

Celebrate Recovery 2015

Wallace State Community College (WSCC)-Hanceville Alabama

Sponsored by Wallace State Human Services Department, FORMLL and The City of Hanceville

Wallace State's Community College-Hanceville Human Services Program (HUS) partnered with FORMLL and The City of Hanceville to Celebrate Recovery Month 2015. Approximately 2800 participants attended the recovery events, themed "Stop Stepping Over Our Dead Bodies and Step Up for Recovery."

The Human Services Department kicked off the month early during the last weekend in August by participating in the first Alabama Department of Mental Health's Substance Use Consumer Recovery Conference. The HUS students are in recovery and most are certified as peer support specialists through FORMLL. The HUS student attendees celebrated their personal recovery by making new recovery friends and participating in workshops. HUS students volunteered to coordinate the talent show. The talent show participants entertained the crowd through music, poetry, dance, and an Iron Bowl competition.

During the month of September, HUS students worked with FORMLL to plan the 2nd Annual Recovery Rally in Decatur. The rally theme was "Stop Stepping Over Our Dead Bodies." For the past year, FORMLL has been collecting names of persons who have lost their battle with addiction. A banner was stretched across the park pavilion with the names of the **1,043 deceased**. A mock cemetery was created with and the names of the deceased were read continually during the event. Recovery information tents lined the park, musicians played and sang for the crowd, and blow-up slides and play houses were available for the children. At the end of the day, approximately 800 people attended, 500 hotdogs with all the fixings were eaten, two persons left the event and went to a recovery program, 28 people registered to vote, and Red Cross collected 47 pints of blood.

Human Services Students at Wallace State-Hanceville collaborated with the City of Hanceville to promote awareness of mental health and substance use disorders and to recognize and encourage those in recovery. The City of Hanceville Mayor Kenneth Nail signed a proclamation designating September 27, 2015 – October 3, 2015 as Recovery Week in Hanceville. Recovery Week announcements were placed around the city and a story about the week was released by Cullman Times.

During the week of September 27th, HUS students celebrated Recovery Week on campus and invited all students, employees, and the community to participate. A HUS student coordinated and led an open NA meeting. During the meeting, Mike McLemore shared his recovery story and guests were given an opportunity to speak about their recovery. The meeting closed with a recovery countdown and The Serenity Prayer. Later in the week, the Foundry, a faith based recovery program, spent the afternoon with students and community guests. A former Wallace State Student, who is now a counselor at The Foundry, was keynote speaker and shared his story of addiction and recovery. Other counselors and those currently residing at the Foundry also spoke. At both events, participants dined on homemade goodies provided by the HUS students.

Wallace State Community College hosted approximately 2,000 high school 10th grade students from the catchment area. HUS students developed two educational booths which provided information about mental health and addiction. Visiting students wore simulation goggles to illustrate visual impairment and hallucinations while listening to an auditory hallucination CD. Students were available to answer mental health and substance use questions and make referrals.

Mary Beth, a HUS student submitted her recovery story to SAMSHA and was selected for publication on the SAMSHA website. Mary Beth also developed a prevention video entitled "Real people with True Stories" and uploaded her story on YouTube. In less than 48 hours after her story was uploaded, 2,197 persons viewed her story and 513 shared on their social media sites. Mary Beth and several of her classmates ended Recovery Month by completing their CPSS certification through FORMLL.

Recovery Month 2015 for the Human Services Department at Wallace State Community College in Hanceville Alabama, FORMLL, and The City of Hanceville was a huge success. Not only was it fun, it served as a tool for student learning and collaboration with community mental health providers as we spread the recovery message. "It is Time We Stop Stepping Over Our Dead Bodies and Step Up for Recovery."



Wallace State Community College-Hanceville Human Services Department with Hanceville Mayor Kenneth Nail during the Proclamation Signing declaring Recovery Week in Hanceville



FORMLL Recovery Walk "Stop Stepping Over Our Dead Bodies" 1,043 Dead in Alabama from Substance Use



FORMLL 2015 Recovery Walk at Delano Park in Decatur Alabama