

# THREE CORDS STRONG ROSC ALLIANCE MEETING MINUTES

## TRANSITIONAL TRAINING SERVICES

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

**DATE:** 04/30/2026

**Facilitator:** Francis Oklah

**Co-Facilitator:** Marjorie Howard, Vawnshekia Oklah

**TIME:** 09:30 AM – 11:45 AM

**ZOOM MEETING ID:** Hybrid- in person and on Zoom

## Three Cords Strong ROSC Alliance Meeting Minutes

### I. Call to Order

The meeting was called to order by Francis Oklah.

### II. Opening Statements – Vawnshekia Oklah

Vawnshekia welcomed ROSC members and visitors and provided an overview of the purpose and importance of ROSC meetings. She explained the mission of the Three Cords Strong ROSC Alliance and emphasized the importance of community involvement, collaboration among service providers, and partnership with system stakeholders.

#### Key ROSC Goals & Milestones

- Engage at least 10 employers or workforce agencies to explore recovery-friendly and second-chance employment opportunities by June 30, 2026.
- Expand adult deflection partnerships beyond CPD District 003 and support consistent, recovery-centered deflection practices across multiple Chicago Police Department districts, including the University of Chicago Police, by June 30, 2028.
- Expand deflection partnerships to at least three CPD districts by June 30, 2028.
- Institutionalize deflection and recovery-informed training practices within participating law enforcement agencies.

## III. Speaker Presentation – Dalton Brown

### Tips for Maintaining Sobriety

#### Identifying Your Triggers

Learn to recognize the people, places, emotions, stressors, and situations that may tempt you to return to unhealthy habits. Awareness is one of the strongest tools for protecting sobriety and maintaining peace of mind.

#### Develop a Sobriety Plan

Recovery works best with structure and purpose. Create a daily plan that includes healthy habits, accountability, goals, meetings, prayer, and positive activities that help you remain focused and grounded.

#### Build a Strong Support System

Surround yourself with people who encourage growth, healing, honesty, and accountability. Recovery becomes stronger when supported by family, mentors, sponsors, peers, and faith-based communities.

#### Create a Positive Routine

A productive routine helps replace chaos with stability. Managing time wisely, staying active, and maintaining purposeful daily habits can strengthen discipline and reduce opportunities for relapse.

#### Engage in Counseling and Healthy Hobbies

Counseling can help uncover deeper emotional struggles, while healthy hobbies provide positive outlets. Activities such as exercise, art, music, reading, volunteering, and learning new skills can help rebuild confidence and purpose.

#### Avoid Isolation

Isolation can increase depression, anxiety, and negative thinking. Staying connected to healthy people and positive environments strengthens accountability and emotional support.

#### Prioritize Family and Health

Recovery creates opportunities to repair relationships and improve physical, mental, emotional, and spiritual well-being. Personal healing can positively impact children, loved ones, and future generations.

## Keep God at the Center

Faith can provide strength during difficult moments. Prayer, scripture, worship, and trusting God's direction can help restore hope, peace, wisdom, and purpose throughout the recovery journey.

## IV. Question and Answer Session – Dalton Brown

Question: How do I identify my triggers?

Pay attention to situations, emotions, people, or places that increase stress, anxiety, anger, loneliness, or cravings. Journaling and counseling can help identify patterns and triggers.

Question: What if my family does not support my recovery?

Continue focusing on your healing while building support from healthy individuals such as sponsors, counselors, church members, recovery groups, and mentors who encourage positive change.

Question: What should I do if I relapse?

Do not give up on yourself. Learn from the experience, seek support immediately, reconnect with your recovery plan, and continue moving forward one step at a time.

Question: What should be included in an emergency sobriety plan?

An emergency sobriety plan should include emergency contacts, coping strategies, meeting locations, prayer or meditation practices, healthy distractions, and steps to avoid high-risk environments.

Question: Why is isolation dangerous during recovery?

Isolation can increase negative thoughts, depression, and temptation. Staying connected with positive people strengthens accountability and emotional support.

## V. Order of Business – Three Cords Strong Mission, Vision & Updates

Presented by Francis Oklah

## Mission

Three Cords Strong empowers individuals on their recovery journeys by weaving together personal growth, family support, and community resilience. The organization believes recovery is a continuous journey rather than a final destination and strives to support individuals along their unique paths to healing and restoration.

## Vision

A world where recovery is celebrated as a lifelong journey, weaving together personal growth, family support, and community connections into a resilient tapestry that is not easily broken.

## VI. Strategic Goals

- Finalize and present the adult deflection proposal to District 003 leadership, including referral criteria and partner roles, by Q2 FY26.
- Co-develop deflection training and destigmatization education for officers in collaboration with ROSC partners.
- Pilot adult deflection referrals and begin tracking outcomes and lessons learned by Q3 FY26.

## VII. Updates

- Researched workforce training programs aligned with recovery-friendly and second-chance employment models.
- Initiated conversations with local employers to assess readiness and interest in hiring individuals impacted by substance use disorders or justice involvement.

## VIII. Community Partner Presentations

- Robert Stewart – KCC Academy
- Angela Morgan – TCA
- Don Gordon- To Equip His People
- Felony Free Society
- New Millennium Law

## IX. Next Action Steps

- Join the Three Cords Strong ROSC Alliance
- Next Meeting: May 28th

## X. MEETING CLOSE – Marjorie Howard

## XI. MEETING ATTENDANCE

1. Azeez Muhammad
2. Sharon Batiest
3. Zamaria Howard
4. Marquelah Bell
5. Alice Muhammad
6. Sondra Muhammad
7. Brittni Hoskins
8. Jason Hoskins
9. 003 Police Rep
10. Ghazzi Muhammad
11. Juliea Clippard
12. Marjorie Howard
13. Vawnshekia Oklah
14. Francis Oklah
15. James Chew
16. Cayren Johnson
17. Joshua Bracy
18. Nana Agyeman Kyei
19. Dalton Brown
20. Takyla Tuner
21. Edgar Carson
22. Jeremy Collins
23. Issac Edwards
24. Curtis Morris
25. Phillip E. Buntyn Jr.
26. Kenneth Smallwood
27. Marquan Gunn
28. DiaVion Butler