



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L April 2025 ROSC Meeting

Call to Order by Pastor Steve Jones

Date: April 16, 2025

Time: 9:30 am – 11:00 am

Location:

MEETING AGENDA

Introduction of Agencies/ Attendees- Pastor William Jenkins

Moderator- Pastor William Jenkins

Why ROSC is important..... Pastor William Jenkins

Speaker- Apostle Carl White – Relapse Prevention

Questions & Answer

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: May 21, 2025

Location: Valley Kingdom Ministries, Oak Forest, IL



Meeting Minutes - BB2L ROSC Council

Date: April 16, 2025 Time: 9:30 am

Location: *New First COGIC, Chicago Heights, IL*

Call to Order:

- The meeting was called to order by Pastor Steve Jones.

Welcome and Introductions:

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

Summary of **Key Speaker**:

Each person's progression into and maintenance of recovery is unique. The process of recovery and relapse is often influenced by several relapse risk factors, including: the severity and consequences of addiction; co-occurring mental or medical conditions; and the individuals coping skills, motivation, and support system.

Relapse is both an event and a process. A lapse is the initial use of a substance after a period of recovery; a relapse is continued use after the initial lapse. The relapse process often begins long before the individual uses the substance. It can start with letting go of some of the changes the individual has made in recovery and reverting to old patterns. Early warning signs of the relapse process can include the following:

Thinking about using or fantasizing about past use; Not reaching out for support in times of emotional need or denying the need for support altogether; Starting to reassociate with people and places linked to past substance use; An increase in behaviors that were common when the individual was using; and stopping the medication prescribed for an addictive disorder.

Research indicates that approximately 60% of individuals with substance dependence eventually enter sustained recovery; however, for many of them, it takes more than one cycle of lapse-relapse-treatment reentry before achieving sustained recovery.

If a lapse or relapse occurs, the patient should be encouraged and guided by the clinician to explore the relapse itself and the circumstances surrounding it, including any early warning signs of relapse. This knowledge can then be used as a learning experience toward improved understanding and skills for relapse prevention in the future.

Upcoming Events:

- BB2L May Meeting – May 21, 2025.

Meeting Adjourned: The meeting was adjourned by Pastor Steve Jones at 11:30 am.