

May 2025 Edition

GRIT

at *Magnolia*
MEADOWS

THE RESILIENCE REPORT

help. healing. hope.

INTRODUCING OUR VIRTUAL IOP!



The graphic features the GRIT logo at the top left, with the tagline 'Gaining Resilience in Trauma' below it. To the right is a stylized American flag. A large yellow banner in the center reads 'VIRTUAL IOP THERAPY'. Below this, a red button says 'Start Today!! Call Now!' followed by the phone number '855-644-7500' and the website 'www.magnoliameadows.com'. A QR code and a gold seal are also present. The bottom of the graphic is divided into two images: on the left, a group of police officers and a civilian standing outdoors; on the right, a group of people in uniform sitting in a circle for a group therapy session.

At Magnolia Meadows, we understand that healing isn't one-size-fits-all — especially for the brave men and women who serve as First Responders and in our Military. That's why our GRIT Virtual Intensive Outpatient Program (IOP) is built with flexibility, compassion, and connection at its core. Our IOP offers a safe space for clients to do the deep work of recovery without having to step away from their everyday lives. It's designed for those who may not need 24/7 care but still benefit from regular, structured support. Clients engage in group therapy, 3 hours per session, 3 times per week – rooted in approaches that actually work. The Therapist aims at specific topics to be covered by each group, and allows for organic discussions. The IOP is covered by insurance. What makes our IOP special is the community. First Responders often walk similar paths, and in this program, they walk them together. They learn from each other, lean on each other, and remind one another they're not alone. It's more than a program — it's a step forward, with people who truly get it walking beside you.

GRIT
Gaining Resilience in Trauma



"Asking for help is not a sign of weakness; it's a mark of wisdom, strength, and hope."

www.magnoliameadows.com

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We had an incredible time representing our team at FDIC! We connected with First Responders from all over the world, sharing our passion for supporting their mental health. It was inspiring to hear how departments are putting more focus on peer support and wellness, and so encouraging to see how excited they were about the resources and support we offer. Beyond the booth, we built great relationships, gathered tons of valuable feedback, and spread the word about our mission of making a difference in the lives of First Responders and their families!

We were proud to represent Magnolia Meadows/GRIT at the 2nd Alarm Project Summit! The event brought together a passionate group of First Responders, mental health professionals, and wellness advocates — all committed to changing the conversation around mental health. Inspirational speakers, stories of resilience, and meaningful conversations filled the summit, reminding us why this work matters!

In Kali's Korner this month, Kali features our new friend Marshal, the First Responder Therapy Pug! Team GRIT met Marshal at the 2nd Alarm Summit in Orlando. Marshal's owner, Dr. Marci Vitale, of VITALExam, said Marshal just turned 8 months old, loves to eat, sleeps in the bed, and hardly snores!

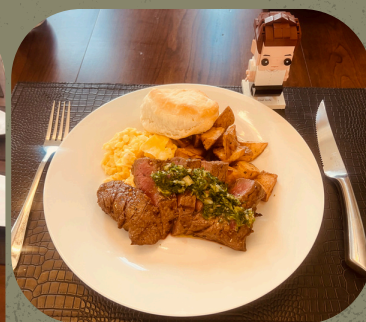
meet
Marshal



Kali's
Korner

FLAVOR BRIEFING

with Chef Andy



Breakfast Steak with Chimichurri Sauce, Eggs, and Home Fries

Chef Andy also provides a chef-led, client- focused experiential cooking class!



Cookie making class for dessert after grill your own steak night!

Wellness
RESOURCES

Books: *Create Your Own Light* by Travis Howze

Podcasts: *The Squad Room Podcast*

Websites: www.frsn.org (First Responder Support Network)

GRIT
Gaining Resilience in Trauma



"Resilience isn't about being untouched by trauma; it's about finding the strength to heal, grow, and continue to serve."



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

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