

May 2026  
EDITION

**GRIT**

at *Magnolia*  
MEADOWS

# THE RESILIENCE REPORT

*help. healing. hope.*

## May: Mental Health Awareness Month A Different Kind of Readiness. Keeping the Conversation Moving.

There's a mindset that comes with this work, whether you've worn the uniform for decades or you've recently stepped into it. You learn to stay steady when things aren't. You learn to move toward what others avoid. And over time, pushing through becomes second nature. That mindset saves lives. But it can also make it harder to notice when something is building internally. Mental health awareness in first responders and military is about continuing the conversation that's often kept quiet. Because the reality is, the weight is different. This world is familiar with the stats; you've heard them in trainings, debriefs, and all over the media. But numbers only tell part of the story. What they don't fully capture is the accumulation. It's the calls that don't leave. The scenes that replay without permission. The moments where the outcome wasn't what was intended or what it should have been. It's not always one critical incident. More often, it's repetition. It's exposure becoming routine. It's stress becoming baseline.

And while PTSD is often the focus, it's only part of what people carry. There's grief, not just personal, but the kind that comes from seeing loss over and over again. There's moral injury the weight of decisions made in impossible situations, or things that don't sit right long after the moment has passed. There are patterns that look like control or hypervigilance but start to edge into OCD; intrusive thoughts, repetitive behaviors, difficulty shutting it off. And for many, there's a loss of identity especially in transition, retirement, or injury, when the role that once defined you shifts or disappears. These aren't always talked about.

But they're there.

And when they go unaddressed, they don't just fade, they build. For a long time, mental health care has been treated as something you turn to when things become unmanageable. When you've hit a point where pushing through isn't working anymore. That's where the shift is happening. Prevention is becoming part of the conversation. It's recognizing when stress is stacking, not just when it's overwhelming. It's paying attention when your baseline starts to change. It's understanding that getting support early isn't stepping away from your responsibilities; it's protecting your ability to stay in them. *Continued on Page 2*



## Introducing the

**GRIT**



**Alumni Peer Support Team**

*Individuals who have walked this path and are available to connect with prospective clients before admission.*

**Sometimes the most helpful voice, is someone who's lived it.**



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May: Mental Health Awareness Month  
continued...

The goal isn't to wait until one option is the only option. It's to find the right level at the right time. Because help is out there. And when it's used earlier, it works. One of the biggest barriers isn't access, it's silence. In cultures built on strength, discipline, and responsibility, it can feel easier to carry things than to talk about them. But the more these conversations happen, the more people reach out before it becomes a crisis. Mental health isn't separate from the job or the service...it's part of it. Mental Health Awareness Month is a reminder of that. Not to wait until it's "bad enough." Not to assume it will pass on its own but to pay attention a little earlier. To have the conversation a little sooner. Because the goal isn't just getting through it, it's staying ahead of it.

Paws & Purpose.

TAILS FROM THE DOGHOUSE



Cooper



Kali & Nash

FLAVOR BRIEFING with Chef Andy



Steak Carbonara



Marry Me Shrimp



Chicken with Mushroom Bearnaise

Meet Cooper!

Cooper is a 3-year-old Golden Retriever who partnered with his person, Alex, to help navigate daily challenges associated with PTSD and anxiety. Since joining Alex's life, Cooper has been a constant source of support and comfort. He's trained to interrupt anxiety cycles, create space in crowded environments, and provide grounding support during stressful moments. But more than his tasks, Cooper offers unconditional love and a sense of security that has helped Alex regain confidence and independence. Together, they are living proof of the incredible impact of the human-animal bond.

GRIT TEAM spotlight



Nick 2026

Please help us welcome Nick to the GRIT team! Though he has only been with us for just under two months, he has already made a lasting impact in the kitchen and within the program as our new Sous Chef. Nick has worked in the food industry since he was 16 years old, spending the last few years focused on creating high-end meals with consistency and attention to detail. His passion for quality food and pride in what he serves shows every day. From thoughtful meals to the care he puts into the dining experience, Nick has become a significant addition to both the GRIT kitchen and our team. We are excited to have him as part of Magnolia Meadows and look forward to all he brings moving forward.

"I cannot tell you guys enough about how well GRIT has worked out for my client's progress. Thank you and the team for what you do and for being the blessings you are.

Job amazingly done.  
Brilliant work. Deepest thanks."  
Rachel Menger, MA, LMHC



"MENTAL HEALTH MATTERS, AND SO DO YOU."

Need Help? Call us at (855) 644-7500  
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