

Recovery Oriented System of Care



Union County ROSC Council Minutes 12/17/2024

Attendance

Tor Neal, Arrowleaf
Amber Mulkins, Arrowleaf
Trina Martin, Arrowleaf
Christina Manchen
Ashley Smith, The Old Depot / Centerstone

Notes

- I. **Welcome and Introductions**
- II. **Mission and Values**
- III. **Old Business**
 - a. In the November meeting, we discussed Recovery Capital – the available resources to fulfill a person’s basic needs like their health, healthcare, financial resources, clothing, food, safe and habitable shelter, and transportation. We discussed how studies show that gratitude aids in recovery.
- IV. **New Business**
 - I. 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. **Announcements**
 - I. January Meeting is Scheduled for Thursday, January 23rd at 11:30AM