



Kay Trager PHOTOS PROVIDED BY MARYANN KETCHAM



Josh Negron

New Horizons holds annual Race for Recovery

MaryAnn Ketcham

New Horizons of the Treasure Coast and Okeechobee

PORT ST. LUCIE – The road to recovery from substance abuse and mental health issues can often be a long, arduous journey, and treatment can be expensive.

New Horizons of the Treasure Coast, the largest mental health and substance use recovery provider in the region, offers compassionate treatment programs for children and adults. Those struggling financially or without insurance do not get turned away.

St. Lucie County fundraising events, such as the annual Race for Recovery recently held at the Indian River State College Pruitt Campus, help support the often life-saving programs offered by New Horizon's St. Lucie main campus in Fort Pierce.

This year's 5K Run/Walk and 1-Mile Walk, presented by Healthcite Pharmacy and sponsored by many others, saw its dedicated participants, like its clients, put one foot in front of the other, heading towards the finish line. Despite the darkness, the downpours, the wind, and other obstacles, they persevered.



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Volunteers from New Horizons, and a large assembly of students from Fort Pierce Central High School, made certain that participants received nourishment, thanks to Natalie's Orchid Island Juice and Panera Bread, and encouragement to stay the course and cross the finish line.

The family-friendly atmosphere also ensured a wide range of age groups that, included 90-year-old James Woolam. Overall, 27-year-old Josh Negron finished first among the males, with a time of 19:27 and 29-year-old Kay Trager finished first among females, with a time of 21:43.

All finishers received ribbons, with medals going to the top three in each age bracket, and first-place overall winners in several categories were awarded gift cards to Berry Fresh, Spiro's Taverna and First Watch.

Events such as these open discussions, and the door, to help reduce stigma associated with accessing mental health services.

New Horizons has outpatient offices in Fort Pierce, Stuart, Vero Beach and Okeechobee, and inpatient programs at the main campus in St. Lucie County. Established in 1958, New Horizons serves about 15,000 children (ages 4-17) and adults annually, and 23,000 students K-12 in district schools. For more information or if you need help, visit nhtcin-c.org or call 772-468-5600.



Tony Jannu, Angelica Chaparro and Bhavisha Patel PROVIDED BY MARYANN KETCHAM