



Pine Grove

Alumni Program

Forrest Health®

Spring Issue
2021

EMPLOYEE SPOTLIGHT

SHEILA REAGAN, LPN

*Nurse for Next Step and Gratitude Programs
Pine Grove Behavioral Health & Addiction Services*



It occurred to me this week when I interviewed Sheila Reagan, a Pine Grove nurse at Next Step and Gratitude, that there really are no strangers amongst my colleagues, just friends I haven't met yet! Sheila was absolutely delightful, and I enjoyed my lunch with her as well as getting to know her. One of my sons recently told me that a college writing professor of his once told him that everybody has a story—just ask questions and enjoy the answers. I am learning just how very true that is.

Sheila moved to Mississippi from Covington, Louisiana, after high school graduation in 1977. She told me that her family moved to Ten Mile Creek, "out in the country", in Foxworth, Mississippi. Sheila and her husband have been married for 41 years and they have a daughter, a son and three grandchildren.

She completed her LPN coursework at Pearl River Community College in 2000. In 2007, she completed her Addiction Counselor Training Core Course through the Mississippi Association of Addiction Professionals (MAAP). Sheila had several jobs before landing at Pine Grove Behavioral Health in 2004. To our good fortune, she has been here with us for the last 17 years.

TELL ME ABOUT A BRIGHT MOMENT FOR YOU IN YOUR CAREER.

Sheila shared with me that she believes all our patients arrive full of fear and hurt. She further stated that the brightest moments in her career are when she stops what she is doing and really listens to them. She smiled so very BIG when she said that a number of patients have sent her cards after they complete treatment, telling how much her listening to them meant to their recovery.

WHAT ADVICE WOULD YOU GIVE A YOUNG GRADUATE ASPIRING TO WORK IN THE FIELD OF MENTAL HEALTH AND ADDICTION?

Give one hundred percent in everything you do. Always smile and have a kind word—your patients need to be treated with kindness. Be prepared to listen with your heart and soul—bring all your compassion with you to every shift you work. These patients need us. Lastly, leave your own "stuff" at home—when at work, you belong to your patients. Sheila told me that she never thought she would work in this field, but she knows now that God had a different plan. "It has been the best plan of all."

TELL ME ABOUT YOUR GREATEST MENTORS.

In the mentor category, Sheila began talking about her family. She told me that she was the first born of four children, and that her parents and her grandparents taught all of them Christian values and to always be a hard worker. Sheila's maternal grandfather was in World War II and at the Battle of the Bulge—he received the Purple Heart for his service. Her paternal grandfather was also drafted during World War II but received a medical discharge. That grandfather was a Gideon and traveled speaking at different churches. Sheila said that he was always so kind and so very willing to help those in need. She knows that her patriotism comes from these two influential men in her life.

I had such fun hearing about the STRONG WOMEN in Sheila's life. Interesting about these women—her mother went to nursing school at age 38 with

Flowers don't worry about how they are going to bloom.

They just open up and turn toward the light and that makes them beautiful.
– Jim Carrey

A little flower that blooms in May
A lovely sunset at the end of a day
Someone helping a stranger along the way
That's HEAVEN to me."

– Sam Cooke

The earth laughs in flowers.
– Ralph Waldo Emerson

four children at home—she is now 81. Shelia’s grandmother went to college when she was 50 years old and received a degree in business—she is now 96 years old. Sheila also has a sister who is a travel nurse. And last, but not least, Sheila went to nursing school when she was 40 years old—we won’t share how old she is now. A great story about these strong women in Sheila’s family—her maternal grandfather worked out of town as a logger, but then was home for a few days before going back out. He returned home one time and stopped at his brother’s store in town and asked if he would give him a ride home out in “the country”—his brother told him he could walk, that it was just a few blocks from the store. His wife had moved while he was at work so she didn’t have so far to go when she had to walk to meet her destinations. **STRONG WOMEN**, I think so--more about this later.

TELL ME SOMETHING ABOUT YOURSELF THAT MOST PEOPLE DO NOT KNOW.

There were several things Sheila shared about herself that most people do not know. She played a clarinet when she was in the fifth and sixth grades. She also saw Elvis Presley twice in concert, 1975 and then again in 1977, just a month before he died. She is afraid of heights and small elevators, “I will walk up ten flights of stairs before getting into a little elevator.” Sheila used to love to ride a motorcycle

and swim in the creek. When she was in kindergarten, she dressed as a nurse for career dress-up day—“I think I was destined to become a nurse.”

WHAT HAS BEEN THE GREATEST TRIAL IN YOUR LIFE?

Sheila stated that she had a strong lack of self-confidence. AND then she came to Pine Grove and met two of her greatest mentors, Virginia Jones and Shirley Duckworth. Sheila praised them to the moon and back for helping and supporting her recover from that lack of self-confidence. **AND LOOK AT OUR SHELIA NOW—YOU GO GIRL!!!**

Sheila mentioned so many of her colleagues and how much she admired and enjoyed working with them—William Turner, PMHNP-BC, all of the medical FNPs, Dr. Kamp, Dr. Burgess, Dr. Richardson, Dr. Miller, and the late Dr. William Turner. She wanted to thank all of the staff at Pine Grove Behavioral Health—“ultimately, I have been surrounded by kindness EVERYWHERE in my life, at home and at work—haven’t I been blessed?” I would have to say that we have been blessed to have Sheila on our team. Thank you, Sheila, for sharing who you are with us.

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



Spring Has Arrived

Spring is here and we, once again, have an opportunity at a new beginning. This is a time to reflect and look at what comes next in our program to catapult us to “spring forward”.

It has been a year since the COVID-19 outbreak and we have fortunately just started to see a dim light at the end of the tunnel. What does this time in COVID-19 recovery mean to us, the Pine Grove Alumni Association?

Although virtual connections have been wonderful, we think we would all agree that it’s just not the same as person-to-person gatherings. We are beginning to slightly open up in at least a hybrid connection at Pine Grove Behavioral Health.

The thing we are most excited about is the “go ahead” for our Alumni Reunion to be face to face, June 11 - 13th this year. Exciting things are being planned for this in person event.

The following hotels have offered Pine Grove guests a discount on room rates when making reservations.

- Baymont Inn & Suites
123 Plaza Drive, Hattiesburg, MS
601-264-8380
- Candlewood Suites of Hattiesburg
9 Gateway Drive, Hattiesburg, MS
601-264-9666
- Courtyard by Marriott
119 Grand Drive, Hattiesburg, MS
601-268-3050
- Fairfield Inn & Suites
173 Thornhill Drive, Hattiesburg, MS
601-296-7777
- Hotel Indigo Hattiesburg
103 South 30th Ave, Hattiesburg, MS
601-264-7709 Corporate ID #786901163
Please note when calling and making reservations online
- Hampton Inn of Hattiesburg
120 Plaza Drive, Hattiesburg, MS
601-264-8080
- Home 2 Suites by Hilton
116 Plaza Drive, Hattiesburg, MS
601-261-3800
- Microtel Inn & Suites
105 Westover Drive, Hattiesburg, MS
601-450-1592
- Residence Inn by Marriott
116 Grand Drive, Hattiesburg, MS
601-264-9202

Reading And Recovery:

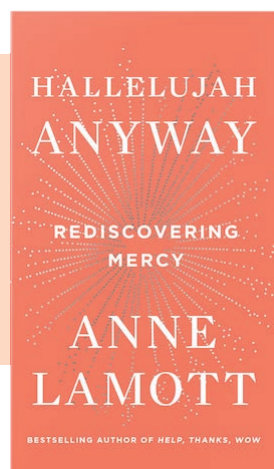


Written by: Eileene McRae

Alumna Coordinator, Pine Grove Behavioral Health & Addiction Services

Hallelujah Anyway Rediscovering Mercy

Author: Anne Lamott



Webster defines mercy as compassion, kindness, or forgiveness shown toward someone whom it is within one's power to punish.

The definition of mercy according to author, Anne Lamott, is: "Mercy is radical kindness."

QUOTE FROM: Anne Lamott

"Those of us who have gotten sober all began as the man in the ditch, shown mercy and welcome by strange people with bolo ties or neck tattoos. They taught us that extending ourselves to others would help us stay sober and sane. But they also wanted us to extend ourselves to our own horrible selves, at our most ruined, to speak gently to ourselves, get ourselves a lovely cup of tea. It was and is the hardest work ever."

QUOTE FROM: Rainer Wilke

"I want to unfold. I don't want to stay folded anywhere, because where I am folded, there I am a lie."

Anne Lamott believes that we get folded by our people pleasing and by trying to ALWAYS be productive. We learned by observing the reactions of our grown-ups that this would bring us approval and satisfaction—ultimately they would like us more. However, as she also states, "Even a lot of caffeine and cheery new curtains don't help."

Service at Work

The legacies of 12-Step Programs are recovery, unity, and service. Pine Grove Behavioral Health was so honored to give our Next Step patients an opportunity to practice their recovery, relative to the legacy of service, by working together to provide assistance to the Longleaf Trace Denbury Beaver Pond project. The deck will now be available to the patients who worked on this project and to those who follow them. Our patients have enjoyed bike rides on the Longleaf Bicycle Trails for a long time, compliments of Mr. James Moore of Moore's Bicycle Shop in Hattiesburg – Mr. Moore has volunteered at Pine Grove for many years.

We thought you might enjoy this letter of appreciation from the Longleaf Trace Executive Director, Mary Scruggs, and the Longleaf Trace Board of Directors.

Let's face it life is hard—no way around it. Nobody ever promised that it would be otherwise. However, some of us are more resourceful than others when it comes to dealing with it. One of my favorite quotes comes from Frederick Buchner who said, "The job of the teacher is to teach gently the inevitability of pain." Most of us are fortunate to have several close friends, teachers, siblings or colleagues who help us navigate life when it gets hard. That's one good thing about life; even when it is difficult we don't have to do it on our own, nor could we. Anne Lamott stands firmly on her belief that these connections with others are essential—"Kindness towards others, beginning with myself, brings us a shot at a warm and generous heart, the greatest prize of all."

With this author's humor, insight, honesty and personal reflections, *Hallelujah Anyway* is a true guide to mercy, which comes straight from our hearts. We need to give mercy, AND receive it, to enjoy a more meaningful, authentic life. I give this book a two thumbs up—get yourself a copy and ENJOY!!

Pine Grove's Books and Gifts is located at 218 South 28th Avenue, Hattiesburg, Mississippi 39401. Call Bookstore Manager, Grace Blackshear at 601-288-4942.



February 25, 2021

Next Step

Dear Men of the Next Step Program of Pine Grove,

I would like to thank you personally and on behalf of the Board of Directors of the Longleaf Trace for all the hard work that your group has put into completing the restoration of the Denbury Beaver Pond deck. The deck will be enjoyed by so many users and a focal point on the trace for many years to come.

We are grateful to have you and your group volunteer your time and hard work, as this could not have been possible without people like you!

Sincerely,

Mary Scruggs
Executive Director
Longleaf Trace



MILESTONES

MARCH 2021

Jessica D.	8 months
Rebecca H.	9 months
Kim D.	6 months
Dawn F.	4 years

MAY 2021

Fred R.	20 years
Cody C.	1 year
Frank B.	14 years

APRIL 2021

Maura M.	3 years
Donna J.	5 years
Danny M.	5 years
Brittany W	1 year

If your sobriety/abstinence date is in **June, July, and August** please email your name and date to alumni@pinegrovetreatment.com

Write on Our Wall

Join us on Facebook and post your message of hope, get some encouragement and get connected!

Email alumni@pinegrovetreatment.com for access to our private group.

1-888-574-HOPE

www.pinegrovetreatment.com

FOLLOW US



Intensive Workshops

Call 1-888-574-HOPE or visit www.pinegrovetreatment.com/self-improvement-workshops.com for information. Please note schedule is subject to change based on registration.



Pine Grove

Intensive Workshops

Forrest Health®

Gratitude – COSA

(All Gratitude/GP Spouses and Family Welcome)

Wednesday – 8:00 p.m. CST
Conference Call-In #: 319-527-3510
Access Code: 715268

Questions? Please contact
Beth A. at 256-566-8554.

This meeting is chaired by a family alumnus and is not associated with Pine Grove/ForrestHealth.

