

An Ounce of Prevention

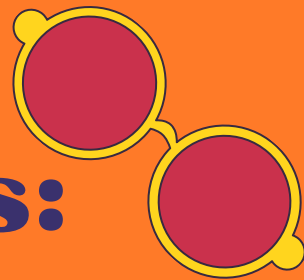
~Summer Vibes Edition~



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

138 E. Main Street | Mountain City, TN 37683

423.727.0780 | actioncoalition.org



Upcoming Events:

Community Day & Fun Walk

RALPH STOUT PARK

JUNE 4TH

9A-3P

Town Hall Meeting

LOCAL'S DELI

(New deli across from FSB)

JUNE 21ST

6PM

Red Cross Volunteer Meeting

FIRST CHRISTIAN CHURCH

JUNE 27TH

6PM

Sunflower Festival*

W. MAIN ST.

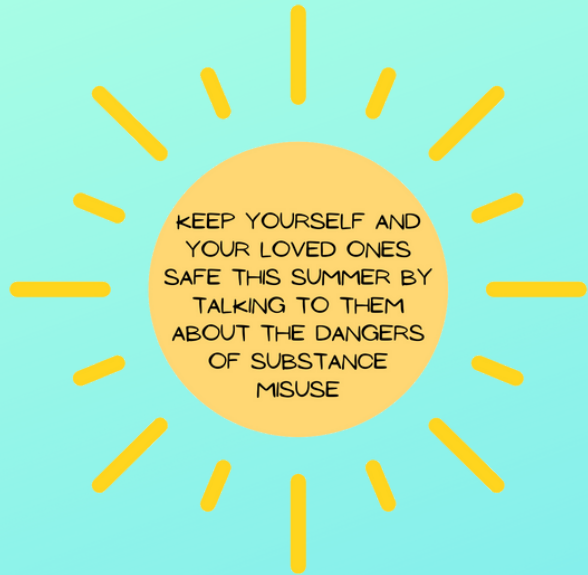
JULY 9TH

9A-4P

If you or someone you know would be interested in becoming a volunteer with ACTION please call our office at 423-727-0780 or email Elizabeth at actioncoalition@outlook.com

***We are in need of volunteers
for this event!**





KEEP YOURSELF AND
YOUR LOVED ONES
SAFE THIS SUMMER BY
TALKING TO THEM
ABOUT THE DANGERS
OF SUBSTANCE
MISUSE

News News

ACT1ON is excited to announce a new program in the works to help many families in Johnson County. We have been awarded a grant from the STRONG ACC program to approach the issue of poverty in our community. The program will provide a network of services to the qualifying families such as financial support and behavioral health to help bring them out of poverty and into a more self-sustaining situation. This grant is scheduled for 3 years and will be distributed throughout 10 counties in Northeast Tennessee.



Highlights:



Kelsey & Elizabeth
set up at Doe
Elementary for
Career Day to talk
with the kids about
the dangers of
Smoking!

Our Johnson
County High School
class of 2022
graduated on May
21st!
Congrats,
Longhorns!



Recovery Minute

with Deanna Schrayner

What's happening at the AARRC?

The AARRC (ACTION Addiction Recovery Resource Center), a recovery branch of the ACTION Coalition, is thrilled to announce our first graduation from Step One/One Step!

Step One/One Step is a recovery program that guides folks new to recovery through the first steps of healing. It is not your typical treatment program. Instead, it is an educational program that builds life skills and bolsters your recovery in a "hands-on" way. We hold classes each Wednesday and Friday and often participate in fun activities outside the "class" atmosphere. We recently got the privilege to create our own signs and doormats at The Gathering Place in town and it was so much fun! We appreciate the kind folks at The Gathering Place so much for welcoming us with open arms!

The AARRC also hosts an "All Recovery" support group every Monday (formerly Tuesdays) from 6:00 – 7:00 PM at the Families Free office, 108 Court Street, Mountain City.

What does All Recovery mean? It means EVERYONE IS WELCOME. Everyone = people who are living with a substance use disorder, (diagnosed or not, currently receiving treatment or not yet receiving it), family members, friends, community members, all loved ones....everyone means everyone, period.

Would you like to be a part of the AARRC? Whether you are a person with a substance use disorder who would like to boost your recovery, or you would like to volunteer, we welcome you! While we do receive referrals for the Step One/One Step program from probation officers, counselors, and others, you can refer yourself, so please don't hesitate to stop by or give us a call at the ACTION Coalition at 138 E Main Street, across from Tri-State Growers, 727-0780 to learn more.

Building this Recovery Community is proving to be an exciting endeavor and we look forward to strengthening in the months, and years, ahead.

Deanna is a Peer Support Recovery Coach & Certified Peer Recovery Specialist working with the AARRC, 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.

Mental Health Moment

by Elizabeth Osborne



I am absolutely, positively a summertime girl. The sunshine, the warmth, and only having to throw on a pair of flip-flops to walk outside make summertime really enjoyable for me. Many times when we think of Summer we think of freedom and joy - but did you know that the hot months can actually have just as much of an effect on your mental health as winter? With the kids out of school, family vacations, etc., our routines can get pretty off-balance which oftentimes leads to bouts of seasonal depression for some.

Take some time for yourself this Summer to make sure you are getting the mental health break you need from your busy schedule. While it's warm and sunny outside get some walking in or even just sit on the porch to soak in that Vitamin D (with some sunscreen on, of course - your skin needs taking care of too!). Use this time to do the things you love outdoors like biking or boating (in my case, I will definitely be doing some camping!), and give your brain a healthy dose of endorphins to combat those off-kilter feelings of a different routine. And lastly, as I always say...
When in doubt, eat ice cream!

KEEP UP WITH US!



A.C.T.I.O.N. COALITION
ALLIANCE OF CITIZENS TOGETHER
IMPROVING OUR NEIGHBORHOODS



Find us on Facebook or Instagram! You can also find our ads weekly in the Tomahawk and tune in every Wednesday at 1:30 to WMCT!



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

