

BC3 to kick off “HEAL: Hope is Dope” in Sharon

College’s classes on confronting opioid addiction expand to third county

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(Sharon, PA) Butler County Community College’s year-old series of free classes promoting natural endorphin-resurrecting ideas to confront opioid addiction have expanded to a fifth site and to a third county with the “HEAL: Hope is Dope” program set for the ROAR Center in late June.

A kickoff event is scheduled to be held at Penn State-Shenango’s Sharon Hall Auditorium from 7 p.m. to 8:30 p.m. June 11, a date that coincides with BC3 concluding its first series of “Hope is Dope” classes within the Butler County Prison.

Three “Healthy Endorphin-Awakened Lifestyle (HEAL): Hope is Dope” classes will be held at the ROAR Center, Suite F, 912 E. State St., Sharon, from 7 p.m. to 9 p.m. on June 25, July 2 and July 9.

The program at the ROAR Center is funded by an \$11,000 grant from the Buhl Regional Health Foundation, Sharpsville, and is for those identified as opioid users or who are in recovery from opioids, said Tracy Hack, BC3’s coordinator of community outreach initiatives.

Classes instructed by Steve Treu, an author and licensed therapist in Cranberry Township, Butler County, have also been held at the Butler Art Center, Butler; the Alliance for Nonprofit Resources, Butler; and at The Confluence, New Castle; and have drawn more than 210 participants since debuting in April 2018.

Treu, of Quantum Revolution, is the author of “Hope is Dope: Achieving Chemical Balance” and “New Eyes: A Unifying Vision of Science & Spirituality,” books that promote activities that may help to awaken the brain’s endorphin hibernation. Those activities, according to Treu, include exercise, yoga, meditation, relaxation, improved nutrition, music and art groups, pet ownership and spiritual development.

Treu will introduce visitors at Sharon Hall Auditorium to his approach at the kickoff event, which is open to the public, and will be followed by Hack.

“Steve will talk about his ‘Hope is Dope’ book and the concepts behind it,” Hack said, “and I will talk about the grant opportunity for people who would like to sign up.”

Registration is required for the ROAR Center classes. To register or for more information, contact Hack at 724-287-8711, Ext. 8172, or at tracy.hack@bc3.edu; or contact the ROAR Center at 724-308-6222.

“Hope is Dope” is part of BC3’s “Reset Your Brain: A Revolutionary Approach to Opioid Addiction & Recovery” program that represents an objective in the college’s 2017-2022 strategic plan by focusing on quality of life.