



# Pine Grove

## Alumni Program

Forrest Health®

Quarterly Newsletter

2024

### EMPLOYEE SPOTLIGHT

#### Erica S. Powell, LPC

Licensed Clinical Therapist, Pine Grove's Women's Center  
Pine Grove Behavioral Health & Addiction Services



Erica Powell was born in Opelika, Alabama to the late Master Sergeant Eugene S. Freeman and the late Arletha D. Freeman. She and her family moved to Hattiesburg when she was four years old, shortly after her father died. Erica attended school in North Forrest County, Mississippi, from kindergarten through her high school graduation.

She attended The University of South Alabama in Mobile, AL., training to become a first responder. Erica then worked as an EMT for two and a half years. She returned to Hattiesburg, MS., and worked for Murray Envelope / Mail Well Company for seven years, transferring to Jacksonville, Florida, for two years before returning to Hattiesburg. At that time, she enrolled at William Carey University in Hattiesburg, where she completed her Bachelor and Master degrees in Counseling Psychology. Erica worked for three years with Pine Belt Mental Healthcare, providing case management services for children with intellectual and developmental disabilities. Afterwards, she worked for the Shafer Center for Crisis Intervention in Hattiesburg for five years, providing trauma-focused therapy services to survivors of sexual assault. Erica remains active in the Hattiesburg recovery community, and she continues to volunteer with the local crisis intervention line. She currently provides individual and group therapy with a focus on substance abuse recovery and trauma resolution at Pine Grove's Women Center.

**WHAT WAS THE BRIGHTEST MOMENT IN YOUR CAREER?** I would have to say it was when I interned at ARC, (Association for the Rights of Citizens) and worked as a case manager with children diagnosed with intellectual and developmental disabilities – I LOVED seeing the children make progress.

**WHAT ADVICE WOULD YOU GIVE A GRADUATING STUDENT WHO WANTS TO WORK IN BEHAVIORAL HEALTH CARE & ADDICTION TREATMENT?** Remain teachable, keep an open mind and stay 'prayed up.'

#### TELL ME ABOUT YOUR GREATEST MENTORS.

My mother and sister will always be my first mentors, they NEVER GAVE UP ON ME! My mother's prayer life showed me hope and grace. I will always remember her saying, 'This too shall pass'. My sister always showed me love until I learned to love myself. Next, I would say Bill and Connie Painter at The Waterfront Rescue Mission Women's Center. They helped me to understand a Higher Power, and taught me how to live a life in recovery with the God of my understanding. Also, my NA sponsors in recovery are tremendous mentors to this day.

#### WHAT HAS BEEN THE GREATEST TRIAL IN YOUR LIFE?

Single parenting while dealing with and working through my own trauma.

#### WHAT DO YOU DO FOR FUN?

Attending recovery events and taking day trips with my kids.

#### WHAT BRINGS YOU THE GREATEST JOY?

Helping others because someone took the time to help me.

#### WHAT IS YOUR FAVORITE BOOK?

Purpose Driven Life by Rick Warren.

#### WHAT IS YOUR FAVORITE MOVIE?

I love watching the Law and Order SVU series."

There you have it! Meet your 'Spotlighted Co-Worker, Erica Powell!' I forgot to mention just how much fun Erica is. I enjoy seeing her when I am at the Women's Center, I even find myself looking for her just to say hello. I hope you will seek her out to speak as well.

Interviewed by: Eileene McRae, Alumni Coordinator  
Pine Grove Behavioral Health & Addiction Services

If you hear that someone is speaking ill of you, instead of trying to defend yourself you should say: "He obviously does not know me very well, since there are so many other faults he could have mentioned.

– EPICTETUS  
*Philosopher*

Never confuse movement with action.  
– Ernest Hemingway  
*Writer*

For those who are willing to make an effort, great miracles and wonderful treasures are in store.  
– Issac Bashevis Singer  
*Writer*



Save the Date

Days of Hope

December 6, 2024



# NATIONAL RECOVERY MONTH 2024

*“Every Person,  
Every Family, Every Community”*



Written By: Eileene McRae, *Business Development & Alumni Coordinator* and  
Erin E. Konves, *MS, P-LPC, Business Development & Alumni Coordinator*

September brings with it many fun activities. The weather begins to get cooler, people wait in line at their local Starbucks for pumpkin spice lattes, and of course, the festive decorations. In addition, people and institutions are promoting and supporting National Recovery Month, which began in 1989 with a threefold purpose:

- To increase awareness of treatment and recovery practices
- To acknowledge recovery communities
- To honor the dedication of service providers

The designated color for National Recovery Month is purple. People in communities often express their grief of overdose by flying a purple flag. Overdose Awareness Day, August 31, kicks off September's Recovery Month. In addition to flying a flag supporting overdose awareness, people will wear purple ribbons or t-shirts and post their pictures on social media.

The Substance Abuse and Mental Health Services Administration (SAMHSA) chooses a theme each year for National Recovery Month. The 2024 theme is **The Art of Recovery**. In May of this year, the Office of Recovery requested a call for art submissions from any person or family who has experienced or lived with addiction or alcoholism. The Gallery of Hope is available online through September 30, 2024 by visiting, <https://www.samhsa.gov/recovery-month/gallery-of-hope-2024>. This experience inspires individuals to showcase their artistic self-expression to promote connection, healing, and freedom.

At Pine Grove Behavioral Health & Addiction Services, we appreciate the attention focused on addiction and mental health recovery. Our treatment team consists of staff in long-term recovery who share their experiences, strength, and hope with Pine Grove's patients. The patients value hearing recovery solutions from these employees. It offers inspiration and acknowledges that **RECOVERY WORKS!**

There have been countless times in which we have heard, “Why can't *John Doe* just quit?” Moreover, “*Jane Doe* has so much potential; I wonder why she is acting this way?” It is extremely important for the public to be educated about addiction and alcoholism. Many people still do not understand that addiction and alcoholism is **NOT** a moral issue, but rather a biochemical, biogenetic, brain illness as declared, in 1956, by the American Medical Association (AMA). To put it simply, *John* and *Jane Doe* **CANNOT** just quit.

Recovery is for everyone; remember addiction and alcoholism affect entire communities. There are several ways that we can serve our areas. To reduce stigma and offer hope, using social media platforms to share one's recovery story, is encouraged. Below are a few additional means to support Recovery Month:

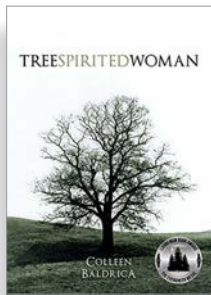
- Encourage a friend or family member
- Volunteer at a local sober awareness event
- Educate yourself about the disease of addiction
- Donate to reputable addiction awareness and treatment organizations
- Promote awareness of treatment resources
- Attend an open recovery meeting

In conclusion, we hope this article has helped you understand more about National Recovery Month, and most importantly about recovery. Therefore, as the weather begins to change and you drink a pumpkin spice latte, we encourage you to offer support to your community during NATIONAL RECOVERY MONTH.

## Reading & Recovery

# Tree Spirited Woman

A Multi-National Award Winner • Author: Colleen Baldrica



Written by: Eileene McRae

Alumni Coordinator, Pine Grove Behavioral Health & Addiction Services

"I love this book. I love the simplicity. I love the characters. You made me think and reflect. You made me laugh and cry. We know first-hand how challenging it can be to create a small masterpiece. You did so with this book."  
- Shelia Waldman, TRISTAN Publishing

"Colleen Baldrica has provided readers with an intensely beautiful story of a guiding friendship between a young woman and a wise and mystical woman. The story delivers a universal message about trusting in love, valuing personal relationships, letting go and living life to its fullest. TREE SPIRITED WOMAN is The Perfect Gift."  
- FIVE STARS Midwest Book Review

I accidentally ran across this book as I was researching books to share with The Women's Center. I must confess I am an old hippie and "tree-saver", so the title caught my attention immediately.

Colleen Baldrica offers this book to her audience in a very simple, straightforward way that actually pulls the reader in from the very beginning—I love books that do that! At the introduction of the book, a young, divorced, single mother encounters a wise, elderly woman as she was walking near the wood's edge. As the story unfolds, the two women develop a rather spiritual relationship.

This enriching story promises to be heartfelt, as you learn life's lessons, shared from the wisdom of Tree Spirited Woman. You can read this book repeatedly. I think I have read it several times myself.

I have given this book to every young woman I know. I have a friend who lives in Washington State, she has four daughters, and she gave each of them a copy for Christmas last year.

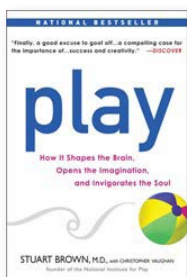
I know you will love this book!! Try it and let me know what you think.

## Another Fun Days Of Hope!

Thank you to all who participated in Pine Grove's September Days of Hope, it was another fun filled day. A huge shout out to all who worked behind the scenes to pull this event together, we appreciate you. The presentation by Candice Dorman, MS, P-LPC, **Increasing Interpersonal Effectiveness**, was informative, and patients and alumni had a wonderful day sharing their recovery experiences. We are looking forward to the holiday Days of Hope on December 6, 2024. We hope all will arrange to attend.

Written By Alumni Coordinators, Eileene McRae, and Erin E. Konves, MS, P-LPC

## New Book Study



Join us for a virtual book study every Monday at 7 pm CST. Patients, who have completed a Pine Grove residential or IOP program, and are members of the Alumni Association, are eligible to participate. Each week, alumni members and coordinators will discuss chapters from a recovery / educational / self-help / spirituality related book.

The purpose of this meeting is to provide an increased understanding and further personal development in these areas. Benefits of this book study are endless. However, we hope Pine Grove's alumni will gain a better sense of their emotional sobriety, while continuing to engage with fellow peers.

Please join us for fun and fellowship. We are excited! The next book we will be exploring is titled, **Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul**, by Stuart Brown, MD., with Christopher Vaughan.

Zoom Information below:

<https://forresthealth.zoom.us/j/84492702674>

Meeting ID: 844 9270 2674

Passcode: 000382



## Intensive Workshops



Pine Grove

Intensive Workshops

Forrest Health®

Call 1-888-574-HOPE or visit

<https://www.pinegrovetreatment.com/emotional-healing-workshops-spiritual-retreats/>

for information. Please note schedule is subject to change based on registration.

## Alumni Aftercare Meeting

This is a virtual meeting that occurs each Thursday at 12 PM (CST). Former Pine Grove patients, who have completed a residential or IOP program, and are members of the Alumni Program, are eligible to participate. The purpose of this weekly meeting is to stay connected to staff and to peers, as well as receive support and guidance. The group discusses recovery topics and some of these include sponsorship, forgiveness, self-acceptance, resentments, fear, spirituality, expectations, and ego reduction. Benefits of this meeting are learning to be accountable, to communicate, to listen, and to be open minded in recovery.

### Zoom information

Meeting ID: 844 9270 2674

Passcode: 000382

One tap mobile

+16468769923, 84492702674# US (NEW YORK)

+16469313860, 84492702674# US



# MILESTONES

### July

Lundy R. 2 years  
Michael F. 2 years

### August

Theresa B. 11 years

### September

Marcy C. 8 months  
Jim H. 3 years  
Chuck T. 3 years  
John G. 22 years  
Kyle R. 6 months

If you have a milestone in **October, November, or December** please email your name and date to [alumni@pinegrovetreatment.com](mailto:alumni@pinegrovetreatment.com)

## Connect with Us

1-888-574-HOPE

[www.pinegrovetreatment.com](http://www.pinegrovetreatment.com)

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