



Trinity Behavioral Care Quarterly Newsletter

March: A Season of Renewal and Hope

by Diane Hall, Executive Director

As winter begins to give way to the signs of spring, the month of March reminds us that renewal and growth are always possible. Just as the earth begins to bloom again, recovery from addiction is a powerful reflection of the human ability to heal, rebuild, and start fresh.

At Trinity Behavioral Care, we understand that addiction affects individuals, families, and entire communities. Substance use disorders can create challenges that feel overwhelming, but recovery reminds us that hope and change are always within reach. Every day, we see individuals take courageous steps toward healing, proving that with the right support, recovery is possible.

March is an opportunity to reflect on the importance of compassion, awareness, and community support in addressing addiction. Recovery does not happen in isolation. It is built through strong support systems—family members, counselors, peer support specialists, and community partners who work together to help individuals move forward.

For many people, the first step toward recovery is simply reaching out for help. That step can open the door to treatment, counseling, education, and the development of healthy coping skills that allow individuals to regain stability and rebuild their lives. While recovery is often a journey with challenges along the way, each step forward represents progress and strength.

At Trinity Behavioral Care, we remain committed to providing compassionate, evidence-based services that support individuals and families affected by substance use and mental health challenges. Our mission is to create a safe and supportive environment where people can find the tools, resources, and encouragement they need to begin or continue their recovery journey.

As we move through the month of March, we encourage our community to embrace the spirit of renewal. By reducing stigma, promoting open conversations about addiction and mental health, and supporting those in recovery, we can continue building healthier individuals, stronger families, and a more resilient community.

Recovery is possible, and no one has to walk the path alone. Trinity Behavioral Care is here to help every step of the way.

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Supporting Our Workforce: The Value of the Employee Assistance Program (EAP)

by Diane Hall, Executive Director

Employees are the foundation of every successful organization. While work can be rewarding, it can also bring challenges that affect both personal well-being and job performance. Stress, family concerns, financial pressures, and mental health challenges can impact anyone at any time. This is where an Employee Assistance Program (EAP) can make a meaningful difference.

An Employee Assistance Program is a confidential support service designed to help employees address personal or work-related challenges before they become overwhelming. EAP services provide professional guidance and resources to help individuals manage life's difficulties while maintaining their health, productivity, and overall well-being.

At Trinity Behavioral Care, our Employee Assistance Program is built on the understanding that when employees feel supported, both individuals and organizations thrive. The program offers access to trained professionals who can assist with a wide range of concerns, including stress management, anxiety, depression, relationship challenges, substance use concerns, grief, and work-life balance.

One of the most important features of an EAP is confidentiality. Employees can seek help knowing their conversations are private and designed to support their well-being without fear of stigma or judgment. This safe space encourages individuals to seek help early, often preventing issues from becoming more serious.

In addition to individual support, Employee Assistance Programs can also provide valuable resources such as referrals to community services, educational materials, and guidance for navigating difficult life situations. These services help employees build healthier coping strategies and strengthen resilience both at work and at home.



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Organizations that invest in employee well-being often see positive outcomes, including improved morale, increased productivity, reduced absenteeism, and stronger workplace relationships. Supporting employees holistically benefits not only the individual but the entire workplace culture.

At Trinity Behavioral Care, we believe that mental health and well-being are essential to a thriving community. Through programs like our Employee Assistance Program, we are proud to support employees and organizations in building healthier, more balanced lives. When employees are supported, everyone benefits.

Hidden in Plain Sight: Tall Cop Training



Community members, educators, law enforcement, and health professionals gathered at CD Joyner Auditorium for an eye-opening and impactful training led by nationally recognized drug trend expert Jermaine Galloway, widely known as the “Tall Cop.” The event, titled High in Plain Sight, delivered critical insights into current drug trends, hidden paraphernalia, and the evolving tactics used to conceal substance use, especially among youth.

The event was strengthened by the presence and collaboration of key local leaders. Dr. Bunch of Marion County School District highlighted the district’s commitment to student safety and education, stressing the importance of equipping teachers and parents with up-to-date knowledge. Chief Philip Mostowski of the Mullins Police Department reinforced the role of law enforcement in both prevention and community partnership, noting that events like these build stronger trust and shared responsibility.

Diane Hall, Executive Director of Trinity Behavioral Care, also participated and brought a vital perspective on treatment and recovery. Her organization continues to play a crucial role in supporting individuals and families affected by substance use. Hall recently joined our podcast for an in-depth interview, where she discussed behavioral health challenges in rural communities and the importance of accessible care.

By bringing together diverse voices from education, law enforcement, and behavioral health, Marion is taking meaningful steps toward addressing substance use through awareness, prevention, and community collaboration.

As drug trends continue to evolve, events like this remind us that vigilance, education, and open dialogue are essential tools in protecting our youth and strengthening our communities.

Choose You Every Time: Community Comes Together for Valentine's Skating Event

On Saturday, February 21, 2026, Trinity Behavioral Care hosted a heartwarming community event at Martin's Skating Center, bringing people together for an evening of fun, connection, and self-love. Centered around the uplifting theme, "Choose You Every Time," the free Valentine's skating event encouraged attendees to prioritize their well-being while enjoying a lively, supportive atmosphere.

Families, friends, and individuals of all ages filled the rink, gliding to music, sharing laughs, and embracing the spirit of the holiday in a unique and meaningful way. Beyond the skating, the event served as a reminder that Valentine's Day isn't just about celebrating others, it's also about recognizing your own worth and taking time to care for yourself..

Trinity Behavioral Care continues to make a positive impact by creating accessible events like this that promote substance use prevention and community engagement. Saturday's turnout reflected a shared need for connection and joy, leaving many participants inspired to carry the message forward: choosing yourself isn't selfish, it's necessary.



Staff Spotlight: Jackie Anderson

We're proud to highlight Master Counselor Jackie Anderson for her compassion and dedication to creating meaningful moments for those she serves. Recently, Jackie went above and beyond by working alongside her clients to decorate the group room in celebration of an upcoming arrival.

Employee Updates

ADMINISTRATIVE ASSISTANT



ALYSSA DUTIL

Please help us welcome Alyssa Dutil! She is our new administrative assistant in our Marion Office!

IMPORTANT DATES

- April 1** Alcohol Awareness Month & National Child Abuse Prevention Month Begins
- April 3** Offices CLOSED for Good Friday
- April 22** Administrative Professionals Day
- April 25** National DEA Take Back Day
- April 29** National Fentanyl Awareness Day
- April 30** Board Meeting at Shuler's BBQ @ 6 pm
- May 10-16** National Prevention Week

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Recipe

Thin Mint Cookies

Submitted by Alyssa Dutil



Ingredients

- 1 cup butter , softened (2 sticks)
- 1 & 1/2 cups sugar
- 2 large eggs plus 1 egg yolk
- 1/2 teaspoon peppermint extract, or more to taste
- 10-15 drops green food coloring
- 3 & 1/4 cups all-purpose flour, spooned and leveled
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1/2 teaspoon kosher salt
- 1 box Thin Mints, or grasshopper cookies
- Chocolate chips, to top with (optional)

source: thefoodcharlatan.com

Directions

1. Preheat the oven to 350 degrees F. Line one or more baking sheets with parchment paper or a silpat.
2. In a large bowl or stand mixer, beat the butter and sugar together. Scrape the sides and bottom of the bowl, then beat on medium for about 2 minutes, or until light and fluffy.
3. Add the eggs + yolk, peppermint extract, and food coloring.
4. In a separate bowl, combine flour, baking powder, baking soda, cream of tartar, and salt. Add to the wet ingredients and combine until the flour is not quite incorporated.
5. Use a sharp knife to chop about 30 Thin Mints into quarters. Chop a few extra and set aside
6. Gently stir the cookies into the dough. Don't go crazy, you want the cookie chunks to stay big.
7. Cover the dough and refrigerate for about an hour.
8. Use a 1/4 cup measuring cup to form balls of dough and shape them into a long oval shape (not a ball shape, think more egg shape). Press a couple more cookie chunks into each cookie if they are looking sparse.
9. Place them on the cookie sheet (the tall way) lined with parchment paper or a silicone mat. These are very large cookies, I only did 8 cookies per pan.
10. Bake at 350 for about 8-10 minutes, or until BARELY starting to brown on the edges. The centers should mostly be not-shiny when you take them out, but a little shine is okay.
11. Immediately press several chocolate chips into the top of each cookie. (You can skip this step if you want, but who says no to more chocolate?)
12. Let cool 5 minutes on the pan, then remove to a cooling rack.