



ALCOHOL & DRUG COUNCIL
OF MIDDLE TENNESSEE, INC.

...a better way

The Council Chronicles

Fall/Winter 2006



(left) Sheriff Daron Hall, (center) ADC Executive Director Mary McKinney, Debbie Hillin, Dr. Kenneth Robinson, Commissioner of Health, Jerry Risner, Walter Williams, (right) Moderator Demetria Kalodimos with Mary McKinney

“Breaking the cycle– Reducing the stigma” Recovery Month Public Forum Held

In observance of National Recovery Month in September, the Alcohol and Drug Council hosted in coordination with TAABS, SAMSHA, and the Tennessee Bureau of Alcohol and Drug Abuse a public forum meeting to discuss and address “Breaking the Cycle and Reducing the Stigma” of Drugs and Alcohol in our community.

The purpose of the open forum was multifold: to celebrate people and families in recovery from substance abuse, illustrate that recovery from addiction is possible and to bring awareness to the stigma associated with substance abuse. Approximately 120 people attended both the reception and the eight-person panel forum from across the Middle Tennessee area.

Speakers included Katrina Frierson of Mending Hearts, Lyn Noland of TLC Housing and speaker for Meth Free Tennessee, Sheriff Daron Hall, Gary Hunt and Ryan Hunt—a father and son both in recovery, Dr. Peggy Reynolds— Director of the DUI and Traffic Safety Center Programs, Terri Eddlemon of Buffalo Valley, and keynote speaker Dr. Kenneth Robinson, the Tennessee Commissioner of Health. The moderator for the morning event was Demetria Kalodimos of WSMV Channel 4 News.

The Council hopes to make this forum a yearly event to give people in recovery as well as service providers, officials and the community as a whole a voice.

A Note from the Executive Director-Mary McKinney

Hugh Bennett
Hugh Bennett Productions

Nan Casey, LADAC
Tennessee Christian Medical Center

Pat Connor
Sumner County Board of Education

Amy Dunn
HCA

Dr. Greg Elam, National Toxicology Specialists

Jack Freckman
Freckman and Associates

Sheriff Daron Hall
Davidson County Sheriff

Sally Holland
Caterpillar Financial Services

Bill Hostettler
Hostettler Realty

Kelvin Jones
Metro Human Relations Commission

Chris Kelly, Board President
UBS Financial Services

Jerry Lee
AFL-CIO Labor Council

Steve Lynn
Cummings Incorporated

David Lyons
McGee, Lyons and Ballinger

Bill Parrish
Parrish and Associates

Brantley Phillips
Bass, Berry and Sims

Brenda Ross
Metro Social Services

Jan Schim
Schim and Associates

George Seals
Internal Revenue Service

Marilyn Shriver
Community Volunteer

Boyd Smith, Vice President

Laura Smith Tidwell
Nashville Electric Service

Renee Stewart
North, Purcell, Ramos and Jameson, PLC

Ray Tarkington, Secretary
Ray Tarkington Realtors

Tad Trantum, Treasurer
Trantum Asset Management

One of the things that I love about my job is the opportunity to talk daily with people who are affected by alcoholism and or drug addiction. This includes those who are still battling with addiction and those who are in recovery...and their loved ones.

As Executive Director of the Council, its easy for me to get lost in administrative duties...funding concerns, board matters, strategic planning, etc. To keep it "real" I make sure I have contact with one or more of our actual program recipients every day. Each time I do so, I experience both gratitude and humility for the opportunity to direct the Alcohol and Drug Council.

Our Mission is quite simple: "To find solutions for those affected by alcohol and drug addictions."

Twenty three years ago, I was struggling to find a solution to my own alcoholism; I had tried repeatedly to quit drinking through sheer willpower and had failed miserably. Although I did not know it at the time, I was also suffering from the effects of having grown up in an alcoholic family. I was unaccustomed to admitting failure but one day was miserable enough to pick up the phone, admit defeat and ask for help. The call that I placed was to the Alcohol and Drug Council :they not only listened but actually heard me and set me on a path to

personal recovery.

I will never forget that day, nor will I lose sight of the Council's true mission. No one finds recovery from addiction without support; the true purpose of the Council is to support those who reach out to us for help.

One person at a time—one day at a time.

Mary McKinney
Executive Director



DHHS Kids Gain Self Confidence through Martial Arts

The Council's Deaf and Hard of Hearing prevention program has joined forces with Ed Clay's Mixed Martial Art's Academy. Owner/Founder, Ed Clay, has offered to provide free classes specifically for the deaf and hard of hearing youth to learn the basics of martial arts.

Having his own negative experiences with alcohol and drugs, Clay wants to offer his services to help deaf and hard of hearing youth gain self confidence and decrease their chances of becoming addicted or dependent.

Research has shown that involvement in structured after school activities, such as martial arts and karate, lowers the rates of cigarette, alcohol, and drug use among youth (SAMSHA.org). The Alcohol and Drug Council is very excited about this project and wishes to thank Ed Clay for his inspiration, generosity, and support of our services. More information about Ed Clay please visit his website at: www.clayenterprises.com or contact the ADC's Laura Lekowicz.



Left to right: Jeremy , John Michael, Ed Clay, and Clint after a practice



John Michael and Clint spar while Ed watches on

Upcoming Dates of Interest:



October 17, Nashville Prevention Partnership Town Hall Meeting, Glenclyff High School, 6:15 p.m.

October 20, Professional Training, Use ,Abuse and Dependency, \$40, call for details

October 27-28, Professional Training, Comprehensive Adolescent Severity Index, \$90, call for details

November 2-3, Professional Training ,Helping Others Manage Anger, \$80,call for details

November 4, Nashville Prevention Partnership, Mayor's Talent Show, all 269-0029 ext 139 for details

December 15, ADC Christmas Open House, 11 a.m– 2 p.m.

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Mary Ann Short has been brought on as our new Receptionist and Administrative Assistant. Mary Ann comes to us from TLC Housing. A native of East Tennessee (Sneedville) she lives in Nashville with her daughter, Abigail and fiancé' Jeff. In her free time Mary Ann loves to spend time with her family movie-going and shopping.

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Ema DeJesus is the Council's new Staff Accountant. Ema has a degree in accounting from The American Business College and comes to us from General Hospital. She, her husband and son live in Antioch. Ema loves to spend her free time with her family and friends enjoying her home and community life.

We welcome both Mary Ann and Ema to the ADC!

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Nashville Area Recovery Alliance Targets East

When a man or a woman is released from jail, prison, or treatment their next place of residence is often a transitional living facility. Armed with a minimal amount of recovery time and a maximum amount of needs, these individuals are faced with the challenge of finding a job, resurrecting their lives and staying clean and sober while they do it. The directors of these facilities have their own challenges too; too many people and too little staff.

That's where the Nashville Area Recovery Alliance is stepping in to help. NARA is branching out and heading into East Nashville this fall. With funding support from The Baptist Healing Trust, NARA will begin providing case management and one on one recovery mentoring to people specifically living in East Nashville, a defined area of great need because of the half way houses and transitional housing facilities located there.

"This is going where people need us most," according to Lisa Bell, Director of NARA. Care Coordination can encompass a variety of services and programs that extend into recovery support. "We will be seeking referrals from treatment centers and half ways houses, and there is great potential for family support groups in this area."



Valencia Grimm, who has worked with non-profits such as Renewal House, and Streetworks, will provide services for East Nashville residents in Early Recovery beginning October 1st.

For more information about these services contact NARA Director Lisa Bell at 269-0029 x 121 or lbell@adcmt.org.

Now available! Online donation options go to networkforgood.org or to ADCMT.org

Our mission is to offer solutions to those affected by alcohol and drug addiction. No two programs of the Council are a more shining example of this mission than HelpLine and Family Counseling.

**Where do you go if you have a spouse who is an alcoholic and you need help but have no insurance or means to pay for counseling?*

**Where do you go if you are an individual with an addiction problem and you do not know what options you have?*

Everyone needs a place to turn when their lives are upside down. They need a safe place to go... a place where they can help find solutions.

Please donate. Every dollar you give will go directly to support Family Counseling or HelpLine.

I would like for my gift to support... Family Counseling HelpLine The program in greatest need

Name _____

Address _____

City, State & Zip _____

Phone _____ e-mail _____

My check for \$ _____ is enclosed.

Please charge \$ _____ to my Visa Mastercard Discover American Express

Account Number _____

Exp. Date _____

Signature _____

Date _____

All gifts are 100% tax deductible.

Thank you for your support!

Check us out on the web! www.adcmt.org - trainings, news, events, updates

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Alcohol and Drug
Council is to
offer solutions to those
affected by alcohol
and drug addictions*

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