

THREE CORDS STRONG ROSC ALLIANCE MEETING AGENDA

TRANSITIONAL TRAINING SERVICES

LOCATION: 4455 S KING DRIVE SUITE 101-B

DATE: 11/21/2024

Facilitator: Marjorie Howard

Facilitator: Vawnshekia Oklah

Speaker: Kinya Brown

TIME: 09:30 AM – 11:00 AM

ZOOM MEETING ID: Hybrid- in person and on zoom

I. Call to Order: Marjorie Howard

II. VAWNSHEKIA OKLAH OPENING STATEMENTS -Vawnshekia Oklah

III. 3 CORDS MISSION, VISION, PAST MEETING REVIEW- Vawnshekia Oklah

- At Three Cords Strong, we empower recovery by uniting personal growth, family support, and community resilience. We view recovery as an ongoing journey and support individuals on their unique paths.
- Three Cords Strong ROSC Alliance envisions recovery as a lifelong journey, strengthened by personal growth, family bonds, and community support, creating a resilient and unbreakable tapestry.
- Highlight of the Suicide Awareness Talk done by Mr. Dalton Brown of Felony Free Society
- **IV. INTRODUCTION OF SPEAKER AND TOPICS – VAWNSHEKIA OKLAH**
- Speaker Kinya Brown, LSCW will talk about: emotional triggers like past experiences, social pressure, family dynamics, loneliness, and holiday stress. She will also provide strategies for how individuals in recovery can navigate the season confidently.
- **V. Speaker – Ms. Kinya Brown LSCW**
- Holidays can trigger painful memories and stress. Creating new traditions, like small, sober gatherings, can help promote healing and connection.
- Festive gatherings often involve alcohol and other substances, which can increase the temptation to relapse. It's helpful to plan to attend sober-friendly events or host alcohol-free celebrations.
- Family gatherings can stir up past tensions and feelings of inadequacy, especially if some members are unforgiving. It's important to set boundaries and practice self-care before and after these events.
- Holidays can make isolation worse, especially for those away from loved ones or grieving. Volunteering or joining support groups can help.

- The pressure for a perfect holiday can cause burnout and anxiety. Simplify plans and focus on your well-being instead.
- For holiday gatherings, rely on support systems like friends or groups, bring a non-alcoholic drink, plan an exit strategy, practice quick breathing exercises, redirect negative thoughts, and create a safe space for emotional resets.
- The holidays can be challenging, but staying proactive helps protect your recovery. Identify triggers, plan ahead, seek support, set boundaries, and prioritize self-care. Staying focused on your goals boosts confidence and resilience.

- **VI. QUESTION AND ANSWER SESSION— Kinya Brown**

- **VII. COMMUNITY PARTNERS PRESENTATION –**

- The ROSC council reviewed, adjusted, and finalized survey questions, evaluating their fit and troubleshooting before submitting them for approval

- **VIII.GROUP DISCUSSION – COMMUNITY NEEDS ASSESSMENT BUILDING**

- **IX. NEXT ACTION STEPS**

- a) Look out for next survey
- b) Volunteer to pass out material
- c) Sign up to join or receive more information
- d) Invitation to next meeting – December 19, 2024, 9am
- e) Stipend for PLE Members who come to meetings

- **X. MEETING CLOSE – VAWNSHEKIA OKLAH**