

WHAT YOU NEED TO KNOW:



Recovery at Powell Offers Healing, Support

Recovery at Powell, a ministry of Powell Church, focuses on healing, restoration, and transformation for all of us. We all encounter challenges within our lives through our addiction, our loved one's addiction, divorce, loss of health, loss of employment, broken relationships, death of a loved one, and so much more. Recovery at Powell is a safe place to be where we are, encountering healing, restoration, and transformation.

Our weekly gathering on Thursday nights is a time of fellowship, food, prayer, worship, and sharing. As you enter the building, you will be welcomed by those who understand brokenness, who simply want you to know that we honor your willingness and have been where you are. Eating together is a huge part of our time together, food to nourish our bodies and fellowship to soothe the isolation that brokenness creates. The meal begins at 5:45 pm, followed by worship and share groups.

After dinner, we gather to worship through song, prayer, and a message. Following the worship service, we break into open share groups. These groups are vital to the healing that takes place. Through sharing our own stories and listening to others, we hear that we are not alone, that restoration is possible, and God is enough. Our groups include Grief/Loss, Family Support, Women Conquering Codependency, Chemically

Dependent Women, Chemically Dependent Men, and a First Step group for those attending for the first time.

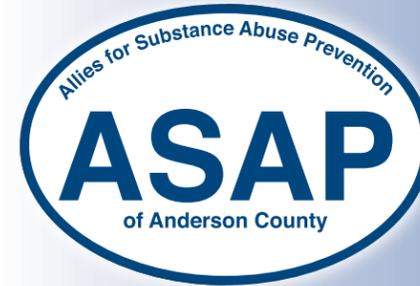
Beyond Thursday nights, we focus on two specific areas, grief recovery and support for loved ones of opioid addiction. We offer a grief seminar multiple times a year led by Joy Gaertner, a certified trainer in Grief Recovery method. This research based method of addressing losses of all kinds has been life changing for those who have attended. Visit Joy's website walkingwithjoy.com for more information about upcoming Grief Recovery seminars.

The first Tuesday of each month we host a gathering of loved ones of those addicted, called Loved Ones Together. We meet at the Powell Church worship center from 6:30 – 8:00 for fellowship and a speaker who helps equip us for the challenges of being a loved one of an addict.

For more information about Recovery at Powell, Grief Recovery, or Loved Ones Together, please visit their website at recoveryatpowell.com, email Brooke Hartman at bhartman@powellchurch.com, or call Brooke at (865) 938-2741.

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ASAP QUARTERLY: Prevention Matters

Newsletter

Volume 7, Issue 4—December 2017



FROM THE DIRECTOR

Camping for Community Raises Critical Funds

During Red Ribbon Week, Stacey and I, along with a few brave guests, camped at the courthouse to raise money to fill the funding gap for the Family Drug Treatment Court Program for Anderson County.

The program, which many of you have heard me speak about ad nauseam for years, had been granted funds totaling over \$47,000 by the United Way of Anderson County, The City of Rocky Top, and the Oak Ridge Breakfast Rotary; however, the money was going to have to be returned without securing an additional \$33,000.

The Family Drug Treatment Court has been under development for a number of years, based on best practices from across the country, and a tremendous amount of research. It is geared toward rehabilitating not only adolescents through the Juvenile Court system, but their entire family unit.

This desperate plea initiated quite the community response, both through the media and online. Three media outlets showed up at the courthouse before we ever sent our first press release.

The idea for the Family Drug Treatment Court has been well-received by the community. Stacey Pratt, Project Director for ASAP, came up with the unique idea after attending a public relations training at the United Way of Anderson County. She told me, "I know you hate to camp, but I also know you're willing to do anything to fund this program and this is what we have to do."



Stephanie Strutner and Stacey Pratt work from the courthouse during Camping for Community. Donuts, courtesy of Jen Laurendine!



Naomi Asher, Executive Director of United Way of Anderson County and Jack brave the cold night.

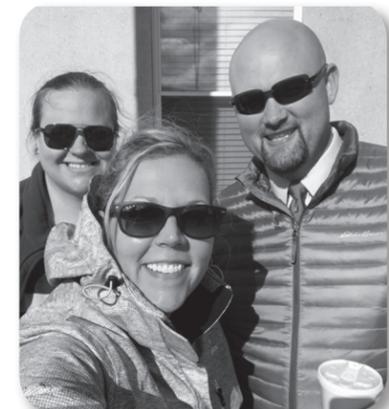
Throughout the course of the coldest week of the fall, thus far, we were blown away by the incredible support the community showed. People came from far and wide. In a time in which the news is covered with stories of overdose and drug crimes, we now have an opportunity to make a real difference and reveal the hope that lies within our community. What is so cool is this is now truly community-owned.

Guest campers joined in on the fun and many community partners came to visit during the day. Overnight guest campers included Naomi Asher (United Way of Anderson County), Russell Barker (7th Judicial District Crime Task Force), and Michael Foster (City of Rocky Top).

During the week, temperatures dropped to the mid-30's at night. The challenge that pushed the donations to the finish line was issued by Rocky Top City Manager, Michael Foster, former ASAP employee. Foster challenged the community to come up with \$2,600 overnight and he would jump in the 42-degree Clinch River. Not only did the community meet that challenge, it was far exceeded. He then issued another challenge, dripping wet, that if the community would fill the funding gap by close of business Friday, Stacey and I would jump in too.



Hoskins Drug Store brought hot chocolate on a cold morning.



Michael Foster, City Manager of Rocky Top, brought breakfast before he got roped into being the next guest camper.

www.ASAPofAnderson.org

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RECENT HAPPENINGS:

Red Ribbon Rivalry

Red Ribbon Week activities took place all throughout Anderson County during the week of October 23rd. The ASAP Ambassadors, made up of high school students from Anderson County, Clinton, and Oak Ridge High Schools, spread awareness and raised funds to continue their work towards preventing and reducing substance abuse in their schools and throughout the community. Matthew Calhoun, Joshalyn Harmon, and Sarah Abbott of ACHS traveled to Lake City Elementary School to address the 4th and 5th graders through an interactive presentation where students learned important

facts about alcohol, tobacco, and medicine abuse. The Ambassadors demonstrated refusal scenarios and answered important questions from the audience.

Also, in an exciting first, Oak Ridge High School won the Red Ribbon Rivalry! The three high schools compete against each other each year to see who can raise the most money for their activities. Clinton High School has held the title in every previous year. Congratulations Oak Ridge High School!



SUBSTANCE ABUSE BYTES:

New Study Hopeful for Non-Opioid Pain Treatment

When you hear the stories of people who have struggled with addiction, you often hear that their first use of an opioid pain medication was as a result of a prescription given to them in the hospital after an injury such as a bone fracture, sprained ankle, or dislocated shoulder. One recent study in the Journal of the American Medical Association looked at these prescriptions for acute pain and determined that a simple combination of the over-the-counter medicines was as effective as opioid pain medications in providing pain relief. In fact, there was no statistical difference between the level of relief provided by opioids or the over-the-counter combination.

Tylenol), Percocet, Vicodin, or Tylenol No. 3, which contains codeine. Patients in all groups reported similar pain reduction after 2 hours. This new information could prove valuable in emergency departments as practitioners look for alternatives to prescribing opioid medications and to people looking for alternatives to opioid pain treatment.

In addition to non-opioid medications, there are other alternatives that can be used to manage acute and chronic pain. Over the next year, ASAP will highlight some of these including acupuncture therapy, chiropractic care, yoga, and massage therapy. As always, discuss your symptoms with your prescriber before making any medication or lifestyle changes, but know there are alternatives available.



The 416 patients with acute pain who participated in the study received either a combination of ibuprofen and acetaminophen (Advil and

Notes:

Camping for Community Individual Donors

- | | | | | |
|-----------------------|------------------------|---------------------------|----------------------------|---------------------------|
| Stephanie Strutner | Margaret Bell | Billy Cunningham | Bill Gallahar | Michael Yates |
| Regina Copeland | Brandi Reagan | Jim Dodson | Donna White | Marc Gamble |
| Carol Moore | Donna Forstrom | Don Bell | Janet Cagle | Cathy Robinson |
| Phyllis Copeland | Naomi Asher | John Krewson | Kym Laube | Herbert Goben |
| Juliet Hennessey | Larry and Nancy Foster | Becky Grubb | Julia Kendrick | Lyn Lucas |
| Becky Brumley | Lauren Biloski | Stacey Pratt | John Strutner | Jen Laurendine |
| Carlton Hall | Callie Archer | Lewis Ridenour | Mary Ann Cooper | Brie and Adam Guinn |
| Chelse Stevens | Stacy Griffin | John Kelsey | Anonymous | Brett Begalle |
| Megan Miller | Anonymous | Steve Emert | Rodney Mann | William Jones |
| Lauren Biloski | Anonymous | Josh Queener | Matt Foster | Anonymous |
| Terry Frank | Brandon Pelizzari | Jim Shetterly | Sarah Harrison | Anonymous |
| Maura Vespie | Anonymous | Nellie Blanton | Megan Thomas | Amy Ryder |
| Laura McLean | Mai Coffey | Bear Stephenson | Katherine Birkbeck | Wendy Williams |
| Anonymous | Sandy Peters | Representative John Ragan | Katie Foster | Clinton Lions Club |
| Rick Armbrister | Cathy Campbell | Anonymous | Penny Holstine | Sandra Bradshaw |
| Michael Foster | Russell Barker | Anonymous | Carrie Cannaday | Jerrie H Moffat |
| Trish Adkins | Brian Galloway | Steve Barlow | City of Rocky Top | Beth Rucker |
| Anonymous | Anonymous | Michael Bowers | Employees | Debra Kouns |
| Kathy Scruggs | Anonymous | Jarrett Galloway | Kim Pouncey | Mark Etter |
| Keely Elledge | Theresa Scott | LeRae Edwards Collins | Mary Tuskan | Lonnie Dison |
| Senator Randy McNally | ET Stamey | Jared Forgety | Stacey Pratt | Rick Meredith |
| Sarah Burtch | Darrell Akins | Melanie Davies | Main Street Baptist Church | St Marks United Methodist |
| Gail Brabson | Dr. David Stanley | Anne Phillips | ASAP Board of Directors | Women |
| Anna Hurt | Leslie England | Tracy Boatner | Anonymous | Shelby Haun |
| Julie Michael | Thomas Floyd | Oak Ridge Lunch Rotary | Anonymous | Anonymous |
| Kimberly Whitehead | Alicia Verlinde | Scott Jamison | Anderson County EMS Staff | Dr. Richie Noe |
| Crystal Wilkerson | Melissa Charles | Maria Hastie | Amy Graham | |



Camping for Community Corporate Donors

- | | | | | | | | |
|---------------------------------|------------------------------------|---|---------------------------------|-------------------------|-------------------------|---------------------|--------------|
| Fox Toyota | Bruce Fox, Attorney at Law | Y12 FCU | Curtis Isabell, Attorney at Law | Rusty Wallace Chevrolet | Community Bank | Other Donors | Amazon Smile |
| Law Office of Lauren Biloski | Laura Lynn Riden State Farm Agency | Sharp Design & Construction, LLC (Jonathan Sharp) | Brad Utley Insurance | Johnson and Co. | Oak Ridge Office Supply | Kroger Rewards | TopShelf RBS |
| Michael Farley, Attorney at Law | | | TN Bank | Forrester and Varsalona | Hoskins Drug Store | | |

cover story continued...



Jack Ryan, Merle FM, stopped by for an interview.

The Camping For Community campaign raised a total of \$33,251.07 during the week, and is now approaching the \$35,000 mark, pushing funds for the program just past the target.

The week of camping came to an end after 97 hours, almost 4 and half days, as Stacey and I made our splash in the Clinch River: this splash will be felt in this community for years to come. I would like to thank the ASAP Board of Directors, staff, coalition, volunteers, and all the donors and supporters who participated in any way to make this campaign a success.



Stephanie and Stacey capped off the week by taking a plunge in the Clinch River.



ASAP UPDATES:

Jen Laurendine, Art Miller, Kathy Scruggs, Anna Hurt, and Stacey Pratt represented #ActiveAndersonTN as they traveled to Nashville to accept Anderson County's designation as a Healthier Tennessee Community by Governor Bill Haslam. This designation recognizes the work that community members, agencies, businesses, and congregations have put in towards reaching their goals of increasing exercise, instilling healthy eating habits, and decreasing tobacco use. The #ActiveAndersonTN group was also recently recognized with one of three regional awards that were given to a community in each grand region to recognize their exceptional efforts.

Rewards to go to ASAP of Anderson County and every time you make a purchase a portion will support our ongoing efforts.



Pictured left to right: Stacy Baugues (Healthier TN), Kathy Scruggs, Art Miller, Governor Haslam, Anna Hurt, Stacey Pratt, Jen Laurendine at the Healthier Tennessee Awards Ceremony.

REMEMBER: As you do your holiday shopping this season, help prevent substance abuse! Shop Smile.Amazon.com and make sure you designate ASAP of Anderson County as your charity. You can also register your Kroger card for Kroger Community

ALLY ACCOUNT:

Submitted by: Commissioner Theresa Scott



As one of four small children in the family, I can remember fighting for the mail upon delivery. Grandma lived several hundreds of miles away and always sent us goodie packages. The special box always contained a handwritten letter, a small trinket and some sort of candied treats. My favorites were the cinnamon Red Hots and Raisinets.

One summer afternoon, my youngest brother came in the house to tell my mother "I didn't like that candy that Michael gave me". He had all sorts of colors smeared all over his face and down his shirt. It turned out that the boys had gotten into the mail truck. They knew the mailman always brought Grandma's packages and they wanted to get there first. The boys didn't know that the package they opened was for someone who waited for their heart medication to be delivered. Michael was found outside, sleeping along the side of the house. The little boys were rushed

to the hospital to have their stomachs pumped. I only recall that they had been there to get better because it wasn't candy that they ate. Knowing what can happen when prescription medications get into the wrong hands is what attracted me to Allies for Substance Abuse Prevention.

Today, prescription medicines are shipped in a more secure fashion. ASAP of Anderson County is proactively teaching the community about prescription medications and the dangers they pose to children, and warning signs of addictions to teens and adults. ASAP offers lock boxes for the home, have proper medicine disposal bins at police stations for collections of unused medicines and educate the young people of our county through the "I Am One" campaign. I am thankful for the small team of employees and big-hearted volunteers who keep our county safe. I sure wish they were around while I was growing up. I am very proud to boast my support for ASAP because they genuinely work for Anderson County to have a more positive tomorrow.

