



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L October ROSC Meeting

Call to Order Shaquita Harris

Date: October 15, 2025

Time: 9:30 am – 11:00 am

Location:

Lights of Zion Ministries

11636 S Halsted

MEETING AGENDA

Introduction of Agencies/ Attendees- Shaquita Harris

Moderator- Shaquita Harris

Why ROSC is important.....Kenneth Bell

Speaker- Angela Russel – Mental Health 101

Questions & Answer

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: November 19, 2025

Location: Lights of Zion Ministries



Meeting Minutes - BB2L ROSC Council

Date: October 15, 2025 Time: 9:30 am

Location: *Lights of Zion Ministries*

Call to Order:

- The meeting was called to order by Shaquita Harris.

Welcome and Introductions:

- Shaquita Harris welcomed all attendees, introducing the purpose of the discussion.

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Summary of **Key Speaker**:

Angela Russell Spoke on the topic of managing your mental health. The discussion started out with a grounding exercise, which was used to get everyone settled and focused. Many of the students participated in asking and answering questions pertaining to everyday life and circumstances. They discussed techniques for maintaining their mental health.

Why is taking care of your mental health important?

Taking care of your mental health is essential because it influences how you think, feel, and act in daily life. Mental health affects your emotional, psychological, and social well-being, and when it's neglected, it can lead to issues such as anxiety, depression, and even physical health problems like high blood pressure or weakened immunity. Being aware of your mental state allows you to recognize early signs of distress and take proactive steps to maintain balance and resilience. According to the Centers for Disease Control and Prevention (CDC), individuals with positive emotional well-being are better equipped to manage stress, adapt to change, and maintain strong relationships, which contributes to lower risks of illness and improved overall health. [\[cdc.gov\]](https://www.cdc.gov)

Identifying when you're struggling and using healthy coping strategies is vital for long-term mental wellness. Coping mechanisms such as mindfulness, physical activity, and social connection help regulate emotions, reduce stress, and improve problem-solving skills. The University of Toledo emphasizes that coping skills are most effective when used regularly and

tailored to individual needs, helping people manage anxiety, depression, and other challenges more effectively. By integrating these strategies into daily life, individuals can foster emotional balance, build resilience, and enhance their overall quality of life. utoledo.edu

Upcoming Events:

- BB2L November Meeting – November 19, 2025.

Meeting Adjourned: The meeting was adjourned by Shaquita Harris at 11:30 am.



Bounce Back to Life Attendance Roster October 2025 ROSC Meeting		
Name	Email	Sector
Shaquita Harris	sharris@loztraininginstitute.com	PLE 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
Kimberly Haywood	Bbchoicesinc6@att.net	Recovery Support: Other
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