

Three Cords Strong ROSC Alliance
Meeting Notes- 11/30/2023

Meeting Begins at 9:30am Virtually and In-Person

Ms. Marjorie Howard calls to the meeting to order and presents opening statements on the importance of a ROSC.

Ms. Howard presents the Three Cords Strong ROSC Alliance Mission and Vision

Ms. Howard opened by explaining ROSC Systems of Care-Recovery, Health & Wellness, Resilience.

Ms. Howard explains networks of formal/informal services developed to help those struggling with addiction. The United States is beginning to take a holistic approach to treatment with a system of care as networks of organizations, agencies, and community members that coordinate a wide spectrum of services to prevent, intervene and treat substance use problems and disorders. The ROSC is a network of organizations and community members.

The Theme Community Pulse was presented as a “Think Tank” and Ms. Vawnshekia Oklah presented the participants with a chart of Conceptual Framework of a Recovery-Orientated System of Care for a round table discussion.

The Think Tank explores what the participants thinks that our community needs. ROSC can empower lives by everyone working together. We’re not moving away, we’re moving in. ROSC recovery oriented systems are committed to helping with community resources.

Ms. Howard explains the holistic approach should provide support that looks at the whole person, not just their mental health needs. The support should also consider their physical, emotional, social and spiritual wellbeing. It’s more authentic and personal. Ms. Howard explains Three Cords Strong ROSC alliance is a community that cannot be easily broken once it’s united.

Ms. Oklah adds that recovery is a journey not a destination. Once the council is structured the recovery community is strengthened because addiction affects everyone. We look at addiction as morally failure in the country rather than a human flaw.

Ms. Oklah asks the group how would they describe addiction and the group responded:

- * Habit you can't let go of
- * Disease
- * Craving
- * Crutch
- * Something you can't help
- * Slavery
- * Can be mental
- * Negative

Ms. Oklah clarifies the definition of addiction as well as the ROSC ideology of addiction.

Interaction with the group:

Latashia asks what addictions are we speaking of because it's not just drugs. Someone can be addicted to sex, gambling, shopping, ect.

Darien asks about good addiction, and says that he just stopped smoking cigarettes which was his addiction.

Raven adds that Burna Boy turned down money because he couldn't smoke weed, which is a drug that people are in denial about.

2 clients discuss how one can be born into drugs and introduced to drugs, start as children who are curious and find ways to experiment (such as smoking the roaches his father left in the ashtray).

Ms. Oklah introduces the next question: what's recovery to you?

- * Proper channel steps to being normal again
- * Freedom
- * Sobriety

- * Healing
- * Transforming
- * Purifying yourself
- * Purge
- * Clean Slate

Ms. Muhammad gives a formal definition of recovery. She discussed how celebrities/artists from the 60's to present, had a fall from grace when they get involved with drugs. One example she provided was Marvin Gaye. The music producers (majority of white men) get rich and the artist lose everything, including their sanity because of drugs/alcohol. Ghettos were created and sustained by the propaganda of drugs. When whites are on drugs, it's viewed as an epidemic but when blacks are on drugs, they are considered criminals.

Ms. Oklah introduces the next question: what's associated with people struggling with addiction (stigma).

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| * Fiends | * Monkey on back |
| * Crack Head | * Tweaking |
| * Junkie | * Need a fix |
| * Drunk | * Water on brain |
| * Crazy | * Crack Baby |

Ms. Oklah adds that willpower (quitting cold turkey) may work for one person, but whining off little by little may be the solution for another person.

Ms. Oklah introduces the next question: what is the solution (now that we know the problem)?

Ms. Oklah says that there is hope as long as you're alive.

Billy shares that his father passed due to addiction. His father had never been to jail but had nowhere to go to detox because recovery homes were scarce in the 90s'and he was criticized for his addiction. Billy states it is important to stop judging, and he feels that men suffering from addiction is worse than women because they go through things they cannot share due to patriarchy.

Ms. Oklah says we should ask people what they need rather than controlling everything for them. Let them be their own authority in their recovery.

Ms. Howard says that we need to talk to experienced people, other black people, other (former) addicts, recovering alcoholics, recovery coaches, sponsors, and mentors. People who have been there, and have done that.

Orlando says that getting better is difficult but worth it. He feels that we are cheating ourselves every time we go back to drugs/alcohol/sex.

Ms. Oklah asks what are the solutions to recovery. (now that we know the problems)?

- * Serenity Prayer * Admit that you need help
- * Reeducation about health and happiness
- * Change your thinking * Each one, teach one mentor program
- * Speak to each other be approachable
- * language must change

Ms. Howards closes out by asking the participants to join our ROSC council and to make a commitment based off what they reviewed on the Conceptual Framework of ROSC diagram. Each participant is encouraged to determine what sector do they see themselves supporting to strengthen the recovery community.

Meeting Adjourned 10:40am.