

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



SEPTEMBER 26, 2022



10:00 A.M. TO 12:00 P.M.

CEU's will be given



FSBRI Far Southside RUSC Initiative
FAMILY SUPPORT AND RECOVERY SERVICES



Guest Speaker:

**JERRY DAVIS QMHP,
LSW, CADC, CODPI**

**ADDICTION, FAMILY, FRIENDS
AND THE COMMUNITY**

ROSC September meeting notes

Date: 9/26/2022

Time: 10am until 12pm

Place: 1750 West 103rd street Chicago IL

ZOOM INFO: <https://us02web.zoom.us/j/83457129193?pwd=SXZHSTgwOVlPbTRHM1hDRDZYYTg3Zz09>

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. www.asam.org

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

