



## BOUNCE BACK 2 LIFE RECOVERY NETWORK

### BB2L November 2025 ROSC Meeting

Call to Order by Shaquita Harris

Date: November 19, 2025

Time: 9:30 am – 10:30 am

Location: Zoom

#### MEETING AGENDA

Power of Gratitude: Araina Mickens- The Power of Gratitude

Introduction of Agencies/ Attendees- Shaquita Harris

Moderator- Shaquita Harris

Why ROSC is important.....Shaquita Harris

Speaker- Sandy Mays– Recovery

Questions & Answer

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: December 17, 2025

Location: Zoom

Meeting Summary:

Sandy Mays is someone who struggled for over thirty years with substance misuse. Currently he spends his time encouraging others who are still struggling. He provides those who want help with the resources and information necessary to begin the process of recovery. He has chosen to do outreach through his books and my YouTube channel.

It is important to be proactive in communication and planning to support individuals in recovery during the holiday season. Key strategies include setting clear boundaries, requesting accommodations such as substance-free gatherings, and involving loved ones in planning to reduce stress and avoid triggers. Maintaining connection with support networks, attending extra meetings, and having contingency plans for setbacks were highlighted as essential. Families are encouraged to offer empathy, support requests, and consider participation in support groups like Al-Anon. Overall, focusing on recovery goals and creating a supportive environment can strengthen commitment and foster authentic connections during this potentially challenging time.



Bounce Back to Life Attendace Roster August 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
Cynthia Cotton	cynthia60cotton@gmail.com	PLE Other
Darien Mickens	dtmickens@gmail.com	Faith-based: Local Pastor
Kenneth Harris	swyc_2000@yahoo.com	Faith-Based
Yashica Waddy	waddygrl@yahoo.com	Education
Darien Mickens	dtmickens@gmail.com	Faith-based: Local Pastor

Erika Davis	dredavis@gmail.com	Education
Sandy Mays	sandymays223@gmail.com	PLE Other
Sylonda Mills	mzsylonda@yahoo.com	Health Care Other