



## 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:<br>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:<br>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                           |
|                    |                                   |   |
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