

# MARCH 2024 NEWSLETTER



## WOMEN'S HISTORY MONTH

### TEECH FOUNDATION AND THE ROSC COUNCIL

#### DRUG AND RECOVERY SUPPORT

Every year, March is designated Women's History Month by presidential proclamation.

The month is set aside to honor women's contributions in American history.

*Did You Know? Women's History Month started as Women's History Week...*

# WOMEN'S HISTORY MONTH



Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th, 1980, as National Women's History Week

<https://www.womenshistory.org/womens-history/womens-history-month>

# History Was Made!

**They said it could not be done, but I proved them wrong.**

Rev. Dr. Karen White, CADDC, NCRS, RCT, is the first female in her family to have accomplished the highest level of education through educational institutions. She is coaching other female family members to do the same and more.



# **Our Labor is not in Vain!**

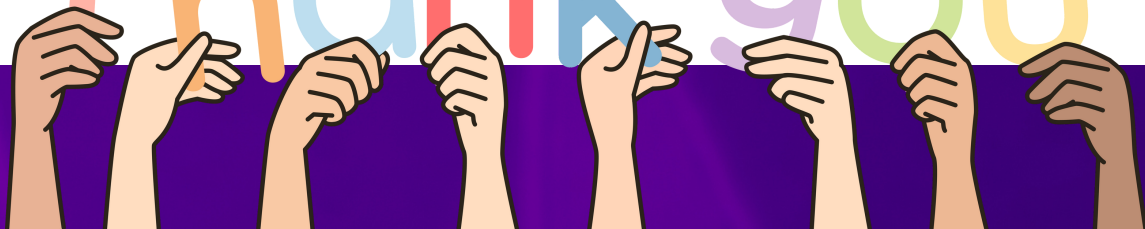
**Transforming Educating and Empowering  
Children & Humanity (dba TEECH)  
Far Southside ROSC Council**



The Far Southside ROSC Council and TEECH Foundation continue to work toward breaking down barriers for those in active addiction and recovery and those with mental health issues. We aim to sustain safe and productive communities with the assistance of our collaborators.

Dr. White and the Board of Directors would like to 1st acknowledge the TEECH Foundation Team. All our accomplishments are the results of working as a Team.

Thank you



# Thank you for giving of yourself to assist others.

**De'Shara Shells CPC, RC – Program Manager**

**Frederick Bufford – RC, CPRS**

**Jamia Shells – RC, CNA**

**Robert Bufford – RC, CPRS, NCRS**

**Sherry Nolan – AAS, CAMS-II, PAIP**

**Gregory Cox – RC**

**Massie Isabell Green – M.D.**

**Sharita Collins - MA**

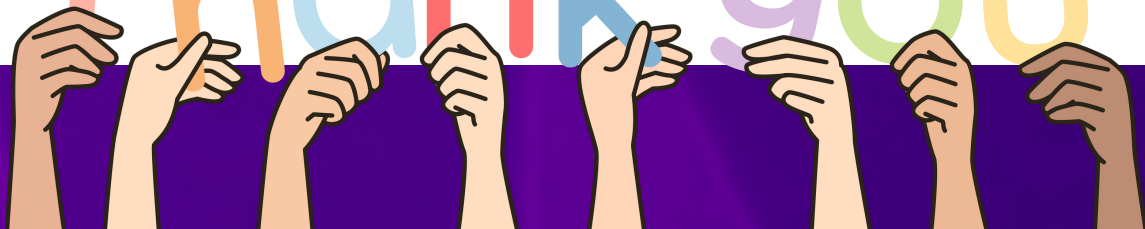
**Andrea Darling - MA**

**James Greene JD, LLM**

**Michael Carter**

All our partners and collaborations have been an essential part of how we have been able to maintain the TEECH Foundation's mission and vision. At the same time, we are meeting the goals that we have put in place for our organization.

Thank you



# OUR CONTINUOUS WORK

TEECH FOUNDATION | MARCH, 2024

## ROOT CAUSES

We continue to address the root causes of most community issues, which are substance misuse, alcohol, and mental health. Although the barriers at times seem to be extreme, and we cannot visually see the results of our labor, we continue this path of serving those in active addiction, recovery, family, friends, and the community..



## GLIMMER OF HOPE

The reason is that we understand that there are different outcomes, which means sometimes we plant the seed, water the seed, or see the harvest. So, we continue to work with those we are entrusted to serve, and at times, we are acknowledged, which keeps us with that glimmer of hope.

## HOW WE LISTEN

The year began with listening to those in active addiction, recovery, family, friends, and the communities' issues and concerns, which allowed us to provide some reprieve in the areas of addiction, mental health, crime, and violence.



# RECOGNITION



We have made tremendous strides and significant accomplishments and have been acknowledged for this work by the following:



## Awards

- No More Tears at Last Annual Homicide Inc. Awards Banquet in Birmingham, Alabama.
- We received the "When Caged Birds Sings" Award.



# RECOGNITION CONTINUE

Faces and Voices requested TEECH to participate in their Inaugural Leadership Cohort. This cohort aims to bring together passionate individuals from diverse organizations across Illinois to share experiences, build networks, and enhance leadership and team-building skills.



## Collaboration

Although we have worked with the Illinois Department of Corrections (IDOC) for years, we acquired most of the participants through partners. However, because of input from participants, partners, parole agents, recovery homes, and our success rates with returning citizens, we have been listed as one of the primary recovery programs they will directly contact for services.



# OUR YOUTH



Although some of our youths are not as easy to work with for many reasons, we have made strides in addressing some of these issues with our youths with the assistance of Gro Community Center and CREED.

This prompted TEECH to add another team member to our ROSC Council. She is the ROSC youth community advocate who will be working directly with the youth population. Our goal is to engage youths in the ROSC Council to assist with providing information and direction on how and what is needed for the youths to address addiction, mental health, criminal activity, and homelessness.

Hooray! Thus far, we have three youths currently involved in the ROSC program, and they are willing to use their voices to assist with addressing the issues and concerns of the youths.



# Becoming a Certified Recovery Congregation



Many individuals we serve speak to how the church is their chosen recovery pathway. However, we know that it is vital for the church to receive and assist those who struggle in the areas of addiction and mental health. So, Dr. Karen

White will be providing training in the areas of addiction, mental health, suicide, and Narcan to assist the congregations with becoming Certified Recovery Congregations. Therefore, allowing congregations to have people on their team with knowledge and resources to ensure those in need receive proper assistance. ***For more information, please call (224) 406-3798.***

**We have four congregations set to start their training to become certified recovery congregations.**

**The Historical Bethany Union Church**

**Joy Life Center**

**Second Mt. Vernon Missionary Baptist Church**

**Fellowship Missionary Baptist Church**

# Upcoming Events

## MARCH

March 23, 2024

Department of Recreation  
*22nd Annual Health Fair*

9:00 a.m. – 12:00 p.m.

14600 S Ravinia  
Orland Park, Illinois

March 30, 2024

*Faith Leaders Brunch*

Fellowship Missionary

Baptist Church

10:00 a.m. – 1:00 p.m.

4643 S Princeton

Chicago, Illinois

RVSP Now Seats are limited.

See Barcode or contact

Ms. Florence (773) 909-1948



**FAITH LEADERS BRUNCH**

SPONSORED BY **EMERGENT**

**SOUTH SIDE HEROIN/OPIOID TASK FORCE**

**CDPH** Chicago Department of Public Health

**JAYR'S**

**SUD-COE** Southside University of Chicago Center of Excellence

**CRCC Westside ROSC Council** Supporting a Diverse Chicago West Side Community

**Abilitative SYSTEMS, INC.**

**Above and Beyond** Southside Recovery Center

**HEROIN OPIOID TASK FORCE**

**Register Here**

SCAN ME

March 30th, 2024  
10:00am to 1:00pm

Hosted by:  
Fellowship Chicago Recovery Ministry and Southside Heroin Opioid Task Force

APRIL

*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)

MAY



# FSSRI/TEECH Annual Memorial Day Celebration

Sunday, May 19, 2024  
Forest Preserves  
87th Day Ryan Woods

# Save the Date

# GET STARTED

## KNOW YOUR STATUS

**FREE In-Home HIV Self-Testing Kits Available  
at**

**TEECH Foundation Recovery Support**

**Address:**

**1750 W 103rd St,**

**Chicago, IL 60643**

**Phone: (224) 406-3798**

**Available for FREE until**

**June 30th, 2024**

**Anyone who wants to  
know their "status", is  
encouraged to get  
tested.**



Under the HIV self-testing (HSTK) kit distribution initiative, Self-testing kits are currently FREE and administered in the privacy of your home or a safe space of your choosing to screen for HIV.

With early diagnosis and early and effective treatment, persons living with HIV can lead healthy lives no different from anyone else. A person living with HIV and taking their medications daily is considered "undetectable" and unable to transmit the virus to others and can live long healthy lives.

Provide us with your results and receive a **\$25.00 GIFT CARD.**

Persons testing positive will be linked to PRIVATE and CONFIDENTIAL care services at no cost and all medications are FREE of charge.

**If you are interested in free STI testing, please call our partner agency Alliance Care 360 at 312-808-1044.**

# **YOUR RESULTS, YOUR WAY. NO WAIT. NO PROBLEM.**

**Also, ask us about PrEP the FREE  
medication to prevent men and women  
from getting HIV.**

**312-808-1044**

## **KNOWING YOUR STATUS GIVES US POWER**

**Provide us with your results and receive an  
incentive for participation.  
\$25.00**



# 2024 Meeting Calendar

## FSSRI FAR SOUTHSIDE ROSC TEECH FOUNDATION



### ROSC MONTHLY MEETINGS

These learning collaboration ROSC meetings are in person or via Zoom. You will network and collaborate with other TEECH Foundation partner participants in ROSC activities such as community empowerment and initiatives, data, best practices, and relevant news related to ROSC




Meeting ID: 834 5712 9193 | Password: 553998  
Phone Number: 312-626-6799

### ATTEND EVERY 4TH MONDAY OF EVERY MONTH @ 10:00 AM


- |   |  |
|---|--|
| ✓ January 22nd                                      | ✓ July 22nd  |
| ✓ February 26th                                     | ✓ August 26th  |
| ✓ March 25th  | ✓ September 23rd                                       |
| ✓ April 14th <i>Annual Gala</i>                     | ✓ October 28th   |
| ✓ May 27th <i>Annual Memorial's Day Celebration</i> | ✓ November 25th <i>Annual Thanksgiving Celebration</i> |
| ✓ June 24th   | ✓ December 23rd  |



# COMMUNITY AWARENESS



## ATTENTION MOTORISTS




**SNOW ROUTE**  
No Parking 3am - 7am Dec 1 - Apr 1  
NO PARKING when snow is over 2 inches deep  
TOW-AWAY ZONE

**NO PARKING**  
3am - 7am Dec 1 - Apr 1  
TOW-AWAY ZONE

BEGINNING DECEMBER 1<sup>ST</sup>, IF YOU SEE A POSTED SIGN THAT SAYS NO PARKING BETWEEN 3AM AND 7AM THAT MEANS THAT THE WINTER OVERNIGHT PARKING BAN IS IN EFFECT ON THIS STREET, WHETHER IT SNOWS OR NOT. DO NOT PARK AT THIS LOCATION BETWEEN 3AM & 7AM FROM NOW UNTIL APRIL 1<sup>ST</sup> OR YOU WILL BE TICKETED AND TOWED.

YOU SHOULD ALSO AVOID PARKING HERE DURING HEAVY SNOW STORMS WHEN MORE THAN 2 INCHES OF SNOW HAS FALLEN.

IF YOU BELIEVE THAT YOUR VEHICLE HAS BEEN TOWED YOU CAN DIAL 311 FOR MORE INFORMATION OR CONSULT THE CITY OF CHICAGO'S HOMEPAGE AT [WWW.CITYOFCHICAGO.ORG](http://WWW.CITYOFCHICAGO.ORG)






VISIT CHICAGO IN 2024 AND BE PART OF THE NATIONAL RECOVERY MOVEMENT!

# SAVE THE DATE

**SATURDAY  
SEPTEMBER 21  
2024** Chicago, IL

TURNING THE HEROIN HIGHWAY INTO THE RECOVERY PATHWAY!

Chicago Recovering Communities Coalition  
recovery community organization, peer-led, peer-driven

Promoting Principles of Recovery

FACES & VOICES OF



## EMERGENCY HEATING REPAIR PROGRAM (EHRP) 2023-2024

The Emergency Heating Repair Program (EHRP) is a grant program available to income-eligible Chicago homeowners for service to repair or replace their furnace or boiler heating system. Grant funds are limited and available on a first-come, first-served basis.

### OPEN ENROLLMENT PERIOD

November 1, 2023 to April 1, 2024  
You can call 311, go to the CHI311 app, or visit [www.chicago.gov/ehrp](http://www.chicago.gov/ehrp) to apply

### MAXIMUM GROSS INCOME (2023)

Size of Household	80% Area Median Income
1 Person	\$61,600
2 Person	\$70,600
3 Person	\$79,450
4 Person	\$88,250
5 Person	\$95,350
6 Person	\$102,400
7 Person	\$109,450
8 Person	\$116,500

The program is open to Chicagoans who own and occupy a 1-to-4 unit residential property within the city limits. The property must be in habitable condition and not at risk of foreclosure. Commercial and mixed-use properties do not qualify.

**FOR MORE INFORMATION**  
312-744-3653 | [DOH@CITYOFCHICAGO.ORG](mailto:DOH@CITYOFCHICAGO.ORG)



# COMMUNITY AWARENESS



Center for   
**Community Engagement**  
at Chestnut Health Systems

## Engaging the Illinois Faith Community to Increase Recovery and Mental Health Community Support

Illinois is a diverse State with nearly 13 million residents, 73% of whom identify as being part of roughly 11,800 communities of faith.<sup>1</sup> Often, faith communities are one of the first places individuals and families impacted by substance use disorders and other mental illnesses turn to for help.



Substance use and mental health disorders do not discriminate, they can affect anyone in any community. In 2023, 28.7% of adults in Illinois reported symptoms of anxiety or depressive disorders.<sup>2</sup> Which means, over 1 in every 4 Illinois residents is impacted by a mental health disorder. This number increases when including family members and loved ones of individuals suffering from mental health disorder symptoms or diagnosis. Statistically, this also means that these individuals and families are participants in faith communities across the state.

The Illinois Faith & Recovery Collaborative seeks to support and empower the work faith communities are doing to support individuals and families by providing information, trainings, toolkits, and networking opportunities.

[Sources: 1 - Pew Research; 2 - Illinois Department of Public Health]

# Reminder

TEECH provides - Supplemental HIV Self-Testing

If interested, please contact TEECH @ (773) 520-9202 or (224)-406-3798.

HIV testing can sometimes be complicated, and we are attempting to break down barriers to testing by providing HIV self-tests. HIV self-testing will allow more individuals to be tested and assist with providing more linkages to HIV prevention or treatment services.

**In addition, there will be a \$25.00 gift card for those who participate in this program.**

## 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

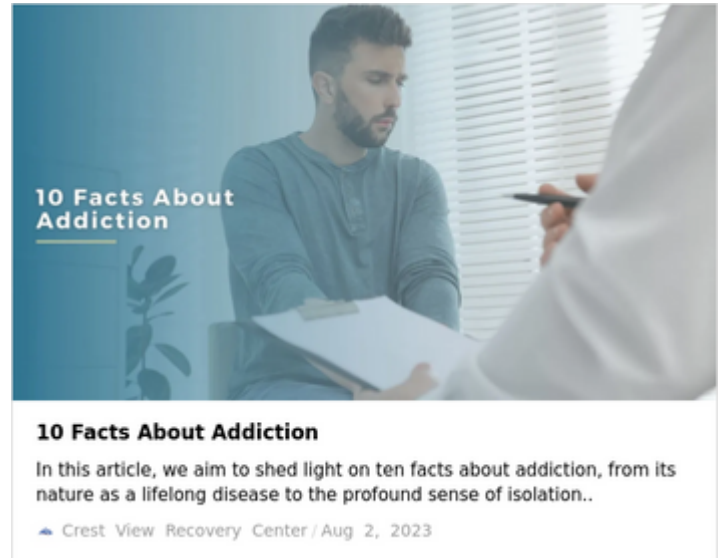
**988 Suicide and Crisis Lifeline**

People can call, text, or chat the number, and be routed to counselors of the National Emergency 911 – Non-Emergency 311

# We Want You to Know

## 10 Facts About Addiction

- People with Addictions often Feel Isolated.
- Addiction Is a Lifelong Struggle.
- Addiction Is a Disease.
- Addiction Can Happen at Any Stage in Life.
- Addiction Affects More Than Just the Individual.
- Adolescents Are More Susceptible to Addiction.
- Dependence Makes Drugs Feel Normal.
- Relapse Isn't the End.
- Rock Bottom Isn't Necessary
- Education Is Key



### Far Southside ROSC Initiative Community Meetings

We come together to address addiction, recovery, family, friends and the community concerns and issues and 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:

There were increases on the South Side, as well, and opioid-related overdoses have impacted all 77 community areas. The data show that fentanyl, a powerful synthetic opioid, was involved in 82% of the overdose deaths so far this year, representing an increase of 56% in fentanyl-involved overdoses year to date.

Given the growing need and escalating loss of life, it is critical that our public health system move forward with a clear understanding of the existing gaps within our overdose prevention and opioid use disorder (OUD) treatment landscape. Best practices for preventing and respond ot opioid-invoiced overdoses and treating OUD include broad access to naloxone (the opioid overdose antidote), mediation for opioid use disorder (MOUD) – particularly agonist-based MOUD and coordinated transitions of care between service providing institutions. It is through this intentional effort of identifying gaps in care, particularly as it relates to best practices, that this landscape analysis proceeded.

[https://www.chicago.gov/content/dam/city/depts/cdph/CDPH/Healthy%20Chicago/LA\\_Full\\_Report\\_IPHI.pdf](https://www.chicago.gov/content/dam/city/depts/cdph/CDPH/Healthy%20Chicago/LA_Full_Report_IPHI.pdf)

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

# Mission

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.

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.