

June 26, 2025

LC ROSC Meeting Minutes

The meeting began at 10:30 am.

Dr. Mary Roberson began the meeting with open dialogue. This meeting will be a safe place for me to express themselves.

Presenter: Raul Reuben,

June is National Men's Health Awareness

Topic: Breaking Stigma Surrounding Men's Mental Health

Mr. Reuben shared the following:

Symptoms of depression:

- Risk taking behaviors, irritability and aggression

Men are more likely to die by suicide than women.

Warning signs of suicide:

- Withdrawal and changes in mood

Resources available to me include:

Peer support, having open conversations

Crisis resources

These things should be noted:

- Men struggle with loneliness

- Social connections for men are important

- Men need/have to be encouraged to see support

Topic: Diet and Mental Health

Nutrition is important.

We were encouraged to limit processed food consumption, incorporate more daily walking or aerobic exercise routine-MOVE! 150 minutes of walking equals 20 mins of daily walking.

Stay hydrated and increase consumption of fruits, vegetables, lean proteins and whole grains.

Ways to deal with mental health included: practicing mindfulness, journaling, prayer, maintaining social connections, and having regular interaction with friends and family.

7-9 hours of sleep, adopt a sleep schedule, reducing screen time before bedtime, also

Be proactive in maintaining your mental health.

Dr. Mary Roberson opened the meeting for questions by sharing from a wife's perspective and personal experience in encouraging Jeff Roberson to schedule a doctor's visit.

Q1. Debra Jordan- How do you encourage young men to check their testicles? (Young people experience stress. How do you encourage that support?)

Q1A. Nurse Rueben shared that by having sons, he used the 'hands on' approach to demonstrate how to check their bodies. This was having an honest conversation.

Comment-Bruce Johnson- Clapped and gave praise for this well-needed topic. He admitted that he was a stubborn person.

(Again, this LC ROSC meeting like all our others, proves that our meetings are effective and needed.)

Comment- Jeff Roberson shared he was thankful for regular VA checkups; it was during one of his checkups that cancer was found.

Comment- Ben Rudolph shared the benefits of having a personal relationship with your physician. By having a personal relationship with this, they created a personal program, he now takes walks in parks and rides his bike. This reminds him of being a kid.

He didn't know how to cook, but now he's actively cooking meals and enjoying it.

Comment- Darryl Harlan, has four sons, and shared that regular visits to their primary care doctor, getting blood work done and constantly educating them on the importance of mental and physical health, has helped him and his family. He also addressed Debra Jordan's question. "Colleges have added counselors and that young men can get assistance by seeking the sources being offered."

Comment- Laura Fry- "Grateful for the presentation." We're extending our prayers as her husband was diagnosed with stage IV incurable metastatic melanoma.

Comment- Debra Bobo- Shared her experience with her significant other's conquering stage IV cancer. She shared these tips: Be a healthy support person, reduce pettiness, and be open during conversations.

Dr. Mary referred to Bruce Johnson, spearheading the services offered to veterans and first responders.

The Frontline Care Center, located in Round Lake, is the first wellness location dedicated to veterans, first responders and their families in Lake County.

- The younger veterans are more apt to get care.

- Over 600 sessions for care have been given since its opening.

Bruce then committed to scheduling a doctor's visit. He also wants the slides to Raul's presentation.

The meeting was then open to attendees to share their upcoming events.

NICASA- July 26, 11:00-2:00 pm at Bridgehouse

Amanda shared NIRCO's upcoming events on the chat line.

Ashley Watson announced the upcoming meeting that will share overdose data from the coroner's dashboard.

Debbie Rueber shared upcoming events.

Satrese Stallworth shared her grief recovery services that will begin June 30, 2025/

Dr. Mary Roberson ended the meeting at 12:00.

Next LC ROSC Meeting July 24, 2025 @ 10:30 am.