

November 2025
EDITION

GRIT

at Magnolia
MEADOWS

THE RESILIENCE REPORT

help. healing. hope.

BEYOND TALK THERAPY

How Action Heals the Mind and Body

After years spent running toward danger and staying calm in crisis, slowing down to "just talk" can feel unnatural for many first responders and veterans. That's why experiential and adventure therapies—healing through movement, connection, and purpose—resonate so deeply with this population. Experiential therapy means learning by doing—through art, nature experiences, or hands-on activities that bring emotions into real time. Adventure therapy adds the outdoors and safe challenge—like hiking, kayaking, or team-based problem-solving—to rebuild confidence, trust, and regulation. These approaches work because trauma lives in the body as much as the mind. Movement helps the nervous system relearn safety, and action gives new purpose to the same traits—discipline, teamwork, and courage—that once served in uniform. In shared experiences, barriers fade. Trust builds naturally among peers who understand without explanation. Research backs it up too: physical activity in guided, natural settings improves mood, reduces PTSD symptoms, and increases engagement in treatment. At its heart, experiential and adventure therapy remind those who've lived in constant motion that healing doesn't have to mean standing still—it can start with a single step up the trail and a deep breath of peace.



At GRIT at Magnolia Meadows, we're committed to keeping that spirit of movement alive. Our program continues to expand experiential and adventure-based modalities, giving first responders and military members a space to reconnect with purpose and rediscover balance through action. From art and nature-based experiences to outdoor challenges and innovative trauma-informed practices, our goal is to meet clients where they are—mind, body, and spirit—and continue exploring new ways to help those who serve find healing that feels real. Plans for equine-assisted work are also underway as we broaden opportunities for connection and growth in the months ahead.

To view the whole article about this therapeutic technique and other articles tailored for first responders/military, visit: <https://www.magnoliameadows.com/articles/>

www.magnoliameadows.com



are you
ready to
meet Nash?

"The GRIT program at Magnolia Meadows is an intentionally designed and critically needed resource that fills the longstanding void of residential and intensive treatment options specifically for First Responders. It is not only clinically sophisticated, but also culturally competent, reducing stigma by creating an environment that feels accessible, comfortable, and aligned with the language, values, and lived experiences of the First Responder community. The level of thoughtfulness and curation within the program is unmatched. As an outpatient practice that works exclusively with our First Responder community, we have greatly appreciated the collaborative efforts, 'soft handoffs', and (when needed) expedited placements provided by the Magnolia Meadows GRIT team. Our responders are truly in excellent hands."

Brandy Benson, Psy.D.



Indiana Pork Loin Sandwich



FLAVOR BRIEFING
with Chef Andy

GRIT



Crystal 2025

STAFF spotlight

Meet Crystal, our day shift Nurse, and the steady force behind our Nursing team. She manages scheduling, helps with interviews, advocates for clients, and connects with them on a real level. She's dependable, direct, and deeply committed to the people she serves. Known for having the tough conversations with honesty and heart, Crystal leads with strength, fairness, and a no-nonsense approach that keeps our team sharp, supported, and accountable.



Born on May 22, 2025, Nash is our newest four-legged addition to the GRIT family — a playful lab mix adopted from the Dickson Humane Society. He's still working through a few potty-training negotiations, but what he lacks in timing, he makes up for in personality.

When Nash isn't in the middle of one of his famous "Nash Dashes" (his version of zoomies), he can usually be found curled up on the couch soaking up all the cuddles he can get — or teasing his big sister, Kali, into a game of chase. Kali wasn't so sure about him at first — she kept her distance, observing the new kid with her usual calm authority. But once she realized Nash wasn't just visiting, she warmed right up. These days, they're inseparable. They wrestle (sometimes a little too enthusiastically), share the occasional toy, and have become quite the duo around the facility. Since Nash's arrival, even Kali seems lighter — she's shed a few pounds, smiles more, and has clearly taken a liking to her little brother. If she could just get him fully potty-trained, she'd say things were perfect.

For our clients, Nash has been a hit from day one. He and Kali greet each new arrival like family, helping anxious clients feel at home the moment they walk through the door. It's safe to say the GRIT team has officially gone to the dogs — and we wouldn't have it any other way.

November 2025 EDITION
THE RESILIENCE REPORT

Wellness RESOURCES

Books: Resilience for First Responders by John Diaz
Podcasts: Things Police See
Websites: www.codegreencampaign.org

GRIT
Gaining Resilience in Trauma



**Residential Treatment Program for
active or retired First Responders
and Military Service Members**



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

1750 Halls Creek Road Waverly, TN 37185

