



Pine Grove

Alumni Program

Forrest Health®

Fall Issue
2022

EMPLOYEE SPOTLIGHT

CAROLINE SMITH, MA, LPC, CSAT-S, CMAT, EMDR 1&2

*Director of Addiction Services & Intensive Workshops
Pine Grove Behavioral Health & Addiction Services*

What an absolute joy it was to interview Caroline Smith—primarily because we have been friends since about 2004, and I thought I would already know anything she shared with me! WELL, WAS I EVER WRONG! I am sure you will enjoy learning a bit more about Caroline, as I did.

She is a Licensed Professional Counselor, Certified Sexual Addiction Therapist-Supervisor, and a Certified Multiple Addiction Therapist. She is EMDR trained and holds clinical expertise in the areas of trauma resolution, relationship attachment patterns, addiction interaction disorder, and the two most primary process addictions, food and sex. She is currently the director of Pine Grove Intensive Workshops. Well, there you go—if Caroline were a native southerner, I would exclaim that WE ARE IN HIGH COTTON when working with this colleague of ours.

Caroline is a transplant, having been born in Lincoln, Nebraska, to Carol and Willis Rap. She is one of three children, an older sister, Cherie, and a younger brother, Bill Rap. When Caroline came to Pine Grove, she not only fell in love with Mississippi, but she also fell in love with her husband, Lynn.

TELL ME ABOUT A HIGHLIGHT IN YOUR CAREER.

“I would have to say giving the keynote address at Ireland’s first Neuroscience and Addiction Conference. Working with Stephanie Covington on developing the curriculum for Pine Grove’s Women Center is another highlight. And ultimately, having the sacred honor of carrying the message of recovery to people who are hurting and are ready to change.”

WHAT ADVICE WOULD YOU GIVE A NEW GRADUATE WHO CHOSE TO WORK IN THE ADDICTION RECOVERY FIELD?

“Do your own work first!”

TELL ME ABOUT YOUR MENTORS.

“Claudia Black for sure—I learned so much from her. The two of us, as well as a couple of other female therapists, used to get together one night a week for dinner. That was such fun and a real learning experience.

John Southworth was another mentor of mine. He is the one that I credit for steering me toward professional speaking. He told me that I needed to get out and speak—he got me my first speaking engagement at the Cape Cod Conference. At first, I was terrified, and I am so grateful

that he pushed me out of my comfort zone, because now I truly do enjoy public speaking.

Another powerful and influential mentor is Debbie Sanford. Her steadfast integrity, tenacious leadership, and insightful wisdom have shaped my professional career. I admire and respect her for numerous reasons.”

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

“Let me see—I stole a car in Los Angeles one time!! Actually, I was working for a credit union, and I was sent to repossess a car—and I did.

I also studied tennis at the same facility where Andre Agassi studied and played.

I burned our barn down when I was in the third grade; stole some cigarettes and convinced my brother to smoke them with me.

I love to make jewelry, and I love mosaic work—for me, it’s like a metaphor for putting the pieces of my life back together.”

WHAT HAS BEEN THE MOST TRYING THING IN YOUR LIFE?

“Betrayal and trusting people who were not trustworthy.”

WHAT BRINGS YOU THE GREATEST JOY?

“Oh, a couple of things come to mind: playing with my three-year-old granddaughter and caring for my elderly parents on Sundays. I also love walking in nature—it’s like walking my soul back home.”

One funny thing Caroline shared with me: On her first blind date with her husband, Lynn, she asked, “how I would recognize him?” He told her that he would be in a white blazer. She dressed herself to the Nines, including some of her best jewelry. When he arrived, he was very comfortably dressed, but driving a white Chevy Blazer.

I hope you have enjoyed reading about our accomplished, fun-loving Caroline Smith.

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



Feeling gratitude and not expressing it is like wrapping a present and not giving it.

– William Arthur Ward

Experience is a hard teacher because she gives the test first, the lesson afterwards.

– Vernon Law

We are not all weeds, but we are not all wheat, either. We have to learn, even now, to accept and forgive this mixed bag of reality in ourselves and in everyone else.

– Richard Rohr

You are not a human being having a spiritual experience. You are a spiritual being having a human experience.

– Wayne Dyer

I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.

– G.K. Chesterton

Gratitude alchemizes everything!

– Newcomer from Gulf Breeze, FL Noontimer Meeting



Save the Dates Days of Hope

December 2, 2022

March 11, 2023

June 9-11, 2023 (Reunion)

September 8, 2023

December 1, 2023

A Little History For Your Enjoyment

The Coin/Medallion History

By: **Eileene McRae**, Alumni Coordinator, Pine Grove Behavioral Health & Addiction Services



I believe that this little history will surprise many of you. I found it to be extremely interesting to add to my knowledge of the early beginnings of Alcoholics Anonymous.

There is no official AA chip/medallion to signify milestones in recovery—they are used in our AA culture, but they are not conference/world service sanctioned. And world service has not approved for use of the AA logo on coins either.

Therefore, at this point, please let me introduce to you Sister Mary Ignatia (1889-1966), who was affectionately referred to as “the Angel of AA.” She started her lifelong commitment to the Sisters of Charity of St. Augustine’s convent as a musician—she was sent to St. Thomas Hospital in Akron, Ohio, to work in admissions. That’s where she met Dr. Bob in 1939, when she started working closely with the alcoholic patient population. She cared for thousands of alcoholics while at St. Thomas for over 30 years—she was later sent to St. Vincent Charity Hospital in Cleveland.

So many people believe that the union of Sister Ignatia and Dr. Bob was divinely inspired as a conspiracy of medicine, religion, and Alcoholics Anonymous. Sister Ignatia so loved AA and the alcoholics she served until many people say that she lived her life in love, service and honesty, which are today the hallmarks of AA.

While speaking to Bill W. at one time, she shared her recollections of Dr. Bob: “Dr. Bob was the essence of dignity. He had a fine sense of humor and exceptional vocabulary...Now, as I look back over the years, I realize that Dr. Bob was slowly but surely preparing me for the great project he had in mind. We often discussed the problem of alcoholism and the tragedies caused by excessive drinking. The individual given to alcoholic addiction is frequently a wreck of humanity—broken in body and soul, and heart and unable to help himself. His loved ones suffer too; there were many broken homes and hearts because of compulsive drinking.”

The dignity of the work that Sister Ignatia gave to the suffering alcoholic was unparalleled. In 1949 she was given the Poverello Medal of the College of Steubenville. This honor was given to her on behalf of the AA Fellowship for her untiring efforts in working with alcoholics in Akron. She also received a letter of acknowledgement from The White House in 1961. That letter follows:

“Dear Sister Ignatia: Through an admirer of yours, the President has learned of the fine work you have done in the past at St. Thomas Hospital in Akron, and more recently, at St. Vincent’s in Cleveland.

He has been informed that a large number of citizens have been restored to useful citizenship as a result of your efforts. As you have been a strong influence for the good to many people, you have added strength to your community and nation.”

This letter was shared with Bill W. and then he, too, wrote a letter to Sister Ignatia which read:

“We have read the marvelous letter which President Kennedy requested be sent to you. It reminds me that I have no words to tell of my devotion and my gratitude to you, of the constant inspiration you have given me and so many over the years by your example of the finest in all that is spiritual and eternal, as well as temporal.”

While at St. Thomas Hospital, Sister Ignatia and Dr. Bob could only keep alcoholics for five days of detox. She began giving patients as they discharged from the hospital, a Sacred Heart badge, asking each of them to promise that they would return the badge to her before they drank again. And that is where we got the tradition of giving coins/medallions at meetings for milestones in recovery.

Sister Ignatia died in Richfield, Ohio at age 77. There were reportedly about 3,000 people who attended her funeral, including Bill W., Co-Founder of AA.

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, Meagan C.

- 1. What impact has your recovery had on your family?** I had to ask them this question towards the end of IOP. They said they can fully trust me now and that they can actually breathe now. I am a calmer person, and a better wife and mother as well, thanks to the tools I learned at Pine Grove
- 2. How do you think your sponsor has helped you?** I feel like my sponsor has helped me most by just encouraging me, but also being very honest even if I do not always like it.
- 3. What is your first “go-to” literature and why?** The Big Book! “The House Wife Who Drank At Home”, really hit home for me. I also try to read a recovery based book as often as possible. “Quit Like A Woman” is what I am reading now.
- 4. What is a phrase that speaks to you about recovery?** “I can do hard things ”
I understood myself only after I destroyed myself. And only in the process of fixing myself, did I know who I really was.
- 5. Have you had an opportunity to use the 12th step? What has that done for you?** Yes I have. It makes me feel good to give back and to let others who are suffering know that there is light at the end of the tunnel.

Shared by: Alumnus, Jim H

- 1. What impact has your recovery had on your family?** Recovery has been a journey for my family for 16 years. From my first rehab, and then along the way, my sobriety was interrupted with a few slips. While I had years under my belt I believe they felt good about my recovery, but when I relapsed, I could feel their pain. Their mistrust of my actions was rightly deserved. This last year of sobriety, after leaving Pine Grove, has been a good start to repairing the wounds I reopened. If the newfound lessons I've learned, keep me on this path, I believe my relationships with my family will be better than they ever were.
- 2. How do you think your sponsor has helped you?** Over the years, I have had a few sponsors. Early on we went through the steps and readings on a regular basis. I also had a few years with no sponsor, but for almost all of my sobriety, I have relied on the large group of friends from a meeting I have attended daily for over 16 years. We regularly get together before and after meetings for coffee and fellowship. That may not be the most recommended way, but it has worked for me.
- 3. What is your first “go-to” literature and why?** The 12&12. Simply put it has everything in it from A to Z and great insight into AA as a whole. If you can't find an answer in there, then you aren't looking hard enough
- 4. What is a phrase that speaks to you about recovery?** Easy Does It. For most of my life, I would push myself for just about everything. I expected others to act a certain way – MY WAY! But I think I was harder on myself, which sometimes led to terrible disappointment. I think I have finally realized unattainable expectations can be deadly. So I get up every day and say a prayer for peace and serenity. Life can be beautiful if you just take it easy.
- 5. Have you had an opportunity to use the 12th step? What has that done for you?** Over the years, I have been honored and lucky to have participated in 12 step calls and interventions. I got a chance to share my experience strength and hope with friends and strangers alike. It gives them the opportunity to see that they are not so different and that there is a way to get sober and live a new fulfilling life. I thank God that it has worked for so many, and it also reminds me of how truly lucky I am.



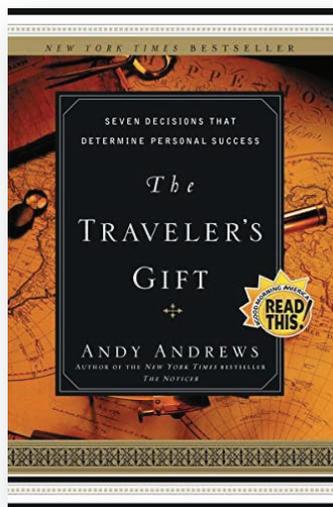
Reading And Recovery:

The Traveler's Gift

Author: Andy Andrews

Written by: Eileene McRae

Alumni Coordinator, Pine Grove Behavioral Health & Addiction Services



A friend of mine recommended this book to me telling me that it had really gotten his attention. However, I must confess that I was less than excited about beginning this read. I usually do not care for science fiction or, for that matter, most fiction. This story is presented in a “time-travel” way that caused me to approach it reluctantly. Another reason is that it basically teaches one how

to be successful. How many books have been written on acquiring success? Well, let me stop right here and offer an apology to the author, Mr. Andy Andrews. After the very first chapter, I was hooked!

This story begins by introducing the main character, Mr. David Ponder, who is a Fortune 500 executive. He is fired from his job and, after having an automobile accident, awakens in Germany in the office of President Harry Truman. This is where Mr. Ponder receives his first gift on his “time-travel” experience. He meets at least six other notable people as he travels—King Solomon, Helen Keller, Anne Frank and Gabriel, to mention a few. I found myself intrigued and anxious to see who his next hosts would be and what he would learn from them. Coming close to the conclusion, I realized that my interest was held because so many of the gifts Mr. Ponder received were some of the same gifts that we receive in our Twelve Step Recovery Programs—responsibility, wisdom, personal action, forgiveness, choosing happiness, persistence and having a decided heart.

I am so very glad that I didn't miss this wonderful book because of my preconceived attitude about the story format. I hope you will give it a try—I don't think you will be disappointed.

PRAISE QUOTES:

“The Traveler's Gift provides a powerful and compelling road map through the highways of life.”

-John Schuerholz, General Manager, Atlanta Braves

“Incredible truth, creatively told.”

-Nicole Johnson, Actress and Author

“In the tradition of Og Mandino, Andy Andrews has spun an engaging morality tale. The Traveler's Gift is a thought-provoking book that will challenge you to reach your fullest potential.”

-John C. Maxwell, Author

“A fresh approach to changing your thinking! The Traveler's Gift will encourage you to live up to your fullest potential.”

-Dr. Robert Schuller, Founder, The Crystal Cathedral

The Fall Days of Hope!

September 9th saw patients and alums together in the Wicker Building to kick off the Days of Hope. We started early with breakfast followed by a wonderful presentation about relationships offered by Carnelius Dantzler and Cory Shumate. We then gathered at all programs for the alums to share lunch with the inpatients. The alumni members who were present spent a considerable amount of time after lunch fielding questions. Our patient population enjoyed asking questions about the alums post treatment experiences. We were blessed to have David Sellers, M. Div., give a spiritual send off for the alums who had traveled to be with us. We appreciate the staff's support, the alums willingness to continue to return, as well as the alums that participate via zoom. We look forward to seeing you at the December 2nd Days of Hope.

Eileene McRae & Erin Konves
Alumni Coordinators





Intensive Workshops



Pine Grove
Intensive Workshops
Forrest Health®

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.



MILESTONES

OCTOBER 2022

Connie D.	6 months
Meagan C.	7 months
Erin K.	13 years
Sam E.	7 years
Leland C.	2 years
Connie H.	7 months

DECEMBER 2022

Paul S.	9 months
Tommy H.	5 years
Eileene M.	45 years

NOVEMBER 2022

Kevin P.	3 years
John S.	11 years
Josh B.	6 months
Adrian B.	6 months
Ken N.	6 months

If you have a milestone in **January, February, and March** please email your name and date to alumni@pinegrovetreatment.com

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

Pine Grove’s Alumni Association’s Aftercare Meeting This is a virtual meeting that occurs each Thursday at noon (CST). Clients, who have completed a residential or IOP program and are members of the Alumni Association, are eligible to participate. The purpose of this weekly meeting is to stay connected to staff and to peers, as well as to receive support and guidance. Each week topics related to living in recovery are discussed – some of these topics 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: 856 7882 3867**
- Passcode: 025795**

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