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By [David Granger](#)

Lighthouse in 40th year of helping men recover

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Teri Trammell, executive director of the Lighthouse of Tallapoosa County, a Franklin Street facility dedicated to helping men ages 21-plus conquer the demons of drug and alcohol abuse, considers herself fortunate her facility is located in a city like Alexander City.

“We appreciate the community,” said Trammell. “People have been so good to us here. A lot of businesses and individuals use our guys for jobs. We just have a good relationship with the community. But we make it clear to our guys, when they’re here, it’s about them. But should there be a problem, we move quickly to eliminate it.”

The relationship between the Lighthouse and the community goes back 40 years to the

facility’s founding in 1975. Trammell has been at the facility for 13 years and has served as its executive director for nine.

Though she says the level 3.1 facility is certified by the State Department of Mental Health/Substance Abuse Services Division for treatment of substance use disorders, she quickly adds that all the legalese basically equates to what most call a halfway house.

“Most often, the men we get have been through a higher intensity residential program,” Trammell said. “Then they come here, continue their treatment, but they’re able to spend a little more time in the community. They can get a job or do odd jobs.. They also work on their personal recovery through group meetings or activities at The Lighthouse, Alcoholics Anonymous, Narcotics Anonymous and/or Celebrate Recovery.”

Trammell said the men’s time at the Lighthouse also provides them the opportunity to address any legal issues they might have or work on relationships that may have been damaged due to their drug or alcohol

abuse.

“They also have the opportunity to participate in Living Well Alabama, a wellness program we make available to them through the SAFE (Sylacauga Alliance for Family Enhancement) program,” Trammell said. “And USAmeriBank is nice enough to provide us classes related to different aspects of and issues related to finances.”

Trammell said the Lighthouse is equipped with 15 beds. Two affiliated ¾ houses, located on either side of the Lighthouse, are equipped with five and seven each. The residents of the smaller houses have just a few more freedoms than those in the main Lighthouse facility, Trammell said.

While Trammell says she can count many success stories among the men who have come through the Lighthouse in the 13 years she’s been there, there is one that stands out.

“We offer GED courses here,” Trammell said. “They meet three hours each Wednesday night. We had one man come through her that he got his GED, then he got his associate’s degree from CACC (Alexander City’s Central Alabama Community College) and he followed that up by getting his bachelor’s degree at Jacksonville State University.

“Anytime that someone succeeds in our program it’s really wonderful. But to see someone who came to us without a high school diploma do that was especially satisfying.”

The Lake Martin Area United Way needs your support to reach its campaign goal and help the 26 agencies it supports, including the Lighthouse of Tallapoosa County. You can send your donation to Lake Martin Area United Way, P.O. Box 876, Alexander City, AL 35011 or give at their office at 17-B Main Street in Alexander City. For more information, contact them at 256-329-3600.

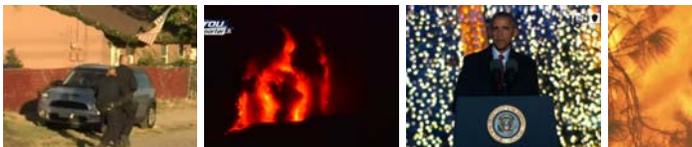
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