



Pine Grove

Alumni Program

Forrest Health®

Quarterly Newsletter

EMPLOYEE SPOTLIGHT

Bart Barnes, RN

Pine Grove's Child & Adolescent Unit

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



I never have an occasion to go back to the Child and Adolescent Unit, so I really didn't know Bart Barnes. Well, all I can say is that I need to get out more! What a delightful time I had getting to know Bart over lunch. I look so forward to seeing him again, what a kind, gentle soul!

Bart was born in Baton Rouge while his father was enrolled in graduate school to finish his Masters. He and his family then moved to Knoxville, Tennessee, for his father to complete his PhD. His father then spent 40 years as a professor, 10 years at The University of South Alabama and then 30 years at The University of Southern Mississippi. Bart's mother was a teacher at Thames Elementary here in Hattiesburg.

Bart graduated from Hattiesburg High School and attended The University of Southern Mississippi. He graduated with a Bachelor of Science degree, before going to Pearl River Community College to obtain his RN.

Bart has one sibling, a brother. He and his wife, Cathy, who is also a nurse, have four children and two grandchildren.

WHAT HAS BEEN THE BRIGHTEST MOMENT IN YOUR CAREER?

There have been so many stories, success stories, of children and families and I could not possibly name just one. But, my brightest moments in my career have been working with our patients.

WHAT ADVICE WOULD YOU GIVE TO A GRADUATING STUDENT WHO WANTS TO WORK WITH CHILDREN & ADOLESCENTS IN A BEHAVIORAL HEALTH SETTING?

Be open-minded. It's hard to look at life from the viewpoint of a young patient. It's also very hard to translate their experiences! Be as welcoming and as understanding as you can possibly be. Treat them like they are family by being kind and compassionate. You have to have heart to work with this young population—if you have heart, you can learn the rest.

TELL ME ABOUT YOUR GREATEST MENTORS.

Dr. Diane Little-Walker was certainly one of my mentors early in my career. She taught me to stay

ahead of the game. She also taught me to never get in a power struggle with kids. Dr. Walker said, "These young patients need a few days to see what life could be like for them."

Dr. Thomas Miller has been wonderful in bringing me up-to-date treatment information. I really appreciate him and his kindness in doing that.

I would have to say that Mrs. Debbie Sanford has been a pillar for me. I have learned from her to stay calm under pressure. She is a rock!

Being lost as an adolescent, going down the wrong road, I thought I had to be cool. I was not comfortable in my own skin. Funny thing about that trying time in my life, it turned out to be the best thing that could have happened, because those experiences really help me as I help my patients.

WHAT DO YOU DO FOR FUN?

Pickle ball is my latest fun activity. I also like going to the gym to work out. With that being said, my real fun is being outdoors. I love to hunt, and I like looking for arrowheads.

WHAT BRINGS YOU THE GREATEST JOY?

My greatest joy is being with my family. I am so proud of them; they bring me my greatest joy!

WHAT IS YOUR FAVORITE BOOK AND WHY?

I can't think of a favorite book. I read mostly about something I am really interested in, like hunting, arrowheads, or mental health care for children and adolescents.

WHAT IS YOUR FAVORITE MOVIE?

Oh, I like to watch anything that is light-hearted or even silly. That helps get my mind off the seriousness of life.

Well, thank you for allowing me to introduce you to one of our colleagues, Bart Barnes. When you see him next, ask him how many push-ups he can do when competing with one of our adolescents. I *enjoyed spending time with Bart. I can say that I know our kids on the Child and Adolescent Unit are in VERY GOOD HANDS!!*

The real wars are not outside of you; the real wars exist within.
– Rumi

We are now in the Bermuda Triangle of Recovery...that's the triangle between Thanksgiving, Christmas and the New Year...and a lot of people get lost in it.
– Author Unknown

Sometimes, when things are falling apart, they may actually be falling into place.
– Author Unknown

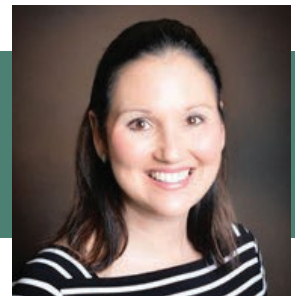


The 2025 Days of Hope:
October 17, 2025

2025 Travel Months:
August/September 2025
December 2025

Renewing Your Resiliency

Angela Gray Salyers, MA, MS, LPC
Business Development Coordinator



Lately, it seems like life has been in the fast lane. With so much going on in the world today, it is easy to have feelings of being overwhelmed. So, how can we combat these feelings? Building resiliency can be one of the best ways to protect ourselves. Three important factors empower resiliency: connection, wellness, and healthy thinking. These vital components help us to withstand and grow from difficult experiences. It is truly amazing how human beings adapt to life changing events, traumas, and life stressors. Developing resiliency can be a personal journey; it is fundamentally built on human connection, overall wellness, and positive thinking.

“Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats and significant sources of stress - such as family and relationship problems, serious health problems or workplace and financial stressors” (The Road to Resilience -American Psychological Association, n.d.).

Essentially it is how humans bounce back from stressful conditions. So, what is the secret formula to resiliency? Resiliency is built through gratitude and compassion. Practicing gratitude and compassion towards ourselves and others will allow you to increase your ability to handle life’s most stressful moments. Whether resiliency is innate, learned, or adapted, it is like building a muscle; it takes time and intentionality.

Connection

With the practice of gratitude and compassion, we can work to build connection by prioritizing trustworthy relationships with individuals who validate our feelings. One-on-one relationships or even joining a group can help us navigate away from isolation and into healthy socialization.

Wellness

Fostering wellness in your life by taking care of your body and mind through exercise, good sleep, hydration, healthy nutrition, reducing stress, and releasing emotional tension can work wonders for building resilience. A regular practice of mindfulness through a spiritual practice of your choice, such as yoga, meditation, or even mindful journaling, can restore compassion and gratitude. Assessing your exposure to negative outlets can be insightful. We want to limit how much we expose ourselves to negative media outlets or even unhealthy relationships that have the potential to alter our positive attitudes.

Healthy Thinking

Monitoring our thoughts on a regular basis can be so insightful. It helps us to identify irrational thoughts and ways we can better interpret and respond to these thoughts. Accepting change is difficult, and learning to accept situations we cannot change can free our minds and help us see situations that are changeable. Also, learning from past situations can help us see how we have responded previously and what might be the best approach moving forward. With resiliency, we have the ability to navigate stressful circumstances with flexibility and balance. Increasing our compassion and gratitude will allow us to trust in our own abilities. So, the next time you find yourself feeling overwhelmed, take a moment and practice some gratitude and compassion towards yourself and others.

References

American Psychological Association. (2020, February 1). Building your resilience. <http://www.apa.org/topics/resilience>
The Road to Resilience -American Psychological Association. (n.d.). <https://uncw.edu/studentaffairs/committees/pdc/documents/the%20road%20to%20resilience.pdf>





Reading & Recovery

Today, I Will...

Written by: James Downton, Jr.

Written by: Erin E. Konves, MS, P-PLC
Business Development & Alumni Coordinator

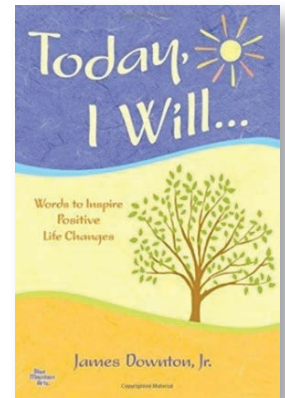
"Today, when I hear myself say "I have to," I will replace it with "I get to." I will notice how this simple shift in my thinking changes my relationship to my responsibilities. I will discovery how lucky I am to have the ability to take action."

"Today, I will see new opportunities for my creativity. Instead of fearing them and doubting myself, I will feel the adventure and excitement of starting something new."

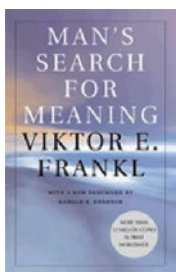
Have you been searching to enhance your life with positivity, or maybe looking to incorporate a new meditation book? Look no further, as James Downton, teacher, author, and artist, explores the value of being joyful and content, one day at a time. The daily inspirations challenge you on a course of self-improvement, through affirming viewpoints on the world, relationships, and self.

Change does not happen suddenly, but rather over a lifetime of growth through willingness and consistency. In this book, the author uses "I will" statements to influence and encourage a healthy life style through continued discipline and action. By choosing to see things in a positive manner, change does not appear as difficult and life takes on an entirely new meaning.

This little book has 43 different readings to inspire personal growth and reflection. You can read it slowly cover to cover, or over time, by selecting pages at random. Think about keeping a journal close at hand to display your thoughts and feelings regarding a specific reading. Whatever route you decide, I believe your days will be more fulfilled with these short affirmations. Enjoy!



Virtual 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. 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, ***Man's Search For Meaning***, by Viktor E. Frankl. This book is divided into two sections. The first portion describes human experiences in a Concentration Camp and the need for spiritual survival. The second part outlines Viktor Frankl's Logotherapy and how to implement this practice in daily living. Frankl's main points of this timeless reading point out that we are not immune to pain and suffering, yet we can learn how to cope with it. We hope you will join us for an educational and rewarding experience as we read this next book. We look forward to the fellowship! See you there.

Zoom Information below:
<https://forresthealth.zoom.us/j/84492702674>
Meeting ID: 844 9270 2674
Passcode: 000382

Another Powerful Alumni Reunion

A HUGE shout out to all the alumni who came to the annual reunion. The staff were delighted to visit with the alums both in person and via zoom. The current patients received hope as they intently listened to the alumni recovery stories. The weekend was filled with food, fun, and fellowship.

Thank you to Frankeya Weatherspoon, MS, P-LPC and Carnelius Dantzler, MSW, MBA for their valuable presentation. We are confident everyone walked away with some additional knowledge on the importance of healthy communication within the community setting.

The Saturday events wrapped up with a delicious dinner at William Carey University, along with a powerful alumni story. We appreciate the alumni who were open and honest about their lives – what a testimony and an amazing way to finish out the day!

A spiritual sendoff concluded the weekend. We wish everyone well and are grateful to all who make this event possible. We are looking forward to planning the 2026 alumni reunion.

Eileene McRae & Erin E. Konves, MS, P-LPC
Alumni Coordinators



Pine Grove Behavioral Health & Addiction Services in The Top Five!!



Festival South's Annual BEST OF THE PINE BELT Awards, sponsored by Signature Magazine and presented by Southern Eye Center is excited to announce that Pine Grove Behavioral Health & Addiction Services has made it as a finalist for the Best Specialty Medical Clinic category. We are honored and grateful for this recognition, and now, we need YOUR help to bring it home. You can assist in this process by voting each day, from July 1st through July 21st. Below is a QR code, which will take you directly to the voting process. We would love for you to cast a daily vote, and thank you for your encouragement and dedication to living a healthy lifestyle.



MILESTONES

April

Anthony C. 19 years

May

Tag D. 7 years
John M. 1 year
William R. 1 year
Frank B. 8 years
Darrell J. 4 years
Wesley D. 4 years

June

George L. 5 years
Darice C. 5 years
Lawrence R. 5 months
Tara B. 1 year
Carrie P. 1 year

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.

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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