

# News You Can Use

Your monthly resource for news and information about behavioral health and intellectual/developmental disabilities in western North Carolina and beyond

## 2ND ANNUAL WESTERN REGIONAL RECOVERY RALLY

### Top speakers added to rally line-up



Allen-Caraco

Two individuals in long-term recovery who have dedicated their careers to helping and honoring their peers will speak at September's 2nd Annual Western Regional Recovery Rally in Haywood County.



Lail

Cherene Allen-Caraco, founder and CEO of Charlotte-based [Promise Resource Network, Inc.](#) (PRN), partners with peer colleagues, individuals in recovery, providers, community and family members to promote recovery-based system transformation and knowledge of recovery

in practice and policy. PRN also works to build a competent, qualified, recovery-oriented peer and clinical workforce.

Allen-Caraco, in recovery for 28 years, founded PRN in 2006. The peer-run organization employs people with real-life experience with mental illness, substance use challenges, homelessness and/or a history of legal involvement to operate programs that include a Recovery Hub community resource center, various support programs, a wellness center, a Drug Treatment Court forensic peer program and various centers.

"For too long, I was led to believe that the best that those of us with a mental health or substance use challenge can strive for is stability, functioning and maintenance," she said. "I defied that notion in my personal life and have had

the gift of witnessing people that I have known and worked with throughout the past 23 years defy it, as well."

Also speaking is Douglas Lail, an Asheville visual artist. Lail, in recovery since January 2013, has exhibited his work in shows in and around Asheville and in galleries throughout the Southeast.

Lail's latest work is a collection of portraits and personal recovery stories called the "[Hello, My Name Is...](#)" project. The project examines the positive impact recovery makes in the lives of individuals, families and the community. Recovery, Lail says, has allowed him to re-establish deep and loving relationships, a network of caring friends, the gift of gratitude and the opportunity to fulfill a lifelong dream of becoming a full-time artist. His drawings and stories reveal what other individuals in recovery have been able to "recover" in their own personal lives.

"If we are only as sick as our secrets, why is recovery my biggest secret?" Lail said of his early recovery. "How joyous happy and free can I expect to be when harboring anything that I would not willingly tell another person?"

For more information on the rally, visit the [event's Facebook page](#) or contact Richie Tannerhill at [richie.tannerhill@smokymountaincenter.com](mailto:richie.tannerhill@smokymountaincenter.com) or at 1-800-893-6246, ext. 1157. We encourage you to RSVP to the rally online on the [Facebook event listing](#) and share with your friends and families.