



Pine Grove

Alumni Program

Forrest Health®

Fall Issue
2023

EMPLOYEE SPOTLIGHT LYDELL HAYNES

*Clinical Assistant, Specialty Programs
Pine Grove Behavioral Health & Addiction Services*



This quarter's Spotlight features yet, another native Mississippian, Lydell Haynes. Having been born on the Gulf Coast, he spent his childhood in Bay St. Louis and he has two siblings, a brother and a sister. After graduating from Bay High School, Lydell studied at Pearl River Community College and the University of Southern Mississippi. While at USM, he joined the Phi Beta Sigma fraternity. After completing his studies at PRCC, he married his wife, Jasmine, and they have four children.

Lydell came to work with our Pine Grove family in 2012, where he worked at Pine Grove Village, a homeless program. After that program closed, he worked as a teacher's assistant. In 2016, Pine Grove Behavioral Health & Addiction Services was fortunate to rehire Lydell. He is now a C.A. to Pine Grove's specialty programs. He also works at R.E.A.C.H. with Roland Johnson. Lydell loves that part of his job because he states, "That's where I really get to know the patients."

TELL ME ABOUT A BRIGHT MOMENT IN YOUR CAREER.

Anytime I get to serve others is a bright moment.

WHAT ADVICE WOULD YOU GIVE A YOUNG GRADUATE WHO ASPIRES TO WORK IN MENTAL HEALTH/ADDICTION RECOVERY?

I would tell them to keep an open mind, be a good listener and bring what you have to the patients.

TELL ME ABOUT YOUR GREATEST MENTORS.

My heart and my mind goes straight to my mother! She goes out of her way to help others, always putting those in need first. Yep, she's my girl. Russ Rainey is another mentor—he taught me to be patient and kind, and to love what I do. John Herrington is a third mentor of mine—he has taught me and continues to remind me to not take life so seriously." And last but definitely NOT least Roland Johnson, who has always taught me to keep it "real" with the patients.

TELL ME SOMETHING ABOUT YOURSELF THAT MOST PEOPLE DON'T KNOW.

I used to be in a gospel rap group—and I can be seen in a video on YouTube, MississippiTheAnthem.

WHAT HAS BEEN THE GREATEST TRIAL IN YOUR LIFE?

I almost died from dehydration and kidney failure once. Being a man of God, and knowing that I was powerless, I asked God to help me. My prayers to God gave me a second chance at life. I am so grateful.

WHAT BRINGS YOU THE GREATEST JOY?

Seeing people get well and enjoying the life they want.

WHAT IS YOUR FAVORITE BOOK?

Hands down, it is the Bible.

WHAT IS YOUR FAVORITE MUSIC?

All MOTOWN music!

So there you go, Lydell Haynes in a nut shell. On a daily basis, you can find Lydell demonstrating the Forrest Health/Pine Grove's motto, "We Care." Once he went to the front curb to assist a patient and get their things inside for admission. The patient's mother was very concerned because she thought she had a flat tire. Lydell got the patient inside to start the admission process, and while that was going on, he went back outside and changed the mother's tire! Helping is who he is—I am so glad we have him on the Pine Grove team!! Next time you see him, thank him for all that he does for our patients and their families.

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

Sometimes you have to shed who you were to live who you are.

– Mitch Albom

Start by doing the necessary, then the possible, and suddenly you are doing the impossible.

– Francis of Assisi

We either make ourselves happy or miserable. The amount of work is the same.

– Carlos Castaneda



Save the Dates Days of Hope

December 1, 2023

March 1, 2024

June 7 – 9, 2024 (reunion)

September 13, 2024

December 6, 2024



Let The Holidays Begin



Written by: David Sellers, Spiritual Coordinator
Pine Grove Behavioral Health & Addiction Services

It's that time again where all the holidays twirl together and stores compete to see who can outplay the most Christmas music. Emotions will run high as usual because there's never enough time to prepare for guests, family gatherings, work parties and more. Sooner or later someone will eventually mention it just seemed like yesterday the New Year began or is it really this time again. Heads will nod with each phrase knowing that time will slip past us again. Perhaps it is like the Eagles song Fly like an Eagle where one line reads, "Time keeps slippin' into the future."

It doesn't take long to notice that time is a funny thing. Think about all the moments you get caught up with friends or family or lost in a moment watching or playing a game only to check the time and realize someone sped up the clock. As we age, time seems to go faster and we might wonder where it went. However, there are also times in life that stands still. I recall in the early months of the COVID outbreak days moved slower than molasses. Time might even appear to stop at times: lost in a great song, finding the right words to describe how you are feeling, and running into an old friend, making an exciting play in sports or being captured by a sunset. Oddly time can stand still even when we are extremely bored or grieving. The holidays near the end of the year bring all of this and more as the New Year rapidly approaches.

Time is typically one of the first confessions I hear from someone in recovery. It begins with acknowledgment of time away and then immediately followed by a hurried pace to get back to family, friends, or work to make up for lost time. Eventually, they say the words behind the frantic hurry. I can't believe all the time I wasted, time lost, and time I'll never get back. Or what do I do with all the emotions of misspent time where I could have been with family, friends, hobbies, and so much more. Gone! Lost! Time now stuns quickly sinking into anxiety or depression.

My first response to their confession is to ask them to sit with all of that - emotions, memories, toxic philosophies and more. In order to see the possibilities out we need to let go, after all, surrender is an emotion of the ego. Next, I'll remind them the more they are able to be steeped into the waters of recovery the more they will be able to be present to those they love like never before. The boundaries, tools, and spiritual growth through the process will make time more meaningful, which is ultimately where we all want to be. We want to be grateful for the time we did have, appreciate the time in the present and savor the time to come.

Here are a few suggestions for meaningful moments of time during this season:

- Craft a few extra times each week to breathe, slow down and be grateful for the day as it unfolds.
- Start a nightly Tenth Step inventory by reviewing your time spent that day - celebrate the time you had that day or journal a few lines on the time well spent.
- Create a new holiday tradition with friends and family around the time you are together. Maybe it is putting all cell phones in the stockings and have some uninterrupted no digital moments. Perhaps it is sharing stories around the dinner table. Or your family may have had a tradition that needs to be brought back.
- For those that are missed because they are no longer alive or hard boundaries had to be put in place, take moments of silence to give thanks for when they were around and in their healthiest space.

Take a brief moment and add some of your own to this list.

Blessings of time well spent,
David Sellers



Reading & Recovery

SHORTCUTS

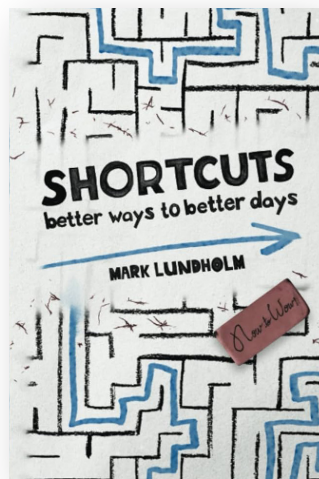
better ways to better days

By: Mark Lundholm



Written by: Eileene McRae

Alumni Coordinator, Pine Grove Behavioral Health & Addiction Services



"Addiction is energy without grace."

"Users like me either get help or die. Addicts, alcoholics, codependents, etcetera are born perfectly broken."

"I know that light, when shined upon the unknown or unseen or unsaid, changes everything."

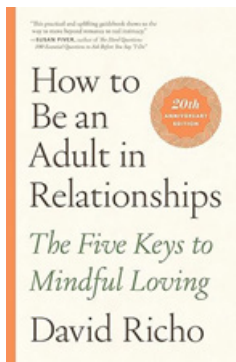
I have personally known the author of this book, Mark Lundholm, for about 17 years. However, I always knew him as a comedian. He does wonderfully entertaining, recovery comedy – we are actually told in the Big Book of Alcoholics Anonymous that, "...we are not a glum lot, we insist on enjoying life...." His comedic routines demonstrate exactly that, how to enjoy our lives in recovery.

As you know, Pine Grove Behavioral Health & Addiction Services very strongly supports the 12 step recovery model. Mark Lundholm has the single, best approach of explaining the progressive disease of addiction and recovery to the new person just beginning on the path to freedom. Shortcuts is also a beautiful refresher to an old timer.

The approach taken in this book is to explain the principles of 12 step recovery by sharing personal stories. At the end, he recaps his message for the reader before offering a wrap-up section where he offers instructions for a couple of exercises so the reader can personalize the presenting principle.

The myriad of topics the author chose to discuss are topics we all deal with in our lives: truth, patience, gratitude, choices, talents, reflection, change, and fear! Those topics look just like life, however, it is so very interesting to see how life's issues come to the addict or the alcoholic with a slight twist. This was a real interesting read – I give it a thumbs up!!

NEW BOOK STUDY!



Join us for a virtual book study every Monday at 7 pm CST. Clients, who have completed a 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/spiritual related book.

The purpose of this meeting is to provide an increased understanding and development of these areas. Benefits of this book study are endless. However, we hope that the alumni members 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 *How to Be an Adult in Relationships The Five Keys to Mindful Loving* by David Richo.

Zoom Information below:

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

Meeting ID: 844 9270 2674

Passcode: 000382



Alumni Experiences



Patty S.
Legacy Program, 2021

What a pleasant surprise it was for me to be asked to write about how treatment has changed my life. It has changed my life in many ways and all for the better.

The biggest change has been greatly improved relationships. I am closer than ever to my two sons, siblings and friends. My memory is much better now. I have now made a lot of friends in AA. Having a good start on recovery at Pine Grove, I have so much more peace in my life.

Shannon R.
Women's Center, 2022

Hi!! My name is Shannon R. and I'm an alcoholic. I checked myself in treatment at Pine Grove's Women's Center on July 22, of 2022. I was desperate, sick, tired and severely addicted to alcohol. I felt like I was losing my mind and I needed help. A dear male friend of my family had been to the men's side and had success, so he helped guide us. Upon choosing Pine Grove, I had no idea what to expect, but the main thing was I was willing. The wonderful staff was so helpful and very professional when needed. I now understand how important it is to have professionals in treatment that have been through treatment. They know exactly what you are going through so be patient!! We as addicts, think we have all control, when in reality we do not. Surrendering yourself completely and trusting others is so difficult, but what is the alternative? To keep existing in the horribleness of our disease?

Pine Grove literally saved my life!!! My experience there was scary at times and learning how to live my life as a sober woman took work. However, the program and process that Pine Grove uses, implemented so many aspects of what this desperate alcoholic needed to survive—get healthy and start truly living my life. I am now 1 year sober, I have the respect of my husband, and children, I have wonderful friends in the program, I have a job and I am no longer terrified of the day to day. I truly take all the lessons I learned at Pine Grove and I take it 1 day at a time.

Thank you

Bill T.
Gratitude Program, 2021

When I first arrived at Pine Grove, I was at the lowest of lows in my life. I thought that my life, as I knew it, was over and I honestly didn't know if I would be able to come out the other side. Prior to Pine Grove, presence was a fleeting vision and I always felt like I was hiding in plain sight.

Today, with the help of my time at Pine Grove, I am living as my authentic self and it radiates into my relationships with friends and family. I feel seen and connected to myself and others. I am a more present friend, husband, father, and coworker thanks to the tools that I acquired during my time at Pine Grove. There are no words that express my level of gratitude for the program and staff at Pine Grove.

Chad J.
Next Step, 2022 – 2023

The treatment and therapy that I received at Pine Grove has been instrumental in creating a path of sobriety for myself. This life change has been positively impactful in so many ways! I am truly happy, joyous, and free, without substances and withdrawals controlling my daily emotions and actions. I was given coping skills and education in various aspects of addiction. All the resources provided have proven to be extremely beneficial in dealing with life on life's terms, without the need of drugs and alcohol.

Since leaving Pine Grove, I have been able to create boundaries in my life that have allowed continued sobriety. I have remained engaged in one on one, and couple's therapy, and I actively work a 12 step program. My productivity at work has increased exponentially. My mental, physical and spiritual health are stronger than ever and life feels very hopeful for the first time in many years! I am extremely grateful for the present and the ability to connect with peers, loved ones, and my higher power. My relationships, especially the one with myself, have drastically and quickly improved. Many are proud of my journey, yet I get to be grateful! I am extremely thankful for the directors, counselors, peers and staff at Pine Grove and would highly recommend their services in addiction treatment to anyone that finds themselves or a loved one in need.



MILESTONES

OCTOBER

Erin K. 14 years
Erik R. 1 year
Cliff M. 4 months

DECEMBER

Eileene M. 46 years
Marshall N. 6 months
Ashley A.W. July – 10 years

NOVEMBER

Chad J. 1 year
Patrick H. 11 years
Katherine T. 22 years

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

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: 844 9270 2674

Passcode: 000382

One tap mobile

+16468769923, 84492702674# US (NEW YORK)

+16469313860, 84492702674# US

