

THE COVENANT REPORT

NEWSLETTER

To ignite healing and hope in those struggling with substance misuse by providing community-based treatment and recovery support for individuals and their families.

August 2024 • Issue 4 • Volume 4

OVERDOSE Awareness Week

#OverdoseAware

www.cdc.gov

Every August, SAMHSA commemorates Overdose Awareness Week and International Overdose Awareness Day (August 31) to honor those impacted by overdose. The CDC reports that an estimated 110,000 lives were lost to overdose in the 12 months ending in March 2023, with fentanyl and other synthetic opioids being the main drivers. The emergence of xylazine, a non-opioid tranquilizer mixed with fentanyl in the illicit drug supply, adds to this challenge. Overdose can result from using contaminated substances or misunderstanding dosages, and its impact is devastating. However, overdoses can be prevented. The Department of Health and Human Services developed the Overdose Prevention Strategy with **four main pillars**:

Primary Prevention:

Promotes tiered, multidisciplinary prevention activities, engaging health and human services providers and facilitating cross-sector collaboration.

Harm Reduction:

Expands access to harm reduction interventions like opioid overdose reversal medications and test strips.

Evidence-Based Treatment:

Reduces barriers to accessing effective treatments and develops new therapeutic approaches.

Recovery Support:

Enhances coverage and integration of recovery support services, strengthening the workforce and promoting access to these services.

FOR THE MOST UP-TO-DATE INFORMATION ABOUT EVENTS AND ALL THINGS COVENANT COMMUNITY, INC FOLLOW US ON SOCIAL MEDIA



COVENANT COMMUNITY, INC
623 SPRING STREET,NW
ATLANTA, GA 30308
404-267-4294
WWW.COVENANTATLANTA.COM

RECOVERY RESOURCES OF ATLANTA: MIDTOWN
25 NORTH AVENUE NW,
ATLANTA, GA 30308
404-881-4665

PROVIDES RECOVERY SUPPORT SERVICES FOR THOSE EXPERIENCING A SUBSTANCE USE DISORDER (SUD), SEEKING RECOVERY FROM AN SUD, OR AT A HIGH RISK OF DEVELOPING AN SUD AND THEIR FAMILIES.

SOURCE:

<https://bit.ly/3WH2A1r>

FROM ADVERSITY TO TRIUMPH: R.E.M. JR.'S JOURNEY OF RECOVERY AND REDEMPTION

"Hello, my name is R. E. M, Jr., and I am a person in long-term recovery. What that means to me is that since May 18, 2019, I have not felt the need to alter my reality via substances or alcohol. I am currently and have been a resident with Georgia Works since August 1, 2023, where I've finally took personal responsibility for getting the help I needed to deal with the mental illness side of my recovery..."

"Since beginning my journey to overcome my mental challenges, I have had the distinct pleasure of coming to know Ms. Deborah Bacote-Taylor and the staff of Covenant Community, Inc., where I attended her All Recovery meetings on Friday evenings. I'm so grateful to her and this organization because hearing her story, I identified with her on so many levels. Her story of self-sabotage and redemption resonated in my spirit and reignited my passion to serve and be a light to those still lost in darkness and trapped in the chains of addiction. I am now a graduate of CARES Academy 60 and a Certified Addiction Recovery Empowerment Specialist through the Georgia Council for Recovery. I have also obtained certifications for CPS-AD, CPS-MH, FPM, WHAM Facilitator and Motivational Interviewing. I now have my mind set to attend the Peer Support Institute as well. I now have my mind set to attend the Peer Support Institute as well. I have recently been contracted to use my God-given skills and compassion for others with an agency name Seeds of New Beginnings in College Park, Ga. I hope to soon be working full-time in the field alongside other faithful and supportive Peer Specialists, Clinicians, and Therapists. My end goal is to obtain my degree in Psychology and Counseling from Georgia State University and eventually become a Licensed Certified Addiction Counselor so I can be of even more service to the community while advocating, serving and ministering to those still suffering in the grips of this progressive and fatal disease of addiction and mental health. To God be all the praise, glory and honor for bringing me out and giving the life I tried to destroy, a new beginning and purpose. Thanks, and be blessed!!"

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BIRTHDAYS

08.03 - Dawn M, Behavioral Health Manager
 08.14 - Wil G, MOH VISTA
 08.16 - James B, Residential Peer Specialist



WORK ANNIVERSARIES

Andre R, Director of RRAM - 08.01
 Robert D, Director of Operations - 08.12

Holistic Support for Kids in Recovery: Tips for a Successful School Year



Supporting children in recovery as they return to school requires a holistic approach that combines emotional, psychological, and educational support. By creating a nurturing environment and working closely with educators and professionals, families can help children build focus and motivation, setting them up for success in their academic journey.

Supporting children as they return to school while a parent goes through recovery can be challenging. Here are four key tips to help children navigate this difficult period:

1. Maintain Open Communication

- Encourage Honest Conversations: Create a safe space for children to express their feelings and ask questions. Be honest with them about the situation in an age-appropriate manner.
- Regular Check-ins: Have regular check-ins to discuss their day, address any concerns, and provide reassurance.

2. Establish a Stable Routine

- Consistent Schedule: Maintain a consistent daily routine for meals, homework, bedtime, and recreational activities. This stability can provide a sense of security and normalcy.
- Balance: Ensure there's a balance between schoolwork, playtime, and relaxation to help them manage stress and stay focused.

3. Leverage School Resources

- Communicate with Teachers: Inform teachers and school counselors about the family situation so they can provide additional support and accommodations if needed.
- Access Support Services: Utilize school-based counseling or support groups where children can receive emotional support and connect with peers in similar situations.

4. Promote Positive Coping Mechanisms

- Encourage Healthy Outlets: Encourage activities that help children manage stress, such as sports, arts, music, or journaling.
- Model Resilience: Demonstrate healthy coping strategies and resilience. Children often take cues from their parents on how to handle difficult situations.

These tips can help provide the emotional stability and support children need during their parent's recovery, ensuring they can focus on their education and overall well-being.

20 YEARS
 Georgia Council on Substance Abuse

VIRTUAL ALL RECOVERY MEETING

7 DAYS A WEEK!

10AM-11AM & 7PM-8PM EASTERN TIME

Zoom MEETING ID 695 949 293

PASSCODE recovery

#GARECOVERS

ALL RECOVERY MEETING

Women's Meeting ~ Mondays at 11:30 am-12:30 pm
 Men's Meeting ~ Fridays at 4:00 pm-5:00 pm

Hosted by:
Deborah Bacote-Taylor
 Restorative Justice Peer Specialist
 404-791-0727
 dbacote-taylor@rra-midtown.org

LOCATION: 25 North Avenue, NW Atlanta, GA 30308

RECOVERY RESOURCES ATLANTA MIDTOWN

OUR PROGRAMS



DONATE TODAY

