

GRIT

★ GAINING RESILIENCE IN TRAUMA ★

NEWSLETTER



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GRIT Alumni Outreach

Alumni reaching back to help the next person move forward.



Flavor Briefing with Chef Andy

A taste of the creativity and flavor Chef Andy brings to the GRIT table.



Paws & Purpose

Meet the animals bringing comfort, laughter, and connection.



Team GRIT Spotlight

Get to know the people behind the GRIT mission.

CARE THAT UNDERSTANDS.

A PLACE THAT HEALS.

At GRIT, we understand the unique challenges you face because we've built this program just for you. Our team, our environment, and our approach are all designed to help you process trauma, rebuild resilience, and return to the life, and the mission, you love.



A PEACEFUL PLACE TO HEAL.
A POWERFUL PATH FORWARD.

WE HELP YOU FIND A WAY.



BlueCross
BlueShield



VA COMMUNITY
CARE
NETWORK

We work with multiple insurance and referral pathways. Don't see your plan listed? Call us and let's talk through your options.



15 BEDS. 30 DAYS.
TRANSFORMING LIVES.
SAVING LIVES.

REACH BACK. LIFT UP.

Introducing the GRIT Alumni Outreach Volunteer Program



One of the questions we're asked most often is, ***"What happens after treatment?"***

At GRIT, we believe recovery doesn't end at discharge... it grows into a community. Our Alumni Program was created to ensure that clients continue receiving support long after they leave our campus. Every week, alumni join us virtually to reconnect, encourage one another, celebrate victories, and navigate the challenges of returning home, back to work, and back to everyday life. Current clients also have the opportunity to participate in these meetings, ask questions, hear honest experiences, and meet people who have already walked the road they're preparing to travel.

One of the newest additions to our Alumni Program is the **Alumni Outreach Volunteer Program**. Many first responders and military members know they need help but hesitate to take that first step. Questions about family, work, finances, relationships, and simply leaving home can feel overwhelming. While our admissions team can answer questions about the program, some conversations are simply better had with someone who's been there.

That's where our alumni volunteers come in.

We have a growing pool of both **male and female alumni** who have volunteered to speak with prospective clients who are considering treatment. Whenever possible, we do our best to pair individuals with someone from a similar profession or background because we know there's comfort in speaking with someone who understands the unique culture of your profession.

Participation is always **voluntary** on both sides. We first ask prospective clients if they are open to speaking with one of our alumni. Likewise, we ask our alumni volunteers if they are available and willing to have that conversation. Nothing is ever expected or forced. Once that connection is made, our staff step back.

Those conversations belong to them. There are no scripts, no agendas, and no staff listening in. It's simply two people having an honest conversation, one who is wondering if treatment is the right decision, and another who remembers exactly what it felt like to stand in those **same shoes**.

We've already seen the impact these conversations can have. For one recent client, a phone call with an alumnus became the turning point that gave her the confidence to seek treatment. Today, she's preparing to become an alumna herself and hopes to one day volunteer for the very program that helped her.

That's what our Alumni Program is all about. It's more than a weekly meeting. It's a community that reaches back, shares experience and reminds the next person that they don't have to face recovery alone. Because at GRIT, healing doesn't stop at discharge...it continues through connection, service, and the **willingness to help** the next person climb the hill.

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FLAVOR BRIEFING

with Chef Andy



Every day Chef Andy brings bold flavors, fresh ideas, and a whole lot of heart into our kitchen!



Braised Beef
Short Rib



Shrimp Pad Thai



Beef Flautas

Comfort, connection, and a seat at the table.

Paws & Purpose.

TAILS FROM THE DOGHOUSE



Don't let his title fool you, Lord Gritty is less concerned with royal duties and far more interested in snacks, scratches, and being the center of attention. At just under three months old, this Norwegian Dwarf Goat has already claimed the unofficial title of Peer Support Goat.

When Gritty isn't making special appearances at Magnolia Meadows, he's back home on the farm with his band of fellow misfits, including other Norwegian dwarf goats, a baby raccoon, and a flock of special-needs sheep. His dog-like personality makes him a fast favorite with just about everyone he meets.

When Gritty visits campus, you'll know it. He announces his arrival with enthusiastic bleats, happily samples anything leafy in the garden, eagerly accepts pets from anyone willing to give them, and—on occasion—leaves behind a few "pellets of love" as a reminder that he stopped by.

Whether he's making clients laugh, encouraging someone to step outside for a few minutes, or simply reminding us to enjoy the little things, Lord Gritty proves that healing sometimes comes on four tiny hooves.

★ MEET ★
**LORD
GRITTY
BERT!!**

(But you can just call him Gritty!)

TEAM GRIT spotlight



Bryan 2026

Bryan has been with GRIT since the very beginning, and it's hard to imagine our team without him. As our Director of Business Development, his positivity is contagious, his energy is unmatched, and there's a good chance he'll break into song before the conversation is over! With years of experience helping others, Bryan has a unique gift for making referral partners, clients, and new staff feel welcome and at ease within minutes. His genuine heart for serving others and infectious enthusiasm leave a lasting impression on everyone he meets. Simply put, he's the ray of sunshine that keeps GRIT smiling. 🌞🎵😊

OFF DUTY

— LIFE AFTER THE CALL —



**RADIO TRAFFIC
DISPATCH: "ALL UNITS...
BE ADVISED, THE WEATHER
HAS CHOSEN VIOLENCE."**



ONE MINUTE IT'S A SAUNA. THE NEXT MINUTE IT'S A CAR WASH. AHH... SUMMER IN WEST TN.

CREATED BY
GRIT AT MAGNOLIA MEADOWS



Thank you for being part of the GRIT community. Together, we climb.

