



NEAR SOUTH SIDE

MEETING MINUTES

LOCATION: Virtual - Zoom

DATE: 06/10/2025

ATTENDEES:

- Gloria Prowell (Near South Side Community Coordinator), Daniel Mendez (EDDR Foundation), Mimi Tsang (MAHA, McK-UDOS), Jennifer Jordan (MAHA), Wenjia Dou (MAHA), Toniesha Roberts (Trilogy Behavioral Health), Tom Nickels (Healthcare Alternative Systems), Leslie Givens (Alliance Care 360) Cristina Banda (Illinois Family Resource Center), Tiffany Webb (H.A.S.) Kenneth Bell (ROSC Region 1 TA)

TIME: 10:30am – 11:30am

AGENDA ITEMS

- I. **Introductions: Name, Organization, how to stay in touch.**
- II. **ROSC Overview: What is the ROSC and why is it important to the community?**
- III. **Data**
 - a. **Substance Use Disorder:** Approximately 40-60% of individuals treated for substance use disorders relapse at least once; Over 93% of people with a past-year substance use disorder did not receive specialty treatment
 - b. **Mental Health Disorder:** More than one in five U.S. adults live with a mental illness, which equates to about 59.3 million people in 2022; Serious mental illness affects 5.5% of U.S. adults; Over a quarter of adults in Illinois reported significant symptoms of anxiety or

depressive disorder in 2023, compared with just 11% in 2019. 3,261 people lost their lives in fatal overdoses in 2022, an 8% increase from 2021.

- c. **Addictive Compulsive Disorders** – Global rate of behavioral addictions is 11.1%
The only behavioral addiction that meets DSM-5 criteria is gambling disorder

IV. **Presentation:** Multiple Pathways of Recovery.

What is Recovery? Getting back to normal after a period of difficulty. Most people in recovery view their recovery as a process that affects all aspects of life and changes the way they live. Most people in recovery define it as a continuous process that never ends. **What are multiple pathways of Recovery?** A variety of treatment modalities and support personalized to align with one's needs to achieve and maintain sobriety. **What can recovery look like with multiple pathways?** Structure psychosocial behavioral models designed for recovery, such as 12-step programs, sober living houses, detox programs, etc. Addiction replacement, or addiction substitution or transfer addiction, such as replacing shopping addiction with eating and drinking out, opioids with kratom, nicotine with caffeine, alcohol with marijuana, etc. **Addiction carries a complex labyrinth of emotions and wounds that need recognition and healing.** We concluded with a description of the 7 Rs in Recovery Coaching and 3 pillars of recovery which are therapy, support, and education.

V. **ROSC in Action,**

- a. Promotion of LGBTQIA+ Pride Virtual Networking Event 2025 (June 24th) and Overdose Awareness Day Health Fair (September 27th)
- b. Impact Report

VI. **Cook County Events and Trainings – JUNE EVENTS**

Wednesday, June 4, 2025	WRAP (Wellness Recovery Action Plan) Orientation
Tuesday, June 17, 2025	Statewide ROSC Monthly Meeting
Tuesday, June 24, 2025	Near South Side ROSC LGBTQIA+ Pride Virtual Networking Event 2025
Tuesday, June 24, 2025	Region 1 SROSC Monthly Meeting
Wednesday, June 25, 2025	TASC (Treatment Alternatives for Safe Communities)/GEO Career and Resource Fair

VII. **ROSC Council Member Updates/Discussion/Questions:**

- a. One participant discussed the stigma related to sobriety and the overwhelming tasks individuals face after achieving sobriety, such as obtaining IDs, applying for funding, and housing.
- b. One participant discussed the increased risk of gambling as a replacement for other substances and encouraged participants to reach out to the Illinois Helpline for support.
- c. MAHA discussed the availability of workshops available in both Mandarin and English and encourages participants to reach out for outreach opportunities.
- d. One participant discussed the June 2025 spike in overdose-related calls in Chicago, emphasizing the importance of the work being done to save lives.

VIII. Adjournment