



# BOUNCE BACK 2 LIFE RECOVERY NETWORK

## BB2L March 2025 ROSC Meeting

Call to Order by Pastor William Fleshman

Date: March 19, 2025

Time: 9:30 am – 11:00 am

Location: St Patrick's, 15022 Lincoln Ave, Dolton, IL 60419

Attendance: Attached

### [MEETING AGENDA](#)

Introduction of Agencies/ Attendees- Pastor Steve Jones

Moderator- Pastor Steve Jones

Why ROSC is important..... Araina Mickens

Introductions - Apostle Carl White

Speaker- Ty Hatch - "A better way to cope: How to encourage adolescents and teens in healthy and effective ways to manage and cope with life's stressors."

Questions & Answer

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: April 16, 2025

Location: New First COGIC, Chicago Heights, IL



## Meeting Minutes - BB2L ROSC Council

Date: March 19, 2025] Time: 9:30 am

Location: *St. Patrick's, Dolton, IL*

### Call to Order:

- The meeting was called to order by Pastor William Fleshman.

### Welcome and Introductions:

- Pastor Steve Jones welcomed all attendees, introducing the purpose of the discussion.
- Pastor Steve Jones invited each attendee to provide a brief introduction, highlighting their roles within the BB2L ROSC Council.

### Summary of **Key Speaker**:

Speaker Ty Hatch discussed how to help children and teens cope and manage life's stressors. Here are some of the things we learned:

Teens are more likely than young children to be stressed by events or situations outside the home. Mental health crises are on the rise for this age group as well, with mental health-related emergency department visits increasing for kids ages 12 to 17 compared with 2019 emergency department visits. Emergency departments saw increases in visits related to self-harm, drug poisoning, and eating disorders among this age group since the pandemic's onset.

In addition, during the 2020–2021 school year, more than 60% of college students met the criteria for at least one mental health problem, according to the Healthy Minds Study, which collects data from 373 campuses nationwide. Peers can help buffer stress but can also be a source of it. Social relationships are especially important in adolescence. Many teens worry about fitting in, their first romantic relationships, and peer pressure around substance use and sex.

Here are some tips on recognizing the signs of stress: irritability and anger, changes in behavior, trouble sleeping, neglecting responsibilities, eating changes, getting ill more often.

Facing stressors is a fact of life, for children and adults. These strategies can help keep stress in check: Getting enough sleep/rest, exercise, talking it out, making time for fun, spending time outside, journaling.

Parents and other caregivers have an important part to play, by adopting their own healthy habits and helping children and teens find stress-managing strategies. Some ways parents can take action: model healthy coping, give them the opportunity to solve problems, teach/promoting healthy media literacy, combat negative thinking.

Seeking professional help, psychologists are experts in helping people cope with and manage stress.

#### Upcoming Events:

- BB2L April Meeting – April 16, 2025.

Meeting Adjourned: The meeting was adjourned by Apostle Carl White at 11:30 am.