

# WILSON COUNTY SUBSTANCE PREVENTION COALITION

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## 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) Cordain Dancy, Lucy Cruz, Anna Harris, Ashlie Smith, Daeqwon Currie, Jeff Hill, Yolanda Outlaw, and Pamela Letchworth.*

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## UPCOMING EVENTS

- **Recovery Through Art** - November 18th, 6:30pm
- **Christmas Food & Toy Drive** - November 24 - December 11
- **Expungement Clinic** - December 10, 11:00am
- **Christmas Open House/Full Coalition Meeting @ RC3** - December 11, 11am - 1pm
- **Easy Does It Café** - Mondays 6:00pm
- **Open Alcoholics Anonymous Meeting** - Wednesdays 7:00pm
- **Coping & Recovery Learning Sessions Group** - Fridays 9:00am
- **Open Narcotics Anonymous Meeting** - Saturdays 10:30am

# MEMBER SPOTLIGHT / MEET OUR NEW DIRECTOR

My name is Anna Godwin and I am the Executive Director for Wilson County Substance Prevention Coalition. I have worked in the Substance Use Disorder field for nearly 20 years. I earned my master's degree in Clinical Counseling and Substance Use Counseling and am a Licensed Clinical Addictions Specialist. Over the course of my career, I have provided care in both residential and outpatient settings and previously served as Executive Director of a statewide agency supporting prevention coalitions across North Carolina.

I have completed extensive training in nonprofit leadership and recovery supports, including the Duke Nonprofit Management Program, Recovery Coach Training, and Mental Health First Aid. Born and raised in Wilson County, I continue to reside here with my husband and our two children



Photo of Anna Godwin

# IN THE COMMUNITY

On October 25<sup>th</sup>, we were able to have an event for DEA's National Take Back Day! It was a successful event, 7+ bags of unneeded medications are now safely disposed of and our community is a safer place because of it!

This event was a collaboration between the WCSPC, Wilson Police Department, Wilson County Emergency Medical Services, Safe Kids Wilson County, and the Wilson County Health Department! We're so grateful for our amazing community partners!

At this event, we were also able to distribute 26 prevention items that are now actively being used within the community!



Pictures from the Take Back Day event!

# WHAT RECOVERY MEANS TO ME

My name is Kimberly Redance. I was only 8 years old when I smoked my first cigarette. By 12, I was smoking marijuana. My mom was a great mother—she worked hard to provide for me and did her best—but she had no idea what I was doing while she was working. I learned to hide things, and I did a lot she never knew about. What started as a cigarette at 8 and marijuana at 12 led me down a road I never imagined.

Addiction does not stop where it begins—it progresses. Over the next twenty years, I went from smoking marijuana while having “fun” with friends to becoming an IV drug user. I was arrested countless times, convicted of many crimes, sent to jail after jail, sat in prison, and committed myself to detox. I spent years on probation and parole that I could never finish because I couldn’t stop using. A simple Google search of my name or a public record search would show it all. I stole from stores, conned my way through situations, and lived in a way where officers knew me by name. Addiction stripped me of everything—literally everything. My dignity, morals, and hope were all gone.

I honestly thought I had no purpose. I never dreamed of being anything in life. I believed my story would always be about drugs and crime, and the worst part is I was almost ready to accept that fate. Meanwhile, my health was collapsing under the weight of my choices.

I was constantly sick from infections. I was diagnosed with bilateral cellulitis and pitting edema more times than I can count. I damaged my liver and kidneys from drinking. I had alcohol-induced seizures and acute pancreatitis—just to name a few of the health conditions caused by my destructive lifestyle. My body was shutting down from the way I was living.

I thought I was beyond help, but God had other plans. He put people in my path who believed in me when I couldn’t believe in myself. My turning point came when Officer Barrineau at the Nash County Probation Department saw something in me.

She knew I wanted to quit using but didn’t know how (she told me this later after I got clean). She asked the judge to let me go to treatment instead of back to prison for yet another crime I committed. He agreed but specifically said he doubted it would work. I had no insurance and no way to pay for treatment, so I thought prison was where I was headed. Around that same time, a friend’s mom connected me with Terry Pierce from the Hope Alliance, and she helped get me into a 30-day treatment center. She set everything up so all I had to do was go. I went to Changing Tides in Kitty Hawk, NC, and that’s where my life was forever changed.

At Changing Tides, I had a whole team of professionals behind me that are very passionate about what they do, especially Dr. Angel Miller—who I still text with daily. The care team there made me feel heard for the first time and gave me the tools needed to begin the healing process. They also took me to outside 12-step meetings, and something finally clicked. For the first time, I had the real desire to get clean. I picked up the phone and told my family, “I never want to use again.” That was the beginning of my new life.

On July 3, 2023, I surrendered to the disease of addiction and stepped away from all mood- and mind-altering drugs. Later that year, I also quit smoking cigarettes after 25 years. And on July 14, 2024, I gave my life to Christ as my Lord and Savior. I also started attending church with my 14-year-old son—a moment that reminded me how much God has restored in our family. For the first time in decades, I am completely free from the court system—no probation, no parole, no papers. That is a freedom I never thought I would see.

Today, I am an active member of Narcotics Anonymous (NA). I attend a meeting every day, work the steps, and practice the program. I have a sponsor with 32 years clean (whose sponsor has 57 years), and I now sponsor women in the program to give back what was freely given to me. I help facilitate a NA newcomers’ workshop on InTheRooms.com and chair meetings for the NA Live group once a week. I also reach out to women in jail, sending recovery literature and answering calls to be a listening ear, because I know how much it means to feel heard in the darkest times.

Recovery has also given me true friendships. Today I have people in my life who are there for me unconditionally. We encourage each other, support each other, and when life gets heavy, we are each other's rocks. Those friendships gave me the strength to start showing up differently in life.

For the first time, I was able to hold a job long enough to earn paid time off. People count on me. I am trustworthy, consistent, and dependable. I also write and send out Inspiring Words every morning via text to encourage people. On September 8, 2025, I celebrated the 2-year anniversary of doing this daily, and it continues to be one of the ways I give back what God has given me.

As my body healed and my routines grew stronger, I also discovered a love for health and discipline that I never thought possible. Since getting clean, I have lost 114 pounds. I wake up bright and early every morning to run or jog five miles with my dog, Mr. Boots. I love catching the sunrise and taking pictures as it rises. Those simple mornings remind me how much recovery has given me—peace, purpose, and things I never had before. The breathtaking views remind me how precious life is. My son and I also complete 5K and 1-mile races together to support different organizations and give back.

Education has become another area where God has completely restored me. As my life began to stabilize, I realized I had a desire to learn. Today, I am a college student pursuing my bachelor's degree in theology with a concentration in biblical counseling. I hold a 4.0 GPA and have made the Dean's List every semester. This is something I never thought possible when I was lost in addiction, but today it's my reality.

Life today is by no means perfect. I carry the reality of being a convicted felon. I don't own a house or a car yet, and I am still working through financial debt. But none of that defines me anymore. Each day I keep building, one step at a time, and I know that real life takes time to grow. I may not have much in the way of material things, but I am overflowing with what matters most—I am rich in spirit. I have God, and I have a circle of amazing friends in recovery who love me, support me, and meet me right where I am.

Every day, I make a living amends for the harm I caused in active addiction. Today, I am a productive member of society. I'm a full-time employee, a thriving student, a mother my son can look up to, and a woman living in freedom that I once thought was impossible.

I will never forget where I have come from, and I am beyond blessed for every trial, tribulation, and difficulty I have faced—because they have made me who I am today. None of this would be possible without God. All glory goes to Him.

I share my story because I want people to know this: no one is too far gone. I went from an 8-year-old sneaking cigarettes to an IV drug user whose body was shutting down, whose name was known in courtrooms and jail cells. Yet today, I am free. By God's grace, I am not who I was. If you're struggling, don't give up. Keep showing up. Keep fighting. Keep believing. Because one day you will look back, like I do now, and see that every painful step was leading you toward a life you never thought you could have.

Important to Note: I am not affiliated with, nor endorsed by, any organizations, treatment centers, or platforms mentioned in my testimony. They are simply part of my story. God is also part of my story. These are my personal views, and I understand that others may connect with recovery through a Higher Power of their own understanding. It is absolutely possible to get clean and live free no matter how you define that Higher Power.

## CONTACT US

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