

WILSON COUNTY SUBSTANCE PREVENTION COALITION

Official Newsletter | Volume 1 Issue 9 | September 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, Anna Davis, Pamela Letchworth, Morgan Miller, Ashlie Smith, Jennifer Lane.

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HIGHLIGHTS IN THE COMMUNITY

On August 2nd the WCSPC was able to attend National Night Out at the Warren Street Park. NNO is an annual community building campaign to promote police and community partnerships! We love participating in this event and can't wait till next year. We were able to give out a total of 347 prevention items that are now actively being used within the community!

WCSPC staff picture at National Night Out 2022!



**“Courage doesn't always roar. Sometimes courage is a quiet voice at the end of the day saying, 'I will try again tomorrow.'”
~Mary Anne Radmacher**

UPCOMING EVENTS

- **Open Narcotics Anonymous Meeting** - Mondays 12:00pm, Fridays 7:00pm
- **Easy Does It Café** - Mondays 6:00pm
- **Stretching For Health** - Tuesdays 5:30pm
- **Veteran's Expression Support Group** - Wednesdays 7:00pm
- **Open Alcoholics Anonymous Meeting** - Wednesdays 7:00pm
- **Recovery Through Art** - September 22, 6:30pm
- **WCSPC Full Coalition Meeting** - September 22, 10:00am
- **Live Life In Color Run** - September 24, 8:00am

WCSPC MILESTONES

We have several milestones this month!!

1. On September 1st, Pamela Letchworth, the WCSPC Data Collector will be celebrating her 3 year anniversary with the Coalition!
2. On September 6th, The Hope Alliance celebrates its 5 year anniversary! On September 6, 2017, the Hope Alliance was announced to the community. The Hope Alliance is a safe way to seek help for substance use disorders without fear of incarceration. It provides resources and gives hope for recovery.
3. On September 23rd, RC3 celebrates its 5th birthday as well! On September 23, 2017, RC3 had its grand opening and welcomed the community into the center!



Pamela at RC3's Recovery Through Art.



The Hope Alliance and RC3 logos!



MEMBER SPOTLIGHT

My name is Anna Davis and I am the Community Engagement Coordinator for the Wilson County Substance Prevention Coalition. At the WCSPC, my job primarily consists of doing our social media, graphic design (such as this newsletter!), advertising, going to community events, and working with our community partners! I have been here a little over a year and I am loving working here. I enjoy getting to learn more and being a help to our community.

I started working with the WCSPC in July 2021, just a few months after getting my Office Administration degree from West Coast Baptist College in California. But before that, I went to and graduated from Wilson Christian Academy and I also helped with the Reformers Unanimous program at Tabernacle Baptist Church. I am currently doing the NC State Addictions Specialist Certificate Program for Paraprofessionals with the North Carolina State University to further my education.

For fun, I enjoy spending time with my family, friends, and my two cats, Kiara and Duke (not related to the team/school). I also enjoy traveling, sightseeing, and photography!



Anna Davis taking a selfie with WCSPC intern, Keisha Thompson, and Chief Rosario from the Stantonsburg Police Department, after taking a picture for the Recovery Ally Campaign 2022.

WHAT RECOVERY MEANS TO ME

Hello, my name is Joshua Thomas. I was born on May 17, 1988, along with my twin brother in Gastonia, NC. I grew up in what I would say to be an average middle-class family. My mother was a nurse and my father was a NC State Highway Patrol Trooper. I am grateful to say that they have always been there for me through thick and thin. I also have a beautiful little sister who is nine years younger than my brother and me. I could not have asked God for a better family. When I was five years old, we moved to Nashville, NC, where I was raised and lived for the majority of my life. My mother and father took us to church most Sunday's. But I just went because I had to, never truly knowing the Lord or having a relationship with Him. Therefore, I never knew who I truly was.

As I grew up my lack of relationship with my Creator and Heavenly Father led to an identity crisis. So, around late middle school/ early high school I began to rebel. I began smoking weed and drinking, mainly trying to fit in and be part of the "cool crowd". I had low self-esteem, this led to looking for comfort by using substances and seeking the approval of others. Eventually my substance use progressed to substance use disorder. This included experimenting with hard drugs and eventually turned into a full-blown heroin addiction. My addiction took me further than I ever wanted to go and to a place I had no business being. It led to several behavior/drug programs, rehabs and several stints in prison, adding up to roughly 5 plus years of incarceration. This time in prison only made my addiction and legal troubles that much worse. It was a convict university if you will. I had several occasions of getting clean for a few months here and there, just to return to use. Every time I went back to using it was worse than the time before.

Today I am proud to say that I have been clean since May 15, 2021. After my last detox I went to Bethel Colony of Mercy in Lenoir, NC. It was a spiritually based program, and the Lord was surely in that place! I was sick and tired of the vicious cycle of addiction. So, I finally surrendered one night at a tent revival. I was still feeling the effects of the tail end of detoxing.

(continued)

However, I also felt the Lord's presence. At that moment I decided to stop running from the Lord. I began to understand (2 Corinthians. 5:17) "I am a new creation in Christ Jesus". The old me who was a slave to not only substances, but also to the approval of everyone else, is now dead and gone. I am truly free today because of my full commitment to carrying my cross, following Jesus and nurturing my spirit man every day. The Lord has given me a new heart (Ezekiel 36: 25-27), filled with love and selflessness rather than selfishness. Now, instead of preying on others I pray for them. Also, as it says in (Joel 2:25-27), the Lord has restored everything I lost in my addiction and given me so much more. Today I am proud to say I actively serve in my church, am a successful business owner and an upstanding member of society.

TRAINING OPPORTUNITIES

- **Vocational Rehabilitation** - September 1, 10:00am
- **Reducing Stigma In Our Community** - September 8, 12:00pm
- **Don't Jump To Conclusions: Eliminating Mental Health Stigma** - September 13, 11:00am
- **Youth Mental Health First Aid** - September 20, 8:30am
- **SBIRT Workshop** - September 23
- **STD Awareness Training** - September 29, 1:00pm

CONTACT US

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

or by

Phone: (252)991-7267

Email: wcspsc@wilsoncountync.gov

Website: www.wilcoprevention.org

Facebook: @wcsac

Instagram: @wcspsc.nc

Linktree: linktr.ee/wcspsc.nc

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

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