

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

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UPCOMING EVENTS

- **Live Life In Color Run** @ Greater Wilson Rotary Park - September 7, 8:00am
- **Recovery Through Art** - September 19, 6:30pm
- **Easy Does It Café** - Mondays 6:00pm
- **Veteran's Expression Support Group** - Wednesdays 7:00pm
- **Open Alcoholics Anonymous Meeting** - Wednesdays 7:00pm
- **Spanish Alcoholics Anonymous Support Group Meeting** - Fridays 7:00pm
- **Open Narcotics Anonymous Meeting** - Saturdays 10:30am

WHAT RECOVERY MEANS TO ME

What recovery means for me is getting honest about who I am, and taking responsibility for the choices I make, and how they affect everyone around me. Responsibility is learning to live in the moment, not the past or the future, but the here and now, and understanding that it isn't always about me, even if I'm broken. It's easy to run. I know because I did that for a long time. In doing so, I blinded myself to my own reality, and my running nearly destroyed me, and everything I cherished. In my running I learned how to hustle other people emotionally to get by, but most of all I was hustling myself. It is by the very Grace of God that He had mercy on me to let me live to write this. You can run from the heartaches, the failures, the abuse, the anger, and everything you did, and didn't do. You will never run fast enough to outrun yourself. It's about looking in the mirror, learning to "be still", and being honest with your own self about the broken human being looking back, and how you got that way in the first place. We were made in the image of a loving Creator that wants to give us a hope and future, and until we get honest with Him, ourselves, and everyone around us, about "the why" we will never be able to fully access the life and the fullness of joy He has in store for us. Neither your failures, and nor your tragedies define you.. "they" don't define you.. unless you agree to let them define you. Every day on this earth is a precious gift, and you have to claim personal responsibility for living your best life. You owe it to yourself, the ones that love you, and the One that gave you that gift to live responsibly in each of those moments.

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I'm Rob Alford, and although my past doesn't define who I am, the choices I make today certainly will. I choose honesty, and I choose life. That's what recovery means to me.



Rob Alford at Easy Does It Cafe

TRAINING OPPORTUNITIES

- **Community Crisis Intervention Training** @ Wilson County Agricultural Center - September 4, 8:00am
- **WCSPC Full Coalition Meeting** @ Wilson County Agricultural Center - September 26, 10:00am
- **Discover Your Happy: Stress Management Workshop** - October 18, 12:30pm
- **Adult Mental Health First Aid** - October 23, 8:30am

**"I never look back, darling. It distracts from the now."
—Edna Mode**

OVERDOSE AWARENESS DAY

Saturday, August 31st was International Overdose Awareness Day. This date has significant meaning for many people, whether it is in remembrance of loved ones we have lost or in celebration of those who have been able to overcome their addictions to find Recovery.

The CDC estimates that 107,543 Americans lost their lives to overdose in 2023, which is actually a 3% decrease as opposed to the 111,209 souls lost in 2022. However, NCDHHS has reported that, here in North Carolina, overdose fatalities increased 25% in 2023 when compared to 2022 data sets. I tell you this to also report that, here in Wilson County, we saw a DECREASE in overdose mortality by 27.8%, meaning our localized strategies are working and lives are indeed being saved.

These efforts have been highlighted by Wilson County's success in the overall availability (and saturation) of Naloxone (better known as Narcan) within our community. Naloxone is currently our greatest weapon when it comes to combatting the overdose epidemic, as it serves as a lifesaving medication that reverses the effects of an Opioid-related overdose. Naloxone is specifically designed to dislodge an opiate from our brain's opioid receptors, which "snaps us back into reality." Once administered, Naloxone will usually cause a person to resuscitate and once again become conscious in only a matter of minutes, which can save their life. Naloxone is also protected under the "Good Samaritan Law" so there are NO legal ramifications for administering it during a time of need. It is also designed to specifically attack opioids, meaning that there is no risk of harm to any person upon administration

The data further supports these metrics, with 992 Wilson County residents being trained on the proper administration of Naloxone within the last 12 months. The Wilson County Health Department has also led a multi-pronged cohort (including Wilson County EMS, WPS/BHG, and The WCSPC) to distribute 1531 boxes of this lifesaving medication during that same timeframe. Our collaborative has also been one of the first to distribute ONEbox, which serves as an overdose prevention kit, including real-time video instructions that are able to walk even the average layperson through the process of (potentially lifesaving) Naloxone administration in real-time. 399 ONEbox units are currently in use within Wilson County, with 4 community reversals being reported over the last 12 months. I'm proud to say that Wilson has truly become a "Community of First Responders" and lives are being saved because of your efforts.

However, Wilson County has also invested in providing on-site resource accessibility by establishing a Post Overdose Response Team, which is spearheaded by Wilson County EMS and our Community Paramedic, Esteban Arizpe. 50 community members have been aided via PORT in the last 12 months, which provides real-time access to resources such as nasal doses of naloxone and contact information for both Wilson County's Recovery Center (RC3) and in-patient Treatment access point (Hope Alliance). 62 participants have been aided with referral and fiscal payments regarding in-patient SUD treatment services over the last 12 months (via Hope Alliance) with an additional 3533 community members also receiving recovery services via RC3 within the same timeframe.

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There are things that we all can do (both individually and as a community) to stem the tide as it relates to overdose, and it starts with ending the stigma that's frequently tied to Substance Misuse Disorder. There are so many of our community members who suffer in silence due to the negative connotations we make as it relates to substance misuse. We hear words such as "junkie," "addict," and "abuser" which are commonly used to describe those who are caught in the grips of active addiction. However, we must remember that these "addicts" are loved ones (moms, dads, sons, and daughters). They suffer from a disease, which requires medical care, mental health counseling, and even potential medication management services. What we must come to terms with is that addiction is NOT a moral failure, but instead a disease that can be rooted in many factors such as genetics, ACEs/Trauma (Adverse Childhood Experiences), or underlying mental and behavioral health disorders. Addiction is, in fact, a side effect of a greater underlying cause, one that we must get to the root of if we plan to address the reason why someone misuses a substance to begin with.

All of the above-mentioned resources and/or distributions (including ONEbox) are done at no-cost for Wilson County residents, thanks to Wilson County's Opioid Settlement Plan, which is led by both Wilson County Government and our Wilson County Commissioners. If you or someone you know is interested in learning more about any of the resources listed, you can contact any of the agencies mentioned above for further information.

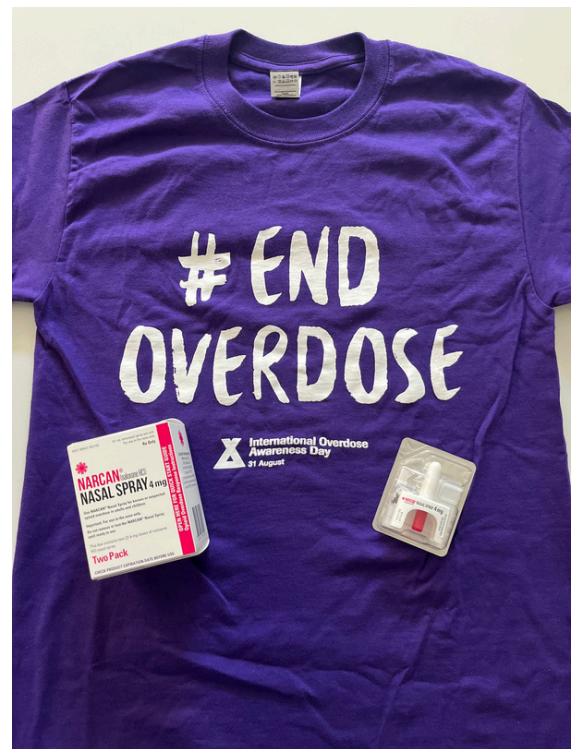
No stigma, no shame, just help.

Although the outlook seems grim as we remember those we've lost, I hope you all know that there IS a light at the end of the tunnel and that only together will we ever be able to truly "end overdose" within Wilson County. Today, we remember those we've lost but we also celebrate those who have lived to prove there is happiness in sobriety and that recovery is indeed possible.

Respectfully,

Jeff Hill

Executive Director, Wilson County
Substance Prevention Coalition



CONTACT US

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

or by

Phone: (252)991-7267

Email: wcspc@wilsoncountync.gov

Website: www.wilcoprevention.org

Facebook: [@wcspc.nc](https://www.facebook.com/wcspc.nc)

Instagram: [@wcspc.nc](https://www.instagram.com/wcspc.nc)

Linktree: linktr.ee/wcspc.nc

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

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