

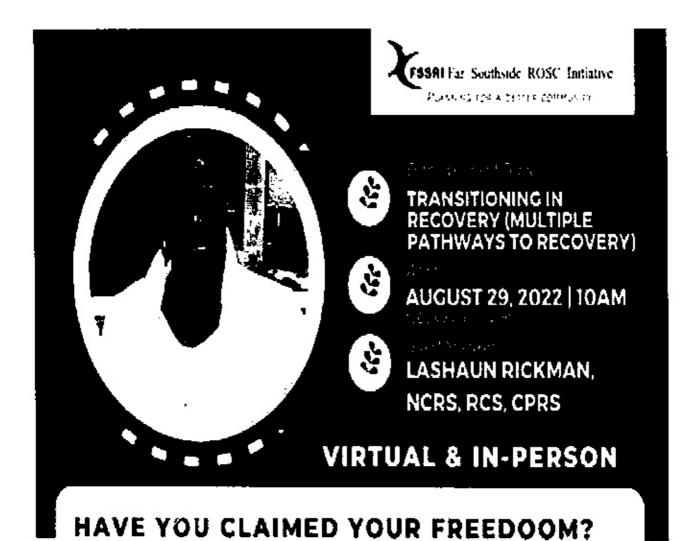
TEECH Far Southside ROSC Monthly Meeting August 29,2022

Agenda.....

Welcome..... De'Shara Shells CPC, RC, RCT- Program Manager
Introduction of Audience... Ja'Mia Pickett RC
What is ROSC.... Frederick Buford CPRS
Introduction of Speaker... Dr. Karen White CADC, NCRS, RCT- CEO
Speaker.... LaShun Rickman Co-founder Of Brighter Behavior Choices
Recovery Café since 2006

Closing..... De'Shara Shells CPC, RC, RCT, - Program Manager

Please leave business cards



Zoom Information:

https://us02web.zoom.us/j/83457129193?pwd=\$X ZHSTgwOVIPbTRHM1hDRDZYYTg3Zz09

Meeting ID: 834 5712 9193

Password: 553998

Phone Number: 312-626-6799



ROSC August meeting notes

Date: 8/29/2022

Time:10am until 12pm

Place: 1750 West 103rd street Chicago IL

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Community topic: Transitioning through Recovery

Speaker: LaShun Rickman co-founder of Brighter, Behavior, Choices INC

AND THE Recovery Café

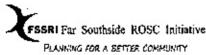
What is Recovery: A way of life, it's a journey not a destination.

Levels of care:

Detox: Detox from substances and or alcohol involves riding the body of all toxins and managing withdrawal symptoms. Detox is typically 3 to 10 days. Detox can go longer for weeks or months depending on the level of addiction and substances in the body.

Inpatient treatment: after detox inpatient treatment will address the addiction, copping skills, triggers, and traumas with the assistance of a Certified Drug Counselor and trained professionals. Inpatient treatment can be from 28-30 days or longer depending on the program structure.

Recovery home: Are alcohol and substance free housing components whose rules peer-led group, staff, activities and or other structured



operations are directed toward maintenance of sobriety for persons who exhibit treatment resistance relapse potential and or lack.

- Offers structure
- Safety
- Support network
- Resources
- Substance and alcohol free

Recovery Community:

While in recovery it is important to stay around like-minded people and stay connected to the recovery community.

SOME Examples OF a Recovery community:

- NA
- AA
- RECOVERY SUPPORT GROUPS
- CHURCH, FAMILY
- RECOVERY CAFÉ

Fact:

- There are many pathways to Recovery and finding out what works best for you is the mission.
- · Recovery is a lifestyle
- Recovery equals life
- There are resources and help for those who seek it. Ask questions and take an active role within your recovery.

Myth:

- Recovery is boring
- Recovery is useless



• Recovery is not for "me"

Recovery works and everyone recovery is different but have one common goal and that is TO LIVE!