



NEAR SOUTH SIDE

MEETING MINUTES

LOCATION: Virtual – Zoom

DATE: 04/14/2026

ATTENDEES:

- Daniel Mendez (EDDR Foundation), Halle Berghoff (EDDR Foundation), Gloria Landingham (EDDR Foundation), Quinella Pernermon (TASC), Kenneth Bell (Statewide ROSC), Leslie Givens (Alliance Care 360), Lavoris Lennon (Alliance Care 360), Rosalina Barrera-Colon (Peer Services Evanston), Florence Wright (Southside Heroin Opioid Task Force)

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: National Alcohol Awareness Month and Sexual Assault Awareness and Prevention Month The Prevalence of Lifetime Drinking**, based on data from 2024-2025. 228.4 million people ages 12 and older reported that they drank alcohol at some point in their lifetime. Of this number – 5.5 million are youth ages 12 to 17, 222.8 million are adults ages 18 and older. **Prevalence of Past-Year Drinking** 178.7 million people ages 12 and older reported that they drank in the past year. Of this number 4.2 million are youth ages 12 to 17 and 174.4 million are adults ages 18 and older. Between 140,000 – 178,000 Americans die from alcohol-related causes annually, which totals to 5% of global deaths. 65.8% of those deaths are due to chronic alcohol misuse. 15.9% are due to suicide, 41.8% of chronic misuse deaths are due to alcohol alone with

58.2% including other factors such as heart disease or history of stroke. 35.4% of alcohol related deaths are due to alcohol-related poisoning. **Binge Drinking, Heavy Drinking, and High-Intensity Drinking** All have different definitions, binge drinking is described as 4 to 5 or more drinks in about two hours, depending on if it is a male or female. Heavy drinking is defined as drinking 5 or more drinks on the same occasion. High-intensity drinking is 8 to 10 or more drinks during one occasion. There are 775k Alcohol Use Disorder diagnoses in the ages 12-17 bracket within 2024. This number only rises as the ages rise. The rise in youth drinking likely has much to do with current events and multiple stressors.

IV. Presentation: What is Recovery?

- a. Recovery can be defined as getting back to normal after a period of difficulty. Most people in recovery view their recovery as a process that affects all aspects of life and changes the way they live. They also define it as a continuous process that never ends.
- b. **Types of Recovery People Go Through** There are various types of recovery one may go through. Physical health, mental/emotional health, life events, behavioral addictive patterns, social relational recovery, self-worth. All of these can be linked to different things for example, illness, depression, loss of a job, eating disorders, toxic relationships, religious trauma, amongst many others.
- c. **What Are Multiple Pathways of Recovery?** A variety of treatment modalities and support personalized to align with one's needs to achieve and maintain sobriety.
- d. **What Can Recovery Look Like with Multiple Pathways?** Structured psychosocial behavioral models designed for recovery. Addiction replacement, or addiction substitution or transfer addiction, replacing one addiction with another. All different types of recovery have multiple different pathways, as there is no one solution for all people.

V. ROSC in Action,

- a. Open call to encourage participants to invite someone who may be interested in joining the ROSC.
- b. Vendor and attendee registration is currently open for the NSSR Health Fair happening 06/15

VI. Cook County Events and Trainings – APRIL EVENTS

Friday ,April 03, 2026	Healthy Chicago, Healthy Women, Healthy Futures
Friday, April 10, 2026	South West Alano Club's Bridgeport Group – 78 th Anniversary Meeting
Saturday, April 18, 2026	Level Up Conference 2026
Saturday, April 18, 2026	Job & Resource Fair
Wednesday, April 22, 2026	UCAN Spring Hiring Fair
Wednesday, April 22, 2026	Goodwill Job & Resource Fair
Thursday, April 23, 2026	Results Based Accountability – Part 2
Thursday, April 23, 2026	Career Fair: Grounded in Skills. Building the Future
EVERY WEDNESDAY	Walk-in Wednesdays – Now Hiring at World's Finest Chocolate

VII. **ROSC Council Member Updates/Discussion/Questions:**

- a. There was a brief discussion of the Level Up Conference being hosted by the Lighthouse Foundation.

VIII. **Adjournment**