

**From:** Sue Polston <spolston@sunriseinasheville.org>  
**Sent:** 1/27/2022 4:35:00 PM  
**To:** eball@ashevillenc.gov  
**Cc:**  
**Subject:** Disconnecting & Self-Care Break Re: Invitation: CoC COVID call @ Thu Feb 10, 2022 4pm - 4:30pm (EST) (spolston@sunriseinasheville.org)

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I will be out of the office beginning 1/26 and return 2/1

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 Drop-In Center:  
828-552-3858

Blair H. Clark Respite Intake line: 828-279-2847

WNC Regional Listening Line (formally Sunrise's warmline):  
828-547-4547

Rachel Brock- Executive Assistant rbrock@sunriseinasheville.org 828-301-6546

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

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

For all RCC questions, applications & technical assistance contact:  
Justin Wright  
jwright@sunriseinasheville.org  
828-273-2820

Human Resource Coordinator- Alisa Carlisle  
acarlisle@sunriseinasheville.org 828-283-1953

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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)\*