

# An Ounce of Prevention Thankfulness Edition

A.C.T.I.O.N. COALITION

138 E. Main St | Mountain City, TN | 423.727.0780



## Upcoming Events:



### Veteran's Day

Friday, November 11th

The ACTION and AARRC offices will be closed in observance of Veteran's Day. Thank you to those who have served!

### Membership Meeting

Tuesday, November 15th at 11:30 am

Come join us for our bi-monthly membership meeting at the Crewette Building in Mountain City! (203 Vandilla Street - directly across from Johnson County EMS)

### Thanksgiving Day

Thursday, November 24th

The ACTION and AARRC offices will be closed on Thanksgiving Day and the following day.





# Highlights:

## "Coalition Crow-nie"



The ACTION and AARRC crew had a blast making "Coalition Crow-nie" to put up on Main Street in Mountain City as a message to everyone to not drink and drive...or fly!

Check out Page 3 for Red Ribbon Week highlights!





# RED RIBBON WEEK

Here are some highlights from Red Ribbon Week, a whole week dedicated to staying DRUG FREE!



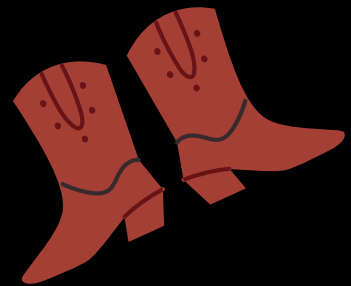
**Monday: Wear Red Day!**



**Tuesday:  
Backwards Day!**



**Wednesday:  
Western Day!**



**Thursday: Superhero Day!**





# New Faces

## JENNIFER STREET

Jennifer Street has been hired as the Region 1N Hybrid Lifeline Coordinator through the A.C.T.I.O.N Coalition in Mountain City for Carter and Johnson Counties. As a Hybrid Lifeline coordinator Jennifer will work to increase the availability of evidence-based recovery programs within our 2 counties by collaborating with community partners such as faith based organizations, community coalitions and recovery community organizations such as the AARRC in Johnson County. Jennifer will also work with other Lifeline coordinators across the state to coordinate referrals to treatment and recovery services and has access to resources statewide to assist those seeking treatment and recovery for substance use disorder. Jennifer will also work to reduce stigma around substance use by delivering community presentations on stigma and is available to work with any organization requesting additional information about reducing stigma.

Jennifer can be reached by contacting the ACTION Coalition in Johnson County (423-727-0780), the Carter County Drug Prevention Coalition (423-297-1335) in Carter County or by calling directly at 423-470-3907 or email at [jstreethlc@outlook.com](mailto:jstreethlc@outlook.com)



## ALEXA OWENS

Alexa has been hired as a part of our AARRC team through the A.C.T.I.O.N. Coalition as a Recovery Coordinator! She will be training to become a fully certified Recovery Coach and Peer Support Specialist. She is excited to learn more in her journey to walk side by side with individuals seeking recovery from substance use disorders. Alexa can be reached at [alexa.aarrc@outlook.com](mailto:alexa.aarrc@outlook.com) or 423-220-9517



# WELCOME TO THE TEAM!



## "Just Say No?!" by Deanna Schroyer

Believing something is dangerous and wanting to avoid that danger are two separate creatures. There was a world of good intention behind the so-called "War on Drugs," but the movement wound up being more of a trial-and-error experiment than anything. Why? I believe that we just didn't yet understand how to help.

When we're young the majority of us feel invincible enough to take outlandish risks for the short bursts of adrenaline the substance or activity offers.

The question becomes: how can we reel our children in and help them learn alternate ways to get that thrill? While there are many ways to accomplish this, we should be aware of a few important factors to consider, no matter our methods.

1) Demonstrate responsibility ourselves. Often children and young adults believe alcohol will not have a negative impact on their lives, mainly because alcohol is not only legal but also advertised as a great social tool.

Sometimes it feels hard to believe, but the fact is that our children do watch and learn from us. Show them how much fun they can have without drugs and alcohol. Get out with them and make it obvious that you value conversation with them by asking them questions that must be answered with more than a simple yes or no.

2) One of the most important actions, if not the most important, is to find something to replace drinking and drug use with. This is especially true for anyone who has been using drugs and/or alcohol for a while. It often takes years to develop alcoholism or addiction, so we shouldn't expect our loved ones, or ourselves, to wake up in the morning and automatically be accustomed to not drinking or using drugs anymore.



We need to give ourselves and our children time to develop whatever new habits we decide to reward ourselves with, whether it be a ten minute walk or painting landscapes or riding a roller coaster, even a bull!

3) We must be vigilant in teaching our children not only to stay away from drugs and alcohol but also how and why they should. We are all much more receptive to an idea when we understand why it matters and how it works. This is what is meant by “knowledge is power”.

Seek the answers to the ‘how-and-why’ before bringing the subject up so that you’re armed and ready to answer their questions.

**We are fortunate to have many more resources available than in the “Just Say No” era. If you’d like literature, suggestions or assistance with combatting alcoholism and other substance use disorders call the AARRC at 423-220-9517, or the ACTION Coalition at 727-0780.**



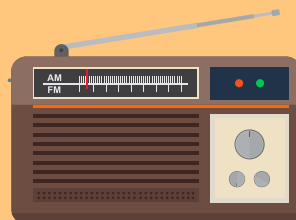
Deanna is a Certified Peer Recovery Specialist working as a Peer Support Recovery Coach with the AARRC, (ACTION Addiction Recovery Resource Center), a branch of the ACTION Coalition. She shares her recovery story and provides support as tools in helping others rediscover their strength and build their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



# What are you thankful for?

SHOW US ON FACEBOOK OR  
INSTAGRAM WHAT YOU'RE  
THANKFUL FOR THIS YEAR BY  
USING THIS HASHTAG!

## #ACTIONthankful



Tune in to 102.9  
WMCT "The  
Mountain" every  
Wednesday for  
Johnson County  
Talks!



Check out our  
ad in the  
Tomahawk  
newspaper!



Keep up with  
us on Facebook  
and Instagram!

**TN** Department of  
Mental Health &  
Substance Abuse Services

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