



# Pine Grove

## Alumni Program

Forrest Health®

Quarterly Newsletter

### EMPLOYEE SPOTLIGHT

**Susan Davidson, MS, LMFT**

*Clinical Therapist, Intensive Outpatient Program*



In 1972, when she was very young, Susan and her family moved to Hattiesburg, Mississippi from Tampa, Florida. Her parents were natives of Hattiesburg, so they really were coming home. She grew up with three siblings, two brothers and one sister. She lost one brother to addiction, which was an extremely sad event that took a toll on her.

Susan graduated from Hattiesburg High School and married very shortly thereafter. For the next 29 years she traveled with her spouse, who was in the United States Air Force. She earned her Associate's Degree from the University of Alaska. After returning to Hattiesburg, she attended The University of Southern Mississippi, where she earned a Bachelor's degree in Psychology and her Master's in Marriage and Family Therapy. Susan has three children and they include a contractor and builder, an avionics electronics technician, and a third who works in procurement at Exxon.

#### TELL ME ABOUT A BRIGHT MOMENT IN YOUR CAREER.

That is an easy answer, seeing a patient recover. Those moments give me a time to rejoice.

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

Practice self-care and know that it is not your responsibility to keep a patient sober. Your responsibility is simply to carry the message. And, if you are not passionate about your job, look elsewhere.

#### TELL ME ABOUT YOUR GREATEST MENTORS.

Isaac Boose taught me to be calm. He also taught me that what patients did was not my fault. Sharon Otts, through her wisdom, taught me very sound clinical skills. And also, Dr. Christina Williams taught me about validation and she has the same passion and compassion that I have. She is loyal to our profession and she is kind. I have the greatest respect for her and for what she has done for Pine Grove. She carries our Intensive Outpatient Program, (IOP) for all of us.

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

I am an athlete at heart! I grew up playing basketball. In my adult years, I enjoyed participation in triathlons, and my favorite part of that was cycling. My goal is to cycle in a century ride.

#### WHAT HAS BEEN THE GREATEST TRIAL IN YOUR LIFE?

Early recovery was my greatest trial. I scratched and clawed to just stay sober. I have a very healthy respect for my disease. Once I began living for myself, I realized a real turning point.

#### WHAT IS YOUR FAVORITE BOOK?

Easy answer, the Bible.

#### WHAT IS YOUR FAVORITE MOVIE?

*The Holiday* is my favorite movie.

#### WHAT DO YOU DO FOR FUN?

I love working in my yard and visiting my children and grandchildren.

Well, now you know more about our co-worker, Susan Davidson. Please check in with her, or better yet, go for a bike ride with her.

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

It is not the strongest of species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change.

– Charles Darwin  
*Naturalist*

We must be willing to let go of the life we have planned, so as to have the life that is waiting for us.

– E. M. Forster

Don't go through life, grow through life.

– Eric Butterworth

What lies behind us, and what lies before us are tiny matters, compared to what lies within us.

– Ralph Waldo Emerson

# EMPLOYEE SPOTLIGHT

## Frankeya Weatherspoon, MS, P-LPC

Clinical Therapist, Intensive Outpatient Program



Frankeya was born and raised in the Mississippi Delta and her parents and the rest of her family remain there. After graduating from Ruleville High School, she moved to Jackson to attend Tougaloo College, where she earned her Bachelor's degree in Psychology and Sociology. Moving forward, she immediately relocated to Hattiesburg and enrolled in the University of Southern Mississippi to earn her Master's degree in Counseling. Frankeya came to work at Pine Grove Behavioral Health & Addiction Services in 2023.

She is very close to her family. When thinking of a word to describe her, without hesitation, I thought of FAMILY! During our interview, she mentioned her family many times and she always spoke about them with love.

### TELL ME ABOUT A BRIGHT MOMENT IN YOUR CAREER.

Watching patients struggle and then do a full 360 turn.

**WHAT ADVICE WOULD YOU GIVE A YOUNG GRADUATE  
ASPIRING TO WORK IN MENTAL HEALTH AND ADDICTION?**  
Never, ever stop growing and learning about yourself.

### TELL ME ABOUT YOUR GREATEST MENTORS

My first mentor would be John Herrington, I learned how to love me and the process of how to do that. I don't think I would have made it without that support. Carnelius Dantzler taught me how to trust myself and to do what I thought was right. And finally, Tammy Womack believed in me, and she will still give me advice.

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

I love music, I mean I really love music. I love everything about music, the instruments and the chords. I can hear ALL of a composition.

### WHAT HAS BEEN THE GREATEST TRIAL IN YOUR LIFE?

Leaving my whole family to relocate to Hattiesburg, we are a real community. However, in that trial, my spirituality was born.

### WHAT IS YOUR FAVORITE BOOK?

Returning to Wholeness by Brenna J. Fields

### WHAT IS YOUR FAVORITE MOVIE?

TOY STORY & SHREK, these movies remind me of my childhood and that is a comfort to me.

### WHAT DO YOU DO FOR FUN?

I enjoy taking good care of myself, hair, make-up and nails.

Well, there you go. Aren't we blessed to have Frankeya on our team? Next time you see her, stop and ask her about her family.

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

## Alumni Program Additions

Enthusiasm is high for the upcoming year as we have been doing some challenging work. In order to progress and serve you effectively, we are revamping the alumni program with some amazing changes. In appreciation of your continued alumni efforts, we would like to come to you. Pine Grove's Alumni Coordinators will be hosting a gathering and dinner at various locations throughout the organization's service area. We hope to foster additional connections and support for our alumni members by visiting them in their hometowns.

In addition, we will be providing the Days of Hope program two times per year, rather than three, with an extended annual meeting, known as the Alumni Reunion. We commend your dedication and commitment to your recovery program as you continue to bring your experience, strength, and hope for the current patients.

Thank you for being part of the Alumni program; we are grateful for you and look forward to a fabulous year!

#### The 2025 Days of Hope Dates:

March 7, 2025

June 6, 7, 8 (Annual Reunion)

October 17, 2025

#### The 2025 Travel Months:

April/May 2025

August/September 2025

December 2025

## Reading & Recovery



### *The Dilemma Of The Alcoholic Marriage*

From: AL-ANON FAMILY GROUPS, INC.

Written by: Eileene McRae

Alumni Coordinator, Pine Grove Behavioral Health & Addiction Services

“Every aspect of a relationship takes on the nature of a dilemma when one or both partners are alcoholic.”

“Do You Say What You Mean? Do You Mean What You Say?”

The Dilemma of the Alcoholic Marriage was first published in 1967 by the Al-Anon Family Groups, Inc. It has been many years since I read this book, and I reread it when I chose to review it this quarter. I was reminded of just how powerful it is!

We all know how affected families become when living with addiction. I don't think it is discussed nearly enough. I am so very proud of how Pine Grove includes families in the treatment process.

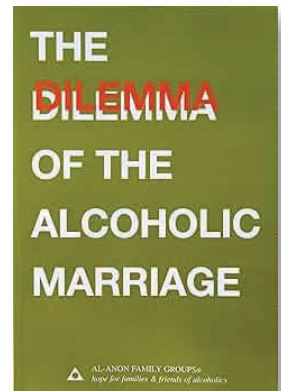
It's made very clear in this book that **12 Step Programs are not therapy, and therapy is not a 12 Step Program**. It is amazing to me how people don't understand and accept that truth!

One of the best definitions I've heard of Al-Anon groups is from this very book: “The groups meet to discuss the problems created by alcoholism. It is an informal fellowship whose members try to uncover and discourage their own negative reactions, while building on **their qualities**.” This is a great time for me to encourage you to get to an Al-Anon meeting if you qualify.

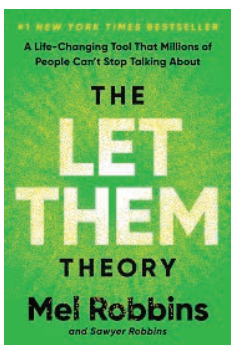
The reader of The Dilemma of the Alcoholic Marriage will find very valuable tools that will help their life and 'marriage'. Tools like communication, with specific explanations of each facet of communicating: “... Discuss, Don't Attack; Keep the Voice Low and Pleasant; Stick to the Subject; Listen to his or her Complaints; and Don't Make Demands.” One word came up several times in this book and it certainly deserves repeating so as one doesn't forget, that word is courteous, to be courteous in all communication.

The Dilemma of the Alcoholic Marriage will gently take the reader through the 12 Steps (from the AA Big Book), as well as the 12 Traditions and the 12 Concepts of Service. It also discusses the 'dilemmas' from studies of other people who are learning how to communicate. It is always better to know you are not alone in your recovery journey.

I hope you will try this book. I know you won't be sorry that you did.



## New Book Study



Join us for our virtual book club 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. The purpose of this meeting is to provide an increased understanding of emotional recovery and further personal development.

We are excited to introduce our next book, **The Let Them Theory**, by Mel Robbins. In this book, Mel explores the ways to release power of what you cannot control and begin concentrating on you! Through her personal stories, she relates how The Let Them Theory has influenced her life. When we learn to let go of control, we allow ourselves to focus on our overall wellbeing.

Zoom Information below:

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

Meeting ID: 844 9270 2674

Passcode: 000382





## MILESTONES

### January

Rudy C.	14 years
Nick A.	12 years
Kay T.	5 years
KP	18 months
Brandon P.	10 years
Katie K.	5 years
Armand H.	16 years

### February

Alex W.	6 years
Helena B.	5 years
Neal W.	7 years
Michael H.	3 years
Chris M.	12 years

### March

Craig M.	5 years
Ryan M.	10 years
Tara B.	9 months

If you have a milestone in **April, May, or June** please email your name and date to [alumni@pinegrovetreatment.com](mailto:alumni@pinegrovetreatment.com)

## Connect with Us

1-888-574-HOPE  
[www.pinegrovetreatment.com](http://www.pinegrovetreatment.com)  
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## Intensive Workshops



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Call 1-888-574-HOPE or visit

<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, boundaries, 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

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