

JANUARY 2024

ISSUE 1

# ROSC/TEECH FOUNDATION

DRUG AND RECOVERY SUPPORT



## WELCOME: HAPPY NEW YEAR!

### TEECH Foundation Welcomes You to 2024!

Happy New Year! The TEECH Foundation is thrilled to have you join us as we begin another exciting year. While we have plenty of plans ahead for 2024, we'd like to take a moment to reflect on our successes from 2023.

Take a look at some of our highlights from last year!



# Save the Date

FSSRI/TEECH Yearly GALA

Guest Speaker Latrina Joshua

RVSP Now Seats are limited.



## DARE TO DREAM TEECH/FSSRI 2ND Annual

*Enjoy*

Dinner | Music  
Guest Speaker  
Give-A-Ways & More

# Gala



**APRIL 14, 2024**

**3 pm - 7 pm**

**\$100 Donation**

*Held @*

**Elements on the Odyssey**  
16235 S. Lagrange Rd | Orland Park, IL

For more info, please visit...  
[www.teechfoundation1.org/gala](http://www.teechfoundation1.org/gala)





# HAPPY NEW YEAR'S

TEECH began our New Year's with exciting news.

Our poster was seen on the Chicago Transit Authority Bus. What a way to bring awareness to Substance Use and Mental Health.



**2023**  
*Highlights*



# NEW ADDITION TO OUR ROSC COUNCIL

Sam the Barber (Licensed, Insured and Mobile)

Samuel the Barber with Haircuts for Humane has joined our Far Southside ROSC Council. He is offering his services to TEECH Participants twice a month. He stated “all someone have to do is give just a little assistance and that goes a long way, which is what prompted me to follow the will of God. He said, “he wants to provide services throughout the Chicagoland area to assist those in need.” In addition, Samuel said, “it’s not about the haircut but the experience involving the haircut” More information please contact TEECH.



**2023**  
*Highlights*



**TEECH Recognizes the African American Men  
Staff Who Provide Leadership and Education  
for the Communities.**

*Welcome  
Mr. Gregory Cox (Educator, Author, and Leader)*



**2023  
Highlights**



**Mr. Robert Buford, RC  
(Community Health Specialists)  
Mr. Frederick Buford, RC, CPRS  
(ROSC Coordinator/Educator)**



*Sam the Barber*

**2023  
Highlights**





# TEECH FOUNDATION

## April Newsletter 2023

### April Far Southside ROSC Meeting

Our April Far Southside ROSC Meeting was presented in a GALA format, including PLE's, Family, Friends, Community and Partner's.

The Spring Into Health & Wellness event was hosted by the TEECH Foundation and the Far Southside ROSC Initiative to promote a healthy lifestyle and habits.

**2023  
Highlights**

The TEECH Foundation  
Advancing Health Equity

FSSRI Far Southside ROSC Initiative  
PLANNING FOR A BETTER COMMUNITY

TEECH FOUNDATION AND  
THE FAR SOUTHSIDE ROSC INITIATIVE

*Spring Into  
Health and Wellness*

**APRIL 16, 2023**  
**SUNDAY**  
AT 3:00 PM TO 7:00PM

**\$100 DONATION**

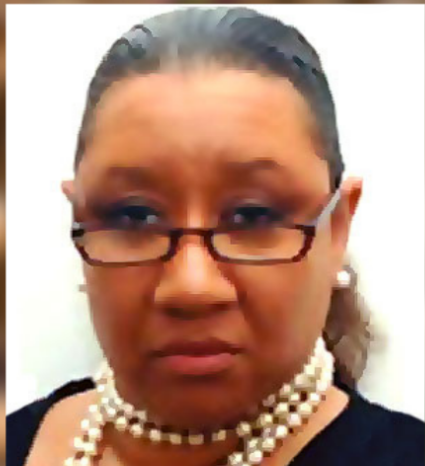
elements  
BY THE OLYMPIAN

BANQUET HALL  
EAST OF HOMEWOOD SUITES  
16235 S LAGRANGE ROAD, ORLAND PARK ILLINOIS 60467



# April Far Southside ROSC Meeting Continued

## Featured Guest



**Janine Ingram**  
Certified Life Coach



**DJ Lip Gloss**  
DJ LipGloss Entertainment



**John F. White**  
Saxophonist



**Bryant Turner**  
Comedian

## Gala Highlights

The event featured engaging activities, workshops, and resources to help participants learn more about leading a healthy lifestyle.

There were also a variety of experts on hand to help attendees learn more about nutrition, exercise, sleep, stress management, and other important components of health and wellness.

There was also live performances that kept everyone entertained showing that music and laughter can help us live a healthier, more balanced life!



JOIN US ON SOCIAL MEDIA FOR MORE PHOTOS FROM THE GALA



teechfoundation





# TEECH FOUNDATION

## May Newsletter 2023

### "The Gala Was Amazing"

The Far Southside ROSC GALA was an evening to remember. We engaged in fun activities with family friends, and community and partner's.

The Spring Into Health & Wellness event was hosted by the TEECH Foundation and the Far Southside ROSC Initiative to promote a healthy lifestyle and habits.



**2023**  
*Highlights*



# The Gala Continued

## *Featured Guest*



**Janine Ingram**  
Certified Life Coach



**DJ Lip Gloss**  
DJ LipGloss Entertainment



**John F. White**  
Saxophonist



**Bryant Turner**  
Comedian

There was also live performances that kept everyone entertained showing that music and laughter can help us live a healthier, more balanced life!

“**This GALA was AMAZING. The food, the gifts, the entertainment, the awards... the Spirit was So Beautiful. TEECH taught us something. They Are The Best At Everything They Do.**”

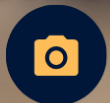
**Thank you.**

**Ernest Basim  
Abdullah**

**2023**  
*Highlights*

WITH US ON SOCIAL MEDIA  
PHOTOS FROM THE GALA

on1



teechfoundation



# Gala Pics

I had the pleasure of attending the TEECH/Far South Side ROSC Gala.

Truly inspirational and a great success. TEECH is doing amazing work in the communities it serves.

Honored to accept a beautiful award on behalf of United Mental Health and Recovery Coalition (UMARC). Dr. Karen White is a leader in the Coalition. Thank you for your steadfast support and dedication to UMARC'S mission.

**Angelia Smith**



The TEECH Foundations first gala was nothing short of amazing, well organized and fun filled. From the moment one entered the ballroom, the decorations and photo op set the tone. Next it was the table decor...superb.

The saxophonist and DJ kept the party going until the end. And the raffle prizes exceeded the winners expectation. Dr. White and her team did an outstanding job. Great job TEECH Foundation.

**Michelle Stewart, EdD**

## 2023 Highlights





# May Far Southside ROSC Council Meeting

Join us for our ROSC Council meeting for the month of May in the form of our 2nd Annual Community Memorial Day Celebration held on Sunday, May 21st.

Please visit our website to RSVP



**MAY 21st SUNDAY**

FAR SOUTHSIDE ROSC COUNCIL COME OUT AND JOIN US

## 2ND ANNUAL COMMUNITY MEMORIAL DAY Celebration

*No Cost*

**FUN, GAMES, PRIZES, MUSIC, AND COMMUNITY UNITY**

*Bringing People Together*

**FREE PARKING | 10:00 AM - 2:00 PM  
DAN RYAN WOODS FOREST PRESERVES  
87TH DAN RYAN**

*Sponsored By:*  
Far Southside ROSC, TEECH, UMARC, CRCC, Opioid Southside Task Force, Brighter Behavior Health



**2023 Highlights**





## Our 2nd Annual Memorials Day Gathering

Delivering newsletters through email is one of the best ways to build a strong relationship with your members and customers. Give them exclusive access to your latest collections.



**2023**  
*Highlights*

Foundation1.org | 1750 W. 103 rd | Chicago, Illinois 60643



# Our 2nd Annual Memorials Day Gathering



**2023**  
*Highlights*

Foundation1.org | 1750 W. 103 rd | Chicago, Illinois 60643



# Juneteenth



## Freedom

Juneteenth was first recognized as a federal holiday in 2021 when President Joe Biden signed the Juneteenth National Independence Day Act into law. This historic event marked the first new federal holiday since the adoption of Martin Luther King Jr. Day in 1983.

<https://www.carrollu.edu/articles/news/2020/06/juneteenth>

**2023**  
*Highlights*







Emancipation Day celebration, June 19, 1900 held in "East Woods" on East 24th Street in Austin. Credit: Austin History Center.



June 19, 1865. This past June 19th, marked the day 155 years ago that enslaved people in Galveston, Texas, learned the news that the Civil War had ended and they were free.

Although President Lincoln issued the Emancipation Proclamation nearly three years earlier on Sept. 22, 1862—declaring all enslaved people within the Confederate states free effective Jan. 1, 1863—it took until this day in 1865 for the more than 3.5 million enslaved people in the United States to truly be free.

<https://www.carrollu.edu/articles/news/2020/06/juneteenth>

**2023**  
*Highlights*



## JUST THE FACTS

Children with involved dads are less likely to be mistreated.



SOURCE: Bendheim-Thomas Center for Research on Child Wellbeing and Social Indicators Survey Center. (2010). CPS involvement in families with social fathers. *Fragile Families Research Brief*, 46. Princeton, NJ and New York, NY: Bendheim-Thomas Center for Research on Child Wellbeing and Social Indicators Survey Center.

National Fatherhood Initiative  
www.fatherhood.org

According to the U.S. Census Bureau, 18.4 million children, 1 in 4, live without a biological, step, or adoptive father in the home.\*

That's enough children to fill New York City twice or Los Angeles four times over.

Research shows that a father's absence affects children in numerous unfortunate ways, while a father's presence makes a positive difference in the lives of both children and mothers.

\*U.S. Census Bureau. (2022). Living arrangements of children under 18 years old: 1960 to present. Washington, D.C.: U.S. Census Bureau.

## JUST THE FACTS

Involved dads improve their children's overall emotional and social well-being.



National Fatherhood Initiative

SOURCE: Adamsons, K., & Johnson, S. K. (2013). An updated and expanded meta-analysis of nonresident fathering and child well-being. *Journal of Family Psychology*, 27, 589-599.

2023  
Highlights

# FATHERHOOD





# FSSRRI/TEECH Networking

**2023  
Highlights**



# CELEBRATING THE START OF THE FISCAL YEAR Highlight

Staff Robert Bufford RC, CPRS Successfully Distributed over 2,000.00 HIV Take home test with pilot program for the Center for Disease Control (CDC) - Partnered with Alliance care 360.



## SAVE THE DATES

Recovery Month

Community Kickoff- FSSRI/TEECH  
and Brighter Behavior Choices Inc., NFP

Speak - A- Thon and Back to School Book Bags and Supplies

Date:9/24/2023

Time: 10:00 A.M. - 2:00 P.M.

Location: To Be Determined

**2023**  
*Highlights*



2023  
*Highlights*

## BUILDING A HEALTHY RELATIONSHIP WITH SELF.



- Validate all your feelings.
- Check-in with yourself
- Remember it's Ok to say no.
- Make time for yourself and things you enjoy.
- Set Boundaries.
- Remind yourself that it's not selfish to take care of yourself.
- Consider journaling.
- Try to think of positive affirmations about yourself each day.
- Meet and maintain communication with support groups.

## BUILDING HEALTHY RELATIONSHIPS WITH OTHERS

Healthy relationships with others help us to evolve in our recovery process and help foster personal growth. They should be supportive, stable, and reliable. They enrich our lives and help us to navigate the darkness when we lose our way.

<https://www.ashleytreatment.org/rehab-blog/healthy-relationships-recovery/>



# PRICING OUT OUR SENIORS AND SUBSIDIZED RESIDENTS

Meeting Every Wednesday for Discussion

5:00 p.m. 6:30 p.m.

Bethany Union Church

1750 W 103 rd Street

Chicago, Illinois 60643



If you need assistance or if you are interested in learning more about ONU's campaign or want to get involved, please contact Arie Venick at [ari@tenants-rights.org](mailto:ari@tenants-rights.org).

**2023**  
*Highlights*



# TEECH FOUNDATION

September Newsletter



## September is Recovery Month

Drug addiction currently called substance use disorders is classified as a disease that affects the brain and behavior that leads to an inability to control the use of legal or illegal drugs and or medication. This also includes Nicotine, cannabis, and alcohol. ([www.mayoclinic.org](http://www.mayoclinic.org))

**2023**

*Highlights*



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# MULTIPLE PATHWAYS TO RECOVERY HAVE PROVEN EFFECTIVE.

Multiple Pathways of Recovery is a highly personalized approach that is based on the core concepts of motivational interviewing. This approach focuses on strength building, individualized coping skills development, and providing resources. Helping the person find their own path increases “buy-in” tremendously and can produce a long-lasting remission”.

Recovery from addiction is a lifelong process and specific to the individual. Addictions to drugs or alcohol not only have different causes, but they also have different solutions. Many have tried to define and categorize the Addiction Recovery experience. Spiritual to secular, natural to treatment-assisted, abstinence-based to medication-assisted – these are just a few of the frameworks used to help an individual recover from addiction. These methods are each referred to as a pathway to Recovery.

[www.7summitpathways.com](http://www.7summitpathways.com)



## “It’s the Process” says Kejuan Stafford

Kejuan said when I first started using drugs it was because I wanted to find something to cope with the pain from losing my brother, but with doing that it led me to jail. I was in and out of jail since the age of 12 and I am now 21. I used to not believe anything could happen to me and I did not think about how my actions was affecting others who love me. I used to always think about myself until I came into the TEECH program. They assisted me with my thinking and behavior which lead me to realize the value of my life and getting my life together. Since being in TEECH I have stopped using drugs and I have got my high school diploma, my social security card and my identification card. I am no longer what I want in life but understand its it a go through in life to reach your goals. I getting into the Employment and Training of Chicago to continue my road of work at Dakota for a few years, then a motivational speaker for the TEECH Foundation.



**2023**  
*Highlights*





# TEECH FOUNDATION

## October Newsletter

### October was Breast Cancer Awareness Month

Most of us have been impacted by cancer in one way or another. We are acknowledging Breast Cancer this month with hopes of everyone getting themselves checked out.

For nearly four decades now, the country has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer – including mucinous breast cancer (MBC) – and the importance of early detection and access to timely, high-quality care.

**2023**  
*Highlights*

[teechfoundation1.org](http://teechfoundation1.org) | 1750 W. 103rd | Chicago, Illinois 60643



# BREAST CANCER AWARENESS

1 in 8 women will be diagnosed with breast cancer in her lifetime. That's one person every 2 minutes in the U.S.

The two most common risk factors of breast cancer are being born female and getting older.

In 2022, it is estimated that nearly 44,000 people in the U.S. will die from breast cancer.

## Know Your Risk

Knowing your family history is lifesaving. Talk to a doctor about your family history and see how that history impacts your risk of breast cancer. You and your doctor can create a personalized plan to monitor for signs of the disease.

## Get Screened

For women at average risk, have a mammogram every year starting at age 40. If you have any signs of breast cancer, getting it early and getting it treated may save your life.

**2023**  
*Highlights*







# TEECH FOUNDATION

## November Newsletter

## Happy Holidays!

We at TEECH want to wish everyone HAPPY HOLIDAYS and remember to take care of yourself, relax, and enjoy. Life can be stressful during this time of the year, but we want you to know we are always here for you, your loved ones, and the community. Please use resources and be safe. Spread peace, love, and unity. Sharing a meal, giving a kind word, or just a friendly smile can make a person's day.

Holidays can cause increased stress, mental health, substance use, and domestic violence. We speak lightly of how domestic violence is an important part of many individuals' everyday lives, which becomes their reality. In these areas, during the holiday's domestic violence spikes tremendously.

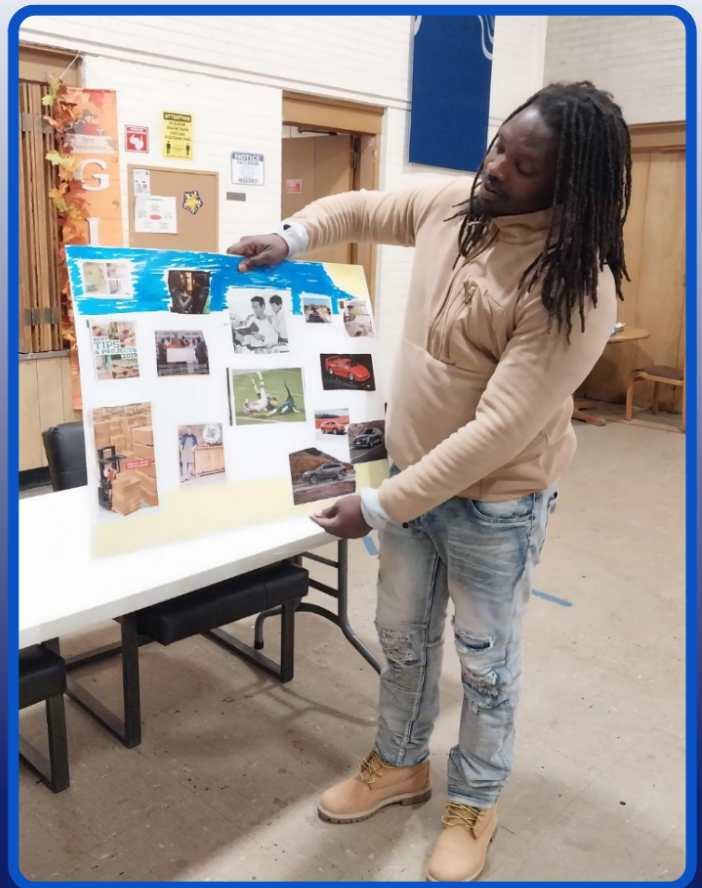
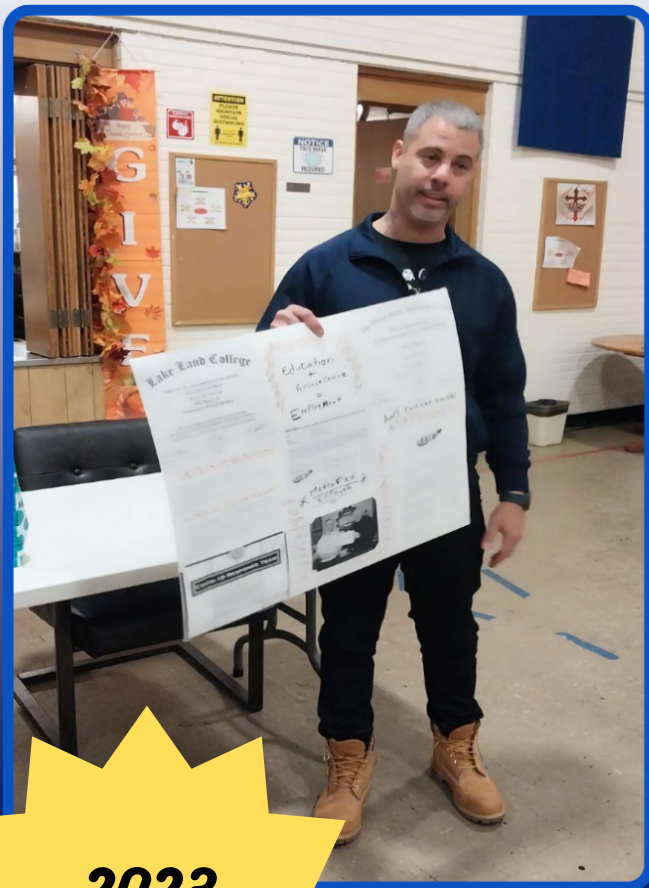
**2023**  
*Highlights*

foundation1.org | 1750 W. 103rd | Chicago, Illinois 60643



# "DARE TO DREAM"

TEECH strives to move the participants into different paths so they can live the life they have always desired. However, to do this, they must be able to use their voices along with gaining the ability to see themselves in better places. Therefore, encouraging them to set goals that allow them to dream and dream big. We ensure that everyone who comes through TEECH can create a vision board to place that glimmer of hope in their lives that says, "I can do this, and my future will be great."



**2023**  
*Highlights*



# CONTRIBUTIONS FOR OUR COMMUNITY DRIVES



**2023**  
*Highlights*

Foundation1.org | 1750 W. 103rd | Chicago, Illinois 60643



# Reminder! Help Is Here!

THE ILLINOIS HELPLINE FOR OPIOIDS AND OTHER  
SUBSTANCES

Call 833 - FINDHELP/ (833) 234-6343 or text "HELP to 833234.

Available 24/7, 365 days a year and is completely FREE.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

TEECH continues to distribute Narcan and host trainings.

In need of Narcan or training? Contact TEECH

## 988 Suicide and Crisis Lifeline

People can call, text, or chat the number, and be routed to counselors of the  
National

## We Want You to Know

Recovery requires a lifelong commitment and looks different for everyone.

Standing by a loved one as they fight substance use disorder can be challenging, but you can help them in their recovery when you see the person, not just their addiction. <https://www.in.gov/recovery/know-the-facts/>

[www.teechfoundation1.org](http://www.teechfoundation1.org) | 1750 W. 103rd | Chicago, Illinois 60643





# Far Southside ROSC Initiative Community Meetings

We come together to address addiction, recovery, family, friends, and community concerns and issues and also to educate and network. You are invited to attend the monthly ROSC meetings every 4th Monday of the month from 10:00 a.m. to 12:00 p.m. Location: Bethany Union Church 1750 W 103rd Street, Chicago, Illinois 60643 or Zoom.

## Call to Action:

Chicago's violent crime rate is 164% above the US average. The murder rate is four times above the national average, with other violent crimes being more prevalent than in other average cities.

Crime in Chicago overall has increased during the past five years by nearly 20%, according to an official report by the Chicago Police Department. The year-over-year change in crime was even greater last year. Between 2021 and 2022, overall crime in Chicago increased by 41%, after overall crime had decreased each year in 2019 and 2020 and slightly increased in 2021.

Chicago's extreme gun violence has been described as an epidemic- where gang-related shootings are often spontaneous and unpredictable.

This call to action from TEECH emphasizes the need to treat enhancing the quality of life as a community epidemic. Please visit our website to view our community involvement and while you are there please donate.

[www.teechfoundation1.org](http://www.teechfoundation1.org).

Please call or email TEECH for all donations (224) 406-3698 or email:

[drkwhite@teechfoundation.net](mailto:drkwhite@teechfoundation.net), or donate through our website

[www.teechfoundation1.net](http://www.teechfoundation1.net).





## AND CONNECT WITH US ON SOCIAL MEDIA



teechfoundation1



[www.teechfoundation1.org](http://www.teechfoundation1.org)



teechfoundation



[drkwhite@teechfoundation.net](mailto:drkwhite@teechfoundation.net)

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## Vision

T.E.E.C.H Foundation's vision is to continue fighting the fight of addiction by building a platform of unity and resources through advocacy and education with the goal of sustaining long-term recovery. T.E.E.C.H strives to build communities that no longer fear or stigmatize the recovering or mentally challenged person but treats them with dignity and respect; therefore, offering services to make this vision a reality.

## Mission

To dispel fear and enhance the love of self and others through the vehicle of education for the recovering person and community; embracing the philosophy, "If it's to be, it is up to me". T.E.E.C.H believes recovery is comprised of countless pathways that contribute to a healthy quality of life for those who are seeking long-term recovery.