

THREE CORDS STRONG ROSC ALLIANCE MONTHLY MEETING MINUTES DATE: 9/28/2023

TRANSITIONAL TRAINING SERVICES
PRESENTS: MEETING ON MENTAL HEALTH AWARENESS & RECOVERY
GUEST SPEAKER: KINYA BROWN, LSW

Three Cords Strong ROSC Meeting began promptly by Ms. Marjorie Howard at 10:30am in person & virtually.

Ms. Howard begins “Call to Action” inviting her current Forklift Class students to participate in the ROSC Meeting and to please extend their help to build a strong allegiance.

Ms. Oklah greeted the audience and announced the meeting would be paused to give time for participants to sign in and join virtually on Zoom.

Words of Encouragement – 5 Minutes (10:37am) are provided from Tina (Testimony about having support from a ROSC network)

---BREAK---

Meeting Officially begins at 10:53am due to Technical Issues.

Introduction to ROSC by Speaker: Ms. Kinya Brown, LSW (Licensed Social Worker), Mental Health Specialist

Ms. Brown poses question to Audience: What is mental health?

There are a few perceptions chimed in by the audience before Ms. Brown provides the definitive answer.

Ms. Brown defines mental health as a crucial aspect of our overall well-being, yet it is often overlooked or ignored.

One participant chimed: “ADHD is often misdiagnosed” and shared his own experience of being misdiagnosed.

Another participant spoke on generational trauma.

Ms. Brown presented the 5 factors that make up overall mental health. -in summary- PowerPoint is attached.

1. Improve physical health.
2. Greater resiliencies (Participant spoke about staying on top of medication, exercise, etc.)
3. Better relationships-further explained how someone could not have a great relationship with oneself (self-sabotage), lacking accountability. (Participants gave their own testimony)
4. Increased Productivity
5. Enhanced Quality of Life

Ms. Oklah posed question: What things can you do to enhance your quality of life?

Ms. Brown answered:

1. Seek professional help FIRST!

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2. Get family and friend(s) support. (This support may be helpful, but you wouldn't ask them to help mend a broken limb.)
3. Find something that you enjoy (hobby). -This looks different from scenario(s)/individuals

Participant spoke on identifying issues and then accessing how to make them better.

Ms. Brown presented:

"What can affect mental health?"

- Events
- Environment
- Lifestyle choices

"How is mental health affected by lifestyle choices?"

-It can trigger outbursts.

"Signs and Symptoms of poor mental health?"

- Anxiety, Depression and Substance Abuse
- Anything that can take you to an altered state of mind (substance abuse) that you don't have control over.

"Stigmas surrounding Mental Illness."

-Many people believe that mental illness is a sign of weakness or personal failure.

---Conclusion---

"Resources"

- TMH Behavioral Services (<https://www.tmhbehavioralservices.com>)
 - Coral Heart Counselling (<https://www.coralheartcounseling.com>)
- There are many more resources!

Ms. Howard thanked the guest speaker and recapped the need and support for the ROSC Council. Ms. Howard encouraged any dedicated participants to express their interest and sign the "MOU"-Memorandum of Understanding.

Ms. Oklah also called on the participants to sign the Memorandum of Understanding and encouraged any future committee members to commit to help with structuring the ROSC Alliance.

*Take Away

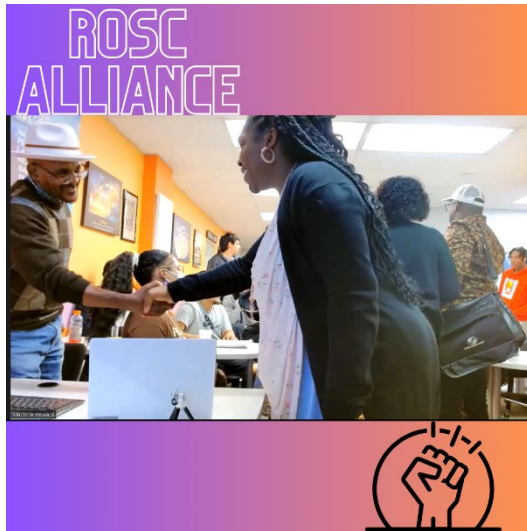
Ms. Oklah asked everyone in the meeting to please commit to a next step.

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Upcoming: Ms. Sandra Muhammed of Parents United invited everyone to a Free Event:
Sunday, December 10, 2023, 10am (?? Will confirm date)
7351 S. Stony Island (Mosque)
Chicago, IL 60649

Meeting was Adjourned/Concluded 11:51 a.m.



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