



THE R.O.S.S. REVIEW

An inside look at our Recovery Community Organization

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A Word From The Editor

Welcome to the sixth edition of our Bi-Monthly Newsletter the R.O.S.S. Review! This August we celebrate 6 Years of R.O.S.S. On July 24th, 2017 we opened our first Recovery Community Center in Birmingham with a handful of founding members. We got together after the first Certified Recovery Support Specialist Training in March 2016 with an idea to reach the people who fall through the cracks. We wanted to celebrate 6 years of R.O.S.S. through personal stories, insights from our Campus Coordinators & RCSP Coordinator, Program Highlights and upcoming events. Enjoy!

**- Mark Litvine Director of Marketing
From Jail To Treatment**

Change Is Possible!!!

That is the very message that the R.O.S.S. Birmingham Recovery Community Center helped me to understand in my early Recovery. I can't tell you how grateful I am for those words I received the first time I walked into the R.O.S.S. Building.

At the time (a year ago) I was homeless and at the point of desperation. I was simply looking for a meal and a place to rest. How did I know that that experience would change the very course of my life!

I started going to the Men's Recovery Group as well as staying at the Recovery Community Center from the time they opened until the time that they closed everyday. By doing so I was able to develop the understanding that patience and information were going to be vital to my recovery process. Before I knew it I had Five Months under my belt being totally clean!

Today I have gone from being homeless to presently staying in a Recovery House. I regularly attend meetings as well as stay in touch with my R.O.S.S. Support Specialist and Support Group.

Most of all I allow the information and suggestions to guide my life. I am so grateful for those words that changed my life Change is POSSIBLE!!!

- Michael B. Parker

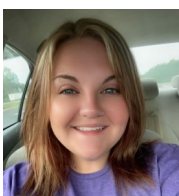


A Look Back

R.O.S.S. celebrated its 6th year of opening. As we look back over the six years it makes me wonder where would we be had it never started. I think of all the people who have walked through the doors, whether needing treatment or a half-way house or simply a kind word, something to eat, or a safe place to be. It excites me to be a part of this, and to think of where we are possibly going to go in the next 6 years.

We are touching lives across the state of Alabama. As we continue to fight stigma surrounding substance use disorder and build bridges to a better life I'm confident we will continue to grow. Visit our R.O.S.S. Marshall County Recovery Community Center at 1280 US Hwy 431 Suite B. Boaz, AL 35957. We are open 7 days a week from 9am to 9pm. Contact us at 256-281-9008.

- Michael Baker CRSS/R.O.S.S. Marshall County Campus Coordinator



Pictured is our amazing R.O.S.S. Criminal Justice Team where we divert the individuals we serve from jail to treatment and help individuals who have been incarcerated find re-entry into their communities in Jefferson, Walker, Calhoun, Etowah, DeKalb, Montgomery & Elmore counties. Our R.O.S.S. Road to Recovery Bureau of Justice Assistance BJA Program served 500 individuals in 2021 and 493 individuals in 2022.



Recovery Community Services Program

I am the Recovery Community Services Program coordinator. I have the pleasure of educating the future Certified Recovery Support Specialists of Alabama. We offer extensive education on topics like proper recovery language, stigma, effective communication, and ethics. Everyone has different learning styles, so we try to create lessons that are not only informative but meet each student's specific needs. Our 12-week course allows our students the freedom to learn at their own pace while one-on-one peer mentoring gives those individuals a safe place to ask questions. In addition to the classes, we offer hands-on learning experiences where students can volunteer to shadow a Certified Peer Specialist in any of the different departments at R.O.S.S. and our partners. In this volunteer time our Students will have real world experience in interacting with not only the people we serve, but community leaders and resource providers. Students will be able to form their own relationships within the community and learn everything the job entails, even down to proper documentation. Students who meet the criteria can even apply for paid internship positions, so that financial barriers will not prevent them from furthering their experience and their future careers.

We have many fun and exciting opportunities in our program, and they are not limited to those just wanting to become certified Peer Specialists. Many utilize our program as a form of recovery support. For our students with less than a year of recovery, our curriculum focuses more on preventing re-occurrence of use, building healthy relationships, and managing cravings. It is our goal to provide recovery support to anyone seeking recovery, this is why all our classes offer a virtual option to accommodate anyone in the state. This ensures that people living in less resource rich areas still have access to recovery support. If you're interested in enrolling in the Recovery Community Services Program or just want to learn more, please contact me directly at ross4us.rcsp@gmail.com. All services are FREE of charge.

- Jessica Rutledge CRSS/Recovery Community Services Program Coordinator

August 2023

One Of The Most Rewarding Experiences

Working at the R.O.S.S. Montgomery Recovery Community Center for over four years as the Campus Coordinator has been one of the most rewarding experiences. This role has afforded me to help others and to see recovery from many pathways as a useful purpose. My role is to serve people through fostering positive relationships through a process of professionalism, being productive, showing responsibility, and having a respectful manner within the campus and our community. It is a blessing to see people gravitate towards hope and I in return receive so many benefits. The purpose of our RCC is to serve as a safe space for our community. We focus on recovery, but not limited to relationships with our peers, individuals, families, and communities. I utilize my personal skills to help people find hope, build confidence, develop self-worth, work ethic and instill value to their lives through my lived experience.

One of my goals is to develop service connect trainings, support plans, and serving more of the community needs. These needs include food distribution, housing for the homeless, medical services, and connecting with community stakeholders for ongoing peers in the community and surrounding counties. In my long-term goals, I see our RCC opening a twenty-four-hour service. Implementing peer coaching, socialization, daily showers, meals, connecting to our Montgomery Public School System & Mental Health Services, and continuing to explore new avenues for the growth of our RCC and Montgomery Community. Our R.O.S.S. Montgomery Recovery Community Center is open 7 days a week from 9am to 9pm at 2100 Mt Meigs Rd Montgomery, AL 36107. Contact us at 334-356-2890.

- Lorraine Smith CRSS/R.O.S.S. Montgomery Campus Coordinator



Providing Hope and Compassion

My name is Aubin Cawthon. I am the Campus Coordinator for the R.O.S.S. Madison County Recovery Community Center. My role as the coordinator is to network with the community about our offered services and support the staff in their roles. This can look a lot different depending on the day, the week or even the hour. What never changes is every day I strive to serve my community to the best of my ability.

The purpose of the community center is to provide a safe and supportive environment for our entire community while also providing specific resources for recovery and substance use disorder. DO NOT FORGET THE FUN! It is so important to have fun in recovery. In the Madison County Recovery Community Center, we provide support groups, mutual aid meetings and community resources. We have a computer lab, reading library, video games and a pool table. We have fun activities weekly like bingo, game night and movie night.

As I work continuously to better our community and our campus, I have created goals for us. Some of our short-term goals are to continue growing the community support and get more people in the doors. Our long-term goal is to create a space that everyone wants to be in. We want to be the first stop for people looking for recovery in Madison County as well as the safe space for members of our community who struggle to find that.

Six years from now, I hope the Madison County Recovery Community Center is a foundational space in our community. I hope that anytime someone asks, "Where do I go for help or support?" that R.O.S.S. is the first answer they are given. I hope that we provide hope and compassion to every community member that finds us. Lastly, I hope we get to save lives by providing this supportive space in our community. Our R.O.S.S. Madison County Recovery Community Center is open 7 days a week from 9am to 9pm at 8211 Stephanie Dr Unit A. Huntsville, AL 35802. Contact us at 256-713-8881.

- Aubin Cawthon CRSS/R.O.S.S. Madison County Campus Coordinator



Building A Stronger Connection

My name is Annie Simmons, I am the R.O.S.S Birmingham Recovery Community Center Campus Coordinator, my job consists of working with a wide variety of industries primarily focusing on bringing together people, products, clients and resources for R.O.S.S. As a Campus Coordinator I ensure that all projects run smoothly, I have a wide range of responsibilities such as development efforts and coordinating Staff Training, processing end of day reports, attending events and ensuring the schedule of our RCC is maintained. I bring together various elements or individuals to create and complete a project.

As a R.O.S.S Campus Coordinator my long-term goals for R.O.S.S Birmingham are to build stronger connections, to learn how to collaborate & cooperate with people in all situations and to go global. This is meaning for us to operate on an international scale without restrictions. My short-term goals for R.O.S.S are to double our productivity level and to create an effective strategy to make improvements to achieve our organizational goals. Please visit our R.O.S.S Birmingham Recovery Community Center Campus, located at 2105 Joyce Street Birmingham Alabama 35205 Our hours of operation are 10am to 10pm 7 days a week. Contact us at 205-848-2112.

- Annie Simmons CRSS/R.O.S.S. Birmingham Campus Coordinator



Providing A Safe, Supportive Space

My name is Reginald Flowers. I am a person in long term recovery. I am a Certified Recovery Support Specialist and currently the R.O.S.S. Gadsden Recovery Community Center Campus Coordinator. My job as coordinator is to oversee and manage day to day affairs of the RCC. It is my duty to gather resources for peers. Resources that will help empower those who have fallen to the cracks of substance use disorder, homelessness, and life controlling issues. It is also my responsibility to make alliances with other agencies that offer the same support and services to the community. I am also tasked with the responsibility to educate people about substance use disorder and do my part to help remove the stigma from those who have been victims of this epidemic.

The purpose of the R.O.S.S. Recovery Center is to be a safe supportive environment for someone in active use to come for help. If they're hungry or thirsty we make sure they are fed, and we always keep cold water available! If they need clothes, we do what we can to get them something clean to put on, and we have even gathered resources to help people get a job and a few places. Places that will pick them up for work and bring them back, or even give them an apartment on the property. If they need shelter, we try to point them to the resources available. The short-term goal for the center is to increase substance use awareness, as well as increase the numbers of participants in support groups. We welcome all who are in need no matter what race, creed, color, rich, or poor. The long term goal is for the stigma on substance use disorder to be removed and that more people will know that we are a safe place full of love and understanding available and ready to assist them in their recovery! There is HOPE! Our R.O.S.S. Gadsden Recovery Community Center is open 7 days a week 9am to 9pm at 1030 Tuscaloosa Ave Gadsden, AL 35901. Contact us at 256-438-5285.

- Reginald Flowers CRSS/R.O.S.S. Gadsden Campus Coordinator



Check Out Our Upcoming Events!!!



Call our 24/7 Helpline at 844-307-1760 or Visit us at ross4u.org or rosshelpline4u.org