

# TEECH Far Southside ROSC Monthly Meeting September 26,2022

Agenda.....

Welcome...... De'Shara Shells CPC, RC, RCP- Program Manager

- What is Recovery Month
- Upcoming events
- Updates on Alumni

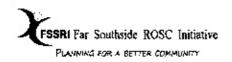
What is ROSC.... Frederick Buford

Presenter Of Speaker.... Dr. Karen White CADC, NCRS, RCT- CEO Community Topic: Addiction, Family, Friends, and Community Guest Speaker/ Trainer.... Jerry Davis QMHP, LSW, CADC, CODP1

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



ADDICTION, FAMILY, FRIENDS



#### **ROSC September meeting notes**

Date: 9/26/2022

Time:10am until 12pm

Place: 1750 West 103rd street Chicago IL

ZOOM INFO: https://usb2web.zoom.us/i/83457129193?pwd\_SXZH\$TgwOVIPbTRHM1hDRDZYYTg37z09

Phone Number: 312-626-6799

Meeting ID: 834 5712 9193

Password: 553998

### Community topic: Addiction, Family, Friends, and community

#### What is addiction:

Addiction has been defined as a treatable, chronic medical disease involving complex interactions among the brain circuits, genetics, environment, and life experiences. <a href="www.asam.org">www.asam.org</a>

Addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking and continued use despite harmful consequences and long-lasting changes in the brain.

www.SAMSHA.COM

#### Facts:

- Addiction has no color, race, religion, creed, culture, addiction does not discriminate.
- Everyone is different 30 days can be long enough time to create or stop a new habit

- Researchers are now showing it takes 18 days to create a new habit, 66 days for new behavior to become automatic, up 254 days.
- > 21/90 rule: 21 days to create a habit and 90 days to make it a part of your lifestyle.

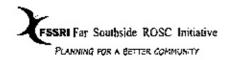
#### 4 elements of Addiction:

- 1. Experimentation
- 2. Regular use
- 3. Risky use/abuse
- 4. Drug addiction and dependency

What is family: a group of people who are related by birth, marriage and or adoption.

How might family be impacted by an individual in addiction?

- Financial instability
- Codependency
- > Isolation
- > Shame
- Stigmas
- ➤ Bias's
- Abuse (mental, financial, emotional)
- ➤ Loss
- Sadness



What is community: A group of people living in the same place of having a particular characteristic in common. A community is a familiar thread used to bring people together to advocate and support one another.

#### How is the community affected by addiction:

- Business leave
- Vandalizing, looting, stealing, destruction, violence
- Broken homes/ families
- Poverty
- Home invasions/ robberies
- Higher taxes
- Limited resources

Addiction is no longer a one man's/women's disease. The disease of addiction causes destruction for the individual and all who is connected.

## The fight against addiction is ongoing however there are some things we can do to contribute to the fight for survival:

- Be honest
- Be open
- Be transparent
- · Educate and empower
- · Show love, empathy and compassion

