

BC3 announces five upcoming Hope Nights

Events to feature skits, music, art and competitions

May 3, 2021



Ken Clowes, Community Initiatives Center assistant at Butler County Community College, is shown Monday, April 26, 2021, in BC3's office in downtown Butler with a Hope is Dope painting created by participants who attended a college Hope Night in May 2019. BC3 has announced five upcoming Hope Nights through September in downtown Butler.

(Butler, PA) Butler County Community College's theater group, and a percussionist who plays a washboard, spoons and cajon box will perform May 20 in the first of five free Hope Nights the college has planned to support an initiative in its 2017-2022 strategic plan.

BC3's Hope Nights are free, open to the public and will be held from 6 p.m. to 8 p.m.

The creation of Hope Nights followed the April 2018 debut of BC3's Hope is Dope: Reset Your Brain opioid addiction program. The program represents the realization of a goal in the college's strategic plan to improve the quality of life in its communities.

Steve Treu, a Cranberry Township licensed therapist who instructs BC3's Hope is Dope: Reset Your Brain program, will serve as speaker at Hope Night on May 20 at the Butler Art Center.

BC3's Pioneer Players will perform improvisational comedic skits that include audience participation.

BC3 provides opportunity to 'celebrate life'

Tony Frochio, known as Washboard Tony, said he will use metal thimbles and wooden and plastic buttons to scrape a washboard to accompany guitarist Rob Verone to songs such as "Lean on Me," "Knockin' on Heaven's Door" and "Happy Together."

Frochio said he will also accompany Verone by tapping two spoons together in one hand and banging on the front of a cajon box.

"We really want the community at large to know that the college is providing an opportunity for individuals to come together, celebrate life, have some fun and some food and enjoy one another," said Lisa Campbell, dean of BC3's Workforce Development division, which administers the college's downtown Community Initiatives Center and its opioid addiction programming.

Comedy and music May 20 will be followed by a Paint Your Soul and Ice Cream Social on June 24 at the Butler Art Center. Participants will receive supplies to create art and their own sundaes.

Summer Fun in Diamond Park on July 22 will feature food, a bracketed cornhole tournament and prizes.

A game of Life-Sized Angry Birds will be played Aug. 19 at Miller Shelter at Memorial Park, where food will also be available.

Hope Night on Sept. 23, during National Recovery Month, will feature Stories of Hope at the Butler Art Center. Music will be performed and food available.

"Hope Night can be considered by people in recovery as something that is fun to do," said Ken Clowes, BC3's Community Initiatives Center assistant. "Most activities related to recovery are focused on personal growth. That's super-important. But there's isn't too much as far as just getting together and having some fun. It's a big part of somebody's recovery journey to be able to enjoy themselves. And then as a bonus, it ties perfectly into Hope is Dope."

College's next Hope program set for June 7

BC3's Hope is Dope: Reset Your Brain community series has been held in Butler, Lawrence and Mercer counties, and in the Butler County Prison. The next series of free classes begins at 6 p.m. June 7 in the Butler Art Center. Community members, concerned family members of those struggling with addiction, those seeking recovery, or others who want to learn more are invited to attend.

BC3's Hope is Dope: Reset Your Brain community series promotes Treu's natural endorphin-producing ideas to confront opioid addiction, such as exercise, yoga, meditation, relaxation, improved nutrition, music and art groups, pet ownership and spiritual development.

"The BC3 opioid initiative is tied to Hope is Dope and the ideas within it," Clowes said. "These ideas can really empower folks to change their lives because it takes the complicated neuroscience of addiction and simplifies it with actionable steps towards recovery."

BC3 will follow all health and safety guidelines with its Hope Nights and with its Hope is Dope: Reset Your Brain community series.

Registration is preferred but not required for BC3's Hope is Dope: Reset Your Brain community series. Those interested in registering can do so at bc3.edu/reset.

The debut in August 2020 of BC3's 33-credit addiction recovery certificate program also represents the realization of a goal in the college's strategic plan to improve the quality of life in its communities. The program is expected to graduate its first students in August 2021.

For more information about Hope Night or Hope is Dope: Reset Your Brain community series, contact Clowes at 724-287-8711 Ext. 8172 or visit bc3.edu/reset.