

25
YEARS

PALMETTO®
ADDICTION RECOVERY CENTER



NEWSLETTER



Reflections from an Alumni Reunion

by Jeff Noles PLPC, LAC

April 21, 2018, was a great day for

me. I got to bring my 5-month-old son to the Palmetto Alumni Reunion to meet all of the people I work with for the first time. I was so proud to show him off to anyone willing to stop and look at him. There was a part of me that wanted to go to the front of the room and hold him up like Simba at the beginning of Lion King. I have never been more proud of anything in all my life than I am of him.

My son Anders doesn't know it now, but in all likelihood he

would not exist were it not for Palmetto. When I arrived here on July 17, 2006, I was a 27-year-old child who was hopelessly addicted to pain medication. I was broke, unemployed, and in danger of losing contact with my family all together. My father has since told me he had already made preparations to bury me and had serious doubts as to whether treatment would have any effect at all.

I don't remember much from my treatment here, but I remember in the course of my assignments my counselor asking me, "If you were wrong about something as basic as whether or not you are a good person, isn't it possible

"You never know what someone is dealing with behind closed doors. You only know what you see or what you think you see."

— Mackenzie Phillips,
"High on Arrival"

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you could be wrong about everything?" I searched my mind for a counter argument, but was unable to come up with one. From that moment forward, I agreed to operate under the assumption that I knew nothing and needed to do what was suggested of me without asking questions. That was a small surrender that started a snowball of surrender. My willingness to let go of one thing led to letting go of many things and created space for God to do things in my life I never thought possible.

When I allowed him to, God gave me a job I love, a wife I love, a

little boy whose smile makes my whole day better, friends who really care about me, coworkers who are invested deeply in what they do, a relationship with my mother and father that is better than ever, and many other blessings too numerous to list. All of these things mean a great deal to me, and I can't imagine my life without any of them.

What I find myself thinking while sitting at the Alumni Reunion is that the whole room is full of stories like mine. All of us come back here year after year because all the amazing things that happened in our lives start-

ed in the same place, Palmetto. Some of the people I don't know. Some of them I've never even met before, but we have something in common that is understood without saying anything at all. We all thought we would die, we all thought we would lose our families, we all thought we would blot out our bitter existence until we died way too early with nothing but pain and wreckage left behind. Instead, we sit here today eating, talking, laughing, and dancing. Isn't that remarkable? Standing here and looking around this afternoon, it seems like at Palmetto it happens all the time.



Welcome Shannon Mulkern

Serving as a National Business Development Representative, Shannon has the responsibility to ensure strong and productive relationships between Palmetto Addiction Recovery Center and the Medical/Behavioral Health Community throughout the United States. Shannon lives in Arkansas and studied Accounting & Finance at the University of Central Arkansas. She works with many advocacy groups and holds a board

position for a woman's sober living. She is also an interventionist in-training.

Prior to joining Palmetto Addiction Recovery Center's team, Shannon was the Director of Business Development at a non-profit in Arkansas, and has experience in national marketing and alumni relations in the substance abuse treatment field. She brings to Palmetto her valuable knowledge in the field of Marketing and Business Development, specifically in the Health Care Industry, and a passion for advocacy. She believes in the ability to bring hope and lasting recovery to individuals and families suffering from addiction by focusing on the maintenance of recovery through emotional, physical and spiritual health.



Palmetto Honored by Guest Speaker, Mackenzie Phillips

Author of “High on Arrival,” a memoir detailing her battle with substance abuse and family trauma

Palmetto was pleased to welcome Laura Mackenzie Phillips at our alumni reunion this year. Known as an American actress and author, she is best known for her roles in *American Graffiti* and sitcom *One Day at a Time*.

Having struggled with drug and alcohol abuse for over a decade, Phillips has utilized her platform as a public figure to help educate people about addiction and to combat social stigmas.

Turning her life around to find that her passion is helping others to do the same, Phillips became a primary substance use counselor in 2013 and began working in the treatment field. She currently works as a substance use disorder counselor at Breathe Life Healing Centers in West Hollywood, CA.

“The weight is off my shoulders. I don’t live in the past anymore. I look forward, instead of back.”

-Mackenzie Phillips



Sharing time together with Mackenzie Phillips at our alumni reunion

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PalmettoCenter.com

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