill out the attendance sheet and the community needs assessment survey. Sheila Bloxon, the executive director of Mush Love, shared their personal story and her foundation's focus on mental health, bullying awareness, suicide awareness, and Fentanyl awareness.

Edward mentioned the upcoming West Side ROSC meetings for April, May and June, focusing on spiritual connections to recovery, reentry, and recovery for women and men. He then introduced Sandra Harrison, who presented on mental health in the workplace and wellness. However, Sandra faced technical difficulties, which were eventually resolved with assistance from the team. The meeting also included introductions from other attendees, including LaShawn Rickman, Campbell, Bahiyyah, and Michael Murray. The team expressed their patience and understanding as Sandra continued with her presentation on Workplace Mental Health and Wellness.

### **Mental Health and Wellness Training**

Sandra emphasized the importance of mental wellness in recovery work, highlighting that it encompasses various aspects such as coping with stress, maintaining a positive outlook, self-awareness, healthy relationships, purpose and meaning, and mindfulness. She suggested various methods to manage mental health, including celebration of successes, gratitude, and the use of sticky notes. Sandra also discussed the benefits of team development, health, and wellness, encouraging organizations to invest in these areas. She ended by demonstrating the work of her organization, DVA, in providing learning and development opportunities for various groups.

### **Mental Health and Wellness Training**

Sandra Harrison, the representative from DVA Training, led a presentation on the importance of mental health and wellness in the workplace. She highlighted the benefits of their professional development master trainer, Yolanda Dunn, who brings a high-intensity workout called Pound Unplugged to promote physical and mental well-being. Sandra emphasized that their training is tailored to each organization's needs and can be booked through their website. She also mentioned that they offer a referral fee of \$100 for organizations that book their services. The presentation concluded with a Q&A session, where attendees asked about one-on-one sessions, the booking process, and how to initiate conversations with individuals experiencing a crisis at work.

### **Creating Safe and Supportive Work Environments**

Sandra emphasized the importance of creating a safe and supportive environment for staff to express their challenges and concerns. She highlighted the need for continuous learning and adaptation in the field, and the importance of prioritizing professional development for staff. Sandra also discussed the flexibility of their training sessions, which can range from a 30-minute lunch and learn to a full-day conference. She confirmed that their services are primarily offered in Illinois, but they also provide training across the country. Sandra also addressed the issue of high turnover rates in organizations and the importance of prioritizing staff training and development. John and Angel-CRCC shared their experiences and appreciation for the partnership with DVA, emphasizing the importance of collaboration and professional development.

### **Mindfulness Exercise for Team Focus**

In the meeting, Sandra led a mindfulness exercise to help the team focus on their surroundings and their own thoughts. She asked everyone to close their cameras, sit in a relaxed position, and focus on their body's sensations. She then asked them to identify three things in their immediate space and focus on what they could hear. The team shared various sounds they heard, from cars and



# Westside ROSC Council

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people talking to birds and children playing. Sandra emphasized the importance of finding silence and calm to empower a stronger mind and control internal noise.

### Team Development and Community Events

Sandra expressed her appreciation for the team's dedication to professional development and their decision to share their resources with the Ross community. Edward thanked everyone for attending and encouraged them to complete the attendance sheet and community assessment survey. Yulanda announced a job fair for the community on April 11th, and Renee shared an event for fathers and sons to fly kites on April 5th. Venessa mentioned a recovery support services training on April 21st. Kenisha highlighted a family guidance event at Trilogy on March 19th. Sandra ended the conversation by wishing everyone a happy Black History Month and Women's Day and reminded them to support local businesses on Blackout Day.

### Next Steps

1. All attendees to fill out the attendance link in the chat for CEUs.
2. All attendees to complete the community needs assessment survey shared in the chat.
3. Kenisha to drop her email in the chat for follow-up about Pound fitness classes.
4. Sandra to reach out to Trilogy leadership about potential training opportunities.
5. Sandra to send Vanessa a copy of DVA's brochure and breathing techniques to share with attendees.
6. Yolanda (CRCC) to organize job fair on April 11th at 1140 North Lamont starting at 10 AM.
7. Renee Murphy to host father and son kite flying day on April 5th at Black Welder Park.
8. Vanessa to conduct Recovery Coach Academy training from April 21st to 25th.
9. Kenisha (Trilogy) to organize an event with MAT van and South Side Task Force on March 19th at 8541 South State.

### Closing Remarks

Ed announced that the Westside ROSC would be hosting its first 'Roundtable Discussion' with partners on January 29<sup>th</sup> to discuss a Chicago Sun-Times article that focused on opioids killing the same generation of Black men in Chicago for decades. The article also mentioned that organizations were not targeting this population for services.

### Wrap Up

Ed: Thanked the membership for sharing openly and respectfully and we will see everyone next month. Next Westside ROSC Council meeting will be hosted via Zoom March 28, 2025.

**Please Join Us in Building a Sustainable Westside ROSC Council**

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