Mark Your Calendars!

- February 8th is the Executive Board Meeting. The meeting will begin at 5:30 pm at the Mountain City Presbyterian Church. These meetings occur on the 2nd Tuesday of every month.
- February 15th is the Community A.C.T.I.O.N Meeting. The main topic of discussion for this month's meeting will be: Reducing Stigma Around Substance Use. The meeting will be from 6-8 pm in the First Christian Church Fellowship Hall at 401 W. Main St in Mountain City. Our Community meetings are always held on the 3rd Tuesday of even number of months, unless otherwise posted.
- February 18th Sobriety Checkpoint
- March 15th is the Membership Meeting. The topic of discussion will be the state of the coalition. This meeting will be held from 12-1 pm via Zoom. The Zoom invite will be posted on our Facebook page or you can email us at actioncoalition.com to have it sent to you. Membership Meetings are always held on the 3rd Tuesday of odd number months unless otherwise posted. It is open to anyone in the community who would like to learn more about decreasing substance use in Johnson County.

Volunteers Needed

We have a couple of events this month that would be great for our volunteers!

- There is a sobriety checkpoint on February 18th. The volunteer would be assisting the coalition in providing information to our community about the dangers of drinking and driving. This is a no-contact event and masks will be provided if needed. Time would be from 8-10 pm.
- We are also looking for volunteers who would be able to assist in setting up our table at the community A.C.T.I.O.N meeting on February 15th and helping pass out the information and brochures provided.

If you or someone you know if able and interested in volunteering for either event, please let us know by calling our office or you can email us at actioncoalition@outlook.com

Employee Spotlight

Being a small nonprofit, we rely heavily on our staff and can't thank each of them enough for the major roles they play here at A.C.T.I.O.N. Coalition. This month we would like to shine a light on our employee Kandas Motsinger. Kandas has been with us for 7 years and continues to do amazing work! She has recently taken on a new role as our Director of Prevention Services. She is also working towards becoming a Certified Prevention Specialist. We appreciate her hard work and dedication to such an important cause. We are so proud of you Kandas! Thank you for all that you do!

We're on Instagram!

Be sure to check out and give us a follow on our new Instagram @a.c.t.i.o.n.coalition where we will post the latest information on meetings, volunteer opportunities, informational content, and more!

SPAM EMAILS

Unfortunately, there has been an email circulating that appears as if it came from A.C.T.I.O.N. but is SPAM. The email makes it look as if someone from ACTION has shared a file with you and asks you to click a PDF link and then log in with your information to view the file. This is NOT from ACTION! We will never ask for your personal login information. Please report as spam and delete the email accordingly.

Here are a few ways to keep up with A.C.T.I.O.N! Listen to us every Wednesday on WMCT at 1:30pm. Find our ads every week in the Tomahawk. Check out our billboards located along S. Shady St. Visit our website at actioncoalition.org. Like us on Facebook! Follow us on Instagram!
I am blessed, and so grateful, to have many friends and family who helped me escape from the brutal prison substance abuse had caged me in. I’m sorry to say that gratitude did not come easy.

When my friends and family tried to make me understand I had a problem, I could not see that they were doing it out of love. The only thing their words did was cement my belief that I was broken, a miserable moral failure who did not deserve their love.

That conviction I felt wasn’t their fault but, because I was in active addiction, I was sure they just enjoyed berating me, so I threw up a wall so thick that anyone who mentioned my addiction would crash straight into that wall like hitting a concrete pylon head-on at 100 mph. In this way I hoped they’d finally give up and leave me alone.

Thank God they didn’t.

Love is an incredibly strong force. I am in my fifth year of recovery and am working every minute to do whatever it is God tells me to do, (no matter how crazy it might sound), to help others feeling the way I once did to ask for help.

One reason it’s so hard for someone in active addiction to understand they have a problem is because the substances or behaviors they’re addicted to physically numb the part of the brain that allows reflective thoughts. There’s simply no room for such because that function has already morphed into believing it’s more important to make your body stop hurting so much. Period. It’s the only important thing at that moment and once that issue is taken care of then, and only then, can other priorities be considered.

It took crashing many times and worrying many loved ones before I finally admitted I needed help. Deep down I’d known for some time that I wasn’t well, but I truly did not understand that the opioids was actually causing the problems. It would take several months of intensive therapy for my mind to clear enough for me to begin to see that.

I believe knowledge is power. In the beginning months of my recovery journey, I learned everything I could about why I became addicted. Each week I attended group therapy with seven or eight other men and women building their recovery journeys.

This is what helped me the most. Finally, I understood that I’m not the only one who’d ever worried about disappointing those who love me! We encouraged one another to slow down and enjoy the experience of rediscovering our true selves.

Deanna Schrayer is a Certified Peer Recovery Specialist who shares her recovery story and provides support as tools in helping others rediscover their strength and build their own recovery stories. She hosts a SMART recovery support group each Friday. Give us a call for more information.