



# Southland Recovery Coalition ROSC Council Meeting Minutes

Date/Time: 10/29/2025 9:30 AM to 10:30 AM

LOCATION: Zoom

PRESENTER(S): N/A

TOPIC: "Getting Beyond the Scary Parts of Recovery"

ATTENDEES			AFFILIATION			ATTENDEES			AFFILIATION		
1	Yvonne M. Orr	ROSC Coordinator; BEE CDC	14	Sherri Keyes	Family Guidance Centers						
2	Capucine McGinnis	Cornerstone CDC, Workforce Coor	15	Denise Holman	Cook County Dept of Public Health						
3	Kamil Walton	Cornerstone CDC, Deputy Director	16	Kaylon Vaughn	Cornerstone CDC						
4	April Thompson	Cornerstone CDC; HHI	17	Elena Rivera	Family Guidance Centers						
5	Kathryn Straniero	Together We Cope	18	Denise Jones	Tender Touch Inc.						
6	Lamont Wallace	PLE, Comm Nav, Cornerstone; BEE	19	Katie Huffman	Together We Cope						
7	Christine Cornaccia	Together We Cope	20	Michael Ferguson	Family Guidance Centers						
8	Andrea Coletta	Together We Cope	21								
9	Kenneth Bell	Region I TA	22								
10	Martinez Sutton	Proactive Community Services	23								
11	Jasmine Steward	PLE, Comm Nav, Cornerstone; BEE	24								
12	Souheir Rahman	Together We Cope	25								
13	Michael Ferguson	Family Guidance Centers	26								

## MEETING SUMMARY

The meeting opened with a warm welcome and roll call led by Yvonne M. Orr. Attendees introduced themselves and their organizations, including representatives from Together We Cope, Cornerstone CDC, Family Guidance Centers, Cook County Department of Public Health, and others. The tone was warm, affirming, and community-centered. Yvonne acknowledged the recent passing of Ms. Willa Mae Smith, a beloved member of the Cornerstone CDC family and breast cancer mentor. Her memory was honored with reflections on her role in welcoming clients and supporting interdepartmental work.

## PRESENTATION & DISCUSSION

The meeting centered on the emotional and psychological challenges of recovery, especially for caregivers and providers. Key points included:

- Caregivers carry a unique burden: fear of relapse, uncertainty of progress, and the quiet hope that healing is possible.
- A video clip was shared highlighting how trauma can wire the nervous system for stress, making peace feel unfamiliar. This sparked a group reflection on how recovery is not about pretending to be okay, but about recognizing and honoring the parts of ourselves still on guard.
- Yvonne emphasized the importance of compassion—toward others and ourselves—and challenged the group to avoid judgment, especially when working with individuals in early or unstable recovery.
- A viral video was discussed showing a woman in visible distress at a recovery meeting being ignored. This prompted a conversation about how we show up for people in crisis and the importance of presence, empathy, and nonjudgmental support.



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## STRATEGIC UPDATES

Kenneth Bell provided updates from the Region 1 ROSC Council and the Department of Behavioral Health and Recovery (DBHR), formerly known as SUPER. Topics included:

- Breaking stigma around mental health and substance use
- Developing communication strategies aligned with strategic plans
- Encouraging collaboration across councils

Yvonne shared updates on SRC's outreach efforts:

- Partnerships with a senior home in Crete and a youth organization in Harvey (including a licensed cannabis grower working on prevention)
- Plans to distribute SRC materials at Wind Creek Casino in Homewood to raise awareness about gambling addiction
- A renewed push for community pop-ups and outreach events

## COMMUNITY SURVEY

Attendees were reminded to complete the SRC Community Survey, which helps identify barriers to recovery and informs coalition strategy. As of the meeting, only two ROSC Council members had completed it.

## ANNOUNCEMENTS

- Region 1 ROSC Council events and pop-up initiatives are forthcoming
- Community members were encouraged to reflect on how seasonal changes and holidays like Halloween can trigger depression or relapse
- The next SRC ROSC Council meeting is scheduled for November 27, 2025

**Meeting Adjourned:** 10:30 AM

**Next Meeting:** Wednesday, November 19, 2025 | 9:30 AM via Zoom

**Zoom Info:** Meeting ID: 836 3638 1377 | Passcode: 746782