

From: Sue Polston <spolston@sunriseinasheville.org>
Sent: 10/1/2021 12:26:34 PM
To: eball@ashevillenc.gov
Cc:
Subject: Very limited access and capacity to check emails while away from the office. Re: Next week

I am out of town for Mobilze Recovery 2021 event and a few extra self care days off. I'll then be attending The People's Opioid Summit Oct 5-7th and will return "to the office" Monday Oct 11th. If you have an urgent need during this time, please feel free to reach out to Jacqui Derreberry 828-980-8677 jderreberry@sunriseinasheville.org

While I will be responding to emails as I am able, I plan to delete the vast majority of the emails received during my time away. It's not because you or your email isn't important to me -- it's for my own self-preservation and mental health balance. Through experience, I have found that the mental health and stress-relief benefits of taking a vacation are often obliterated when I return to the office and am faced with an overflowing email inbox on top of the work that is naturally waiting to be picked back up.

Thank you for your understanding!!

Recovery Community Center 828-552-3858

Blair H. Clark Respite and 24/7 Peer Support Warmline 828-280-2554

Jacqui Derreberry - Finance Director jderreberry@sunriseinasheville.org
828-980-8677

Justin Wright - Program Development, Technical Assistance & Faith Based Peer
jwright@sunriseinasheville.org
828-273-2820

Courtney (Mosley) Lytle - Operations Director cmosley@sunriseinasheville.org
828-279-1137

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*Sue Polston - **Executive Director*
CERTIFIED PEER SUPPORT SPECIALIST
*CCAR Recovery Coach **Academy** Trainer & **WRAP Facilitator *
Sunrise Community for Recovery & Wellness
mailing: PO BOX 845 Asheville, NC 28802

physical: 50 S. French Broad Ave. Asheville, NC 28801

office: 828.552.3858

cell: 828.205.1205

24/7 Peer Support Warmline 828.280.2554

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*WEBSITE *

(Due to my family/work balance you may receive emails from me outside of normal working hours - please do not feel obligated to respond outside of your own working pattern)