



## BOUNCE BACK 2 LIFE RECOVERY NETWORK

### BB2L April 2026 ROSC Meeting

Call to Order by Shaquita Harris

Date: April 29, 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- Speaker Panel (Kenneth Bell, Bryant Martin, Fredricka Quinn)

Topic: From Barrier to Breakthrough

Questions & Answer

Announcements & Upcoming Events

Next ROSC Meeting 5/20/26

Location: Zoom

## Meeting Summary:

The Bounce Back 2 Life ROSC meeting featured a panel discussion focused on mental health and substance use disorder (SUD) in our communities, highlighting the widespread impact on individuals, families, and community stability. Panelists emphasized that these challenges are both prevalent and interconnected.

National data shows that in 2024, **23.4% of U.S. adults (approximately 61.5 million people) experienced a mental illness**, while **16.8% of individuals age 12 and older met criteria for a substance use disorder**.

Notably, nearly **one-third of adults with mental illness also experienced a co-occurring SUD**, underscoring the need for integrated, community-based responses. The discussion also noted downstream effects such as increased overdose deaths, suicide risk, strain on healthcare systems, and reduced workforce participation, all of which significantly affect community well-being. [\[naco.org\]](https://naco.org), [\[samhsa.gov\]](https://samhsa.gov)

Panelists shared evidence-informed strategies to strengthen communities and reduce the prevalence of mental health and substance use disorders. Key recommendations included expanding access to early intervention and prevention services, increasing peer recovery support, reducing stigma, and improving coordination across healthcare, behavioral health, social services, and community organizations. The panel highlighted that **more than 20% of adults with symptoms of anxiety or depression report unmet treatment needs**, indicating gaps that community-based recovery-oriented systems of care can address. By investing in trauma-informed approaches, culturally responsive services, and cross-sector collaboration, the panel concluded that communities can improve recovery outcomes, enhance resilience, and foster long-term community health.

Students expressed that they would like to see the following improvements in their communities;

More Community Programs

Encouragement from family/positive reinforcement

Expose our youth to different things and environments to give them something to aspire to.

Schools to teach life skills as a part of the curriculum.

More after school programs

A change in the environment

Resources for parents and children to learn together.

More discussion groups so people can have a safe outlet

More big sister/brother programs

More jobs

More black owned businesses



**Bounce Back to Life Attendance Roster March 2026 ROSC Meeting**

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