



NCCR Council

Lead Agency: PEER Services

Friday April 17, 2026

10am-11am

Zoom Meeting Information

<https://zoom.us/j/93838929203?pwd=aLuFQ1PUpLTz8Za9JzwudY6l6Ry1CR.1>

Meeting ID: 93838929203 & Password: 920920

Meeting Minutes (50 min)

Attendees

Affiliation

Rosalina Barrera-Colon	PEER Services, ROSC Coordinator
Deona Williams	PEER Services, RSS
Cherese Ledet	YWCA
Erika Olandese	PEER, Community Programs Manager
Natalie Larson	PEER, Key Coalition Coordinator
Wanda Bryant-Salaam	YWCA
Norma Canelas	YWCA
Swati Goyal	Cook County Health
Luz Hernandez	Advocate
Zach Schank	Impact
Richard Lyon	MaineStay Youth & Family Services

Topic: United for recovery, stronger together.

Welcome and Introductions

The meeting was opened by Rosalina Barrera-Colon the ROSC program Coordinator.

Rosalina went over the agenda for the meeting. Introductions were shared and the icebreaker question was name one pathway to recovery? Rosalina went over what is ROSC? Rosalina introduced guest presenter Swati Goyal.

Guest Presenter

Swati Goyal is the Community Mobilization Coordinator for Region 8 Behavioral Health Collaborative with Cook County Health.

Come join the Regional Behavioral Health Collaborative! The RBHC brings together community-based organizations, healthcare providers, advocates, and individuals with lived experience to help build a more coordinated, equitable, and responsive behavioral health system across Cook County. Each region hosts workgroups aligned with priority areas identified in the [Regional Behavioral Health Strategic Plan](#). Participants are welcome to join any workgroups that resonate with their expertise or interests. The priority areas for this region include:

- Systems Alignment
- Access to Treatment, Support, and Recovery for Adults and Older Adults
- Behavioral Health Services for Children, Youth, and Families

By participating in the RBHC, you'll have opportunities to connect with local and regional partners, exchange ideas and best practices, contribute to workgroups focused on key behavioral health priorities, and access valuable training and resources. If you would like to register for the meetings, you may register [here](#).

Additionally, come join some of OBH's Upcoming Initiatives:

- Join the Cook County Behavioral Health Apprenticeship & Retention Hub: Interested in learning more about how apprenticeship can address your behavioral health talent pain points? [Cook County Behavioral Health Apprenticeship and Retention Hub Interest Form](#)

- OBH is assessing CBO readiness for Medicaid reimbursement for behavioral health and upcoming HRSN services under the Illinois 1115 Waiver
 - Sessions: [April 30, 2-3 PM](#) or [May 6, 1-2 PM](#) - Your CBO needs to only attend one!

For any questions, please contact Swati Goyal, swati.goyal@cookcountyhealth.org.

Swati Goyal, MPH

Community Mobilization Coordinator

(she/her)

Cook County Health

Office of Behavioral Health

1950 W Polk Street

Chicago, Illinois, 60612

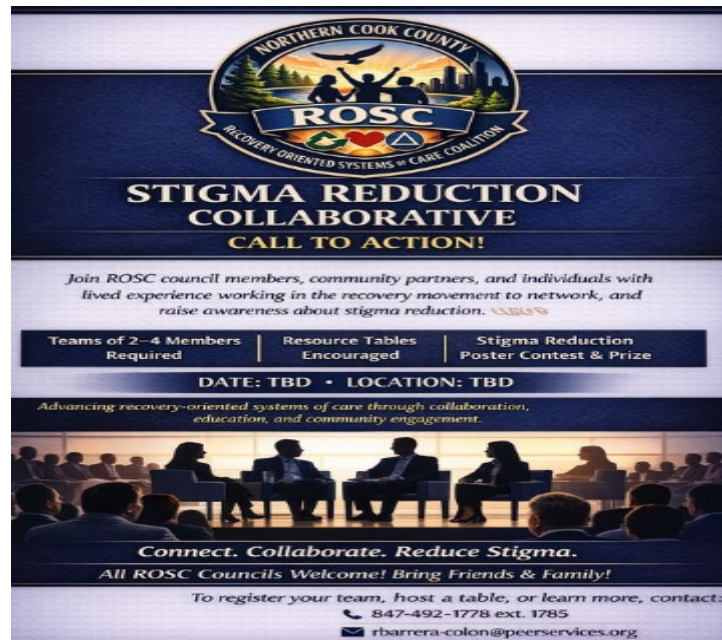
O: (312)-864-0651

E: swati.goyal@cookcountyhealth.org

Discussion

Deona also updated the coalition on the next steps and focus of the stigma event.

THERE IS NO COST ASSOCIATED WITH THIS EVENT!!



Stigma Reduction Event: Confirmed Direction & Timeline

- **Council alignment that stigma is a key barrier to recovery, with a shared goal to increase community awareness and engagement**
- **Active partner outreach underway to support collaboration and event development**
- **Target event window identified: May 18 – June 7, 2026 (weather-conscious, community-friendly timing)**

Next Steps & Key Dates

- **May 7, 2026:**
 - **Team submissions due**
 - **Event guidelines and expectations released**
- **May 14, 2026:**
 - **Location and event space type confirmed (size, capacity, indoor/outdoor considerations)**
- **May Council Meeting:**
 - **Full event overview presented, including finalized date, location, roles, and agenda**

Focus Areas Moving Forward

- **Finalizing event scale and structure (central gathering point, flow of activities)**
- **Identifying a space that supports accessibility, visibility, and community participation**

How ROSC Partners Can Support

Recommend Panelists

Individuals with lived experience, professionals who can speak on the impact of stigma and the importance of recovery support.

- **Bring to Share Resources related to recovery**
- **Help in promoting the event**
- **Attend and Participate 2-4 ppl**
- **Offer Event Support (Location, date, refreshments, etc)**

Recovery News for April

Alcohol Awareness Month – ROSC Council Focus

1. Why This Matters

- > **Alcohol is widely used:** It's the most common substance people struggle with.
- > **Socially accepted:** It's everywhere—celebrations, stress relief, everyday life.
- > **High risk with other substances:** Mixing alcohol with meds or drugs increases overdose risk.

2. Alcohol Is Legal... But Is It Low Risk?

- > **Alcohol is normalized:** People may not see it as harmful.
- > **Used to cope with stress:** Can slow down or disrupt recovery.
- > **Easy to access:** Harder to avoid triggers.
- > **Often overlooked in treatment:** Can lead to relapse if not addressed.

“Legal does not mean low-risk—especially for those in recovery.”

For Individuals (Client-Centered)

- > **Know your triggers:** Pay attention to what makes you want to drink.
- > **Build new habits:** Replace drinking with healthier routines.
- > **Stay connected:** Talk to someone you trust or join support groups.
- > **Practice saying “no”:** It's okay to protect your recovery.
- > **Take care of your body:** Sleep, food, and water help your mind stay strong.

For Organizations (Provider-Aware)

- > **Use person-first language:** Reduce stigma.
- > **Talk about alcohol openly:** Put it on the table.
- > **Screen regularly:** Spot problems early.
- > **Offer peer support:** Lived experience matters.
- > **Create safe, sober spaces:** Support long-term recovery.

4. Working Together (ROSC in Action)


- > **Cross-referrals:** Connect people to the right support.
- > **Shared messaging:** Consistent communication.
- > **Community events:** Promote sober, healthy activities.
- > **Resource sharing:** Fill gaps in alcohol-specific support.

“When we talk about alcohol openly and intentionally, we strengthen recovery for the whole community.”

Resources

Need Support? Help Is Available


TRUSTED RESOURCES




SAMHSA National Helpline
 1-800-662-HELP (4357) 24/7, free & confidential




988 Suicide & Crisis Lifeline
 Call or text 988 Chat: 988lifeline.org




Alcoholics Anonymous
 aa.org (find local & virtual meetings)



SMART Recovery
 aa.org (find local & virtual meetings)



National Institute on Alcohol Abuse and Alcoholism
 niaaa.nih.gov (alcohol addiction research & education)



Reaching out is a strong step—not a weak one.

MOU's Memorandum of Understanding

NCC ROSC is actively building strong, formal partnerships that move beyond conversation into action.

A Memorandum of Understanding (MOU) helps define roles, expectations, and shared goals across organizations.

Formal partnerships ensure our work is coordinated, sustainable, and impactful for the communities we serve.

Signed MOUs demonstrate accountability and readiness to funders and strengthen our credibility as a network.

We are seeking partners who are ready to commit, collaborate, and align with the mission of recovery-oriented systems of care.

Ready to partner with NCC ROSC?

Connect with Rosalina to get started: rbarreracoln@peerservices.org

Community Resource Guide

We are creating a Resource Guide to show all the support and services in our community

This guide will highlight every partner that is part of the ROSC network

Partnership matters—we want everyone who plays a role to be included

If you haven't sent your information yet, please send it to the team

Stay tuned as we build something that reflects our strong, united community to make recovery accessible for everyone.

WE WILL SEE YOU THERE!

Northern Cook County ROSC

Recovery Oriented Systems of Care Coalition

JOIN US FOR OUR NEXT VIRTUAL MEETING Friday,

May 15, 2026

10:00 AM

Join the Meeting

<https://zoom.us/j/93838929203?pwd=aLuFQ1PUpLTz8Za9JzwudY6l6Ry1CR.1>

Meeting ID 938 3892 9203 Password 920920

Together We Build Recovery-Ready Communities

Your voice, presence, and partnership matter.



Supporting Recovery • Strengthening Community • Inspiring Hope

We look forward to seeing you there!

