

# Recovery Oriented System of Care



## Johnson County ROSC Council Minutes 01/28/2025

### Attendance

Tor Neal, Arrowleaf

Amber Mulkins, Arrowleaf

Jennifer Worthen, Southern Seven Health Department

### 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. 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. February Meeting is Scheduled for Tuesday, February 25<sup>th</sup> at 11:30AM