



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L
March 2026 ROSC Meeting

Call to Order by Shaquita Harris

Date: March 18, 2026

Time: 9:30 am – 11:00 am

Location: Lights of Zion

11636 S Halsted Chicago, IL

MEETING AGENDA

Introduction of Attendees- Shaquita Harris

Moderator- Shaquita Harris

Why ROSC is important.....Araina Mickens

Introduction of the Speaker: Araina Mickens

Speaker- Aisha Esquivel (Illinois Help Line)

Topic: Understanding the Impact of Substance Use and Addiction

Questions & Answer

Announcements & Upcoming Events

Next ROSC Meeting 4/15/26

Location: Zoom

Meeting Summary:

Substance use and addiction can significantly affect an individual's physical health, emotional well-being, and daily functioning. People may experience increased stress, anxiety, depression, or difficulty maintaining responsibilities at work, school, or in relationships. Over time, addiction can erode self-esteem and decision-making, leading to feelings of guilt, shame, or isolation. These challenges often make it harder for the individual to seek help, reinforcing the cycle of use and its negative consequences.

The impact also extends deeply to family members, who may experience emotional distress, confusion, and fear for their loved one's safety. Families often face strained relationships, breakdowns in trust, financial pressure, and changes in family roles as they try to cope or compensate. Children and partners may feel neglected or overwhelmed, leading to long-term emotional effects. Despite these challenges, with support, education, and treatment, recovery can strengthen both the individual and the family, helping rebuild trust, stability, and healthier relationships.



Bounce Back to Life Attendance Roster March 2026 ROSC Meeting		
Name	Email	Sector
Shaquita Harris	sharris@loztraininginstitute.com	PLE Other
Araina Mickens	ajmickens56@gmail.com>	Service Providers: Employment Programs
Katrese Joyce	katresej@loztraininginstitute.com	Service Providers: Employment Programs
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Kyle Copeland		Education: Other
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