

Three Cords Strong ROSC Alliance

PRESENTS: Harm Reduction (MAR) Medication Assisted Recovery

GUEST SPEAKER: Antoine Marion

Meeting Notes- 7/29/24

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

Meeting Summary: ROSC Harm Reduction (Medicated Assist Recovery)

Purpose: Today's meeting, convened by Marjorie Howard, aimed to educate participants on Recovery Oriented Systems of Care (ROSC). Ms. Howard initiated the session by providing a comprehensive definition of ROSC and outlining its primary objectives, notably focusing on reducing stigma associated with recovery and advocating for supportive systems. She set the stage by playing a video that clarified the concept of ROSC, ensuring everyone understood its fundamental principles. Ms. Howard also announced the guest speaker Mr. Antoine Marion from HRDI.

Participant Comments:

Induction of the ROSC Council (3 Cord Strong)

MS Oklah introduces "3 Cord Strong," an organization committed to uniting the community and viewing recovery as an ongoing journey rather than a destination. This approach highlights the crucial role environmental factors play in supporting recovery and aims to help individuals achieve success within the ROSC council. She also emphasized the pressing needs of the community, including affordable housing, accessible rehab centers, and shelters. Moreover, she stressed the importance of comprehensive recovery services, such as various treatment options, peer support, housing, employment services, and mental health resources, along with education and training programs that educate the community about addiction, recovery, and how to support individuals on their recovery journey.

Guest Speaker Presentation:

Mr. Antoine Marion: HRDI The Director of Division of Substance Use, Prevention and Recovery. In his introduction he gave back ground information on HRDI as a community-based organization certified community health clinic behavior primary health care with a wide range of service the, HRDI it been in existence for over 50 years He has worked with this demography for the las 18 years. He explain harm reduction which is to(reduce harm) or risky behavior. He talked about the fact that we share some commonalities **but all of us are different.** What may work for me may not work for you, adding that one size fits all doesn't work. He continues with

He explains Four common approach around harm reduction .He engaged the audience by ask question of them to remember a time when they made an effort to reduce the impact of a risk behavior? N.M. (PLE) commented on once he was released from prison he refused to return to his old associated therefore he moved out of to protect his family. Z (college student) commented on her overeating when she is in a bad frame of mind. His conversation continue. He shared his own personal story. He stated that “Like many others, I grew up with parents who struggled with substance abuse; thankfully, my mother is still with us. Although she hasn’t overcome her addiction, she has been battling it for as long as I can remember.” While we hope for recovery, the reality is that some people may continue to struggle with addiction throughout their lives. At this point, the focus is on reducing the harm, not just for the individual but also for the family and the wider community. "He emphasized the importance of a holistic approach when addressing individuals suffering from substance use disorder, noting that a degrading and stigmatizing approach can hinder people from seeking help. When they do seek assistance, they’re often diagnosed with multiple conditions, which can be overwhelming and depressing, sometimes driving them back to substance use. The pressure and feedback from loved ones, even if well-intentioned, can be so intense that it leaves the person feeling ostracized and ashamed, further entrenching them in their addiction. However, by accepting individuals as they are and providing supportive, non-judgmental care, we can create a path that fosters healing and recovery. Mr. Marion concluded that communities are becoming increasingly aware of treatment options that were previously less recognized. Medications like methadone, along with various other medical treatments, are empowering individuals to manage their disorder and access the services they need.

○ **Discussion Points by participant**

- Participants in the discussion acknowledged that there are multiple approaches to addressing addiction, recognizing that a one-size-fits-all solution does not exist. They explored various methods, including different medical-assisted treatments, to provide tailored care for individuals struggling with addiction.
- Participants in the discussion acknowledged that some individuals may not be ready to abstain, even after years of trying. They emphasized the need for a non-judgmental and supportive approach that allows people to explore their own path to recovery. This environment helps individuals gain self-awareness, find answers to their questions, and feel understood or at least relatable. Such approaches contribute significantly to overall wellness.
- The group collectively endorsed the need for medical Assist involvement in reduction harm to the individual holistic approach to recovery, recognizing the need for comprehensive support systems.

Guest Speaker Presentation:

- **Mr. Antoine Marion:** HRDI The Director of Division of Substance Use, Prevention and Recovery.

Closing: As the session ended, Ms. Oklah expressed heartfelt appreciation to Mr. Marion for his awesome presentation. And an invitation to participants to join ROSC Council Three Cord by just scanning the QR Code on the brochure.

Adjournment: The meeting adjourned promptly at 11:130am, marking a productive session where personal narratives, expert insights, and community-driven solutions converged to promote a more compassionate and effective approach to recovery.

This detailed summary encapsulates the enriching discussions and personal stories shared during the ROSC MAR meeting, emphasizing the importance of community support, holistic recovery strategies, and personal empowerment through positive habits and mentorship.