

LC ROSC Monthly Meeting Minutes

Thursday, May 22, 2025

10:30 am -12:00 pm

In-Person and Virtual

This is the first in-person LC ROSC meeting since Covid!

Marie Washington-Hall opened up the meeting at 10:30 a.m.

She shared about the Virtual Narcan Training offered by NIRCO.

Final Celebration of the life of Debra Lewis video.

Debra D. Lewis served as the Project Manager for the Lake County ROSC Council, which provided overarching recovery support services in Lake County.

She was also the Project Coordinator of ROSC. Her background as a Certified CPR and Mental Health First Aid Instructor, Narcan Educator and trainer of various health and education topics, lead her to becoming the community's health education point of contact for NIRCO.

Barbara Young Barbara Young introduced the presenter, Ebony Cox.

Ebony Cox, MSc, is a Youth Advocate, Mental Health Trainer and Founder of Edukated Wellness. She is also a motivational speaker and author. Her teaching is rooted in faith, wisdom and freedom.

During her presentation, Ebony discussed the following:

- The weight of stigma. Negative beliefs about different groups and how it affects us personally and as a community.
- Internalized stigma's impact on self-worth.
- How language matters.
- How culture shapes our view of healing and keeps us from seeking help.

Ebony's elementary approach to the topic of mental health was absorbed by the attendees. It was easy for them to grasp.

Many Veterans shared their appreciation for how her approach to simplify the concepts of mental health allowed them to have 'aha moments'. A couple of them requested copies of her presentation. Which were provided.

Ebony also stressed the importance of self-care. She offered ideas such as mindfulness, bubble baths, gratitude journals, exercise personal lunch dates with self.

The meeting was opened to Q/A.

Q1. Anthony Baker asked what are different types of traumas?

A1. Ebony shared the following: Complex trauma-

Acute Trauma: This refers to a single, sudden event that causes significant distress. Examples include car accidents, natural disasters, or a violent crime.

Chronic Trauma: This involves repeated or prolonged exposure to distressing events or adverse circumstances. Examples include domestic violence, ongoing abuse, or long-term neglect.

Complex Trauma: This arises from multiple, chronic, or severe traumatic events, often within the context of interpersonal relationships. Examples include experiences of abuse, neglect, and attachment issues during early childhood.

Ebony's presentation was well received as she received a standing ovation!

LC ROSC's Wellness Walk began.

The Route:

Lake to County Street (Stop at Lake County Jail)

County to Lake County Courthouse

Lake County Courthouse to Waukegan Public Library- we were given a tour of the Waukegan Library. There are a host of services they provide.

Telehealth Booth- ADA-accessible booth will provide patrons with direct access to virtual healthcare services. Equipped with a WiFi-enabled laptop, webcam, and vital signs monitoring tools (scale, blood pressure monitor, thermometer, and pulse oximeter), it's designed to help you connect with your healthcare providers from the comfort of the library.

Museum Passes-Visit your Waukegan Public Library, then visit an area museum for FREE! The Museum Adventure Pass offers free or reduced admission to [some of Illinois' most popular attractions](#), including the Brookfield Zoo, Chicago Botanic Garden and the new Bess Bower Dunn Museum of Lake County in Libertyville!

Explore More Illinois-Explore More Illinois is a free service provided by your library that provides instant online access to free and discounted tickets to museums, science centers, sporting events, zoos, park districts, theatres, and other fun and local cultural venues.

Meeting Rooms-The Library has several meeting rooms at the main library that may be reserved by members of the public free of charge. Eligible members of the public may request the meeting rooms up to 60 days in advance.

Sensory Room- The Comfort Zone: A Sensory Room for Kids, Friends, and Families provides a controlled environment to support individual self-regulation and empowerment, and promote mindfulness, skill development, creative expression, and resilience. The room includes tactile activity panels, bubble tubes, peapod chair, floor mats, mirror, positive affirmation station, cushion walls, and a variety of fidgets, interactive activities, and lighting and sound options.

Welcome Baby Bags-For residents of Waukegan who are newly minted parents or guardians of a little one less than 12 months old or are expecting a new arrival soon, we'd like to celebrate this happy occasion with your family!

Let us welcome the newest member of your family with the gift of the child's first welcome bag. The large shoulder bag is perfect for use as a diaper bag, complete with pockets for holding things from pacifiers to bottles. Our baby bags are:

- Packaged in easy-to-carry tote bags
- Includes toys and books
- Includes guides for caregivers (English and Spanish)
- Includes free diapers and wipes

Maker Space -with new tools and technology, thanks to a Foundation fundraiser. They offer programs for kids and teens using the new embroidery machine, button maker, t-shirt press, and Cricut products.

The route continues: From Clayton to Genesee back to NIRCO.

Light refreshments were served.