

AN OUNCE OF
PREVENTION
NEW BEGINNINGS EDITION
JANUARY 2023 ACTION COALITION MTN CITY, TN

Happy
New Year

Upcoming Events



Membership Meeting

Tuesday, January 17th @ 11:30am

First Christian Life Center | Mountain City

Lunch will be provided! Please RSVP with Elizabeth at 423.727.0780 or
actioncoalition@outlook.com

Save the Date

Weekend of Hope

Save the Date

Friday, March 10th and Saturday, March 11th

More information to come soon so keep an eye out for the February Newsletter!

"Let's Talk Stigma"

A Critical Community Conversation Presented by Jeff Cope

Friday, January 13th @ 11am

First Christian Life Center | Mountain City

Join us for a critical community conversation with Jeff Cope, project coordinator with A.C.T.I.O.N. coalition. This interactive conversation explores how to support our loved ones experiencing substance use disorders as well as how to care for ourselves and the wider community.

***See next page for the official flyer!**

LET'S TALK STIGMA

Join us for a critical community conversation with Jeff Cope, Workforce Project Coordinator with A.C.T.I.O.N. Coalition. This interactive conversation explores how to support our loved ones experiencing substance use disorders as well as how to care for ourselves and the wider community.

Date: 13 January 2023 from 11:00 a.m. – 1:00 p.m.

401 W. Main Street, Mountain City, TN 37683

Lunch will be provided!

Together, we can end stigma.

Letting people talk about it helps.

For more information

Call: 423.727.0780

Email: actioncoalition@outlook.com



A Year In Review

We want to thank our community and partners for making 2022 such a special year!



WHO HELPS THE HELPERS?

by Deanna Schraye

Sometimes it seems like there's an unwritten rule that those of us who work in the peer recovery field must be upbeat 24/7. While demonstrating that being in recovery is a joyous thing, attempting to display happiness all the time is not only misleading, but also dangerous to our own recovery.

It isn't being happy that's dangerous, mind you, it's trying to pretend you're happy when, deep inside, you're wrestling to keep your problems bottled up. As a person in recovery, I know full well the treachery of hiding beneath a perpetual smile.

But how do we know when it's time to take a short break? Answer: don't wait around until the daydream of relaxation becomes a dire need; instead, practice wellness every day, before that panicky feeling called desperation has a chance to show its ugly face.

Centering ourselves does not make us self-centered. In fact, caring for our mind, body and spirit is the first requirement for a Peer Support partner. After all, how are we supposed to show our peers how to bring out the best in themselves if we don't first model that behavior?

Visit this link for a fun way to learn how to determine your unique style of self-care (instead of making outdated new year's resolutions):

<https://www.psychologyjunkie.com/2022/12/23/the-self-care-you-actually-need-based-on-your-enneagram-type/>.

Deanna is a Certified Peer Recovery Specialist / Coach working with the AARRC, (ACTION Addiction Recovery Resource Center. For assistance with overcoming substance use disorders call us at: 423-220-9517 or the ACTION Coalition at: 423-727-0780.

Our goals for the coalition in 2023 are to be bigger and better than ever before! This year we are planning on more events, more education, and more community engagement! To learn about volunteering opportunities with us, please contact Elizabeth at actioncoalition@outlook.com or call 423.727.0780!



Scan the QR Code for a Volunteer Application! Once filled out, email to actioncoalition@outlook.com

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Check us out on social media!



Find our weekly ads in the Tomahawk and tune into WMCT every Wednesday at 1:30pm!

