

**Chicago Recovering Communities Coalition
Westside ROSC- ISN 3/24/2023 Meeting Minutes**

**10:00am-12:00pm
Via Zoom Online**

Welcome Extended by; Venessa Moreno: Expressed appreciation for members present, and continued support, and to those who were attending ROSC meetings for the first time. Also mentioned that from now on ROSC will be offering CEU's.

Participant Introductions: *CRCC, Nami Chicago, Serenity House, West Side Heroin/ Opioid Task Force, Recovery Café Chicago, Brighter Behavioral Choices, Restoration 61 Victim Advocate, Statewide ROSC, Cook County Behavioral Health, South Side Heroin Opioid Task Force, Perfectly Flawed Foundation, RUSH, Guild Haus, DuPage ROSC, Trilogy Health Behavior Comp., Recovery on Wheels Outreach Center, Faith Way Men's Independent Living Facility, Polished Nail Academy, West Care Illinois, LCSW, Salvation Army*

Our council is made up of: Hospitals, Treatment Centers, Mental Health Facilities, First Responders, Recovery Programs, Schools, Local Government, Employment Agencies, and importantly persons with lived experience.

Goals and Objectives by; Venessa Moreno: Westside ROSC Councils overall goal is to advocate and assist with guiding and monitoring the development of an integrated system of recovery by creating a shared vision to improve availability of services by building a sustainable ROSC Council. Our objectives 1. To create communities of recovery that encourage and integrate resources for the recovering individual, families, and friends. 2. Develop supportive recovery communities that foster growth, respect and understanding of those who have identified problems in the areas of substance use and mental health. 3. Implement effective communication that will allow for inclusion of PLE's (persons with lived experience) voices to be heard.

Venessa: It's Women's History Month we decided to switch gears to talk about women from all walks of life. In the field of recovery. We tend to come together to encourage, advocate for the resources that clients need. when helping one another grow through human connection thriving as a community, healing together bringing about change.

WOMEN'S HISTORY MONTH

Venessa Moreno, Westside ROSC Council

About Women's History Month

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

- About Women's History Month
- Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, "Women's History Week."
- Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week."
- In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month.
- Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

WOMEN AND ADDICTION

- Women from all walks of life have faced addictions and managed to overcome them.
- In a 2018 study, substance use disorder (SUD) affects 5.7% of women in the US, and numbers are rising throughout the world.

WOMEN IN RECOVERY - OBSTACLES

- In the early stages of treatment, many women share the same fears about getting help for their addiction.
- They worry that their family won't be able to function without them, or that they'll lose custody of their children.
- Many women also believe that their addiction is simply a social habit or that it's purely a result of anxiety, mental stress, or depression, instead of acknowledging the addiction as a problem on its own.
- Fear of shame and financial concerns are also some of the top reasons women struggle to get help for substance abuse problems

WOMEN IN ON GOING RECOVERY - CHALLENGES

- Women have ongoing issues in recovery that may pop up throughout recovery and make people vulnerable to relapse.
- These include physical concerns, mental health concerns, filling a void, aging, losses, being miserable with another addiction, the dry drunk phenomenon, self-sabotage, complacency, and character defects.

HABITS OF HIGHLY SUCCESSFUL WOMEN IN RECOVERY

Habit #1: Say No.

Habit #2: Treat Yourself with Love and Respect.

Habit #3: Take Care of Yourself.

Habit #4: Embrace a Healthy Lifestyle.

Habit #5: Stay Away from Negative Sources.

Habit #6: Continue to Attend Support Group Meetings after Drug Rehab for Women.

Habit #7: Use Relapse Prevention Strategies Every Day.

The Continuum of Care is there every step of the way supporting women in recovery and how can we do more?

STORY TELLING – SHARING STORIES

Women from all walks of life have faced addictions and managed to overcome them

- It's easy to feel alone when you're facing an addiction, especially when those who've faced similar challenges may not be comfortable openly sharing their stories.
- Trust when we say you're not alone
- Sharing stories who have risen beyond addiction and have lived to tell their inspiring tales.
- Women heal with other women

THE WOMEN OF OUR ROSC COUNCIL

- Story telling is the one thread that connects every human being
- It has no boundaries.
- Today we would want to celebrate the contributions women have made to our Westside Community and recognize the specific achievements that have been made in the Recovery Field.

Questions/Comments

Meeting Adjourned. Venessa Moreno

Next Westside ROSC Council meeting will be hosted via Zoom - May 26, 2023

Please Join Us in Building

A Sustainable Westside ROSC Council

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