



ROSC MEETING  
11/28/2022

- Welcome - What is ROSC- Frederick Buford
- Audience Introductions – Ja’Mia Pickett, RC
- Home Testing HIV Test – Robert Bufford
- Presenting Of guest speaker- Dr. Karen White

*Guest Speaker – Mr. Bryan Gooding*

*Addiction and Hoilidays*

*Questions and Answers and Suggestions*

***Please leave your business cards so we can connect***

Thank You

Date: 11/28/2022

Place: 1750 West 103<sup>rd</sup> street Chicago IL

Zoom Info: [s02web.zoom.us/j/83457129193?pwd=SX](https://s02web.zoom.us/j/83457129193?pwd=SX)

ZHSTgwOVIPbTRHM1hDRDZYTYg3Zz09

Meeting ID: 834 5712 9193

Password: 553998

Phone Number: 312-626-6799

### Addiction and Holidays

**Fact:**

Suicide

Resume use

overdoses

all three are at their highest around the holiday season.

**What are some things you can do to keep your sobriety?**

- Stay connected to your recovery community/ or get connected: It is important that you are connected to your support. Rather it is family, church, NA, AA, or peers.
- Have a safety plan before going to visit: Know where you are going, and who will be there. Go early before the party begins, or if there will be substance use and alcohol don't go!



- It's ok to say no and ask for help if you are struggling: If you need help reach out to your support.
- Use your resources and tools: Illinois Help line for substance and opioid use 833-234-6343
- Remember Recovery first: Your recovery is a personal journey and not everyone will understand or agree with it. People may not stop indulging because of recovery.

**Additional resources:**

Illinois Help line 833-234-6343

SAMHSA National Hotline 1800 662-4357

Text 988 if you are in crisis or visit [988lifeline.org](https://www.988lifeline.org).