

# GRIT

★ GAINING RESILIENCE IN TRAUMA ★

## CONNECTION IS PART OF PREVENTION

Suicide Prevention Month • Recovery Month • 2nd Annual GRIT Alumni Picnic



September recognizes both Suicide Prevention Month and National Recovery Month...two conversations that, for us at GRIT, go hand in hand. Suicide prevention isn't only what happens when someone reaches a crisis, and recovery doesn't end when someone completes treatment. Both involve what happens afterward: Who checks in? Who answers the phone? Who notices when someone starts pulling away? And does that person still have somewhere and someone to come back to?

For First Responders and Military personnel, connection is especially important. These are careers built around crews, partners, units, and having each other's backs. Yet when trauma, depression, substance use, relationship problems, or other mental health concerns begin taking over, isolation can quietly become part of the problem. Sometimes the people who are used to showing up for everyone else become very good at disappearing when they're the ones struggling. That's one reason our alumni community matters so much.

On September 26th, we'll host our 2nd Annual GRIT Alumni Picnic, bringing together former clients and their families, current clients and families, staff, and even coworkers who want to learn more about GRIT. There will be plenty of food, kids, laughter, stories, games, and catching up...but underneath all of it is something much bigger. Nobody at the picnic needs to walk around talking about suicide prevention for prevention to be happening.

It's an opportunity for someone currently in treatment to meet a person who once sat in the same chair and wondered what life would look like when they went home. It's a chance for spouses and families to reconnect with people who understand what they've been through. And it's a reminder to our alumni that their connection to GRIT doesn't end when treatment does. That's recovery and maintaining those connections is part of prevention. So this September, we'll recognize both, not just with words, but by bringing our people back together.

Read the full article at [magnoliameadows.com](https://magnoliameadows.com)

### INSIDE THIS ISSUE



#### 25 YEARS LATER

Remembering September 11, 2001.



#### FOP APPROVED

GRIT is now FOP Vetted and Approved.



#### PAWS & PURPOSE

Our very own Kali makes the cut this month.



#### TEAM GRIT SPOTLIGHT

Meet Justin, one of our overnight CCT's.

### WE HELP YOU FIND A WAY.

#### DID YOU KNOW?

We are In-Network and work with most Commercial Insurance, VA CCN Benefits, and TriCare East!

Not sure about your insurance?

We have specialists ready to talk about your specific plan!



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.

★★★  
*We Remember.*  
**25**  
— YEARS LATER —  
9.11.01 • 9.11.26

— 25TH ANNUAL —  
**9/11 MEMORIAL**  
★

WE REMEMBER THOSE WE LOST.  
WE HONOR THOSE WHO RESPONDED.  
WE RECOGNIZE THOSE WHO  
CONTINUED TO SERVE.  
WE STAND BESIDE THOSE  
STILL CARRYING WHAT CAME AFTER.

**GRIT** 



## WAVERLY REMEMBERS

★ AUGUST 21, 2021 ★

Members of our GRIT team and clients recently joined the Waverly community for a vigil honoring the 20 lives lost in the devastating flood.  
*We remember those who were lost, the families who still grieve, and a community that continues to heal.*

## TEAM GRIT

*spotlight*



*Justin 2026*

As one of our overnight CCTs, Justin is great with our clients, always brings a good attitude, and is one of those people willing to pick up a shift when we're in a pinch. He's also our resident movie-night guy, making good use of the theater room! 🎬  
Justin has a strong sense of family, and that same care carries over into the way he supports our clients. Next month, Justin celebrates one year with GRIT, and we're grateful for his dedication, positivity, and willingness to step in wherever he's needed. We appreciate you, Justin!

## FLAVOR BRIEFING

*with Chef Andy* 

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



**Chicken Egg Roll Noodle Bowl**



**Chicken Katsu**

## OFF DUTY



Created by GRIT at Magnolia Meadows

## Paws & Purpose.

TAILS FROM THE DOGHOUSE

Meet Sunny, a friendly four-legged companion with a calm presence and a heart for people. With her wagging tail and gentle eyes, Sunny has a way of helping others feel a little more at ease. Whether offering quiet companionship, encouraging a walk outside, or simply bringing a smile to the Firehouse at the right moment, Sunny reminds us that comfort comes in the form of four paws. Sometimes the smallest moments can make the biggest difference.



*Sunny*



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

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