

# WILSON COUNTY SUBSTANCE PREVENTION COALITION

Official Newsletter | Volume 1 Issue 12 | December 2022

## WCSPC HISTORY

*The Wilson County Substance Prevention Coalition was established in April 2007. The coalition is organized for the charitable purpose of reducing substance misuse by addressing factors in the community that increases the risk of substance misuse and promoting the factors that minimize that risk.*

*Recovery Concepts Community Center (RC3) is a community recovery center and an initiative of The Wilson County Substance Prevention Coalition, created in 2017. This community center is for those working to sustain and maintain their recovery from substance use disorders can visit the center to take part in educational opportunities, group meetings, social events, or just to hang out in a place that is recovery informed, friendly, and healthy.*



*Wilson County Substance Prevention Coalition staff picture*

*(from left to right) Jeff Hill, Pamela Letchworth, Morgan Miller, Anna Davis, Ashlie Smith*

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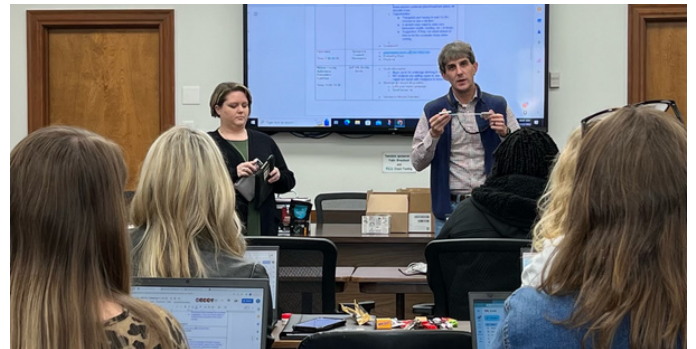
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## HIGHLIGHTS IN THE COMMUNITY

*The Wilson County Substance Prevention Coalition had the opportunity to go and talk to all of Wilson County School's counselors, nurses and social workers. We talked to them about the current substance use trends, how to secure materials and substances, and how to use Naloxone. We also gave them our underage drinking and vaping rack cards to take back to their schools. Thanks again for having us WCS!*



*Picture at our presentation for WCS.*

**“Don’t let yesterday take up too much of today.” ~ Will Rogers**

# UPCOMING EVENTS

- **WCSPC & RC3 Food & Toy Drive** - November 14 - December 9
- **WCSPC Full Coalition Meeting & Christmas Open House** - December 8, 10:00am (at RC3)
- **Adult Mental Health First Aid** - January 18, 8:00am
- **Expungement Clinic** - January 19, 11:00am
- **Open Narcotics Anonymous Meeting** - Mondays 12:00pm
- **Easy Does It Café** - Mondays 6:00pm
- **Veteran's Expression Support Group** - Wednesdays 7:00pm
- **Open Alcoholics Anonymous Meeting** - Wednesdays 7:00pm

# MEMBER SPOTLIGHT

*My name is Rob Wheeler and I currently serve on the Board for the Wilson County Substance Prevention Coalition. I have worked for the Wilson County Department of Social Services (WCDS) for 11 years as a Clinical Social Worker and Clinical Services Supervisor and as of December 1, 2022, I will take on a new role as the agency's Deputy Director.*

*I grew up in Wilson and received both my bachelor's and master's degrees in Social Work from East Carolina University. I am a Licensed Clinical Social Worker (LCSW) and have been in the mental health field for over 26 years.*

*The first part of my career was spent in the state of Florida and working as a clinician in different behavioral health agencies as well as four years as clinical director of an adolescent substance abuse treatment facility. I have provided therapy services in a wide range of settings, from inpatient psychiatric facilities to outpatient clinics and intensive in-home services.*

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*I am certified in several different evidenced based treatment modalities, including Rational Emotive Behavior Therapy and had the distinct privilege of training directly with Dr. Albert Ellis himself. For the last 15 years have specialized in trauma and working with children and families that have experienced child maltreatment.*

*I love teaching and mentoring new clinical social workers. I am very passionate about program development, training and growing social workers in the knowledge of trauma and the impact of trauma on children and their functioning. I currently serve as a training facilitator at WCDS and provide clinical supervision to Licensed Clinical Social Work Associates perusing their license.*

*Of all the work that I have done, my greatest job has been being a husband and father. I have been married to my amazing wife Karyl for 23 years. We have 3 sons, Trey, JT and Brady which keep me always moving and learning new things. We have an 11 year old black lab named Laney and somehow we have acquired 2 cats along the way as well! I think it is a privilege to help others and look forward to helping the resident of Wilson County for many years to come.*



*Rob Wheeler and his wife, Karyl.*

# PARTNER PORTION

The Wilson County Senior Activity Center's goal and main purpose is to offer educational, recreational, and outreach activities for seniors of all ages to enhance their leisure lifestyle and provide an environment where socialization is met. We have extended hours on Monday, Tuesday, and Thursday from 8:00am until 7:45pm and we operate on regular hours on Wednesdays and Fridays from 8:00am until 5:00pm. Currently we have 3 full-time staff members: Kesha A. Howell (director), Jill Tarleton (aging services specialist), and Tiffany Lucas (program assistant), and three parttime staff members: Michelle Parrish (program aide), Ruby Ford (AARP Title 5), and Evon Derrickson (AARP Title 5).

Our activities include the following: Yoga, L.I.F.T. (Lifelong Improvements through Fitness Together), Shag, Line Dance, Toning w/Louis fitness classes, Bridge, Zumba, Ukulele Jam, craft classes, and Bingo. In our exercise/fitness room we have treadmills, seated and standing elliptical machines, and stationary bikes to keep the body moving. In the recreation/game room, you can choose a board game, card game, puzzle or shoot a game of pool. We host a monthly support group for caregivers to enhance their coping skills through mutual support and information-sharing.

We also provide educational trainings including minority diabetes prevention classes, chronic disease and pain management, financial management workshops, advance healthcare planning, and geriatric mental health awareness. Foot care is available by appointment only, and nutritional supplements, healthy food boxes, and services for the blind are available through pre-registration. Unique events and outings are planned for seniors to explore and enjoy. These trips are a fantastic opportunity to try something new without the worry of driving since transportation is provided. We want to offer a variety of options, so participants are thriving in all areas of life as they continue to age.

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The upcoming new year (2023) is going to be an exciting year of growth and expansion for the Wilson County Senior Activity Center as we are in process of adding a new health and wellness pavilion. This new project will offer the opportunity to increase our efforts to meet and support the health and wellness, healthy aging, social, and psychological needs of the growing aging and adult population of Wilson County. We look forward to expanding our building size, activities, and programs. If you would like more information about an activity, special event, upcoming class, or to discuss a volunteer opportunity, please contact us at (252) 206-4059, or follow us on Facebook at [www.facebook.com/wilsoncountyseac](https://www.facebook.com/wilsoncountyseac) search Wilson County Senior Activity Center. Monthly newsletters and calendars are available at the reception desk on the first business day of each month.



Wilson County Senior Activity Center staff (not pictured Evon Derrickson & Michelle Parrish)

## CONTACT US

[Click here](#) to leave us a message

or by

Phone: (252)991-7267

Email: [wcsac@wilsoncountync.gov](mailto:wcsac@wilsoncountync.gov)

Website: [www.wilcoprevention.org](http://www.wilcoprevention.org)

Facebook: @wcsac

Instagram: @wcsac.nc

Linktree: [linktr.ee/wcsac.nc](https://linktr.ee/wcsac.nc)

Address: 2860 Ward Boulevard, Suite C, Wilson, NC 27893

Or [click here](#) to leave an anonymous comment/suggestion