

June 2025 Edition

GRIT

at *Magnolia*
MEADOWS

THE RESILIENCE REPORT

help. healing. hope.

ALCOHOLISM AND REDEMPTION



In episode 197 of the *Transition Drill Podcast*, our very own Scott Cothran, former Metro Nashville Police Sergeant, opens up about his life, his career in law enforcement, and his long battle with alcoholism. Raised in a First Responder household where drinking was normalized, Scott began drinking at an early age and carried those habits into adulthood. He shares how his childhood, filled with admiration for his police officer father, shaped his identity and inspired his career choice. Over his 16-year tenure with the Metro Nashville Police Department, Scott worked in specialized units, served as point man on tactical entries, and rose to the rank of Sergeant. All the while, he silently struggled with addiction. The death of his father from alcoholism became a turning point, pushing Scott deeper into his own dependency until he finally hit bottom and asked for help. His story does not end with a resignation but with renewal. Today, Scott works at Magnolia Meadows, a treatment center for First Responders, helping others find the strength to face their own battles. His candid conversation offers an honest and emotional look at life after service, the hidden toll of trauma, and the courage it takes to step into recovery and redefine purpose. Go to <https://www.transitiondrillpodcast.com>, episode 197 to hear and read Scott's powerful story of Alcoholism and Redemption.

GRIT
Gaining Resilience in Trauma



"It's okay to not be okay. What's not okay is staying silent when you need support."

www.magnoliameadows.com

FLAVOR BRIEFING

with Chef Andy



Chefs love to play with FIRE!!



Marry Me Shrimp



Kali's Korner

Meet Kirk and Oscar the Service Dog!

After serving in the Military and as a full time Firefighter for 24 years, Kirk Berthiaume was diagnosed with complex PTSD. In 2022, he found the Canadian Veteran Service Dog Unit which provides trained service dogs to Veterans and First Responders diagnosed with PTSD. In March 2023, Kirk got his service dog, Oscar. Oscar is a 3 year old Golden Retriever, and he is Kirk's lifeline. Oscar's favorite things in the world are playing fetch, and cuddling. He also loves swimming! Oscar has been specifically trained for Kirk, and is aware of his personal triggers. If Kirk is having a nightmare, Oscar wakes him up. If Kirk is triggered and his hands or legs are shaking, Oscar puts his head on his lap or licks his hands. Oscar is the reason Kirk is still able to work, and he is loved by everyone he meets!

Welcome to Magnolia Meadows!



Had an incredible visit with Houston Fire Department Staff Psychologists, Dr. Leah Belsches and Dr. Temara Holt! Deeply grateful for your passion, dedication, and the vital work you do to support mental health within the department. Thank you both!



Before...



WE GOT A NEW BRIDGE!!

After!!!



Wellness
RESOURCES

Books: *Relentless Courage* by Shauna Springer

Podcasts: *Transition Drill Podcast*, Episode 197

Websites: www.firstresponderhope.com

GRIT
Gaining Resilience in Trauma



"You're not alone, and asking for help doesn't make you less of a Firefighter. It makes you stronger."

Dr. David Griffin, Firefighter



Need Help? Call us at (855) 644-7500
www.magnoliameadows.com

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