



Breaking Barriers Collectively ROSC Council

Meeting Minutes

Date: Friday, December 19

Time: 10:00 AM – 12:00 PM

Location: 6506 S. Western & via Zoom

Attendance: 14 in-person guests; Zoom attendance 6

1. Welcome & Introductions

The meeting was opened with a warm welcome to all attendees. Guests introduced themselves.

2. Guest Speaker Presentation

Speaker: *Mr. Joseph S. Thomas Jr. MHS, CADC, QMHP, PLE*

Mr. Thomas presented on the topic: Hurts, Habits and Hangups. This presentation expressed:

Hurts- an emotional reaction to another person's behavior or to a disturbing situation such as abuse, abandonment, codependency, divorce, or relationship issues.

Habits- an addiction to someone or things ie. Food, drugs, gambling, sex, etc.

Hangups- a negative mental attitude that is used to cope with people or adversity including anger, depression etc.

3. Discussion

- Participants reflected on the trainer's message and how this presentation can strengthen recovery support efforts.
- Several guests highlighted the importance of resilience, community support, and personal empowerment in recovery pathways.
- Handouts were presented with information, referrals and coping skills.

Host Kimberly Haywood learned a lot from this meeting as well and expects to enhance her meetings in the future