



Watauga Compassionate Community Initiative

# February Newsletter

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Preventing trauma.

Building resiliency.



# WCCI 2021-2022

## Upcoming Meetings

### Meeting Dates for 2021-2022 year:

Until further notice, WCCI meetings are by Zoom beginning at 8:30 am on the second Thursday of each month. Meeting dates are below. The Zoom link and password are as follows:

<https://zoom.us/j/92959886225pwd=TkJaUGFMTUY2aG13K2ZQMmdmNjlfUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

WCCI meetings are from 8:30-10:30 am.

March 10, 2022

April 14, 2022

May 12, 2022



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# WCCI 2021-2022

## Current Community Needs

### Foster Parents

Our community is always in dire need of foster care parents and mentors. To be a foster parent or to learn more, contact Jessica Winebarger at the Department of Social Services (265-8100).

### WYN Mentors

To be a mentor or to learn more, contact Angela McMann or Charlene Grasinger at Western Youth Network (264-5174)

## NAMI Community Meetings

- *Public Information Meetings,*
  - *1st Monday (most months), 6:30 PM,*  
<https://us02web.zoom.us/j/89693958646>.
    - *Nov. 1: ASU Mental Health Ambassadors, "Depression & Suicide"*
    - *Dec. 6, Geri Miller, "Crisis Intervention"*
  - *1st Thursday, 4 PM*  
<https://us02web.zoom.us/meeting/register/tZ0kdOqrrz0tEtLSeWjOcA0RJ8qaPcO5YnLn>
  - *2nd Monday, 7 PM* contact [pres@namihighcountry.org](mailto:pres@namihighcountry.org) for zoom link
- *NAMI Education Programs Coming Soon:*
  - *NAMI Basics for parents and caregivers of children 22 and younger with mental health concerns*
  - *NAMI Family-to-Family for parents, friends, and others with a significant person in their lives who lives with a mental illness*
- *NAMI Connection Recovery Support Groups*
  - *Zoom 1st Thursday of each month at 4 p.m. For link, contact Karen Gross [karengross@skybest.com](mailto:karengross@skybest.com).*
  - *Zoom 2nd & 4th Tuesday of each month at 6 p.m. For link, contact Caleb Robleto [calebrobleto@gmail.com](mailto:calebrobleto@gmail.com).*



# MEMBER SPOTLIGHT

## Mollie Furman

I am the Program Coordinator for the Watauga LEAD and Recovery on the Inside programs with The Mediation and Restorative Justice Center. I was raised in Boone, NC and have lived here for most of my life, other than a period from 2012-2013, when I left Boone for South Florida to try to start my life over. In Florida, I met an amazing community of people who were just like me, trying to find recovery and rebuild their lives. For the first time, I didn't feel like I was chronically different from other people. After gaining some stability for myself, I felt called to return to Boone and start rebuilding the relationship with my son. I took the tools I had learned home with me and continued to do what had worked. Before leaving, I had made amends to a therapist. I asked him what I could do to right my wrongs and he told me "stay sober and go back to school for social work" - thus starting the 7 year trek from a high school equivalent to MSW.

When I made it to my social work classes, I again felt like I had come home. As I started to step out in a professional role, I found a deep purpose in lifting up and giving a louder voice to those of us who are most vulnerable, stigmatized and forgotten. Doors that I never imagined would open have continued to present themselves. There have been a number of moments where my perspective shifted so suddenly that it caused me to view the world through a new pair of glasses. One of those moments was learning about ACES and the impacts of childhood trauma and adversity through WCCI in 2018. I almost felt like I had been struck by lightning. My life suddenly made a lot more sense and the lives of the people around me suddenly made a lot more sense. This propelled me even deeper into the work of shattering stigma and redefining how we view and respond to addiction, mental illness and justice system involvement.

I kept both promises I made with my therapist and celebrated 10 years of sobriety last month. The path to recovery and fulfillment has been crooked and winding, but the inherent value of service to others has remained the same. Today, my heart and my hands are full with all the gifts life has to offer and I get to live with my fiancé, Tom, and our six children in an old farmhouse by the river in the western end of the county.





# RESILIENCE SKILL

## I am Calm

*The “I am Calm” breath has an extra-long exhale to help calm our bodies and minds to allow access to our best thinking. It can be useful when we feel strong emotions like being angry, scared, sad or frustrated.*

As you breathe in slowly, think “I am” for the whole inhale.

As you slowly breathe out, think, “Calm, 2, 3, 4.” allowing the words to last for the whole exhale. Your exhale should be about twice as long as the inhale.

Continue breathing on your own thinking “I am” on the inhale and “Calm 2, 3, 4” on the exhale.

Continue breathing this way for the next minute or so.

