

"An Ounce of Prevention"

May 2022 Newsletter

A.C.T.I.O.N. Coalition

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Upcoming Events:

Membership Meeting

Tuesday, May 17th
12pm via Zoom

Town Hall Meeting

Tuesday, June 21st

6pm

New Deli across from Farmer's State
Bank

Community Day

Hosted by Hometown Service Coalition

Saturday, June 4th

Ralph Stout Park

We will need volunteers for this event!

National Prevention Week

May 8th – May 14th

The purpose of NPW:

✿ Involve communities in raising awareness of substance use and mental health issues and in implementing prevention strategies and showcasing the effectiveness of evidence-based prevention programs.

✿ Foster partnerships and collaborations with federal agencies and national organizations dedicated to improving public health

✿ Promote and disseminate quality substance abuse prevention and mental health promotion resources and publications

(NPW info credited to SAMHSA)

National Fentanyl Awareness Day is

May 10th!

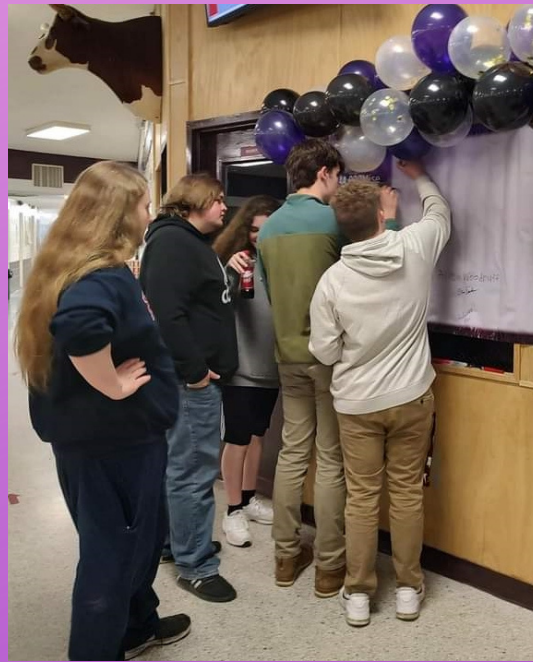
volunteers needed!

IF YOU OR SOMEONE YOU KNOW WOULD BE INTERESTED
IN VOLUNTEERING FOR FUTURE EVENTS, CALL THE
OFFICE AT 423-727-0780 OR EMAIL
ACTIONCOALITION@OUTLOOK.COM

Highlights:

Prom Promise 2022

On Thursday, April 21st we partnered with Johnson County Coordinated Health and Johnson County High School to have students sign the "Prom Promise", pledging to stay safe by making responsible decisions on Prom Night!



Drug Takeback Day

On Saturday, April 30th we partnered with the Johnson County Sheriff's Dept. for Drug Take Back Day!



We gathered 5 bags of unused, unwanted, & expired medications!



May Recovery Minute - Mental Health Awareness Month

How Can I Help? by Deanna Schroyer

I was not surprised to learn that suicide is now in the top five leading causes of death in America. Sometimes in the face of such heart-wrenching tragedy we feel small and helpless. As someone who has lost a cousin, a brother-in-law, and a childhood friend, (all of them kind and joyous men), to suicide, I absolutely know what it means to feel powerless. Thankfully though, we're far from it.

So, what exactly can we do? Many of us want to reach out and lend a hand to others who may need it. Sometimes though, we can be so gung-ho to fix our friends' problems, we don't take time to choose our words carefully. For example, if a friend has suffered a miscarriage the last thing you should say is, "At least you already have a son."

Here are a few examples of how to better communicate your offer to help.

What not to say

✗ "Aw, you're alright, just get over it and go on."

✗ "Whatever you do, don't see a therapist. I did that once and boy do I regret it!"

✗ "I know exactly how you feel." (Even though you've never experienced the same situations they're going through).

What to say instead

✓ "How can I help you?"

✓ "I know many people have benefited from seeing a counselor, if for no other reason than to just talk it all out. Would you like me to help you schedule an appointment?"

✓ "I haven't lost a child, so I can't imagine what you're going through, but I have certainly had to deal with the loss of a loved one, and I know how hard it can be. I'm here, just let me know what I can do to help."

Please take good care of yourself; you never know when someone will need you.

To find literature or assistance with combatting alcoholism and substance use disorders call the ACTION Coalition at: 727-0780. If you need a particular type of assistance we don't offer, we will do our best to help you find the people who can.

Deanna is a Peer Support Recovery Coach & Certified Peer Recovery Specialist working with the AARRC, via the ACTION Coalition. She shares her recovery story and provides support as tools in helping others rediscover their strength and build their own recovery stories.



"Mental Health Moment"

#breakthestigma

by Elizabeth Osborne, Office Admin/Project Coordinator

Did you know that May is Mental Health Awareness month? Did you also know that nearly 1 in every 5 adults experience mental illness? Even if you do not experience mental illness, you can still help by being aware and #breakthestigma.

The easiest way to help fight stigma around mental illness is to take into consideration the verbiage you use when discussing the topic. An example of this would be to say "she is being treated for a mental illness" instead of saying she "suffers from" or is "disabled with" a mental illness. There are great articles online to help you become a stigma fighter and learn how to correctly discuss and approach mental illness!

If you feel like you are experiencing mental illness, it is always beneficial to reach out to your doctor. There are many resources, including Frontier Health of Johnson County, that are willing to help! Also, make sure to take this time to have a "check in" with your mental health. It always seems to be a "busy time" of the year no matter the season, so just make sure you are taking time to care for yourself and your health. Take advantage of the warmer, sunnier days ahead by getting some fresh air! Make a plan to have yourself a "mental health" weekend by finding new adventures (or watching Netflix, if that's more your thing).

I hope everyone has a safe and healthy month of May!



This project is funded under a grant contract with the State of Tennessee Department of Mental Health and Substance Abuse Services

Keep Up With Us!

You can find us on Facebook & Instagram! Find our ads in the Tomahawk! Catch us every Wednesday at 1:30pm on WCMT!

