



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



UCHRA SAS TEAM GUIDES FAMILY TO RECOVERY

UCHRA's Substance Abuse Solutions team helps guide individuals and families to a life of recovery and free from the grasp of addiction. Read more about the Bain family's journey on page 2.

Out in the Field

MACON UCHRA TEAMS WITH LOCAL BETA CLUB FOR FOOD BOXES



The Macon County UCHRA office teamed up with the Macon County High School Beta Club to provide food boxes for families in need during the Thanksgiving holiday.

Along with numerous non-perishable items, each box also included a turkey and a case of bottled water.

Pictured, from left: Macon County Coordinator, Tracey Powell, members of MCHS Beta Club, and Beta Club sponsor, Mrs. Angie Shoulders.



UCHRA EMPLOYEE, FAMILY CREATE BOXES FOR TROOPS

UCHRA Community Services Manager TaShana Hooks, her grandmother, Peggy Stephens, son Ethan, brother Kyle and his wife Jasmine recently put together 50 boxes for the troops.

This is Peggy's seventh year doing this and she says thanks to everyone that sent in donations and addresses.



UCHRA SUBSTANCE ABUSE SOLUTIONS TEAM GUIDES FAMILY TO RECOVERY, SELF-SUFFICIENCY

Zack and Kelly Ann Bain's journey to recovery began just one year ago when they met Niki Payne, UCHRA Substance Abuse Solutions Peer Recovery.

"We were in a place of desperation and needing someone to help us," Bain recalled. However, at that time, they weren't quite ready to give up their lives in active addiction.

Instead, the Bains found themselves bouncing from drug dealers' couches to hotel rooms to living in their vehicle by a creek chasing their addiction. There, Zack overdosed but survived.

"We had multiple things happen that should have made us turn over our will and make us stop using," Bain reflected. "We never had our children [but] we were so very close to losing custody of them."

However, Zack and Kelly Ann were held down by their addictions – at the time, nothing else mattered; except for finding their next high.

"No matter how stubborn we were, Ms. Niki never stopped trying to push us," Bain recalled. "She never gave up on us."

The couple finally hit their breaking point; giving up the control they thought they had.

"[We] let God and Ms. Niki take the reins [and] we went to separate programs," Bain said. There, they realized that there is a life without drugs.

"And, it's a great one!" Bain added.

Today, Zack and Kelly Ann are thriving in recovery. They have their children, a home of their own, and a vehicle. It's a beautiful life, they say.

"We remember when Niki would say her infamous words of 'don't give me any fluff'; meaning, don't give me your excuses. She was hard on us and straight-to-the-point, which is what we needed; someone to be real with us and snap us back into reality.

"We will always remember those words and the way Substance Abuse Solutions never turned their back on us," Bain said. "Today, through God himself and Substance Abuse Solutions, we are clean and living a beautiful life."