

Three Cords Strong ROSC Alliance

Meeting Minutes

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

Presentation Video Science of Addiction Neuroscience, Dr Cory Waller

Meeting Summary: Science of addiction Neuroscience 101 Round table discussion

Purpose:

In today's meeting, Vawnshekia Oklah started the meeting aimed at educating participants about Recovery Oriented Systems of Care (ROSC). She started with a thorough explanation of ROSC, emphasizing its main objectives of raising community awareness and promoting understanding. To reinforce these ideas, she presented a video clarifying the core principles of ROSC, ensuring everyone had a solid grasp of the concept.

Introduction of ROSC Council (Three Cords Strong)

Ms. Oklah asked ROCS members and visitors several multiple-choice questions on addiction at the start of the meeting:

1. What is addiction?
2. What do you think causes addiction?
3. Which substances or behaviors can people become addicted to?
4. Who is at risk to developing an addiction?
5. Which is true about addiction?
6. How does addiction affect the brain?

Comments: Round Table Discussion

ROSC members and visitors were highly engaged and eager to participate in discussions about how addiction affects the brain, specifically how dopamine is impacted. One member, who struggled with marijuana addiction, was unaware that there were medications available for it and expressed gratitude for learning about the resources that could assist him. During the discussion on Harm Reduction, another member shared that he previously viewed addiction recovery only through a "just stop" approach. However, he now has a new perspective on helping his family members by focusing on reducing harm. Additionally, a member came to realize that Fentanyl is the leading cause of overdose and is alarmingly prevalent in the community, contributing to a devastating death Toll.

Discussion Points by Participant Explain:

What is addiction?

Addiction is a chronic brain disorder characterized by compulsive substance use or engagement in behaviors despite harmful consequences.

- **What do you think causes addiction?**

Addiction is caused by a combination of genetic, environmental, psychological, and behavioral factors.

- **Which substances or behaviors can people become addicted to?**

People can become addicted to substances like alcohol, drugs, or nicotine, and behaviors such as gambling, gaming, or shopping.

- **Who is at risk of developing an addiction?**

Anyone can develop an addiction, but those with genetic predisposition, mental health issues, or exposure to high-risk environments are more vulnerable.

- **Which is true about addiction?**

Addiction is a treatable condition, but it requires comprehensive, long-term management and support.

- **How does addiction affect the brain?**

Addiction alters the brain's reward, motivation, and memory circuits, making it harder to control urges and creating dependency.

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Closing:

In closing, Ms. Oklah reiterated that "Three Cords Strong" stands for the three essential pillars of support: personal, family, and community. She stressed the importance of ROSC's mission to empower individuals at every stage of their recovery by providing guidance and resources tailored to their needs. Acknowledging the fears and emotions often felt during recovery, Ms. Oklah connected deeply with the audience. She also explained how Persons with Lived Experience (PLE) can actively engage in the ROSC program and, in return for their involvement, may qualify to receive a stipend.

Ms. Oklah -Concluded the session by expressing compassion and understanding for those struggling, offering words of encouragement.

Members were informed about upcoming events, volunteer opportunities, and the date of the next meeting.

The meeting adjourned at 11:30