

AUGUST ROSC MEETING



AUG. 28, 2023 | 10:00 A.M. – 12:00 P.M

Zoom Information:

<https://us02web.zoom.us/j/83457129193?pwd=ZXZHTGwOVIPbTRHM1hDRDZYYTg3Zz09>

Meeting ID: 834 5712 9193

Password: 553998

Phone Number: 312-626-6799

TEECH FOUNDATION

1750 W 103rd Street

www.teechfoundation1.org

Virtual
In-Person
CEU's will be provided



FSSRI Far Southside ROSC Initiative
PLANNING FOR A BETTER COMMUNITY

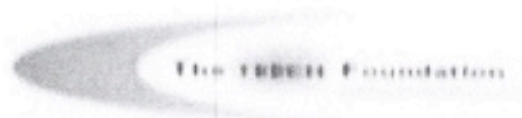
Guest Speaker:

JEANNETTE APPLING



STORY TELLING
YOU DON'T KNOW MY STORY

23 Years of Uninterrupted Recovery



ROSC Agenda
August 28, 2023

Welcome/ audience introduction – De'Shara Shells Welcome CPC, RCP – Program Manager

What is ROSC: Robert Bufford, CPRS

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

Guest Speaker – Jeannette Appling- Story time "You Don't Know My Story."

QUESTIONS AND ANSWERS

Closing

De'Shara Shells CPC,RCP, Program Manager

**Please leave business cards for future
collaboration, updates, and events please visit:**

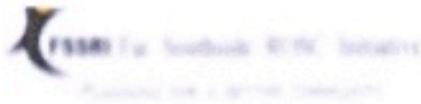
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Note: If you are unable to attend our next meeting in person, please join virtually....

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Date:08/28/2023

Time: 10AM to 12PM

Location: 1750 West 103rd street

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Phone number:312-626-6799

Guest Speaker: Jeannette Appling
"Story telling" You don't know my story a message of hope!

Living a life in Recovery with Mental illness

Step 1: asking for help.

- Release pride and ego
- To get different results, the individual must do something different.
- Be humble and open.
- Its ok you don't know it all.

Step2: Be willing to accept the help.

- Listen more than you talk.
- Mind your own business and put full focus on self and no one else.
- Take accountability and responsibility for the role you played.
- Be open and objective to new.

Step 3:

- Surround yourself with the right people, the right, place, and the right things.
- Be honest about who you are.
- Make the changes you need for you to live a productive and healthy life.

Step4:

- Acceptance of your past and present
- Set goals and plans for your future.
- Stay focused.
- Be patient with yourself and others

Message of hope:

"Think of your life as your business and ask yourself what does my business need to grow? Write a list and start to apply what is needed for you to grow. Fill the gaps with new people, places and things that can assist you with getting what you need for you to live a healthy and productive life." Jeannette Appling.

Jeannette Appling person with lived experienced, diagnosis with a substance use disorder and mental illness. She has been healthy and well for 23 years. She came to share her story that there is life within recovery; and you can live a balanced productive life with having a mental illness diagnosis. Jeannette message of hope promotes:

- Self-care
- Recovery and wellness
- Self-awareness
- Healthy lifestyles
- Acts of kindness through service

Questions, comments, concerns