



Southland Recovery Coalition

RECOVERY ORIENTED SYSTEMS OF CARE OF CARE, (ROSC)

NEWSLETTER

WINTER 2021

2nd Edition

SRC FOCUS

- ◆ Prevention
- ◆ Intervention
- ◆ Treatment
- ◆ Recovery Supports

INSIDE THIS EDITION

- SCR 2021 Outlook
- SRC Monthly Meetings
- The Soul of This Nation
- Recognizing African Americans who had an impact on Substance Abuse
- Southland Community Work
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STAY INSPIRED

"Faith is taking the first step even when you don't see the whole staircase."

Martin Luther King Jr.

February is Black History



WHY DOES INSPIRATION HELP WITH RECOVERY?

The road to overcoming addiction is not just a physical path. It represents a mental and emotional journey that requires a full commitment from the person who is ready to travel it.

The bottom line is that recovery is hard work. Addiction is insidious, and most addicts find that they struggle every day with a desire to drink, use drugs, or engage in whatever harmful behavior landed them in rehab in the first place.

That's why addicts can often benefit from inspirational, meaningful words to hold onto when things are difficult for them. A quote or phrase that reminds us of hope, encourages us to keep going, and we begin to ask ourselves to reach just a little bit higher for the success we want can make a big difference.

Sometimes, addicts use inspirational quotes and sayings as mantras. They hang these words where they'll see them on a daily basis, whether it's on their bathroom mirror or at their desk at work. The words serve as a daily reminder to stay strong and keep pushing forward. Dr. Martin Luther King is a great inspiration to many.

CELEBRATE
RECOVERY

2021

Happy New Year from Southland Recovery Coalition

May the new year 2021 bring you 12 months of success, 52 weeks of laughter, 365 days of fun, 8760 hours of joy, 525,600 minutes of luck, and 31,536,000 seconds of happiness..

We are grateful to be moving on from 2020 which brought, surprises no one had ever imagined. While the global pandemic dominated 2020, we also had wildfires, mass protests all over the world, and possibly even landed upon the brink of World War 3. On one hand, bad news took a major share of 2020 while on the other, many people discovered opportunity in adverse times.

People stayed home and got closer to their families, many new relationships were developed, and most important of all, people learned many new skills in the confines of their homes in 2020.

It's good to remind yourself what we have been through no matter where we are in recovery all of us are recovering from something,

This year lets get outside if you can, admire the beauty of nature, and take a moment for yourself, ignore all the craziness that tells you the way out is the use of a sub-stance. The best way to begin this year is to stay balanced and aware. Be determined to make 2021 **A Happy Year!** Our wish for you is that you enter 2021 sober and with reality always at your side!

Be Safe & Be Well
Southland Recovery Coalition



SOUTHLAND RECOVERY COALITION

ROSC

(Recovery Oriented Systems of Care)

Virtual

Standing Monthly Meeting

*Meeting occurs last Wednesday of every month

WEDNESDAY, FEB 24, & March 31, 2021

9:30 A.M. TO 10:30 A.M.



Meeting ID: 965 9171 6109 | Passcode: 042227

Multiple Pathways to Recovery

Guest Speaker: Robert Wiley



Mr. Wiley is recognized throughout the country for his experience in implementing and managing Therapeutic Community Drug Treatment Programs. He has served as a consultant with Cosmos Corporation and as a Drug Court Evaluator for the Center for Substance Abuse Treatment (CSAT) in Washington D.C. as well as local Social Service Agencies. Mr. Wiley earned his Bachelor of Arts Degree in Substance Abuse Treatment/Administration from Northeastern Illinois University. He is recognized as a Certified Alcohol and Other Drug Counselor (CSADC) in Illinois and an Internationally Certified Clinical Supervisor with International Certification & Reciprocity Consortium. He is a certified trainer for the Illinois Department of Child and Family Services specializing in training Foster Parents on "The Effects of Substance Abuse on Children and Families". He also serves as a member of the Southland Recovery Coalition ROSC Council serving the south suburban Cook county region.

Bringing awareness and recovery resources to the community, those addicted & their families. SRC is actively fighting the drug epidemic by being solution-driven in our goal to save lives.

ROSC PARTNERS:

Cornerstone Community Development Corporation (Lead Fiscal Agent) • Indigenous Community Service Center • Lights of Zion Training Institute • Reassemble Education & Training, Inc.



This project is supported in part by the Illinois Department of Human Services Division of Substance Use Prevention and Recovery, as part of the Social Services Block Grant award from the Federal Administration for Children and Families (G-1801LSOSR).



"THE SOUL OF THE NATION"

In topping Trump in a race that was both upended and largely defined by the coronavirus pandemic, the Democratic nominee has become the first challenger to defeat an incumbent first-term president in nearly 30 years.

At 77, Biden becomes the oldest man ever elected president. (He turned 78 on Nov. 20th). He's also the first former vice president to win the White House since George H.W. Bush in 1988; the second Roman Catholic in U.S. history elected president; And with his victory, his running mate, California Sen. Kamala Harris, will become the first female vice president. She'll also become the nation's second Black candidate, following former President Barack Obama, to serve as president or vice president.

'Game-Changer': Kamala Harris Makes History As Next Vice President

"This election is about so much more than [Biden] or me," Harris [tweeted](#) shortly after being declared vice president-elect. "It's about the soul of America and our willingness to fight for it. We have a lot of work ahead of us. Let's get started."

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FEBRUARY IS BLACK HISTORY MONTH

SRC RECOGNIZES AFRICAN AMERICANS WHO HAVE MADE AN IMPACT ON SUBSTANCE USE DISORDER AND BEHAVIORAL HEALTH

Every year during the Month of February, our nation honors African-Americans who have made significant contributions to our country. Famous names such as Martin Luther King, Jr., Rosa Parks, and Frederick Douglass probably come to mind. As we enter black history month, SRC would like to take an opportunity to introduce a few whose names may not be well known but who have made significant contributions to the treatment of mental illness and addiction.



Maxie Clarence Maultsby, Jr, M.D. (1932-2016)

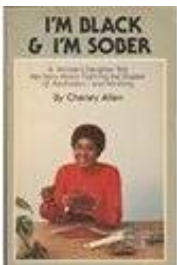
Dr. Maultsby was the founder of rational behavioral therapy, a type of cognitive behavioral therapy and counseling method. His work explored ways in which people can help themselves manage emotions and behaviors. In fact, his work helped make emotional self-help a legitimate focus of scientific research and clinical use. The type of therapy and counseling that Dr. Maultsby created is the first short-term drug-free technique of psychotherapy that produces long-term therapeutic results.



Mark Sanders, LCSW, CADC

Mark is an international speaker, trainer, and consultant in the behavioral health field whose work has reached thousands throughout the United States, Europe, Canada, Caribbean and British Islands. Mark is the author of five books, which focus on behavioral health. Recent writings include *Slipping through the Cracks: Intervention Strategies for Clients Multiple Addictions and Disorders*, *Recovery Management: and Relationship Detox: Helping Clients Develop Healthy Relationships in Recovery*. He has had two stories published in the New York Times best-selling books series, *Chicken Soup for the Soul*. Mark has been a certified addictions counselor for 34 years. He has received numerous awards including a Life Time Achievement Award from the Illinois Addiction Counselor Certification Board and the Barbara Bacon Award for outstanding contributions to the Social Work profession as a Loyola University of Chicago Alumni. Mark is co-founder of Serenity Academy of Chicago, the only recovery high school in Illinois. He is past president of the board of the Illinois Chapter of NAADAC. He has had a 30 year career as a university educator having taught at the University of Chicago, Illinois State University, Illinois School of Professional Psychology, and Loyola University of Chicago, School of Social Work. Mark is also the Founder of the Online Museum of African American Addictions Treatment and Recovery.

www.museumofafricanamericanaddictionsrecovery.org



Chaney Allen wrote one of the first autobiographies of an African American in recovery. Her book *I'm Black and I'm Sober* was published in 1978. Commission on Alcoholism and the California Women's Commission on Alcoholism. Allen has trained counselors on more culturally sensitive ways to work with minorities with alcohol problems.

These individuals have dedicated their lives to improving treatment and services for those impacted by addiction and/or mental illness—and they made significant contributions along the way. They are pioneers in the fields of behavioral health as well as addiction recovery, and we are grateful for their service..



WE SALUTE YOU



ANGELIA SMITH
Executive Director
Conerstone Community
Development Center
Lead Agency



YVONNE ORR-EI
Executive Director
Indigenous Community
Service Center



ARAINA MICKENS
Executive Director
Lights Of Zion Training Institute



CARMEN MEEKINS
CEO – RETINC
Reassemble, Education, & Training, Inc.,

Recovery-oriented systems of care (ROSC) are networks of formal and informal services developed and mobilized to sustain long-term recovery for individuals and families impacted by severe substance use disorders.

Southland Recovery Coalition is a collaborative effort of four individual agencies that is eager to create a council in which providers and the individuals served work as partners in recovery. Our goals as a ROSC council are to; Promote good quality of life, community health, and wellness for all • Prevent the development of behavioral health conditions • Intervene earlier in the progression of illnesses • Reduce the harm caused by substance use disorders and mental health conditions on individuals, families, and communities • Provide the resources to assist people with behavioral health conditions to achieve and sustain their wellness and build meaningful lives for themselves in their communities. SRC is super excited about our plans to continue to deliver high-quality services and effective programs. We are currently holding our monthly meeting virtually, and we invite you to join us to discuss ways to provide resources to our community.

Agency Spotlight



Carmen Meekins CEO,
Reassemble Education and Training, Inc.



Since 2009, Reassemble Inc. has been a key player in providing resources for substance use prevention, support, and recovery and has an 86% success rate in their training programs through (DHS/SUPR/IDCEO

SRC Celebrates RETINC as they continue fulfilling their mission of engaging the total individual to be restored as healthy contributing members of society. RETINC's training programs prepare participants for jobs and consider employment to be critically important to the long-term recovery and stability of those served by their organization.

8721 South State Street, Chicago, IL 60619,
773-488-9970

RETINC's Featured Employee



Corinthians Brown is our Chief Maintenance Manager since 2019! He has deep roots in the community and is committed to seeing people realize their goals by staying on the road to recovery. He is also a proud grandfather of one. We greatly appreciate Mr. Brown, as well as all of our Reassemble family!



In Case You Missed It ...

RETINC's Holiday Give-a-Way
Last December, we gave away over 50 turkeys and dozens of personal protective equipment (PPE) kits for the community. A special thanks to our staff – including **Robert Wiley, CSADC** – and our volunteers for helping us provide these resources to the many who need it!



February 16 – see Dr. Marsha Gooch
speak at
Higher COGIC,
South Holland, IL



<http://www.retinc.org>

During this Pandemic, SRC believes in building healthier communities, which means the process of people working together to address what matters to them. To address what matters, SRC is working hard to change the conditions in which we live, with the hope that changing those conditions will change behaviors.



[Cornerstone Christmas Give-away Video](#)

[SRC Community Activities, Video](#)



SRC Community Work

SRC partners work very hard in the Southland communities to distribute 1000's of Face Mask, Food, winter care kits and more. We visited Recovery homes and distributed food baskets and toys during the holidays. We service a broad stream of communities such as: communities such as Country Club Hills, Ford Heights, Harvey, Phoenix, Riverdale, and Robbins, to name a few. We were also able to give out gift cards and free hot meals to those in need. .



SRC PPE Distribution

Homeless Care Kits

[Thanks to Our Volunteers and Peers Support Specialist](#)



Peer recovery coaches walk side by side with individuals who are seeking recovery from substance use disorders and help people to create their own pathways to recovery. SRC's Peers-based recovery supports system is a part of an emerging transformation of systems and services addressing substance use disorders, and is an essential ingredient in developing a recovery oriented system of care. SRC would like to take time to recognize the importance of Peers and the unique relationship developed with those still in the process of recovery. Peer Support helps us develop trust in our communities and we appreciate their contributions during our Community Outreach.



SRC MEETINGS & EVENTS

JAN. 27, 2021 9:30AM—11:30 AM VIRTUAL MEETING

A Healthy Discussion About the COVID Vaccine

Jan. 27, 2021 6:00 pm PPE & Winter Care Kit Distribution

FEBRUARY 24, 2021 ROSC MONTHLY VIRTUAL MEETING

MARCH 31, 2021 SRC ROSC MONTHLY MEETING

SRC EVENTS

PPE Distribution Feb. 3rd, 11th, 25th

Elite House of Sober Living

Food Distribution & Give Away Blue Island Rec Center

Food Distribution Southland Community Development Corp.

Feb. 24th Women's Emotional Check in Zoom

Virtual Training

February 11, 2021 | 12:00 PM | ATTC, MHTTC, PTTC : [Alcohol, Amphetamine and Cocaine Use Disorders: Update in African Americans During COVID-19](#) , *collaborative webinar*

NEW [Peers Speak Out](#), *Community Catalyst*

February 25-26, 2021 | 12:00 PM | [Engagement in the Black Community](#) , *NAADAC Virtual Summit*

IMPORTANT COVID-19 INFORMATION

[ATTC's Pandemic webpage](#)

[CDC's COVID-19 webpage](#)

[Coping with COVID-19 and the Holidays](#), *SAMHSA's DTAC Bulletin*

[COVID-19 One-Stop Shop Toolkits](#), *CDC*

[COVID-19 Uninsured Program Portal](#), *HRSA*

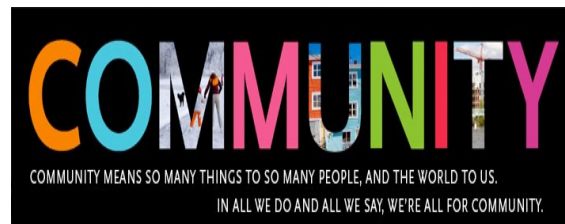
[MHTTC's COVID-19 webpage](#)

[PTTC's Pandemic webpage](#)

[SAMHSA's COVID-19 webpage](#)

SRC provides workshops on varied topics related to substance use recovery that promote interaction and shared feedback between attendees. All are welcome to join & learn how to assist those on the road to recovery

***The Southland Recovery Coalition
is changing communities and restoring
lives!***



- There are many pathways to recovery.
- Recovery is self-directed and empowering.
 - Recovery involves a personal recognition of the need for change.
 - Transformation happens with community support.
 - Recovery is holistic, involving the body, mind, & relationships.
 - Recovery has cultural dimensions.
 - Recovery exists on a continuum of improved health and wellness.

The primary target population for the Southland Recovery Coalition is people with a history of alcohol or drug problems who are in or seeking recovery, along with their family members and significant others.

CONTACT US

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Ford Heights, IL 60411

<http://www.southlandrecovery.org/>

