

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.

July 2024 • Issue 3 • Volume 4



COVENANT COMMUNITY BOARD MEMBER REMARKS

Dear Covenant Community,

As I reflect on this past year as a Board Member, I realize just how fortunate I am to be a part of Covenant Community. This Community is truly a family. I have witnessed the Men of Hope support one another, teach one another, and guide one another. I enjoyed the beautiful Day at the Lake this past summer where Men of Hope, staff, family, and friends came together to fellowship. I have seen the Covenant Community feed and clothe our unhoused neighbors during this past holiday season.

And I also witnessed how warmly Covenant Community welcomed my Emory Healthcare family during the co-planning and (highly successful) execution of our "Recovery and Wellness Summit: A Celebration of Possibility" in May.

As we enjoy our summers, let's continue to reflect on the great work that is being done both behind our doors and with open hands towards the community. Part of Covenant Community's mission is to strengthen men so that they can subsequently (and simultaneously) strengthen families. I have seen this first hand and am honored to be able to witness (and be a part of) the Covenant Community family as well.

Sincerely,
Zanthia Wiley

Covenant Community Board Member and Emory Healthcare Infectious Diseases Physician

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.

SUMMER SUPPORT: AIDING MEN IN RECOVERY

Men in recovery might face unique challenges during the summer, as the season often involves social events where alcohol is prevalent, such as barbecues, beach parties, and vacations. The temptation to relapse can be heightened by these environments, especially when they coincide with feelings of isolation or stress. Additionally, the lack of routine during summer months can disrupt established recovery habits, making it crucial for family members to provide extra support and structure during this time.

Family members can help men in recovery navigate the summer-time by:

Encouraging Outdoor Activities: Promote participation in outdoor activities that enhance physical health and mental well-being, such as hiking, swimming, or joining a sports league. Ensure they stay hydrated and use sun protection.

Planning Alcohol-Free Gatherings: Organize family-friendly events like picnics or barbecues that are alcohol-free to create a supportive, temptation-free environment. Include plenty of non-alcoholic beverages and engaging games.

Establishing Routine and Communication: Set up a routine that includes regular check-ins and open communication. Offer emotional support and reinforce healthy habits to help them stay on track during the season.



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



BIRTHDAYS

7/01 - Lord H-Residential Peer Specialist
 7/18 - Dequanus W- Residential Peer Specialist
 7/31 - Latasha M- Director of FOH (Families of Hope)



WORK ANNIVERSARIES

7/27 - Gerald W - Social Worker
 7/24 - Keishala J - Director of Operations

The Director of the Therapeutic Community suggests during the month of July, please visit the websites below to increase awareness of Black and Indigenous people of color mental health month (BIPOC), National minority health month. Good health means good mental health. Covenant Community is committed to silencing the shame by having open dialogue and increasing education surrounding substance misuse disorder, mental health for all who are marginalized, all who face barriers and are burdened by myths.

National Minority Health Month 2024 Toolkit

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

Mental Health America

<https://bit.ly/43RgUVU>

Participate in conversations about health equity on social media by tagging

@MinorityHealth on X (Twitter) , and Instagram

#SourceForBetterHealth,
#MinorityHealth
#National Minority Health Month 2024 (#NMHM24)

JULY IS BIPOC MENTAL HEALTH MONTH



Highlights: The 2024 AmeriCorps VISTA Sponsor Convening

The Administrative Team recently attended the 2024 AmeriCorps VISTA Sponsor Convening in Oak Brook, IL. The 2-day interactive training was an in-person networking and skill-building event which connected VISTA Sponsors and Leaders with peers from across the country. The agenda included workshops, panels, and networking activities that focused on AmeriCorps VISTA's roles in promoting equity, best practices in member recruitment, and strategies for supporting and supervising members.



Covenant Community Director of Operations, Keishala Jackson and Director of Compliance, Sharmin Blue



AmeriCorp VISTA CEO, Micheal D. Smith and Covenant Community Director of Compliance, Sharmin Blue

OUR PROGRAMS



DONATE TODAY

