



Pine Grove

Alumni Program

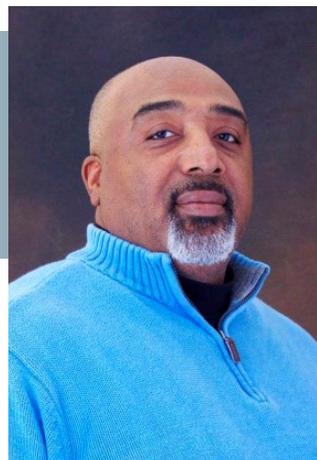
Forrest Health®

December Issue
2021

EMPLOYEE SPOTLIGHT

Roland M. Johnson, BS

*Outreach Coordinator, REACH Program
Pine Grove Behavioral Health & Addiction Services*



Did you know that there is a celebrity among us? Well, there is and I, in fact, had lunch with him this week. The members of our work family never stop showing me just how awesome they really are – more about our celebrity later.

Our colleague, Roland Johnson, has been part of Pine Grove’s team since 1993, providing REACH (Realistic Experiences and Challenging Horizons) programs for our therapeutic milieu for 28 years! During his work with our patient population, he encourages and supports participants to push themselves beyond their personal comfort levels. By doing this, they enhance their self-confidence, communication skills and self-esteem—REACH work also increases teamwork and trust building skills.

After graduating from the University of Southern Mississippi with a Bachelor of Science degree in Coaching and Sports Administration, Roland completed certifications from both Adventures in Reality and from Project Adventure, qualifying him as a ropes course facilitator as well, as a trainer.

Johnson is a “local”, born February 18, 1968, right here in Hattiesburg. His parents are Marcie and Ruby Lee Johnson. Roland is the middle child of five children.

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

I had a group of special needs children from the Hattiesburg area on the course one day. I had to have a lot of extra staff to assist me, just because of the situation. I remember finishing the day and being on such a profound “high” from the joy of having worked with those kids—that satisfaction lasted for days.

Another bright moment for Roland was in 2012 when he was given the We Care Award. What made that

award so special was that the patients he was working with at that time voted on him unanimously for that recognition.

The category for that We Care Award was “To Take Action”, and that is exactly what Roland does—he encourages his patients to take positive action in their lives and in their recovery.

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

I would tell them to always be real, or truthful about how you are planning to help your patients get better. I would also tell them to never go into a session alone—I always take the power greater than myself, or the God of my understanding with me.

TELL ME ABOUT YOUR GREATEST MENTORS.

This one is real easy for me—there were three, all old colleagues here at Pine Grove:

Jim Johnson taught me to always put the challenge before the patient and then let them go through it. If they get stuck and ask for help, only help them enough to get them going again.

Patti Bush taught me how she could love our patients and still hold them accountable.

Greg Phillips taught me how to be courageous when I was first starting out. He would hang right with me and encourage me along the way.

I am so grateful for these people having been in my life.

May you never be too grown-up to search the skies on Christmas Eve.
– Unknown

Christmas is a season, not only of rejoicing, but of reflection.
– Winston Churchill

May the most you wish for this Christmas, be the least you get
– Irish Blessing



Mark Your Calendars

- Days of Hope
- March 18, 2022
- June 24 – 26, 2022 (Reunion)
- September 9, 2022
- December 2, 2022

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

There are several things—as a teenager, I loved to sing church music. I was a member of the quartet group, the Masonic Travelers. I practiced with them but was unable to travel due to the time conflict with football. I had to choose, and I chose football.

That proved to be the right choice for Roland, because his athletic ability got him a football scholarship at USM. WAY TO GO ROLAND!!

And now, this brings me to the tongue-in-cheek celebrity comment at the beginning of this article. Brett Favre mentioned Roland, by name, in his book, *Gunslinger!* READ ALL ABOUT IT!! Roland is much too humble to even be called a celebrity, but I think I would have to agree with Mr. Favre.

WHAT HAS BEEN THE GREATEST TRIAL IN YOUR LIFE?

It would, of course, have to be being a single dad. Raising kids without my beloved wife—continuing with what we were as a team. Our plans were to grow old together. Another tremendous trial for me has been losing two brothers to the disease of addiction.”

So there you have it, my friends, my colleagues, my work family. We, as a family are a powerhouse! We are here for each other and we care for each other. I don't know about you, but I would continue to choose Roland Johnson to be in my family EVERY SINGLE TIME. When you see Roland, shake his hand or give him a hug and thank him for just being his kind, benevolent, vulnerable self.

Interviewed by: Eileene McRae

Alumni Coordinator

Pine Grove Behavioral Health & Addiction Services

Reading And Recovery:

The Boy, the Mole, the Fox and the Horse

Author: Charlie Mackesy

Written by: Eileene McRae

Alumni Coordinator, Pine Grove Behavioral Health & Addiction Services

About Charlie Mackesy:

Charlie's book, *The Boy, the Mole, the Fox and the Horse*, has captured people's hearts and become a best seller, while his words and charming illustrations, which explore fear, loneliness, and vulnerability, have brought comfort to people the world over.

(Charlie Mackesy's webpage)

Quotes:

“A wonderful work of art and a wonderful window into the human heart.” -Richard Curtis

“Love, friendship and kindness—this book speaks a universal language.” -Bear Grylls

“The world that I long to inhabit is the one that Charlie Mackesy has created—a world of infinite kindness, wisdom, mutual care and tenderness, and true love between real friends. My prayer/hope is that our world will become more like this one.” -Elizabeth Gilbert

Have you ever read a book that so sweetly breathed hope and love into your heart that you wanted everyone you knew to have a copy of it? Well, this is that book! And, the good news is that this book was written for the child in all of us, whether we are eight or eighty.

Charlie Mackesy was born and raised in Northumberland, the northern most region of the United Kingdom. He now resides in London. Much of his childhood was spent with animals—he

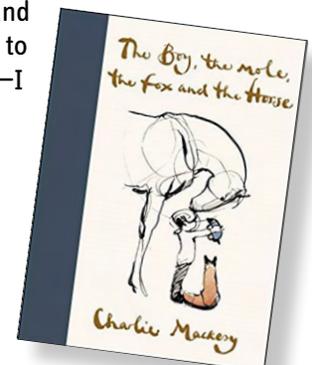
enjoyed watching badgers and foxes.

He started to sketch moles at an early age because he found them to be comical, and then his art progressed to his including foxes and horses. He grew up, a lonely boy, in the “country”, and felt that he was much like he viewed the fox, fearful, withdrawn, and not very trusting. The wisdom he drew from his early years watching the animals near his home is offered in this text—it is absolutely therapeutic! Every home should have a copy of this book, AND IT SHOULD BE READ OFTEN!!

I read this book in a very brief time span; however, I kept flipping the pages back to re-read some very beautiful, simple bits of advice in previous pages. Each time I did that, I could feel my face gently smiling in concurrence, and in acceptance.

In this fast, whirling, chaotic world in which we live today, this book is a MUST! It will smooth your feathers, calm your frazzled nerves, expand your spirit, and increase your capacity to love. This read is a great holiday gift—I know you will enjoy it!

This book can be purchased at Pine Grove's Books and Gifts or by calling Grace Blackshear, Manager, at 601-288-494



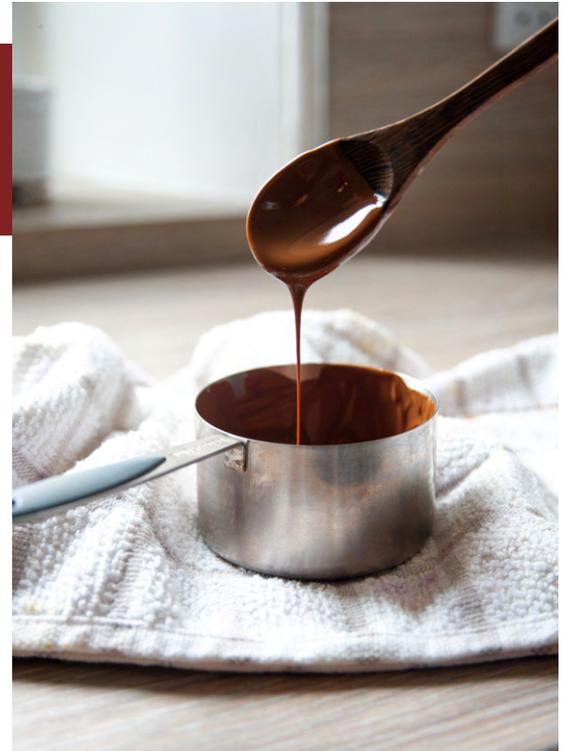


Eileene McRae and Erin Konves featured with Days of Hope keynote speaker, Russ Rainey, Administrative Director of Addiction Services. Thank you to all who participated in our December Days of Hope. It was a joy to have everyone back on campus for fun and fellowship. We look forward to the upcoming events in 2022!



DEBBIE SANFORD'S FANTASY FUDGE

Debbie Sanford, RN, MS, MBA
Administrator
Pine Grove Behavioral Health & Addiction Services



- 3 cups sugar
- $\frac{3}{4}$ cup butter or margarine
- 1 (5 ounce) can evaporated milk
- 1 (12 ounce) package semi-sweet chocolate chips
- 1 (7 ounce) jar marshmallow crème
- 1 cup chopped pecans or walnuts (optional)
- 1 tsp. vanilla

1. Grease 9 inch square pan.
2. Mix sugar, butter and evaporated milk together and microwave for 8 minutes, stirring every 3 minutes.
3. Remove from microwave—immediately add chocolate chips and stir until melted. Stir in marshmallow crème, vanilla and nuts, if desired.
4. Spread in pan and cool before cutting into small cubes.

Please protect your recovery during this time of celebration.

Happy Hanukkah and Merry Christmas!

-Eileene & Erin



MILESTONES

DECEMBER 2021

Nicholas S.	7 years
Ricki B.	18 months
Eileene M.	44 years
Rebecca H.	18 months

If you have a milestone in **January, February or March** 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

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www.pinegrovetreatment.com/self-improvement-workshops.com

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

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.

Alumni Aftercare Meeting

Please join us on Thursdays 12:00 P/M CST for the Alumni aftercare zoom meeting, while we discuss recovery topics such as relationships, self-acceptance, setting boundaries, greed, spirituality, expectations, surrender, forgiveness, ego, and so many more.

- Zoom information
Meeting ID: 856 4693 6811
Passcode: 856598
One tap mobile
+13017158592, 85646936811# US (Washington DC)
+13126266799, 85646936811# US (Chicago)

