

TONJA MYLES

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SET FREE State & Community INITIATIVES

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COMMITTED TO CHANGE.

TONJA MYLES



At Set Free we are committed to promoting hope and healing for the betterment of communities. Over the past two years here are some of the things we've been able to do:

300+ Outreach & Virtual Events

65+ Community & Statewide Trainings

35+ School-based Presentations
(High School & College Campuses)

50+ Community Healing Circles

12
FAMILIES Burial Fund: For loved ones lost due to COVID-19, drug overdose, and gun violence.

100+ Speaking Engagements
Testified on Capitol Hill concerning 988 & Crisis in America.

Over the past 20 plus years we have experienced firsthand amazing life giving transformations. We have provided individuals with resources, witnessed lives being transformed, and families restored that will have a lasting impact on generations to come.

Best Regards,

Tonja Myles

Trauma Expert

Certified Peer Support Specialist

We are committed to transformative change in our communities for the better.

SETFREE

Healing Circles & Grassroots Initiatives

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OVERVIEW

RECOVERY-COMMUNITY-LED COALITION

Our Recovery-Community-Led Coalition (RCLC) advocates for those in Louisiana who suffer from addiction and substance use disorders. Our core focus is to bridge the gap between individuals seeking help, and organizations who provide resources, to help individuals receive the best possible outcomes on their road to recovery. RCLC is composed of groups and individuals who have lived experience with addiction, peer support specialists, those in recovery and their allies.

So many people feel helpless when they encounter someone with addictions and destructive behaviors. With non-fatal and fatal overdoses at an all time high in Louisiana, RCLC is designed to provide the community with resources to prevent drug overdose and connect individuals to treatment.

RCLC's mission is to mobilize activists and help coordinate and facilitate the efforts of people impacted by addiction, professionals who provide treatment, and Faith-based organizations in an effort to support those who suffer from addiction as well as those affected by it.

PEER SUPPORT

Set Free uses the following definition of peer support: peer support is the act of people who have had similar experiences with mental health challenges giving each other encouragement, hope, assistance, guidance, and understanding that aids in recovery. It can be done anytime or anywhere when two or more peers are in a mutual, supportive relationship.

Peer support services are programs, discussions, events, groups, etc. within the mental health system that are led by people in recovery and based on the philosophy of peer support. They typically take place within the structure of an agency or organization and are provided as a service by a trained peer specialist.

Peer Specialist is an individual who has: progressed in their recovery, taken training, and passed a certification knowledge assessment demonstrating that they have mastered a set of competencies related to peer support. Set Free has been trained in a number of skills and areas of knowledge in order to support the recovery of other individuals, including how to effectively share their lived experiences.

OVERVIEW

WHEN YOU ARE READY CAMPAIGN

When You Are Ready (“WYAR”) Campaign. WYAR is structured around the idea that a person often won’t seek change until the pain from not changing becomes too great. It is designed to meet those struggling with drug–use disorders right where they are, to provide them with compassion and understanding and connection to recovery. In partnership with Parish officials and the recovery community, WYAR began hosting “Sober Saturdays” in the latter part of the year. Volunteers and organizations at these events canvassed what data showed identified as overdose “hot spots.” The volunteers who canvassed were equipped with information and resources necessary to be useful when coming into contact with individuals who may need help but may or may not be ready for it. To date, volunteers have canvassed over 40 “hot spot” areas, distributed over a hundred life–saving Narcan Nasal Sprays, they left behind hundreds of push–cards, flyers and door hangers with vital contact information to several treatment centers as well as a phone number to call for a ride to treatment.

Sober Saturdays have opened the door for more collaboration and has helped lay the groundwork for the creation of a community–led coalition upon which viable and sustainable solutions can be built. For example, through the District Attorney’s innovative Opioid project and the Mayor’s HealthyBR initiative, a joint–task force, the East Baton Rouge Overdose Coalition (“EBROC”), was formed with the goal of leveraging resources across agencies and across sectors, in an effort to design, inform and implement sustainable and effective solutions.

For more information about the WYAR visit www.whenyouarereadybr.com.

FAITH-BASED READINESS AND TRAINING

Faith communities play a key role in identifying wrap–around resources and opportunities to discuss the importance of Substance Use Disorder issues. These communities can supply facts about the disease, the root causes of addiction, and can explain the role Faith–based and/or Spiritual organizations can play in supporting individuals and families. Most importantly, organizations can encourage individuals that there is hope, and to seek help. Building a partnership can help give individuals, who are seeking help, the best possible outcomes on their road to recovery. Within our [OBH Faith–Based Toolkit](#) and training program, we include strategies to grow partnerships with Faith–based organizations. We encourage implementation of safe spaces to share passions and find common ground. You will find effective tools and resources within the tool kit that can be used to help our communities.

Healing Circles & Grassroots Initiatives



Healing Circles <.....>

A Healing Circle is a safe space where a circle of peers gather to discuss topics, allowing peers to express their authentic voices. Imagine if you had a safe space every week to share yourself without fear of judgment; a circle of peers and adults where you felt seen, heard and accepted. How would your life be different? How would this change the world?

Healing Circles give participants an opportunity to strengthen their feelings of self-esteem, self-worth, authenticity, and resilience, and practice skills that contribute to making wise and healthy choices. Participants in the circles learn compassionate listening, non-violent communication practices to create sustainable and thriving relationships with self and others. Healing Circles fosters a deeper understanding of the values that unite us as a human community: a critical component for creating meaningful lives.

Our model has been awarded special recognition by universities, diversion programs, community organizations, health educators, The State of Louisiana Department of Health, East Baton Rouge Parish Mayor's Office, local law enforcement agencies and so many others.

All of our Healing circles are engaging, fun, and easy to process.

Here are few listed below:

- Yes, I am in my feelings, how to feel, deal and heal.
- Shake It Off! You are not who they say you are.
- Be true to you. How to love yourself from the inside out.
- Live, Give and Serve.
-

Here are a few stats and outcomes:

- 94% improvement in sustained attention
- 68% improvement in impulse control
- Athletes demonstrated improvement in the following factors: conflicts/pressure, fatigue, lack of energy, physical recovery, burnout/emotional exhaustion, fitness/injury/ fitness.
- 98% Overall mental and emotional wellness.

TOPICS DISCUSSED

- Anxiety (physical and mental)
- Uneven performance between practice and competitions
- Fear
- Difficulty dealing with pressure
- Difficulty overcoming mistakes
- Confidence
- Problems with self-talk
- Attention and focus deficits
- Recovering from an injury
- Optimal performance training for your mind and emotional health
- Self care
- Coping skills and techniques
- Suicide prevention
- Bullying prevention
- Healthy relationships/friendships
- Stress
- Depression
- Grief
- What is trauma
- How to have joy from within
- Self responsible
- Fall not fail

98%
Overall mental and emotional wellness.

SETFREE

Benefits of School Assemblies

Help students connect with each other.



Most schools have school assemblies and students dread going to them. However, there are many benefits to having school assemblies in many ways. A school assembly will help children at school learn and develop many skills that will help them in the future.

The Four Pillars ←.....

Unify Students, Develop Core Values, Learn Social Discipline & Build Confidence.

Unifying the Students

Schools do not often host school assemblies. This is especially true in middle schools and larger schools. However, when you host an assembly it brings students together and allows them to feel like they belong to something bigger than themselves.

Develops Core Values

If you are running an assembly, you want to make it informative. Children learn a lot from these assemblies and it helps them become influenced in a good way. Assemblies are a great space to teach and help children establish core values that will be apart of who they become.

Learn Social Discipline

When a large group of children are grouped in an area, it teaches them discipline and how to behave in a social environment. For example, during an assembly, kids are required to sit and listen. They are not supposed to talk to other peers. These are valuable skills that a child must learn for when they grow older. Social Discipline is an important value your children should have.

Building Confidence

A school assembly can help children be more confident in themselves. If they are required to speak, it encourages them to share their thoughts and ideas. This space is vital in helping those who need a little extra help to get going. Sharing ideas is a great opportunity for people to get involved and for everyone to have a say in what is going on. School assemblies provide many benefits to students, as stated above.

However, what really makes the difference is the speaker and group talking to the students. We have many successful presentations that positively impact students in all ages. "Yes, I am in my feelings" is a powerful presentation to leave students with the best messages and influencing students to be their best.





Funda**MENTALS**

A fun, entertaining and engaging one hour story time like group or class setting that talks to 2-6 years old about emotions, feelings and coping techniques.

Serve it Up

A monthly community outreach initiative that gives local students the opportunity to serve in outreach's thought out the City of Zachary.

Another approach to engage students in volunteer activities is for the school and an organization to partner in a common initiative. Community organizations that have an investment in fostering a service ethic among a new generation of citizens should be sought out by schools for a partnership.

Engaging students with underserved populations and diverse populations in a community usually builds bridges that link the students with individuals and initiatives with whom they might otherwise never have the opportunity to develop and nurture relationships of understanding and reciprocity. Experiences of this nature enable students to ascertain community assets and needs and gain perspective on how to cooperatively develop community-building initiatives. It can also help students understand issues of social injustice and move them toward moral deliberation and critical thinking.

Service-learning usually has a two-fold goal: (1) meeting community needs and providing meaningful learning experiences for the students; and (2) enlivening the public service mission of the institution while becoming engaged in the life of the local community.

Volunteerism does not necessarily produce the same outcomes as a service-learning component in the curriculum. When service learning is integrated into the curriculum, it is desired that students learn and develop through active participation in thoughtfully organized service in the community. This service meets the needs of the community, is coordinated with school and community activities while helping to foster civic responsibility. Service learning is integrated into the academic curriculum or educational components of community service programs, and provides structured time for students to reflect on the service experience.





SET FREE ADDICTION RECOVERY SERVICES

When You Are Ready **BR**

The Road To Recovery Can Start Here and Now.

WHENYOUAREREADYBR.COM

WE ARE COMMITTED TO REDUCING
OPIOID OVERDOSE AND DRUG ADDICTION IN THE COMMUNITY.

USE YOUR PHONE CAMERA TO
SCAN QR CODE TO LEARN MORE!



NEED HELP? ASK US HOW.

(225) 788-7788

***ADDICTION** IS GIVING UP EVERYTHING FOR ONE THING.
RECOVERY IS GIVING UP ONE THING FOR EVERYTHING.*

The Struggle is Real, but So is Recovery!

✉ help@whenyouarereadybr.com

Facebook Instagram [WhenYouAreReadyBR](#)



BACKGROUND

Since 2019, fatal and non-fatal overdoses continue to reach all-time-highs in East Baton Rouge Parish; a trend caused by Opioids. Per the latest data on overdoses, Fentanyl is the leading cause of death for Americans age 18-45 (FAF, 2021) and was involved in 88% of overdose deaths in East Baton Rouge during 2021. As 2022 is already on track to break the record for number of overdose deaths in the Parish, for the fourth consecutive year, the distribution and rapid deployment of Naloxone (Narcan), a proven method of preventing death from Opioid overdose, is more important than it's ever been.

NALOXONE

Naloxone nasal spray, known by its brand name "Narcan," can prevent death from Opioid overdose by reversing the life-threatening effects, when administered quickly and effectively. However, having immediate access to this life-saving medication is the first step. Increasing access and ensuring availability to Naloxone is a best-practice recommendation enumerated in nearly every Opioid Overdose Prevention toolkit. SAMHSA lists "ensuring ready access to Naloxone" as one of its five strategies to prevent overdose deaths (SAMHSA, Rev. 2018).

SCHOOLS (K-12)

According to the most recent Census data, nearly a quarter of the Louisiana's population is of school age (under 18); of which approximately 6% of those age 12-17 reported having used any illicit drug in the past month (NSDUH, 2021). As the presence of fentanyl increases in all forms of illicit drugs, so does the risk of unintentionally ingesting or unintentional exposure to the deadly substance. Thus, schools are among those institutions responsible for a large population of at-risk individuals; but not well-equipped to respond to such an emergency.

Principals are responsible for the safety of their students and staff. As such, it is incumbent upon them to maintain an effective school emergency and response plan. This plan should include a protocol for the administration of Naloxone to any student or staff experiencing a known or suspected Opioid overdose. Historically, the administration of medication on-site has been a role exclusive to school nurses. However, Naloxone nasal spray is safe, effective, easy to use and has no potential for abuse making it appropriate for anyone to administer in an effort to save a life.

PLAN OF ACTION

Set Free Addiction Recovery Services LLC. proposes to design, implement and monitor an overdose prevention program that will ensure immediate availability to Naloxone in schools within East Baton Rouge. This program will help schools address barriers to access, assist schools in acquiring Naloxone and will provide the necessary training(s), educational materials, resources, sample policies and protocol templates based on best-practices. The goal of the program will also be to help recognize the signs and symptoms of an overdose, to understand when and how to administer Naloxone to a victim experiencing symptoms, as well as how to effectively navigate the emergency in a way that not only saves a life in the moment, but that will create positive life-changing opportunities moving forward.

SOURCES:

<https://www.familiesagainstfentanyl.org/research/byage>
East Baton Rouge District Attorney's Crime Strategies Unit
<https://store.samhsa.gov/sites/default/files/d7/priv/sma18-4742.pdf>
<https://www.samhsa.gov/data/report/2019-2020-nsduh-state-prevalence-estimates>

Virtual Trainings Sessions




THE BRIDGE AGENCY, INC. PRESENTS

GAME OF LIFE:

LOCKER ROOM CONVERSATIONS




DATE: AUGUST 7TH
TIME: 6:30PM

COACHES CORNER:
TONJA MYLES & ROB ROBERTSON

Topic: Life Beyond the Score Board

 DOMONIQUE DAVIS	 CHRISTOPHER DAVENPORT	 JARRETT FOBBS	 KENNY HOUSTON
 MONTREAL MYLES	 CORTLAND BROWNFIELD	 JOSHUA DRAKE	 LANDIN SMITH

Watch via FB Live: <https://www.facebook.com/TheBRidgeAgencyINC>






TONJA MYLES PRESENTS

VIRTUAL EVENT

CALLING ALL COLLEGE STUDENTS

Cash prizes for the most authentic essay entries!




GOOD DAYS
 SONG BY: SZA

HOST:
 Tonja Myles, CPSS
 Trauma Expert & Moderator

ESSAY ENTRY TOPIC
REMOVING THE CHAINS OFF YOUR BRAIN
 For college students, the COVID-19 pandemic is compounding traumatic experiences for many reasons, including not experiencing the normal college life. We are seeing an increase of anxiety and depression due to isolation from college peers. We hope to help students move from the pain of the past and experience healing for the good days that are ahead.

MONDAY | MARCH 29TH | 7-8:30PM
GO TO LINK TO SUBMIT ESSAY ENTRY.
<https://www.jotform.com/Tonjamyles/SetFreeGoodDaysEssayEntry>
\$ TEN CASH APP GIVEAWAYS! \$100EA.
CASH PRIZES PROVIDED BY PRIVATE DONATIONS.

FEATURING EXPERT PANELISTS | ANNOUNCEMENT OF ESSAY WINNERS

TONJAMYLES.COM

Virtual Trainings Sessions

zoom LIVE

VIRTUAL SESSION | REGISTER VIA ZOOM

988: CRISIS RESPONSE TO CONNECTING CARE IN OUR COMMUNITY AND COUNTRY

HEAR FROM LOCAL LEADERS AND NATIONAL EXPERTS ON 988

APRIL 26 | 10-11:30A
CENTRAL STANDARD TIME

DR. COURTNEY M. PHELIPS
Secretary of the Louisiana Department of Health

DAVID COVINGTON
LPC, MBA
CEO of 81 International

STEPHANIE PASTERNAK
MPA
Director of State Affairs for the National Alliance on Mental Illness (NAMI)

CHARLOTTE CLABORNE
MBA
Executive Director of The Bridge Center for Hope

DR. BRIAN HEPBURN
Executive Director of The National Association of State Mental Health Program Directors

KAREN STUBBS
J.D.
Assistant Secretary of The Louisiana Office of Behavioral Health

**TONJA MYLES, CPSS
MODERATOR**

TONJA MYLES

MOVING AMERICA'S
SOUL
ON SUICIDE

EPISODE 3

Yes! I'M IN MY FEELINGS.
Navigating College through Covid

TONJAMYLES.COM

HOSTED BY:
Tonja Myles, CPSS
Trauma Expert & Moderator

MODERATED BY:
Micah Lee, BA
Southern University, Mass Communications, The Forward View Weekly Producer

Chad Morrison
CSJ Postural Systems, Pro-Lordosis
MS, Trauma & Resilience Coach

PANELISTS:

Dr. Marjorie Whitehead
Professor of Psychology, University of Louisiana at Monroe

Tammy Brown, MBA
Executive Director, 81 International

Justin B. Dixon, M.A.
Executive Director, 81 International

Chandler Kline
Executive Director, 81 International

Tiffany L. Freeman
Professor of Psychology, University of Louisiana at Monroe

Amelika Singh
Executive Director, 81 International

JOIN US ON ZOOM & FACEBOOK LIVE

WEDNESDAY
FEBRUARY 24
7PM-8:15PM
CST

TONJA MYLES AND JULIO MELARA PRESENTS

CONVERSATIONS IN COMMON

"HEALING THE HOUSE FIRST"

REGISTRATION LINK IN DESCRIPTION BOX

BusinessReport
JULIO MELARA
PRESIDENT & CEO
ENTREPRENEUR, PUBLISHER, NATIONAL SPEAKER
AND BEST-SELLING AUTHOR

TONJA MYLES
HOST | CERTIFIED PEER SPECIALIST
TRAUMA EXPERT

REGISTRATION LINK IN DESCRIPTION BOX

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