



trinitytm Behavioral Care

Trinity Behavioral Care Quarterly Newsletter



From the Director's Desk

By Diane G. Hall

Happy Holidays! As the year winds down and we take inventory of our many successes and some challenges of the past year, we are heartened and so grateful for the unwavering support from our staff, board members, community partners, and families.

Our mission for 2025, to continue to prevent/reduce the impact of alcohol and other drug abuse/addiction in Marion, Dillon, and Marlboro counties on the quality of life through community awareness, education, treatment, and partnerships.

For those who have lost loved ones in recent years, the holidays often bring mixed emotions. It is important to honor their memories by sharing their stories and their favorite dishes. Being able to spend time together with loved ones during the holidays.

We wish everyone happy holidays and a joyous new year.

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The Struggle Against Addiction

Below is a poem written by one of our clients shared by counselor Glenda Midgette

The struggle against addiction
It's hard to fight
Even though I did some last night
The road to recovery is long and hard
But it is filled with wounds
And it's filled with scars
It is a constant battle
All my dreams are shattered
Next time I want to give in
I'll keep fighting until I win



Winter Blues: Understanding Seasonal Affective Disorder (SAD)

As winter approaches, many people experience a dip in their mood. For some, this can be a sign of Seasonal Affective Disorder (SAD), a type of depression that occurs during winter months.

Symptoms can include:

- Feeling sad, empty, or hopeless
- Loss of energy and fatigue,
- Changes in appetite or weight.

If you are experiencing symptoms, it is essential to seek help.

Fortunately, SAD is treatable.

Try:

- Light therapy to regulate your mind
- Medications like antidepressants
- Lifestyle changes like exercise, healthy eating, and socializing

Don't let SAD control your life. Seek help from a mental health professional and take back your winter.

Sociable Tuesday (Christmas with Trinity)



L to R: Mary Owens pictured with MAT counselor Zaria McCollum

On Tuesday, December 17th, our Dillon office held the "Sociable Tuesday" Christmas with Trinity Behavioral Care! This event provided our clients with a day of laughter, fun, games, movies, snacks, and free prizes while working to build social skills.

We would like to thank our Certified Peer Support Specialist, Mary Owens, for coordinating this event!

Season of Giving



On December 18th and 19th, The Marlboro County Coordinating Council held their Holiday Giveaway at Bella's Simple Occasions in Bennettsville, SC. Prevention Specialist Ebony Manning was able to assist and captured a few pictures of this wonderful event!



On Wednesday, December 18th, Trinity Behavioral Care provided free toiletry kits to all three Hope House boxes in Dillon, SC. These boxes were created by Boys to Men/Girls With Purpose to provide essential items for the homeless!

Christmas Project 2024

Every year, Trinity participates in a community Christmas project. This year, all three of our offices sponsored an Adult Daycare in each county.



Above are pictures of our Marlboro office dropping of gifts to Nora's Adult Daycare in Marlboro County.



Above are pictures of our Marion office dropping off gifts at Saint Paul Baptist Church Adult Daycare in Mullins, SC.

Employee News

MAT CASE MANAGER



AJA WALLACE

Meet Aja Wallace! She is our MAT Case Manager in our Marion office.

PREVENTION SPECIALIST



KIERSTEN WHITE

Meet Kiersten White! She is the South Carolina Opioid Recovery Fund (SCORF) Prevention Specialist for Marion County.

CLINICAL COUNSELOR



SANDRA GAINEY

Meet Sandra Gainey! She is the South Carolina Opioid Recovery Fund (SCORF) Clinical Counselor for Marion County.

CERTIFIED MEDICAL ASSISTANT



MARIAH BENNETT

We would like to welcome Mariah Bennett! She is our new Certified Medical Assistant.

BILLING SPECIALIST



BRIANNA BUSTAMANTE

Meet Brianna Bustamante! She is the new Billing Specialist in our Dillon office.

CLINICAL COUNSELOR



TAMMY ROGERS

We would like to welcome Tammy Rogers! She is the Clinical Counselor in our Marion office.



Updates



IMPORTANT DATES

- Dec 24-27** Offices CLOSED
- Jan 1** Offices CLOSED for New Year's Day
- Jan 20** Offices CLOSED for MLK Jr. Day

A social media contact card with a green header that says "stay connected" in white cursive. Below the header is the Trinity Behavioral Care logo. Underneath the logo are three social media icons: Facebook, Instagram, and Twitter, each followed by its respective handle: @TRINITYBEHAVIORALCARE for Facebook and Instagram, and @TRINITYTBC for Twitter. At the bottom right of the card is the hashtag #CHOOSEABETTERLIFE. The background of the card is a light gray image of a computer keyboard.

WWW.TRINITYBEHAVIORALCARE.ORG

Holiday Recipe

Wyoming Haystacks

By Bryan Dickison



Ingredients

- 1/2 cup creamy peanut butter
- 6 oz butterscotch chips
- 3 oz can chow mein noodles
- 2 cups mini marshmallows

Directions

1. Microwave and stir until smooth peanut butter and chips
2. Add noodle and marshmallows
3. Drop by teaspoon or hand on wax paper.
4. Makes 25-30