

Three Cords Strong ROSC Alliance Meeting Minutes

Topic: MULTIPLE PATHWAYS TO RECOVERY

Guest Speaker: PATRICE BEAMON

Date: 4/25/2024

Introduction: Ms. Vawnshekia Oklah got us started with warm greetings, noting the folks from Bright Star Church's Mental Health Department. She shared the heart behind Three Cords Strong, setting the tone for our chat.

Guest Speaker's Address: Patrice Beamon's talk was a highlight. She kept us hooked from the start, urging us to rethink how we talk about recovery. Her words hit home: "Let's change the narrative to 'WE ARE IN RECOVERY'!"

Exploring Recovery Pathways: Beamon broke down the SOAR program into three paths:

1. Outpatient: Flexibility and support.
2. Interim Outpatient: Bridging intensive care and independent services.
3. Residential (Inpatient Treatment): Intensive support when needed.

Understanding Drug Use: Beamon got real about why people use drugs and the struggles they face. She stressed the need for understanding and tailored support.

Power of Support: Beamon emphasized the role of support networks in recovery, highlighting that everyone's journey is unique.

Engagement Highlights: Our Q&A was a mix of heartfelt stories:

- Lisa talked about self-awareness and strengths.
- Mike shared his journey navigating change.
- JoAnna celebrated our wins.

Announcements: We thanked Bright Star Church and set our next meeting for May 30th. Also, there's an event at Friend Health soon.

Meeting Adjourned: 11:11 AM.