

WILSON COUNTY SUBSTANCE PREVENTION COALITION

Official Newsletter | Volume 2 Issue 5 | September 2023

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) Anna Davis, Pamela Letchworth, Ashlie Smith, Jeff Hill, Morgan Miller

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UPCOMING EVENTS

- **Recovery Through Art** - September 21, 6:30pm
- **WCSPC Full Coalition Meeting** - September 28, 10:00am @ Reid Street Community Center
- **Live Life In Color Run** - September 30, 8:00am @ Greater Wilson Rotary Park
- **Recovery Through Art** - October 19, 6:30pm (registration link coming soon)

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”

~ Robert Louis Stevenson

RECOVERY MONTH EVENTS

We are so excited about RC3's 6th annual Live Life In Color 5k & 1 mile fun run! The color run will be in person on September 30th, as well as virtually from September 30th to October 8th!

This colorfully vibrant event celebrates healthiness, happiness, and individuality within our community.

The run begins at the Greater Wilson Rotary Park in Wilson, NC, and goes through the Cavalier Terrace Park. Registration is now open via Run The East. Come run, walk, crawl, or bike a 5k or 1 mile fun run to support our recovery support efforts taking place here in Wilson County! We welcome families, groups, and individual runners of all capacities. This event is also open to pets and strollers as well.

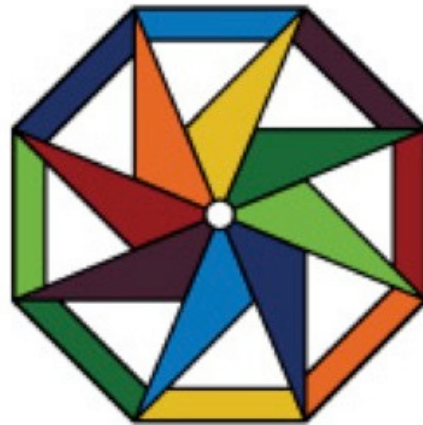
Register online at <https://runsignup.com/Race/Events/NC/Wilson/LIVELIFEINCOLOR5K1milefunrun>



Pictures from last years color run!

On September 28th, we will be having our Full Coalition meeting and Recovery Resource Fair in honor of National Recovery Month! Join us at the Reid Street Community Center from 10am-12pm.

We will have several community organizations set of as vendors giving out recovery materials and or/ goodies.



Recovery Pinwheel

HIGHLIGHTS IN THE COMMUNITY

Last month, the WCSPC along with Eastpointe was able to attend "Welcome Back Barton". We were able to hand out prevention education materials and medication locking items to college students! Thanks again to Barton College and the Chamber of Commerce for inviting us to this event!



Picture from Welcome Back Barton!

WHAT RECOVERY MEANS TO ME

In 2018, I was a wreck. I had moved to Florida the year before to start a new job, but was so far from my family and support that my mental health basically made me implode. Within a year, I had been in and out of the psych unit more times than I could count. I was trying to medicate my mental illness with alcohol...it wasn't working out well for me. I was on medication, but nothing seemed to work. The amount I was drinking kept the medicine from doing its job. After a particularly rough bender and hospital stay, I ended up in a rehab in Florida for nearly 6 months because they didn't believe it was safe to release me. I lost my job, was put on social security disability, and finally released to my mother to live with her in NC while I tried to sort out my mental health. I was sober for almost 2 years after that, but my mental health was still a disaster. I eventually returned to use. I needed to get sober again in and didn't know where to go.

That's where the Wilson County Substance Prevention Coalition, RC3 and the Hope Alliance came in. I called and met with them the very next day about getting help. I didn't know what to expect, but they were so understanding and non-judgmental about my situation that I was put totally at ease. I was given a few options to restart my recovery. They found me a bed within a mental health facility that had a great recovery program with mental health physicians on staff. Had I known about the facility and just showed up there, I probably would've been turned away at the door. Without Hope Alliance behind me, I never would've gotten a bed. That was in 2021. I agreed to go, and it was one of the best decisions I've ever made.

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The Coalition and the Hope Alliance have followed up with me ever since. I've attended sober events through them, meetings, and know that I can call them if I ever need help.

Now, I'm properly medicated for my disorder. I work full time in a career that I love, and I'm off disability. I've never been so happy, hopeful, sane, and sober. There's no doubt in my mind that, if it wasn't for Hope Alliance, I wouldn't be where I am today. I'm so thankful.

-Hope Alliance graduate



TRAINING OPPORTUNITIES

- **Adult Mental Health First Aid** - October 18, 8:30am
- **Managing Your Behavior** - October 27, 12:30 (registration link coming soon)
- **Youth Mental Health First Aid** - November 29, 8:00am

CONTACT US

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

or by

Phone: (252)991-7267

Email: wcspc@wilsoncountync.gov

Website: www.wilcoprevention.org

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Linktree: linktr.ee/wcspc.nc

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

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