

Positively UC

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



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REGIONAL COLLABORATION, OVERDOSE PREVENTION

DeKalb County recently hosted a regional meeting bringing together partners from DeKalb, Cannon, and Warren counties for a day of connection, collaboration, and learning.

The group was joined by Justin Cantrell, Regional Overdose Prevention Specialist, CPRS, mentor, and facilitator, who shared valuable information and helped lead an opioid overdose response training.

As part of the training, participants learned how to recognize and respond to an opioid overdose and received naloxone nasal spray, a medication that can rapidly reverse an opioid overdose and give someone a critical second chance at life.

Training like this helps ensure that more people in our communities are prepared to recognize an overdose, respond quickly, and potentially save a life.



NOMINATE YOUR CHOICE FOR
EMPLOYEE OF THE YEAR

Scan the code to vote.

2026 EMPLOYEE OF THE YEAR NOMINATIONS NOW OPEN

The 2026 Annual Fall Training & Rodeo is set for Sept. 25, bringing UCDD and UCHRA staff together for professional development, team connection, and recognition of outstanding employees.

Staff are invited to submit nominations for Employee of the Year, Rural Driver of the Year, County Coordinator of the Year, and County Support Person of the Year.

Nominations are due by close of business Friday, Aug. 28.

Additional details, including eligibility and nomination information, are available in ConneTeam.

Take a moment to recognize a colleague whose dedication and contributions deserve to be celebrated!

UC RECOVERY JOINS COMMUNITY IN RECOGNIZING OVERDOSE AWARENESS DAY



On Aug. 6, UC Recovery joined Power of Putnam and more than 18 community partners and 100 community members to recognize International Overdose Awareness Day and honor those whose lives have been impacted by addiction and overdose.

The gathering brought together representatives from prevention, recovery, families, youth, faith-based organizations, nonprofits, public health, treatment, law enforcement, and other community partners.

Together, they honored lives lost, celebrated lives saved, and shared hope for a healthier future. UC Recovery was proud to participate in this important community effort and highlight the vital role recovery services and community support play in helping individuals and families move forward.

The event also recognized local law enforcement agencies for their efforts to save lives and create a safer, healthier Putnam County. As a lasting symbol of hope, Trees of Hope will be planted in each city, representing the community's growth, unity, and continued commitment to preventing tragic overdose deaths.

Save the Date:
UCDD-UCHRA Fall Training & Rodeo
Sept. 25, 2026
Putnam County Convention Center



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.



IN THE NEWS: STATE GRANTS STABILIZE FOUR UPPER CUMBERLAND LANDMARKS

The following was published by UC Now.

The Tennessee Historical Commission has awarded restoration grants to stabilize four historic landmarks across the Upper Cumberland region to preserve local heritage and drive economic development.

UCDD Public Historian Mark Dudney said the funding targets properties already listed on the National Register of Historic Places that require urgent structural repairs. Dudney said the four selected sites include the Overton County Courthouse, White Plains in Algood, the A.H. Roberts law office in Livingston, and the First Presbyterian Church in McMinnville.

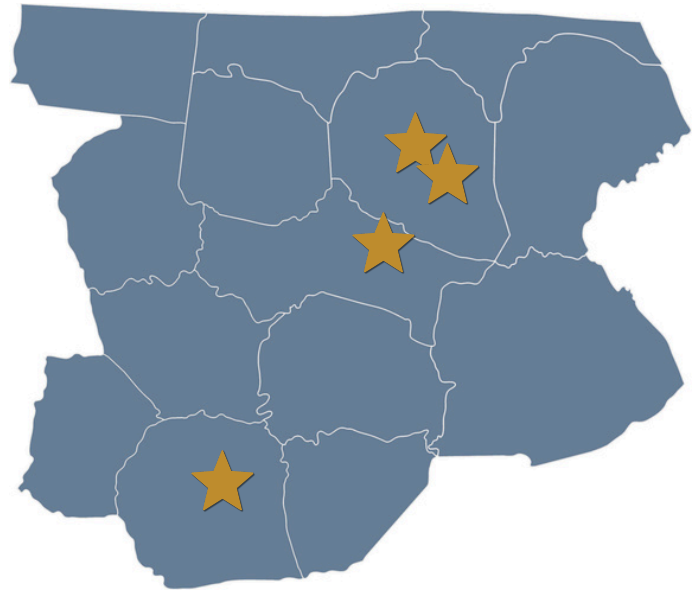
“I’m very happy about it,” Dudney said. “I think it’s significant and it just sort of speaks to the unique heritage and culture that we have here.”

Dudney said the grants are specifically designed to address foundational issues such as leaky roofs, broken windows, and water damage. Dudney said the total project costs range from \$25,000 to \$30,000 for the smaller structures, while the courthouse project is valued at \$50,000.

“In the Overton County Courthouse, they’ve got a water damage problem in the basement, so this grant is specifically to target that issue,” Dudney said. “They’ve got other grants there at the courthouse that they’re working on and so it’s an example of how different agencies, but the same people, if you keep at it and keep working together, you can keep these great cultural resources as sort of the flagship in your communities.”

Dudney said the A.H. Roberts law office serves as a connection to the history of women’s suffrage in Tennessee, while White Plains represents one of the earliest settlements in the region.

“It is economic development because, whether it’s tourism or retirees or quality of life generally in a community, community pride and civic knowledge, you know, teaching young people and all ages about the history of your community and that keeps it



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alive and then for economic purposes, keeping your culture alive and attractive and making it part of your future,” Dudney said. “You know, that is a big part of heritage tourism and is a big economic driver.”

Dudney said he authored three of the four successful applications while battling the flu to ensure the region secured the competitive funding. Dudney said the collaboration between the Upper Cumberland Development District, local governments, and civic organizations like the Livingston Civic and Garden Club was essential to the success of the applications.

“All history is local history, right?” Dudney said. “So if you don’t think your small town has anything to do with the 19th Amendment or the Civil War or the civil rights movement or other large, you know, big national stories, then you’re wrong. You need to find out about how your own community has a local connection to those national stories.”

Dudney said he plans to focus on projects related to the America 250 anniversary before identifying the next set of endangered historic properties in the region.

CARE NOTES

Insights from those who provide care every day

"My client has experienced times when weakness makes it difficult to get up and answer the door when I arrive for scheduled services. To help ensure they are able to receive their services, the client has recently begun getting up earlier before my arrival and resting on the couch. This allows them to conserve their energy and be better able to get up and answer the door when I arrive.

"With support from our in-home services, the client has developed a routine that helps them continue receiving the assistance they need. This small but meaningful adjustment has helped the client remain engaged with their services while supporting their ability to participate in their own care and remain in their home."

- Julia Baugh-Tayes

Shared by
UCHRA's Home
Care Specialists

"My client has recently become more comfortable allowing me to assist her with going through some of her belongings. Together, we have been sorting through items and discussing what she uses and what she no longer needs. I encourage her to consider letting go of items that are no longer needed or used, while allowing her to make the final decisions about her belongings.

"This has been a slow process, but each step is rewarding. The client's willingness to accept assistance and work through her belongings at her own pace is meaningful progress. With continued support and encouragement, she is making positive changes while maintaining control over her personal decisions and belongings."

- Lisa Grace