

RECOVERY

Zone

RECOVERY ALLY

CHANDLER RIGGS

SUPPORTING SOBER
LIFESTYLES

feature articles

MOBILIZE
RECOVERY

VIRTUAL
MEETINGS

HIGH RISK
HOLIDAYS

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Cover Photography:
Maarten deBoer



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Mandated Youth

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GREETINGS!

LETTER from the PUBLISHER/ EDITOR

Change occurs with every new season, and yes, the seasons continue to come and go with every passing year. This year has been a season of great and continuous change as we fight to "Recover Recovery." Covid 19 depleted the Recovery Community of much of the progress we had made going into the year 2020. We were beginning to see a downward trend in the number of overdose deaths in our country and we felt we were all moving together in the right direction. Recovery Support Centers were popping up all over the country and we were celebrating people in recovery from Substance Use Disorder, with reduced stigma surrounding the disease of addiction. We were winning the battle!

Then, out of the blue, a weapon of mass destruction appeared. Covid-19 began destroying the progress we had made. The opioid epidemic collided with the global pandemic requiring "sheltering in place" or ISOLATION to put it in perspective. It devastated the economy, and there was loss of jobs, loss of homes, loss of food security, and the recovery community went reeling into yesteryear. We were operating in reverse, losing ground every day. Overdose went up by 30% nationwide and we mourned our own community as the losses soared out of control.

As we pressed onward, a second round of Covid, the Delta variant, dug in its heels and further suppressed our community of recovery. Behind that, Omicron reared its ugly head to begin the 3rd round! Enough is Enough.... it's time to "Recover Recovery!"

We need to concentrate on those things that were making us better and helping us to gain ground: Advocacy, Education, Prevention, Harm Reduction and RECOVERY! We will win this war as long as we keep fighting! As I've heard it said so many times.... Fall down one hundred times; Get up one hundred times!



Moving into Winter, we see so much change. The leaves have all fallen to the ground, ; the air gets a crispness; the skies become gray; and the temperature begins to drop. This winter, let's look to gain strength from one another as we help others be the best they can be. We can change this trajectory of disaster by bringing our greatest assets to the table as we close this year out and move into the season of Recovery and Renewal.

Be Blessed ❤️

#FightAddictionFuelRecovery,

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- RECOVERY ADVOCATES -

MOBILIZE recovery

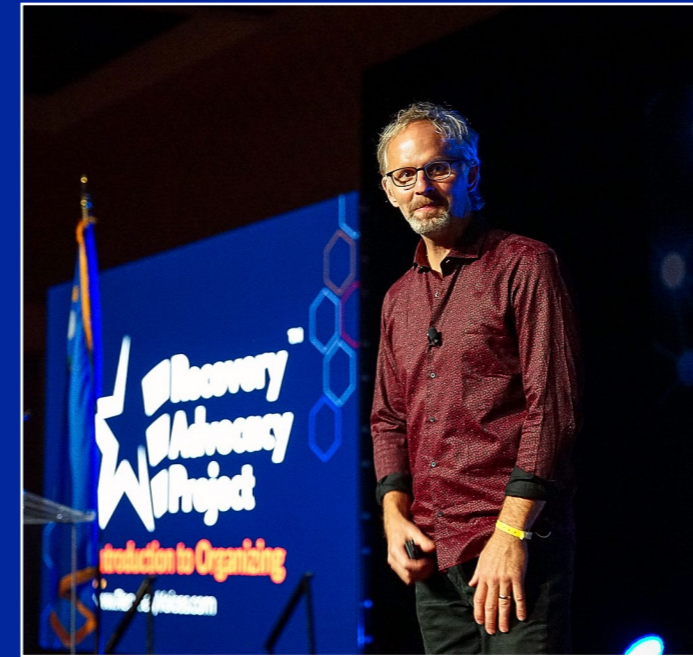
BY: RYAN HAMPTON

MOBILIZE RECOVERY 2021 BUILDS A BROADER VISION FOR RECOVERY

This year's Mobilize Recovery event was the third annual conference for recovery advocates across the United States. Due to the COVID-19 pandemic, the national advocacy event was a hybrid event, making it the largest and most accessible training to date. Over 300 advocates attended in person, while nearly 1,000 participants logged in to network, share skills, and cultivate community. The conference was hosted by the world-class Westgate Las Vegas Resort & Casino and supported by Nevada's public health department, ensuring that participants would stay healthy and safe.

The Voices Project-created event was sponsored by Google, Facebook, Twitter, YouTube, Serve You RX, the Levenson Foundation, Ascend Video, and Callahan & Blaine and supported by our partners the Recovery Advocacy Project, Sandgaard Foundation, National Council for Behavioral Health, Truth Initiative, Young People in Recovery, McShin Recovery Resource Foundation, Well Being Trust, Faces & Voices of Recovery, Shatterproof, Opioid Response Network, Herren Project, The Phoenix, She Recovers, National Association of Addiction Treatment Providers, CCAPP, AHRE, Victoria's Voice, Partnership to End Addiction, Foundation for Recovery, and the Kennedy Forum.

The conference included a two-day training in public narrative, led by storytelling coaches and based in the work of Marshall Ganz at Harvard University. Participants worked with coaches to learn to tell their stories in compelling, persuasive ways to help change the narrative around addiction and recovery. Other trainings helped advocates gain skills in community building, relational organizing, creating culturally responsive recovery support services, and including families in recovery support. Advocates led panels about unpacking and dismantling racism in





recovery spaces, as well as developing cultural humility in delivering services to the LGBTQIA+ community. The power of inclusive recovery spaces was a central theme of Mobilize, as participants were challenged to consider recovery from an intersectional lens and fill the gaps to support our most marginalized and historically excluded community members.

“Three years into Mobilize, we are stronger than ever,” said Ryan Hampton, founder of the Voices Project. “In spite of a pandemic, in spite of the challenges front-line advocates face in their own communities, it’s incredibly meaningful that we can come together and renew our commitment to building equity in the recovery space. This movement is for everyone, and as we grow, we’re making sure that everybody feels like they have a seat at the table.”

This year’s event included special opportunities such as appearances by speakers such as President Bill Clinton, former Congressman Patrick Kennedy, Senior Director of Substance Use Disorders and Recovery at the Clinton Foundation Chris Thrasher, Acting Deputy Assistant Secretary for Mental Health and Substance Use SAMHSA Tom Coderre, Acting Director of the White House Office of National Drug Control Policy Regina LaBelle, NYT Bestselling Author Resmaa Menakem, U.S. Secretary of Labor Marty Walsh, Macklemore and more. Mobilize also included a screening of the new documentary Tipping the Pain Scale followed by a Q&A with the director and cast; daily group fitness hosted by the Phoenix Project; and a self-care module for advocates. Participants picked up new skills that will help sustain their advocacy and cope with the stress of working on the front lines, during a pandemic and widespread fentanyl poisonings.

The hybrid event was popular and accessible, with high engagement between participants. Mobilize Recovery 2021 built on its successful platform by bringing people together to celebrate our wins, honor our struggles, and plan for our collective future.

The “Recover Out Loud” concert was pre-taped at Las Vegas’ Westgate Resort & Casino before streaming on iHeart’s Facebook and YouTube channels on International Recovery Day on Sept. 30. The event also caps off this year’s National Recovery Month.

Macklemore, KT Tunstall, Ewvie McKinney, Daphne Willis and The Residency performed to help raise awareness around addiction and recovery.

All Photos by: Anthony Alvarado



MY FIRST sober date

BY: ALEX SMITH

Six months into my recovery, I decided to date again. I met a beautiful girl at a recovery support meeting and she seemed interested in me! I was so excited that I finally met someone in recovery around my age. I am 25 and the majority of people I know in recovery are over 30, so it was rare to meet someone my age in a recovery meeting. We exchanged numbers and began talking over the phone every day. After about 2 months of getting to know each other through conversation, we decided to go to meetings together sometimes. We weren't dating yet, but I really liked her. After a few weeks of going to meetings together, I really wanted to ask her out on a date. I was nervous, so I asked "what is your ideal date?" and she told me "I am old fashioned and like traditional dates", then I said "would you want to go on one with me?", she said "Yes"! I was so happy and that's when I started planning.

Our date began with me picking her up at her house. The first place we went was to a local park and we decided to go on a walk.

We held hands the whole time, so I took that as a good sign.

It was really nice outside and the walk was very interesting because we got to know each other even better. After we finished at the park we went to the mall because I really wanted to spoil her, but she didn't want me to buy her anything so we went window shopping. We joked and laughed as we walked around the whole mall.

We played a game where we had to pick out outfits for each other to try on and it was hilarious. For example I picked out neon yellow patterned leggings, a lime green mismatched top, and a fringe vest; plus she had to wear combat boots with it! I never laughed so hard in my life! Then it was my turn..... pastel purple golf pants that didn't really fit and an orange patterned sweater, she topped it off with a pink and purple striped toboggan. It wasn't so funny when I had to do it, but I was a good sport through it. After all of the excitement, we were hungry so I asked her where she wanted to go to eat, and she said "Zaxby's", so that's where we went.

We had so much fun! I took her home after dinner and I couldn't wait until our next date.... which was the next day!!!



COUNTDOWN to yum

FANTASY FUDGE

Ingredients

- 3 cups white sugar
- ¾ cup butter (1 ½ sticks)
- 1 cup evaporated milk
- 1 (12 ounce) package semi-sweet chocolate chips
- 1 (7 ounce) jar of Marshmallow creme
- 1 cup chopped walnuts (optional)
- 1 tsp. Vanilla extract

Preparation

1. Grease a 9x13-inch pan.
2. Mix butter, sugar and evaporated milk in a large saucepan over medium heat, stirring to dissolve sugar. Bring mixture to a full boil for 5 minutes, stirring constantly.
3. Remove from heat and stir in marshmallow creme, chocolate chips and vanilla extract. Continue stirring until chocolate is melted and consistency is smooth. Fold in walnuts and transfer fudge to the prepared pan and let cool before cutting into squares.



SNOWMAN CRUNCH

Ingredients

- 2Tbs Olive Oil
- 24 oz White Baking Chocolate
- 2 cups Cheerios
- 1 cup Rice Chex Cereal
- 1 cup Corn Chex Cereal
- 2 cups Wheat Chex Cereal
- 2 cups Thin Pretzel Sticks
- 2 cups Cashew halves (optional)

Preparation

1. In a large bowl, combine together all Chex cereals, Cheerios, Pretzel Sticks and Cashews. Set aside.
2. In a large stock pot, heat olive oil on low. Slowly add White Baking Chocolate, stirring continuously until fully melted and smooth in texture.
3. Remove pot from heat and begin adding dry cereal mixture to the white chocolate. Toss well to coat.
4. Fully spread mixture on waxed paper. Leave to harden at least 30 minutes.
5. Once hardened, break up into smaller pieces. Store in plastic bags, containers or gift in little treat bags.

Enjoy!



COMMUNITY

36 hour rooms

We welcome our recovery community to The Zone on Thanksgiving, Christmas, and New Years. The Zone is a home for the holidays for those who need one and includes food, drinks, fellowship, and fun complete with friendly support staff who will be here around the clock!

Covid 19 had a devastating effect on the recovery community. According to the CDC, in 2020 Georgia saw a 37.8% increase in overdose deaths. Tragically every five minutes someone loses his or her battle with addiction. It's time to RECOVER RECOVERY! 36 Hour Rooms at The Zone during the holidays provide food, drinks, fellowship, support, and most importantly a home for those who need one.

JOIN US:
9 AM on 12.24.2021
until 9 PM on 12.25.2021

9 AM on 12.31.2021
until 9 PM on 1.1.2022



GROUND YOURSELF with yoga

BY: DANA BREW, CERTIFIED YOGA INSTRUCTOR

How yoga works in recovery. Yoga has long been used in tandem with 12 step programs to help facilitate the healing process in active recovery. There are many reasons why yoga is considered as a therapeutic modality in treatment of addiction. Addiction is a self destructive progressive disease that slowly takes from individuals their health, their freedom and eventually their lives. What happens to the addict who moves further into addiction, is the biochemistry of the body is hijacked by this substance, and no longer can function without it. As an individual moves into recovery, the process of healing the biochemistry of the body and the brain slowly begins to return to normal. During the period between stopping the substance and complete freedom from the craving, the body is adjusting the biochemistry back to a normal level. This happens over TIME. And it is not always a comfortable space for an addict to sit in. It can be physically uncomfortable and emotionally uncomfortable. Maintaining a sense of emotional balance during this period is dependent on creating new habits that can help the body recover and are sustainable long term. Yoga is a fabulous tool for creating equilibrium in the body and mind during this period and creating a long-term overall better quality of life.

and the brain. Yoga works on the mind and as well as the body. Most yoga is spine centered and works around the chakra system, which is based on the endocrine system. The endocrine system is responsible for the hormonal regulation of the body. So when you add the regulation of hormones to the meditative aspect of the practice, a practitioner can learn to control the emotional response regardless of what is going on in their lives.



The ultimate goal of recovery and of Yoga is the same. Empowerment. It is to empower the individual to make choices and decisions based on clear thought rather than on emotion. Yoga, when done regularly can help create that still quiet mind which is able, under stress, to choose a response to the environment, rather than being driven by reaction based on emotions.

As an individual stays longer in addiction to chemical substances, the biology breaks down. It begins with the bypass of the neurotransmitters in the brain, allowing the substance to bind to receptors and create instant pleasure or relief. As this continues, the receptors are no longer able to bind with the chemicals that the body produces naturally for that function, and the body stops producing the chemicals, and there is no longer the flooding of the chemicals in the body. The brain begins to seek frantically to have more and more of the "feeling" attached to having the overload of chemicals floating around and seeks to continue to try to recreate that same experience over and over again. All of this creates a negative feedback loop of never being able to get to that "place" that was created in the first place. If an addict is lucky enough to enter into recovery, the process of that biochemistry will take time to return to normal. It is during that initial period of sobriety, that varies person to person, that relapse is likely to occur. This is due to the tremendous amount of depression, sadness or lack of joy that one is able to feel because of the chemistry that the addiction has created. Yoga, therapeutic yoga, can help balance and promote the healing in the body

The hardest part about yoga and meditation in early recovery is that it is a cumulative effect. It works over a consistent period of time. And the biggest obstacle to those in early recovery is the mentality of instant gratification is still very present. Yoga works with a disciplined practice. This barrier is common. However, seeds planted in early recovery, even if not practiced right away, can always flourish at any time. The value in planting the seed outweighs the lack of interest of some entering early recovery. Yoga is the gift of health. It can become a lifestyle that all things can be based on.

We learn to find joy and peace in the doing and in the gift of health and serenity that it provides.

One day at a time.

VIRTUAL meetings

BY: JERRY HOLLIFIELD



Virtual Meetings – How we survived the pandemic without face to face meetings

When the COVID-19 pandemic swept across the world last year those of us that normally attend some type of recovery meeting were thrown into turmoil – face to face meetings were all of a sudden a thing of the past. My home recovery meeting did not meet for over a year. Some people relapsed because meetings were our lifeboat, the rope we used to pull ourselves out of our addiction, our entire way of life. We did not know what to do in this new environment. Many meetings did not survive after being closed for a year or more, instead they just disappeared. Many people did not survive that year without meetings as well. Luckily the Zone never discontinued face to face meetings, even during the height of the pandemic.

We used a “hybrid” meeting format, whereby both face to face and remote attendance was allowed, using a software package called Zoom. The version we used was audio, allowing attendees from across the state to attend the meeting remotely. I know Zoom sounds like something out of the Jetsons TV show but this was a lifesaver for many of us. Zoom is software available to any individual, group or company. Yes it costs money but for what you get it is well worth it. There is separate better pricing for non-profits. It is priced according to the maximum number of attendees allowed at a meeting and also the number of meetings using the software. The software is installed on each participant’s smartphone as an app.

There are (at least) two different versions of Zoom: interactive audio and video. The Zone used audio Zoom for our meetings. Anyone wishing to attend remotely may request the password allowing them to attend via telephone on their end and a speakerphone at the meeting itself. While not as good as face to face the person on the other end gets to listen to others share, they may share themselves, or even chair a meeting remotely. One woman in Perry Ga. wanted to chair one of our meetings (word really got out I guess). I explained the format, the readings and she chaired the next meeting. It went fine.

The video version is a little more complicated. The moderator (person in charge of Zoom at each meeting) has several duties and must have a working knowledge of Zoom. When an attendee dials in to the meeting they are put in a “waiting room” until the meeting starts. When everyone is signed in the moderator starts the meeting and allows everyone in the meeting itself. After the meeting is started by the chair things can get “lively” so there are some features the moderator has for his/her use. A person may ask to speak by using a hand waving feature that only the moderator can see. After being recognized by the moderator the person speaking is shown on the other attendees’ phones. In case things get a little rowdy (NAH!!) the moderator can mute the speaker until he/she calms down. The moderator can also override the speaker if necessary. After the meeting is over each person signs off.

I prefer face to face meetings but virtual (Zoom) meetings at least let us talk to others at a meeting and learn what is going on in the recovery world from other attendees. After all that is what recovery meetings are all about – sharing with others in recovery.

Click here for more about [Zoom](#).



PRODIGAL parent

“My ears had heard of you but now my eyes have seen you.” Job 42:5

Being in a precarious place, one misstep away from catastrophic failure...looking into dense fog. That's what I thought about when I noticed the squirrel in the photograph as I sat on my screen porch one morning. The squirrel is about four stories high at this point and seems to be pondering something serious. In all his movements, I didn't sense any anxiety. I saw confidence - it was amazing. He was created to do this.



We humans are carefully created to think on a higher level than animals. We were created in God's image, to rule over all the earth itself and every creature that crawls upon it (Genesis 1:26).

One of my favorite songs, “The Older I Get”, is by Alan Jackson and the point is we think more as we get older. A recent high school reunion gave me cause to think when I saw a display of many of my former classmate's faces who are now deceased. Personally, I believe the only value of examining the past is to learn from it - what worked and what didn't work. I've changed a lot since I last saw many of my classmates decades ago. I've had my share of precarious places, failure and looking into dense fog. I even told a couple of the guys I loved them. It's okay to do that.

Recently one of my older friends hosted a birthday luncheon for himself. He said don't bring any presents - he just wanted to have lunch with his friends on his birthday. As we began to have lunch, he rose from his seat and expressed that it was his birthday wish to look us in the eye and tell us he loved us. He then told some stories about his life, and we were inspired by the experience. Loving others and expressing it enriches the giver as well as the recipient. That's the way our creator made us - you are the light of the world (Matthew 5:14).

I know a father who recently gathered his adult children around a dinner table for a family meeting. He acknowledged he was the oldest person in the room and although quite healthy wanted to express from his heart some matters of importance while he had the opportunity to do so. He asked for “blanket” forgiveness. Forgiveness for both known and unknown scars he may have inflicted upon his children. He said whatever happened was due to his own ignorance or exhaustion and never because of a lack of love. Love was transparently expressed, and forgiveness and grace were offered and accepted.

Our creator hardwired us with the ability to understand that love, forgiveness, and grace are gifts that can't be taken, or even purchased. And, when these gifts are offered, like any other gift, the value can only be ours if we reach out and accept it. It's a decision. It's a priceless heart gift, not a material gift and it can't be stolen.

In my life, it's taken the precarious positions I've been in, along with the failures I've had and the dense fog that I've sometimes experienced to see God's hand on my life. This is what life does to us if we are paying attention. Giving love, forgiveness and grace enriches the giver as well as the recipient. We were created that way.

When I was nine years old, I asked Jesus into my heart as my mother knelt beside me. I had childlike faith, and it was real, but there was little growth for almost 20 years. This period of inertia was my loss. The longer I live the more I think and the more I see the wisdom of wanting God's plan for my life, not mine, as I envision the future.

A strong positive vision has a way of pulling us forward. Now, even when I'm in a fog I can see with my heart His love and grace. This gives me hope, and when hope is alive, we have a spiritual lifeline, and can take another step as our vision beyond the fog becomes clearer.

Your Creator made you intricately and loves you, and so do I, *Dad*



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BUILDING trust

BY: MICHAEL OWEN, CFO

Building trust and value for your employer or company.

The conference call in 1999 started off with me giving a presentation on an analysis of the Cellular Customer Retention Department of a major corporation. Balmy, nervous, and early into my post graduate career, I proceeded with my presentation trying not to get too hung up on the potential questions or outcomes. The analysis I had put together would lead us where it needed to, because in all honesty, I did not even know how it was going to be used.

At the end of my presentation, the Senior Vice President of Finance asked one simple question, "Can you in your own words, confirm the Cellular Customer Retention Program adds additional months to the break even point of cellular customers?" Still nervous about where this was going, "Yes," I calmly stated. The Senior Vice President thanked me and turned attention to the Vice President of Operations and said, "Shut it down." WOW, I thought. All those people I know in that department were effectively going to be told their department was being shut down and I am somewhat responsible.

A nurse can be with a dying patient and know one injection can save the patient's life. Before the injection, the nurse seeks approval from the doctor. In this situation, the nurse carries out the life saving injection, but the doctor, not performing the work, holds the risk. This is how I viewed my work; the Senior Vice President relied upon my work, but in essence carried the risk of shutting down the department, even though I very well could have missed some important pieces my analysis.

This was a major career milestone, unintentionally, moving me from what I viewed as a Finance Manager with "tasks" to perform, to being an advisor of very complex issues to be solved, thereby ensuring the company was doing everything possible to survive. This mindset helped accelerate my thinking and confidence moving forward. It was not easy because who was I to say things needed to change? Was my work trustworthy? Was I old and seasoned enough to make this kind of huge decision, not only impacting the business, but many lives as well?

I am going to challenge you heading into the new year. How do you view your role as an employee or business owner? Do you work each day to help your manager, owner, and or business survive? Do you work to drive value? Perhaps your manager or employer does not know everything and needs to rely upon your knowledge and skills to make effective decisions for the business to be more successful.

Think about that. When possible, start bringing solutions to your work and meetings instead of problems. You will get noticed quickly as a strategic value add person, more valuable than you were as the person who thought about the job as a mundane checklist of things to get done before the end of the day.

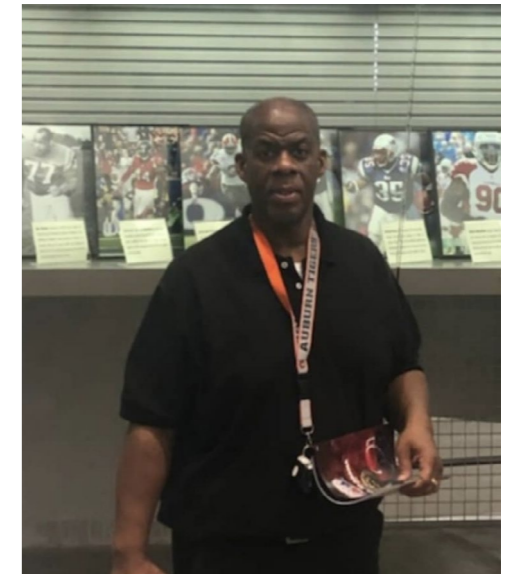
Happy New Year and All the Best!



DYS-RECOVERY coaching

BY: DONALD GUNTHER, RCP, Georgia's Grateful Recovery Coach

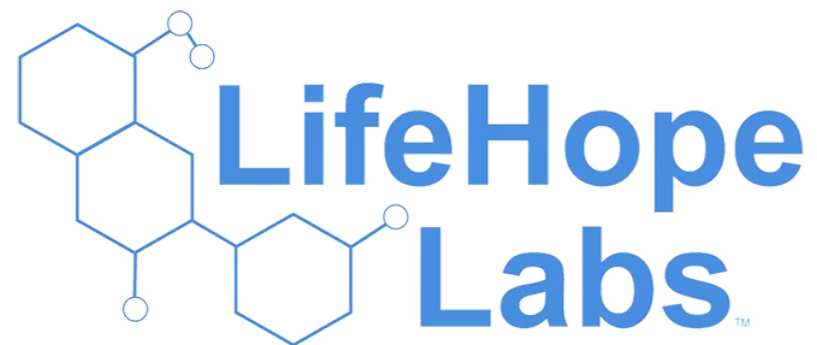
Managing My Moment: Five decades later I have a dys-Story to tell and there is no better time than now with mental health and substance usage on the rise along with a pandemic (covid-19). Let me introduce myself, my name is Donald Gunther, a Recovery Coach Professional designated by the Connecticut Community for Addiction Recovery, a recovery community organization and national leader in addiction recovery training. Most recently, a proud father of a young man who is a Magna Cum Laude first-generation college graduate from Auburn University (War Eagle) as of May 1, 2021. I would like to acknowledge my father as well, three (3) generations of men Underserved Stigmatized and Abused. My father, a US veteran of a foreign war who suffered from Substance Use Disorder represents being underserved, I have been stigmatized as an (ACOA) adult child of alcoholism and my son and I have been abused growing up in (New York) Abject Poverty and having to deal with psychological abuse, depression, and anxiety.



My humble beginning was the birthplace of my dysfunctional story. Alcoholism infiltrated my father and ultimately intoxicated my mental health since my birth.

Addiction: Therefore, my learned behavior forced me to start wearing a mask to cover up the shame, guilt, fear, and all other negative codependent behaviors that promoted my family's dysfunctions. Since poverty was not accurately depicting my childhood. I realized abject poverty would better define my living arrangements. A medical diagnosis would mean I had insurance, since that was not an option unfair was fear to me. "No Insurance was my reality". So, having to live in toxicity as a child catapulted my trauma that led to my anxieties and battle with self-diagnosed depression, denial, bargaining, acceptance and anger. My dys-covery was that my environment caused addictive behaviors, mental illness, pain and grief. As a child I learned one plus one equals two and those two are addiction and mental illness. This dys-covery would teach me my A-C-E's (Adverse Childhood Experiences) also known as PTSD while the privileged children were learning their ABC's in school.

Dys-CoverRecovery: This is obviously not the end because I have moved from NY to Atlanta to work at a substance treatment center for women. A place that motivated my plan for change and in doing so I dys-covered my recovery process. I have been exposed and suffered from the family disease of addiction (substance use disorders) all my life. The denial of my early childhood trauma has infiltrated my mental health. Now as a man that has dys-covered, "I am in a life long recovery process". So, I need to share my dys-Story because secrets will trigger trauma. Trauma (PTSD) is not prejudice, it has paralyzed generations of men, women and families. So, in dys-covering recovery I am processing through my pain. My pain helped me dys-cover my power, with my power I dys-covered my purpose, with my purpose I dys-covered the importance of a certified recovery coach. Now as a Connecticut Community Addiction and Recovery Professional, I will empower those with SUD and Mental Health Disorders. My dys-Story has wings like an eagle, so it can soar above addiction and empower the recoveree to dys-cover their successful RECOVERY process.



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- WHAT'S NEW IN THE LAB -

LABORATORY SCIENCE

benzodiazepines

BY: GRIFFIN GARNER

As I started researching for this article, I was well aware that benzodiazepines, or benzos, have long been prevalent in the U.S. They're drugs we're all familiar with: Alprazolam (Xanax), Clonazepam (Klonopin), and Diazepam (Valium), among others. When utilized correctly, there is a significant medical benefit for the prescribed patient. They function to increase levels of gamma amino-butyric acid (GABA) in the brain, which is a kind of naturally occurring tranquilizer, calming the nerve firings related to stress. No one is arguing that, but benzos are the most common drug acquired on the illicit market by a wide margin and there's a good reason. Approximately 120 million prescriptions for benzodiazepines are written every year in this country. If we accounted for one prescription per person, more than 1/3 of the population would be in possession of these drugs every year.

By and large, the people obtaining these substances illicitly are not taking benzos for any legitimate medical reason. They're substances of abuse and the toll on these people is staggering. As much as 18% of Americans have misused sedatives or tranquilizers for nonmedical use in their lifetime. Nearly 10% of these met criteria for abuse or dependence. Emergency rooms have seen a 139% increase in benzo-related visits and the number of admissions to treatment programs for benzodiazepine abuse tripled in the first decade of this century. We may not see case numbers and deaths on the news every night, but make no mistake: benzo abuse is a pandemic.

All of the above lays out the case for increased testing for benzodiazepines in our clients. They're readily available, frequently abused, and wreaking havoc on people in

every town in this country. Testing provides an avenue to identify the people abusing these drugs and allows them to get help, hopefully before the consequences grow too dire. Testing. It sounds so simple, but like so many things, there's a catch: standard urine screens have many limitations when it comes to benzodiazepines.

While they should still be ordered, it's important to understand these limitations up front. Interpretation of urine drug screen results is not straightforward, due to the complexity of the metabolic pathways of these agents. Thus, qualitative immunoassays may be readily available, but they don't typically aid in acute management decisions, as most of these screening tests detect only benzos that are metabolized to oxazepam glucuronide. That means that drugs such as clonazepam, lorazepam, midazolam, and alprazolam will not show up on the test. A positive drug screen only indicates recent exposure but does not confirm causality for acute toxicity or overdose, nor does it name a specific agent. Therefore, it's nowhere near sufficient to merely screen these patients. At best, you're getting an incomplete picture of the situation. At worst, it's a patently false picture and there's a life-threatening threat hanging in the balance. I don't say this to scare you, but to illustrate the importance of working with an accredited, high complexity laboratory that understands the potential for cross-reactivity resulting in false negatives and can provide the necessary resources to evaluate benzodiazepine use in your patients. We need information to carry out our jobs, but without the right information, we're merely providing lip service.

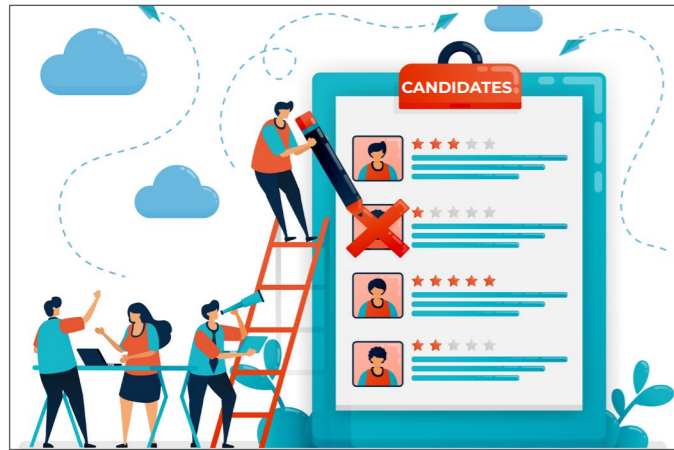


DON'T BE INTIMIDATED interviews

BY: MICHELE L. HARRY, VICE PRESIDENT, THE MACALLAN GROUP

Whether you are interviewing in person or virtually, below are some helpful tips to make a powerful impression.

Remember to take a deep breath, an interview is just a conversation.



TIPS

- Before your interview, research the company. If you know who you are interviewing with, google them as well. Understand the company and the person who will be interviewing you.
- Take a deep dive into the job posting and make sure you align with the job requirements.
- Be on time, which means be early. If you are interviewing virtually, make sure your software/equipment is tested and ready to go!
- Dress professionally and make sure you are well groomed. It doesn't matter the type of job you are applying for. In the first few seconds of meeting you, an interviewer will make a judgement, so it's important to make sure it's a positive first impression.
- If you are interviewing virtually, make sure you are well lit, dressed for the job and there are no sound distractions.
- Have several hard copies of your resume available, you may meet with multiple people.

- Shake hands, make eye contact and introduce yourself.
- Using your hands a lot when talking can make your stories more animated and aid communication, but be careful not to go overboard with your gestures. Also, avoid fidgeting and fiddling with things, like your pen or jewelry. While this might happen if you're nervous, the interviewer may find your jitters distracting, so be mindful of your behaviour.
- You want to look confident and professional, so avoid slouching in your chair, and try to smile and maintain eye contact with your interviewer too.
- Listen carefully to the interviewer so you don't miss a question, pause and be intentional with your answer. Stories or examples of a like situation are great! If you build up a rapport with your interviewer, this can also help you to relax and feel more at ease.
- Sell yourself and your skills and make sure you tailor your conversation to the job you are applying for.
- Don't be afraid to let your personality shine, employers want to see who they will be working with.
- Ask thoughtful questions like, is this a new position, if not, why did the former employee leave, what is a typical day like for this position and tell me about the company culture.
- Don't overshare....
- Take notes!
- Thank the interviewer for their time and follow-up with a thank you email OR, if you really want to stand out, write a thank you note and mail it!
- **Ask for the job!**

BEST PRACTICES headshots

BY: KEVIN HARRY, OWNER, KEVIN HARRY PHOTOGRAPHY

Why is a headshot important.

If you ask the average person with a mobile device these days about the value of having a professionally shot headshot, they might look at you as if you were from another planet.

We have all have either captured or have been a part of the selfie shot. We've seen the images plastered all over social media. The extended arm, the weird head and neck tilt accompanied by the famous duck lip pout.

You may think this fine, so why bother to spend the money on a professional headshot?

When I get this question, and I have on a couple of occasions, I break it down to what I am now going to call the ABC's.

ASSUMPTION - The minute someone sees your photo several assumptions are being made about you. Who you are as a person, what you look like, how you conduct yourself, personality, level of professionalism, etc...

BRANDING - Have you ever heard of the saying perception becomes reality? What image are you projecting? It doesn't matter if it is true or not, we as humans often make initial snap judgements solely based on imagery.

CREDIBILITY - Are you a trusted resource? Would you buy from this person? Would I date this individual? Do they fit our company culture?

Here are some interesting stats:

- On LinkedIn statistics show that a resume profile with a photo gets 21 times more profile views and 9 times more photo requests.
- 70% of employers are searching candidates social media profiles.
- Photos have a whopping 87% interaction rate on Facebook.





REPLICATION TOOLKIT

The Zone Replication Toolkit is here and available for purchase!

Inside you will find everything you need to create your own Recovery Support Organization and Build a Recovery Community.

INCLUDED:

- USB Drive with all necessary documents to get you started
- Heroin is Killing Our Children book by CEO Missy Owen
- Testify book by local people in Recovery
- The DDF Big Book with step by step instructions for building your own Recovery Support Organization
- Personal Consulting Services

for more information and to order yours:

<https://buildingcommunitiesofrecovery.org/replication-toolkit-pre-order/>

- TATTOO OF THE MONTH -

SYMBOL OF PEACE dove

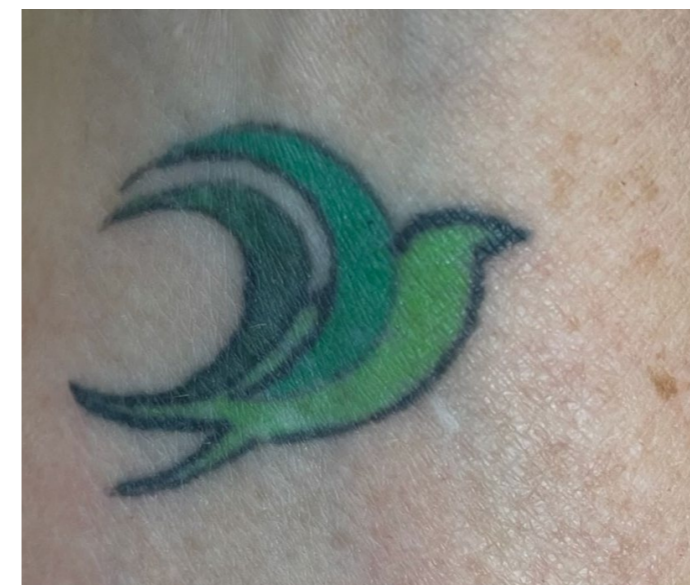
BY: MISSY OWEN, CEO

Growing up, my parents would always say to me... "I hope none of my children ever gets a tattoo." And in turn, I would always say to my own children... "I hope none of you ever get a tattoo!" So, you can imagine what it must have taken for this 58-year-old lady to get a tattoo??? Unfortunately, it was the death of a child. Yes, I lost my child to a heroin overdose and my life was forever changed. Things I had been taught or things that had been ingrained as a child somewhere along the way lost meaning for me. After opening our nonprofit, The Davis Direction Foundation and opening our Recovery Support Center, THE ZONE, I was around so many people who had chosen tattoos for such deeper meanings than I ever could have imagined. Some people were deeply hurt, others were celebrating life, and yes some were covering their entire bodies and didn't really have a specific reason other than they just liked the ink. That was okay too!

I was chosen for "Tattoo of the Month" because I only have ONE tattoo! One that is the LOGO of the Davis Direction Foundation and reminds me of my sweet Davis every time I look down and see it. If I'm feeling down or anxious, I can look at it for strength, and if something great happens, I can look down and share it with him. I feel like I carry him with me everywhere I go, and he has become a forever part of my physical being.

The Logo was chosen because the dove is a symbol of peace. Green is the signature color of the Davis Direction Foundation because Davis' eyes were green and out of seven family members, five of us had green eyes. We always joked over whose eyes were the greenest, and Davis always claimed to have the greenest. The Dove has two D's as wings to symbolize "Davis Direction" and he is positioned in a slightly upward position because recovery is a journey that is designed to be gradual, always moving forward. Our first motto was "Moving onward through life...Looking upward to God."

I never dreamed I would get a tattoo, but one night after work, five of us went to the tattoo parlor and got the dove in all different designs. Since then, several others inked the DDF Dove on their forearms, including one of our Board members. We wear our Tattoos loud and proud, and for this Mama, it's the way I continue to carry my child with me wherever I go. #foreverinkedandinmyheart





“DEPTHS OF DESPERATION”

Anonymous

Overcoming adversity, in sobriety that means change. Instead of giving up everything (life) for one thing (addiction) in active addiction we are giving up one thing (addiction) for everything (life) in recovery.



“CONTENT”

My name is Evan and I am a person in long-term recovery. This piece of art is named content because it reminds me of the importance of being present.

“THE LANTERN”

Rylee Romero



“PHOENIX”

Adam Greene

Among the order and chaos of a fiery phoenix, choice was born.



LESSONS FOR LIFE

your uniqueness

To lead others, it is best to learn to lead ourselves first. And, to lead ourselves, we must know ourselves.



In Volume 1 Issue 1 we spoke of the need to know ourselves and to have Healthy Habits if we want to lead ourselves and, also lead others. We have learned about what some may characterize as an “upside down” approach in the concept of Servant Leadership as we lead through service of others.

In, this issue, we are going to explore leading with your strength – your uniqueness.

You are a rare individual. There is absolutely no one in the world exactly like you. Our uniqueness is like that of billowy clouds, where no two are alike. Or, to snowflakes which begin when a tiny dust particle meets water vapor high in Earth’s atmosphere. These collisions form the center from which a snowflake grows. No two are alike!

What is the impact of embracing the truth of your one of a kindness? You have a mission, a purpose, and a higher calling to fulfill while here on earth which is yours and yours alone.



Leadership Lessons for Life

by Kathy Gingrich Lubbers, SOaL Coach and Consultant

Listen closely to the deep, small voice within and hear your truth. Know you need not compete with anyone else. There is simply no one else comparable. You are distinctly you, so how could anyone else compete? How could you possibly compete with another’s distinct self?

Know that your impact is exclusively yours, valued, and important. What you bring to each day, and to your encounters with friends, family, co-workers; that’s your special gift to them, yourself, and the world. Each meeting is an opportunity to lead.

Bring only your best. Shine your light brightly upon each person you touch. Give them a ray of light, a glimmer of hope. Then, acknowledge their own higher truth and uniqueness in the world as well.

Your specialness is exactly what you bring to leadership.

How you go about being you and how you treat and support those around you exemplify your leadership as yours and only yours. Through every encounter, you demonstrate how you lead yourself as well as how you lead others.

Just as each cloud is its own special puff of billowy cotton candy, and each snowflake is different and solely its own, so, too, are you.

Remember how rare you are the next time you have an opportunity to lead others – be it in a conversation, as you tell a story or a joke, as you listen to a co-worker share a loss, or a joy.

Every time we encounter another, there is an opportunity to lead. Choose to do so as you, and only you can. You are, uniquely, you.

“When you are content to be simply yourself and don’t compare or compete, everybody will respect you.” – Lao Tzu

MANDATED youth

BY: SARAH MANGOLD, CAC 1, PROGRAM DIRECTOR, THE ZONE

Adolescence is a time of psychological, physical, and emotional development as well as important new experiences; while experiences can be transformative, inspirational, or advantageous, experiences can also be catastrophic and life changing. Experiences such as experimenting with drugs and alcohol can cause irreparable damage and this experience is common in 50% of adolescents, according to recent data collected by the National Center of Substance Use Statistics (NCDAS). NCDAS (2021) Teenage Drug Use Statistics [2021]: Data & Trends on Abuse So, why are so many adolescents experimenting with drugs and alcohol?

The mind of an adolescent is not fully mature until their mid 20s. High risk behavior in adolescence can be attributed, in part, to the fact that youth have an underdeveloped "decision maker" or prefrontal cortex. For this reason, adolescents often lean on the "reward center" or limbic system in the brain, which is fully developed by age 12. The limbic system is linked to emotions, experiencing rewards, the validation of peer acceptance, or the instant gratification of feeling good, not consequences or punishments. As a result, risky and impulsive behavior is oftentimes seen during adolescence. According to The Office of Juvenile Justice and Delinquency Prevention (OJJDP), there is an undeniable link between substance abuse and delinquency. OJJDP (5.1998) Consequences of youth substance abuse substance abusing and delinquent adolescents represent an underserved and high-risk population. Juvenile Drug Treatment Courts (JDTC) were established in the 1990s to help substance abusing adolescents change their lives through early intervention.

Adolescent substance abuse is recognized by the Substance Abuse and Mental Health Administration (SAMHSA) as a major public health issue in the United States. SAMHSA (4.2015) Profile of Adolescent Discharges from Substance Abuse Treatment NCDAS reported that 11.2% of overdose deaths are aged 15 to 24 years. NCDAS (2021) Teenage Drug Use Statistics [2021]: Data & Trends on Abuse Provisional data from The Centers for Disease Control and Prevention's (CDC) National Center for Health Statistics indicate that there were an estimated 93,331 drug overdose deaths in the United States during 2020. CDC (7.2021) Drug Overdose Deaths in the US up 30% in 2020 Based on this data 10,655 youth lost their lives due to drug overdose in a 12 month period in the United States. It is often said in the rooms of recovery support meetings that "addiction leads to 3 places: jails, institutions, and death" and it is CRITICAL that we stop this cycle in our youth by replacing substance abuse with RECOVERY. Significant changes must be made in the lives of substance abusing adolescents starting with building 'Recovery Capital' which is imperative for maintaining recovery and becoming a successful and contributing member of society.

According to the SAMHSA 'Recovery Capital' refers to the sum of resources necessary to initiate and sustain recovery from substance misuse and has 4 components: Social Capital – the sum of resources each person has as a result of their relationships, and includes both support from and obligations to; Physical Capital – tangible assets, such as property and money; Human Capital – the skills, positive health, aspirations and hopes and personal resources that will enable the individual to prosper; and Cultural Capital – the values, beliefs and attitudes that link to social conformity. The opposite of addiction is connection, implementing interactive group programs with peers in recovery as well as individualized recovery support services help create Recovery Capital. SAMHSA (4.2020) Recovery and Recovery Support.

Accountability from the courts combined with recovery support services, peer support groups, and life skills training programs provide education as well as community connection which can change the trajectory of the lives of youth participants. Stopping the seemingly endless cycle of 'jails, institutions, and death' is possible by creating a supportive therapeutic environment to work in conjunction with the accountability of Juvenile Drug Court. Oftentimes working with mandated youth can be a challenge as many youth are reluctant to participate in therapeutic groups for a variety of reasons including anger, fear, and frustration just to name a few. Group activities requiring participation are key for youth in letting down barriers which can encourage youth to improve communication skills, recognize goals, and build healthy relationships which leads to higher self esteem and creates inner motivation. Inner motivation serves as a foundational stone in creating Recovery Capital which encourages living a purpose-driven and self-directed life. Establishing a "safe place" for youth to express themselves and build peer connections is essential for successfully building Recovery Capital.



GROUP FACILITATION TIP

An excellent start to any group, therapeutic or otherwise, is an activity called Group Guidelines from Facilitated Growth: Experiential Activities for Recovery and Wellness. This activity requires all group members to participate by providing input on the rules everyone must follow. It is suggested that each group member including the facilitator writes at least one rule for each category of Group Guidelines: "Group Members Are", "Group Members Are Not", "Group Members Do", "Group Members Do Not". Once the guidelines are recorded and everyone agrees, everyone signs the guidelines poster. Even as adults, aren't we more inclined to follow the rules when we create them? The guidelines created in this activity are suggested to be hung up on the wall of the group room and referenced throughout the program. Dejong & Berg (2001) support the work of Rooney (1992) and believe that giving a client a sense of choice and control is essential when working with those who are mandated into treatment. Berg, I. and Shafer, K. (n.d.) Working with Mandated Substance Abusers: Language of Solutions



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- RECOVERY COACH -

QUESTIONS? ask the coach



BRENDA EVANS,
Recovery Coach, RCP

My parents still hover over me and I am 28 years old. I live at home and I don't have the means to live on my own yet. They still treat me like a child and control my life. How do I get them to treat me like an adult?

In my experience, a respectfully assertive conversation is helpful when setting boundaries. Explaining your feelings and needs may be difficult at first, but a sincere conversation along with changed behavior including honesty and integrity will go a long way.

When boundaries are crossed, it is important to acknowledge the originally discussed boundary while or right after the interaction; this helps to maintain the new boundary.

I just got into sober living and all I know is life on the streets including my profession. How do I get a legal job? I have no skills and no hope.

There is always hope and right now you have a beautiful opportunity to try new things! First we need to discuss what interests you. Is it customer service, building things, or maybe working with animals? An online interest inventory may be helpful. There are many entry level positions that will hire with no experience. It is important to make a good impression at your interview and utilize the marketable skills you already have like conflict resolution or communication which are needed for life in general.

Always dress for the job you want because professionalism is key in any line of work.

RE-ZONED GIFTS & APPAREL before

BY: MISSY OWEN, CEO

Our makeover this quarter is a little different. First off, it is a two-part series, featuring "Before" in Issue 3, and Issue 4 will highlight the "After." We are spotlighting our brand new "Re-Zoned Gifts and Apparel Shop." For those of you who don't know, we now have three self-sustaining pieces for the Recovery Center, THE ZONE, all of which are retail stores, one traditional Thrift Store, one high end furniture Thrift Boutique and now, our hybrid model, Re-Zoned Gifts & Apparel. All of the gifts in the new store are Brand New, coming from the Merchandise Mart in Atlanta, nationally online or even internationally online. We have a great assortment of gifts for men, women and children.

Opening our new store has been quite the challenge as it was an existing Thrift Store owned by one of the local churches. Not only did we get the building, but all the contents were included. Sifting and sorting through the included thrift was not only time consuming, but also there was a lot of research involved in determining what was worth keeping and what was left to be discarded.

Negotiating the lease of the building was probably the hardest part as lots of moving pieces had to align and we had to receive the Bishop's blessing. The good people that we were working with wanted to make sure that they were able to continue the services they were providing throughout the community and we merged our missions to make this happen. One of the many services we offer on a daily basis is that of Street Outreach. Knowing that 90%, roughly, of homelessness began with drugs and or alcohol.

After the building was secured and the contents had been removed, we had to decide what we wanted the look and feel to become. What was our statement? What reaction were we going for with our new clientele?

We decided to do a half and half floor plan with the Gift Shop on one side and the gently used and new apparel on the other. We hung great lighting, using chandeliers and LED on one side and on the other, we decided to go with the open ceiling concept and enlarge the look and feel of the space. Without giving too much more of the "AFTER" away, I'll just leave this right here and let your minds go creatively crazy!

Stay tuned for Issue 4 and the Great Reveal!



FREE FUN savings

BY: CHELSEA CRONIN

DECORATE ON A DIME

- Use what you already own in a new way! Find some candle holders around the house and add christmas ornaments. You can also spray paint them for a more festive look.
- Bring in natural elements. Whether that's pinecones, branches, leaves, acorns or whatever is native to your area. Take a walk and discover what's right outside your door! These items are free! It can get much cheaper than that. You can arrange the pinecones and acorns in cute little jars or other glass vases, tie a burlap bow, and there you go!
- Make a festive fabric wreath! Take the wire coat hanger and shape it into a circle, leave the hook just bend it down. Take old fabrics, such as denim, different colored cloths, burlap, lace or a variety of whatever you have, cut them into strips about 10' long and 1' wide. Simply knot these pieces all the way around the hanger and VOILA! You now have a fun fabric wreath designed with items around the house.
- Shop thrift stores and yard sales for cheap savings! A lot of people get rid of decor after the season or holiday is over. Pick up items that are NEW to YOU to add to spruce up your home.
- Clip the coupons! If you find that you need to shop at a few "real" stores, find savings first. Most craft stores offer weekly coupons and carry a lot of seasonal decor items. Don't forget to purchase end of season items at reduced prices for the following year.

TIME FOR FREE FUN

- Sports gatherings are here. Invite friends and family over instead of going out for the game. Have a pot-luck! Instead of cooking a feast yourself, have guests bring one of their favorites.
- Host a bonfire night. Bonfires are a wonderful way to sit together with friends and family to enjoy s'mores, share ghost stories and make new memories.
- Frugal family photos! Snap some pictures of your family at your local or state park. In most cases, local parks and state parks are free. Surrounding yourself with nature and taking advantage of beautiful backdrops will definitely make your holiday cards stand out. It's also way less expensive than getting professional photos done.
- Winter clean up. Just like spring cleaning, you can go through all of your closets in your house and make piles of clothes and items that you want to donate. It is also a good time of the year to organize your workspace as we approach the new year. Start by adding all of your events, appointments and even schedule your fun! Here's to a happy well-scheduled New Year!

APPS FOR THE asking

BY: DANIEL SPINNEY, RCP, CCAR TRAINER



RECOVERY PATH

Personalized Recovery Journey at your finger tips! It focuses on cognitive behavioral therapy by utilizing motivation. New to recovery? This app helps with high risk situations by listing dangerous places for people in recovery.

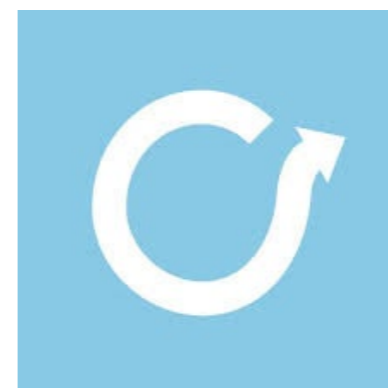
Relapse prevention gives this app 5 out of 5 doves.



CELEBRATE RECOVERY

A Christian-based app that helps you focus on your connection with God. This app includes inspirational bible verses and encourages recovery through the love of Christ.

Higher Power Connection gives this app 5 out of 5 doves.



1 STEP RECOVERY

An app for individuals at treatment facilities and sober living facilities. This app tracks recovery progress, encourages self love through affirmation, and promotes accountability.

Being challenging to figure out gives this app 3 out of 5 doves.



365 DAYS A YEAR the zone

Recovery Zone magazine is a publication that comes out of THE ZONE in Marietta, Georgia. The Zone is a Recovery Support Organization that Fights Addiction and Fuels Recovery daily, 365 days a year. THE ZONE is an extension of The Davis Direction Foundation, a 501c3 nonprofit born out of the need for Recovery Aftercare services, resources, and support. It is a local, state and National Model of Recovery hosting over 5,000 visits per month. At The Zone, a person seeking to find recovery or seeking to maintain recovery from Substance Use Disorder can build a network of peer support and connect socially with people who are forging their own pathways to wellness. It is a judgement FREE zone and a place where you can drop in a stay for a few minutes, or all day long depending on your circumstances.

The Zone is educating the community to understand the disease of addiction while at the same time, building a community of Recovery to offer a safe haven of love and support for those seeking help or connection for their disease. Walking into The Zone, you are welcomed by the smell of freshly brewed coffee and a smile from one of our many trained and certified Peer Recovery Support Specialists. You can catch a support meeting, share a meal, shoot a game of pool, relax and watch the tv, work on resumes in the computer lab and resource library, receive recovery coaching, work out in our professional gym, jam out in the music room or create your own masterpiece in the art room. There is something for everyone at THE ZONE.

To schedule a tour to visit our beautiful facility, please call 770-693-5982. We will welcome you in person or virtually – your choice. We are here to serve and help other communities learn to support their recovery populations. It is time to publicly address the disease of addiction without judgement or stigma and educate others to become recovery allies, teaching them to love and support people striving for wellness and Recovery.



Pictured left to right: Chelsea Cronin, King Nguyen, Sarah Mangold, Kenny Williams, Daniel Spinney, Missy Owen, Michael Owen, Erica Hurley, Brenda Evans, John Lowry, Brooke Nowicki, Holly Reynolds, Not pictured: Mark Lafond, Josh Brummitt, Patrick Johnson



CHANDLER RIGGS

advocate

BY: CHANDLER RIGGS & MISSY OWEN

M: Chandler! It's great to have you back at The Zone. Welcome, and thanks for coming in today and taking part of your vacation at home, to do this interview for our third issue of the Recovery Zone magazine.

C: Absolutely, thank you very much for having me, excited to be here.

M: So, you and I met sometime several years ago, I think it was 2017 and you came to the Davis Direction Foundation gala to watch your mom perform. You gave us some silent auction swag, which was picked up quickly by I'm sure your adoring fans and highlight some big mantelpiece today. But, you came inside the show and you kind of snuck in right as it started and you went unnoticed for the most part but I bet that was a point in your life when you were figuring out that you really couldn't go unnoticed anymore, right?

C: Yeah, definitely. The entirety that I was on The Walking Dead was pretty much...I couldn't really be anonymous anywhere unless I had like stuffed my hair up in a hat, or had gone like super incognito in some kind of way. It's kind of a good thing and a bad thing because you know you really can feel the influence of what you're doing, but at the same time you can't go anywhere without you know, you can't be anonymous going anywhere.

M: I remember the little bobble heads though and the characters that were all the likeness of Carl, with "The Hat", those were always good auction items for us. OK, the next year you came back and you actually did a cameo on stage for us by presenting the winning name of a raffle I believe, and that was a fun night! We were actually able to keep you a total surprise until boom you were out on stage and everybody was crazy but, you know, I think you were sort of bombarded with your fan base after that night. What was it like being the idol of so many fans? Talk to us about The Walking Dead days and growing up the child star of such a popular show.

C: It is an incredible, incredible experience getting to grow up on TV show, around an amazing cast, and with an amazing family supporting me every step of the way. It was just amazing. It's an experience that's really cool because there's not many other people out there that can say that they went through that, so I'm just so incredibly lucky to have that experience growing up in just such a great environment. Going to conventions was one of the coolest

parts for sure. Really, just getting to shake the hands of all the fans of the show, and get to meet the people that hold my character, and the other characters on the show, really close to them. It's really, really amazing to be able to have that and experience that, just incredible.

M: And you were six when you started?

C: I started acting when I was like six, yeah, but I started on the show when I was about ten. I had done a couple of other movies, a few other projects before then, but The Walking Dead was my first huge, major thing.

M: OK, for years you had supported the DDF with swag and autographs, and even a surprise appearance. But at some point, addiction took a very personal turn for you. Can you tell us about that?

C: **A few years ago my best friend I've known since I was six, had an older brother. I had known this brother because I'd go over to his house all the time. He passed away from an overdose and that was a huge wake up call for me. I was 15 at the time.**

It was a wake up call for me and my friend group because we fortunately hadn't been exposed to that kind of world, yet.

And so, it was really kind of a snap to reality that, that is a world that we should not ever go near, ever touch, ever a path that we should end up going down. And instead we put our time and energy into lifting up our friend whose older brother passed away. I remember when it happened, it was like a week before spring break and so the entire rest of the week we were over at his house, every day. My mom was making meals for his family and we were doing everything that we could to help support him at that time. It really gave us all a perspective of helping other people that are in need, and that just kind of carried through to where I am today.

M: You mentioned being a part of a friend group and those were kids that you had known for a long time, but for the most part being on the show, you were tutored and you were pretty secluded and really grew up around adults, right?



- FEATURE ARTICLE -

C: Yeah, I think the only time there were a couple kids was in season one. For the majority of the show, it was pretty much just me there. I had my dad, he was the studio teacher which was great, but yeah it was really helpful.

M: So you were kind of homeschooled.

C: I was homeschooled and after two years and I was like, "man I'm going crazy being home all the time, I have to be near other kids and..." But yeah on the set it was mostly adults, it was fine because a lot of the older (adults) acted like children anyways, you know. It was always a place that I loved going to work. I love working and I love acting so it didn't feel like I was you know secluded or anything, or outcast from the other kids or anything like that. It never felt like that, I always felt comfortable and really at home on set.

M: You grew up in Cherokee County when you were not on the set of The Walking Dead, and I know personally that the opioid epidemic was a huge problem there and many people overdosed and died as a result of it. Just as it was a huge problem in Cobb County. My own kids are still experiencing the death of people they went to high school with or even elementary school classmates, and my kids are in their late 20's and early 30's now. I understand that you lost more than a classmate or two that you went to high school with. The question that I really have is, do you remember any prevention programs, or do you remember anybody doing drug education that was preparing you all for what might be coming your way?

C: I think maybe like once a year they had. I feel like they did more in elementary school and middle school, than in high school, which I think is where it's really a lot more important. But, I think maybe once a year they would have a cop come in or something and kind of like, scare us straight, which didn't really do much. Obviously it's not very memorable because I can't really remember what it was even about. They would have this thing, once a year, for upperclassmen in high school where they would set up a totaled car and the Drama kids would do a skit of just like telling people, don't drink and drive, before prom is basically what it was.

M: What about Red Ribbon Week? Do you remember anything like that? Some schools did it, I think some participated in it, others didn't.

C: Yeah, I can't remember if that was even a thing at my school honestly, but it obviously wasn't enough because I don't remember it. I definitely think schools, in general, could use a lot more information and statistics, really kind of help show the influence that kind of stuff has on the community.

M: Right, because you know I remember as a counselor, for 26 years in the school system, I remember the "just say no." campaign and you know they call that the most failed drug campaign in history because we taught only to say no to drugs. We didn't teach why or what it going to do to you or you know the forever effects that families

might feel. We didn't teach any of that, we just said, "just say no." So, it was kind of like a blatant, statement that nobody knew. We'd say "JUST!! SAY!!" and everybody would scream "NO!!" They didn't know what they were doing, they just knew when to scream no.

M: Okay, So I want to switch gears here and talk a little more about your hobbies and a game called Fortnite. When did you start playing the game and were you really good at it, who did you play it with?

C: I've been gaming like my whole life, I learned to read through a Pokemon game and I started building computers when I was twelve. So, I've always been very into gaming and very involved in everything gaming related my entire life. Fortnite, I picked up a few years ago because I had resisted playing it for so long because it was like, it was considering the kids game and I was like "I'm not going to play a kids game", but eventually I caved and it's actually really fun. I played it for probably a couple of years, just with my friends, the same friend group I talk about growing up with.

M: Is it one of those that you can play online with other people or does everybody have to be in the same room?

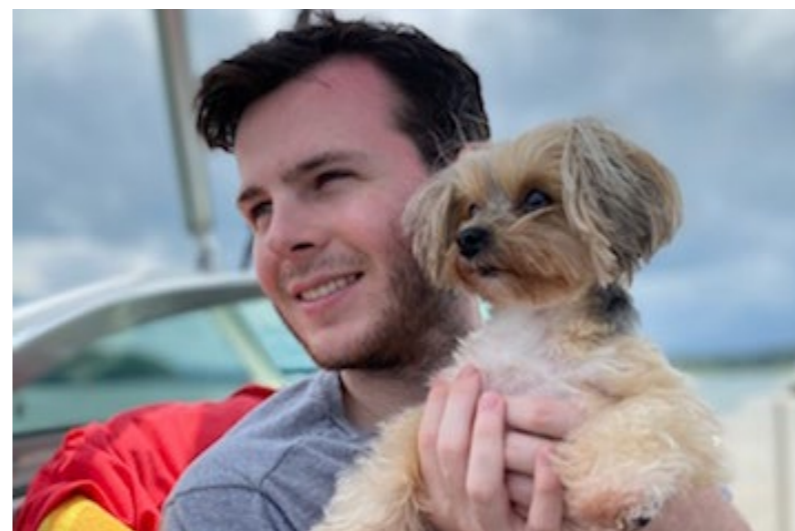
C: Yeah, no, you play exclusively online. How it works is you and a hundred other people, you get dropped into/ on an island where there is this ring that is slowly closing so you are fighting each other to be the last alive, as the ring closes.

M: Being the celebrity that you were and are, you were presented with an opportunity to play on a Fortnite team for charity, tell us about that.

C: Yeah, it was incredible I remember seeing on, actually that was what got me to start playing fortnite because I didn't play it before that event. I got the offer for it and was like "well I guess I have to play fortnite now" because it's a great opportunity and it was just really good and my brother played it too. So, I was like well my brother's playing it and he would probably think that it's really cool that I am playing with all of these other professional people that I'm obviously nowhere near the skill level of. The idea is that they would match one professional player with one amateur player. And so they teamed me up with a professional player, it was half (the celebrities) in the amateurs and then half the pro's.

M: Did you win?

C: We didn't win but my team, we got in third place, which was just insane, I remember during the event they had two warm-up matches and then the actual thing. And how worked is every team got like \$10,000 towards the charity of their choice and then the higher you placed the more money you got to charity. I remember I had died like pretty early on I wasn't that great, I was like "I'm so sorry" to my teammate, but she ended up taking out the other team that had taken me out. And she was just like going further and further and was just kind of like "just hide in





- FEATURE ARTICLE -

the building, just like hide until there is no one left!" As we were going up teams were dropping and teams were dropping, I like "we're in like 5th place right now!" and we got down to 3rd place. I was losing my mind because I didn't think that we were going to get even close to where we were. And then she was eliminated and the game was over, but I just could not believe that we had won that much money for charity. It was \$250,000 total, we both got to split it between the charities. I was just super super grateful to the people who're the developers, The Epic Games is what they're called, that set the whole thing up and were able to donate that much money to charity, and do an amazing cause. It was just really cool to have that opportunity, it was so much fun!

M: A lot of hope in those stories, right?

C: Absolutely.

M: Probably two of the most transparent people I know, Darren Waller and Brandon Mitchell, just so transparent in their addiction, how dark it was for them and then finding the light. It just provides hope for so many people. They are awesome as well. Thank you for being the recovery Ally that you are, and for all the ways that you have supported The Davis Direction Foundation. We appreciate you and your family for all the good that you do for the community. Because of your celebrity success, you have been the voice that people listen to. You have used that voice to make a difference in the lives of people that you may never know, and that's a huge responsibility. How does it feel to always be in the spotlight and know that kids and adults alike are watching you and listening to every word that you say?

C: Crazy, it is so crazy just to think that I have some sort of influence, because like, I'm a normal kid, I went to high-school you know, I play video games with my friend it's like to think that people actually care about what I say and do is incredible and so I'm just glad that I'm able to the kind of use that voice to try to push things towards some sort of good and be able to lift people up.

M: And, you do, and that's huge. Well, thanks again for taking time out of your vacation to once again help The Davis Direction Foundation, this time with our recovery magazine. You are awesome and so appreciate all that you have done for us and continue to do for us. Now, I know that anyone reading this magazine would be upset if I didn't talk to you about your future plans, and when and where we might see your name again, in lights.

C: Well unfortunately it's a lot of stuff that I can't really talk about with NDA's and what not, but I do have a lot of very exciting things coming up soon and they'll be all over my social media when it's coming to life.

M: That's so cool, and where is your social media?

C: @chandlerriggs on Twitter, chandlerriggs5 on Instagram, because 1,2,3 and 4 were all taken, and that's where you will find me.

M: Well, Chandler good luck with all of your future endeavors and we hope that our paths continue to cross, whenever you can spare a minute or two, just drop by and say hello.

C: Absolutely, thank you so much for having me.

M: Thank you again for being here.

M: You presented the DDF, The Davis Direction Foundation, with a check in the amount of \$125,000 and I'm not sure you knew this but it was, and still is the single most generous donation that we'd ever received. It allowed us to broaden our scope and do some things to sustain our nonprofit that would have taken months or even years to accomplish without the donation. It allowed us to purchase a box truck so that we could make pickups and deliveries for the ReZoned Thrift stores- that help sustain The Zone, our recovery support center, it allowed us to hire an additional peer support specialist and it allowed us to further our education and training for our existing employees and that's just some of the things that we did with the money. So again thank you for choosing us and helping us to continue to Fight Addiction and Fuel Recovery.

C: Absolutely, I'm glad that it went to really good use. I feel like this is definitely the charity that hits closest to home, and that needed it the most.

M: Thank you, thank you. Recently we were able to present you with the Recovery Ally and Philanthropy Award. You're probably the youngest philanthropist I know. It was a huge deal for us and the fact that you showed up with your entire family and even brought your girlfriend was quite an honor for us. You could have just picked up your award at our Beyond The End Zone event, which was an NFL prevention and education event, but you decided to stay until the very end. Why?

C: Well, like you said, I had everyone there and was interested to see what the rest of the event was about and the stories of the people that you had brought in, were going to share.

I'm glad I did because those are some extremely inspirational and really good stories that kind of remind me what it's all about, you know, what this is all for.

It was just really cool to really see that like firsthand and hear really 'fleshed-out' versions of those stories. Having come here from time to time, I don't think that I've really sat down and just listened to someone's story of them just going through recovery and everything, it was really cool.



SOBER SLOGANS

REVIEW BY: STEPHANIE EBUNA



For those just getting sober or actively working on recovery, *Sober Slogans* by Jeff Vickers, is an excellent book to explore. The author's writing style is casual, and is informative without being "preachy." The reader follows the author as he finds his way to long term sobriety and recovery by embracing many of the slogans heard in programs and meetings.

As a person with just over a year of sobriety, I found it a bit overwhelming when I started going to meetings. Often, people's stories were sprinkled with repetitive terms as they told their personal experiences, and to be honest, I wasn't sure that I was going to buy in. However, as the author weaves his narrative, he also begins by pushing back on many of the mantras layered within the process. He focuses on "keep coming back, one day at a time, and 90 meetings in 90 days" as well as others.

In owning his addiction and speaking his truth during the process of recovery, he realizes that if he embraces the "slogans" instead of dismissing them, they begin to have a positive impact on his journey. As he begins to stop blaming others and situations for his addiction, and instead looks outward to what CAN BE, he finds that living a life without drugs adds feelings of self-worth and value.

The conversational style of the book allows the reader to travel this one personal experience with the author, and is a wonderful addition to one's recovery library..

Thank you for letting me share.

Purchase this book: <https://www.amazon.com/Sober-Slogans-Recovery-Mottos-Love/dp/1737194007>

Click Here
to Purchase
Book on
Amazon

FOUR GOOD DAYS

REVIEW BY: STELLA DOWLING, CEO, 1 SOURCE INTERNATIONAL

Four Good Days Starring Glenn Close Mila Kunis As a mother of a daughter addicted to heroin, *Four Good Days* can be described in two words. Gut Wrenching. Based on a true story, *Four Good Days* is simply a snapshot of the ugly world of addiction.

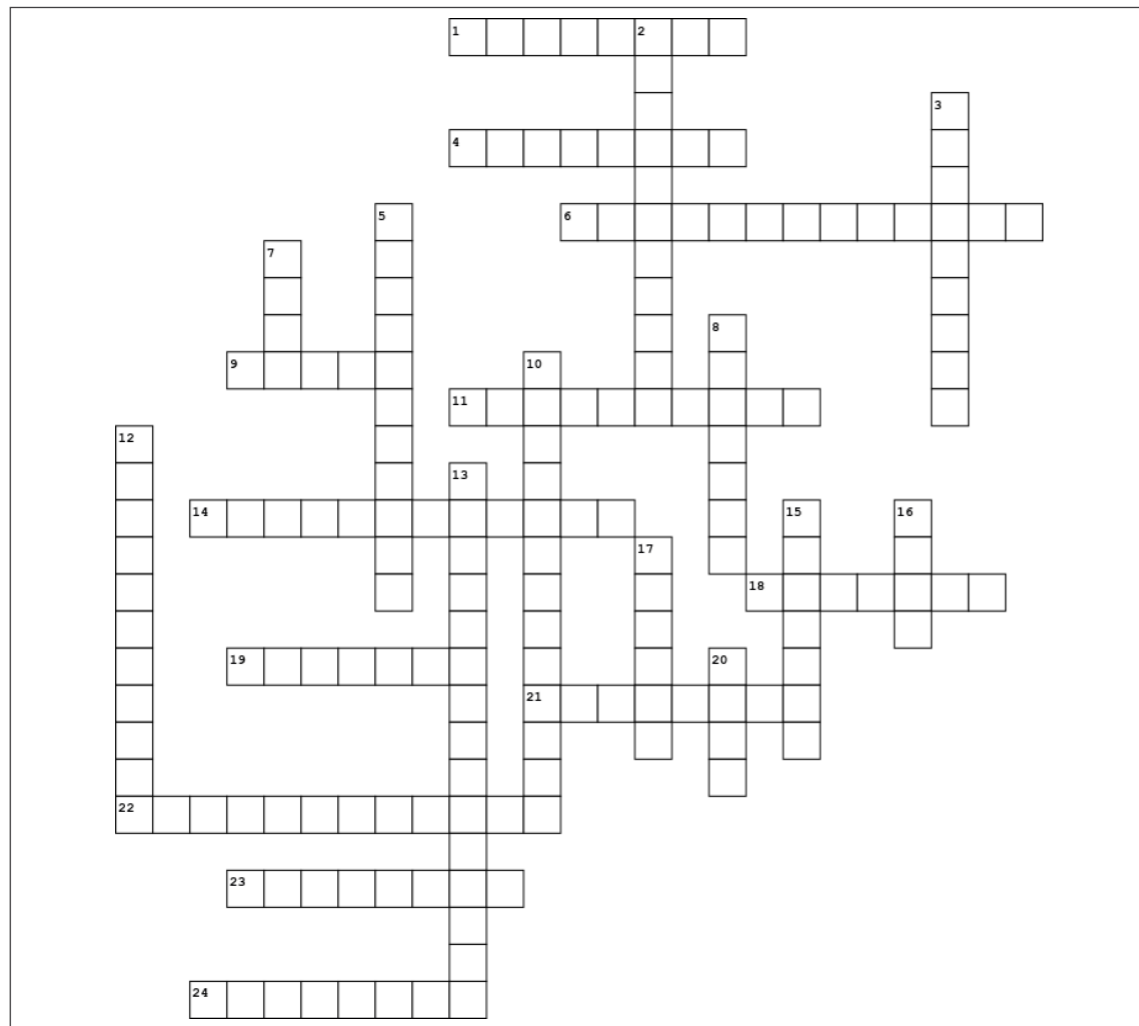
Glenn Close plays a mother, desperately trying to keep her daughter alive and clean long enough to potentially receive a life saving drug. It briefly touches on the effects addiction has on other family members, (i.e. sibling, stepfather) and subliminally shows the adverse childhood experiences that led Molly (Mila Kunis) down the path of needle heroin use. *Four Good Days* does an excellent job of depicting the strong bond between a mother and her child while pairing that bond with frustration, anger, sadness, lack of trust and all the raw emotion that comes from active drug use.



Purchase this movie: <https://www.amazon.com/Four-Good-Days-Mila-Kunis/dp/B094FXRQ7Y>

Click Here
to Purchase
Movie on
Amazon

CROSSWORD



ACROSS

- 1. ___ Capital is the values, beliefs and attitudes linking to social conformity.
- 4. ___ Recovery, 3rd annual conference hybrid hosted in Las Vegas.
- 6. Creating one of these can help to prevent relapse in the most difficult of times.
- 9. It is often said that addiction leads to jails, institutions and this.
- 11. Public Health Educator.
- 14. "Meeting people ___"
- 18. Type of meeting held as an alternative to face-to-face, during the pandemic.
- 19. "One Day ___" popular sobriety saying.
- 21. Opioid overdose reversal medicine known as NARCAN.
- 22. Book of sayings by Jeff Vickers.
- 23. Greatly influenced and affected the overdose epidemic.
- 24. Dangerous synthetic opioid.

DOWN

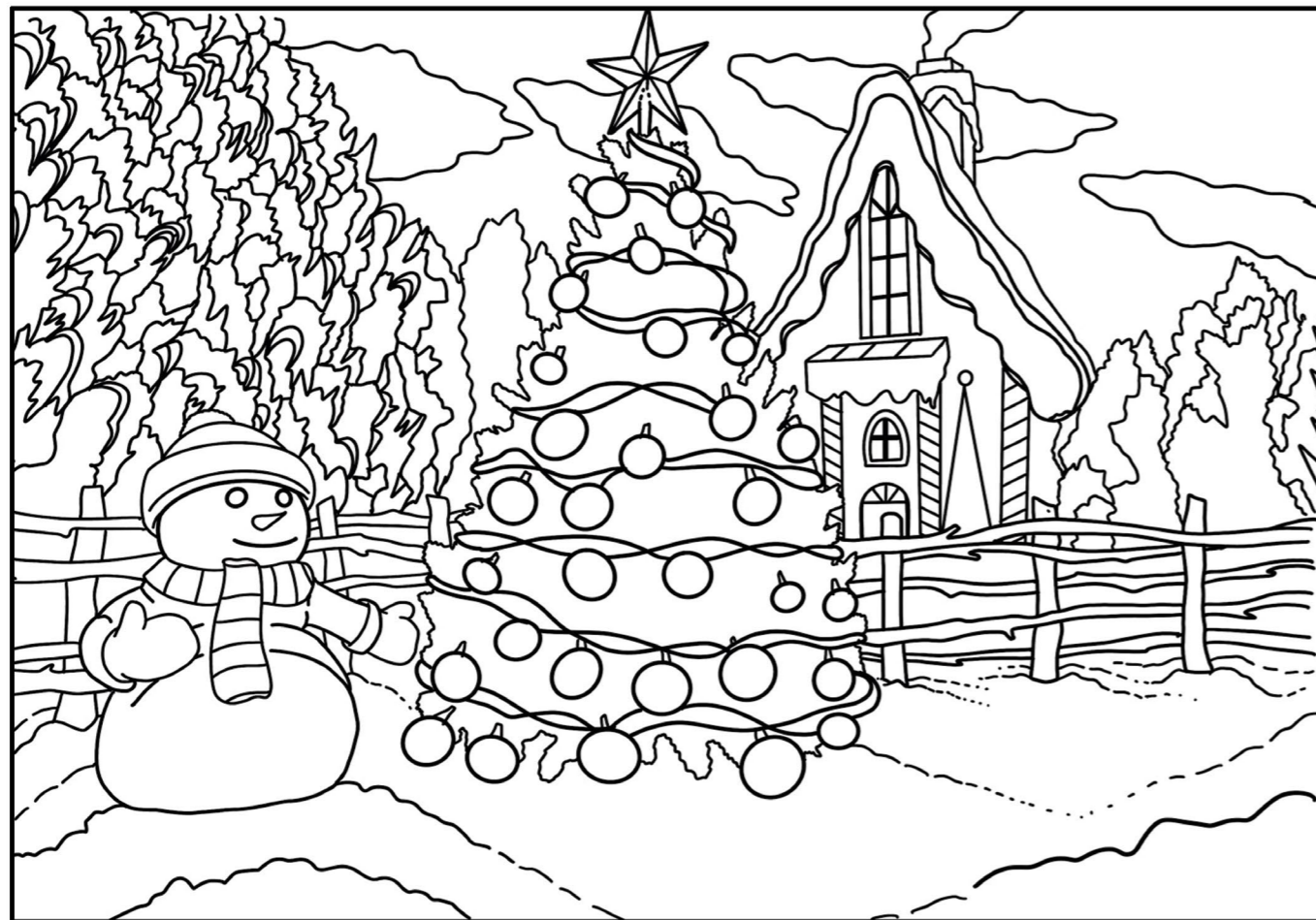
- 2. Type of treatment providing inpatient care.
- 3. "Sheltering In Place" caused a dangerous increase of this.
- 5. National addiction recovery advocate and known author.
- 7. Every ___ minutes someone loses their battle with addiction.
- 8. One of the leading states providing recovery services.
- 10. MI in NAMI acronym.
- 12. Group of individuals experimenting with drugs and alcohol at a young age.
- 13. Sum of resources to initiate and sustain recovery, with four components.
- 15. An experience, place, event or person that creates a feeling of wanting to get high.
- 16. "___ Good Days" movie starring Glenn Close, based on addiction.
- 17. Most common drugs acquired on the illicit market, for short.
- 20. Platform that became popular for online support meetings.

WORD SEARCH

- | | | | | |
|-------------|------------|-------------|-----------------|------------|
| EPIDEMIC | WITHDRAWAL | SOBRIETY | NALOXONE | PREVENTION |
| TREATMENT | ENABLING | RECOVERY | DEPENDENCY | SUPPORT |
| COMMUNITY | OPIOID | PANDEMIC | ISOLATION | TRIGGER |
| CRAVING | MEETINGS | ADVOCACY | BENZODIAZEPINES | OVERDOSE |
| ADOLESCENTS | ADDICTION | STIGMA | ACCEPTANCE | ABSTINENCE |
| ALCOHOL | ANXIETY | DEPRESSANTS | STIMULATION | EDUCATION |



COLORING



DOT-TO-DOT



			2	6	3	8	5	7
6					8			
2						3	1	
3					5		7	
			8				3	5
			3					8
			6			7		
7					4		9	3
	3	4		1			6	

The object of Sudoku is to complete a 9x9 grid so that every column and every row and every one of the nine 3x3 boxes contain the digits from 1-9.



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- Therapeutic Coaching · Drug & Alcohol Testing & Monitoring
 - Eating Disorders

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- FAVORITE QUOTES -

"You are the CEO of your own life. You can hire, fire, or promote whoever you want"
- Xavier

"One day at a time"
- Anonymous

"Life is like riding a bicycle, to keep your balance you must keep moving"
- Albert Einstein

"Every strike brings me closer to the next home run"
- Babe Ruth

"Recovery is about progression, not perfection"
- Anonymous

- FAVORITE QUOTES -

"Recovery is hard, regret is harder"
- Brittany Burgender

"Don't let the past steal your present"
- Terri Guillemets

"When your past calls, don't answer it.... It has nothing new to say"
- Anonymous

"Just for Today"
- Anonymous

"If we do a little better today than yesterday, we will be okay."
- Josh Richardson

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DisposeRx Celebrates Its Community Partners' Commitment to Prevention, Education and Safety



DisposeRx manufactures the leading at-home medication disposal solution—packets that are dispensed at more than 33,000 pharmacy counters around the country.

And we also partner with 350 outstanding non-profit organizations representing all 50 states that are committed to preventing drug misuse, as well as educating and helping to keep their communities safe. These Community Outreach Partners range from coalitions to law enforcement to hospices to faith-based groups, and we are amazed at their energy and enthusiasm for sharing our product—especially during this unprecedented pandemic.

We pledged in 2018 to help remove 10 million opioids from our nation's medicine cabinets, and our commitment has not wavered. Achieving this objective is possible with the help of our partners!

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Our Pledge: DisposeRx is committed to stopping opioid abuse by contributing DisposeRx packets that can remove over 10 million opioids from our nation's medicine cabinets.

DisposeRx
Solving the problem of drug disposal





- SERVICE ANIMAL -

ADVENTURES WITH OLI

the zone service dog

BY: MISSY OWEN

Oli was a gift to THE ZONE from Southeastern Guide Dogs in the summer of 2016 soon after we opened the Recovery Support Organization.

For those of you who know and love Oli, you know that she is actually a working service dog. She works at THE ZONE five days a week and is off on the weekends. When South Eastern Guide Dogs gifted us with Oli, they made it clear that she was not to work over a 40 hours a work week. So, how does Oli practice self-care?

Oli loves to spend her off days on her 2-acre homestead sleeping on the front porch and helping her Dad wash cars and cut grass. She looks forward to visits from her sister, Rosie, who comes up on the weekends to spend quality time with her. They run and play and get their humans to play fetch and frisbee with them.

Oli loves her brother, Boo, who is a feline and was the apple of his rescuer's eye. Davis, the namesake of Davis Direction Foundation, was Boo's human and he and Boo became fast friends and developed a special bond before Davis died. Boo, remained with Davis' family who became the handlers for Oli. Boo and Oli love each other unconditionally....even though they get in squabbles sometimes. (Sibling Rivalry)

Oli loves his brother and sister and when they are not around, she often gets a little sad, but snaps out of it as soon as she gets her quality time with either of them.

Oli also loves her cat snacks - Temptations - and her bites of scrambled eggs which she gets on the weekends when her Mom cooks breakfast. She loves to snuggle and play tug-of-war and sleep in the bed with her humans. She loves to roll in the grass, smell the flowers, lay in the sun, and nudge the nearest friend for extra attention. She demands love and affection and will come up under your hand to make sure that she gets that extra pat on the head or tummy rub. She advocates for others five days a week, but on the weekends, she advocates for herself. We could learn a lot from Oli. She's an amazing friend and advocate!



- FUN PLAYS -

Imagine a beautiful evening out with friends, loved ones, or just yourself. The sun has just set over peaceful water, the air is crisp, you can still see the lights of the bustling city in the distance, but somehow the busy city seems so far away now, you see the stars are starting to come out and a fine dinner is being delivered to your table by friendly staff; relaxed and content, you enjoy your voyage. This experience is possible on a "Dinner Cruise" and there are so many options for you to treat yourself. We have found some wonderful Dinner Cruise choices in beautiful cities.

East Coast Trip: Savannah Riverboat

Dinner Cruise with Entertainment \$84.89 per Person. Embark on a 2-hour dinner cruise with live entertainment down the scenic Savannah River.

Enjoy the food, the music, and the incredible views for an unforgettable evening.

Savannah Riverboat: [Dinner Cruise with Entertainment](#)



Mid-West Trip: Skyline Dinner Cruise

Adult Ticket (13 & Over): \$51 Child Ticket (3-12): \$20. Take any night special. Our flagship evening cruise features live music, a chef-inspired menu and captivating views of the St. Louis skyline.

This two-hour cruise is perfect for celebrating a special occasion, enjoying a romantic night out or just relaxing on the water. Take a stroll around the top deck to see the city from brand new angles as it lights up the night sky.

[Skyline Dinner Cruise](#)



West Coast Trip: Los Angeles Dinner Cruise

\$145 for per person (package deals are offered) Board a luxury yacht. Add fine dining in LA, stunning shoreline views, and the warm ambiance of sunset. And enjoy the sheer elegance of the Los Angeles Dinner Cruise.

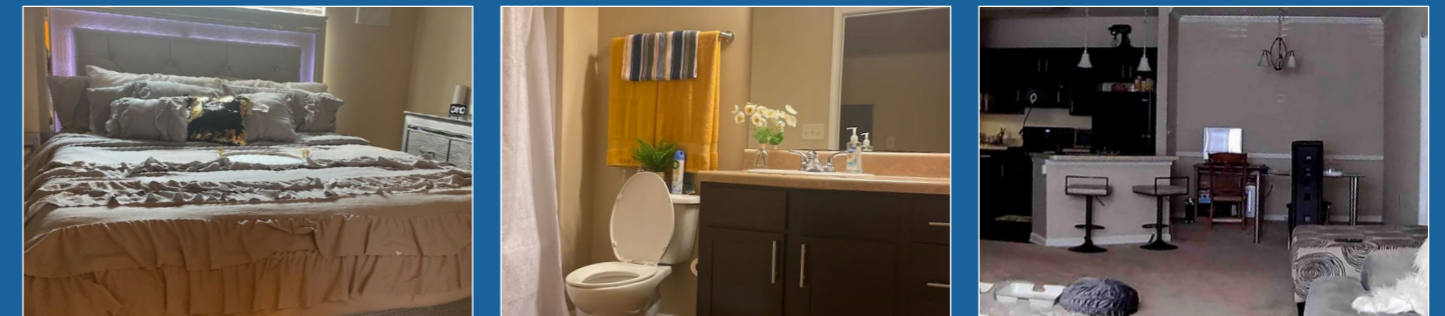
Trust your evening to a cruise company with 30+ years of experience. Dine in style with a 4-course gourmet meal at a private table, as the ship floats along the Pacific waters.

[Los Angeles Dinner Cruise](#)



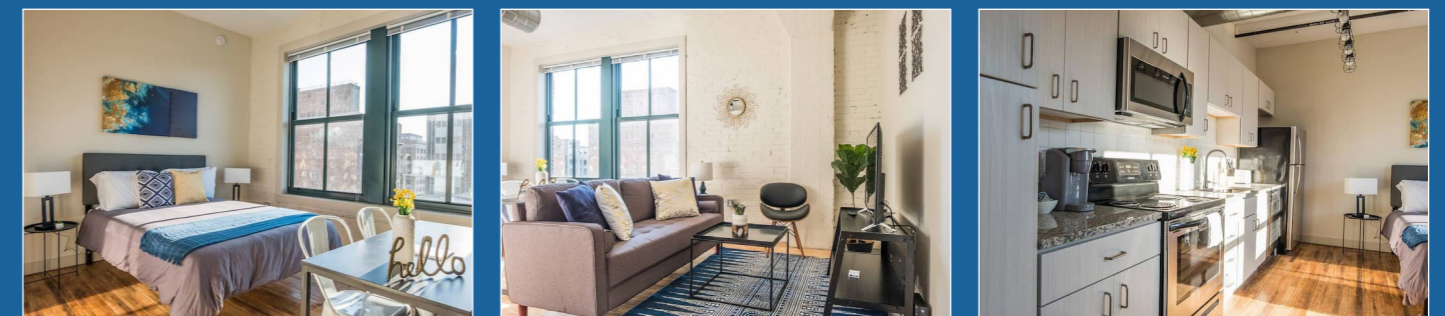
- CHEAP STAYS -

What kind of traveler are you? A detail oriented "planner" or a spontaneous "free spirit"? However you identify, Airbnb's offer a unique and affordable adventure. Enjoy a "home away from home" experience in most every city with a variety of price ranges to choose from. Simply visit Airbnb: [Vacation Rentals](#), [Cabins](#), [Beach Houses](#), [Unique Homes & Experiences](#), select the city you are interested in visiting and an eclectic variety of accommodations will appear at your fingertips. We found private rentals at Airbnbs located in the downtown area of three cities!



East Coast Trip: Savannah Historic District - History, Location & Key Facts 2021

This lovely private residence is located in Savannah, Georgia: \$225 per Night or \$545 for a 2 Night Weekend Getaway This private residence is located near downtown Savannah in a gated community. Savannah's Historic District is 20 square blocks of Historic Landmarks, beautiful architecture, cafes, shops, and restaurants. There are a multitude of tours and other tourist attractions throughout Historic Savannah including grand antebellum homes and historic plazas. More info on this property: [East Coast Getaway](#)



Midwest Trip: Downtown St. Louis - Places, Events, Living, Business

Beautiful one bedroom and one bathroom respite is located in St. Louis and includes the entire rental unit: \$149 per Night or \$228 for a 2 Night Weekend Getaway This private residence is located near downtown St. Louis which is full of dining and entertainment full of fun and culture! Downtown St. Louis is home to 200+ annual events as well as landmarks and attractions. More info on this property: [Midwest Getaway](#)



West Coast Trip: City of Los Angeles: Home

This gorgeous one bedroom, one bathroom Studio Guest House is located in Los Angeles: \$349 for a Weekend Getaway (two night minimum). This private guest house is close to downtown Los Angeles as well as freeway and many Hollywood attractions including Universal Studios, Hollywood Bowl and Pantages Theatre. Walk to coffee shops, mini-mart and many restaurants. Come to the City of Angels for an exciting experience and unprecedented entertainment! More info on this property: [West Coast Getaway](#)

HIGH RISK HOLIDAYS the plan

BY: SARAH MANGOLD, CACT

High Risk Holidays: Individualized Emergency Plan

When many of us think of the holidays we think of family, friends, celebrations, and gifts, however there are other factors involved with the holiday season that are not advertised such as stress, anxiety, triggers and certainly not creating an Emergency Plan.

In a study by The National Alliance on Mental Illness (NAMI) it was reported during the holidays 66% of individuals have experienced loneliness, 63% too much pressure and 57% unrealistic expectations. 55% found themselves remembering happier times in the past contrasting with the present, while 50% were unable to be with loved ones. NAMI [mental-health-and-the-holiday-blues](#).

DRUG OVERDOSE DEATHS IN THE US TOP 100,000 ANNUALLY

Provisional data from CDC's national Center for Health Statistics indicate that there were and estimated 100,306 drug overdose deaths in the United States during the 12 month period ending in April 2021, an increase of 28.5% from the 78,056 deaths during the same period the year before.

2022 TIME TO RECOVER RECOVERY!

The holidays can be a stressful and extremely triggering time of year for individuals in general let alone an individual recovery from substance use disorder; this means an increased possibility for relapse and ultimately more overdose deaths in our country. A "trigger" is an experience, place, event or person that creates or "triggers" a feeling of wanting to get high. Everyone has different triggers, but by recognizing what they are it is possible to put an action plan in place to prevent relapse making it possible to maintain recovery through even the most difficult of times.

An Emergency Plan is critical for anyone in recovery from substance use disorder; this Individualized Emergency Plan can be cut out and kept in a wallet, purse, etc. so it will always be with the person who needs it.

EMERGENCY PLAN FOR:



TRIGGERS

1.

2.

3.

SOLUTIONS FOR HIGH RISK SITUATIONS

1.

2.

3.

RECOVERY
SUPPORT MEETING
APPS
MEETING GUIDE
NA MEETING SEARCH

COPING SKILLS

1.

2.

3.





PEOPLE TO CALL

1.

EXTRA
SUPPORT APP
JOE &
CHARLIE

2.

3.

**RECOVERY
LOOKS GOOD
ON YOU!**



RECOVERY APPS
SOBER GRID
NOMO - SOBRIETY
CLOCK
WECONNECT
SOBERTOOL

PLACES TO GO

1.

AFFIRMATION/
SELF-CARE APP:
I AM

2.

CRISIS TEXT
LINE
TEXT 741-741

3.

Suicide Prevention Lifeline
800 273-TALK (8255)

National Institute on Drug Abuse
(NIDA) 1 (800) 662-HELP (4357)

Substance Abuse and Mental Health Services Administration (SAMHSA) National
Helpline 1 (800) 662-HELP (4357) or
1 (800) 487-4889 (TDD) for hearing impaired

Advocacy in Action

RYAN HAMPTON

Founder at the Voices Project + Organizing Director at Recovery Advocacy Project + Author + Advocate

Georgia Can Lead The Way On Reimagining How Addiction Recovery Services Are Delivered

While the overdose epidemic continues to take lives in every state, Georgia is a national leader in providing addiction recovery services. Recovery support organizations in Georgia work on the front lines of the crisis and offer crucial support to people in need. In spite of a pandemic, limited funding, and the stigma of addiction, these organizations are turning the tide in Georgia. Their approach is an inspiring example for what is possible when it comes to saving lives.

This month, the CDC reported that overdose deaths are at an all-time high. In the 12-month period from March 2020 to March 2021, the US death toll from overdoses was a record 96,779. This historic high represents a 29.6% increase since last year, showing that the epidemic continues to claim lives. (The actual number may be higher, as drug overdose deaths require "lengthy investigation" to be recorded.) Tragically, this means that approximately 265 people died every day in the 12-month period that ended in March 2021.

Meanwhile, Georgia has experienced "clusters" of overdoses across the state. These overdoses are suspected to be related to fentanyl, a dangerous and difficult-to-detect opioid that can be found in every substance. AP News reported 336 suspected overdoses from Jan. 1 to April 19 in Chatham County. That four-month period is almost as many overdoses as last year's twelve-month total of 368 overdoses. There have been 20 deaths through April 19, compared to 44 last year.

This wave of overdoses in Georgia are said to have started in Augusta and spread across the state. Columbus and Savannah were especially hard-hit. Public health educator Cheryl Kolb told WRDW that opioid overdose deaths increased 58.3 percent. "Fentanyl overdose deaths increased by 160.9%. That's 160. 1-6-0."

Something needs to change if we are going to save lives. Empirical data shows that much of what we consider "standard" care for addiction does not work.

For example, although addiction affects one in three households in the United States, only one in every ten people will seek treatment for addiction. This treatment gap hasn't changed, despite greater social awareness about addiction. Overdose rates have not slowed down and people continue to die in record numbers. So, what is working?

Grassroots recovery organizations and community outreach are proven to help people in need. A recent study from the University of Pennsylvania shows that meeting people where they are at offers the best possible recovery outcomes. Low or zero barrier treatment that people can access, regardless of their insurance or ability to pay, makes a huge difference in whether or not people recover. Also, support that



Advocacy in Action

RYAN HAMPTON

looks beyond treatment is vital. Rather than assume a five-day or thirty-day stay in treatment is the only solution, we need to extend the timeline to a year or more, with ample community-based support.

Creating connections, offering job opportunities and training, and removing barriers to housing are the key ingredients to lasting recovery. Implementing programs of this type are a step in the right direction to reduce deaths and offer hope where resilience is needed most.

The recent opioid litigation could yield billions of dollars to combat the overdose crisis. Using those funds to directly aid communities that are hard-hit by addiction would benefit everyone. Every \$1 spent on recovery frees \$7 in municipal and state budgets. Using the already-effective grassroots support organization model will help as many people as possible. Yet, we cannot afford to pour millions of dollars and countless hours into solutions that don't work. It's critical that we reimagine what "recovery" means, what it looks like, and who is deserving of help. We can't keep funding programs that do nothing to alleviate the crisis or create barriers to care.

As states move forward, we need transparency and accountability. A coalition of 31 professional and advocacy organizations, including the American Medical Association, recently released a set of principles for the forthcoming settlement funds. It is vital to "develop a fair and transparent process for deciding where to spend the funding." Spending should be guided by public health leaders, people and families with lived experience, clinicians, and other key groups.

We've seen this approach work in Marietta, where a recovery support organization called the Zone is saving lives. The group is run by peers and people with lived experience in recovery. They support over 5,000 Georgians every month and offer zero-cost recovery aid.

Some of the services they provide include social connections, sober sports, chiropractic care and yoga, a library, recovery meetings, recovery coaching, a computer lab, a thrift store, community re-entry, music and art, games, a food pantry, haircuts, and more. The Zone supports a thriving community that is reimagining how we combat overdoses. This is where the Peach State's focus should be: on bringing people together, not shoving ineffective, shame-based solutions down their throats.

Georgia can take the lead on changing the narrative around addiction and recovery. From free naloxone, free overdose reversal trainings, and community centers that support recovery, Georgia is on track to be first in the nation for stopping overdoses.

In spite of increasing addiction rates, Georgia is rising to the challenge of saving lives and helping people start over. Common-sense measures informed by public health and people with lived experience make all the difference—and give everyone a chance to thrive.

RYAN HAMPTON is a national addiction recovery advocate, community organizer, and person in long-term recovery. He is the author of "Unsettled: How the Purdue Pharma Bankruptcy Failed the Victims of the American Overdose Crisis."

Accountability Courts

VIC REYNOLDS, GEORGIA BUREAU of INVESTIGATIONS

A constant theme we have discussed in previous articles has been the burden an individual faces if one has a criminal conviction. We have talked about the benefits of a First Offender sentence and how a person can "walk away" from a conviction by successfully completing such a case.

As we stated in previous editions of this magazine, a person is discharged from the sentence when they fulfill all the obligations placed on them by the court without any violations. They are then able to have the opportunity for a successful future without the yoke of a conviction around their neck.

But what happens when an individual didn't get a First Offender sentence from the Court and ends up with a conviction? According to Second Chance Georgia, numbers indicate close to 70 million American citizens have a criminal record. That includes approximately four million Georgians. What, if any, options do they have? Thankfully, there may be some light at the end of the tunnel for these folks.

Georgia now has a statutory remedy called Retroactive First Offender. The applicable law can be found in the Official Code of Georgia Annotated at section 42-8-66. This code section allows a person to petition the court that sentenced them originally to resentence them as a First Offender if certain requirements are met. The eligibility requirements are what one would expect.

First, the person must have been eligible for First Offender at the time of the original sentence but wasn't informed about this option. If the person has had no prior felony convictions since the sentencing, and therefore would have completed First Offender if it had been granted, then they are eligible to take advantage of this statute.

Once these requirements are met, the next step is for the person (or counsel) to draft a petition seeking a retroactive First Offender sentence and to speak to the respective prosecutor. It is probably best to obtain a lawyer to do this since the attorney should be familiar with how to file the petition and with the local prosecutor's office. The goal is for the prosecutor to consent to the request to file such a petition. If the prosecutor's consent is obtained, then it is time to file the paperwork requesting a new sentence. It is important to note that the statute does not require the prosecutor to consent to the new sentence, it only requires the prosecutor to consent to the filing of the petition.

The petition must be filed in the original court that sentenced the person. It is okay if the judge has changed if it is filed in the same court. The judge can then set the case for a hearing. Evidence can be introduced in the hearing by both the petitioner and prosecutor. The judge must then decide if it is appropriate to resentence the defendant.

The court must find by a preponderance of the evidence that the defendant was eligible under the terms of First Offender at the time he or she was originally sentenced, and



the ends of justice and the welfare of society are served by granting such petition. If the person meets these standards, the court will then resentence the petitioner under the First Offender statute, confirm that they completed the sentence without any violations, discharge them and order the record sealed. The person no longer has a conviction on their record.

Think how this process can help a person who might have a youthful indiscretion but has straightened their life out. Or how this can assist a person who wants to enter a profession governed by a licensing board can't with a conviction on their record. This process can literally be life changing.

Please remember there are certain offenses which are prohibited under the statute. Again, they are the crimes one would expect. Serious violent or sexual offenses, human trafficking, and sexual exploitation of minors are some of the offenses which are not eligible under this law. A complete list can be seen at OCGA 42-8-60(j).

If you have a conviction and you were eligible for First Offender, but you were not informed about this option, it is certainly worth looking into. Hire a lawyer you trust who is competent in the criminal law arena to investigate if you are eligible.....and good luck.

HIGHER POWER brenda

BY: BRENDA EVANS

My name is Brenda and I am a grateful recovering alcoholic. I am sharing my testimony and I sincerely hope it encourages and inspires you.

I grew up in Michigan, my 7 siblings and I were raised in a single-parent home by our wonderful mother. I can remember when I was about 10 years old, I would spend the night over at my nearby Auntie's house. She would have parties nearly every weekend I stayed with her. There was always weed and alcohol at her parties, so drug use was nothing new to me. I did not realize the damage it could cause in my life because I never saw the bad side of drugs and alcohol, I only saw a fun party. I used to love to go over to her house because after the parties, on the next day I would find lots of surprises... cigarettes, weed, and beer from the night before. One day I decided to smoke a cigarette because I saw other people doing it and I thought it was cool, I really didn't know what I was doing, so I thought it was okay. Sometime later on I tried weed and beer, I did not like the way weed made me feel and most definitely did not like the beer because of the way it tasted and the way it made me feel the next day. During my middle school years I wanted to be liked and accepted so I started smoking weed and drinking again. This time it was different, it was fun and I liked the way it made me feel, I still didn't like the taste though. I continued to drink, smoke weed, and smoke cigarettes throughout middle school.

I continued on with my education and went to highschool.

During my high school years drinking and drugs were "the thing", so I continued drinking, smoking weed, and smoking cigarettes. I went from using on the weekend to using any chance I got. I just couldn't get enough.

I continued using until I got pregnant at 18 and then I stopped for a time. At that point I was a young mother, my heart said "no more using", but my

addiction said differently. Six weeks after I gave birth to my oldest child I was off and running drinking and smoking almost every day AGAIN! I had gotten so out of control that my mother took over care of my child because at this point, my life was all about drinking and partying every chance I could. You would think that my child was enough motivation to stop, but NO I continued using and began gambling. My addiction made me believe I could drink and gamble and win. I was sick, I was in denial, and it never crossed my mind that I was an alcoholic even though I would drink even when I wasn't in the mood.

At 21 I found myself pregnant again, and I could not stop myself from drinking. During this chapter of my life I gave birth to a total of three more children. Being pregnant did NOT stop me! I continued drinking throughout each of the pregnancies. Now it was all about binge drinking with an occasional day off. This behavior continued for 8 more years while I was raising all four of my children.

At 28 I met my future husband, my best friend. We dated for about one year before we got married. With the connection and the love I experienced in this relationship, my drinking began to decrease and even stop for a time. When I was 29 we moved to Georgia.

My husband did not drink and I wanted to be the perfect wife, so I stopped drinking for about three years. I was happy and I had a great marriage.

I don't know exactly what triggered me, but at 31 I picked that old familiar bottle back up, only drinking occasionally. I was able to maintain occasional drinking without getting out of control for about three years. By age 34, I was back to my old ways, drinking daily this time. It was so bad that I drank on my lunch breaks at work. Daily drinking was my life for 20 years.

At 54, on the way home and I was in a bad car accident, of course I had been drinking. Another drunk driver



- SHARE YOUR STORY -

hit me so hard my car went airborne over a fence landing in a ditch. I remember hearing voices saying "she is dead", because I could hear them, I was sure they were not talking about me. I was able to get out of the car and I heard a voice say "It's a miracle! She's alive!" at that moment, even though I could hear the ambulance and police sirens, all I wanted was another drink. I did not care about the other driver, the police, or the ambulance. I just wanted to drink, but that didn't happen. I was charged with a DUI and was taken to the hospital. I was released home, but I had to serve a day and half in jail which was the longest and worst 36 hours of my life.

I was sentenced to 240 hours of community service and to attend a recovery support meeting everyday for 30 days.

I still didn't believe I was an alcoholic. Reluctantly, I began going to meetings, I didn't think I needed recovery. I continued going to the meetings and something happened...on October 21, 2016 I surrendered to AA, I picked up my white chip and I asked my Higher Power to do for me what I could not do for myself.

My prayer was and still is "lord please don't let me pick up another white chip". The only way that could happen is if I pick up another drink.

I heard about this place called The Zone and that I could do my community service there. So I went there for community service and I was surprised to find out what The Zone actually was, A Recovery Support Organization. I began going to recovery support meetings at the Zone and continued working my program of AA. I heard about "the promises" in AA and I was blessed!

Missy Owen, the CEO of the Davis Direction Foundation offered me a job at The Zone! She made me feel empowered. Alcohol-free, working at the Zone, and in recovery has changed my life FOREVER.

Three years later I am a Nationally Designated Recovery Coach (RCP) and a Certified Experiential Activities Specialist (EAS), giving away what God has granted me, and that is the gift of recovery. Letting others know that they are not alone and they can recover too... One day at a time.



CLICK HERE TO SUPPORT US!
(Loved and Lost Wall at the Zone)

PHOTO SUBMISSIONS



A Safe and Sober Night on the Town!



X-Men Team on Halloween!

PHOTO SUBMISSIONS



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KEVIN HARRY
PHOTOGRAPHY

Change

I had no hope

I could not cope

I only did dope

Addiction cut my soul like a knife

Through my strife

I changed my life

Hope found

Recovery bound

I really turned my life around

- Sarah Mangold

Lost & Found

Addiction is a lonely place,

Many things in my life, i did not want to face,

Depression and Isolation were my common place,

But there were many past scars that my desperate escape could not erase,

I came to The Zone reluctant to get well,

Little did I know that so many others were under addiction's spell,

The connection I found picked me up after I fell,

The fellowship I gained made my heart swell,

Thanks to the Zone I no longer live in hell.

- Sarah Mangold

Choice

You were there for me in my darkest

hours. Watering me like a wilting
flower. Although the rain may have

poured you still suggested I need

more. I then realized it wasn't you. It

was me. I was simply just too high to

see. You taught me a lot about myself

as well as life. The lesson was to look

in the mirror and put down the knife.

- Adam Greene

SUBMISSION rules

POETRY

Poems must be in line with Recovery or with the Recovery journey

- Poems must be no more than 250 words
- Please do not submit pictures with the poem
- Include your name and your sobriety date with submission
- Poems must be original work
- Sign waiver and return with submission. Waiver found at www.davisdirection.com

ART

- Art may be any medium
- Please use high resolution images
- Art will be blown up or shrunk down to 5 x 7 size
- Include your name and sobriety date and a brief statement about the work of art.
- Art must be original work
- Sign waiver and return with submission. Waiver found at www.davisdirection.com

QUOTES

- Quotes must be no longer than 50 words
- Please include source and author
- Include your name and sobriety date along with a head shot of yourself
- No profanity will be permitted in the quotes

STORIES

- Please keep your story to no more than 750 words.
- Include your name and sobriety date along with a picture of your journey.
- You may include a before and after picture of yourself.
- Sign waiver and return with submission. Waiver found at www.davisdirection.com

FUN PHOTOS – CONTEST

- 1st prize \$100 | 2nd prize \$50 | 3rd prize - \$25;
- Theme – Recovery FUN - Write a caption to accompany your photo
- Sign waiver and return with submission. Waiver found at www.davisdirection.com
- All people in picture must sign publishing waiver.

Please email all submissions to info@theddfzone.com

RECOVERY COACH ACADEMY



BY: DONALD GUNTHER, RCP

Georgia Grateful Recovery Coach & RISE Program Family Father Advocate

ADDICTION

To be silently told you are not worthy, invaluable, exclusively excluded, ostracized, neglected and psychologically ABUSED as a child was beyond cruel. It infiltrated my thought process and influenced my beliefs and values that I would have for myself. The manifestation from such toxicity birthed my trauma. My abject poverty was the residency of all my pain and suffering as a boy, man, husband and dad. Living underneath the poverty was the fear of me never being treated fair. So, I secretly learned how to survive by wearing many masks. Since my birth I had to cover up my humble beginnings. My parents' pain I wear with pride because without them I would have never survived!

OR...RECOVERY....

I will no longer continue living out my silent experiences. Therefore I will remove the shackles of the oppressed spirit that created the displaced trauma within my being. My emotions and my mental health have been in recovery for five decades. The inequities of not having opportunities to address what I was born into

generationally has oppressed many like me. So, now I want to empathetically express my emotional intelligence. As I address the mental illness conditions (mic) that my grandfather, father and I navigated through without us being educated or having any resources to support us. I will advocate for the generations of voiceless and undiagnosed recipients that don't recognize the undetected and silent abusers still exist.

To be Underserved, Stigmatized and Abused and coming from where I come from has provided me an opportunity to recover from being Emotionally Scarred, motivated me from becoming emotionally dead and is allowing my son to write his story instead of repeating history.



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daniel.spinney@davisdirection.com
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RECOVERY COACH ACADEMY OFFERED AT THE ZONE

Professionalism & Ethical
Considerations for
Recovery Coaches
January 17th - 20th
9am until 6pm
28 CEUs

Recovery Coach Academy
March 21st - 24th
9am until 6pm
30 CEUs

The CCAR Recovery
Coach Academy©
is an intensive training
academy focusing on
providing individuals with
the skills needed to guide,
mentor and support
anyone who would
like to enter into or sustain
long-term
recovery from an
addiction to alcohol or
other drugs.

Classes are offered both
in-person at The Zone
or virtually

- COMING UP -

IN OUR NEXT issue

In our next issue we will see the final reveal of the **Re-Zoned Gifts and Apparel store**. This is our newest store and it is a hybrid version. One half is a brand new Gift shop and the other is gently used, name brand clothing. We are going to the Merchandise Mart to order our new gifts as well as going online to get the latest and greatest gifts. We have tried our bet to make a modern upgrade to the new store by opening the ceiling and leaving the pipes and wiring exposed. I'm totally impressed with the outcome and I'm sure you will be as well.

The **Honorable Newt Gingrich** will be our next cover model and we will get his views on what is going on at the border and how so much fentanyl is getting through. Newt is a long time friend and supporter and has been an active part of the war on drugs for as long as I can remember. When Covid hit and the borders shut down, fentanyl went into mass production in the United States and the cartels were no longer as necessary as they had been. Now that the borders are open again, more and more drugs are pouring in and we need to make it stop. Newt will share his ideas on how to make this happen.

Our regular columnists will continue to share their views and ideas on **Recovery in America**. The past year, we lost more people to the disease of addiction than ever before and now it's time to make up for lost time. We are calling **2022 The Year To Recover Recovery**. There is work to be done and the Davis Direction Foundation will lead the way as we seek to regain lost ground.

Our Recovery House will take us to Gwinnett County in Georgia to a brand new **Women's Sober Living Home called "Lightway Recovery."** This Gorgeous new home for women is making a huge difference, trying to help women learn to navigate the journey of recovery. It is beautifully decorated and served by peers in Recovery. I can't wait to show you this beautiful home and the beautiful friends who run it. You are truly in for a treat.

Finally, we will hear from a person near and dear to my heart. He loves everyone and is one of the most supportive people I have ever known. **"Bless your Heart"** is one of his favorite sayings and I have never met a person that means it more than he does. This individual has become an icon at THE ZONE and the love and joy he spreads makes us the great place that we are. You don't want to miss this "Share Your Story" article. It will make your heart swell.



fun facts with CHANDLER RIGGS

- His favorite sport is snowboarding. He goes a couple of times each year.
- His newest hobby is motorcycle riding. He recently took a safety and training course and bought a motorcycle.
- His first special skill was tap dancing. After performing in The Wizard of Oz at the Fox Theater and watching the Tin Man do a tap number Chandler decided he wanted to learn. He took an all-boys tap class for several years.
- Chandler loved his church youth group and one year he chose to go on a mission trip instead of a Walking Dead event.
- In high school he was a fierce competitor in the yearly Nerf Wars. During a publicity event his security guard got the scare of his life when a competitor from the opposing team showed up and shot a Nerf bullet at Chandler from a distance.

Leftover medications can lead to

accidental poisonings • diversion • misuse • overdoses • suicides



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