

Recovery Oriented System of Care



Union County ROSC Council Minutes 01/23/2025

Attendance

Tor Neal, Arrowleaf
Amber Mulkins, Arrowleaf
Christina Manchen
Ashley Smith, The Old Depot / Centerstone
Callie Buchanan, Comwell
Maisie Stewart
Leah Naraine
Rena Smith

Notes

- I. **Welcome and Introductions**
- II. **Mission and Values**
- III. **Old Business**
 - I. 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.
 - II. Shared announcements of the Dignity Fair on December 18th and a Narcan Training on January 6th.
- V. **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**
 - II. Shared announcements of the Dignity Fair on December 18th and a Narcan Training on January 6th.
- V. **Announcements**

- I. The Old Depot is open every Sunday at 6PM for free dinner at 110 E. Davie St. in Anna.
- II. February Meeting is Scheduled for Thursday, January 23rd at 11:30AM