



Dare County Unveils Mobile Recovery Support Unit

The Dare County Mobile Recovery Support Unit is officially operational following a ribbon-cutting ceremony on Oct. 15. The unit, made possible through a partnership between the Department of Health & Human Services (DCDHHS) and the Saving Lives Task Force, will greatly expand the reach of the department's Recovery and Overdose Support Services (ROSS) team in their harm reduction efforts.

"This is the first of a kind mobile recovery unit in Dare County," Saving Lives Task Force Co-Chair Wally Overman said during the Oct. 15 ceremony. "This unit can go anywhere in Dare County to provide services and we are excited about its potential."

DCDHHS Health Education & Outreach Manager and Saving Lives Task Force Co-Chair Roxana Ballinger echoed Overman's comments, noting that the mobile unit will allow ROSS to meet the needs of many more people in Dare County.

During the ceremony, Ballinger recognized Overman for his invaluable contributions to the Task Force, and presented him with a plaque dedicating the unit to Overman that will be mounted inside the unit. Ballinger also thanked ROSS Peer Support Specialists Jesse Ruby and Katy Haslar for their perseverance and vision in making the unit a reality. "They both have been crucial to all of this and it wouldn't have happened without them," she said.

The Mobile Recovery Support Unit will be staffed by Ruby and Haslar and will provide syringe services, harm reduction tools, naloxone, fentanyl testing kits, support services, education, treatment resources, and rapid HIV and hepatitis C testing. In addition to these harm reduction services, the unit will also provide personal care items and is partnering with the Beach Food Pantry to offer food for those in need.

With the mobile unit in operation, ROSS peer support specialists will now be able to reach more underserved populations and rural areas of the county, offering services to individuals regardless of their circumstances or transportation limitations.

The Mobile Recovery Support Unit was made possible through the generosity of EasterSeals/Port Health Services, which has agreed to lease/donate the vehicle to DCDHHS; as well as the Outer Banks Community Foundation, which awarded a \$9,000 grant for the mobile unit's wrap as well as supplies to stock the unit.



SAVING LIVES TASK FORCE

The Initiative is a quarterly newsletter presented by the Saving Lives Task Force, the goal of this publication is to educate, inform and engage residents of Dare County.

- Our Task Force is a team of professionals and community members working toward the prevention of substance use disorders and the availability of effective treatment for all Dare county citizens in need of help.
- **Join us for our In-Person Meetings** on the 3rd Tuesday of every month at 2:00 pm.
- **For More Information** please contact Roxana Ballinger, Saving Lives Task Force Co-Chair, at: 252.475.5619 • roxana.ballinger@darenc.gov and Katy Haslar at: 252.473.7861 • katy.haslar@darenc.gov

savinglivesobx.com

facebook.com/savinglivesobx



THE INITIATIVE Resources:

savinglivesobx.com

Mobile Recovery Unit
Recoveryservices@darenc.gov
252.473.7923

Trillium Health Resources
www.trilliumncaccesspoint.org
877.685.2415
– 24 Hours a Day

Mobile Crisis Team
24 Hours a Day /
7 Days a Week
866.437.1821

**Suicide &
Crisis Lifeline**
988lifeline.org
or call or text 988

**Syringe Services
Program**
252.473.7923

Contact your insurance company to find out more information on local providers and your plan's benefits.



- **Recovery & Overdose Support Services (ROSS)**
Recovery and Overdose Support Services (ROSS) provides support groups, harm reduction education and resources, overdose response, and assistance with recovery planning.
Contact: Katy Haslar, PSS, 252.473.7861 or Jesse Ruby, PSS, 252.473.7923
RecoveryServices@DareNC.gov
- **NAMI Outer Banks NC** The families and members of NAMI Outer Banks NC are here to help! We offer understanding to anyone concerned about mental illnesses and the treatment of mental illness. **Contact: namiobx@gmail.com**
- **SMART Recovery OBX Addiction Support Group**
Open to those who struggle with, are affected by, or in recovery from Substance Use Disorder, Alcohol Use Disorder, and/or process addictions. Meetings are Wednesday evenings at 6pm, at the Parks & Recreation Facility, Room 2, 602 Mustian St., Kill Devil Hills, NC
Contact: smartrecoveryobx@gmail.com, www.facebook.com/smartrecoveryobx or smartrecovery.org.
- **Mobile Recovery Unit**
Offering comprehensive mobile Harm Reduction services.
Contact: 252.473.7923 or RecoveryServices@darenc.gov
- **Alcoholics Anonymous: Meetings 7 days a week.**
Visit the website AAOBX.com for current virtual meeting schedule. Outer Banks AA Hotline
Contact: 252.256.0850 and <https://aaobx.com/>
- **Outer Banks Alateen and Alanon**
Al-Anon Family Groups, including Alateen, offer understanding and support to families and friends of problem drinkers.
Contact: alateen@alanonobx.com.
- **OBX Nar-anon** is a means of coping with the insanity brought about from having a family member or friend struggling with addiction.
Contact Holly Henry West at 252.489.7778.
- **Women of Worth** Groups are being held virtually on Tuesdays and Thursdays from 11:00 am-12:00 pm. The groups will focus on recovery by providing lessons from the evidence-based curriculums, "Helping Women Recover: Beyond Trauma, and Beyond Anger and Violence"
Contact Catisha Bryant at catisha.bryant@darenc.
- **Breaking Through Task Force, 2nd Tuesday of the month, 10:30 am**
The Breaking Through Task Force works to break stigma related to mental health conditions and/or substance use disorders.
Contact: Kelly.Fleming@darenc.gov www.breakthestigmaobx.com
- **Dare Community Collaborative, 2nd Tuesday every other month, 2-3 pm virtually.**
A partnership among providers and families of youth and adults with mental health issues and/or substance use issues.
Contact Susan Hall at: Susan.Hall@trilliumnc.org
- **Crossroads OBX**
The Main Event annual Fundraiser, Seated dinner and program. March 28th at 6pm. Liberty Christian Fellowship.
Contact: 252.455.2510, crossroadsobx.org or crossroadsobx@gmail.com

A Lifeline for Lasting Recovery: Purple Recovery Empowerment Project

At Purple Recovery Empowerment Project, our mission is clear: to empower individuals in recovery by providing the support, resources, and community they need to build fulfilling, substance-free lives. With our newly acquired 501(c)(3) status, we are excited to take the next step in achieving this vision: establishing a Sober Hub in Dare County. The Sober Hub will be a central, safe space where individuals in recovery can find resources, peer support, and sober activities. It's designed to address the critical post-treatment phase of recovery, where individuals are most vulnerable to relapse, and to ensure lasting success by fostering connection, stability, and hope.

The Need for a Sober Hub

Leaving treatment is one of the hardest parts of recovery. While inpatient programs provide essential care, many people face overwhelming challenges once they return to daily life. They often lack a support system, sober social opportunities, and access to resources – all of which are critical to staying on track.

To better understand these challenges, we conducted a community survey among local treatment centers and individuals in the recovery community. The results paint a clear picture of the urgent need for a Sober Hub:

- 90% of respondents feel there aren't enough post-treatment resources available.
- 76% said that a sober hub could have prevented their last relapse.
- 100% believe a recovery hub would support their long-term sobriety.

These responses, directly from individuals in recovery, highlight the vital role a Sober Hub can play in breaking the cycle of relapse and helping people rebuild their lives.

A Solution Backed by Evidence

The Sober Hub will serve as a bridge between early recovery and long-term success. Its core offerings include:

- Sober Activities and Social Support: A safe environment for sober activities and connection, especially during nights and weekends when temptations and isolation often peak.
- Resource Coordination: On-site access to mental health services, recovery coaching, financial assistance, transportation, employment opportunities, and legal aid.
- Immediate Support: A judgment-free space where individuals can turn when feeling stressed, anxious, or vulnerable.

Research from Recovery Community Centers (RCCs) – a model similar to the Sober Hub—shows this approach works. Participants in RCCs report reduced substance use, improved mental health, stronger social connections, and a better overall quality of life. These findings align with the needs identified by our local survey participants, making the Sober Hub a proven solution for our community.

The Sober Hub will not only change individual lives but also strengthen the entire Dare County community:

- Lower Relapse Rates: Structured support reduces the likelihood of relapse, helping individuals maintain sobriety.
- Fewer Overdoses: By providing a safe, supportive space, the hub will reduce the number of overdoses.
- Decreased Recidivism: Supporting recovery means fewer individuals returning to the criminal justice system.
- Community Connection: The hub will serve as a central point for collaboration among local nonprofits and recovery groups, ensuring everyone in recovery feels supported.

How You Can Help To bring the Sober Hub to life

We are seeking financial support and a physical space to house this vital resource. Your support can make this vision a reality, providing hope and stability to those on their recovery journey.

To learn more, get involved, or contribute to the Purple Recovery Empowerment Project, visit www.purplerecovery.org.

Aaron Beresin
Founder, Purple Recovery
Empowerment Project

