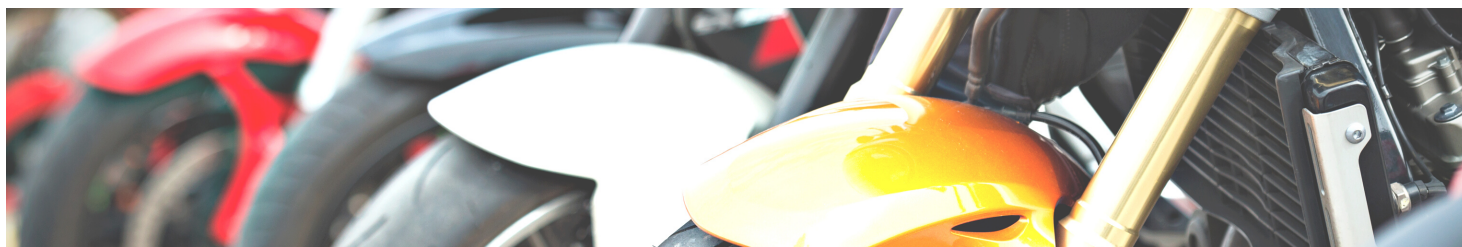




A moment to focus on the good our team is doing every day



UCHRA CASA MOTORCYCLE POKER RUN SLATED FOR MAY 8

Attention motorcycle owners/enthusiasts: UCHRA CASA has announced the inaugural CASA Poker Run fundraiser! On Saturday, May 8, tour the Upper Cumberland - making stops in Cumberland, Overton, and Smith counties - before returning to Putnam County to see who holds the winning hand! Tickets are \$25 for single riders and \$45 for doubles. Visit the UCHRA Facebook page for more information!

Out in the Field

UCDD AGING TEAM IMPLEMENTING TELEHEALTH STATIONS ACROSS UC REGION



The Upper Cumberland Development District's Area Agency on Aging and Disability (UCAAAD) team has announced the installation of telehealth stations across the Upper Cumberland in the coming months.

These stations will provide isolated or at-risk older adults, adults with disabilities, and/or their caregivers in rural areas with virtual access to healthcare by decreasing the travel expense and time incurred when accessing specialized healthcare in urban areas. UCAAAD staff members are currently installing telehealth stations at eight housing complexes and 13 senior centers.

"The plan is to complete all the housing units first, and then proceed onto the senior centers," said Sara Martin, AAAD Family Caregiver/Evidence-Based Assistant.

UCAAAD will set up internet-capable laptops for housing complexes and senior centers across the Upper Cumberland. Each station will be provided with the proper equipment needed for a successful call such as web cameras, printers, and private spaces to conduct the virtual visit.

Funding for this service comes from a \$95,000 Aging and Disability Resource Center COVID-19 grant for the period of December 2020 through September 2021. In addition to the telehealth stations, this grant will also allow UCAAAD to implement the SAMScan system to enhance the data entry and invoicing of contracted services, provide funding for senior centers to offer online grocery shopping classes to seniors, partner with Tennessee Technology Access Program (TTAP) to provide in-home telehealth services to 15 clients and purchase home-delivered meal supplies to providers.

To learn more, visit the Area Agency on Aging and Disability department tab on our website or call (931) 432-4111.

CLIENT SUCCESS STORY: SAVANNAH CLARK

Savannah Clark is a client of UCHRA's Substance Abuse Solutions (SAS) program. The following information was provided by the client and has been edited for length and clarity.

Clark's homelessness journey began in the spring of 2019 when the apartment complex she was living in became infested with bed bugs, triggering her to experience a series of panic attacks. Clark has Autism and struggles with mental health issues.

"Due to the bed bug issue I became extremely stressed and was not sleeping much," she added. "I started having nightmares as well as severe anxiety and panic attacks again."

Clark's landlord advised she was responsible for treating the bed bugs. She tried for three months to get rid of them; putting barriers on her furniture and spraying her apartment.

The stress and inconvenience from fighting the bed bugs made it difficult for Clark to focus at school and work. She says she was constantly having to throw her clothes in the dryer and double-check everything on her way out.

The additional stress led to Clark missing work and, later, a three-day stay in a psychiatric hospital for three days due to severe panic attacks. With a now-reduced paycheck and an infested apartment, Clark says she did the only thing she could think of and put all of her belongings in storage and began living in her car.

"I was still working at first but then I got so depressed that I just couldn't," she recalled. "Plus, it's hard to get a shower every day or wash a work uniform when you're homeless and I couldn't go to work like that."

On top of that, Clark had trouble getting back into counseling due to insurance issues.

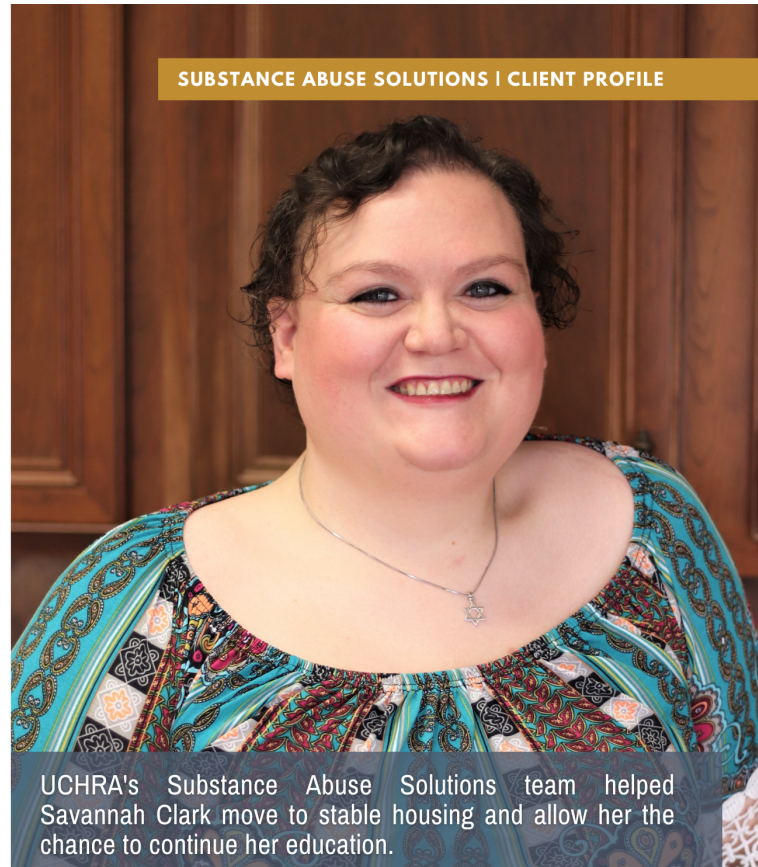
"Believing that I was completely worthless and that my life would never amount to anything I got drunk with the intention to commit suicide on July 2," Clark recalled.

However, Niki Payne, SAS Recovery Coordinator, was able to intervene and convince Clark that help is available.

“...WITH THE CONTINUED SUPPORT OF MY COUNSELOR AND THE SAS LIFE SKILLS GROUP I AM LEARNING HOW TO BE SUCCESSFUL.”

-SAVANNAH CLARK, UCHRA SAS CLIENT

SUBSTANCE ABUSE SOLUTIONS | CLIENT PROFILE



UCHRA's Substance Abuse Solutions team helped Savannah Clark move to stable housing and allow her the chance to continue her education.

Clark says she is thankful for her mentor, Niki, and her SAS recovery coordinator, Luke Eldridge, who were determined to help her get back on her feet.

With the collaborative help of the SAS team and Officer Marc DeClaire of the Cookeville Human Fund, Clark was able to get into housing. After being homeless for 537 days, she was finally able to move into a two-bedroom, two-bathroom apartment.

Today, Clark is doing well, and with the continued support of her counselor and the SAS life skills group

She is graduating with my associate's degree in May and has recently received word of her acceptance to Cumberland University

"I also stay actively involved in my recovery groups and have been accepted to do the Certified Peer Recovery Specialist (CPRS) training this summer."

Attention Cumberland County:

WE'RE MOVING!

Beginning May 3, visit the Cumberland County UCHRA team at our new location:

**1720 WEST AVE.
CROSSVILLE, TENN.**

Phone: (931) 456-0691