



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L December ROSC Meeting

Call to Order Shaquita Harris

Date: December 17, 2025

Time: 9:30 am – 11:00 am

Location: Zoom

MEETING AGENDA

Introduction of Speaker

Moderator- Shaquita Harris

Why ROSC is important...Kenneth Bell

Speaker- Leah Kirby (Coping Strategies During the Holidays)

Questions & Answer

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: January 21, 2025

Location: Zoom



Meeting Minutes - BB2L ROSC Council

Date: December 17, 2025 **Time:** 9:30 am

Location: Zoom

Call to Order:

The meeting was called to order by Shaquita Harris.

Welcome:

Shaquita Harris welcomed everyone to the meeting and Araina Mickens Introduced the speaker for the day.

What is a ROSC?

Kenneth Bell explained what a ROSC is and the purpose of ROSCS.

Summary of Key Speaker:

Leah Kirby is President and CEO of Kirby Rehabilitation. She specializes in Domestic Violence Perpetrator and Substance Abuse Outpatient counseling. Today's conversation was offering suggestions for coping mechanisms over the Holidays. During the holidays, people in recovery or managing mental health challenges can benefit from strategies that prioritize stability and self care. Maintaining a consistent routine for sleep, meals, and exercise helps reduce stress, while planning ahead for potential triggers such as family conflicts or alcohol at gatherings provides a sense of control. Leaning on support networks through meetings, sponsors, or trusted friends is essential, and setting boundaries by saying "no" to overwhelming events can protect emotional well-being. Embracing realistic expectations and practicing emotional self care through mindfulness, journaling, or breathing exercises fosters resilience. Creating new

traditions like volunteering or hosting sober activities can replace triggering ones, and incorporating stress management techniques such as gratitude practices and physical activity further supports mental health. Finally, seeking professional help when anxiety, depression, or cravings become overwhelming ensures timely intervention and safeguards recovery.

Upcoming Events:

BB2L December Meeting – December 16, 2025.

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



Bounce Back to Life Attendance Roster December 2025 ROSC Meeting

Name	Email	Sector
Shaquita Harris	sharris@loztraininginstitute.com	PLE Other
Leah Kirby	lkirby@kirbyrehab.org	Recovery Support Other
Khyree Perkins	khysofly@gmail.com	Education Other
Kamron Baity	Kam24star@gmail.com	Education Other
Devin Stephens	sdevin217@gmail.com	Education Other
Araina Mickens	ajmickens56@gmail.com>	Service Providers: Employment Programs
Kenneth Bell	kbell@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
Brandon Brown	brbrandon19@gmail.com	Education Other
Shawn Dunn	shawnd_mob@icloud.com	Education Other
Christopher Loving	clovin30@icloud.com	Education Other
Tahaun Griffin	funtaroy@gmail.com	Education: Other
Michael Ross	michaelbossmanmr421@gmail.com	Education Other
Cynthia Cotton	cynthia60cotton@gmail.com	PLE Other
Darien Mickens	dtmickens@gmail.com	Faith-based: Local Pastor
Lina Guilford	guilfordlina@gmail.com	Education Other
George Polk	georgewpolk81@gmail.com	Education Other
Justin Hill	jhbravo3@gmail.com	Education Other
Marlon Simpson	marlonsimpson62@gmail.com	Education Other
Ariena Blackman	Arienablackman123@gmail.com	Education Other
Juanito Murphy	juanmurphy22@gmail.com	Education Other
Joseph Ellis	josephellis122@gmail.com	Education Other