

Three Cords Strong ROSC Alliance Counsel Meeting Minutes

12/14/2023 / 9:30 AM / ZOOM Meeting/In-Person

Speakers:

Marjorie Howard, Vawnshekia Oklah, Cristina Banda

Ms. Howard

- Call to Order
- Opening Statement
- Reading of Mission, Vision and Standards
 - Speaking Points
- People normally don't correlate addiction with disease
- ROSC connects the whole person with the community.
- We approach the person for who they are, giving them the respect and courtesy they deserve.
- De-criminalizing addicts and helping them tackle the other personal problems they'll most likely encounter on their road to recovery.
- We can talk to community resources to help people with housing, jobs, etc.
- We give gift cards to volunteers to help spread information and get people signed up for the council
- Narcan training program offered: We are teaching people how not to be afraid to help someone who may be distressed and need your help.

Ms. Cristina Banda

- Vawnshekia introduced Cristina Banda, the Education Coordinator of the Illinois Family Resource Center
- Cristina introduces herself as the Education Coordinator of the Illinois Family Resource Center, hired to connect communities to the resources they offer. This includes services for families dealing with addiction. They have 2 training programs and virtual training

curriculum opportunities offered in English and Spanish. They have webinars coming up soon. They offered to email resources to Three Cords Strong as well as training opportunities

Ms. Vawnshekia Oklah

Harm Reduction discussion: Council response below

1. Sometimes it does more harm than good, more often than not people use these methods to keep doing drugs.
2. How do you wean someone off of a drug while also giving them tools to do the drugs safely?
3. Methadone is an “unflavored” method because it is also very addictive
4. You have to have the willpower to overcome, isolation and discipline to work better

What do you all think about everyone's journey to recovery being different? - [Council responses below]

1. After struggling with a PCP addiction, she didn't have resources catered to her specific addiction. Feels that she had to want to stop bad enough that she began to seek out resources for other recovery-related things.
2. Has anyone seen a heroin addict going through withdrawals? It is a much harder drug to recover from.
3. All drugs are not the same, they have different effects on the brain.
4. Some people need to go to rehab.

When is a person in recovery? [Council responses below]

1. When they start using drugs.
2. When they accept that they need to change their lives.
3. When they recognize that they want to stop using drugs.
4. Recovery is saying I've had enough.

What if they slip? Are they still in recovery? [Council responses below]

1. No, you have to start over.
2. If a person says they're in recovery, there's no telling how long they'll be able to stay clean depending on the drug.
3. Recovery looks different for everyone.
4. Recovery is a mindset, but sometimes people will make their minds up and still be chained to something.
5. The credibility of the person who is in recovery is tainted, unfortunately, people often don't trust addicts or recovering addicts.

6. Recovery isn't how long you've been sober, it's when you decide that you no longer want to use drugs.
7. You can't minimize anyone's journey, some people don't take weed addiction as seriously. We need to recognize that an addiction is an addiction no matter the drug and treat everyone's journey to recovery with respect.
8. I've been doing it for so long, and I haven't found anything else to help me cope with life besides weed.

We are trying to identify resources we can use in the communities too. What are some resources in your community? [Council responses below]

1. People don't know these resources exist until they are in trouble.
2. Hospitals
3. People agreed to speak with their Church
4. There are steps we can take within our communities to help people in recovery

Next Steps-

Scan the QR Code to Join or Receive more information ...New people who Sign up receive a t-shirt!

Gift cards for volunteers

Next Meeting Date: 01/25/2024