



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L August 2025 ROSC Meeting

Call to Order by Araina Mickens

Date: August 20, 2025

Time: 9:30 am – 10:30 am

Location: Zoom

MEETING AGENDA

Introduction of Agencies/ Attendees- Araina Mickens

Moderator- Araina Mickens

Why ROSC is important.....Araina Mickens

Speaker- Shaquita Harris – The Dangers of Vaping

Questions & Answer

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: September 17, 2025

Location: Lights of Zion Ministries Chicago, IL



Meeting Minutes - BB2L ROSC Council

Date: August 20, 2025 Time: 9:30 am

Location: *Zoom*

Call to Order:

- The meeting was called to order by Pastor Araina Mickens

Welcome and Introductions:

- First Lady Araina Mickens welcomed all attendees, introducing the purpose of the discussion.
- First Lady Araina Mickens invited each attendee to provide a brief introduction, highlighting their roles within the BB2L ROSC Council.

Summary of **Key Speaker**:

Vaping, often misunderstood as harmless “water vapor,” actually involves inhaling aerosol that contains a mix of harmful substances including nicotine, heavy metals, volatile organic compounds, and flavoring chemicals. Nicotine is especially dangerous for youth, as it can impair brain development, affecting memory, attention, and mood. Heavy metals found in vape products may lead to neurological damage, respiratory illness, and increased cancer risk. Some flavoring agents, like diacetyl, are linked to serious lung diseases such as “popcorn lung.” Other toxic compounds, including acrolein and diethylene glycol, further contribute to lung damage and respiratory complications. Vaping also elevates heart rate and blood pressure, and can cause chronic coughing and long-term breathing issues.

Alarmingly, e-cigarettes are the most commonly used tobacco product among U.S. middle and high school students, with over 1.6 million youth reporting current use, often influenced by peer pressure and social media.

To support quitting, strategies like avoiding triggers, staying active, and seeking help from friends or quit coaches are recommended. Resources such as 1-800-QUIT-NOW, the American Lung Association, and the CDC Youth Quitting Guide offer valuable support for those looking to stop vaping and protect their health.

Upcoming Events:

- BB2L September 17, 2025.

Meeting Adjourned: The meeting was adjourned by Araina Mickens at 10:30 am.



Bounce Back to Life Attendace Roster August 2025 ROSC Meeting

Name	Email	Sector
Shaquita Harris	sharris@loztraininginstitute.com	PLE Other
Tiffany Mitchell	tiffanymitchell.OES@yahoo.com	PLE Other
Taylor Apling	Taylorappling773@gmail.com	Education Other
Apostle Steve Jones	Pastorsteve9511@gmail.com	Faith-based: Local Pastor
Erica Bledsoe	ebledsoe@katesdetectiveagency.com	Recovery Support: Other
Araina Mickens	ajmickens56@gmail.com>	Service Providers: Employment Programs
Kenneth Bell	kwbell@chestnut.org	Recovery Support: Other
Katrese Joyce	katresej@loztraininginstitute.com	Service Providers: Employment Programs
Taurean Mickens	tmickens@loztraininginstitute.com	Service Providers: Employment Programs
Devon Hill	info@loztraininginstitute.com	PLE Other
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Deb Beckmann	desbeckmann@chestnut.org	Recovery Supports: RCO
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Darien Mickens	dtmickens@gmail.com	Faith-based: Local Pastor