



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:

- AJB Youth Prevention Rally | Wednesday, September 11th | Bill Morris Park
- WC Family Connection Meeting | Monday, September 16th | 367 N Bamboo St, Jesup, GA 31545
- Prevention Training for Community Professionals | Tuesday, September 17th, 100pm-400pm | Jesup-Wayne County Airport, 535 Airport Road, Jesup, GA 31546
- GA Recovers Wayne County Proclamation Celebration | Wednesday, September 18th | Anchored, 189 North Brunswick Street, Jesup, GA 31546
- WCRC Partner Meeting | Tuesday, October 8th | 12pm | Anchored Conference Room

The Power of Family and Friends: Staying Connected to Avoid Risky Behaviors

Having strong relationships with family and friends plays a big role in helping youth stay on track and avoid risky behaviors, like substance use. When youth feel supported and understood by the people around them, it is easier to make healthier choices. Positive connections with parents/caregivers, siblings, peers, or trusted adults can provide guidance and help you handle tough situations. Friends who encourage good decisions can also keep youth from falling into harmful habits. By surrounding yourself with people who care about your well-being, resisting peer pressure, managing stress, and building the confidence you need to make smart choices becomes easier.



Supporting Youth: Suicide Prevention Month

September is National Suicide Prevention Month, a time to raise awareness about mental health and suicide prevention, share resources, and support those who may be struggling. This September, let's emphasize the importance of understanding mental health issues that pertain to youth. By ensuring that youth are informed about how to seek help and fostering supportive environments, we can work together to prevent suicide and help every young person feel connected and supported in Wayne County.

Tips for Mental Health in Youth:

- **Promote Healthy Peer Relationships:** Encourage young people to build and maintain positive friendships. Support initiatives that foster strong peer connections, as friends often play a significant role in emotional support and can help identify when someone is struggling.
- **Family Involvement:** Highlight the role of families in supporting youth mental health. Offer resources and workshops for parents and guardians on how to create an open, supportive environment at home, where young people feel safe discussing their feelings.
- **Social Media Awareness:** Use social media platforms popular among youth to share information about mental health and suicide prevention. Engage with young people through content that resonates with their experiences and encourages them to support each other.
- **Access to Resources:** Ensure that youth have easy access to mental health resources, such as counseling services and hotlines. Schools, community centers, and online platforms should provide information on where to get help. It's essential to highlight local support options like **Anchored** in Wayne County, which offers counseling services and resources for youth. Also, the national hotline **988 Suicide & Crisis Lifeline** is available 24/7. Youth in crisis can call or text 988 for confidential support from trained counselors.





Celebrating Recovery Month

National Recovery Month, celebrated every September, is an annual observance designed to promote awareness, understanding, and support for individuals in recovery from substance use and mental health disorders. Launched by the Substance Abuse and Mental Health Services Administration in 1989, National Recovery Month honors the strength and resilience of those who have overcome challenges, celebrates the contributions of treatment providers, and underscores the importance of accessible services for all individuals on the path to recovery.

Key Goals of Recovery Month:

- **Raise Awareness:** Recovery Month shines a spotlight on SUD and mental health issues, aiming to reduce stigma, spread awareness, and educate the public about the impact of substance use and mental health conditions.
- **Celebrate Recovery Journeys:** Recovery Month honors the personal achievements of individuals who have overcome SUD or mental health challenges. Sharing stories of recovery inspires hope in others who may be struggling.
- **Promote Prevention, Treatment, and Recovery Services:** Recovery Month emphasizes the importance of prevention programs, treatment options, and recovery support services that empower individuals to live healthier, more fulfilling lives.
- **Engage Communities:** Recovery Month fosters community collaboration by encouraging local events, activities, and campaigns that bring people together to support recovery efforts.

Recovery Month is a powerful movement that celebrates the possibility of recovery, supports those in need, and educates the public about the vital importance of mental health and substance use treatment services. By fostering compassion, understanding, and community involvement, Recovery Month helps to build a society where recovery is embraced, stigma is eliminated, and everyone has the opportunity to live a healthier, more fulfilling life.

End the Stigma - Recovery Month

Breaking the stigma surrounding substance misuse and mental health is a central focus of Recovery Month, a time for fostering a more compassionate and supportive society. Stigma often prevents individuals from seeking the help they need, as fear of judgment and misunderstanding can lead to silence, shame, and isolation. **Recovery Month aims to challenge these harmful perceptions by promoting the understanding that substance use disorder is a medical condition, not a moral failure, and that mental health struggles are common and treatable.**

When the stigma is reduced, individuals feel more comfortable reaching out for treatment and support, which is essential for recovery. Normalizing conversations around substance misuse and mental health helps people recognize that seeking help is a sign of strength, not weakness. It also encourages open dialogue within families, workplaces, and communities, creating environments where recovery is celebrated, not hidden.

By breaking down stigma, Recovery Month empowers those in recovery to share their stories, fostering hope and resilience in others who may also be struggling. It also encourages society to view substance misuse and mental health conditions through a more compassionate and informed lens, ultimately leading to better access to care, improved mental well-being, and a healthier, more inclusive community.



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