

Trinity Behavioral Care Quarterly Newsletter

Our Board Members L to R: Freddie Jackson, Carrie Townsend, Bradley George, Jimmy Sweat Jr., Earl Gleason Jr., Vanzell Kennedy, Carmen Bethea, Victoria Belin, J.D. McLeod, & Art Ramsey. Not pictured: Luke Gasque, Nathaniel Hughes, & James McRae

Season's Greetings from Trinity Behavioral Care

by **Diane G. Hall, Executive Director**

As the holiday season approaches, we want to take a moment to express our heartfelt gratitude to both our dedicated staff and the wonderful community we serve. This season is a special time to reflect on the past year, celebrate our accomplishments, and appreciate the people who make our work meaningful. It is a reminder of the importance of connection, kindness, and giving back; values that guide everything we do.

To our incredible team, thank you for your hard work, dedication, and the positive impact you bring every day. Your efforts, creativity, and commitment do not go unnoticed, and it is because of you that we continue to make a difference in the lives of those we serve. The holiday season is a perfect time to pause, celebrate your achievements, and acknowledge the meaningful work you do year-round.

To our community, we are deeply grateful for your trust, support, and partnership throughout the year. Together, we've achieved important milestones, strengthened relationships, and created positive change. As we look ahead to the coming year, we are excited to continue this journey of growth, collaboration, and shared success.

Amid the busyness and celebrations of the holidays, it's important to remember to take care of yourself. Whether it's spending time with loved ones, enjoying a favorite hobby, or simply taking a quiet moment to rest, self-care is essential. Caring for yourself allows you to recharge, stay balanced, and bring your best self to both your work and your personal life.

As the saying goes, "Christmas is not as much about opening our presents as opening our hearts." May this season bring you warmth, joy, and the comfort of being surrounded by those who matter most.

From all of us at Trinity Behavioral Care, we wish you a Merry Christmas, Happy Holidays, and a New Year filled with health, happiness, and hope. Thank you for being part of our family, and for helping make our community stronger, kinder, and brighter.

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Celebrating Judy Rogers' Retirement

On Friday, December 12, Trinity Behavioral Care gathered at Dry Dock Seafood in Mullins, SC to celebrate the upcoming retirement of Judy Rogers, Finance Director, honoring her remarkable 10 years and 8 months of dedicated service. Judy will officially retire on December 19, 2025, marking the close of an impactful and meaningful career with the organization.

The celebration recognized Judy's steadfast commitment, professionalism, and the positive spirit she brought to Trinity every day. Diane Hall, Executive Director, shared heartfelt remarks highlighting Judy's leadership, integrity, and the crucial role she played in strengthening Trinity Behavioral Care's financial foundation. Donny Brock, former Executive Director, also spoke, reflecting on fond memories and expressing sincere appreciation for Judy's years of loyal service.

Staff members presented Judy with a thoughtfully prepared gift basket filled with her favorite things, a true reflection of how well she is known and valued. The basket included items celebrating her love of gardening and baking, along with John Deere and Peanuts favorites, red cinnamon hard candy, Cow Tails candy, and ice cream, bringing smiles and laughter throughout the room.

Board Chairwoman Victoria Belin presented Judy with a beautiful plant gift, symbolizing growth, care, and the lasting legacy Judy leaves at Trinity Behavioral Care. The ceremony concluded on a joyful note with the cutting of a John Deere-themed retirement cake, a fitting tribute to Judy's personality and interests.

As Judy prepares to retire on December 19, 2025, Trinity Behavioral Care extends its deepest gratitude and warmest wishes. Her dedication, service, and impact will be felt for years to come, and she will be truly missed.



Judy Rogers & Trinity Behavioral Care Marion County Board Chair, Victoria Belin

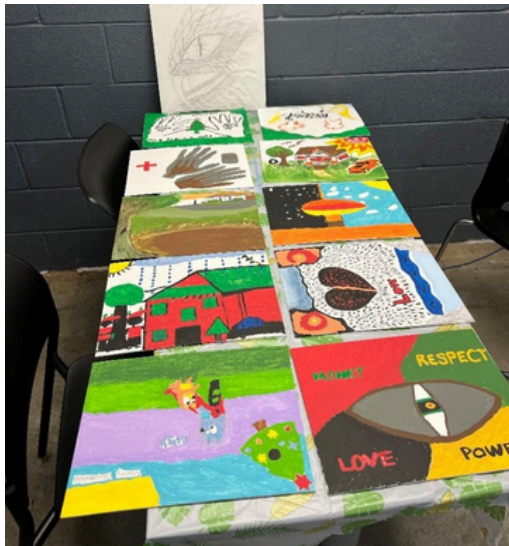


Art Therapy

by Sandra Gainey, MCDC Clinical Counselor

Some of the clients at the Marion County Detention Center participated in a group focused on Substance Use Behaviors. This group was offered to help clients understand the effects that alcohol and other drugs have on one's body, mind, and life. Participants began a daily sobriety journal and developed a Personal Crisis Plan, which included identifying and understanding personal triggers, learning healthy ways to distract themselves, identifying safe people they could reach out to, and avoiding high-risk situations such as certain people, places, and things. The group also completed the worksheet "Growth Mindset: Success Begins with Believing You Can."

With approval from the Director at the Marion County Detention Center, an opportunity was created for participants to explore self-expression and gain personal insight while developing new coping skills through Art Therapy. Through this activity, some participants were able to verbalize how the experience provided them with a nonverbal outlet, helped reduce anxiety, and allowed them to express suppressed grief and emotions that they had not been able to address previously. Additionally, participants were able to explore self-awareness and self-discovery, uncovering artistic abilities they did not realize they possessed.



I am extremely grateful for the opportunity to serve in this capacity at the Marion County Detention Center. Gaining the clients' trust was not easy at first, but now—one year later (as of December 5, 2024)—hearing them share their experiences and refer other potential clients within their pods and cells makes the effort truly worthwhile. I look forward to seeing what the New Year brings for Trinity Behavioral Care and the Marion County Detention Center.

My Favorite Christmas Memory

by Glenda Midgette, Clinical Counselor

My favorite Christmas story. When I was 12 years old my mom who had suffered domestic violence for years moved back to be around family in October of 1984. She found herself alone to raise a 12-year-old, a 1-year-old, and a 5-year-old. She asked what I wanted for Christmas and I named a few board games instead of Atari which was what I really wanted because I knew times were tough. When Christmas came, I got the board games, and I was very grateful. But she said, "Sweetheart there's one more gift under the tree." When I opened the box with the Atari, she said my family had gotten together to buy it for me so I would have one like my cousins.



Claudette Parker, MAT Director

My favorite memory is when I received my Easy Bake Toy Oven when I was 10 years old!!! I went outside and gathered some snow and tried to make ice cream.

“The most meaningful gifts are the ones that turn into memories.”

Employee Updates

CERTIFIED MEDICAL ASSISTANT



HOTEESHA CORNISH

Meet Hoteesha Cornish! She is our Certified Medical Assistant (CMA).

DRUG TEST COLLECTOR



BRITTANY GODWIN

Meet Brittany Godwin! She is our Drug Test Collector.

SCORF PEER SUPPORT SPECIALIST



JOHN GRAHAM

Meet John Graham! He is the SCORF Peer Support Specialist at the Dillon County Detention Center.

SCORF PEER SUPPORT SPECIALIST



KATIE METIVIER

Meet Katie Metivier! She is our SCORF Peer Support Specialist at the Marlboro County Detention Center.

MAT CASE MANAGER



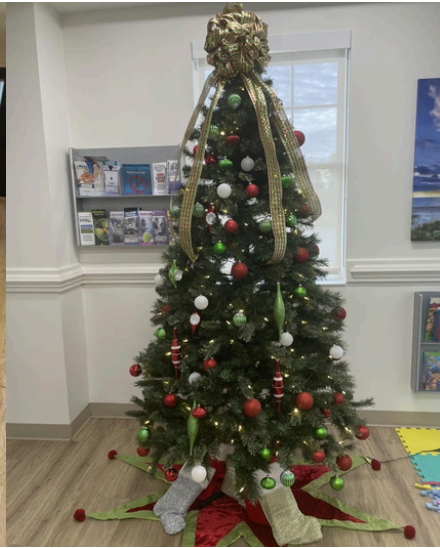
SHANIYAH PURNELL

Meet Shaniyah Purnell! She is the MAT Case Manager in our Marion Office.

Updates



Marlboro



Marion



Dillon

Christmas Project 2025

Marlboro: This year, our Marlboro Office is providing gifts for our clients!

Marion: Our Marion Office is providing stocking stuffer filled with gifts for our clients! Special thanks to Judy Rogers for her contributions each year!

Dillon: The Dillon Office is provided presents to Dillon Adult Day Care!

IMPORTANT DATES

- Dec 24-26** Offices CLOSED for Christmas
- Jan 1** Offices CLOSED for New Year's Day
- Jan 19** Offices CLOSED for MLK Jr. Day
- Feb 16** Offices CLOSED for President's Day

A graphic with a green header that says "stay connected" in white cursive. Below the header is the Trinity Behavioral Care logo, which includes a green butterfly icon and the text "trinity Behavioral Care". Underneath the logo are social media icons for Facebook, Instagram, and Twitter, each followed by the handle "@TRINITYBEHAVIORALCARE" or "@TRINITYTBC". At the bottom right of the graphic is the hashtag "#CHOOSEABETTERLIFE". The background of the graphic is a light gray keyboard.

WWW.TRINITYBEHAVIORALCARE.ORG

Recipe

No Bake Cookies

by Farrah Webster



Ingredients

- Salted Butter
- Granulated Sugar
- Unsweetened Cocoa Powder
- Milk
- Vanilla Extract
- Creamy Peanut Butter
- Quick Oats (don't use old fashioned oats)

Directions

1. Start by lining two baking sheets with parchment paper.
2. In a medium saucepan combine butter, sugar, cocoa, and milk.
3. Set over medium heat and cook stirring frequently until it reaches a full boil.
4. Allow mixture to boil 60 seconds without stirring.
5. Remove from heat, immediately add in vanilla, peanut butter and quick oats.
6. Stir mixture until well combined then, using a medium (2 Tbsp) cookie scoop or two spoons drop mixture onto lined baking sheets
7. Allow to rest at room temperature until set, about 20 - 30 minutes (to speed up setting refrigerate).
8. Store cookies in an airtight container at room temperature.