



Pine Grove

Alumni Program

Forrest Health®

Spring Issue
2022

EMPLOYEE SPOTLIGHT

VIRGINIA JONES, RN

Patient Care Manager

Pine Grove Behavioral Health & Addiction Services



In 1958, producer and singer-songwriter, Phil Spector, released the song, “To Know Him is to Love Him.” Then in 1979, the Beatles acquired permission to change the lyrics of that song to, “To Know HER is to Love HER.” Now, after giving you a little history of that song, I can comfortably drive home my point: to know Virginia Jones, is to love her! I can honestly say that I don’t know one person who doesn’t love and respect, “Our Virginia.”

She is a native Mississippian, having been born, raised and educated right here. She continued to raise her children here and now she enjoys her grandchildren here. We are so fortunate to have her as part of our work family.

I think Virginia holds the record at Pine Grove Behavioral Health & Addiction Services for the most number of years in service—FORTY-FOUR to be exact! I wonder if Forrest Health really knows how lucky they are to have had her for that many years, AND STILL GOING. She has worn so many hats during her tenure and it is hard to recall them, but I will try: Nurses’ Aid, Unit Secretary, LPN, RN, PCC, PC Manager, and now the Director of Patient Care Services—WOW, it looks like she has done it all!

WHAT WAS THE BRIGHTEST MOMENT IN YOUR CAREER?
“I would have to say, without even thinking, that it was when I decided to move to Pine Grove Behavioral Health & Addiction Services.”

WHAT ADVICE WOULD YOU GIVE TO A GRADUATING STUDENT WHO WANTS TO WORK IN BEHAVIORAL HEALTH AND ADDICTION TREATMENT?

“I would definitely tell them to work for at least a year in a medical and surgical facility before moving to behavioral health and addiction services. In behavioral health, we treat the whole person. You never know when a patient will need physical care, as well as behavioral care.”

TELL ME ABOUT YOUR GREATEST MENTORS.

“When I was a student at Hattiesburg High School, our Assistant Principal, Mr. Pickett, told me that I could be anything I wanted to be. My mother and I were very close and she always told me to reach for the stars. I guess I believed them both and so I worked hard to become what I wanted to be. My third mentor was Dr. John McRae. He was the person I learned the most from about addiction

and alcoholism.” I personally know about this relationship that Virginia had with John McRae. They had a real mutual admiration society going between the two of them. They truly loved and respected each other. I think he would have done anything for Virginia that she needed, and in turn, she would have done the same for him. Work relationships like that are rare, and they are true gifts.

WHAT HAS BEEN THE GREATEST TRIAL IN YOUR LIFE?
“Living with addiction in my family has surely been my greatest trial.”

WHAT DO YOU DO FOR FUN?
Well, if you know Virginia, you don’t even need to read this answer. She very boldly said, “SHOPPING!” Especially bargain shopping. This question brought up retirement for Virginia. I inquired about her plans for retirement when it comes, and she told me that she wanted to plant flowers and gardens with her grandchildren. She also wants to travel.

WHAT BRINGS YOU THE GREATEST JOY?
Without provocation, Virginia very calmly and confidently said, “Knowing I am going to heaven when I die.”

Needless to say, I have always enjoyed being in Virginia’s company, but our time during this interview was very special. We had an opportunity to recall people from our pasts, who are no longer with us, and we also got to look at all of the changes in addiction and behavioral health treatment that we have witnessed through the years. Ultimately we were both glad that we still have an opportunity to, in a small way, help gently guide patients back to their goodness, their authentic selves.

The next time you bump into Virginia Jones, you might want to thank her for her incredible expertise and for her many years of service. For me, I feel so honored to, in my lifetime; have had the gift of seeing Virginia’s HEART OF GOLD at work. I would put her on my team any day, anywhere, anytime and I bet you would too!

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

Remember, hope is a good thing, maybe the best of things, and no good thing ever dies.
– Stephen King

Make a wish, toss it high, whisper secrets to the sky – give your name to a star, and celebrate the gift you are.
– Hallmark

A flower doesn’t think of competing with the flower next to it. It just blooms.
– Zen Shin



Mark Your Calendars

Days of Hope
June 24 – 26, 2022
(Reunion)

September 9, 2022

December 2, 2022

It Works If You Work It

Wisdom from Alums

Take a look at what your Pine Grove Alumni Association members are saying about recovery. We thought you might enjoy their experience, strength, and hope.

Shared by: **Alumnus, Ray T.**

- 1. What did you learn in treatment that you continue today?** “AA meetings. When the white van took us to Rule 62, I wondered, “Am I going to have to drive to Hattiesburg to find a place as great as this?” No, there are great meetings everywhere. Try two or three in your area. You will probably wind up at your nearest.”
- 2. Do you have a daily ritual/routine that is part of your recovery?** “I try to be consistent. My wife and I are currently doing an eight week program through our church, called Emotionally Healthy Spirituality, which has two a day sessions that include a scripture reading, devotional, question to consider, prayer and four minutes of meditation which we usually do together. I recommend it.”
- 3. What are your thoughts / feelings about service work and how important it is for recovery?** “I have only recently gotten involved in service work but find it rewarding on multiple levels. We are social animals. Helping others helps ourselves and decreases our selfishness. How many times does the big book warn us of self-centeredness?”
- 4. Do you have a daily meditation / spiritual routine that works for you or something that you are working toward? If not, what do you do in place of this?** “Other than as noted in number two, I like 24 Hours a Day. My sponsor sends me daily thoughts from AA-alive.net. We often use a free meditation program that I learned about at Pine Grove called, “Healthy Minds,” which has something for everyone.”
- 5. What are some suggestions you have for a newcomer?** “Try to establish a routine and stick with it as best you can. Make it one that will transfer to daily life. Things will get in the way but very few of them are as important as your recovery.”

Shared by: **Alumnus, Wesley D.**

- 1. What did you learn in treatment that you continue today?** “Mindfulness, to be increasingly more aware of what I am doing, why am I doing it, and how do I feel about it. Whether it is a part of acting out or an act of recovery, I have been striving to examine the things in my life, and then share about them in meetings if they are pertinent to my recovery. I’ve always liked the Socrates quote, “The unexamined life is not worth living.” I think that is truer than ever with respect to working the program.”
- 2. Do you have a daily ritual/routine that is part of your recovery?** “Sadly, routine and ritual do not come easy to me. I do attend about six meetings a week, including the Thursday Alumni meeting hosted by Erin and Eileene, and they provide me with my most significant routine in recovery, (plus my weekly therapist and sponsor sessions). I’ve stepped up in the Gratitude Alumni SAA community to be an administrator and a regular host for the meetings. This has really bolstered my accountability to the program and given me a feeling of acceptance and gratitude in

the alumni community. I found my sponsor there as well. Regular attendance and participation at the meetings have done more for me to bolster my recovery than any other part of the program.

I’ve also returned to work, taking six months off after leaving Pine Grove. I go into the office every day and that’s been routine-like. It’s been very therapeutic to have a sense of purpose through work, to help people there, and feel appreciated and wanted when I’m there.”

- 3. What are your thoughts / feelings about service work and how important it is for recovery?** “I am a total believer in service to others. I like to think that if I am not helping someone, I am not doing recovery correctly. I really buy into the idea that selfless, altruistic acts are the best way to heal my brain and generate more ‘happy’ brain cells that I may have in short supply. Sponsorship is a great way to exercise service work in the program. I’m not yet ready to be a sponsor for anyone, but that is a big goal for me. I think that when you’re sponsoring someone, you really get a huge benefit for yourself. I like to say, ‘Thank you for giving me the gift of helping you.’”
- 4. Do you have a daily meditation / spiritual routine that works for you or something that you are working toward? If not, what do you do in place of this?** “I am sponsored and working my third step. I do not have a strong spiritual background or come from a strong religious tradition. I find that this is an area I have much struggled with and need to do so much more work. I am doing the work my sponsor assigns, but it still seems like such a steep part of the mountain still to climb. I have taken big strides already, but there is still a long way for me to go. I’m fortunate to have a son in collage who is seeking some of the same answers that I am working on. We have ‘deep thought’ conversations on the meaning of life and such. So much to do, one day at a time.”
- 5. What are some suggestions you have for a newcomer?** “Believe in the hope of the program. Do the things in front of you, even if you’ve not completely bought into it. Developing the muscle memory of the components of the program create the space for you to absorb the lessons at your own pace. They say in my home group, “If you visit the barber shop often enough, you might just get a haircut one day.”

The Family Corner

Karpman's Triangle: The Elusive Promise of Power and Safety



Jessica Geiser, MS, LMFTA

Clinical Therapist, Pine Grove Behavioral Health & Addiction Services

Karpman's triangle – it sounds kind of like an obscure fisherman's tool, if I'm being honest. But as comical as that interpretation is, the actual Karpman's triangle is far more common and likely more present in your day to day life. So what is the Karpman's triangle? It's a short term used by therapists to describe a set of dynamics at play as they relate to power, control, and safety in a relationship.

This often looks like some wonky power dynamics within close relationships. There are three prongs on the triangle that represent three very distinct approaches to conflict.

The Perpetrator is often the one label that everybody avoids like the plague, because we don't like to see ourselves that way. However, we have all fallen into this one role. The classic example often given of a Perpetrator is somebody who is critical, controlling, "One-up", and overall the guy with the power. But, I prefer to think of them as a pot overflowing with resentment. The Perpetrator is the person who has, "Had it," and wants to feel safe by controlling everybody else, and maybe even doling out some of the pain he has experienced. Perpetrators can be made out of victims who are angry about their situation, or out of Rescuers that have just had it with not being appreciated for their efforts. The thing is that by trying to control the people in their lives in order to feel safe themselves, in trying to regain some of their own power back, the Perpetrator is simply reacting to the past in a way that doesn't allow other people to hear their pain and frustration. The Perpetrator ultimately ends up alone and misunderstood.

The Victim is fairly self-explanatory. The Victim is powerless, hopeless, and stuck. I think a lot of times; it's easy to assume that the Victim is put there by other people. And that certainly can sometimes be the case, but there are also a large percentage of us that put ourselves in the Victim role as a way to avoid taking responsibility in our own lives. If you think about it, from the Victim's perspective, the Victim is miserable because other people are hurting them and other people need to save them. The Victim carries no responsibility for change or any actions in this setup! So the powerless continues to hand their power to the other people in the triangle. Victims can be made out of Perpetrators that have gotten tired of being loud and angry, or out of Rescuers who have focused so much on others that they have completely abandoned themselves.

That leaves us with the Rescuer. The Rescuer is the superhero of the group, seemingly doing well, and is kind enough to help the victim. Rescuers struggle to say, "No" even when they desire to. This is an example of enabling to the point of avoidance. Where the Perpetrator feels safe in telling people what to do, the Rescuer feels safe in telling people how to correct the problem. In helping all the people around them, the Rescuer gets to avoid their own problems. As an added bonus, the Rescuer then gets to be the, "One-up" in relationships. You need help? Better ask the Rescuer because they have the best answer. It doesn't come from a malicious place, but most Rescuers get a sense of validation and power in their ability and skill to help others. And they get to avoid their problems, because they're far too busy with the problems of all the other people. Unfortunately though, in chasing feeling better and a sense of control, Rescuers often feel ignored and use their power to help others while they are left behind. Rescuers are made out of Victims, who want change, but not in themselves, or out of Perpetrators who are trying to smooth things over after a blow-up.

At the core of it, Karpman's triangle captures the way we keep ourselves, "Safe" in our relationships and get our needs met, however, that really does not work. By acting out the roles of the Karpman Triangle, i.e., the Victim, the Perpetrator, and the Bystander or Rescuer, people feel as though their relationship needs are being met in a way that feels comfortable. The problem with this line of thinking is twofold: the first is oftentimes, the way we meet our needs within the triangle are, in fact, handing our power to other people. However, I would argue that it is far more damaging when we assume the roles in the triangle, we alienate people, and disconnect ourselves from the individuals with whom we wish to have a relationship.

So how do we leave the triangle and the maddening pattern of crazy-making in our relationships? How do I rebuild a sense of safety in my relationships? The simple answer is boundaries. As a participant in any of these roles, we cross our boundaries (Rescuer), the boundaries of others (Perpetrator), or we don't communicate what our boundaries are (Victim). Where do you fall in your relationships? If you see a perpetual pattern in your relationships, consider doing some couple's or individual work. You're worth a satisfying relationship.



Reading And Recovery:

Notes from the Song of Life

Author: Tolbert McCarroll



Written by: Eileene McRae

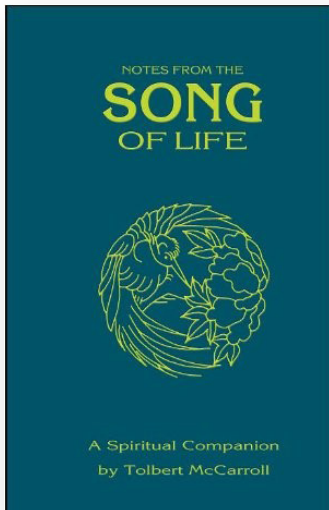
Alumni Coordinator, Pine Grove Behavioral Health & Addiction Services

QUOTES

“...Be yourself. That is who you were meant to be. You are a note, a necessary note, in a beautiful song.”

“...You can only seek satisfaction from the way you protect and feed the sacred spark within you.”

From: **Notes from The Song of Life**



All I can say is just WOW!! Even though this book was first published in 1977, its spiritual, infallible truths are still held today. A friend of mine from Texas introduced me to this book and I will always be grateful. She sent me a copy a couple of months ago, and it is already highlighted in three colors and so underlined until it is shameful! It has been a while since I read something that so sensitively spoke to my heart.

It is very interesting to me about how this little book came to be;

in 1976, a group of diverse people, living in San Francisco, began meeting weekly to discuss: “What does it mean to be human in this age?” The facilitator of this group was Tolbert McCarroll, and he would take notes during the meetings and then write about each encounter the following morning. Those accounts became this book and today we have the 35th Anniversary Edition!

Song of Life covers subjects that are pertinent to everybody in one way or another; subjects like Prayer, Listening, Peace, Detachment, Hope, Anger and Love, to mention a few. I think this book was so appealing to me because the topics that are explored are multi-faceted, but they are still offered in a very simplistic way.

I think you just might enjoy this brief, but powerful little gem. I have and still do. Currently, I am using it in my daily morning prayer and meditation time. This book quickly invites the reader to explore and confirm some of the most serious values in life.

Notes From The Song of Life can be purchased at Pine Grove’s Books and Gifts at 218 S. 28th Ave., Hattiesburg, MS, or by calling Grace Blackshear, Outreach Associate at 601-288-4942.





MILESTONES

APRIL 2022

Ned J. 33 years
 Danny M. 6 years
 Phil A. 11 years

MAY 2022

Fred R. 21 years
 Rob M. 1 year
 Benji A. 6 months
 Tag D. 4 years
 Wesley D. 1 year
 Joe Y. 1 year
 Frank B. 15 years
 Michael H. 90 days
 Susan S. 3 years
 David H. 2 years
 Rob M. 1 year
 Morris H. 37 years
 Cody C. 2 years
 Deanie H. 4 months
 Charles W. 1 year

JUNE 2022

Laura L. 8 years
 ZJ 4 years
 Ricki B. 2 years
 Dell M. 2 years
 Darice C. 2 years
 Howard B. 13 years
 MG 4 years

If you have a milestone in **July, August, or September** please email your name and date to alumni@pinegrovetreatment.com

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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 7882 3867
- Passcode: 025795
- One tap mobile
- +13017158592, 85646936811# US (Washington DC)
- +13126266799, 85646936811# US (Chicago)

