

Three Cords Strong ROSC Alliance
PRESENTS: COMMUNITY SUPPORT FOR RECOVERY

GUEST SPEAKER: Roundtable Discussion

Meeting Notes- 5/30/2024

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

Introduction:

Today's meeting, hosted by Vawnshekia Oklah, is presented as a roundtable discussion. Ms. Oklah begins by stating the agenda and recapping last month's meeting with Patrice Beamon.

Participant Roundtable Address:

- Ms. Oklah discusses the community assessment survey results.
- Reiterates the agenda and 3CordsStrong's mission.
- Prompts discussion:
 - How can we approach recovery in a holistic manner?
 - How can we support each other in the community of recovery?

Recap:

- **Training on Narcan and its distribution within the community.**
 - Indicators of overdose: ashy grey skin (darker skin tones), blue lips (lighter skin tones), gasping for air; unresponsiveness.
 - Use Narcan even if expired; protected by the Good Samaritan Laws.
- **Current Community Needs:**
 - Presented via PowerPoint.
 - Key findings: Need for better jobs, housing for homelessness, and recovery.
 - Discussion on addressing disparities.
- **Calling for Volunteers**
- **Becoming aware and practicing the Different Pathways to Recovery**
- **Family Guidance Center (Methadone Recovery Van - Recovery on Wheels)**

Bright Star Community Outreach:

- **Raven Ewing, Trauma/Behavior Health Department:**
 - 4 free mental health support groups:
 1. Care Room Advocates (High School/Youth)
 2. Help Line Advocate (833-Turn-123) Peer to Peer Help
 3. Family & Advocacy Center
 - Various classes: Parenting, Anger Management, Therapy, etc.
 4. Ambassadors

- Outreach and advocacy during crises (fires, shootings, etc.)
 - \$500 raffle for entering to complete a 6-month, stipend Violence Prevention Study.
- **LaToya from Bright Star:**
 - Additional details on the health assessment and current violence prevention studies.

Chaplin Eric Knowles - Cook County Jail:

- Discusses his road to recovery and his observation of suppression of anger by black men in and out of jail.
- Personal history with marijuana drug abuse starting in high school and leading to heroin and cocaine use in college.
- Shares experiences of guilt and attempt of suicide but emphasizes healing and restoration by GOD.

3rd District/Youth District Police:

- **Officer Harris:**
 - Expresses desire for reduced violence and increased community support.
 - Invites attendees to the 3rd District meetings (in-person and via Zoom).
 - Discusses prejudices faced by participants when interacting with officers.
 - Meaningful discussion on appropriate responses during police encounters.
 - Officer Harris and Attorney Carolyn Howard discuss:
 - Reasonable Suspicion vs. Probable Cause from police and legal perspectives.
 - Civilian Right's to record when stopped by officers.

Key Takeaways:

- Obey lawful orders given by officers.
- Do not resist arrest.
- Right to remain silent; must follow commands.
- Being detained is different from being arrested.
- Officers must inform you if you are under arrest.
- Reporting an officer: Various groups like COPLA, BIA, OIG, and State Police handle complaints.

Closing: Ms. Oklah thanked all the speakers and distributed Fentanyl testers, Narcans, and other resources.

Meeting Adjourned 11:26 am.