

Positively UC

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



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UCHRA TEAM MEMBERS COMPLETE MENTAL HEALTH AWARENESS TRAINING



UCHRA team members from several departments were recently certified in Mental Health Awareness Training for First Responders. The program provided valuable tools, insight, and resources for individuals that may be encountered in the workplace experiencing a mental health crisis. Mental and Behavioral Health Services encourages organizations like UCHRA to devise appropriate plans of action to assist those experiencing mental health crises. This Mental Health Awareness Training is funded by a grant from the Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.



TROBAUGH RECOGNIZED AS PARTNER IN PREVENTION

Lehra Trobaugh, Community Liaison with UCHRA, was presented with an award from the Overton County Anti-Drug Coalition this week. She was presented the Partner in Prevention Award in recognition of her passion and commitment. She was presented the award by Ashlen Allen and Tash Mackie the director of the coalition. *Congratulations, Lehra!*

SENIOR DAY AT WARREN CO. FAIR



Members of the UCHRA team had a great time at the Warren County Fair Senior Day last week! We always look forward to meeting with the folks in our communities and are excited to share information about the services and support offered by UCHRA.

BECOME AN EMPOWER UC/ CIRCLES LEADER ALLY



LEARN MORE

www.empoweruppercumberland.org



RIDE TO RECOVERY LOOKS TO RAISE FUNDS FOR RIDERS; DONATIONS ACCEPTED ONLINE

PAY IT FORWARD

Donate today and provide a ride for those in need tomorrow. Scan the code below to get started or contact us today to learn more!



scan here!

UC*HRA
Public Transportation

www.ucpublictransit.com | (833) UC TRIPS

Ride to Recovery, one of the latest services to be offered by UCHRA Public Transportation, 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.

Ryan Henry, Mobility Manager, has announced a new fundraising campaign aimed at helping provide rides to those enrolled in Ride to Recovery. Through the end of the 2022 calendar year, gifts can be made by visiting the Donate tab of the agency's public transportation website or by scanning the QR code in the attached graphic. Visit ucpublictransit.org to learn more.

WHO WE ARE

OUR MISSION

To help the Upper Cumberland region cultivate self-sufficiency and build true wealth through innovation, collaboration, and leadership.

OUR VISION

A region abundant in resources, fostering a productive and vibrant life for the people of the Upper Cumberland.

get plugged in.

Follow us on social media for the latest updates.

