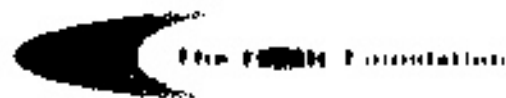




virtual



ROSC Agenda
9/25/2023

Its Recovery Month

Welcome/ audience introduction – Robert Buford, CPRS

Audience Introduction: Robert Bufford, CPRS

Introduction - Guest Speaker – Dr. Karen White CADIC, NCRS, CEO

Guest Speaker – Tina Perry and Mary Beth Studelska “Unmask Yourself”

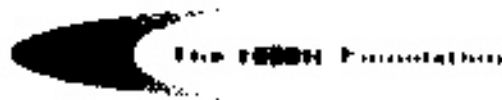
QUESTIONS AND ANSWERS

Closing
De'Shara Shells CPC, RCP, Program Manager

FYI: Coat Drive date has been changed to October 21,2023!]

**Please leave business cards for future
collaboration, updates, and events please visit:
www.techfoundation1.org**

Note: If you are unable to attend our next meeting in person, please join virtually....
Meeting ID: 83457129193
Password: 553998
Phone number:312-626-6799



Date:09/25/2023

Time: 10AM until 12PM

Location: 1750 West 103rd Street Chicago IL, 60643

Virtual info:

Meeting ID: 83457129193

Password: 553998

Phone Number: 312-626-6799

*Guest Speaker: Tina Perry, CPRS and Mary Beth Studelska
"Unmask yourself"*

Art Therapy: Can be described as a creative approach of expression through visual media and or aid.

Art Therapy with Recovery and Mental Health and addiction: can be described as a type of treatment that uses the creative process to help people explore, express, and or cope with their emotions.

Unmask yourself.

Personality Mask: Has been described as traits and or characteristics displayed that conceals their real self, identity, and authenticity.

Who wears the mask, and why?

- *Everyone has worn a personality mask in their lifetime. It is suggested that personality is a dynamic process that changes often throughout one's life.*
- *Research shows many wear personality masks or develop personality masks to help protect them from hurt due to rejection, judgment, embracement, abusers, bullies, humiliation, traumas etc.*
- *Examples of MASKING or Personality Mask are also known as the "poker face" or "camouflaging" which occurs when someone attempts to hide their mental illness, additions, limitations, etc*

The dangers of Long-term Masking:

- *Increased stress*
- *Anxiety*
- *Depression*
- *Increased suicidal thoughts.*
- *The indiviual lives forever with the mask*

How to unmask yourself:

- **Honesty and transparency:** take self-examination to determine why the mask was created **and** why it's needed in your life.
- **Know who you are inside:** Find out who you are. What do you like and what don't you like?
- **Like-minded people:** Surround yourself around people, places and things that will contribute growth and support and acceptance of who are.
- **Set boundaries:** Take control of who you surround yourself with and what you feed your mind daily.
- **Gain acceptance:** know what's in your power and control and what is not.
 - **Accountability:** Take control of your thoughts by feeding your mind new and positive information. For your thoughts lead your emotions that contribute to your responses.
 - **Self-care:** taking proper care of your mental, physical and spiritual health is a daily job and should be addressed and acknowledged daily.

Open this

