

RCORP-ETC



COMMUNITY SPOTLIGHT

LIVE FREE CLAIBORNE COUNTY

Live Free is a non-profit organization in Claiborne County, Tennessee with the mission of uplifting community wellness by eliminating substance use disorders and related adversities. Live Free is grounded in their approach of holistically addressing the needs of the community and accepting others as they are. Susan Stone, the nonprofit's Executive Director, summarizes this well by explaining, "We just want to be there for our people. Our goal is to provide them with whatever they need."

Live Free initially began as a support group for individuals in recovery at The Hill Church and quickly grew into a nonprofit organization that now provides a wide range of services and resources to assist with the prevention, recovery, and harm reduction of substance use disorders. Currently, Live Free hosts an adult mental health, teen mental health, and recovery support group that begin on Tuesdays at 6:00pm with food and fellowship. Each group serves as a safe space for individuals to express their shared experiences and support one another as they overcome unique challenges.

To ensure the basic needs of the community are met, the nonprofit also operates a food pantry, clothing closet, and emergency community assistance fund. Each of these services is housed in The Hill Church and open to any community member in need.

In order to reduce the damage caused by drug use, such as overdose or spread of infectious diseases through unsterile needle or syringe usage, Live Free also operates Claiborne County's first harm reduction program. Each Thursday from 4:00pm to 5:30pm, Live Free provides 1 to 1 needle and syringe exchange, HIV and Hepatitis C testing and referral to treatment, overdose prevention education that includes safer drug injection practices, and training and distribution of Narcan—a drug that can reverse an opioid overdose. Susan explained that harm reduction is ultimately about "accepting and respecting people as they are and helping them stay safe in the life that they live."

Additionally, Live Free continually provides workshops to address the needs of the community. In the past, Live Free has offered workshops on topics such as anger management and basic adult skills, and they are currently creating a workshop on parent reunification for individuals who have experienced child custody loss.

Live Free considers RCORP-ETC to be an asset to their efforts. Susan explained that RCORP-ETC has provided helpful resources and connections to assist with Live Free's services, as well as offered trainings to enhance knowledge on topics such as stigma.

More information on Live Free can be found by visiting their website at LiveFreeClaiborne.org or contacting them at director@livefreeclaiborne.org or (423) 526-5655.



UPCOMING EVENTS

You gotta have faith: Pathways from prevention to recovery. Quarterly Consortium Meeting, July 23rd 1-3pm. Register by July 21 to get the zoom link:

[REGISTER HERE](#)

Stayin' Alive Fridays. Virtual Narcan Training and free Narcan distribution will be held the second Friday of each month from noon- 1pm. Join via zoom:

<https://tennesseehipaa.zoom.us/j/93033943183>
Password: 44513

Trauma, Brain Development, and Resilience: A Guide for Youth Workers. July 15th 1-2pm: register by July 13 to get the zoom link:

[REGISTER HERE](#)



DIGITAL STORIES

DR. STEPHEN LOYD

Dr. Stephen Loyd is a medical doctor. His substance use disorder began during a stressful time in his residency program. When driving home one day, he saw hydrocodone leftover from a dental visit and took one. When he arrived home, he felt that his anxiety and depression was alleviated and his life seemed easier. However, with time, he needed opioids just to leave bed and ended up reaching 100 pain pills a day (500mg). He was scared to tell anyone about his substance use disorder and lose everything he had worked for. Dr. Loyd was able to enroll in a detox program and have education on trauma and substance use.

Since 2004, he has started his journey of long-term recovery. Dr. Loyd is now a Chief Medical Officer of Cedar Recovery. Consider sharing Dr. Loyd's story on your website or during an educational session to help reduce stigma surrounding opioid use disorder. Check out the video of Dr. Loyd's story [HERE](#).

YOUTH HOPE

Do you work with youth or train youth workers? Project HOPE has assembled an online, 7-series training on the pillars of youth development created for individuals who will be working with youth. Take advantage and share this valuable resource [HERE!](#)

Topics include:

- Youth Development
- Creating after school programs with impact
- Promoting safety
- Relationship building
- Fostering meaningful youth participation
- Providing opportunities for community involvement
- Creating skill-building experiences

