



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



VULNERABLE ADULT SUMMIT RETURNS

The Upper Cumberland Adult Abuse Coalition returned for its 12th vulnerable adult summit earlier this week. The summit brings together healthcare providers from across the region to cover topics like mental and physical abuse or financial exploitation. Additional photos can be found on page 2.

Out in the Communities

MAY IS COMMUNITY ACTION MONTH



This year marks the 58th year since the Community Action Network was established to help American families and communities overcome obstacles to poverty.

More than 1000 agencies across the country are working every day to create opportunities and transform the lives of their neighbors making communities stronger and helping families across the US thrive. Upper Cumberland Human Resource Agency is a proud member of the Community Action Network; helping families throughout the Upper Cumberland region.

Community Action Agencies serve 99 percent of all American counties with life-changing services to help families achieve financial stability. All agencies are locally controlled and represented by the private, public, and low-income sectors of the community. Stay tuned to UCHRA's social media channels throughout the month of May for additional updates and information.

Premieres
Thursday, May 19
at 8:30 p.m. on
WCTE PBS (local
channel 22).

UC*DD
Upper Cumberland
Development District



*Wish
you were
Here!*
ADVENTURES

EVENTS AND HAPPENINGS

UCAAC VULNERABLE ADULT SUMMIT RETURNS



The Upper Cumberland Adult Abuse Coalition (UCAAC) was formed in 2005, as an outreach of the AAAD. UCAAC exists to prevent abuse, including neglect and exploitation of at-risk adults, through networking, community resource development, awareness, and education. Meetings are held every other month. Membership consists of agencies that work with at-risk adults in the Upper Cumberland, such as AAAD, APS, mental health, home health, hospice, etc. Visit www.ucdd.org to learn more.

RIDE TO RECOVERY SUCCESS STORY: BRITTANY THOMPSON



When Brittany Thompson was in addiction she says she had no sense of responsibility, letting everything fall by the wayside. "I had lost hope and burned a lot of bridges," she recalled. "I got really tired of living like that. I got tired of losing. I finally reached my rock bottom. I looked around and saw that I had nothing and no one. I was totally desperate."

Brittany made the decision that she would not stop working toward a life free from addiction, no matter how hard it was. "I started climbing, one good choice after another," she said. Guided by her faith, she says she began gaining some ground. "My mind cleared up and it felt good being sober," she said.

With a clear mind, Brittany began facing everything she had chosen to ignore in her addiction; which included attending and completing 25 sessions of intensive outpatient therapy ordered by the judge - three hours a day, three days a week. But attending these sessions presented a challenge. Brittany had lost her driver's license and car as a result of her addiction. She learned about a program through UCHRA called Ride to Recovery that may be able to help and got signed up.

"They have provided me with a ride to and from my IOP sessions for two-and-a-half months now," she said. "I looked forward to the rides because the drivers were encouraging. I didn't have to explain anything but they knew they were helping me."

Through the help and support of Ride to Recovery, Brittany has been able to complete and receive a certificate from IOP that enables her to continue in her recovery. "It's so important to know that there is support and resources out there for recovering addicts," Brittany said. "To know I don't have to do it alone gives me even more determination to keep going."

A special thank you to the Jackson County UCHRA Office for their coordination and support.