



Trinity Behavioral Care Quarterly Newsletter



Staying Safe in the Summer

As the summer brings sunshine, many look forward to spending time outdoors, vacations, and spending quality time with their loved ones. However, for people struggling with addiction, the summer can be a challenging time. With increased social gatherings and exposure to triggers, it is important to prioritize addiction awareness and support.

Summer's relaxed atmosphere can sometimes make it harder to realize the risks associated with addiction. Social pressures often intensify during this season, with numerous gatherings and parties becoming potential places for substance use. For some, summer's laid-back setting can lead to increased stress and boredom, triggering them to turn to substances as a coping mechanism. Furthermore, combining heat and dehydration with certain substances can increase the risk of heat-related illnesses, making it crucial to be mindful of substance use during warmer months.

Whether you are in recovery or supporting someone who is, remember that you are not alone. Remember to plan ahead, reach out to family, friends, or support groups for encouragement, engage in healthy outdoor activities, and be mindful of the medications you take and store them safely.

Stay safe and enjoy the sunshine!

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A Growing Concern: New Opioids & Designer Drugs

New opioids and designer drugs are synthetic substances created to mimic the effects of existing drugs, such as heroin or prescription drugs. These substances are made to be more potent, longer-lasting, or more easily accessible than traditional opioids.

These substances pose significant risks including, being more potent which can lead to the increased risk of overdose or death. The effects of these drugs can be unpredictable which can make it difficult for users to know what to expect. These drugs can also be highly addictive which can lead to physical dependence and withdrawal symptoms. Since these substances are new and unregulated, there may be little to no insight on their production, distribution or quantity.

It is essential to help spread awareness and help educate others about the risks associated with these substances.



Tips to Keep Kids Safe & Healthy This Summer

As a parent, you play a significant role in shaping your child's decisions and behaviors. Here are a few tips to support your child over summer break:

- Have open conversations: Talk to your child about substance use risks and consequences.
- Listen actively: Encourage your child to share their thoughts and feelings.
- Establish rules and consequences: Make sure your child knows your expectations regarding substance use.
- Monitor activities: Keep an eye on your child's activities and whereabouts.
- Support healthy hobbies: Encourage your child to engage in activities they enjoy, such as sports, art, or volunteering.
- Play family activities: Spend quality time with your child and engage in activities that promote bonding.
- Stay informed: Stay up-to-date on local substance use trends.

2024 Red Ribbon Week Contest Winners!

Trinity Behavioral Care was selected as the grand-prize winner of the 2024 Positive Promotions Red Ribbon Week contest. Our prevention team provided Red Ribbon Week gift sets and presentations to 9 schools in Marion, Dillon, and Marlboro counties, reaching a total of 2,145 students. Our agency will receive a \$300 cash prize and will be featured in the Positive Promotions catalog.



Trinity Behavioral Care Recognized by Marlboro County School District

Marlboro County School District recently presented Trinity Behavioral Care with a certificate of appreciation for the outstanding support and partnership with the school district.



Staff Spotlight: Congrats Glenda Midgette!

Please join us in congratulating our Clinical Counselor, Glenda Midgette, on receiving her Master of Arts in Clinical Mental Health Counseling (CACREP) in May 2025 from Liberty University!

Employee Updates

PEER SUPPORT SPECIALIST



KELLYANNE SARAJIAN

Meet Kellyanne Sarajian! She is the new South Carolina Recovery Fund (SCORF) Peer Support Specialist in Marion County.

WORK ANNIVERSARY



JACKIE ANDERSON

Please help us congratulate Jackie Anderson. She celebrated 28 years with Trinity in April!

AWARD



JUREALL RICHBURG

We would like to congratulate our Adolescent Counselor, Jureall Richburg, on her award from AMI Kids in Bennettsville!

IMPORTANT DATES

- June 28** Independence Day Fireworks Celebration in Bennettsville @ 6:30 pm
- July 4** Offices CLOSED for Independence Day
- July 10** Back to School Giveaway at Clio Housing Authority @ 3 pm - 5 pm
- July 11** Back to School Giveaway at McColl Town Hall @ 3 pm - 5 pm
- July 25** Trinity Family Fun Day from 10 am to 2 pm
- July 26** Back to School on Main St in Dillon @ 10 am to 12 pm
- Aug 5** City of Bennettsville National Night Out @ 6 pm
- Aug 6** Marlboro County Sheriff's Office National Night Out @ 6 pm

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Recipe

Strawberry Fluff Salad

Inspired by Jackie Wingate



Ingredients

- 3 ounce strawberry Jell-O mix
- 1 cup hot water
- ½ cup cold water
- 3.4 ounce instant vanilla pudding
- 8 ounce tub Cool Whip
- 24 ounce fresh strawberries hulled, halved, and sliced
- 20 ounce can crushed pineapple drained well
- 10 ounce bag mini marshmallows

Directions

1. In a large bowl, mix together the strawberry Jell-O mix and hot water until the powder is completely dissolved. Then add in the cold water and stir together. Place in the refrigerator to chill for 15-20 minutes.
2. After chilling, add the instant vanilla pudding mix to the bowl and whisk to combine. Return the bowl to the refrigerator for another 15-20 minutes.
3. After it has chilled some more, remove from the refrigerator. Fold in the Cool Whip with a rubber spatula until there are no more streaks of white.
4. Then add the fresh strawberries, crushed pineapple, and mini marshmallows and fold to combine.
5. Place the bowl back in the refrigerator and chill for an additional 2 hours so the cream can thicken up. The flavors will combine and taste even better as it chills.

