

July 2025 Edition

GRIT

at *Magnolia*
MEADOWS

THE RESILIENCE REPORT

help. healing. hope.

HEALING THROUGH ART



Daniel Sundahl (DanSun) is a retired Paramedic/Firefighter and worked as a First Responder for over 20 years. In 2014, after his PTSD diagnosis, Daniel began using Art as a way to get the trauma he experienced out of his head. This began as a way to help himself. He thought if he were to ever share the Art with others, he would be ridiculed and disgraced for it. Quite the opposite happened. The result of Daniel's Artwork was life changing for Daniel, and for those viewing his art. The majority of Daniel's work involves emergency services imagery. It comprises an emotional connection to the artist as most of his pieces are based on actual emergency calls he has attended as a Paramedic and Firefighter. The pieces have connected visually, spiritually, and emotionally to people from all walks

of life, not just First Responders. The piece above is called **TORN**, and is one of Daniel's most popular pieces. The man in the middle has likely seen too much, done too much, experienced too much and is numb. Numb is a dangerous place to be, and too many have given in to the evil that comes for you. But when we can't ask for help, others step in and fight for us. Daniel is passionate about reducing the stigma of PTSD for First Responders and uses his art to raise awareness of occupational stress injuries worldwide. Daniel is a registered counseling therapist and the president and founder of The Recovery and Resiliency Foundation, a charitable organization that helps support people living with symptoms of trauma. Daniel is a published artist and writer with four (4) art books produced of his works. Articles of his work are featured in several international publications, and his art is recognized and exhibited worldwide. Daniel now works full-time as an artist, counselor and public speaker. Learn more about Daniel and his artwork by visiting www.dansunphotos.com.

Happy Independence Day!
from TEAM **GRIT**



**"THE LAND OF THE FREE,
BECAUSE OF THE BRAVE!"**

www.magnoliameadows.com



FLAVOR BRIEFING

with Chef Andy



Steak Carbonara



Breaking in the New Smoker
with some July 4th Ribs!

Fresh Veggies at Magnolia Meadows!



Client Maintained and Grown!



"Art in mental health is an integral part of the therapeutic process. It offers clients a different avenue of expression and one that often reaches places traditional methods cannot. Through art, clients tap into layers of memory, emotion, control, perfectionism, trauma, creativity, and even childlike joy. It invites access to the right side of the brain, a part often underused by individuals who tend to operate from a highly analytical or guarded state. Watching clients explore and reconnect with this hidden side is not only powerful — it's transformative."

Michelle Madden, LPMHC, CADC II
Executive Director, GRIT/Magnolia Meadows



Mac



Kali's Korner

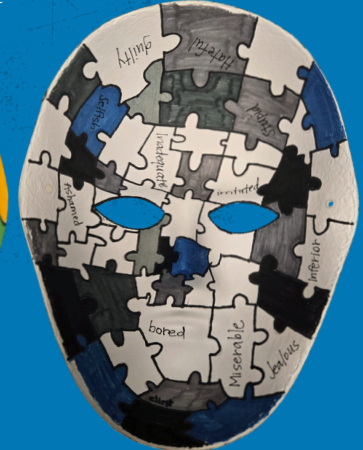
Meet Mac the Therapy Dog!

Mac loves anything beef or fish. Right now, when he's a good boy and eats all his home cooked food, he gets a beef tendon. He also enjoys yack cheese chew bones! At work, Mac rests just behind my cubicle, this way he gets to interact with everyone in the office. At home, he enjoys the couch and the cool tile floor. His down time is spent mostly sleeping. Mac has a great therapy dog trait; he will greet everyone in the room then settle down near someone. Often, that person will let us know Mac was just what they needed. Mac is also the Hanley staff's therapy dog. He makes rounds to every dept. on Main Campus, the Resource Center, and the PHP houses. Keep up the Great Work, Mac!!

First Responder Art at Magnolia Meadows The Masks We Wear



What I Present to Others



What I Hide from Others

Wellness
RESOURCES

Books: *Surviving the Shadows* by Bob Delaney

Podcasts: *Responder Resilience Podcast*

Websites: www.responderstrong.org

Happy Independence Day!
from TEAM GRIT



ONE FLAG. ONE MISSION.
ONE TEAM.



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