

THREE CORDS STRONG ROSC ALLIANCE MEETING AGENDA

TRANSITIONAL TRAINING SERVICES

LOCATION: 4455 S KING DRIVE SUITE 101-B

DATE: 12/19/2024

Facilitator: Marjorie Howard

Facilitator: Vawnshekia Oklah

Speaker: Don Gordon

TIME: 09:30 AM – 11:45 AM

ZOOM MEETING ID: Hybrid- in person and on zoom

I. Call to Order: Vawnshekia Oklah

II. OPENING STATEMENTS -VAWSHEKIA OKLAH

III. 3 CORDS MISSION, VISION, PAST MEETING REVIEW- VAWNSHEKIA OKLAH

- At Three Cords Strong, our mission is to empower individuals on their recovery journeys by weaving together the essential strands of personal growth, family support, and community resilience. We believe that recovery is a continuous journey rather than a final destination and strive to embrace and support individuals on their unique paths to recovery.
- Three Cords Strong ROSC Alliance envisions a world where recovery is celebrated as a lifelong journey, weaving the threads of personal growth, family bonds, and community support into a resilient tapestry not easily broken.
- Talk about our ROSC community survey
- Highlight of the Loneliness and Grief talk done by Don Gordon
- Introduce our Think Tank and ask for volunteers; strategize on how we could best help our folks who are suffering from these diseases with focus on black and brown populations, reentry populations, and recidivism rates

IV. INTRODUCTION OF SPEAKER AND TOPICS – VAWNSHEKIA OKLAH

- Speaker Don Gordon, To Equip His People, will talk about: Loneliness and Grief During the Holidays

V. Speaker – Don Gordon, To Equip His People

- Help people heal from trauma
- Holidays are triggering for people related to trauma
- The Story of Bobby: Lives in Low End one bedroom apartment, doesn't see his children or ex wife, holidays are a big deal for Bobby family, Bobby's parents passed away, loss the family home, nowhere to go and no one to be with during the holidays, struggles with loss of appetite, feelings of worthlessness and guilt, lack of energy to interact with other people or to look for a job
- We look at where they are at and not Why they are at
- You feel the way you feel; nobody can tell/make you feel how to feel
- Grief vs Trauma

- Grief is mourning the loss of someone or something
- Trauma/Heart wound; overwhelmed with intense fear, helplessness, horror. Trauma always involves grief but we can experience grief without trauma
- Secondary Trauma is the development of PTSD-like symptoms without directly witnessing or having been involved in a traumatic event. Caregivers are susceptible
- The Grief Journey: Denial and Anger, No hope, New Beginning, false bridge of getting over it
- Who/What have you lost activity. Remember what was good
- Active listening activity
- Sharing your testimony
- Somebody can understand your loss and build a community with you
- Invite somebody into your space so you can overcome loneliness and bridge the gap
- Stuff gets blown into your trauma balloon and you can not take it anymore
- The 3 questions to ask someone who is hurting
- A promise to be a safe listener

VI. QUESTION AND ANSWER SESSION— Don Gordon

- If we can not give quick solutions, what do we do? We can offer resources

VII. COMMUNITY PARTNERS PRESENTATION –

- **Lindsey**- Black Star Project- mission is to close the racial academic achievement gap and also provide economic opportunities for all families, more specifically southwest side, grants, communications, special events
- **Don Gordon**- Executive Director of To Equip His People- helping people recover from trauma and get healing instead of coping. Healing and coping curriculum being used around the world and training people to get the curriculum
- **Nicole Stokes & Pastor Stokes**- New Harris Temple- People Empowerment Project- empower you and desire you to get back into the workforce or better yourselves. Help Calumet Park and Chicago area individuals by resume building, mock interview, interview attire, help you with employment, and feed the community
- **Florence Wright**- South Side Opioid Task Force
- **Sharon Batiest**- TCA Health- Insurance Enrollment Specialist- Assist people with signing up with Medicaid or Marketplace Health Insurance, SNAP, redetermination, and primary doctor appointment
- **Julie Coleman**- Statewide TA

VIII.GROUP DISCUSSION – COMMUNITY NEEDS SURVEY

IX. NEXT ACTION STEPS

- a) Invitation to join ROSC
- b) Invitation to community partner holiday gatherings
- c) Community Holiday Dinner
- d) Invitation to next meeting – January 30, 2025, 9am
- e) Stipend for PLE Members who come to meetings

X. MEETING CLOSE – VAWNSHEKIA OKLAH