

# Positively UC

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



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## UC RECOVERY TEAM PARTICIPATES IN REGIONAL TRAINING

The UC Recovery Certified Peer Recovery Specialist (CPRS) team recently took part in a valuable regional training workshop, *Right From the Start: Ethics for Peer Recovery Work*, presented by the Center for Addiction Prevention and Support at Tennessee Tech University.

We're grateful to Cedar Recovery and Recovery Centers of America for generously sponsoring a delicious breakfast to help kick off a day of meaningful learning and connection!



## AAAD, UCHRA ATTENDS PUTNAM CO. FAMILY DAY AT SENIOR CENTER

UCHRA and the Upper Cumberland AAAD team recently participated in the third Annual Putnam County Family Day, held at the Cookeville Senior Center and organized by the Putnam County Library.

The event brought together several vendors and community partners to share valuable information and resources with local seniors and their families. The Upper Cumberland team enjoyed connecting with attendees and highlighting a wide range of services, including UCHRA's CHOICES program and transportation options that support independence and access to essential services.

It was a day full of meaningful conversations, new connections, and community spirit. We're always grateful for opportunities like this to strengthen relationships and continue supporting the Upper Cumberland region.



## EMPOWER UC, COMMUNITY HELPS STUDENTS GEAR UP FOR NEW SCHOOL YEAR

As students across the Upper Cumberland gear up for a new school year, Empower Upper Cumberland is proud to support families through meaningful outreach.

Overton County Navigator Amy Wright recently delivered backpacks, generously provided by Life Church, to students at Allons Elementary School, helping ensure they start the year prepared.

We're incredibly grateful for the strong community partnerships that help us invest in the future, one backpack at a time!



## SUMMER STRATEGY SESSIONS CONTINUE WITH CLAY, JACKSON COUNTIES



## TEAM ATTENDS EVENT AT MONTEREY LIBRARY



The Upper Cumberland AAAD team recently joined the Putnam County Health Council for a vibrant Health Fair at the Monterey Branch Library.

It was a fun and meaningful afternoon filled with community connection and helpful health resources

Kudos to our AAAD team for continuing to show up and support the health and well-being of our region's residents!

### 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.

