

# TOWN OF VERNON

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### MEDIA ADVISORY

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## Walk or Run for Recovery this Saturday at Rockville High School Track

### *'Become Part of the Solution' Works to Help People Struggling with Addiction*

**(VERNON, Connecticut)** – A local organization that works to assist people struggling with addiction is hosting a “Walk or Run for Recovery” Saturday, November 20<sup>th</sup>, 2021, at the track at Rockville High School.

Organizer Chris Luginbuhl said the event, which runs from 10 a.m. to noon, is intended to build awareness about people who are struggling with addiction, to offer a hand to those trying to change their lives and to raise money to assist people who are trying to recover.

“What we’re trying to do is get the general public to put a face on recovery,” Luginbuhl said. “We want people to know that they are not alone, that we care about them and can help if they want to get well.”

People can work or run, listen to music and speakers, or enjoy a healthy snack, Luginbuhl said.

“It’s important to let people who are struggling with substance abuse disorder know that there is a support system of people who care,” said Michelle Hill, Vernon’s Director of Youth Services. “It’s OK to come forward and ask for help. We all have people in our lives, in our families who are struggling, and sometimes it is difficult to talk about matters related to addiction. There’s nothing to be ashamed of. We also want to celebrate those who are in recovery.”

All of the money raised will go to “Become Part of the Solution,” an organization co-founded by Luginbuhl that assists people who are working hard to overcome their addiction. Become Part of the Solution gets referrals from churches, counselors and a network of others working to help people. It use the money to help people move forward in recovery by giving them a hand up.

It’s something Luginbuhl said he experienced when he was getting sober, and he wants to pass it on.

“One hundred percent of what we raise goes to help people when they come out of treatment,” Luginbuhl said. “If they don’t have the funds to get into a sober house, that’s where we might step in and help. We are there for people who are really trying. And we do it because people were there to help me.”

For more information about Become Part of the Solution, please visit: <http://www.bpsrockville.com/>

### **About the Town of Vernon**

The Town of Vernon is a celebrated place to live, work and visit. From its beautiful parks and lakes, to its vast trails and historic homes and buildings, Vernon is a resilient and thriving community that promotes the health and wellbeing of its residents and values the natural environment. With a resident population of approximately 30,000 and occupying 18.03 square miles, Vernon combines a balanced appreciation of history, and a strong economic base for growth, both residential and commercial. Located 15 minutes east of the Connecticut capital of Hartford, and 25 miles from the City of Springfield, Massachusetts, the Town of Vernon is strategically located in “New England's Knowledge Corridor” with close proximity to some of the top colleges and universities in the country.

Designated a certified Sustainable Community, the Town of Vernon offers a wide range of benefits and services to its residents. The Town of Vernon is a full-service municipality that practices a management philosophy of continuous quality improvement. To learn more about the Town of Vernon, please call (860) 870- 3670 or visit [www.vernon-ct.gov](http://www.vernon-ct.gov).

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