



NEAR SOUTH SIDE

MEETING MINUTES

LOCATION: Virtual – Zoom

DATE: 05/12/2026

ATTENDEES:

- Daniel Mendez (EDDR Foundation), Halle Berghoff (EDDR Foundation), Gloria Landingham (EDDR Foundation), Quinella Penermon (TASC), Kenneth Bell (Statewide ROSC), Leslie Givens (Alliance Care 360), Lavior Lennon (Alliance Care 360), Florence Wright (Southside Heroin Opioid Task Force), Cristina Banda (Illinois Family Resource Center), Dante Harris (Puerto Rican Cultural Center), Tiffany Webb (Healthcare Alternative Systems), Haseena Shaheed-Jackson (Ava's Pathway), Belinda Farr (PCA Illinois)

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: Mental Health Awareness Month,** In a single year approx. 35% of all Cook County residents needed behavioral health care but did not receive it. 30-40% of adults with diagnosable mental illness don't recognize their symptoms as a mental health condition prior to screening. 50-60% of people with anxiety disorders have never been diagnosed, and 45-60% of people meeting criteria for major depression are undiagnosed especially if they have mild to

moderate symptoms. 40% of adults believe emotional distress is something people should “handle on their own”. There are elevated screening rates for depression and suicidal ideation among youth and young adults in Cook County. 20% of youth ages 12-17 reported recent suicidal ideation and 26% of youth 18-25 reported the same. Those in Suburban and South/West Side communities experience lower treatment access due to fewer psychiatrists per capita, with an estimated 30-40% lower psychiatrist availability in comparison to North side areas. 61% of all US workers are “languishing” at work experiencing disengagement, burnout, and low fulfillment which are all strongly linked to anxiety and depression. Individuals living with depressive disorders experience reduced health-related quality of life (HRQOL) especially among unemployed and low-income populations. Low-income individuals had 40% higher odds of poor HRQOL, unemployed individuals had 50% higher odds, while 54% of workers indicated that job insecurity significantly increased their stress levels.

IV. Presentation: Mental Health in the Workplace

- a. Gloria Landingham gave a presentation regarding mental health in the workplace in honor of Mental Health Awareness Month. The presentation specifically focused on supporting social service professionals who serve marginalized communities and those with substance use disorders.
- b. 1 in 5 adults experience mental illness each year, emphasizing why this is an important conversation. Individuals who work in these specific fields face higher emotional stress, which when left untreated impacts retention, morale, and care quality. It is also possible for those in these fields to take on trauma from those they serve.
- c. Social Services present unique challenges, including secondary trauma and vicarious trauma. There is often a high caseload as well as exposure to crisis, violence, addiction, and grief. It can be difficult to separate personal and professional life as vicarious trauma can affect many aspects of an individual's life.
- d. Burnout and compassion fatigue are common, and while they present in similar ways they are different experiences. Burnout develops from chronic workplace stress while compassion fatigue comes from exposure to others trauma. Both can lead to things such as anxiety, depression, and disengagement. One of the most important skills to learn is how to not carry these stresses with you, which can be difficult as compassion fatigue especially comes from caring deeply for those you serve.
- e. It is important to be able to recognize if those who you work with may need support. Signs of this can be increased absenteeism and turnover, conflict, low morale, and declining productivity. It's important to promote open conversations about mental health, offer wellness days, and create a healthy work life balance. Those working in these fields should utilize self-care skills to avoid compassion fatigue or burnout.
- f. There was an open conversation after the presentation where council members shared resources. There are service providers that provide services specifically for those who work in these fields. It's important to remember that those in these fields can take advantage of many of the same resources that our clients use if needed.

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 – MAY EVENTS

Friday, May 1, 2026	3 rd Annual Asian-American Conference on Problem Gambling, PRESENTED BY IDHS
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Friday, May 1, 2026	BHWC: Let's Get Together Again: A Celebration of the Peer Recovery Support Specialist Profession! PRESENTED BY UIC
Wednesday, May 6, 2026	"You're Not Like Everyone Else": The Power of Family Peer Professionals
Friday, May 8, 2026	VET CONNECT – EVERY 2 ND FRIDAY OF THE MONTH, PRESENTED BY VETERANS ASSISTANCE COMMISSION
Monday, May 11, 2026	Chicago Veteran Virtual Job Fair
Tuesday, May 12, 2026	State of Illinois Hiring Event
Tuesday, May 12, 2026	Mariano's Hiring Event
Wednesday, May 13, 2026	Gambling By Any Other Name: An Exploration of Emerging Gambling Technologies with Joshua Grubbs
Thursday, May 14, 2026	WALK-IN NONPROFIT CLINIC: Stop Guessing. Start Getting Funded. PRESENTED BY FUNDABLE CHICAGO IN PARTNERSHIP WITH MAYOR'S OFFICE OF FAITH ENGAGEMENT, HOSTED BY K NATION GROUP, LED BY DR. ALEXIS
Thursday, May 14, 2026	MAIN EVENT AND PROGRAM: Addressing Nonprofit Leaders with Mayor Brandon Johnson, PRESENTED BY FUNDABLE CHICAGO IN PARTNERSHIP WITH MAYOR'S OFFICE OF FAITH ENGAGEMENT, HOSTED BY K NATION GROUP, LED BY DR. ALEXIS
Thursday, May 14, 2026	Get Hired – Manufacturing Job Fair
Thursday, May 14, 2026	Best Hire Chicago Job Fair
Friday, May 15, 2026	Demystifying the Code: Ethics in Gambling Treatment with Nan Franks
Sunday, May 17, 2026	South West Alano Club's Annual Crosstown Classic Bar-B-Que, PRESENTED BY SOUTH WEST ALANO CLUB
Tuesday, May 19, 2026	South Chicago May Hiring Event
Tuesday, May 19, 2026	Second Chance Resource Fair
Wednesday, May 20, 2026	Certified Recovery Support Specialist (CRSS) and a Certified Peer Support Specialist (CPRS) Orientation
Wednesday, May 20, 2026	The Emerging Adult Job & Resource Fair (YOUTH 16 – 24)
Thursday, May 21, 2026	South Chicago May Hiring Event
Thursday, May 28, 2026	Feed Your Mind: Using the Circle of Care Tools
EVERY WEDNESDAY	Walk-in Wednesdays – Now Hiring at World's Finest Chocolate

VII. ROSC Council Member Updates/Discussion/Questions:

- a. Alliance Care 360 shared information about their food pantry for those living with HIV. They also receive produce every 3rd Saturday of the month.

VIII. Adjournment