

## Three Cords Strong ROSC Alliance Counsel

### Meeting Minutes

Topic: "Multiple Pathways to Recovery"

Date: 1/25/2024

Time: 9:30 AM

Location: ZOOM Meeting/In-Person (Hybrid)

#### Speakers/Attendees:

Marjorie Howard, Vawnshekia Oklah & Tyson Everett/ Zoom and In-Person Attendees captured on Sign-In sheet

#### Meeting Started at 9:38 am

- 13 Participants attended via Zoom/ Over 20 Participants In- Person
- Introduction to the meaning of ROSC by Ms. Howard.
- What are some of the Pathways to Recovery? Question posed by Ms. Howard
  - Participants stated...
    - Programs
    - Churches/Religious Organizations
    - Halfway House
- Vawnshekia Oklah thanks the PLE's for handing out flyers for the council meeting and joining the ROSC. Ms. Oklah introduces the guest speaker attending via Zoom.
- Introduction of Tyson Everett (Has a Mental Health & Substance Abuse Program-for over 20 years) Mr. Everett's program helps with:
  - DUI Testing/Recovery from Alcohol (self-motivated and court appointed)
- Participants introduced themselves via conference room and Zoom.
  - Pastor Don- Trauma Healing Training
  - Shane-Recovery since February 28, 1986
  - Dalton Brown-Felony Free Society/General Contractor
  - Sheba-Accountant
  - Katina Hewitt- Community Support Advocate

- Johanna Gonzales-SURP IDHS
- Kinya Brown-Licensed Social Worker (LSW) /Realtor
- Jamal Cameron-Strategic Business Consultant
- Dr. Stanley Howard- LRWI CEO (Literacy Reading and Writing Institute)
- Officers from 3<sup>rd</sup> District
  - Officer Harris Badge 3200 (Youth Base)
  - Officer Batey 11591

## **9:56 AM- PowerPoint**

*Vawnshekia discussed the mission and vision of Three Cords Strong which consists of supporting communities and families dealing with substance use challenges and/or disorders. Recovery is a lifelong journey that looks different for everyone. Everyone's personal journey should be respected.*

- Participants spoke about unconventional pathways to recovery.
  - Internet based recovery support such as TikTok.
  - Affect (App Based)-pays you to complete 12-Step Program
  - A Bridge Back (Program)-provides 3 months of rental assistance.
- Officer Harris provided information about seeking the Faith Liaison officers with CAPS in each Police District.
- Officer Harris also suggested connecting with the 2<sup>nd</sup> District CAPS/CPD
- Dalton Brown from the Felony Free Society (Non-Profit) works with youth to keep them off drugs and away from activities that can result to Felonies. Mr. Brown stated that people/parents are not aware of resources and explained that Social Media can be used to engage and provide information to parents to help the youth.
- Pastor Don (Trauma Healing Specialist) stated that communities/individuals need to look at why people use (drugs) to take the focus away from pain. Pastor Don's curriculum is taught worldwide and used in 39 countries as well as in jails.
- Johanna Gonzalez (IDHS)- compliments the outreach efforts to the community and the success of collaborating with local Police Officers. Ms. Gonzalez stated that the ROSC coalition is a council made up of community members using what they have to make the community a better place especially for our citizens with substance use challenges, mental health challenges and/or disorders.

## **Brainstorm Ideas for What's Next?**

Officer Harris suggested that the council members begin speaking to their neighbors. Officer Harris shared how he uses his job to connect people with services.

The participants shared ideas of what they would like to strengthen the community:

- Food giveaways and youth outreach.
- Collaborate with schools to educate the youth about preventive measures with before and after school programs such as DARE, YMCA, Sunshine, Lost Boys and Project Hood.
- Make connections with schools and principals.

Vawnshekia closed the meeting re-iterating the way a coalition works and the expectations for those in the counsel. As a coalition, our focus is on providing lifelong support and coming up with solutions ourselves!

Finally, Vawnshekia mentions action-steps such as: signing up to become apart or gain more info of ROSC using the QR code; joining our next meeting February 29, 2024 at 9:30 AM (Same Zoom link for those online), inviting people they know to join the ROSC, volunteering to pass out info; and helping to collect survey info.

Johanna Gonzalez presented a question for the participants/stakeholders to reflect:

What kind of work do you need help with that a ROSC can help with?

Vawnshekia closes meeting.

## **Meeting Adjourned at 10:33 am**