BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L October 2026 ROSC Meeting

Call to Order by Araina Mickens

Date: October 28, 2026

Time: 9:30 am – 11:00 am

Location: Lights of Zion

11636 S. Halsted Chicago, IL 60628

MEETING AGENDA

Introduction of Attendees- Katrese Joyce

Moderator- Araina Mickens

Why ROSC is important……Shaquita Harris

Introduction of the Speaker: Araina Mickens

Speaker: Faith Jefferson, CADC

Topic: **Mental Wellness Matters: Healing Beyond the Surface**

Questions & Answer

Announcements & Upcoming

Events Next ROSC Meeting

11/18/26 Location: Zoom (Online)

Meeting Summary:

The Bounce Back 2 Life ROSC meeting featured guest speaker Faith Jefferson, CADC, who presented on the topic *“Mental Wellness Matters: Healing Beyond the Surface.”* The presentation focused on the importance of prioritizing mental wellness and recognizing that recovery involves more than addressing what is visible on the surface. The discussion highlighted the connection between mental health, emotional well-being, personal experiences, and the recovery process.

Ms. Jefferson emphasized the importance of looking beyond outward behaviors to understand the underlying emotional, psychological, and personal challenges that individuals may experience. The discussion reinforced the need to recognize unresolved trauma, stress, and other emotional barriers that can affect an individual's overall well-being and recovery journey.

The presentation also highlighted the importance of self-awareness, seeking professional support, developing healthy coping strategies, and creating positive support systems. Participants were encouraged to understand that mental wellness is an ongoing process and that seeking help is a sign of strength rather than weakness.

Overall, the meeting provided valuable insight into the importance of addressing mental health as an essential part of long-term recovery. The presentation reinforced the Bounce Back 2 Life ROSC Council's commitment to promoting awareness, reducing stigma, and connecting individuals and families with resources that support both mental wellness and sustained recovery. The discussion served as a reminder that true healing requires attention to the whole person, including emotional, mental, and physical well-being.

Bounce Back to Life Attendance Roster October 2026 ROSC Meeting

Name	Email	Sector
Shaquita Harris	sharris@loztraininginstitute.com	PLE Other
Araina Mickens	ajmickens56@gmail.com	Service Providers: Employment Programs
Taurean Mickens	tmickens@loztraininginstitute.com	Service Providers: Employment Programs
Kenneth Bell	kwbell@chestnut.org	Service Providers: Other
Katrese Joyce	kjoyce@loztraininginstitute.com	Service Providers: Employment Programs
Solsberry, Eddie		
Gamble, BJ		
Vanosten, Tyrone JR		
Weathers, Prentasia		
Council, Darren		
Gonzalez, Israel		
Green, Sergio		
Harris, Candise		
Henderson, Dontrell		
Lynch, Anthony		
Mercier, Roderick		
Thompson, Torren		
Phinizy, Thomas Najeeb		
Radcliffe, Breonte		
Johnson, Alonzo		
Nelson, Maurice		