

Positively UC

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



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MCMINNVILLE'S PROSPERITY POINT REACHES MILESTONE



UCHRA Warren County team members recently visited Prosperity Point as part of a ribbon-cutting ceremony hosted by the McMinnville-Warren County Chamber of Commerce. UCHRA was thanked for its contributions to the building of Prosperity Point and the continuing partnership to bridge the gap in poverty.

The Prosperity Point tiny home community is a transitional housing community, now consisting of eight tiny homes, that allows those who have lived in Warren County and are employed for at least a year to live in a tiny home rent-free for six months while they save up the money they need to get into an apartment.

Prosperity Point is under the umbrella of HOME (Homeless of McMinnville Effort). To learn more about Prosperity Point, HOME, and other resources visit bridgingthegaptn.com.

UCDD and UCHRA representatives, including Jennifer Knepp, Kelly Clarkson, Holly Williams, and Mark Farley, recently attended the SE4A Conference held in Asheville, NC. The conference had more than 700 attendees from Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, and Virginia.

The Southeastern Association of AAAs (SE4A) was organized in 1973 by several Area Agencies in the Southeast Region as a result of their concern over national and regional issues facing Area Agencies on Aging, and in an attempt to establish viable programs for the elderly. Annually, SE4A coordinates a conference bringing together professionals in the field of aging from nine states.

UCDD, UCHRA WELL-REPRESENTED AT SE4A CONFERENCE



KORTH JOINS 2024 LEADERSHIP PUTNAM COHORT

Macey Korth, Empower Upper Cumberland's Marketing and Outreach Coordinator, is among the more than 30 members of Leadership Putnam's 2024 cohort.

Each year Leadership Putnam class members complete a series of projects to meet a community need and ultimately work toward improving the quality of life to citizens.



WELCOME TO THE TEAM!



Community Services would like to welcome Beverly to the team. She has come on board to help with the expansion of UCHRA's Child and Adult Care Food Program (CACFP). She will be training and monitoring the Putnam County School System's At Risk Nutrition Program.

Community Services Assistant Director Jordan Herald adds, "It did not take her long to start reading our minds," referring to the coincidental wardrobe matching.

MARK YOUR CALENDARS



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.



DID YOU KNOW?

Helping staff make the most of available tools, resources, and information!

September is Suicide Prevention Month. In Tennessee, the total number of deaths by suicide increased by 13 percent from 2015 to 2019. The 2019 rate of suicide in Tennessee is 29 percent higher than the national rate (13.) Rates are calculated based on *per 100,000 population*.

Out of the top 20 Tennessee counties with high suicide death rates, counties housed in the Upper Cumberland region comprise four of the 20 counties listed. At the top of the list is Clay County, followed by Van Buren County (fifth), Macon County (sixth), and Cumberland County (fifteenth).

One of the most important steps that individuals can take in the fight against suicide is recognizing the signs of crisis and understanding how to intervene.

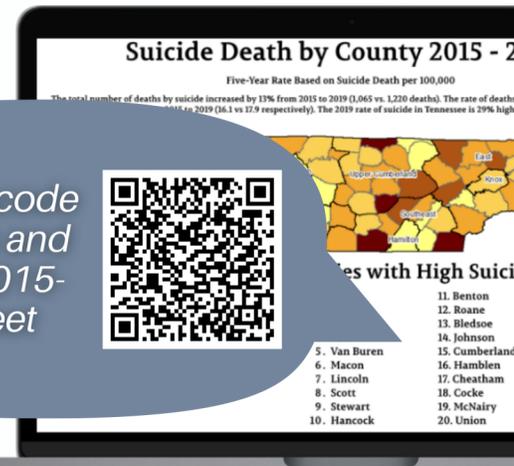
SUICIDE AND CRISIS
LIFELINE: CALL 988

YOU CAN MAKE A DIFFERENCE

- **Reach out:** Express your concern in a non-judgmental way. Let them know you're there to listen.
- **Encourage professional help:** Suggest seeking help from a mental health professional or counselor.
- **Stay connected:** Regularly check in and let them know you care.
- **Involve others:** If you're seriously worried, don't hesitate to involve friends, family, or professionals who can provide support.
- **Emergency situations:** If you believe they're in immediate danger, don't hesitate to contact emergency services.

CUES TO INTERVENE

- **Pay attention to changes:** Keep an eye out for sudden shifts in behavior, mood, or appearance. Withdrawal from friends, family, and activities they once enjoyed might indicate they're struggling.
- **Verbal clues:** Listen closely to their words. Expressions like "I can't take it anymore," "I'm a burden," or "I wish I wasn't here" could be cries for help.
- **Drastic mood swings:** Notice extreme highs followed by lows. If someone goes from being overly energetic to extremely down, they might be wrestling with inner turmoil.
- **Online presence:** Watch for unusual online behavior, such as sharing alarming posts, expressing hopelessness, or saying goodbye in an unusual way.
- **Neglecting self-care:** A sudden disregard for personal hygiene or appearance might be indicative of their internal struggles.
- **Giving away possessions:** If they start giving away prized possessions or making arrangements as if saying goodbye, it's a sign to intervene.
- **Increased substance use:** A sudden spike in alcohol or drug consumption can be a sign that someone is trying to numb their pain.
- **Reaching out:** If they're reaching out more frequently or appear overly anxious about their loved ones, it could signal a need for connection and support.



Scan the QR code to view maps and see the full 2015-2019 fact sheet

