

April 2025 Edition

GRIT

at

Magnolia
MEADOWS

THE RESILIENCE REPORT

help. healing. hope.

CELEBRATING 1 YEAR OF GRIT



GRIT (Gaining Resilience in Trauma) is a 15-bed residential treatment program designed exclusively for First Responders. Located on 32 acres in Waverly, TN, GRIT provides a structured, no-nonsense environment where men 21 and older can tackle the mental health challenges that come with the job. Our mission is to help those who serve - Firefighters, Law Enforcement, Paramedics, EMTs, Military, Dispatchers, Correctional Officers, and Retired First Responders - build resilience, reclaim their strength, and get back in the fight. Here, we stand shoulder to shoulder, offering help, healing, and hope.

With stays typically around 30 days and covered by insurance, our program offers individualized treatment, including counseling, EMDR, trauma-focused therapy, peer support, and stress management. Our team understands the unique challenges faced by those who serve and are committed to supporting their path to recovery. For more information about GRIT, call (855) 644-7500 or visit www.magnoliameadows.com.

Magnolia Meadows is proud to announce our Joint Commission (JCAHO) accreditation, recognizing our commitment to the highest standards of care for our Clients. This achievement reflects our dedication to providing safe, effective, and compassionate treatment.



GRIT
Gaining Resilience in Trauma



"I loved every day I was there and was sad when it came time to leave. The staff are all welcoming and felt like family."
Firefighter Client

www.magnoliameadows.com

Madden to Fire Training Class!



OUR VERY OWN MICHELLE MADDEN, Executive Director and Therapist at Magnolia Meadows, recently completed the CAP (Clinician Awareness Program) through UCF Restores in Orlando, FL. This course is designed for clinicians and healthcare providers who desire to gain insight about the unique firefighter culture in order to be more effective in treating firefighters. The class provides a comprehensive look into understanding the culture, lingo, lifestyle of firefighters and details about their unique job stressors. "This hands on, peer led training revolutionized my understanding," said Madden. "Thank you for such an amazing, life changing experience. I can now connect with my Fire Department Clients on a much more personal level!"

Meet Kaptain Kali, our beloved house German Shepherd at Magnolia Meadows! More than just a companion, Kali provides comfort, support, and lots of laughs to our clients, offering a calming presence on their healing journey.



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"This was truly an incredible experience. The staff were fantastic and cared to my needs."
Law Enforcement Client



Chef Andy provides a chef-led, client-focused experiential cooking class. Each session is tailored to the participants' interests, as our chef takes the time to understand their preferences before designing a personalized culinary experience. In this class, guests learned to prepare Chicken Cordon Bleu accompanied by wild truffle risotto and seasonal vegetables.



Our menus are crafted from scratch, using fresh ingredients, and continuously evolve based on our clients' preferences.



Wellness RESOURCES

Books: *Fit for Off-Duty* by Peter Salerno, PsyD
Podcasts: *The First Responder Wellness Podcast*
Websites: www.responderstrong.org

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"The more I focused on my recovery I saw the entire staff rally behind me. Magnolia Meadows saved my life, my marriage and my family. I am eternally grateful for their care and support."

US Military Veteran Client



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

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