

# THREE CORDS STRONG ROSC ALLIANCE MEETING AGENDA

## TRANSITIONAL TRAINING SERVICES

**LOCATION:** 4455 S KING DRIVE SUITE 101-B

**DATE:** 09/25/2025

**Facilitator:** Vawnshekia Oklah

**CO-Facilitator:** Marjorie Howard/ Francis Oklah

**Speaker:** Orian Meadows

**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** - Vawnshekia Oklah

- Welcomed ROSC members and visitors and defined a ROSC meeting.
- Why people should join our ROSC and why the community needs ROSC.
- Address the challenges and substance use in the community and how much it's impacted.
- Presented: the Agenda, the ROSC Mission, and the vision plan for the community.
- Next Meeting Date and details.

**III. Speaker – Orian Meadows**

- De-escalation Training.
- We are what we repeatedly do. When you know better, you do better. Excellence then is not an act but a habit. - Will Durant
- There are six steps to change. Pre-contemplation, contemplation, preparation, action, maintenance, and relapses.
- CBI( Cognitive, behavioral intervention) - CBI teaches you how to change your thoughts, feelings and actions to change your life.
- Experiencing ongoing stress and trauma can alter your brain's ability to manage or cope with stress, process information, and develop and maintain healthy relationships.
- We experience different sensations in our bodies based on the emotions we are feeling.
- Extreme stress can result in the fight or flight reaction. Signaling your body is in a state of emergency or fear. Shutting down normal thinking and problem-solving.
- Normal stress levels in the brain-when in alert, the brain sends calm and clear problem-solving messages to reset the alarm. The brain stores and organizes memory information that you learned from past experiences.
- Nonviolence is a lifestyle held by values and belief systems. It is both practical and moral. Nonviolence is holistic.
- To be a successful practitioner of nonviolence, one must be able to identify the nuances of union violence
- In the service we provide to the community, we deal with individuals who carry the weight of years of unresolved trauma. Therefore, it is imperative that we handle them with a spirit of grace.
- Type of Traumas: Single, Complex, Collective, Historical, Secondary.
- Impacts of trauma: Loss of safety, Loss of trust, Loss of intimacy, Loss of physical connection to body, Shame, Dissociation.
- The Six Steps to Nonviolence :
  - Step One: Gathering Information

- Step Two: Education
- Step Three: Personal Commitment
- Step Four: Negotiation
- Step Five: Direct Action
- Step Six: Reconciliation
- Understanding the types of conflict you might encounter can help you identify the best approach to solving them.
- When you can recognize conflicting needs and are willing to examine them with compassion and understanding, it can lead to creative problem-solving, team building, and stronger relationships.
- We respond to the situation with actions or behaviors that are influenced by those thoughts, feelings, and bodily sensations.

## V. QUESTION AND ANSWER SESSION— Orian Meadows

- **What is violence?** A great destructive force that takes on many different forms. Like poverty, holding grudges, discrimination, verbal/ physical threats, racism, and abusive power.
- **What is CBI?** Cognitive, Behavioral, and Intervention. CBI teaches you how to change your thoughts, feelings, and actions to change your life.
- **What causes someone to be violent?** Feeling threatened, believing somebody is going to harm you, and fear.
- **Why teach CBI?** Because experiencing ongoing stress and trauma alters your brain's ability to know what you're feeling and manage your emotions, manage or cope with stress, and process information.
- **What is trauma?** Individual trauma events or a series of events or a set of circumstances that is experienced by an individual as physically or emotionally harmful or life-threatening and that has lasting adverse effects on the individual's functioning and mental, physical, emotional, social, or spiritual well-being.
- **Obstacles and Solutions**
  - **Normal conflict occurs as a result of everyday pressure. What to wear, planning your day, tasks to do at work, and discussing with others.** ~ You are in control and understand your situation; you prevent the conflict from escalating.
  - **Emotional conflict occurs when a normal conflict has not been resolved and the conflict escalates beyond discussion. Tension and emotion take over.** ~ Those involved in the conflict or someone else recognizes that the conflict has escalated, and interventions are made to calm the situation.
  - **Physical conflict occurs when the emotional conflict cannot be contained to just words; it erupts into physical conflict.** ~ Some outside force must physically intervene and separate the parties in order to de-escalate the conflict.

## VI. ORDER OF BUSINESS - 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.
- Goal 1-Creating a recovery-oriented system of care for the re-entry population
- Goal 2-Building a supportive network of services for those seeking jobs
- Goal 3-Work with law enforcement to establish alternatives to arrest for those with SUD
- Action 1-Assessment and capacity building
- Action2-Implementation and expansion
- Action3- Sustainability and policy integration
- Results 1-Rapid Influence
- Result 2-Expanding the workforce, encouraging employers to hire with a background.
- Results 3-Building a support network of services for those seeking jobs.
- Results 4- Expanding workforce development programs
- There are some of the obstacles to employment once you have a background

## **VII. COMMUNITY PARTNERS PRESENTATION –**

- Partner Presentations

## **VIII. NEXT ACTION STEPS**

- Join our ROSC
- Take and Disseminate Surveys
- Be a part of the solution in your circle of influence
- Destigmatize
- Speak up, especially for those who need help
- Upcoming community service
- Attend movie screenings and workshops on harm reduction and stigma reduction, and become better equipped to support recovery and re-entry efforts
- Community resource mapping
- Invitation to next meeting— OCT 23, 2025

## **IX. MEETING CLOSE – VAWNSHEKIA OKLAH**

## **X. MEETING ATTENDANCE**

1. Curtis Jordan
2. Anthony Yates
3. Tony Rogers
4. Stephanie Brown
5. Pierre Boyson
6. Jave't Sims
7. Brianka Goodlow
8. Robbin Hunter
9. Monique Pierce
10. Timotheus McDaniel
11. De'Angelo Amos
12. Laniece Strange
13. Camarie Lepolean Reashoveh
14. Alexander Jackson
15. Ceeli White
16. Irann Lee
17. Orion Meadows
18. Shana coldwell
19. Azeez Muhammod
20. Marquelah Bell
21. Zamaria Howard
22. Julia Clappard
23. Felcia Harvey
24. Aaron Jefferson
25. Angela Morgan
26. Carolyn Howard
27. Paris Jones
28. Jacara Hampton
29. Sharon Batiest
30. David Chilcls