



About Our Coalition:

The mission of the Wayne County Recovery Coalition (WCRC) is to improve the health and safety of individuals and families in Wayne County through comprehensive, community-wide strategies that reduce and prevent youth and adult substance use, assure treatment services are available and accessible for all, and promote long-term recovery for everyone. The Coalition was initially formed in 2019 when a task force was developed to look into the rising number of ER visits related to drug misuse and overdose deaths due to opioids in Wayne County. In 2020, the WCRC was awarded a three year grant to address the opioid overdose epidemic in Wayne County. In September of 2023, the WCRC was awarded a Drug Free Communities Support Program grant to prevent and reduce youth substance use.

Upcoming Events:

- WCRC Partner Meeting | Tuesday, August 13th | 12pm | Anchored Conference Room
- WC Family Connection Meeting | Monday, August 19th | 367 N Bamboo St, Jesup, GA 31545
- AJB Youth Prevention Rally | Wednesday, September 11th
- GA Recovers Wayne Proclamation | Wednesday, September 18th

Why is Gratitude Important in Recovery?

Gratitude plays a pivotal role in recovery from substance misuse, serving as a powerful tool for healing and personal growth. Cultivating gratitude helps individuals shift their focus from the negatives of their past to the positives of their present and future. This positive outlook can significantly improve mental health by reducing feelings of anxiety, depression, and resentment, which are common in recovery.

Gratitude fosters a sense of connection and community, as individuals recognize and appreciate the support they receive from loved ones, peers, and professionals. This recognition strengthens relationships and creates a supportive network that is vital for sustained recovery. Moreover, practicing gratitude can enhance self-esteem and self-worth, empowering individuals to make healthier choices and stay committed to their recovery journey.



International Overdose Awareness Day: A Call to Action for Our Community

Each year, on August 31st, communities around the world come together to commemorate International Overdose Awareness Day (IOAD). This day is a crucial opportunity to remember those who have lost their lives to overdose, acknowledge the grief felt by families and friends, and raise awareness about the growing issue of substance use disorders and overdoses.

The Importance of Overdose Awareness:

Overdose is a pressing public health crisis, impacting countless families and communities. According to recent data, overdose deaths have reached unprecedented levels, driven by the increase of powerful synthetic opioids like fentanyl. However, the story behind each statistic is a human one, filled with the pain of loss, but also the potential for hope and recovery.

Why This Day Matters:

International Overdose Awareness Day serves several critical purposes:

- **Commemoration and Support:** It provides a space for those grieving to remember loved ones lost to overdose without stigma. It's a chance to share stories, honor memories, and support one another.
- **Awareness and Education:** The day aims to raise awareness about the risks of overdose, the signs to watch for, and the life-saving importance of naloxone, a medication that can reverse opioid overdoses. Education about safe prescription use, harm reduction strategies such as prescription lockboxes, and the dangers of illicit drug use are key components.

This International Overdose Awareness Day, let's come together as a community in Wayne County to not only remember those we have lost but also to commit to taking actions that prevent future tragedies. Each step we take- whether through education, advocacy, or support- brings us closer to a world where no more lives are lost to overdose.

For more information on International Overdose Awareness Day (IOAD) please visit, <https://www.overdoseday.com/>.





Celebrating International Youth Day

Annually, International Youth Day is celebrated on August 12th, a day dedicated to recognizing the potential, creativity, and contributions of young people around the world. This year's theme, "Youth Empowerment for a Sustainable Future," highlights the vital role that youth play in shaping a better tomorrow.

Why Youth Empowerment Matters

Young people are at the forefront of driving change in areas such as climate change, social justice, and technological innovation. Empowering youth means providing them with the education, skills, and opportunities they need to lead and succeed.

This International Youth Day, let's celebrate the achievements and potential of young people in our communities. Whether you're a youth, a mentor, or a community member, take the time to recognize and support the young individuals around you.

Youth Safety - Back to School

As students return to school, ensure their safety by encouraging the use of sidewalks and helmets for walking or biking, and practicing good bus and driving habits. Emphasize hygiene, such as regular handwashing, and maintaining healthy habits like adequate sleep and nutrition. Teach students to recognize and report bullying, and promote digital safety by discussing respectful online behavior and privacy. Familiarize them with emergency procedures and keep contact information updated. These measures help create a secure and supportive learning environment for the new school year.



Wellness for Those in Recovery

Wellness is essential for those in recovery, encompassing various aspects that support overall well-being. **Physical** wellness involves maintaining a balanced diet, engaging in regular exercise, and ensuring adequate sleep. **Mental** wellness can be nurtured through therapy, mindfulness practices, and journaling. **Emotional** wellness is supported by building a strong support network, practicing self-compassion, and acknowledging personal progress. **Social** wellness focuses on fostering healthy relationships, setting boundaries, and preventing isolation. **Spiritual** wellness involves exploring personal purpose and connecting with practices that resonate with your beliefs. **Practical** wellness includes establishing a routine, developing new skills, and gaining knowledge about your journey.

Each individual's journey is unique, so finding and regularly adjusting a wellness plan tailored to personal needs can significantly enhance recovery and promote a healthier, balanced life.

Finding Joy in Sober Living

For those in recovery, engaging in fulfilling and enjoyable sober activities is vital for maintaining a balanced lifestyle. Outdoor adventures like hiking and biking offer fresh air and exercise, while creative pursuits such as art, music, or writing provide therapeutic outlets. Fitness activities, including sports and yoga, contribute to physical and mental well-being. Volunteering fosters a sense of purpose and community connection, and participating in sober social events or community activities can help build a supportive network. Connection is the opposite of addiction. Additionally, taking up new hobbies, enrolling in classes, or exploring mindfulness practices like meditation can further personal growth and stress management. These activities collectively support a positive and healthy recovery journey.



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