

THREE CORDS STRONG ROSC ALLIANCE MEETING AGENDA TRANSITIONAL TRAINING SERVICES

LOCATION HYBRID: 4455 S KING DRIVE SUITE 101-B / ZOOM

DATE: 5/29/2025

Facilitator: Marjorie Howard

Facilitator: Vawnshekia Oklah

Speaker: Shekita Weddington

Speaker: Sherry Williams

Speaker: Vondell Singleton

TIME: 09:30 AM – 11:45 AM

ZOOM MEETING ID:

I. Call to Order: Marjorie Howard

II. OPENING STATEMENTS - Vawnshekia Oklah

- Agenda
- Mental Health Awareness Month
- We all would not need the same resources because everyone's recovery is different from the next.
- Destigmatization talks about the rehumanization of people.
- When you stigmatize people, you make them something other than human.
- When something is other than human, you have the right to take it in and out whenever you would like to.

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

- At Three Cords Strong, we aim to empower individuals on their unique recovery journeys by weaving together the essential strands of personal growth, family support, and community resilience.
- Recovery is a continuous journey rather than a final destination and strives 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.
- Recap from last meeting
- Introducing the topic and focus for this meeting

IV. INTRODUCTION OF SPEAKER AND TOPICS – VAWNSHEKIA OKLAH

V. Speaker – Sherry Williams, Shekita Weddington , Vawnshekia Oklah

Sherry Williams

- Founder and Director of Bronzeville Chicago Black Historic Society
- We often return to that which is comfortable for us
- How do we look at ourselves everyday when we wake up?
- What do we call ourselves?
- What do others call us?
- What do we anticipate ourselves becoming?
- We can not be addressed less than what we are
- Reasonable judgement, wise advice, and healthy support
- We must detach ourselves from everything that has been toxic and unproductive
- What goes into the atmosphere becomes us
- It is not what they address you as, It is what you answer to
- How we embrace ourselves above things we have been labeled as and given to ourselves
- Start thinking more deeply about how it is that you look at yourselves, address others and family and how we shift our languages
- Wake up everyday affirming herself as a queen, beautiful
- Be encouraged
- You are in the right place to encourage each other

Shekita Weddington

- Mental Health background
- When thinking of Mental Health, think of the brain
- The first thing is action; something happens in your life
- Next is the thought
- The thought transform to your feelings and behaviors
- Sometimes you may not notice what is going on
- You may have an option to choose is this right or wrong and can dictate who you are as a person
- You have a decision between right or wrong
- Event into thought into feeling into behavior
- You have control of your thought process
- You can correct it or you can reinforce it
- If you think positive, reinforce it with good feelings and behaviors
- Turn them into effective behaviors and action
- Your mental health can improve with a positive thought process
- Controlling your thoughts when you can
- Your feelings can bring security
- Your behavior can bring action
- A positive event that promoted you to be who you are today

Vawnshekia Oklah

- Name calling and stigmatization makes it easier to dismiss somebody
- They are no longer a person
- Naming means ownership
- A lot of younger men to do not have father figures or mentors
- Once the family is taken care of, the community is taken care of
- Mental Health Awareness Month
- We do not want to underestimate the importance of mental health
- There has been a lot of stigma involving mental health

- We do not trust people with our personal business

Vondell Singleton

- Grew up in Ida B Wells projects early 80's
- Mother passed from drugs when he was 14
- Father incarcerated
- Became a ward of the state
- Nobody in his family went to college
- Mentor introduced him to college
- First Generation college graduate
- Mentorship became his calling
- Started CHAMPS Mentoring Program 11 years ago
- He became an assistant principal
- His wife is a principal
- CHAMPS impacted 8,000 young men
- June 14th: 1,000 colored boys and young men of color march
- Boys from 100 neighborhoods participated
- My Brothers Keeper Chicago director

VI. QUESTION AND ANSWER SESSION—

- Do you smile because you are happy, or are you happy because you smile?

VII. COMMUNITY PARTNERS PRESENTATION –

- Brightstar Community Outreach
- Sharon Batiest- Outreach enrollment specialist for TCA Health
- Millennium Law
- Blackstar Project
- To Equip His People
- Felony Free Society
- Chicago Police District

VIII. GROUP DISCUSSION – Impact Report

- Created partnerships with our community and expanded in different areas
- Make sure Narcan is in the community
- Apart of 12 community events
- Hosted feed the unhoused
- Tool kit giveaways
- Sleeping bag giveaways
- Partnered with local hospitals
- Chicago Police Department would like to create deflection programs

IX. NEXT ACTION STEPS

- a) Invitation to join ROSC

- b) Invitation to next meeting – June 26, 2025, 9:30 am
- c) Stipend for PLE Members who come to meetings
- d) Invitation to join our Think Tank

X.. MEETING CLOSE – VAWNSHEKIA OKLAH