



Tender Tennessee Christmas

DECEMBER 2020

ISSUE I

SPECIAL POINTS OF INTEREST:

**KASA & Insight Radio
programs to begin in
January**

"Footsteps to Success"

**Building Skills builds
Self-Esteem**

2020 Rat Rod Roundup

**HCSAC Cookbook now
For Sale**

COALITION EVENTS:

- **Morristown Memorial
March**
-

Dear 2020

Dear 2020,
It has been a really difficult year with this COVID-19 pandemic that has made it's presence known to us this year. It has dictated so much of what we, as Americans, have been allowed to do in public!

We have seen grocery store shelves manipulated to appear full and plentiful only to be totally void of the items that we were searching for, restaurants and other businesses that had to totally close their doors to the physical presence of customers, small businesses that were handicapped to the point that they had to close their businesses down forever. We have seen hospitals, clinics and family practitioners with a literal fear of not being able to meet the needs of those coming down with the COVID-19 virus, nursing homes and assisted living facilities full of people that have been forcefully alienated from their loved ones as they lay dying alone and afraid and captivated inside of a bubble full of infectious co-inhabitants.

We have been forced to stay home from work and deal with the pressures of lost income and feelings of inadequacy in providing for our families. We have even had to deal with a shortage of "toilet paper", something that most of us have never experienced in our entire lives! We have been banned from being able to corporately worship in our churches of fellow believers, an infringement of our Constitutional rights, all



the while as bars and liquor stores were designated as "essential businesses" to the survival of our country's people.

Worst of all, we have experienced great fear, uncertainty, depression, an increase of substance use and abuse and even an increase in suicide during these tough times.

Lastly 2020, we have had to watch helplessly as our friends and loved ones have struggled with this illness and in many cases have ended in death. We were not even allowed to attend funerals for our loved ones!

We have dealt with a presidential election that has brought forth many doubts of the competence of and intent of our political leadership. It has opened the eyes of many to the corruption and failure in our political system.

Yes 2020, this year has been difficult and many are fearful of what lies ahead for our country, our people, our future.

But this is not the end of the story 2020! There are brighter days coming when we shall experience true freedom once again in our great country, the United States of America!

Hope is powerful, a promise from God, revealed in the Holy Bible. Despair not! Times have been really tough but our God came to give us life, and life more abundant than we could ever imagine. The people "of this world" have succumbed to the evil things of this world. They have turned away from God, forced the alienation of God from our places of business, our schools and other public places all the while grasping for the un-Godly things of this world!

But have faith! God is not mocked! Christmas is a time to remember that Christ came to this world, not to condemn the world but to save it!

Merry CHRISTmas!!

HCSAC Hosts First Annual “Morristown Memorial March”

The HCSAC's First Annual Memorial March went off Saturday, November 7, 2020, without a hitch. We had anticipated that we might have a poor showing because of the Corona Virus but we were very pleased to have 43 marchers attend the event and were able to distribute 24 units of NARCAN to the public.

Over 22 million Americans struggle with addiction every day. At least 9 out of 10 of them began experimenting with substances before their 18th birthday, while their brains were still developing. For most, the cycle of substance abuse is never broken. We live in a society that is scared to talk about this problem, and we are not protecting our children when they are the most vulnerable to becoming addicted and unable to protect themselves.

The undeniable reality is that families and those suffering from substance abuse carry around a great amount of shame and guilt associated with it. This type of guilt and shame can cause a person to delve into a life of self-destructive behavior because they cannot take the pain of living life in the clutches of addiction or even worse, some may take their own life.

The Morristown Memorial March was to remember those that have died from addiction and help those that are struggling through it today. One out of four homes in Hamblen County, TN are struggling with substance abuse with most having no idea of where to go for help or how to obtain affordable treatment. The march allowed us to get our information into the hands of the public raising awareness of this disease that is sweeping not only through our cities, but our country as well.

We would like to thank our partners Hillcrest Baptist Church, Innovative Care Solutions and PRESS, Inc. for their tremendous help in making this a great success. We would like to send out a special thanks to our friend Marissa Valentine, our area ROPES coordinator who came out to talk to the public about the use of NARCAN in our community and provided the 24 units of NARCAN, free of charge to the persons trained in the course. You are all awesome!

For more information on becoming involved in next year's Morristown Memorial March, contact the Hamblen County Substance Abuse Coalition, Inc. at (423) 748-7494 or by coming by the office at 814 West Main Street, Morristown, TN 37814.



HCSAC, Inc. Resumes KASA Radio and Insight Radio Programs



In 2017, KASA, the Hispanic element of the Hamblen County Substance Abuse Coalition (HCSAC), created a radio program, “KASA Radio” on FM 100.1. The program addressed family and substance abuse within the region and aired for 30 minutes every Sunday Morning.. The music content within the program was of the Hispanic genre and Alexis Andino, the Director of KASA, was the host of the program. The radio station owners were very impressed with the professionalism and quality of the program. Unfortunately, funding for the radio program through the Drug Free Communities (DFC) Support Grant for that fiscal cycle ran out and an anticipated replacement grant, the Partnerships For Success Grant was not funded and we had to end the program prematurely.

Today, however, we are pleased to announce that the HCSAC was afforded an opportunity to add the implementation of the community radio program back to the current DFC Funding for the 2019-2020 fiscal funding due to the COVID-19 repercussions. Many planned implementations were suspended causing grant funds to become available to, once again, introduce public radio into our action plan.

Because of the success and quality of our previously aired “KASA Radio” program, WJDT Radio was very interested in welcoming the radio program once again. The station was impressed enough by the program, to allow us to move from a Sunday morning, 30-minute format, to a quality Saturday morning, one hour, format.

Along with “KASA Radio”, the Hispanic program, the HCSAC decided to introduce an English version of this program, “Insight Radio” to air every other Saturday on WJDT, 106.5 FM. This program will address the same type of topics and the music on the program will be primarily of the Southern Gospel genre.

These programs are scheduled to begin in January 2021 on WJDT 106.5 FM. The station reaches more than 9 counties in East TN, Hamblen, Cocke, Greene, Grainger, Hancock, Union, Claiborne, Hawkins and Jefferson counties. Be listening for “KASA Radio” and “Insight Radio” coming in January 2021 on 106.5 WJDT!

BUILDING SKILLS BUILDS HIGHER SELF ESTEEM

Building Skills is a program designed to teach life skills to at-risk youth in Hamblen County. This program incorporates art, dance, games, and discussion to teach about topics that our young people are facing today. COVID has not been conducive to our ability to meet this year as we have typically done in the past. However, we were able to resume classes in August, adhering to social distancing protocols. Even though we have only been able to meet for a few months we have covered many topics from self-esteem to goal setting.

One topic that we covered that I believe is crucial to helping build a firm foundation in the younger generation is identity. Identity is recognizing who we are. Some of who we are derives from things we cannot change, things such as our race, nationality, and our gender. These are factors given to us at birth. Our identity also includes things that change who we become over our lifetime, things like our occupation, the kind of vehicle we drive, the type of home we live in and where it is located, and the amount of "things" that we may or may not acquire. Our identity also relates directly to our basic core values and our beliefs. We internalize these values that we receive from our parents and society, and as we grow up they dictate the choices that we make. Sometimes the values that we learn do not always align with who we really are and this can create a feeling of lack of fulfillment and even give birth to dysfunction in our lives. This lack of a clear sense of who we are, can lead to feelings of uncertainty about what we want to do in our lives.

We teach the young adults that come into our program that people hold many identities. We often may act one way around our friends and another way around our parents. While it works for a little while, we eventually must figure out who we were made to be. We often define ourselves based on fulfilling a role in society, in our household or based on what the world or our families

may value. We may begin experiencing an identity struggle, not knowing who we are as an individual and doubting our self-worth, leading to destructive behaviors. We may turn to drugs and alcohol, over-eating, gambling, experimenting in unsafe sexual exploitation, etc. to compensate our not feeling alive or to cover up our feelings of inadequacy because we are trying to fill a void that our current identity of self may not be fulfilling.

In order for us to start forming our own identities, we first must discover our personal potential by looking at the things we may be able to do better than most. Most kids figure this out by trial and error and by trying many different things basing their decisions on the feedback they receive from others within their social circles. Once we understand what we are good at we can start to figure out what we would like to accomplish in our lives that more perfectly aligns with our individual talents and skills. Choosing a purpose that does not align with our talents and skills can cause frustration, feelings of inadequacies and potentially failure. However, we are lucky to live in a society where we have the flexibility and mobility to change our identities. We are not mandated or confined to be what our forefathers were, what they became or what they may have accomplished. We get the opportunity to choose and our choices help define who we are, our identity. Our identity is never final. Our identity continues to develop over time and as we gain more experiences our values can change

which means our identity continues to evolve. Finding our identity requires great thought because our minds may be filled with self-doubt and negative thoughts. Knowing who we really are, allows us to combat this dangerous behavior because our actions become more defined and intentional. We no longer make decisions hiding who we really are

but instead use the opportunities to feel more confident, learn more about who we are and what we stand for.

A recent project that our kids were involved in helped them to define their identity. The kids made "I Am" flowers that showed the things that rooted them (roots of the flower), the things that they knew they were good at (pedals of flower), and things that hinder their ability to be who they are and who they want to become (weeds).

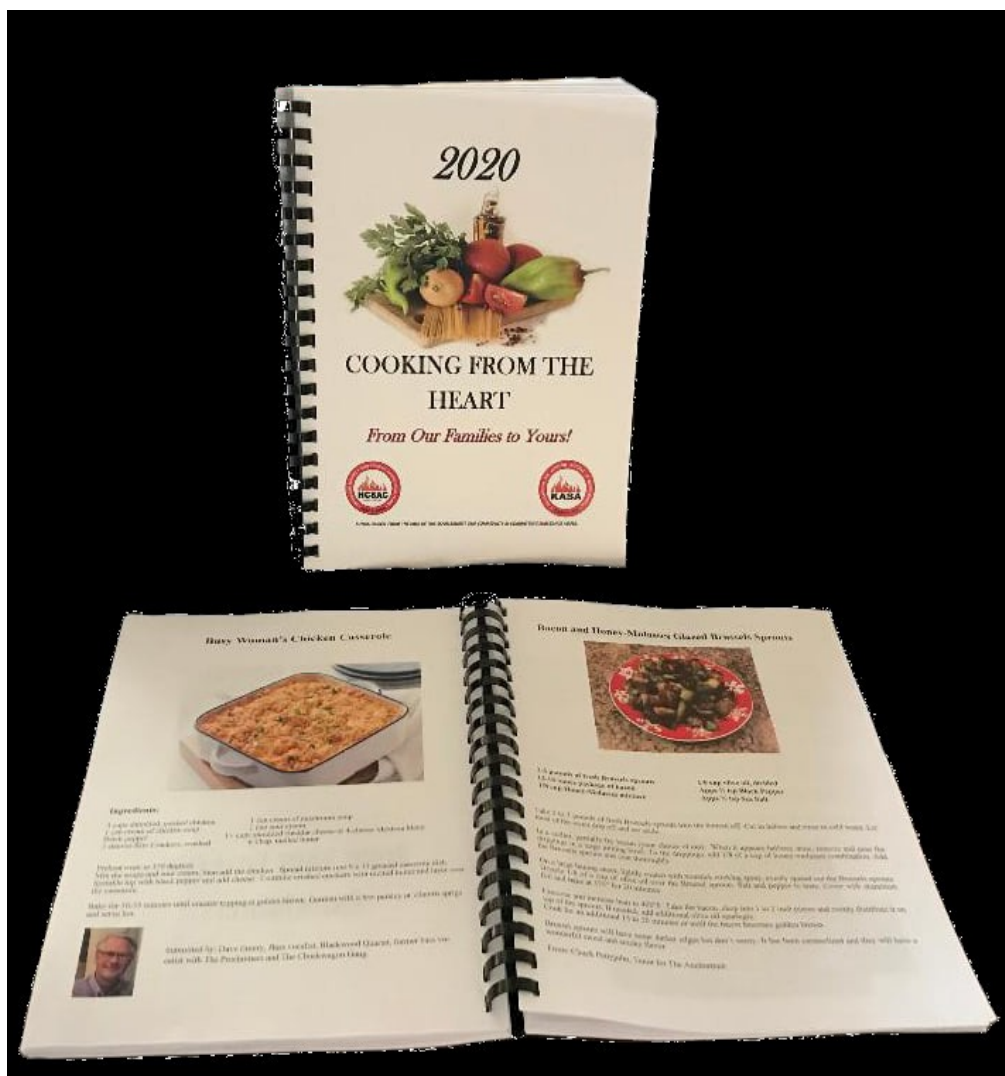
Identifying the things in

our lives that give us purpose or help ground us in hard times can give us something to fall back on when it feels like the world is out to get us. If we know who we are and we have healthy roots that ground us and feed life into us, then those things that try to come against us and steal our joy will not be able to succeed. Today's youth need adults in their lives that can teach them how to define who they are. Sometimes their situations are not the best when they come into the Building Skills Program but if we can teach them the skills needed to survive and thrive in the life they were given, then it is all worth it and it starts with knowing their IDENTITY!



HAPPY HOLIDAYS!

HAMBLEN COUNTY SUBSTANCE ABUSE COALITION'S 2020 FUNDRAISING COOKBOOK



The Hamblen County Substance Abuse Coalition Fundraising Cookbook is ready for purchase! Just in time for the holidays!

These books make a great gift for most anyone! We have spent three years putting this book together just for you! Recipes from many folks in our community and also a special section of recipes submitted by some of gospel music's best artists such as Gerald Wolfe, Chris Allman, Dave Emery, Anthony Morrison, Jeff Chapman and yours truly, Paul Hyde!

Almost 250 pages of luscious recipes from our family to yours. Great pics and large print, you will treasure this compilation! Your donations for this book will help in the prevention of substance abuse, supplying treatment and recovery resources for those needing help and creating a better environment for our families to live in. For a \$20.00 donation, we'll get you one of the fabulous cookbooks on the way! (423) 748-7494 or (423) 312-5256

Thanks for your help!!

IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS!!



This project funded by the Tennessee
Department of Mental Health & Substance
Abuse Services.



“FOOTSTEPS to SUCCESS” AWARDS

SEPTEMBER RECIPIENT

The recipient for the September “Footsteps to Success” award is Stacey Lawson.

Stacey is the owner of Innovative Care Solutions in Morristown, TN. She has been an active participant in the Hamblen County Substance Abuse Coalition since 2018. She is the active Chairman of the HCSAC Tobacco Committee and consistently volunteers at most every coalition event. She has been a great advocate to Hamblen County and was personally responsible for the introduction of NAR-CAN within the Hamblen County Sheriff's Department last year.

Stacey and Innovative Care Solutions were the sole “Diamond Sponsor” for the 2020 Morristown Memorial March that took place in November. She has a huge heart for serving the people in Morristown that are dealing with substance abuse and addiction! Her company also addresses mental health care for the Morristown area.

Thank you Stacey for your unselfish efforts in serving your community and the Hamblen County Substance Abuse Coalition, Incorporated!

OCTOBER RECIPIENT

The recipient for the October “Footsteps to Success” award is Steve Richards.

Steve has been involved with the Hamblen County Substance Abuse Coalition as far back as 2013 when he and his wife, Lois, participated in our “Family Recovery Workshops” facilitated by Burr Cook. Steve has been active in the Morristown area with involvement in Alcoholics Anonymous, Narcotics Anonymous and serves the community in an NA meeting that takes place at Panther Springs United Methodist Church.

Steve is always one of the first people to volunteer for many of the Hamblen County Substance Abuse Coalition events in the community. Steve is the acting Chairman of the HCSAC Alcohol Committee. Steve was also the person responsible for the creation of the “Morristown Memorial March” that took place in November.

Steve has a heart for assisting people in recovery and is seeking to align with those in the community that are interested in providing transitional housing for recent graduates of treatment facilities and those transitioning from incarceration.

Thank you Steve for your service to your community and the Hamblen County Substance Abuse Coalition, Incorporated!

NOVEMBER RECIPIENT

The recipient for the November “Footsteps to Success” award is Kayla Landry Watts.

Kayla has been an active member of the Hamblen County Substance Abuse Coalition for over seven years! She has a servant's heart and understands substance abuse from a personal experience. She is one of the only coalition volunteers that just “shows up” out of the blue to see what she can do to help in our efforts.

Kayla owns and operates K&E Trophies and provides the Hamblen County Substance Abuse Coalition with all of our trophies and plaques. She has a tremendous creative mind that she utilizes in helping others.

Despite her several physical complications, Kayla works to help the Hamblen County Substance Abuse Coalition and our community in any way that she can! She is such an unselfish, giving person that perseveres through her own needs to help others!

Thank you Kayla for your unselfish efforts in serving your community and the Hamblen County Substance Abuse Coalition, Incorporated! It does not go un-noticed!

Paul's Page

This year, 2020, has come and gone so quickly! With the introduction of the Covid virus, the Hamblen County Substance Abuse Coalition, Incorporated has been handicapped in many of our planned implementations in our action plans.

That being said, I am proud that we have been able to serve many of our community youth through our “Building Skills Program” and that we were able to find resources

“Remembering 2020”

for many people seeking treatment and recovery help within Hamblen County and in surrounding areas as well!

I am filled with anticipation for the planned events for 2021 to include the “Second Chance Golf Classic” scheduled for June, two “Operation Medicine Bottle” Drug take-back events, Boo FEST, the continuation of the KASA and INSGHT Radio Programs, the third annual Rat Rod

Roundup, our second Morristown Memorial March and the continued Building Skills work with our youth.

I am thankful for the many new relationships that God has created for us in 2020! Our future is bright and our opportunities to help others are many!

God is good! Please continue to pray for the Hamblen County Substance Abuse Coalition as we begin our work for 2021!