

THREE CORDS STRONG ROSC ALLIANCE MEETING AGENDA

TRANSITIONAL TRAINING SERVICES

LOCATION: 4455 S KING DRIVE SUITE 101-B

DATE: 6/26/2025

Facilitator: Marjorie Howard

Co-Facilitator: Vawnshekia Oklah (online)

Speaker: Ashley V. Perkins

Topic: *Trauma-Informed Recovery: Understanding PTSD and Building Resilient Communities*

TIME: 09:30 AM – 11:45 AM

ZOOM MEETING ID: Hybrid- in person and on Zoom

I. Call to Order: Marjorie Howard

II. OPENING STATEMENTS - Marjorie Howard

- Ms. Howard Welcomes Everyone in person and on Zoom
- Reading of Agenda, Mission, and Vision
- Opioid addiction is both a personal and a community issue that requires our collective response.
- Three Cords Strong ROSC will help this social cause.
- Video by the Recovery Leadership Institute is played to explain ROSC and other things that are helping our community become recovery ready.
- She emphasized the meaning behind *Three Cords Strong*—reminding attendees that each strand (personal growth, family support, and community resilience) is
- Brief conversation around the question, “has anyone experienced a loved one who has passed or is still facing substance use challenges, and how it impacts their own wellbeing.

III. INTRODUCTION OF SPEAKER AND TOPICS – Marjorie Howard

- Ashley Perkins, MPA, was introduced as a leading voice in Social and Emotional Learning (SEL), coaching, and workforce development.

IV. Speaker – Ashley Perkins, MPA

- Opens up with who she is and her life’s purpose of developing people and improving human interaction through SEL.
- She explained that trauma can stem from even small, stressful moments, such as the pressure of grocery shopping for a parent, as well as from larger systemic issues like violence, policing, or lack of access to resources.
- She emphasized that trauma must be acknowledged, not minimized, to deepen empathy and collective healing.

V. Group Dialogue on Trauma- Ashley V Perkins

- **Sharing of personal and collective experiences with trauma:**
 - Police misconduct
 - Peer pressure
 - Mental, financial, physical, and verbal trauma
 - *Secondary trauma* is reliving someone else's trauma
 - *PTSD* is continuing to live in a traumatic state
 - *Vicarious trauma* results from witnessing another's suffering
 - The trauma of slavery and how it still shapes the experience of Black communities.
 - More powerful and emotional discussion
- **The 4 R's of Trauma-Informed Care- to guide safe, respectful support**
 - Realize the widespread impact of trauma
 - Recognize the signs and symptoms
 - Respond with informed strategies
 - Resist re-traumatization through intentional care
 - She stressed that help must be intentional, respectful, and non-triggering.
 - Peer-to-peer support and lived experience matter. "Choosing responsibly" was echoed by a participant as a key takeaway.

VI. Q&A-- Ashley V Perkins and Ms. Howard

- **Q: "What if the questions are too intrusive?"**
A: Helpers must know their boundaries and prioritize respect.
- **Q: "What if someone chooses not to help?"**
A: Acceptance is essential; not everyone is capable or ready to help.
- **Q: "What about people with addictions who don't want help?"**
A: It's important to understand limits when offering support.
- **Q: "How do you begin to heal from complex trauma?"**
A: "It happened, but it isn't happening anymore." Healing starts with recognizing that the past is not the present. Unwillingness to release the past often holds people back.

VII. Key Themes & Takeaways- Ashley V Perkins

- Trauma and Sud/Cud's are interconnected, especially in marginalized communities.
- SEL and trauma-informed responses should be embedded in every system, including schools, workforce programs, and justice settings.
- Community healing starts with truth-telling, empathy, and safe spaces.
- Recovery and healing are possible—but only when people are given the tools, the room, and the respect to grow.

VIII. COMMUNITY PARTNERS and Who is on ZOOM - Vawnshekia Oklah

IX. Order of Business / End of Year in Review- Marjorie Howard

- **Review of FY25 Goals and Focus Areas**
 - Increase access to housing, especially for justice-involved individuals, to decrease homelessness.
 - Reduce suicide and overdose rates among justice-involved persons with substance use disorder.
 - Strengthen open communication between law enforcement and the recovery community.
 - Ensure sustainability of ROSC efforts within the community—with or without state funding.
- **Highlights of Key Accomplishments**
 - Launched housing support initiatives tailored to re-entry populations.
 - Facilitated harm reduction training and awareness events.
 - Held multiple dialogues and events to build trust with law enforcement.
 - Expanded partnerships with organizations offering deflection services.
- **Alignment with new Top Three ROSC Priorities**
 - Building a recovery-oriented system of care for re-entry
 - Creating a network of job access and recovery support services
 - Collaborating with law enforcement for non-punitive alternatives

- **Impact Report Recap**

- **Shared a visual and narrative overview of our progress, partnerships, and community outreach from the past year.**
- **Highlighted data from key events like the Christmas "Feed the Unhoused," alternative healing sessions, and law enforcement forums.**

X. NEXT ACTION STEPS

- a) Invitation to join ROSC– July 31, 2025, 9:30 am
- c) Stipend for PLE Members who come to meetings
- d) Invitation to join our Think Tank