

Chicago Recovering Communities Coalition
Westside ROSC- ISN 3/26/2021 Meeting Minutes

10:00am-12:00pm
Via Zoom Online

- Welcome extended by; *Dora Dantzler-Wright, Executive Director*

Expressed appreciation for members present, and continued support, and to those who were attending ROSC meeting for the first time.

- **Dora Wright:** Chicago Recovering Communities Coalitions co-founder, shared the continuing mission and vision of CRCC of year two, and the ways in which the organization has grown building relationships to strengthen the network of recovery in the Austin Community. She provided ROSC overview : Reminded all and orientated first time attendees on the purpose of West side ROSC Council work that is 1) centered around supporting individuals in their recovery by 2) providing counseling, 3) transitional supports, and 3) information to address healthy living, and 4) building of network of community stakeholders, community SUD providers, peer advocates, and volunteers to increase visibility and reduce stigma's preventing addicts and affected families from seeking recovery.
- Introductions to all individuals were made: **CRCC, Westside Heroin Opioid Task Force, Association House of Chicago, Bethel New Life, Haymarket, The Northern Illinois Recovery community organization in Lake County.**
- **Organization Overview: Dora Wright West side Recovery Oriented Systems of Care Council.** The westside ROSC Council was created in September of 2018. Recovery Oriented Systems of Care is a coordinated network of community-based services working together. ROSC Councils will assist the community by building on the strengths and resilience of individuals and families to achieve abstinence and improve health, wellness and quality of life for those with or at risk of alcohol and drug problems or who struggle with mental illnesses. Our goals and responsibilities are to build a community culture that nurtures recovery by collaborating with other community members, A Recovery oriented system of care. Achieve authenticity by valuing all areas of the community and all paths of recovery. Promote the needs of the recovery community and promote infrastructure development through training and education. Respect the sustainability of the ROSC by actively participating in Council meetings and activities and maintaining current information.
- **The 12 Step Model: What are Narcotics Anonymous?** This is the second largest 12 step program. Nonprofit fellowship or society of men and women for whom drugs had become a major program. The only requirement is the desire to stop using drugs. These are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. Most people in NA suggest that you keep an open

mind and give yourself a break. This program is a set of principles written so simply that we can follow them in your daily lives. The good thing about it all is that they are not affiliated with any other organizations. There are no initiation fees or dues, no pledges to sign, no promises to make to anyone. They are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join regardless of age, race, sexual identity, or religion.

- **What are Alcoholics Anonymous:** This is a fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. A.A members share their experience with anyone seeking help with a drinking problem. They give person-to-person service or sponsorship to the alcoholic coming to A.A from any source. This gives people the opportunity to live better lives without alcohol. The primary purpose of A.A is to carry its message of recovery to the alcoholic seeking help. Almost every alcoholism treatment tries to help the alcoholic maintain sobriety. Regardless of the road they follow, they all there for the same destination.
- **All Recovery Meeting:** The latest form of Recovery. This model welcomes multiple pathways of recovery such as NA, AA, CA. Also, it welcomes any age group, gender, race. Right now, its developed in different states to help people all around the world with substance use. This is not only a priority but a big commitment as well. This is something you got to want for yourself and not only temporary, but for good. This is a place where people can come to get recovery, open for all.
- **Medicated Assisted Recovery:** Treatment for people with opioid addiction. It includes the use of medication along with counseling. Medicated assistance medicine was never intended to be taken alone, but with the addition of counseling, treatment, and some other support systems. Recovery that includes medication is often chosen individually. The 12-step model does not work for everyone like medicated assisted recovery does not work for everyone. The biggest part about Medicated Assisted Recovery is that it allows the person to regain a normal state, as we know Opioid withdrawal can be very painful for some people. Opioid also includes prescription drugs, so we must remember that the goal is for them to be drug-free at some point. There are three medications that are used commonly for Opioid addiction Methadone, Buprenorphine, and Naltrexone.

Dora Danzler- Wright. This is pertinent to the work we are doing in the council, in the RCO, in recovery support services. It is important that we understand this information to better do our jobs and practice it on the front lines every day.

Meeting was adjourned by Dora Wright, and encouraged all to take information gained, thoughts they may have and share with others, and if members knew of individuals who wanted to volunteer at upcoming events let him know.

Next Westside ROSC Council meeting will be hosted via Zoom on April 26, 2021.

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

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