

prevention
●
education



advocacy
●
recovery

Issue 1

Hope-Filled News

March 2023

A Hope Coalition Quarterly Newsletter



Hope Coalition's Recovery Community Center: a peer living room for adults

Since opening its doors in August of 2022, the Hope Coalition's Recovery Community Center has served over 200 participants!



A Veteran's Hope

A True Story of Recovery

John MacWilliams sat at the shelter lost in thought. It was his birthday but it felt like any other day. As a veteran, the demons of his past haunted him. John had seen things that no man should see. He had witnessed death and destruction on a scale that was unimaginable. For years, he had tried to drown out the memories with alcohol.

Homeless, depressed, filled with hopelessness and just fed up with life, John found himself continually hitting dead ends. Being turned away from getting help seemed to be constantly on his bingo card.

But John was determined to turn his life around. He enrolled in a recovery program through Hope Coalition and began attending meetings regularly. It wasn't always easy, but he slowly started to see the light at the end of the tunnel.

As John became more and more involved in Hope Coalition's programs, he realized that his past didn't define him.

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A VETERAN'S HOPE

A True Story of Recovery

Now, through the help of the Recovery Community Center John is no longer homeless, is connected with a mental health care provider, and is fully supported in ways he didn't think he would ever achieve.

"Hope Coalition has helped me move forward with my life and overcome my barriers. They have given me the support that I never had before", John told a peer support specialist at Hope Coalition.

As he sat in his new home, John smiled. He may be 60 years old, but he has never felt more alive.

The Recovery Community Center is open to anyone in need of help. From peer support to recovery meetings, resources are available.

Email the RCC at peersupport@elementsofhope.org



A WEEK OF HOPE

A HCPS and Hope Coalition Annual Collaboration

We Are Hope Week, the annual week of prevention and substance misuse awareness in Henderson County Public Schools, reached over 10,000 students this year.

"It's really inspiring to be a part of something like this, as all Student Government leadership around the county seeks to help spread awareness and information to those students who may need help," Briana Sosa-Trejo, a senior at Henderson County Early College, said.

During the week, students participated in activities including signing banners pledging to remain substance free.

New this year, the Henderson County Sheriff's Office provided a wrapped patrol car, sponsored by Boyd Chevrolet, for students to sign.

The event culminated at the Historic County Courthouse where elected and community leaders applauded the students for their pledge to remain substance free.



HAVE YOU HEARD THE BUZZ?

*WNC's First Sober Social Bar & Café **OPENING SOON!***

Across America people are becoming more curious about their relationship with alcohol. Many are recognizing that now is the time to break long lasting generational cycles which includes drinking alcohol as a normal way of life.

The sober-curious and sober movement involves questioning one's relationship with alcohol, why one drinks, and how it makes one feel. This movement offers people the chance to be more mindful of their drinking habits and decide for themselves what they want their relationship with alcohol to look like. This movement is sweeping the country and allowing people to experience sobriety on any level.

At Hope Coalition, we recognized a need in our community to provide a safe space to delve deeper into this sober movement, a place where adults as well as youth could enjoy an environment free from alcohol. For those seeking a place to meet and good conversation with friendly people, or just escape from the stressors of everyday life, The Buzz is the place!

The Buzz is WNC's first fully sober social bar opening Spring of 2023. It is a welcoming social space for individuals and families to frequent in Henderson County. This new space will allow the community to have a safe and relaxed atmosphere in an environment free of alcohol where one can meet up with like-minded

people without any influence of alcohol.

With over two dozen breweries, wineries, cideries, and distilleries (with more being added) in Henderson County, we wanted to provide a fresh alternative. While many local bars and restaurants are beginning to offer mocktail menus and generally offer at least one non-alcoholic beer, none are entirely alcohol-free.

The Buzz will be the first dedicated alcohol-free bar and cafe that will have mocktails made with zero-proof spirits and offer non-alcoholic wine and beer. Our amazing partnership with ShareWell coffee will bring you only the freshest brewed coffee on our café side. Did we mention we have a drive thru?! Come and see!

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WHAT'S THE BUZZ CONT.

"The Buzz Sober Bar and Café is located behind Thai Spice at 225 S Grove St, Hendersonville, NC 28792. The Buzz will serve coffee by morning and switch to non-alcoholic drinks mid afternoon (noon on weekends). Menus of seasonal mocktails and elixirs will be accompanied by 'buzz bites', snacking plates, and a rotating food truck calendar.

The Buzz will also have a stage for musical performances and offer indoor as well as outdoor seating. Make plans to host groups, meetings, parties, games, and special events! It's sure to be all The Buzz!

"The Buzz is a great location for people to gather and enjoy a social experience without alcohol. It isn't only for people in recovery. More people are recognizing the joy of mental clarity and focus without the social lubrication of alcohol.

The Buzz is part of the nonprofit Hope Coalition, which operates prevention and recovery support programs in Henderson County. Julie Huneycutt, Executive Director since it began, believes 'The beauty of The Buzz is that the proceeds from sales will go back into our community to fund the work of Hope Coalition and its prevention and recovery programs. It's a win win.'

Hope For The Holidays

Hope Coalition's Annual 5k Fundraiser

Although a bitter cold morning could have tempted many people to stay indoors, many festive humans in Western North Carolina did exactly the opposite!

The second annual Hope for the Holidays Jingle Jog took place Saturday, Dec. 17, 2022, the weekend before Christmas! The 5K run took participants through downtown Hendersonville with the purpose of supporting Hope Coalition with a fun community activity.

This year there were an amazing 279 runners that braved the chilly weather to help raise a substantial amount of money for the Hope Coalition programs.

"My favorite part is bringing everyone together, giving hope for the holidays, understanding that everyone needs human interaction, and that we are ultimately stronger together," said Julie Huneycutt, Director of Hope Coalition.

The 5K fundraiser is held the weekend before Christmas to help get people into the holiday spirit, while also supporting a great cause. It's a race for everyone, as people of all ages and abilities were invited to walk or jog the route through Hendersonville.

We are incredibly grateful for the support our community has shown us through events such as the Jingle Jog.

It's never too early to start thinking about Christmas! Email us today to learn how **YOU** can be a sponsor in 2023!



Email senglish@elementsofhope.org to learn how you can be a sponsor!



A Message From The Director

Dear Agent of Hope,

What's best part of my job? Seeing lives changed through programs offered at Hope Coalition!

And now with spring in the air, we are buzzing with excitement! I truly feel as though we are a community hive that never stops thinking, creating, and affecting change. From our amazing peer support specialists at the Recovery Community Center, to programs for our Henderson County youth through 'We are Hope' Week, Hope Rising youth diversion, Youth Council, Teen Court, and other exciting programs on the horizon, Henderson County is being served in life-changing ways.

Thank you for your continuing support. Please stop by The Buzz when we open to continue that support! Remember, your purchases at The Buzz will feed right back into our community to support the work of the Coalition. You are an important member of the hive!



Julie Huneycutt
Executive Director

THANK YOU FOR BEING A HOPE COALITION SUPPORTER!

Upcoming Events

April 14 FEEL THE BUZZ: THE BUZZ POP-UP 8:30 AM - 12:00 PM @ HENDOUGH CHICKEN & DONUTS

May 19 DRUG TAKE-BACK WITH HPD AT PATTON PARK @ 9:00 AM - 10:30 AM

April 29 VENDOR AT HEALTHY KIDS DAY 2:00 PM - 5:00 PM @ MILLS RVER PARK

May 27 VENDOR AT VETERANS HEALING FARM TIME AND LOCATION TBD

May 6 DRUG TAKE-BACK IN FLAT ROCK VILLAGE TOWN HALL @ 9:00 AM - 11:30 AM

July 20 COMMUNITY DAY WITH HOPE COALITION @ TEDC BLUE RIDGE COMMUNITY COLLEGE

Want To Give Back To Hope Coalition?

Use the link below or scan the QR code to donate today! Every dollar brings **Hope** to Henderson County.



www.elementsofhope.org/donate