

## COLLECTIVELY (BBC) – Meeting Minutes



**Topic:** *A New Year for A New You: Making Recovery Work*

**Date:** Friday, January 16, 2026

**Time:** 10:00 AM – 12:00 PM

**Location:** In-person and via Zoom

**Presenter:** Dr. Patrice Beamon, PhD, MA, CADC

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### 1. Call to Order

The meeting was called to order. Members and guests were welcomed to the January COLLECTIVELY (BBC) meeting.

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### 2. Overview of ROSC

A brief overview of ROSC (Recovery-Oriented System of Care) was provided, outlining:

- What is ROSC and its role in supporting individuals in recovery
- COLLECTIVELY (BBC)'s mission and continued commitment to community support, engagement, and sustainable recovery practices

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### 3. Introductions

Introductions were introduced for:

- COLLECTIVELY (BBC) members
- Visiting guests
- Virtual participants

A total of 5 attendees joined via Zoom, with additional participants attending in person.

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### 4. Recognition & Member Engagement

- Gifts were presented to members who shared the most unique New Year's resolutions as a way to encourage participation and celebrate creativity and commitment to personal growth.

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### 5. Recap of Previous Month's Meeting

The group reviewed highlights from the December meeting, with emphasis on the success of the Winter Wonderland community event, including:

- Serving as a blessing to the community during the Christmas holiday season

- Activities such as pictures with Santa Claus, small bites, and fellowship
  - Positive turnout and strong community engagement
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Acknowledgment was given to all organizations and partners who supported Winter Wonderland through various donations and resources, contributing to the event's overall success.

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## 6. Featured Presentation

The meeting then transitioned to the featured speaker, **Dr. Patrice Beamon, PhD, MA, CADC.**

Dr. Beamon delivered an engaging and insightful presentation focused on:

- Sustainable change in recovery
  - Avoiding “big chunks” and instead breaking goals into smaller, digestible, and achievable steps
  - Creating realistic and attainable New Year's resolutions
  - Practical strategies for making recovery efforts consistent and effective
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The presentation was delivered via a slideshow and encouraged reflection, discussion, and practical application.

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## 7. ROSC Survey

- A ROSC survey was distributed to participants
  - Attendees had the option to complete the survey in person or by using a QR code
  - Feedback was encouraged to support ongoing improvement of services and programming
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## 8. Technology Update

- Some technical challenges were experienced with Zoom during the meeting
  - The group acknowledged the issues and expressed commitment to improving familiarity and effectiveness with technology.
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## 9. Closing

The meeting was well received, with members and guests expressing positive feedback on the presentation and the practical guidance shared for achieving goals. The meeting concluded with an encouraging note and was adjourned.

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- improving familiarity and effectiveness with technology.
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## 10. Planning for Next Month

Discussion took place regarding priorities for the **next BBC-ROSC meeting**, including:

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- Working from the **BBC-ROSC strategic outline** to:
    - Establish a clear foundation of what BBC-ROSC is
    - Define how the organization will engage the community
    - Strengthen and create partnerships
  - Announcement of a **bilingual volunteer** who toured the facility and expressed eagerness to support BBC-ROSC efforts
  - Confirmation of the **next month's speaker, Terrance Simpkins**, whose presentation will focus on **"Permanent Punishment"**
  - Improving familiarity and effectiveness with technology.
  - Discussion of possibly holding a **Recovery Coaching Conversation prior to the ROSC monthly meeting** to:
    - Help members reflect on the upcoming topic
    - Allow for more thoughtful engagement during the meeting
  - Consideration of **meeting structure**, including:
    - Whether discussion should occur before or after the speaker
    - Advisor feedback emphasizing the importance of the meeting functioning as a **community partner-focused meeting**
  - Recommendation to **expand the invitation list** to include:
    - Adjacent businesses
    - Additional community partners and stakeholders
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IN PERSON ATTENDANCE - FRIDAY, JANUARY 16, 2026

### **BREAKING BARRIERS COLLECTIVELY – ROSC COUNCIL**

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- La SHUN RICKMAN
- KIMBERLY HAYWOOD
- ANGELINA SANCHEZ

- SHAWNTALE HURST
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### **COMMUNITY MEMBERS**

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- KEISHA JOHNSON
  - JENNIFER GARCIA
  - NICOLE HOLMES
  - MELISSA CRUZ
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### **GUEST**

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- CLARA McCray
  - CASSANDRA HINES
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### **GATEWAY FOUNDATION** [FOUNDATION/PBEAMON@GATEWAYFOUNDATION.ORG](mailto:FOUNDATION/PBEAMON@GATEWAYFOUNDATION.ORG)

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- TERRY RODGERS
  - PHYLLIS TALCOTT
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### **AMERI-CORP**

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- BEVERLY BINON
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### **J.A.C.**

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- SAUNDRA FALLS
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### **HEALTHCARE ALTERNATIVE SYSTEMS – (H.A.S.)** [info@hascares.org](mailto:info@hascares.org)

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- TIFFAHY WEBB
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### **YANNA HOUSE**

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- ANTHONY MOORE
  - CLARENCE LOVELACE
  - IAN SMITH
  - DAVID LAWS
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