

Positively UC

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



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UPPER CUMBERLAND LEADERS ADVOCATE FOR REGIONAL PRIORITIES IN WASHINGTON, D.C.



Leaders from the Upper Cumberland Development District (UCDD) and Upper Cumberland Human Resource Agency (UCHRA), along with mayors from across the region, recently traveled to Washington, D.C., to meet with key federal representatives.

During their visit, they engaged in discussions with Senator Bill Hagerty, Senator Marsha Blackburn, Congressman John Rose, and Congressman Scott DesJarlais, advocating for initiatives crucial to the region's economic growth and community well-being.

The delegation emphasized the importance of continued federal support and these conversations provided an opportunity to highlight both ongoing successes and the challenges that local communities face.

The visit reinforced the strong partnership between local, state, and federal leaders, ensuring that the Upper Cumberland's voice remains heard in Washington.

See page 2 for additional photos.



CHANCE GIRLS HOME TO HOST FAMILY READING NIGHT

Join CHANCE Girls Home's Teen Outreach Program (TOP) for Family Reading Night on Thursday, March 21, from 4:30 to 5:30 p.m. at the Cookeville-Putnam County UCHRA office (580 S. Jefferson Ave., Cookeville, TN).

This event promotes literacy and community engagement with storytelling, light refreshments, and free books for children. Families are invited to attend and inspire a love for reading.

For more information or to RSVP, email cdenney@uchra.com.





HONORING DR. COLLEEN HUGHES

Recently, some of our SHIP/SMP volunteers gathered together for lunch to honor Dr. Colleen Hughes, who recently passed. Colleen was a volunteer with TN SHIP and SMP since 2018. Colleen also volunteered with Aging Services for several years with Marie Ferran.

PHOTOS OF UC LEADERS IN WASHINGTON, D.C.



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.



BREAKING THE STIGMA

CHANGING THE NARRATIVE AROUND RECOVERY

ADDICTION AND MENTAL HEALTH GO HAND IN HAND

Substance use disorder does not exist in isolation—many individuals struggling with addiction also face trauma and mental health challenges. Just as a doctor treats the root cause of an illness rather than just the symptoms, addiction should be addressed as part of a broader mental health framework. ***Recovery is not only about overcoming substance use; it's about holistic healing.***

"YOU CAN DO A MILLION THINGS RIGHT AND ONLY BE REMEMBERED FOR THE ONE THING YOU DID WRONG."

This common saying reflects a reality for many individuals in recovery. Despite overcoming significant obstacles, they are often defined by their past rather than recognized for their progress. ***The label of "addict" frequently overshadows their achievements, reinforcing stigma and misunderstanding.***

A CALL FOR RESPECTFUL LANGUAGE IN RECOVERY

The words we use matter. Labels like "addict" can reinforce negative perceptions and prevent others from seeing the strength and resilience of those in recovery. Instead, we advocate for using terms like **"a person in long-term recovery"** or simply **"a person in recovery."**

UC*RECOVERY

CHANGING THE NARRATIVE

While statistics on addiction and overdose are important, the way we discuss recovery must evolve. When sharing lived experiences, individuals should not be reduced to outdated stigmatizing labels. We must **respect their journey** and recognize their ongoing efforts to transform their lives and help others.

BUILDING BRIDGES, NOT BARRIERS

Recovery is a lifelong process, and every step forward deserves acknowledgment. By fostering respect, education, and empowerment, we can create a culture where recovery is recognized **not as an identity tied to the past, but as a journey of growth and transformation.**

Learn more about UC Recovery and their recovery efforts
by visiting uchra.org/ucrecovery