

# Positively UC

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



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## HEAD + HEART IN RECOVERY: UC RECOVERY TEAM GAINS NEW INSIGHTS



Last week, members of the UC Recovery team attended a training discussion titled “Head + Heart in Recovery: Brain Science and Emotional Intelligence in Peer Support.”

The session was facilitated by Tennessee Tech’s Center for Prevention and Support, and breakfast was generously sponsored by Jill Stalnaker of Cumberland Heights.

The training offered valuable insights into how understanding the brain and emotions can strengthen peer support and improve recovery outcomes. Attendees also learned about the wide range of life-changing programs and opportunities Cumberland Heights provides to individuals navigating substance use and co-occurring disorders.

We are grateful for their partnership and dedication to supporting recovery and strengthening our community.

Visit [www.uchra.org](http://www.uchra.org) to learn more about UC Recovery and our Certified Peer Recovery team.



*Mark your calendars!*

# APRIL 24

**UCDD & UCHRA SPRING TRAINING**  
PUTNAM COUNTY CONVENTION CENTER

2121 EVENT CTR. DR., COOKEVILLE, TN 38501

Doors open at 8 a.m. | Training begins at 8:30 a.m.

# REGIONAL HOUSING POLICY SUMMIT BRINGS MIDDLE TENNESSEE LEADERS TOGETHER

Last week the Upper Cumberland Development District (UCDD) and The Sycamore Institute hosted the Regional Housing Policy Summit in Cookeville, bringing together local leaders, policymakers, and community stakeholders to explore Tennessee's housing landscape.



The summit focused on the growing challenges of housing affordability in the region, examining the factors driving rising costs and the federal, state, and local policies influencing the market. Participants engaged in solutions-focused discussions, sharing best practices and strategies to meet the unique housing needs of Middle Tennessee communities.



Speakers included Chad Gilbert of the Cookeville City Council and Putnam Properties; Sara Patenaude from the Reinvestment Fund; Brian Straessle of The Sycamore Institute; and Josh Suddath from the University of Tennessee Center for Local Planning. Their presentations offered insights on policy levers, community planning, and innovative approaches to support housing access and affordability.



The summit highlighted the importance of data-driven approaches and cross-sector partnerships in addressing housing challenges, reinforcing the commitment of local leaders to creating sustainable and equitable housing solutions throughout Middle Tennessee.

*Special thanks to The Sycamore Institute to putting this event together!*

## 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.*



Follow us on social media for the latest updates.



# STEPPING INTO CONFIDENCE: HEAD START STUDENTS RECEIVE NEW SHOES

The gymnasium at UCHRA's Van Buren County Head Start was filled with squeals of excitement recently as dozens of preschoolers received brand-new pairs of shoes. Each box delivered comfort, confidence, and a fresh start for the young students.

The giveaway was made possible through a partnership between the nonprofit Rotary Club of Sparta, Tennessee, local volunteers, and Head Start staff. Ahead of the event, volunteers carefully measured each child's foot to ensure the perfect fit. By the time the children arrived, rows of neatly stacked shoe boxes lined the gym walls, waiting to be opened by eager hands.

For many families, keeping up with rapidly growing children can be a challenge. Kids can move through several shoe sizes in a single year, and having properly fitting shoes is important not only for comfort but also for safety, health, and the ability to run, play, and learn with confidence.



## KNOW YOUR RESOURCES: EXPLORE THE UCDD & UCHRA PROGRAM GUIDES



To view program guides and other materials, visit the agency website ([www.ucdd.org](http://www.ucdd.org) or [www.uchra.org](http://www.uchra.org)), navigate to the About Us tab and choose Publications.

UCDD and UCHRA have spent decades building a strong network of programs and services that support communities across the Upper Cumberland, from transportation and housing assistance to recovery support, senior services, and economic development.

To help staff stay informed, our Program Guide is available on our agency websites and serves as a convenient reference for learning more about the many programs and services offered. We encourage everyone to take a few minutes to explore the guide and become familiar with the resources available because the more we know, the better we can connect people with the support they need.

# COMPLETE THE 2026 Community Needs Assessment SURVEY NOW!



## INSTRUCTIONS:

- 1** Open your phone's camera app
- 2** Point it at the QR code
- 3** Tap the notification to view and complete the survey

Scan the QR code above or visit the link ([qrco.de/bgdgpU](https://qrco.de/bgdgpU)) to complete the survey now!