



Trinity Behavioral Care Quarterly Newsletter



From the Director's Desk

by Diane Godbolt-Hall, LPCS, LAC

Every September, I take time to reflect on what recovery truly means. For me, it isn't just a theme for the month; it's personal. Recovery is the story of people I care about, friends I've walked beside, and journeys that have shaped my own life. It's not an abstract idea; it's the face of someone brave enough to take that first step toward healing.

Recovery is not always easy, and it's rarely a straight path. There are setbacks, struggles, and days that feel heavier than others. But there are also victories, sometimes big, sometimes small that deserve to be celebrated. Whether it's one day, one month, one year, or a lifetime, every step forward matters.

This year's theme, "**Recovery is REAL: Restoring Every Aspect of Life,**" is a powerful reminder of what healing looks like. Recovery isn't just about overcoming addiction or mental health struggles, it's about building a life filled with health, a safe place to call home, supportive community, and a sense of purpose. These are the foundations that give all of us the chance to live fully and thrive.

I believe one of the most meaningful things we can do is to show support. Sometimes that means reaching out with a simple, "I'm proud of you." Other times, it's sharing our own experiences so that others know they aren't alone. It can also mean showing up at community events, at gatherings, or simply being present for someone who needs encouragement.

Recovery Month is, at its heart, about hope. It's about honoring the resilience of those who are walking this path and reminding all of us that recovery is possible. Life after struggle can be rich with meaning, joy, and second chances.

This September, I want to honor those who have fought for their recovery, encourage those still on their journey, and remind us of all that we are stronger together. Recovery is not just about surviving; it's about truly living.

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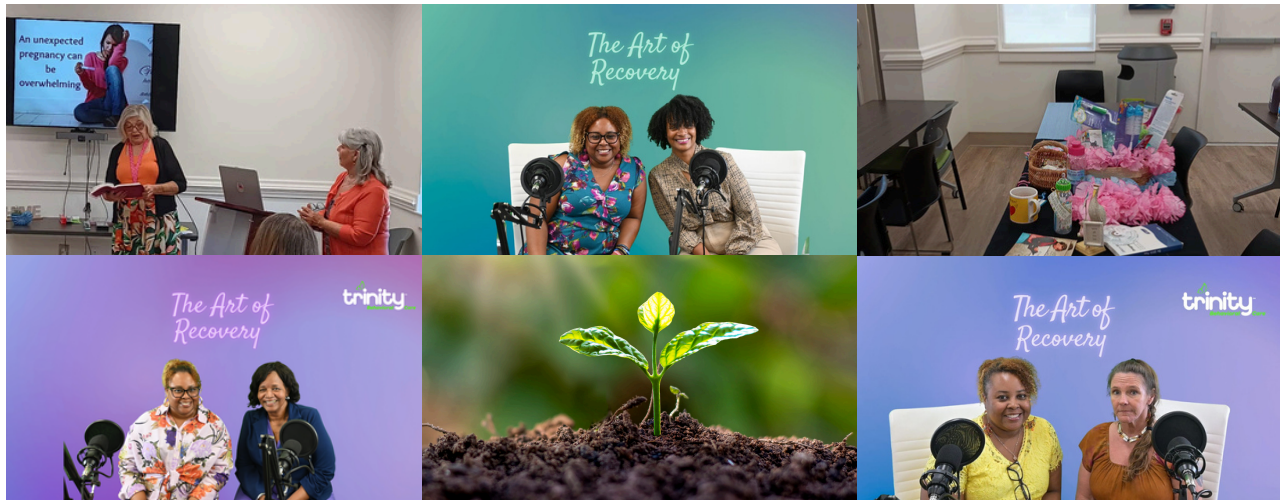
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Recovery Month 2025: Planting Seeds of Recovery



September 2025 is an inspiring and impactful Recovery Month at Trinity Behavioral Care, bringing our community together to celebrate growth and healing. We're grateful for everyone who participated and made this month special. Here's a recap of the highlights:

Peer Support Podcast: "Planting Seeds of Recovery"

We kicked off the month with our special Peer Support Podcast episode, "I've Been There Too" sharing powerful stories of recovery and the transformative role of peer support. Thank you to everyone who tuned in and contributed to the conversation!

Eat Fresh Day - "Garden of Life"

On September 12, our sites gathered for the "Garden of Life" event, where staff, clients, and community members shared fresh produce to create delicious salads. This event emphasized the importance of healthy eating in recovery and brought our community closer together.

The Journey to Holistic Healing

From September 15, we focused on holistic healing, with workshops and sessions led by Jacqueline Anderson. Participants explored mind-body practices like mindfulness and self-care, learning tools for sustaining recovery long-term.

The Process of Growth and Recovery

On the week of September 22, we will celebrate recovery's growth by wearing purple and green, symbolizing transformation and renewal. It was a powerful way to visually honor the recovery journey and raise awareness.

Thank You for Making Recovery Month a Success!

Thank you to everyone who participated in Recovery Month 2025. Also a special thanks to our MAT Department and Prevention Team. Your involvement helped us plant seeds of hope, healing, and growth that will continue to flourish throughout the year.

September is Suicide Prevention Month

September is Suicide Prevention Month, a time to raise awareness, break the stigma, and support those affected by suicidal thoughts and behaviors. At Trinity Behavioral Care, we are committed to providing resources, fostering open conversations, and reminding everyone that hope is real and recovery is possible.

This month, we encourage everyone to take a moment to check in with friends, family, and coworkers.

Sometimes, a simple conversation can make all the difference. If you or someone you know is struggling, remember that help is available.

Key Resources:

- National Suicide Prevention Lifeline: 988
- Crisis Text Line: Text HOME to 741741

Together, we can create a compassionate community where no one feels alone in their struggles. Let's keep the conversation going, raise awareness, and show those who are struggling that they matter.



Check Out Our New Podcast!

Trinity Behavioral Care is proud to announce the launch of our brand-new podcast, *The Art of Recovery* — a powerful platform dedicated to sharing real stories, expert insights, and resources that support the journey to healing and recovery.

Each episode will feature conversations with behavioral health professionals, individuals in recovery, and community leaders, all working together to break the stigma around mental health and substance use. Whether you're on your own recovery path or supporting someone who is, this podcast offers inspiration, education, and hope.

Available on all major streaming platforms!



Expanding Support with Medication-Assisted Treatment (MAT)

At Trinity Behavioral Care, we understand that recovery is a unique journey, and for many, Medication-Assisted Treatment (MAT) can play a vital role in managing substance use disorders. MAT combines FDA-approved medications with counseling and behavioral therapies to offer a comprehensive, holistic approach to treatment. Our MAT services are designed to help individuals reduce cravings, manage withdrawal symptoms, and stay on track during their recovery journey. Whether you're seeking support for opioid or alcohol use, MAT provides a proven and compassionate pathway to long-term healing.

Why MAT?

- Reduces the risk of relapse and overdose
- Supports physical and emotional recovery
- Improves overall quality of life

If you or a loved one is considering MAT, reach out to Trinity Behavioral Care to learn more about how this treatment can support your recovery.

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Behavioral Care

Medication Assisted Treatment (MAT)

Relieve Withdrawal Symptoms Reduce Overdose Assist Recovery

Medication Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a "whole patient" approach to the treatment of substance use disorders.

Regina Floyd, Nurse Practitioner

Marion - 843-423-8292 Dillon - 843-774-6591 Marlboro - 843-479-5683

The Power of Peer Support: A Key to Successful Recovery

Peer support plays a crucial role in the recovery journey, offering a unique form of connection that professional treatment alone can't always provide. At Trinity Behavioral Care, we believe that sharing experiences, providing encouragement, and simply being there for someone who understands can make a world of difference.

Peer support offers individuals the chance to learn from others who have been through similar challenges. These connections provide emotional support, build self-esteem, and create a sense of belonging—essential elements for long-term recovery.

Why Peer Support Works:

- Shared experience: Peers can relate in ways that others cannot, making them more empathetic and effective in providing guidance.
- Hope and motivation: Seeing someone who has walked the same path can be incredibly empowering and motivating for individuals in recovery.
- A safe space: Peer support creates an open, non-judgmental environment where individuals feel safe to share their struggles and victories.

At Trinity, we encourage everyone in recovery to take part in peer support as an ongoing part of their healing journey.

Employee Updates

PREVENTION SPECIALIST



ZI'RIA EVANS

Meet Zi'Ria Evans! She is our new South Carolina Opioid Recovery Fund (SCORF) Prevention Specialist at our Marion Office!

COUNSELOR



QIMORA GRAVES

Meet Qimora Graves! She is the new Counselor at our Bennettsville office!

COUNSELOR



VIRGINIA GREENE

Meet Virginia Greene! She is the new South Carolina Opioid Recovery (SCORF) Counselor at our Dillon office!

MASTER COUNSELOR



RHONDA JOHNSON

Meet Rhonda Johnson! She is the new Master Counselor at our Bennettsville office!

IMPORTANT DATES

- Sept 27** Downtown Market Day (Youth Entrepreneurs) on Main St Bennettsville, SC from 10 am - 3 pm
- Sept 27** AMI Kids (Sneaker Ball Gala) Fundraiser at Bennettsville Community Center from 6 pm -10 pm
- Sept 27** ROFJ Ministries Community Outreach @ Sellers Community Center from 10:30 am to 12:00 pm
- Sept 27** Dalton Troy Foundation Feel the Love Festival in Conway from 9 am to 3 pm
- Oct 4** Opioid Awareness Presentation at Word of Life Church in Bennettsville from 10 am - 12 pm
- Oct 14** Marion County Sheriff's Office National Night Out in Gresham @ 6 pm
- Oct 16** Helps for Veterans Fair @ Dillon Wellness Center from 11 am to 1 pm
- Oct 23-31** Red Ribbon Week
- Dec 12** 3rd Annual Second Chance Gala at Trinity-Dillon @ 6 pm

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Recipe

Smothered Chicken Made Easy

by Virginia Amber Greene



Ingredients

- Chicken (Short Thighs, Or Legs)
- 26.6oz Can Cream Of Chicken Soup
- 10.5 Can Of Cream Of Chicken Soup
- Colored Bell Peppers
- Seasoned Salt
- Black Pepper
- Creole Seasoning
- Chicken Broth
- Kitchen Bouquet

Directions

1. Season Chicken With Seasoned Salt, Black Pepper, and Creole Seasoning.
2. Then Add Cream Of Chicken Soup
3. Add Chicken Broth, Enough To Cover Chicken
4. Cut Bell Peppers And Put Them In With The Chicken
5. Cover With Foil And Cook It In The Oven On 390 Degrees For About 45 Minutes.
6. Add Kitchen Bouquet To Darken Gravy (If Desired)
7. Cut Oven Down To 350 Degrees For 20-30 More Minutes (Depending Upon The Side Of The Chicken)
8. Once Chicken Is Done Serve Over A Bed Of White Rice! And Enjoy!

image source: www.albertos-catering.com/