



Pine Grove

Alumni Program

Forrest Health®

Spring Issue
2024

EMPLOYEE SPOTLIGHT

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Each time I complete an interview with one of our employees, I leave wishing every colleague could have had that experience. And, since that is not possible, I am glad I get to bring you our "Spotlight" each quarter! Trust me, you will want to read on to learn who L.D. Magee really is.

L.D. grew up in Tylertown, MS, with one sister and one brother. She still lives in Tylertown and commutes daily to Hattiesburg to work at Pine Grove Behavioral Health & Addiction Services! Her father is retired from offshore work and her mother continues to work as a teacher's aide. Both of her parents always demonstrated a strong work ethic. Her dad is a deacon in his church and her mother serves by his side as a deaconess. Her parents have been married for 50 years! L.D. credits her parents with her moral and spiritual compass by having watched them live their commitment to their church and to other people. Her husband is an ordained, associate minister at their church, where he also serves as the music minister. L.D. and her husband have one child.

L.D. earned her Associate of Arts degree from Southwest Mississippi Community College in 1997. She continued her studies at USM and completed her BSW while a student there. In 2018, she earned her MSW from the University of Alabama in Tuscaloosa. She has been a Licensed Social Worker since 2001.

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

My first job was working as the Social Services Director in a nursing home. We had a minister in our care, and he would not communicate with one person, he stayed isolated and to himself. I went to his room daily and I noticed that he had a bible by the side of his bed. I started picking it up when I would make my rounds, and one day I started reading his bible to him, that was the trick! He started to engage with others and I was just thrilled.

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

Be kind and understanding, because in spite of their mental status, that is not who they are—THEY ARE NOT THEIR DISEASE! Be flexible, things change. Always be patient and kind.

TELL ME ABOUT YOUR GREATEST MENTORS.

ISAAC BOOSE, *(Former Director of Pine Grove's Next Step Program)*: Isaac is the one who taught me to be patient. I loved watching him in group because he was calming and soothing to the patients. The patients loved and accepted him.

VANESSA COX, *(Retired longtime Pine Grove staff member, who held several Clinical Leadership positions)*: Vanessa taught me, "Poor planning on your part does not constitute an emergency on my part." She'd also say, "It is the fleas and ticks that will get you and not the tigers, lions, and bears." This meant that it is not the big stuff that will get you, it is the little things that will.

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

I am an old, young person at heart. In the summer, I can or freeze pickles, peppers, strawberries, corn and watermelon jelly, as well as peas and butterbeans. My husband and I also MAKE OUR OWN BUTTER—WE BUY 30 GALLONS OF CREAM AT A TIME TO DO THIS!

WHAT HAS BEEN YOUR GREATEST TRIAL?

After only a month working in Pine Grove's former Adolescent Day Treatment Program, I fell and tore my ACL, and a colleague took me to the hospital. I had been married for about six months and my husband had to take care of me for that period of time.

(continued on next page)

The most wasted of all days is one without laughter.

—E. E. Cummings

The earth has music for those who listen

— William Shakespeare

I finally figured out the only reason to be alive is to enjoy it.

— Rita Mae Brow



Save the Dates
Days of Hope

September 13, 2024
December 6, 2024

(continued)

WHAT IS YOUR FAVORITE BOOK?

One Day My Soul Just Opened Up, by Iyanla Vanzant. This book is about opening up your mind and perspective of thinking. It inspires and empowers you. It is a great page turner book.

WHAT IS YOUR FAVORITE MOVIE?

GRUMPY OLD MEN has been my favorite movie since I saw it! It's so light hearted and we all need a good laugh now and then.

Well there she is, our own L.D. Magee!! She has been with us at Pine Grove since 2002—I think that makes her a “keeper”. Better be KIND to her when you see her, and she might share her jellies or, better yet, her BUTTER.

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

Reading & Recovery

The Art of Letting Go

By: Damon Zahariades



Written by: Eileene McRae

Alumni Coordinator, Pine Grove Behavioral Health & Addiction Services

THE ART OF LETTING GO

HOW TO LET GO OF THE PAST, LOOK
FORWARD TO THE FUTURE, AND FINALLY
ENJOY THE EMOTIONAL FREEDOM YOU
DESERVE!

DAMON ZAHARIADES

“In the process of letting go you will lose many things from the past, but you will find yourself.”

—Deepak Chopra

“Hanging onto resentment is letting someone you despise live rent-free in your head.”

—Ann Landers

“You cannot let go of anything if you cannot notice that you are holding it. Admit your ‘weaknesses’ and watch them morph into your greatest strengths.”

—Neale Donald Walsch

If you work in some therapeutic environment, or if you are engaged in a therapeutic process, then you have most assuredly heard countless times the term, ‘let go’. It seems rather simple until you cannot do it—that is when issues really take hold!

Struggling with resentments and anger is emotionally exhausting! This book is a great guide from identifying our turmoil to offering exercises to help. There is such an array of things that we need to ‘let go’— things like failed relationships, past failures, toxic relationships, past regrets, fear of failure, and perfectionism, to name a few.

In THE ART OF LETTING GO, you will learn when it is time to ‘let go’, as well as the reasons for ‘letting go’ and strategies for doing just that. As you can tell, this book explores a lot, give yourself a gift and read it. I do not think you will be sorry. Who wouldn’t want the freedom and the peace that comes with ‘letting go’!

Thoughts From An Alum

Erick S.
Alumnus, 2022

- 1. What was the intervention that led you to Pine Grove?**
My addiction began at an early age. Once it escalated, I came to Pine Grove for the support and therapy needed to address my trauma and addictive behaviors.
- 2. Do you think your “inner child” played a role in your addiction and if so, why?**
To me, being able to understand how my inner child has influenced me as an adult was one of the major breakthroughs in recovery. Most people do not realize that because of the trauma we have, our inner child will take that and keep reminding us of the hurt and pain, and when we face triggers later in life, the child will try to associate past hurts with the newest one. I had to be able to go inside and comfort my inner child with truth, compassion and understanding.
- 3. In which activity did you benefit from the most while in treatment?**
For me almost everything. I took something from each activity and found an application to use during recovery. However, the highlight was the REACH course with Roland and Lydell and the bike ride.

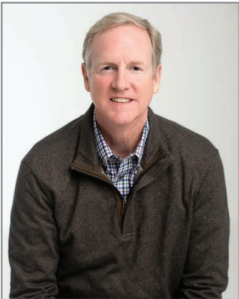
- 4. What are some of the recovery practices you learned while in treatment?**

I wanted to give back to the recovery program and help addicts who are still suffering in recovery, and the families of addicts. I went and received my Life Coach and Sex Addiction Coach certificates. I am a certified Inner Child Coach, and a Certified Whole Health Coach with the Veterans Administration. Understanding that the twelfth step is vital, not only to my recovery, but to the still suffering brothers, sisters, and their families – I felt a calling to give back to the program that saved my life.

- 5. What does a day in recovery look like for you?**

Well, I own a professional model building business. I build models for clients based on the specifications they give me. That is a hobby that I have been involved in since I was a kid. It is a Green Circle activity that I turned into a business. I attend recovery meetings six days a week, I facilitate two to three meetings a week for one of my programs, and I am a part of the alumni program that meets with the current residents on Wednesday evenings. Anything I can do that keeps me sober is most important, and giving back to Pine Grove in any way I can, is always going to be a part of my recovery.

Another Alumni Reunion In The Books!



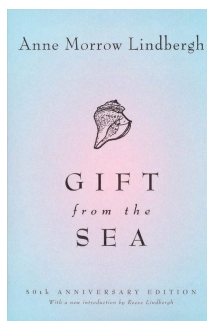
By all accounts, the 2024 Pine Grove Alumni Reunion was a great success. Patients were engaged, as well as the alums who came from afar.

We were glad to have, as our keynote speaker, Dr. Terry Ellis. He presented on the topic of happiness in recovery and the importance of our spiritual connection. His personal recovery story was heartfelt and powerful – we really appreciated his openness and presentations. THANK YOU DR. ELLIS.

As usual, our patients and staff enjoyed the returning alumni during the question and answer time. This is always beneficial. WE ARE OFF TO PLAN FOR NEXT YEAR!

Written by: Alumni Coordinators, Eileene McRae and Erin Konves, MS, P-LPC

New Book Study!



Join us for a virtual book study every Monday at 7 pm CST. Patients, who have completed a Pine Grove residential or IOP 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/spirituality related book.

The purpose of this meeting is to provide an increased understanding and further personal development of these areas. Benefits of this book study are endless. However, we hope Pine Grove's alumni 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 Gift from the Sea, by Anne Lindbergh

Zoom Information below:

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

Meeting ID: 844 9270 2674

Passcode: 000382



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<https://www.pinegrovetreatment.com/emotional-healing-workshops-spiritual-retreats/>

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

Alumni Aftercare Meeting

This is a virtual meeting that occurs each Thursday at 12 PM (CST). Former Pine Grove patients, who have completed a residential or IOP program, and are members of the Alumni Program, are eligible to participate. The purpose of this weekly meeting is to stay connected to staff and to peers, as well as receive support and guidance. The group discusses recovery topics and some of these 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



MILESTONES

April

Tag D. 6 years

June

Darice C. 4 years
Rebecca H. 4 years
George L. 4 years

May

Morris H. 39 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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www.pinegrovetreatment.com

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