



**FSSRI** Far Southside ROSC Initiative

PLANNING FOR A BETTER COMMUNITY

12/22/25

### **Far Southside ROSC Community Meeting Agenda**

#### **Welcome, Introductions, and Community Sharing - Frederick Buford, RC, CPRS -**

Opening remarks and introductions. Frederick will invite attendees to share information about their organizations, programs, and services to encourage collaboration and strengthen community connections.

#### **ROSC Overview, Updates, and Community Progress - Robert Bufford, RC, CPRS, NCRS**

An overview of the *Recovery-Oriented System of Care (ROSC)* framework, including current accomplishments, ongoing challenges, and recent community developments. Robert will also share updates on substance use trends, recovery initiatives, and collaborative efforts supporting individuals and families in recovery and returning citizens.

#### **Guest Speaker Introduction – Ms. Shells, ED, BSM, RCP, CAMS I**

**Mr. Frederick Buford RC, CPRS**

Topic: Naloxone (Narcan) Training

#### **Resources and Closing Remarks -Ms. Shells, ED - BSM, RCP, CAMS I**

Review of key resources, community supports and closing reflections.

#### **Networking and Community Connection**

Please leave your business card to stay connected and collaborate beyond today's meeting.





### ***Mission Statement***

To dispel fear and enhance love of self and others through the vehicle of education for the recovering person and community, embracing the philosophy, "don't look back you are not going that way" TEECH believes recovery is comprised of countless pathways that contribute to a healthy quality of life for those who are seeking long-term recovery.

### **DEC ROSC MONTHLY MEETING MINUTES**

Community Topic: Migrating Overdose Prevention, Narcan and CPR Training

Date: December 22, 2025

Time: 10:00 a.m. – 12:00 p.m.

Location:

TEECH Foundation  
1750 W. 103rd Street  
Chicago, IL 60643

Format: In-Person & Virtual

Zoom Link: <https://us02web.zoom.us/j/83594646165>

Meeting ID: 835 9464 6165

Passcode: 235477

### **Purpose of the ROSC Meeting**

The purpose of the ROSC meeting was to strengthen community capacity around overdose prevention, mental health awareness, stigma reduction, and recovery support, while increasing collaboration among community organizations, faith institutions, and law enforcement. The meeting aimed to increase knowledge of overdose prevention and Narcan administration, address stigma related to substance use and mental health, promote recovery-oriented community and faith-based supports, build trust with law enforcement, and connect participants to community resources and crisis supports.

### **Meeting Objectives**

Participants were expected to increase knowledge of overdose prevention and Narcan administration; understand stigma related to substance use and mental health; learn about recovery-oriented community supports; strengthen trust and collaboration among partners; and access community resources and crisis support.

### **Welcome and Introductions**

Frederick Buford, RC, CPRS opened the meeting by welcoming attendees both in person and online. Participants included representatives from community organizations, agencies, community residents, and individuals with lived experience. Each participant introduced themselves and shared their organizational role or lived experience perspective.

### **Organizations, Agencies, and Community Members Present**

In the Spirit Recovery Home

Gateway Foundation Treatment Center

Healthcare Alternative Systems (HAS)  
It's About Change Recovery Home  
Brighter Behavior Choices  
Claudia and Eddie's Recovery Home  
Community Residents  
People with Lived Experience (PLEs)

### **ROSC Overview and Community Update**

Robert Buford, RC, CPRS, NCRS, Lead ROSC Coordinator, provided an overview of the ROSC framework, highlighting current accomplishments, ongoing challenges, substance use trends, recovery initiatives, and collaborative efforts across the community.

### **Communities Supported by FSSRI**

West Englewood  
Auburn Gresham  
Beverly  
Washington Heights  
Mount Greenwood  
Morgan Park  
Roseland (North-East)  
Calumet Heights  
Pullman / South Deering  
Hegewisch  
Oak Lawn  
Evergreen Park  
Robbins (Southwest)  
Dolton (Southwest)

The ROSC framework focuses on supporting recovery and mental health through stigma reduction and community-driven engagement.

### **Far South Side ROSC Community Impact Overview (July 2025 to Present)**

63 returning citizens supported  
10 individuals remain in safe housing or programs  
10 diversions from the penal system  
28 successful program completions maintaining stability  
13 non-completions, including 2 returns to the penal system and 2 individuals with no contact  
Additional notes include 1 overdose and 1 participant relocating out of state

Every step forward is a victory for our neighborhoods. Community involvement continues to build hope, resilience, and lasting change.

### **Narcan and Overdose Prevention Training**

Frederick Buford, RC, CPRS led the Narcan training, with assistance from Robert Buford, RC, CPRS, NCRS. The training focused on overdose prevention, risk mitigation, and hands-on response strategies. Topics included the role of overdose prevention in saving lives; types of naloxone including nasal spray, intramuscular injection, and Evzio; safe and repeated use of Narcan; Good Samaritan Act protections; and the importance of calling 911 and remaining with the individual.

Participants received demonstrations on Narcan administration and CPR, including chest compressions and rescue breathing. The training emphasized that Narcan is safe, non-addictive, and can be used multiple times without harm.

### **Responding to an Overdose**

Participants were instructed to call 911 and clearly provide location or cross streets; ensure personal safety before assisting; secure personal belongings and surroundings; and ask for help from bystanders if available. If there was no response, participants were instructed to perform a sternal rub, administer Narcan, begin chest compressions, provide rescue breaths if trained and comfortable, and remain with the individual until emergency responders arrived.

### **Training Highlights**

Participants learned that overdose remains the leading cause of death for Americans ages 18–44; mitigating overdose risk saves lives and protects communities; overdose prevention increases access to healthcare and treatment; and risk mitigation applies beyond substance use to other harmful behaviors.

### **Community Testimony**

A community partner shared a personal testimony about losing her brother to an overdose while he was alone. Her story underscored the dangers of solitary substance use and reinforced the importance of community awareness, Narcan access, and mutual support.

### **Understanding Emergency Dispatch**

Dr. Karen White shared insights from her Police Academy training regarding emergency dispatch procedures. She explained that emergency response is coordinated based on dispatcher protocols, caller information, and urgency. Police, fire, and medical services are deployed strategically to ensure appropriate and efficient response.

### **Participant Engagement**

Participants asked questions regarding Narcan access and training. Discussion centered on safety, recovery, and community trust. Resources and contact information were shared.

### **Outcomes**

Participants completed life-saving overdose prevention training. Narcan and CPR education were delivered. Community partnerships were strengthened. Awareness of recovery, mental health, and crisis resources increased.

### **Next Steps**

Additional Narcan, CPR, and destigmatization trainings will be scheduled. Narcan distribution and access points will be expanded. CAPS collaboration will continue.

### **Ongoing ROSC Meetings**

Meetings are held every fourth Monday unless affected by holidays or unforeseen circumstances. The time is 10:00 a.m. to 12:00 p.m. Meetings are offered in person and via Zoom, with in-person attendance encouraged. The location is 1750 W. 103rd Street, Chicago, Illinois 60643. Free parking and light refreshments are provided.

### **Resources**

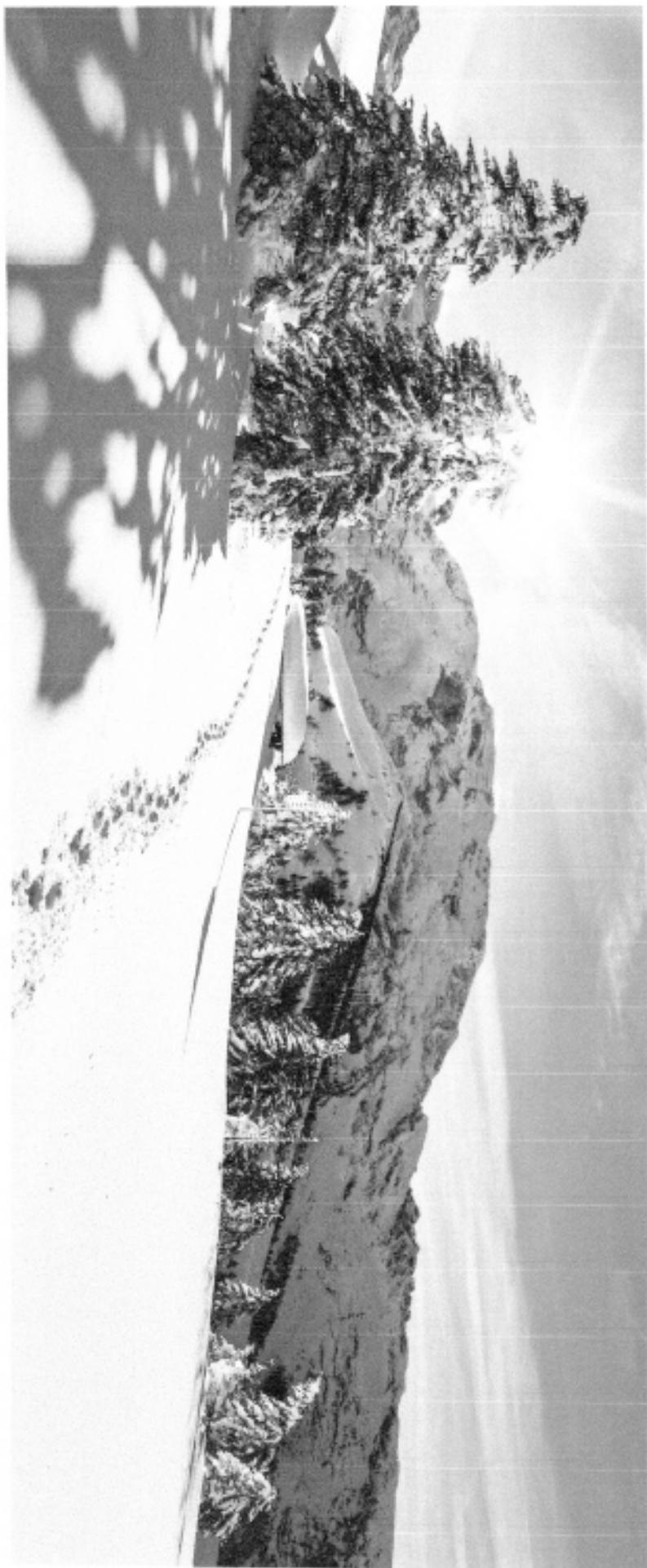
Illinois Mental Health Services: 312-563-0445 or 866-359-7953

988 Suicide and Crisis Lifeline

311 or 211 for non-emergency assistance

911 for emergencies; callers are encouraged to inform dispatchers if a mental health crisis is involved  
Domestic Violence Hotline: 877-863-6338  
Roseland Hospital Detox and Medical Stabilization Unit: 773-995-3000  
Trilogy Mental Health Services (South Side): 773-382-4060

Meeting Adjourned at 12:00 p.m.  
Participants were asked to leave business cards and contact information.



Welcome to the  
Far Southside ROSC (FSSRI)  
Robert Bufford RC, CPRS, NCRS  
[www.techfoundation1.org](http://www.techfoundation1.org)  
FY26

Dec 22, 2025





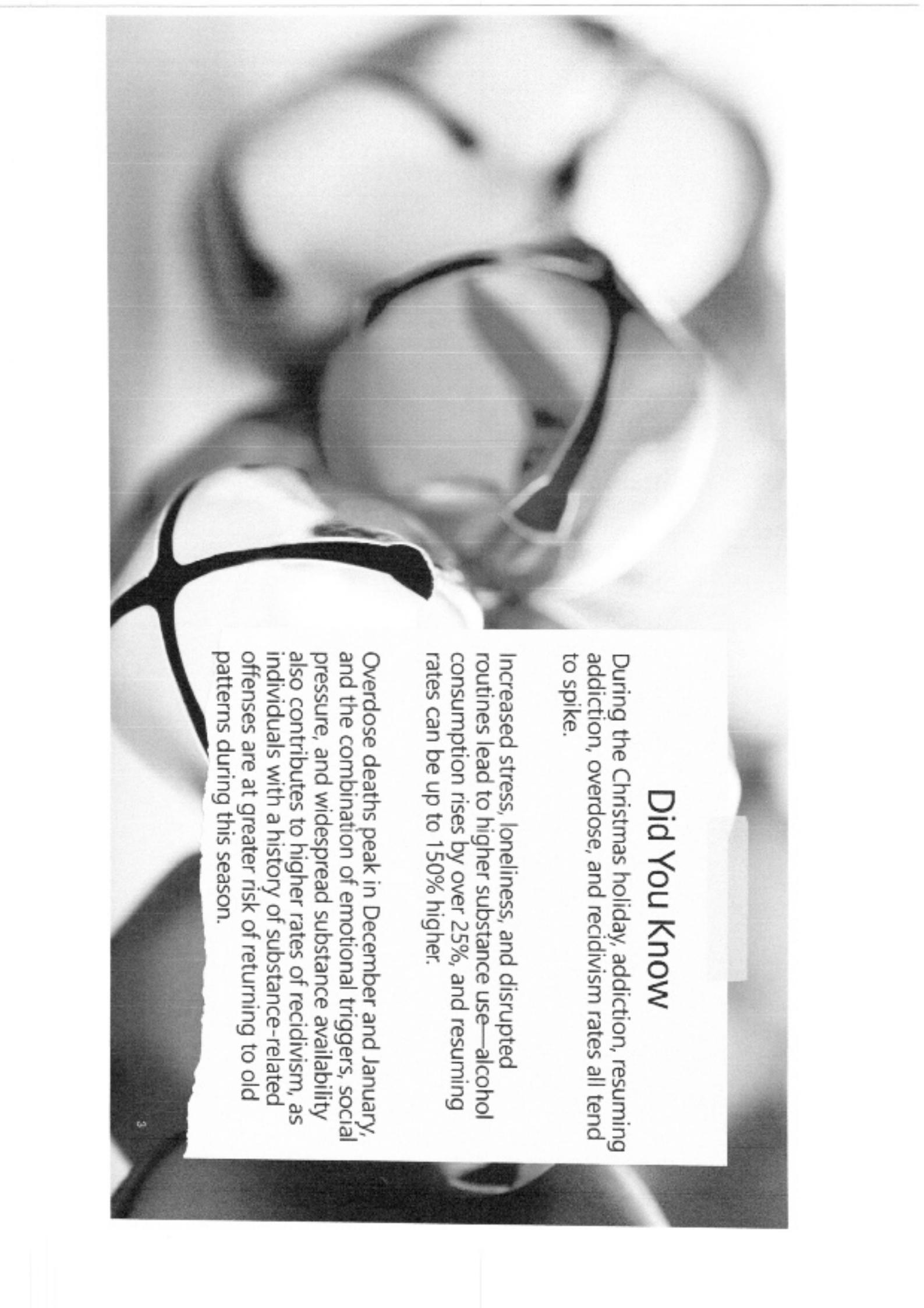
## Merry Christmas

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On December 25th, people across the United States gather with family and friends to celebrate Christmas, a holiday that traces its origins back centuries to Christian traditions commemorating the birth of Jesus Christ. Over time, Christmas has evolved to include a variety of customs such as decorating trees, exchanging gifts, and sharing festive meals.

Much of what's known about early American Christmas celebrations comes from accounts of colonial times, when communities would gather for church services and feasts. The holiday's traditions expanded in the 19th century, influenced by European customs and popularized through literature and songs.

Although Christmas was celebrated in various ways for many years, it wasn't until 1870 that President Ulysses S. Grant declared Christmas a federal holiday, recognizing its significance to American culture and its role in bringing people together.



## Did You Know

During the Christmas holiday, addiction, resuming addiction, overdose, and recidivism rates all tend to spike.

Increased stress, loneliness, and disrupted routines lead to higher substance use—alcohol consumption rises by over 25%, and resuming rates can be up to 150% higher.

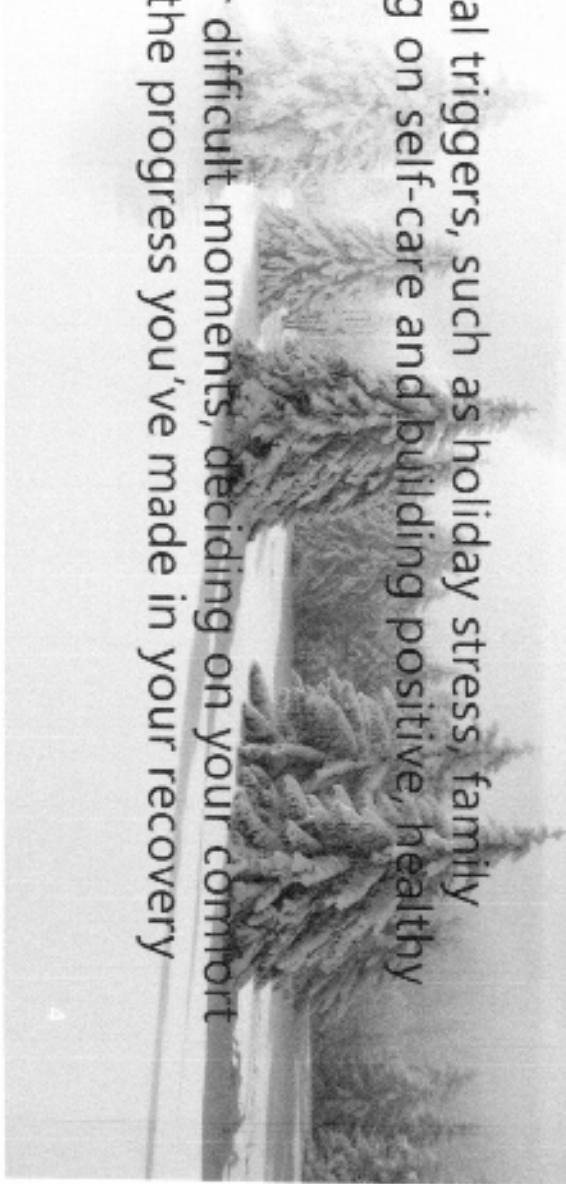
Overdose deaths peak in December and January, and the combination of emotional triggers, social pressure, and widespread substance availability also contributes to higher rates of recidivism, as individuals with a history of substance-related offenses are at greater risk of returning to old patterns during this season.

# Maintaining Recovery During Christmas

Christmas and recovery can be managed by creating a proactive strategy, which includes planning ahead, establishing new healthy traditions, leaning on your support system, and practicing gratitude.

This approach helps navigate potential triggers, such as holiday stress, family dynamics, or old routines, by focusing on self-care and building positive, healthy experiences.

Key steps are having a safety plan for difficult moments, deciding on your comfort level for gatherings, and celebrating the progress you've made in your recovery journey.





## You Are Not Alone

As we focus on maintaining recovery and building healthy traditions during the holidays, it's important to remember that no one has to navigate this journey alone. While the holiday season can bring unique challenges, it also offers opportunities to connect, grow, and find support. That's where the Far Southside ROSC Initiative (FSSRI) comes in—offering ongoing resources, compassionate guidance, and a caring community dedicated to recovery and mental wellness. Whether you're seeking encouragement, practical help, or a sense of belonging,

### **FSSRI Is Here To Unite Our Community**

and help everyone thrive during the holidays and beyond. FSSRI supports recovery and mental health by:

- Reducing stigma and bringing people together
- Building resources and infrastructure for a recovery-oriented system of care
- Sustaining long-term support and bridging gaps to connect people with services
- Promoting understanding and strengthening local commitment to wellness

## FSSRI Support:

Support recovery and mental health by reducing stigma and uniting our community

Build resources and infrastructure for a recovery-oriented system of care

Sustain long-term support and bridging gaps to connect people with services

Promote understanding and strengthening local commitment to wellness



# Communities Supported by FSRI



## Chicago Neighborhoods

West Englewood  
Auburn Gresham  
Beverly  
Washington Heights  
Mount Greenwood  
Morgan Park  
Roseland (North-East)  
Calumet Heights  
Pullman  
South Deering  
Hegewisch

## Nearby Suburbs

Oak Lawn  
Evergreen Park  
Robbins (Southwest)  
Dolton (Southwest)



## Together We Create Lasting Change

As we invite new voices and perspectives to join the Far Southside ROSC Council, we recognize that real change happens when our community comes together. By welcoming residents, professionals, and those with lived experience, we strengthen our ability to address the unique challenges facing Chicago's Far South Side.

Our council is dedicated to tackling high recidivism, building a recovery-oriented system of care for returning citizens and partnering with law enforcement to offer compassionate alternatives to arrest for individuals struggling with substance use or mental health challenges.

Your participation means more than just joining a group—it's about becoming part of a movement that supports individuals on their journey to recovery, bridges gaps in services, and creates lasting, positive change for our neighborhoods.

Together, we are building a foundation for wellness, resilience, and hope that extends beyond the holiday season and into the future. Connect with us through social media, focus groups, newsletters, or simply by word of mouth. Your unique perspective helps us build a diverse and supportive council that truly represents our community.

To learn more, visit <http://www.teechfoundation1.org> under the ROSC tab



As we unite our voices for change, the Far Southside ROSC Council is driving real impact in our community.

**Far Southside ROSC  
Council: Community  
Impact Overview  
July 2025 to Present**

- **63 Returning Citizens Supported**
- **10 Remain in Safe Housing or Programs**
- **10 Diversions from the Penal System**
- **28 Successful Completions—Maintaining Stability**
- **13 Non-Completions (2 Returned to Penal System, 2 No Contact)**
- **Additional Notes:** 1 Overdose, 1 Relocated Out of State

*Every step forward is a victory for our neighborhoods. Your involvement helps us build hope, resilience, and lasting change! 9*



## Get Involved: Upcoming Events

As we celebrate the progress and impact we've made together, it's time to look ahead. Our commitment to supporting returning citizens and strengthening our community continues with a series of inspiring events. Let's explore what's coming up and how you can get involved!

- TBA: Reunification – Returning Citizen's and Family Reunification Event
- Stay Tuned more info to come: We look forward to seeing you there!

# Stay Connected: FSSRI Monthly Meetings

As we look ahead to new opportunities for connection and growth, your ongoing involvement remains essential to our mission. One of the best ways to stay engaged and make a meaningful impact is by joining our monthly FSSRI meetings. These gatherings offer a welcoming space to collaborate, share resources, and help address barriers within our community.

**•When:** Every 4th Monday (unless a holiday or unexpected challenges arise)

**•Time:** 10:00 a.m. – 12:00 p.m.

**•Format:** In-person & Zoom (in-person encouraged)

**•Location:** 1750 W 103rd St, Chicago, IL 60643

**•Amenities:** Light refreshments, free parking

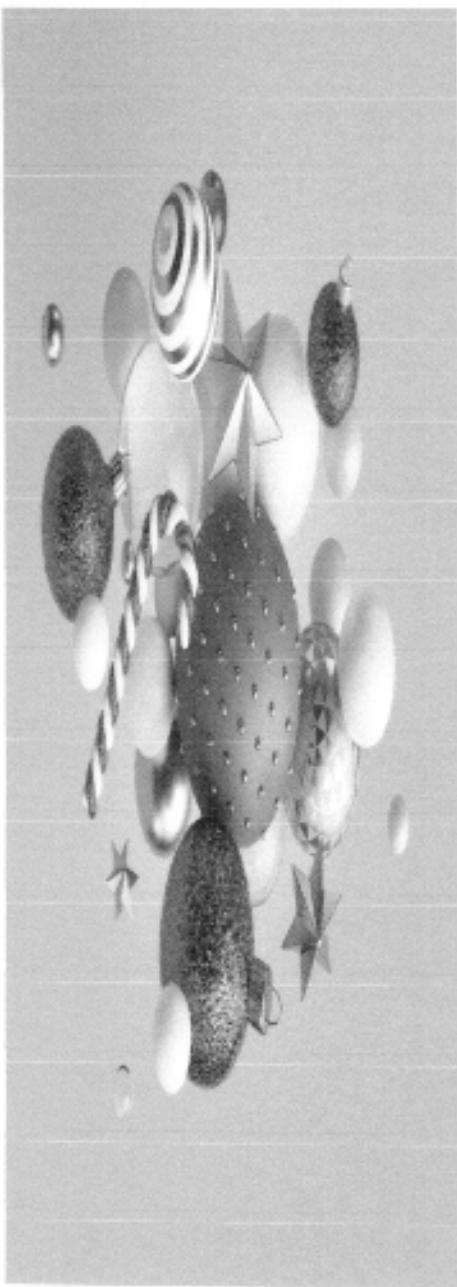
**•CEUs:** Offered to participants

Your participation, resources, and collaboration are essential to the success of our initiatives. We look forward to your active involvement and support—thank you for making a difference



# Resources

- Centers for Disease Control and Prevention (CDC): Reports on seasonal overdose trends Addiction recovery organizations and public health surveys on holiday substance use and relapse
- Research on recidivism and substance-related offenses during the holidays
- National Archives: "The History of Christmas in America"
- Library of Congress: "Christmas Traditions in the United States"
- Smithsonian Magazine: "How Christmas Became a Federal Holiday"
- White House Historical Association: "President Ulysses S. Grant and the Declaration of Christmas as a Federal Holiday"
- History.com: "Christmas in Colonial America" and "Why Do We Celebrate Christmas on December 25?"



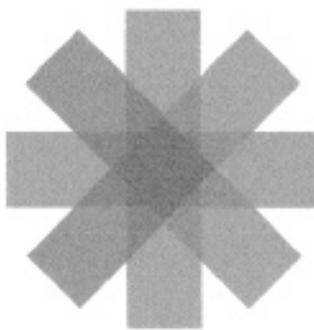


Thank You



Questions

[www.teechfoundation1.org](http://www.teechfoundation1.org)



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Certified Drug Overdose  
Prevention Program  
(DOPP)

Transforming Educating & Empowering Children and Humanity

(DBA TEECH)

Mr. Fredrick Buford RC, CPRS

1750 W 103<sup>rd</sup> Street

Chicago, Illinois 60643

(224) 406-3798 or (312) 539-5263

[www.teechfoundation1.org](http://www.teechfoundation1.org)

NÄRCÖN

## **Mitigating Overdose Risk (aka Harm Reduction)**

Mitigating overdose risk means using strategies and practices to prevent drug overdoses and reduce related deaths and harms among people who use drugs. This approach includes a range of interventions, from primary prevention to emergency response.

# Mitigating Overdose Risk Facts

Mitigating Overdose Risk plays a significant and vital role in preventing drug related deaths.

- Mitigating Overdose Risk save lives.
- Mitigating Overdose Risk Increase access to healthcare, social services and treatment.
- Mitigating Overdose Risk Protect the lives of the individual using and the community.
- Mitigating Overdose Risk applies to more than drug use; It applies to others' behaviors.

# America's Overdose Crisis: Key Facts & Trends

- Overdose deaths have surged in the U.S., increasing tenfold from 1999 to 2022.
- Synthetic opioid deaths (excluding methadone) rose by 289% between 2011 and 2021.
- In 2023, about 105,000 people died from drug overdoses; 76% involved opioids.
- Polysubstance overdoses are increasingly common, and those with a previous overdose are at higher risk.

## Recent Trends & Progress

- Overdose remains a leading cause of death for Americans aged 18–44.
- In 2024, the U.S. recorded approximately 80,391 drug overdose deaths—a 27% decrease from the previous year.
- Opioid overdoses increasingly involve other substances, often unknowingly.
- Fentanyl may be mixed with stimulants, xylazine, or benzodiazepines.
- CDC data shows a 25% decline in overdose deaths from March 2024 to March 2025.

# Progress in Prevention: The Impact of Community Action

The dramatic decline in U.S. drug overdose deaths in 2024—the largest single-year drop ever recorded—reflects the impact of expanded naloxone (Narcan) access through community programs, increased treatment availability for opioid use disorder, and targeted public health initiatives.

By empowering bystanders to respond swiftly with naloxone, these community efforts have saved lives and reduced fatalities. Enhanced awareness and support services have further strengthened the response to the overdose crisis.

Despite this encouraging progress, overdose remains the leading cause of death for Americans aged 18–44, underscoring the need for ongoing commitment to prevention and intervention.

## Naloxone (aka Narcan)

In September 2015, Illinois enacted Public Act 99-0480, a landmark law designed to combat the opioid crisis by expanding access to naloxone (Narcan), a medication that rapidly reverses opioid overdoses.

This legislation authorized pharmacists and healthcare providers to dispense naloxone without a direct prescription, making it easier for individuals, families, and community organizations to obtain and administer the life-saving drug.



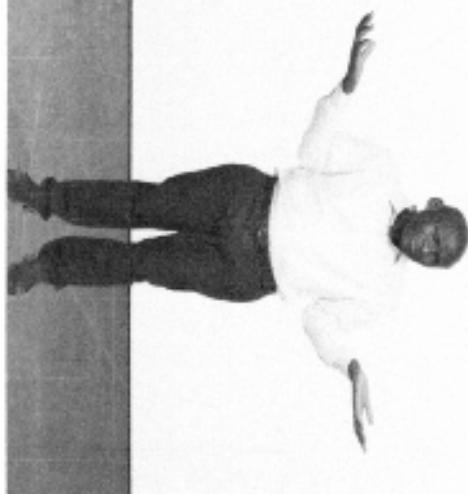
The Act also encouraged the development of Drug Overdose Prevention Programs (DOPPs), which distribute naloxone kits and provide training on overdose response throughout the state.

By empowering bystanders and increasing community readiness, this policy has played a critical role in reducing opioid-related fatalities in Illinois.

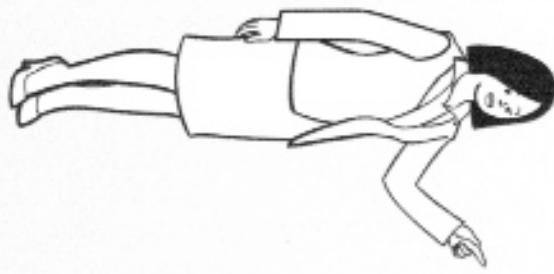
## How Naloxone Works

Naloxone only works on overdoses caused by opioids. This family of drugs includes prescription painkillers like OxyContin, fentanyl, methadone, and Vicodin, as well as street drugs like heroin.

Naloxone will not reverse overdose resulting from non-opioid drugs, like cocaine, benzodiazepines ("benzos"), or alcohol. Given how safe naloxone is, a victim of a non-opioid overdose, or an overdose caused by a mixture of drugs will not be harmed by naloxone. In multiple drug overdoses (e.g., an opioid and a benzodiazepine) it is still worth administering naloxone as it will remove the effects of the opioid and may still reverse the overdose.



## Naloxone Facts



- Naloxone is safe to use. It is non-addictive and as nontoxic as water.
- Insurance provider coverage of naloxone varies but Medicaid covers it with no co-pay.
- In Illinois, you can obtain naloxone through healthcare providers, pharmacies, and Drug Overdose Prevention Programs (DOPPs).

### Types of Naloxone

Intramuscular Injection

Nasal Spray

Evizio

10

## Narcan Impact on Overdose Survival

- Naloxone's effectiveness is related to how it is distributed. A supply-based approach could reduce overdose deaths by about 6.3%, and a demand-based approach could achieve an 8.8% reduction.
- Interventions aimed at increasing the likelihood of overdoses being witnessed have a significant impact on opioid overdose deaths. Even without reversal drugs, increasing witnessed overdoses by 20% to 60% could reduce deaths by 8.5% to 24.1%.
- Naloxone is far more effective when people who use drugs are not alone. Combining naloxone distribution with interventions to address solitary substance use could lead to a reduction in opioid overdose deaths by up to 37.4%.

## Who is at Risk



- Chronic health conditions such as HIV, liver disease, and asthma increase risk of overdose.
- Injecting opioids increases your overdose risk. However, you can still overdose from snorting.
- People who previously experienced an overdose are at an increased risk of future overdoses.
- It is safer to not use alone.
- In an emergency, someone can administer naloxone and call 911.

# Responding to an Overdose: Essential Actions

## Call

- Call 911 - Be specific: "The person stopped breathing. They are not responsive to commands."
- Be clear. Give cross streets or exact location

## Make

- Make sure you are safe

## Secure

- Secure personal property

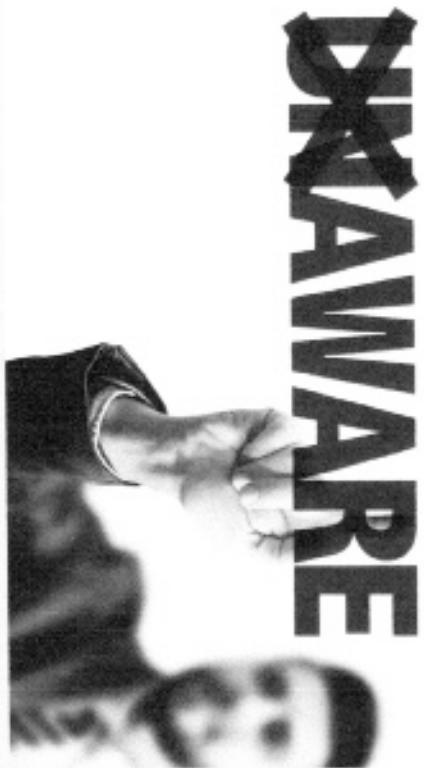
## Ask

- Ask for Assistance



## Recognizing an Overdose

- No response if you shake them or call their name
- Breathing will be slow or stopped
- Snoring or gurgling sounds present
- Blue or grey lips and fingernails
- Pupils are pinned (small)
- Pale face, skin feels cold and clammy



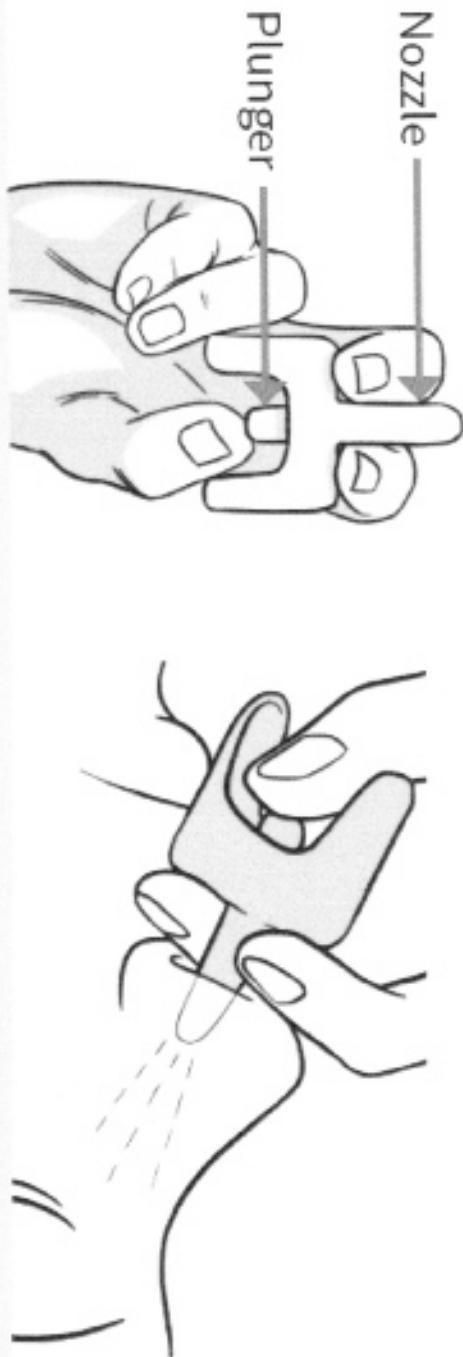
## No Response? Into Action

- Use sternal rub. Push firmly on their chest with knuckles and rub up and down. If there is no response, remain calm.
- Be specific: "The person stopped breathing. They are not responsive to commands."
- Be clear. Give cross streets or exact location

## How to Administer: Nalaxone (Nasal Spray)

Pace and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

Press the plunger firmly to release the dose into the patient's nose.



## After Naloxone Administration

- If the initial dose of naloxone does not work after 2-minutes, give another dose.
- Naloxone will only work for an opioid overdose.
- If they wake up, they may be confused or agitated.
- Orient them to the situation, (ex, ask them their name and city they are in ) keep them calm, and try to discourage them from taking more substances.
- Remain with the person until help arrives.

## Rescue Breathing (Optional)



- Rescue breathing is optional, if you choose to not do rescue breathing go straight to chest compressions.
- If the person has not started breathing again, or breathing is still severely impaired, start rescue breathing ASAP. It is the quickest way to get oxygen to the person in need.
- To perform rescue breathing, lay the person flat on their back. Tilt their head backwards and check that their airway is clear.
- Pinch their nose, cover their mouth with your mouth and give one breath every 5-10 seconds.



## **Chest Compressions**

If the person is an adult, place the heel of one of your hands in the center of their chest, between the nipples. Put your other hand on top of the first. Interlock your fingers so they're drawn up and the heel of your hand remains on their chest.

For children from age 1 to 8, use just one of your hands in the center of their chest.

For infants, place two fingers in the center of their chest, slightly below the nipple line. 30 chest compressions.

## **Position Hands Over Sternum**

## Continue Chest Compressions

- Continue chest compressions until the person is responsive.

Head tilted  
well back

### Recovery position

Bent leg props the body  
up and prevents the  
casualty rolling forward



- If you must leave the person unattended, place them in the recovery position (pictured).
- Turn them on their side, with their bent knee shifting their body weight forward, and place their hand under their head for support.

•Naloxone is a medicine that rapidly reverses an opioid overdose. It attaches to opioid receptors and reverses and blocks the effects of other opioids.

•Naloxone is a safe medicine. It only reverses overdoses in people with opioids in their systems.

•Police officers, emergency medical technicians, and first responders are trained on how to give naloxone.

•In some states, friends and family members can be trained on how to give naloxone.

•Naloxone only works in the body for 30 to 90 minutes. It is possible for a person to still experience the effects of an overdose after naloxone wears off or need multiple doses if a potent opioid is in a person's system.

•In some areas, you can get naloxone from pharmacies with or without a personal prescription from community-based distribution programs, or local health departments. The cost varies depending on where and how you get it as well as what type you get.

## Points To Remember

## Step Recap

1. **Identify Opioid Overdose and Check for Response**
  - Ask person if he or she is okay and shout name
  - Shake shoulders and firmly rub the middle of their chest.
  - Check for signs of opioid overdose
2. **Give Narcan Nasal Spray or Injectable Narcan**
3. **Call for Emergency Medical Help, Evaluate, and Support**
  - Get Emergency medical help right away
  - Move the person on their side (recovery position)
  - Watch the person closely
  - If the person does not respond by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

## Prevention

- Learn about the risks and benefits of prescription medications, the importance of using them as prescribed, and how to safely dispose of them.



- Illicit opioids, including pills, have unknown strength and contents. Substances like fentanyl can significantly increase the risk of overdose.
- Avoid mixing opioids with other drugs, especially alcohol, benzodiazepines (e.g., Xanax, Valium), cocaine, sleeping pills, and additional opioids.
- Following a period of abstinence (e.g., treatment or incarceration), people experience a loss of tolerance and an increased risk of overdose.