



# NEAR SOUTH SIDE

## MEETING MINUTES

**LOCATION:** Virtual - Zoom

**DATE:** 12/09/2025

**ATTENDEES:**

- Daniel Mendez (EDDR Foundation), Halle Berghoff (EDDR Foundation), Gloria Landingham (EDDR Foundation), Kimberly Haywood (Breaking Barriers Collectively ROSC Council), Mimi Tsang (MAHA), Florence Wright (Southside Heroin Opioid Taskforce), Kathryn Goetzke (The Shine Hope Company), Cristina Banda (Illinois Family Resource Center), Marcia Teverbaugh (Trilogy Inc.), Quinella Pernermon (TASC), Johanna Gonzalez (IDHS), Dante Harris (Puerto Rican Cultural Center), Tiarya Pye (Chicago Defender Charities), ReGina White (Trilogy Inc.), DeRay Latham (New Life Centers), Israel Hernandez (Learning Producers), Kenneth Bell (Statewide ROSC), Deirdre Joy (Alcoholics Anonymous; POWER: Opening Doors for Women)

**TIME:** 10:30am – 11:30am

## AGENDA ITEMS

- I. **Introductions: Name, Organization, how to stay in touch.**
- II. **ROSC Overview: What is the ROSC and why is it important to the community?**

- III. **Data Highlights: World AIDS Day, Grief, and Seasonal Affective Disorder.** In honor of World AIDS Day, National Grief Awareness Week, and Seasonal Affective Disorder Awareness Month data this month highlights topics associated with those causes.

**World AIDS Day** PTSD and SUD frequently co-occurs in people living with HIV/AIDS which creates complex health outcomes. Substance use is both a risk factor for HIV transmission as well as a barrier to HIV treatment. Active use correlates with lower ART adherence and higher viral loads. HIV-related stigma can contribute to depression, anxiety, and reduced social support. The Housing Opportunities for People with HIV/AIDS (HOPWA) was proposed to be eliminated. A "Cascading Disaster" now defines the state of Latinos due to ongoing structural inequities in health promotion, testing, prevention, and care.

**Grief** Trauma-related stress can lead to maladaptive coping strategies where temporary relief from substances can lead to a cycles of where the substance use worsens both the SAD and the SUD. Unresolved grief is a major contributor to substance misuse which can lead to relapse or new addictions. A study found that 12.3% of those in recovery experienced a relapse after a loss. 20.4 million Americans aged 12+ had a SUD in a recent year with grief as a common underlying factor. One death leaves an average of 5 people bereaved.

**Seasonal Affective Disorder** SAD has a biological link, with shorter days affecting melatonin and serotonin levels, disrupting sleep and mood, and minimizing Vitamin D deficiency. About 5% of adults in the U.S. experience SAD and it lasts about 40% of the year.

Discussion Questions:

***While we have you here, have you identified gaps in the recovery community? What issues are not being addressed? What services are not being provided?***

- IV. **Guest Presenter: The Shine Hope Company – Kathryn Goetzke** For our guest presenter we had Kathryn Goetzke of the Shine Hope Company come speak about what her organization does. Their main focus is hope as a teachable skill, recognizing how hopelessness can lead to substance use disorders and mental health struggles. They provide free resources for educators in different fields to spread skills geared towards different groups. Some of the focuses of their material include stress skills, happiness habits, inspired actions, nourishing networks, and eliminating challenges. All of their resources are free to be used by anyone anywhere.

V. **ROSC in Action,**

- a. Request for all those in attendance to fill out our community survey.
- b. Open call to encourage participants to invite someone who may be interested in joining the ROSC.

VI. **Cook County Events and Trainings – DECEMBER EVENTS**

Monday, December 08, 2025	Chicago Collaborative for Bullying and Suicide Prevention (CCBSP) Meeting and Training
Wednesday, December 10, 2025	When the Holidays Hurt: How to Support Ourselves and Others Through Grief Including Loss Associated with Substance Use, Addiction, and Overdose
Thursday, December 11, 2025	Emerging Adults and the Family Checkup
Monday, December 15, 2025	Chicago Blue Christmas Service
Tuesday, December 16, 2025	"Social Media: Catalyst for College Drinking or Change Agent?"

- VII. **ROSC Council Member Updates/Discussion/Questions:**
  - a. Members took a couple minutes to ask our guest presenter a few clarifying questions.
- VIII. **Adjournment**