August 2026 Newsletter

Coalition for a Healthy Appling County

Our Mission:

To transform the Appling County community by ensuring access to healthcare, improving access to resources, engaging in strong collaborative alliances, and developing a universal message to communicate health for all.

BACK TO SCHOOL

The Coalition for a Healthy Appling County wishes all students, teachers, and families a wonderful start to the new school year! We hope this school year is filled with positive experiences, healthy choices, and opportunities to learn and grow.

Back-to-school tip:

Get enough sleep, stay active, eat healthy foods, and remember that asking for help is a sign of strength.

Have a safe and successful school year!

Pineland BHDD Community Service Board

Mental Health Community Coalition 2026 Meeting Schedule

September 18: Virtual

November 10: In-Person (Toombs, Location TBD)

All Meetings Start at 10:30 AM

For questions, please contact:

Sarah Refuss, serefuss@pinelandbhdd.org

CHAC Fact of the Month!

DID YOU KNOW?

More than 40% of opioid overdose deaths involve a prescription opioid. Even medications prescribed by a healthcare provider can become dangerous when they are shared, misused, or taken differently than directed.

What You Can Do:

- **Take medications only as prescribed.**
- **Never share prescription pain medication with anyone.**
- **Store medications in a secure location.**
- **Safely dispose of unused medications at a local drop box or take-back event.**



Interested in volunteering with CHAC?

The public is encouraged to get involved with this community effort. If you are interested in getting involved in CHAC, ask one of our community partners or contact our Program Coordinator, Olivia Davis, at:

olivia.hiersdavis@sharehealthsega.org

July CHAC Community Event Highlight:

Prescription Drug Take Back on July 15th!



The Coalition for a Healthy Appling County partnered with the Appling County Sheriff's Office and Baxley Wellness Pharmacy for another successful Prescription Drug Take Back Event, providing residents with a safe and anonymous way to dispose of unused or expired medications. Thanks to the support of our community, 20 pounds of prescription medications were collected and removed from circulation. Events like these help reduce the risk of medication misuse, accidental poisoning, and improper disposal while promoting a healthier and safer Appling County. Thank you to everyone who participated and to our partners for making this event a success! Stay tuned for our next Drug Take Back event in October!

The Best Produce in Season: August in Southeast Georgia

August is a great time to enjoy fresh, locally grown produce that is packed with nutrients and flavor. Here are three seasonal favorites and their health benefits:

Peaches

Rich in vitamins A and C



Peaches are an excellent source of vitamin A, which promotes healthy skin and vision, and vitamin C, which supports a healthy immune system.

Watermelon

Made up of more than 90% water, watermelon is a delicious way to stay hydrated during Georgia's hot summer months.



Rich in vitamins A and C

Sweet Corn

Provides fiber and Vitamin B



Sweet corn provides fiber to support digestive health and contains vitamin B, which help your body convert food into energy.

CHAC Celebrates Round 1 Mini Grant Recipients

Congratulations to GENTS & GLAM, the Mayor's Youth Council and Temple of the Higher Calling!!

The Coalition for a Healthy Appling County is proud to recognize the recipients of Round 1 of our Mini Grants, made possible through funding from the CDC Foundation Georgia Overdose Prevention Partnership. These mini grants were awarded to local organizations that are leading innovative, community-driven efforts to increase awareness, strengthen prevention, and promote healthy choices throughout Appling County.

This first round of funding supports a variety of impactful projects. GENTS & GLAM is expanding its impact by becoming a training facilitator of Youth Mental Health First Aid (YMHFA), equipping the organization to train parents, educators, youth-serving professionals, and other caring adults to recognize the signs of mental health and substance use challenges in adolescents and connect youth with appropriate support. The Mayor's Youth Council is launching its youth-led "Pills Kill" campaign, which will educate peers about the dangers of counterfeit pills and prescription drug misuse through awareness materials, school outreach, and peer-to-peer prevention messaging. Temple of the Higher Calling will focus on building stronger partnerships between first responders and the community while creating opportunities to connect residents with resources and support.

We are grateful for these organizations' commitment to making Appling County a healthier, safer, and more resilient community. By investing in local partnerships and empowering community leaders, these projects will help strengthen overdose prevention efforts while promoting mental wellness and healthy decision-making across our county.

Share Health SOUTHEAST GEORGIA

CDC Foundation
Together our impact is greater

TEMPLE OF THE HIGHER CALLING

gents & glam

Does your organization have an idea that could make a difference? If you have a project that aligns with the goals of opioid misuse and overdose prevention, we'd love to hear from you. Please contact Livvy Davis at olivia.hiersdavis@sharehealthsega.org to learn more about future mini grant opportunities.

Coalition for a Healthy Appling County

Share Health

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