

THREE CORDS STRONG ROSC ALLIANCE MEETING MINUTES

TRANSITIONAL TRAINING SERVICES

LOCATION: 4455 S KING DRIVE SUITE 101-B

DATE: 12/18/2025

Facilitator: Vawnshekia Oklah

CO-Facilitator: Marjorie Howard

Speaker: Don Gordan

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.
- Theme of the month, Seasonal Affective Disorder (SAD) is a condition in which some people experience a significant mood change when the season changes. SAD is not considered a separate disorder but is a type of depression.
- 4-6% of the people are impacted by SAD.
- Women are 10 times more likely to suffer from SAD than men.
- A lack of sunlight as the seasons change reduces serotonin levels and boosts melatonin levels which causes a feeling of sadness.
- When we don't get enough sunlight, our brain may produce less serotonin (the chemical that helps regulate mood) and more melatonin which makes us sleepy.
- SAD can affect daily functioning like energy, sleep, appetite and motivation.
- Many people think they're just lazy in the winter or going through a funk but SAD is a medical condition and help is available. Light therapy, counseling, physical activity, and sometimes medication can help people manage SAD effectively.

III. Speaker – Don Gordan

- **Acute Trauma** : Trauma caused by a single, overwhelming event. Some examples are car accidents, physical assault , and natural disasters.
- **Chronic Trauma** : Trauma that happens repeatedly over a long period of time. Some examples are ongoing domestic violence, Long - term bullying, living in unsafe neighborhoods.
- **Complex Trauma** : Exposure to multiple traumatic events,often during childhood, usually involving relationships. Some examples will be abuse combined with neglect, Foster care instability and long term exposure to family addiction.
- **Developmental trauma** : Trauma experienced during early childhood that disrupts emotional and neurological development. Some examples can be abandonment, lack of emotional support, early exposure to violence.
- **Emotional or psychological trauma** : Damage to emotional well being caused by distressing experiences. Some examples will be Verbal abuse, Humiliation, Gaslighting.
- **Secondary (Vicarious) trauma** : Trauma that occurs from witnessing or hearing about others' trauma. Some examples will be counselors, first responders, peer support workers. Caregivers of traumatized individuals.
- **Collective or community trauma** : Trauma experienced by a group or community. Some examples are community violence pandemics and racial or historical trauma.

V. QUESTION AND ANSWER SESSION— Don Gordann

- **What might be some things that are triggering during the holidays ?** Not being able to buy gifts, host gatherings, or meet expectations can trigger feelings of failure or inadequacy. Certain dates, traditions, songs, or places can bring back memories of abuse, neglect, violence, or loss. Death, incarceration, deportation, estrangement, or broken family relationships can feel heavier when holidays focus on togetherness. Being around people who caused harm, judged you, or don't respect your recovery can trigger stress, anger, or shutdown.
- **Why do the holidays make trauma and grief feel worse?** Holidays often bring memories, expectations, and pressure to be happy. For people who've experienced loss, family separation, incarceration, or violence, holidays can highlight what's missing instead of what is present
- **Why does grief come back even years after a loss?** Grief doesn't have a timeline. Certain smells, songs, dates, or traditions can reopen feelings. This doesn't mean you're going backward, it means the loss mattered.
- **What are healthy ways to cope without using substances?** Healthy coping includes movement, sunlight, talking to someone safe, journaling, prayer or meditation, music, art, breathing exercises, and keeping a routine, even a simple one.
- **What should I do if I feel triggered during a holiday event?** Pause, breathe slowly, ground yourself by noticing your surroundings, and remind yourself that you are safe now. It's okay to step outside, leave early, or say no altogether.
- **How can we support each other as a ROSC group during this season?** By

listening without judgment, checking in on each other, respecting boundaries, sharing resources, and reminding one another that no one has to go through this alone.

- **What is one small thing you can do this week to take care of yourself during the holidays?** I can do one calming activity, like journaling, praying, listening to music, or deep breathing, when I start to feel stressed or triggered.

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.
- Focus GOAL for this Quarter : Work with law enforcement to establish alternatives to arrest for those with SUD
- Achievements and set backs towards that goal
 - Meetings with police district rosc members
 - Meetings with TASC
 - Police Training Academy
 - Meeting with key officials
- Survey results, and findings
- Progress with Strategic plan

VII. COMMUNITY PARTNERS PRESENTATION

- Partner Presentations

VIII. NEXT ACTION STEPS

- Join our ROSC
- 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.
- Invitation to next meeting— January 29th

IX. MEETING CLOSE – VAWNSHEKIA OKLAH

X. MEETING ATTENDANCE

1. Vawnshekia Oklah
2. Alexander Manuel
3. Dowald Gordan
4. Robbin Hunter
5. Marquelah Bell
6. Azeez Muhammad
7. Primus Wade
8. Khalil Saunders
9. Eric Carponton
10. Zamaria Howard
11. Sharon Baties
12. Jamaal Curry
13. Marjorie Howard
14. Omarr L. Woods
15. Deon Jackson
16. Kenneth Reed
17. Tamia Grant
18. Angle Morgan
19. Stephen Moody
20. Catherine Ayers
21. Harvest Johnson
22. Jamal Norwood
23. Carolyn Howard
24. Cortnery Otto
25. Francis Oklah
26. Fredy Frarco Jr
27. Jarvis Duncan
28. Jessica Sistrunk
29. Kolby Holloway
30. Tiara Ray
31. Joclyn Monae
32. Norberto Brown
33. Sharon Bates
34. Yvette Camper
35. Angel Morgan
36. Julia Clippard