



Holistically Anchored Inc.
Empowering Communities, Strengthening Minds

Proposal for Ben Hill County: Opioid Prevention and Treatment Program

Problem Statement

The opioid epidemic is not just a statistic, it's a pressing reality that continues to surge across Georgia, with alarming increases in opioid-involved activities such as overdose-related emergency room visits and deaths. Specifically, Ben Hill County has experienced a significant rise in opioid-related incidents, further highlighting the urgent need for targeted interventions. This crisis has disproportionately affected underserved populations, including young people, pregnant and parenting women, and families struggling with trauma and addiction. Without comprehensive prevention, treatment, and leadership strategies, the impact of this epidemic will continue to devastate the community. Holistically Anchored Inc. aims to address these critical challenges by implementing programs tailored to the needs of Ben Hill County.

According to the Georgia Department of Public Health's Online Analytical Statistical Information System (OASIS), Ben Hill County has seen an increase in opioid-involved emergency room visits and deaths in recent years. Statewide data indicates that opioid-involved overdose deaths have been rapidly increasing since 2010, primarily driven by the misuse of prescription opioids and, more recently, by illicit opioids such as heroin and fentanyl.

Mission, Vision, and Core Beliefs

Mission Statement:

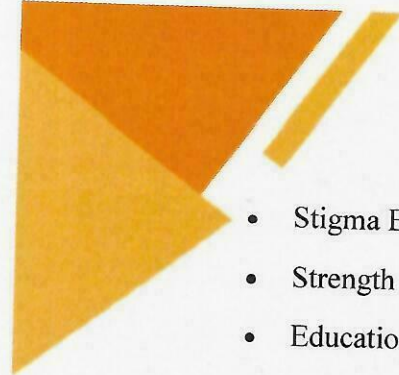
Holistically Anchored Inc. is dedicated to fostering resilience and well-being by championing accessible mental health resources and support for underserved communities in rural Georgia. Our mission is to provide comprehensive mental health care, education, and advocacy to ensure everyone has the opportunity to thrive.

Vision Statement:

We envision a future where every individual in rural Georgia, regardless of background or resources, can access comprehensive mental health services. Through collaboration, awareness, and empowerment, we strive to create a community where mental wellness is a fundamental right and stigma is replaced with understanding and compassion.

Core Beliefs:

- Equity and Inclusion
- Community Empowerment
- Holistic Approach

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- Stigma Eradication
 - Strength in Vulnerability
 - Education and Awareness
 - Empathy and Compassion
 - Continuous Growth
 - Collaborative Partnerships
 - Hope and Resilience

Proposed Programs


1. Mentorship Program: Anchored Minds

Anchored Minds focuses on supporting youth and families who are affected by opioid misuse by offering mentorship designed to foster resilience and build essential life skills. This program includes resilience-building workshops that teach youth to cope with adversity and develop emotional strength. Families will benefit from trauma-informed care sessions that address the challenges brought on by opioid misuse. Partnerships with local schools will bring additional support services, such as access to behavioral health workers who can provide ongoing assistance and guidance to those in need.

Activity 1: Resilience Workshops for Youth

- Host workshops in local schools to teach emotional regulation, stress management, and resilience skills.
- Engage behavioral health professionals to provide one-on-one mentorship and group sessions for at-risk youth.

Activity 2: Family Support Sessions

- Facilitate trauma-informed care sessions for families impacted by opioid misuse.
 - Include discussions on coping strategies, rebuilding trust, and creating supportive family environments.
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2. Community Outreach and Education

The Community Outreach and Education program aims to reduce the stigma associated with opioid misuse while promoting prevention efforts across the county. Public awareness campaigns will use a variety of channels, including social media, local events, and community forums, to educate the public about opioid misuse and encourage open dialogue. This program also fosters partnerships with faith-based organizations and non-profits to strengthen community-based prevention efforts. Workshops and seminars on harm reduction and mental health education will be offered to equip community members with the tools and knowledge needed to support those at risk of or affected by opioid misuse.

Activity 1: Public Awareness Campaigns

- Launch social media campaigns to reduce stigma and encourage help-seeking behavior.
- Distribute educational materials at community events, churches, and health fairs.

Activity 2: Faith-Based Partnerships

- Organize forums with faith leaders to educate congregations on opioid misuse prevention and available resources.
- Train faith-based organizations to recognize signs of opioid misuse and connect individuals to care.

Activity 3: Resilience Workshops and Community Engagement


- Host resilience-building workshops for the broader community, focusing on tools for coping and fostering collective strength.
- Attend community events to engage residents, provide education on opioid misuse prevention, and connect them to local resources.

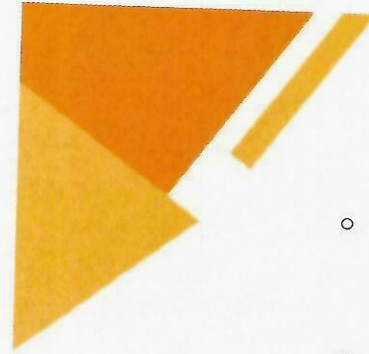
Funding Request: \$27,000 for Proposed Programs

Holistically Anchored Inc. is pleased to submit this funding request for \$27,000 to support two critical programs addressing the opioid epidemic in Ben Hill County: **Mentorship Program: Anchored Minds** and **Community Outreach and Education**. These programs are designed to provide mentorship, reduce stigma, and foster community-wide engagement to combat the opioid crisis.

Proposed Programs Overview

1. Mentorship Program: Anchored Minds



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- **Resilience Workshops for Youth:** Helping young individuals develop emotional regulation, stress management, and coping skills, delivered through behavioral health professionals in schools.
 - **Family Support Sessions:** Trauma-informed care sessions to rebuild trust and create supportive environments for families impacted by opioid misuse.

2. Community Outreach and Education

- **Public Awareness Campaigns:** Using social media, events, and educational materials to encourage open dialogue and help-seeking behavior.
- **Faith-Based Partnerships:** Collaborating with local faith leaders to educate congregations, strengthen prevention efforts, and connect at-risk individuals to care.
- **Resilience Workshops and Community Engagement:** Hosting community-focused workshops and participating in local events to build awareness and connect residents to resources.

These two programs address critical needs in Ben Hill County by combining prevention strategies with family-centered support and community collaboration, offering a beacon of hope for a healthier, more resilient community.

Funding Utilization

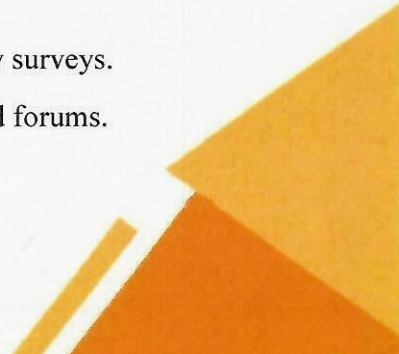
The \$27,000 requested will support program activities such as workshop facilitation, outreach initiatives, training for faith-based organizations, and engagement with behavioral health professionals. While this request focuses on the two programs described, Holistically Anchored Inc. is positioned to expand efforts and integrate additional programming if future needs arise or resources become available.

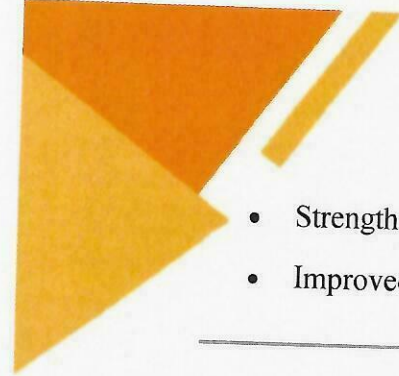
Expected Outcomes

Mentorship Program: Anchored Minds

- Increased emotional regulation, stress management, and resilience skills among youth.
- Reduced engagement in risky behaviors and improved academic performance.
- Strengthened family relationships and enhanced coping mechanisms for families impacted by opioid misuse.

Community Outreach and Education

- Reduced stigma surrounding opioid misuse, as evidenced by community surveys.
 - Increased community participation in prevention events, workshops, and forums.
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- Strengthened partnerships with faith-based organizations and non-profits.
 - Improved community resilience through workshops and engagement at local events.
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Additional Program Opportunities with Increased Funding

With additional funding beyond the \$27,000 requested, Holistically Anchored Inc. could expand its impact by implementing the **Access to Care Program**, which includes the following activities:

1. Care Coordination Services

- Create a centralized communication staffed by care coordinators to connect individuals with treatment services, counseling, and other resources.

2. Trauma-Informed Counseling

- Offer counseling sessions for pregnant and parenting women in collaboration.

3. Family Support Groups

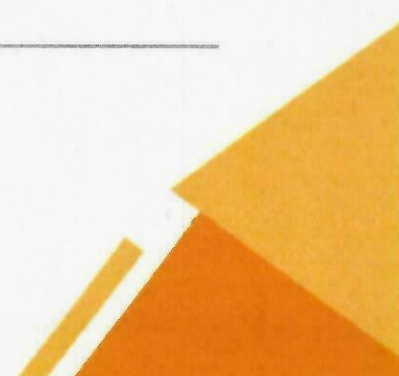
- Establish bi-monthly support groups for families affected by opioid misuse, focusing on shared experiences and community-building.
- Include guest speakers such as recovery coaches, therapists, and medical professionals to provide education and encouragement.

4. School-Based Mental Health Services

- Integrate behavioral health professionals into schools to provide accessible mental health services and early intervention for students at risk.

Access to Care Program Outcomes:

- Improved family outcomes through counseling and support for pregnant and parenting women.
 - Enhanced treatment access with care coordination services and transportation support.
 - Strengthened support networks through family support groups.
 - Increased access to mental health services for at-risk students through school-based interventions.
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Conclusion

Holistically Anchored Inc. is committed to addressing the opioid crisis in Ben Hill County through comprehensive prevention, treatment, and leadership strategies. Our aim is to lessen the impact of this epidemic and help the community build a healthier and more resilient future.

For additional information or partnership inquiries, please contact us.

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