

THREE CORDS STRONG ROSC ALLIANCE MEETING MINUTES

TRANSITIONAL TRAINING SERVICES

LOCATION: 4455 S KING DRIVE SUITE 101-B

DATE: 10/23/25

Facilitator: Vawnshekia Oklah

CO-Facilitator: Marjorie Howard/ Francis Oklah

Speaker: Juliea T Clippard & Tyler Orem

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 – Juliea T Clippard & Tyler Orem

- Spending time with family after hardship can be challenging. Emotions can spiral from different occasions, causing conflict.
- It's essential to listen to your feelings when dealing with any type of emotion to be self-aware.
- Surges do Pass. Couping becomes easier over time.
- Recovery is a lifelong process. Relaxing throughout the week is okay. Sometimes doing absolutely nothing during your day is a part of recovery. Taking days to relax and support your mental health is part of recovery.
- Seek out the nearest support. Support people around you. Having some type of connection is essential.
- Clear space equals clear mind.
- Doing small check-ins with yourself and setting short accomplishments helps boost your confidence and self-love.
- It's essential that we love and treat ourselves well, such as by eating correctly, working out, and getting proper sleep.
- Learn to be in control of ur emotions when you're most vulnerable, distance yourself in times of need, and control ur emotions instead of reacting.
- Coupling is a skill that all humans use to support mental health systems.

- Family can be difficult to deal with at a time when you're not mentally stable.
- Relapse is a part of recovery. Taking time to understand your addiction is the first step to recovery.
- Always have healthy alternatives to cope with drug abuse.
- If your space is chaotic, your mind is chaotic!
- Love is not just a feeling; it's the things that we do. It's important to love ourselves because when we do things that benefit others and ourselves, it's better for everyone.
- Appreciate what you already have, and relax in the little things you've already accomplished.
- Practicing mirror talk and self-relation daily can help your mental health. Posting daily affirmations around you keeps you reminded to stay uplifted.

V. QUESTION AND ANSWER SESSION— Juliea T Clippard & Tyler Orem

- **What are some of the challenges we face during this time?** Loss of family during holidays, Spiritual battles, lack of income, benefits, and financial support. The government is shutting down, delaying funds during this time.
- **What are the ways you cope with everyday stress?** Mediation, listening to music, long showers, cleaning, walking along the lake, watching movies, push-ups, drinking coffee, and Dancing.
- **What do vulnerable moments look like?** Valuable moments look different for everyone. It's all relative to who we are. It often occurs when we don't feel in control of our emotions. Anger can be out of control, fear can be out of control, and anxiety can be out of control.
- **Mental Health Red Flags**
 - Feeling every day that you don't want to socialize or interact with people.
 - Experiencing a lot more anger than usual. More irritable than lately.
 - Having harmful thoughts can harm yourself or others.
 - Feelings that nothing interests you or that you feel like you can't be joyful.
 - Started to feel panic, heart racing, sweating, and felt locked in the room.
- **Couping Machenisms**
 - Develope atlertivetes
 - Breath work, breathing exercise
 - Sensory inventory — Center yourself and ask: What do I see? What do I smell? What can I touch? What am I tasting?

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 recovery is a continuous journey rather than a final destination, and we 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-** Reduce daily stress levels.
- **Goal 2-** Strengthen emotional support and connection
- **Goal 3-** Boost positive mood and motivation
- **Action 1-** Take 10–15 minutes each day to practice deep breathing, mindfulness, or a short guided meditation
- **Action 2-** Write down three things you're grateful for or proud of each morning.
- **Action3-** Reach out to a trusted friend, family member, or support group to talk, meet for coffee, or check in at least once this week.
- **Results 1-** Improved relaxation and focus, with noticeable reductions in physical tension and anxiety throughout the day.
- **Result 2** - Increased positivity, better self-awareness, and a more hopeful mindset by the end of the week.
- **Results 3** - Greater sense of belonging, emotional relief, and decreased feelings of isolation.

VII. COMMUNITY PARTNERS PRESENTATION

- Partner Presentations

VIII. NEXT ACTION STEPS

- Join our ROSC
- Take and Deceminate 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— NOV 20th 2025

IX. MEETING CLOSE – VAWNSHEKIA OKLAH

X. MEETING ATTENDANCE

- 1. Bridgette Allen**
- 2. Demarrco Warren**
- 3. Terrance Clay**
- 4. Bieesha Harper**
- 5. Michael Griffin**
- 6. Chaffew Scott**
- 7. Francis Oklah**
- 8. Carolyn Howard**
- 9. Norberto Brown**
- 10. Vawnshekia Oklah**
- 11. Zamaria Howard**
- 12. Markala S.**
- 13. Dalton Brown**
- 14. Marjorie Howard**
- 15. Sharon Smith**
- 16. Aron Swan**
- 17. Angel Morgan**
- 18. Donald Harris**
- 19. Robbin Hunter**
- 20. John Jennings**
- 21. Brennan Knowles**
- 22. Tyler Orem**
- 23. Julia Clippard**
- 24. Dannique Baker**
- 25. Antonio Zares**
- 26. Jamaal C.**
- 27. Kristle Smothers**
- 28. Quentin Wade**
- 29. Yvette Caper**
- 30. Kaisha Cole**
- 31. Sharon Badely**
- 32. Leonard Noble**
- 33. Nicholas Baker**
- 34. Primus Wale**
- 35. Marquelah Bell**