

**ALLEGHENY COUNTY COALITION FOR RECOVERY
EDUCATION
Minutes**

Date: December 20, 2016

Co-Chair(s): Keirston Parham; Tacia Brentley

Note taker: Lillie Mathews

Attendees: William Boyce; Jordan Pearlman; Jim Powell; Jessica Francis; Judith Wilkinson; Lis Myers; Mustafa Algasas

Brief Announcements: We welcomed Allison Kelesky and Mustafa Algasas to the group.

Agenda Item: Recovery 101

Committee Goal Being Addressed: Discussion

Discussion: Getting closer to wrapping things up.

Tacia spoke to Dara Richardson about her coming in to our meeting today; however, she did not make it due to a bad connection. The Committee will continue to use Bill/Danielle presentation that they use as a skeleton.

The committee spent time coming up with more great ideas for Icebreakers to warm up the audience.

We decided to use a different M&M icebreaker where every one would take one or two M&M's. Then assign each color as follows:

- Red-your favorite movie
- Orange-your favorite meal/cuisine
- Yellow-your favorite book
- Green-your favorite vacation
- Blue- your favorite TV show
- Brown-your favorite (whatever you choose)

We also chose another icebreaker, which is:

What was your favorite candy when you were a child growing up?

Agenda Item: Recovery 101

Committee Goal Being Addressed: Discussion

Discussion: Goals and Objections

We continued to look at Bill's and Danielle style presentation (as a skeleton), and brainstormed ways to say exactly what we wanted to convey about this product. Demonstrate an understanding of the importance of recovery and wellness as they

apply to planning for success. Apply the principles of recovery. What is Recovery, define it, use other people's definition of it, and there is all kinds of recovery.

- Tacia thought of role-play/skits using two people one being a person served and the other not being a person served, using your own experience.
- Jessica thought instead of using "demonstrate" try using a pretest and post test using the same 3 questions about recovery.
- KP suggested taking out where it says #2 "in your lives" and keep "applying the principles effectively..." since some people may think that it does not apply to them cause they aren't peers.
- Lis suggested that we should define medical vs. recovery model.
- Jessica suggested we need a reason why it is so important. Show why it is important; how did we get here to this place? What happened?
- KP talked about the impact it has on treatment:
 - Decreases in the amount of visits to the hospital,
 - Less frequent crisis, shorter stays in hospitals...
- Define each Principle of Recovery
- Don't put the Principles of Recovery so close to the Dimensions of recovery, don't use too many slides

<u>Action Item</u>	<u>Person Responsible</u>	<u>Target Date</u>
Bill Boyce will make the changes	BB	1/17/17

Next Meeting: January 17, 2017
Pittsburgh Mercy (Southside)
330 Ninth Street
12:30P.M. To 2:00P.M.