



# BOUNCE BACK 2 LIFE RECOVERY NETWORK

## BB2L June 2025 ROSC Meeting

Call to Order by Apostle Carl White

Date: June 18, 2025

Time: 9:30 am – 11:00 am

Location:

### MEETING AGENDA

Introduction of Agencies/ Attendees- Apostle Carl White

Moderator- Pastor Steve Jones

Why ROSC is important..... Pastor Steve Jones

Speaker—Recover & Rebuild: A new level of awareness in Recovery Community

Questions & Answer



## Meeting Minutes - BB2L ROSC Council

Date: June 18, 2025 Time: 9:30 am

Location: *Victory Christian Assembly,  
Chicago Heights, IL*

### Call to Order:

- The meeting was called to order by Apostle Carl White.

### Welcome and Introductions:

- Apostle Carl White 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**:

Addiction changes how we see ourselves, and in turn takes away a degree of our self-awareness. We are no longer able to accurately observe and assess our emotions, motivations, and behaviors. For example, many individuals who struggle with addiction deny that they have a problem with substance abuse. Denial is a huge factor contributing to a lack of self-awareness, and promotes the continued use of drugs and alcohol, preventing a meaningful recovery.

Self-awareness is vital in recovery of addiction. It helps you recognize your emotions, behaviors, and triggers, allowing better decision-making and relapse prevention. Self-awareness means recognizing what you are thinking, feeling, and doing in the moment. It is a practice of mindfulness, which is a state of being that focuses on what is happening right this minute. This practice can help stop the mind from an endless cycle of worry and stress. Self-awareness and mindfulness go hand-in-hand as a crucial part of “getting your head on straight” as you start the recovery process. Together, these tools change your thoughts, feelings, and actions, giving you the skills you need to kick your addiction, whether it is drugs, alcohol, or something else. Self-awareness and drug addiction are closely intertwined. While addiction can strip away our self-awareness, building it allows us to achieve a lasting recovery.

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