



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



RAINY DAY FOR COMMODITIES

UCHRA staff worked in the pouring rain at the recent Warren County Commodities Distribution Event. They were able to serve 215 households, before the weather forced them to stop the distribution. A special distribution event will be held April 28, from 9 a.m. until noon, so that the remaining participants are able to collect their commodities.

Out in the Communities

SAS LIFE SKILLS COURSE: NAVIGATING A LIFE OF HEALTHY RECOVERY

The road to recovery isn't easy. UCHRA's SAS team offers a 12-week Life Skills course to help those in recovery learn how to navigate their recovery and become more equipped and empowered to navigate life clean and sober.

"We teach and implement mindfulness and grounding," said Niki Payne, Recovery Coordinator. "The favorite and most difficult for the clients to grasp are self-confidence and self-esteem."

Each participant is given tools to manage negative emotions, implement communication skills, and participate in healthy relationships. They also receive tools to discover what problems they face and learn to solve them, learn how to identify areas that need decisions made, and are able to make those decisions and stick with them.

"Reaching the completion of this course is a milestone in their recovery," Payne said. "I, for one, am blessed to facilitate the classes."



Pictured, from left: Shelia L., Wendy R., Holly M., and Lauren L.

UCHRA'S RIDE TO RECOVERY 90-DAY PILOT PROJECT UNDERWAY



UCHRA Public Transportation's Ride to Recovery 90-day pilot project is underway! Ride to Recovery aims to help those who are in early recovery succeed by providing free transportation to desired recovery support services; treatment, meetings, mental health or probation appointments, and other recovery-related activities. Ride to Recovery, which operates under the umbrella of UCHRA Public Transportation and alongside the UCDD and UCHRA programs designed to assist those afflicted by substance use and abuse disorders, aims to help those who are in early recovery succeed by providing free transportation to the desired recovery support services. Free transportation to treatment, recovery groups, mental health or probation appointments, and other recovery-related activities.

Individual riders must be referred to Ride to Recovery by a local recovery group/program, treatment facility, mental health provider, or probation officer and must be two (2) years or less in addiction and/or mental health recovery and/or released from incarceration in the last six (6) months. For more information, visit www.ucpublictransit.com or call (931) 528-1127.

TWO UCHRA EMPLOYEES RETIRING THIS MONTH



DANNY HILL



JEFF WALLING

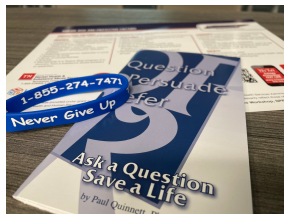
Two long-time UCHRA employees will retire this month: Danny Hill and Jeff Walling.

Danny Hill, Procurement and Asset Management for UCHRA Public Transportation, has been with UCHRA for 13 years — all of which were spent within the Transportation Department. Hill has enjoyed meeting with our clients over the years and seeing the smiles on their faces when we were able to help them. During retirement, Hill says he is looking forward to golfing, fishing, spending time with his grandchildren, and doing pretty much whatever his wife has planned for him.

Jeff Walling, Commodities Supervisor for UCHRA, has been with UCHRA for 12 years and says being the Commodities Supervisor has been very rewarding, serving and meeting the public. During retirement, Walling says he is looking forward to traveling, fishing, spending time with his grandchildren, and lots of home projects.

We will miss Danny and Jeff and wish them all the best in this next chapter!

UCDD HOSTS QPR/SUICIDE PREVENTION TRAINING



WAY TO GO, JOEY!

Congratulations, Joey Bitter!

Joey, a member of the UCHRA Public Transportation maintenance team, recently completed his ASE Master Automotive Technician certification. This certification is the highest certification a technician can receive.

