

## 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



**F9991 Far Southside ROSC Initiative**

PLANNING FOR A BETTER COMMUNITY



Event Information

**TRANSITIONING IN  
RECOVERY (MULTIPLE  
PATHWAYS TO RECOVERY)**



When

**AUGUST 29, 2022 | 10AM**

10:00 AM - 11:00 AM



Event Manager

**LASHAUN RICKMAN,  
NCRS, RCS, CPRS**

**VIRTUAL & IN-PERSON**

**HAVE YOU CLAIMED YOUR FREEDOM?**

### **Zoom Information:**

<https://us02web.zoom.us/j/83457129193?pwd=SKZHSSTgwOVlPbTRHMIhDRDZYTTg3Zz09>

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 103<sup>rd</sup> 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, coping 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!