



FSSRI Far Southside ROSC Initiative

PLANNING FOR A BETTER COMMUNITY

1/26/26

Far Southside ROSC Community Meeting Agenda

Welcome, Introductions, and Community Sharing - Robert Bufford, RC, CPRS, NCRS -

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 - Frederick Buford, RC, CPRS 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

Guest Speaker: Dr. K. Davis

Wellness Mindset

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.





Far South Side ROSC (FSSRI) Monthly Meeting Minutes

Date: January 26, 2026

Time: 10:00 a.m. – 12:00 p.m.

Location: TEECH Foundation

1750 W. 103rd Street, Chicago, IL 60643

Format: In-Person & Virtual (Zoom)

Zoom Information

Meeting ID: 835 9464 6165

Passcode: 235477

Meeting Called to Order

The meeting was called to order at 10:00 a.m.

Welcome, Introductions, and Community Sharing

Facilitator: Robert Buford, RC, CPRS, NCRS – Lead ROSC Coordinator

Robert opened the meeting with welcome remarks and facilitated introductions. In-person participants introduced themselves verbally, and virtual participants shared their information verbally as well as placing information in the zoom chat.

Organizations and Community Representation Included

- 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
- Oxford House
- Rush Hospital
- Community Health Providers
- People with Lived Experience (PLEs)
- Community Residents

ROSC Framework Overview and Community Updates

Presenter: Frederick Buford, RC, CPRS – ROSC Outreach

Frederick provided an overview of the Recovery-Oriented Systems of Care (ROSC) framework, including end-of-year accomplishments, ongoing challenges, emerging substance use trends, and collaborative recovery initiatives supporting individuals, families, and returning citizens.

He also shared that TEECH the Far South Side ROSC and Transitional Training have joined forces with Chicago Police Department top leadership. FSSRI and TEECH have finally gotten a breakthrough with Elementary Chicago Public Schools to strengthen coordinated prevention, intervention, and recovery supports for youth, families, and community members across the Far South Side.

Importance of the Far South Side ROSC (FSSRI)

Recovery-Oriented Systems of Care are essential for coordinating services, partnerships, and community resources that support sustained recovery across all stages of life. Recovery is strongest when systems, communities, and lived experience work together to provide continuous, coordinated support. FSSRI plays a critical role in mitigating overdose risk, reducing relapse, addressing system gaps, and creating connected pathways to recovery and long-term stability. Recovery is a shared responsibility built through collaboration, equity, community partnership, and leadership.

FSSRI Regional Communities Served

1. West Englewood
2. Auburn Gresham
3. Beverly
4. Washington Heights
5. Mount Greenwood
6. Morgan Park
7. Roseland (Northeast)
8. Calumet Heights
9. Pullman
10. South Deering
11. Hegewisch
12. Oak Lawn
13. Evergreen Park
14. Robbins (Southwest)
15. Dolton, Illinois

Far South Side ROSC Council – Community Impact Overview

Reporting Period: July 2025 – Present

- 67 returning citizens supported
- 10 justice-system diversions from panel

- 42 successful completions maintaining stability, employment, and safe housing
- 17 non-completions
- 1 overdose
- 1 case relocated out of state

Get Involved – Upcoming Events

Dates to be announced:

- Returning Citizens and Family Reunification Event
- Community Resource Fair

Stay Connected – Monthly ROSC Meetings

When: Every 4th Monday unless impacted by holidays or unforeseen challenges

Time: 10:00 a.m. – 12:00 p.m.

Format: In-Person and Zoom, with in-person attendance encouraged

Location: 1750 W. 103rd St., Chicago, IL 60643

Amenities include light refreshments and free parking.

Membership Information

Interested individuals and organizations, including people with lived experience, service providers, community partners, and stakeholders, may visit www.teechfoundation1.org or contact FSSRI Leadership at (224) 406-3798. Prospective members will attend an informational meeting, commit to participation, and complete a Memorandum of Understanding to join the council.

Guest Speaker and Community Training

Guest introduction was provided for Ms. Shells, ED, BSM, RCP, CAMS-1.

The community training, *Community Health and Wellness Mindset*, was presented by Dr. K. Davis.

Training Highlights: Self-Care and Wellness

Definition and Importance:

Self-care was defined as the ongoing practice of maintaining health across four key domains: physical, mental, emotional, and spiritual. The training emphasized that self-care is not a luxury or an afterthought—it is essential for everyone, especially those in helping professions and individuals in recovery. Making self-care a priority helps prevent burnout, supports resilience, and fosters long-term well-being.

Key Topics Covered in the Training

1. Burnout and Compassion Fatigue:

The training addressed the risks of burnout (chronic physical and emotional exhaustion) and compassion fatigue (emotional strain from caring for others). Both are common in caregiving roles and among people in recovery, and can lead to decreased effectiveness, withdrawal, and even relapse if not managed.

2. Boundary Setting:

Participants learned about the importance of setting healthy boundaries—knowing when to say “no,” protecting personal time, and recognizing limits. Boundaries help prevent overcommitment and emotional depletion.

3. Daily Micro Self-Care Practices:

The training encouraged integrating small, daily acts of self-care, such as taking short breaks, practicing gratitude, staying hydrated, or engaging in brief relaxation exercises. These micro-practices can be powerful in maintaining balance and preventing stress from accumulating.

4. Reset Techniques and Mindfulness Strategies:

Reset techniques—like deep breathing, short walks, or mindful pauses—were discussed as ways to quickly reduce stress and regain focus. Mindfulness strategies, such as meditation or grounding exercises, help individuals stay present and manage overwhelming emotions.

5. Wellness Resources:

Participants were informed about available wellness resources, including Employee Assistance Programs (EAPs), professional therapy, and wellness applications. These resources provide support for mental health, stress management, and overall well-being.

Why This Matters

By prioritizing self-care, individuals and communities can build resilience, reduce the risk of burnout and relapse, and create a culture where seeking help is normalized and supported. The training reinforced that self-care is a shared responsibility and a foundation for sustained recovery and well-being.

Participant Reflection

During the training discussion, a person with lived experience shared that they had been experiencing significant burnout. With encouragement and support from their work team and recovery supports, the individual was able to access needed services, prioritize self-care, and begin addressing their wellness needs. It was emphasized that these experiences and strategies are not limited to working professionals, but are also highly relevant for individuals in recovery, particularly those in early recovery where stress, transition, and emotional strain can be heightened. This reflection reinforced the importance of supportive environments, peer support, early intervention, and creating spaces where both professionals and individuals in recovery feel safe seeking help.

Looking Ahead: TEECH and ROSC Priorities for 2026

Key priorities for 2026 include strengthening recovery-oriented systems of care and expanding community impact by growing recovery pathways and access to life-saving resources, advancing community-led solutions, expanding person-centered recovery support services related to recovery, housing, employment, and reentry, and strengthening outcomes through enhanced recovery coaching, peer navigation, and follow-up care. Efforts will continue to focus on mitigating overdose risk through mobile outreach, naloxone distribution, Narcan boxes, peer-led trainings, and prioritization of individuals at highest risk. Additional priorities include deepening faith- and community-based engagement, expanding recovery-certified congregations, reducing stigma, investing in peer leadership and workforce development, and enhancing hospital-based recovery support and justice-system diversion.

Monthly ROSC Council meetings will continue to ensure coordinated, community-driven care. The council emphasized entering 2026 with optimism and resolve to build stronger, healthier, and more resilient Far South Side communities.

Next Steps and Action Items

ROSC Leadership will continue implementation planning for 2026 priorities, including recovery pathway expansion, mitigating overdose risk, and peer workforce development. Council members and community partners will share upcoming events, resources, and collaboration opportunities at future meetings. The FSSRI Coordination Team will finalize logistics for the Returning Citizens and Family Reunification Event and Community Resource Fair. Participants are encouraged to remain engaged through monthly ROSC meetings and ongoing collaboration.

Meeting Adjournment

Participants were encouraged to share contact information in person and via the Zoom chat. The meeting adjourned at 12:00 p.m.

Welcome to the
Far Southside ROSC (FSSRI)
Frederick Buford RC, CPRS
www.techfoundation1.org
FY 2026



Jan 26, 2025

The start of a new year is a time for renewal and recommitment. At TEECH, it is an opportunity to reflect on the lives touched, barriers broken, and progress made alongside individuals and families on Chicago's Far South Side—each step forward reflecting resilience, courage, and the power of community.

As we move into the year ahead, we remain committed to deepening our impact by strengthening recovery pathways, expanding access to support, reducing overdose risk and stigma, and addressing ongoing inequities. With gratitude for the trust placed in us and the partnerships that sustain this work, we enter this new chapter with optimism, determination, and a shared commitment to building stronger, healthier, and more resilient communities.

**Happy
New Year**

Looking Ahead: TEECH & ROSC Priorities for 2026

- As we enter 2026, TEECH and the Far South Side ROSC remain focused on strengthening recovery-oriented systems of care and expanding community impact. Building on 2025, priorities include growing recovery pathways, increasing access to life-saving resources, and advancing community-led solutions.
- TEECH will continue to expand Recovery Support Services by providing consistent, person-centered support across recovery, housing, employment, and reentry, with enhanced coaching, peer navigation, and follow-up care to improve long-term outcomes. Recovery housing, stability supports, and wraparound services will be strengthened to promote sustained recovery and economic security.
- Overdose prevention efforts will grow through mobile outreach, Naloxone distribution, Narcan boxes, and peer-led trainings, prioritizing those at highest risk. In partnership with ROSC, TEECH will deepen faith- and community-based engagement, expand Recovery-Certified Congregations, reduce stigma, and invest in peer leadership and workforce development. Hospital-based recovery support, justice-system diversion, and monthly ROSC council meetings will continue to ensure coordinated, community-driven care. Guided by partnership and purpose, TEECH and ROSC enter 2026 with optimism and resolve to build stronger, healthier, and more resilient Far South Side communities.

Importance of the Far Southside ROSC (FSSRI)

Recovery-Oriented Systems of Care (ROSC) are essential because they coordinate services, partnerships, and community resources to support sustained recovery across all stages of life.

FSSRI is Community-centered:

FSSRI matters because recovery is strengthened when systems, communities, and lived experience work together to provide continuous, coordinated support.

FSSRI is Impact-focused:

FSSRI is critical to reducing overdose, resuming addiction, and system gaps by creating connected pathways to care, recovery, and long-term stability.

FSSRI Values-based:

FSSRI recognizes that recovery is not a single service, but a shared responsibility—built through collaboration, equity, and community leadership.

Communities Supported by FSSRI

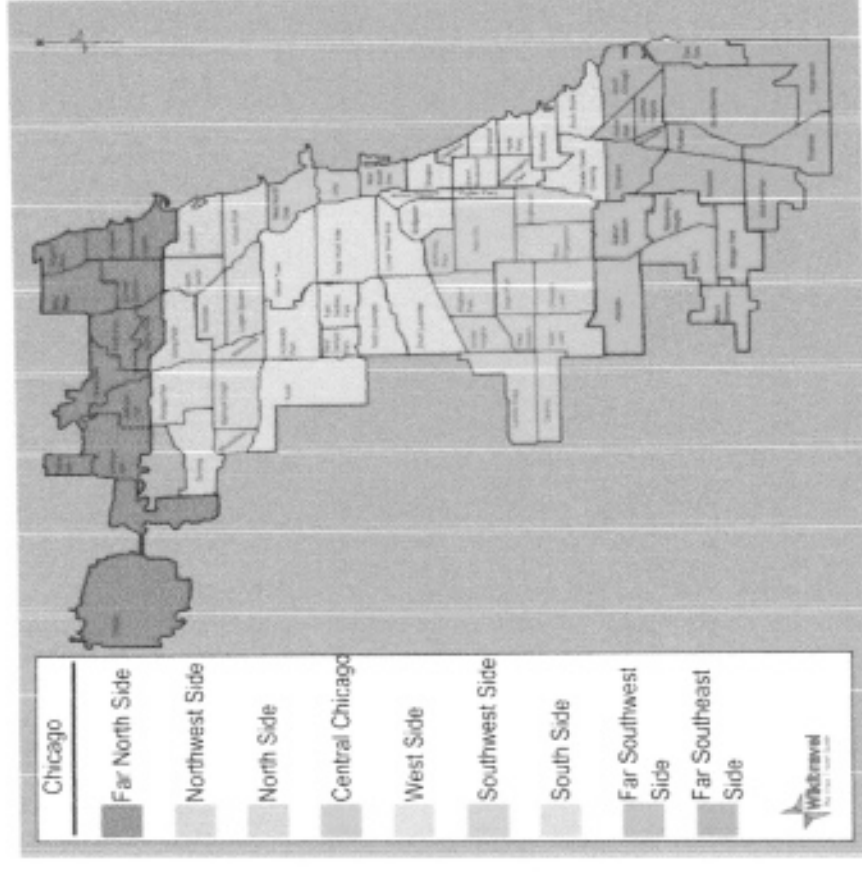


Chicago Neighborhoods

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)



FSSRI Support the following Community Driven:



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



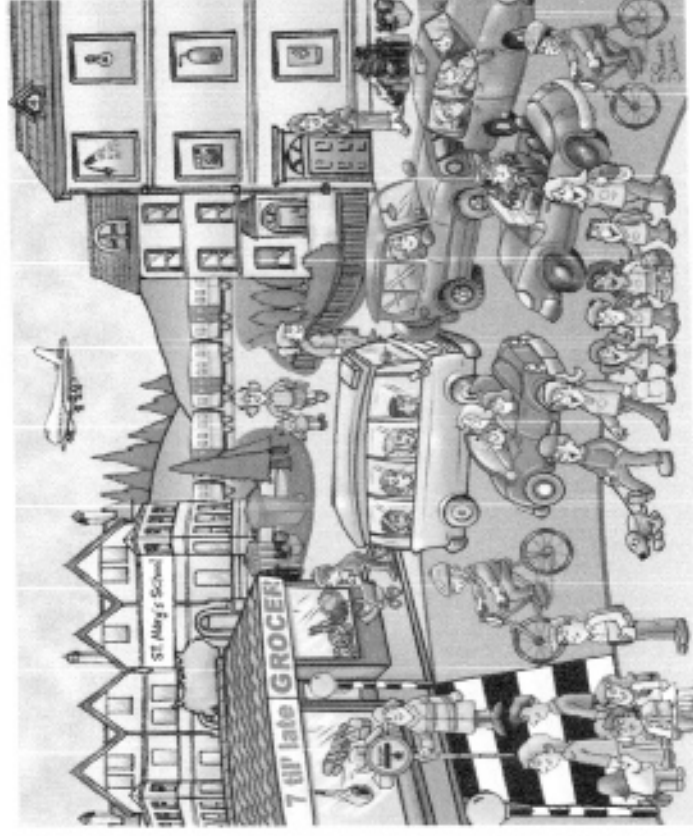
Build resources and
infrastructure for a
recovery-oriented system
of care



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



Promote understanding
and strengthening local
commitment to wellness



Get Involved

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
- Resource Fair

Stay Tuned more info to come: We look forward to seeing you there!

Far Southside ROSC Council Community Impact Overview - July 2025 to Present

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

- 67 Returning Citizens Supported
- 10 Diversions from the Penal System
- 42 Successful Completions—Maintaining Stability, Employment and Safe Housing
- 17 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!

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



To join the Far Southside ROSC (FSSRI) Council, interested individuals and partners from the community—including people with lived experience, service providers, organizations, and local stakeholders—can visit the our website (www.teechfoundation1.org or contact FSSRI leadership(224) 406-3798 to learn about membership criteria and expectations. Prospective members attend an informational meeting, commit to participation, and complete a Memorandum of Understanding (MOU) to become part of the council and support recovery-focused collaboration across the Far South Side.



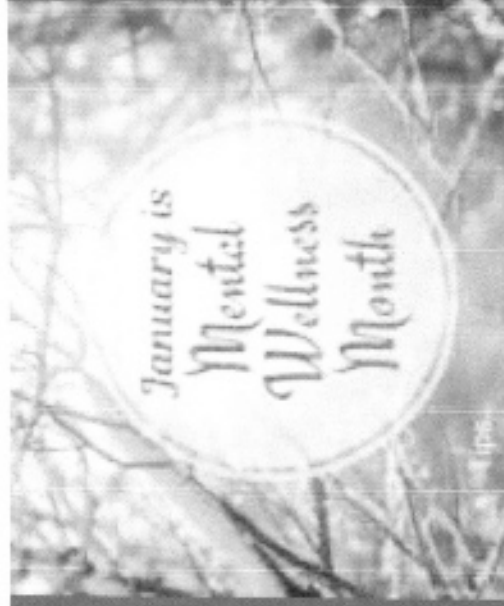
Thank You



Questions



www.teechfoundation1.org



Wellness Mindset Essentials: Self-Care Strategies & Tools

Dr. Kristee Davis

Wellness Mindset Essentials, LLC

January 26, 2026

Purpose of Today's Workshop

- Highlight the importance of Self-Care
- Normalize post-holiday stress and emotional fatigue
- Identify signs of burnout and compassion fatigue
- Share different quick self-regulation tools

Services YOU Provide

- Substance use Education and Support
- Recovery Support Services
- Employment Training
- Mental Health Services
- Anger Management
- Legal Advocacy for returning citizens
- Employment
- Community Support and Advocate

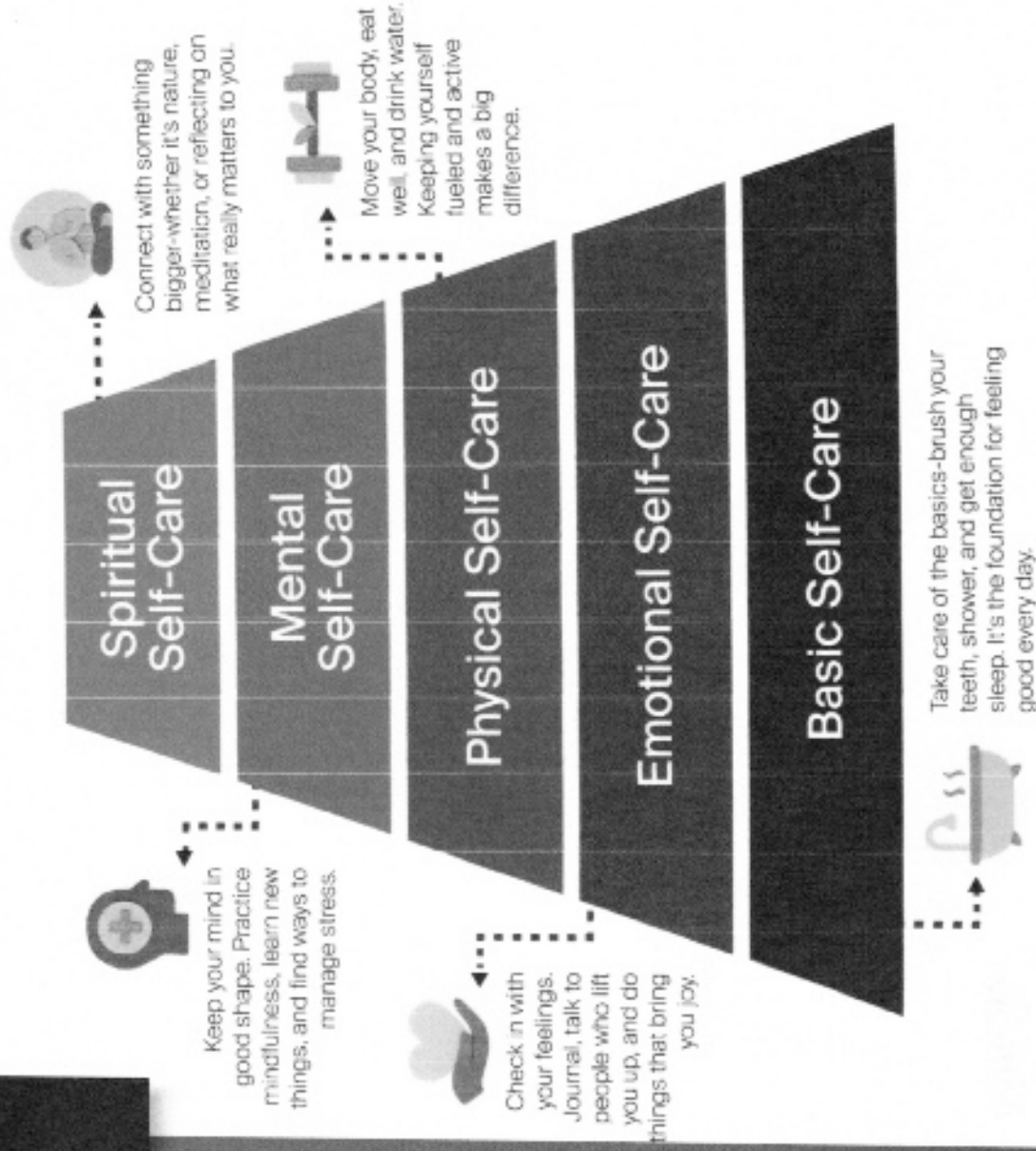
What Self-Care Really Means

- A daily practice, not a luxury
- A way to protect your capacity
- A professional responsibility in service work
- A tool for emotional regulation and resilience
- Not selfish, not only spa days, not something you do once you 'have time'

Pyramid of Self-Care

- Do you think there is a level that may need more attention?

The Pyramid Of Self-Care



Why Returning After the Holidays Can Feel Heavy

- Financial stress and family responsibilities
- Disrupted routines and sleep
- Emotional overload or grief triggers
- Increased caseload demands
- Pressure to “catch up” immediately

Burnout & Compassion Fatigue

- Burnout affects over 75% of employees
- Burnout: chronic work stress + overwhelm
- Burnout: exhaustion, detachment, low motivation
- Compassion fatigue: emotional strain from caring for others
- Compassion fatigue: reduced empathy, numbness, irritability
- Both are real—and both are treatable

Signs You May Need a Reset

- Constant tiredness even after sleep
- Short fuse / irritability
- Brain fog or forgetfulness
- Increased headaches or body tension
- Feeling emotionally “checked out”
- Dreading work or feeling ineffective

Work-Life Balance Strategies

- Set boundaries (no emails after hours)
- Use your PTO (Paid Time Off)
- Time management
- Block personal time on your calendar
- Prioritize Self-Care
- Seek support (peer support, supervision, etc.)

Boundaries That Protect Your Energy

- “I can do that by tomorrow at 2pm.”
- “Let me confirm my workload first.”
- “I’m available during my scheduled hours.”
- “I can help—and I need support too.”
- Mini reflection: What boundary do you need this week?

Daily Micro-Self-Care Habits

- 10-minute walks, deep breathing and stretch breaks
- Stay hydrated and eat well
- Use music or nature to recharge
- Set small affirmations (“I will stay calm under pressure”)
- Mindful transitions (pause & reset)
- Keep a gratitude note

3 Quick Reset Tools (Use at Work)

- Box breathing (1 minute): Inhale 4 • Hold 4 • Exhale 4 • Hold 4
- 5-4-3-2-1 grounding: name senses to re-center
- Shoulder drop + jaw release: relax + slow exhale
- Transition ritual after hard cases - “Close the Loop” (prevent carrying emotional intensity into next task or person)

Mindfulness and Mental Wellness Strategies

- Establish Emotional Boundaries
- Practice Compassionate Detachment (Leave work at work)
- Engage in Restorative Activities
- Create a Decompression Routine
- Use Support Systems (Family, Friends and Therapist)

Create Your Self-Care Plan

Achievable Practices:

- Daily: e.g., short walk
- Weekly: e.g., tech break or hobby
- Monthly: e.g., check-in or social time
- Journal daily/weekly
- Read one chapter or page a week of a good book
- Talk to a family member/friend at least 1x a week

Wellness Resources

- Employee Assistance Program (EAP)
- Therapy/clinical support
- Wellness apps: Calm, Headspace, Insight Timer
- ProQOL (Professional Quality of Life Scale) - free assessment for compassion fatigue/burnout

Encouragement

- It's okay to ask for help (EAP, HR, Mental Health)
- Self-care is personal
- Your compassion is a Lifeline
- You are a bridge between crisis and stability (receptionists, professionals, administrators)
- Remember: "You can't pour from an empty cup"
- Your purpose is POWERFUL

Thank You



Remember... Your
Well-Being is part
of the work.



Self-care is not a
luxury - it's an
essential
investment in
your well-being.