



## Real Alumni Story

“I knew if I drank, smoked, and acted a certain way, I could be part of something.”  
- RJ

### In His Own Words:

“ My name is RJ. I'm a recovering addict. As a child in Norfolk, I grew up in a stressful environment. My family showed me no love, which did not mold me the correct way. I was finally able to move to live with my father in Minnesota. I studied and became a Nursing Assistant Registered.

I moved back to Norfolk and wanted to fit in. I knew if I drank, smoked, and acted a certain way, I could be part of something. This behavior continued for 20 years. I did some pretty messed up things along the way, becoming a professional manipulative person over time.

I found my way to Mt. Regis in an attempt to beat a DUI charge, but as I sat and listened, I realized that I was worth loving. I didn't have to kill myself by slowly polluting my body. I graduated from Mt Regis, and today, I am two years and one hundred days clean. I'm a proud Alumni and employee of Mt. Regis. I know I can only keep what I have by giving it away freely. That's a life free from addiction.

This life I live couldn't have started if I hadn't asked for help. Mt. Regis is where my life changed. ”



MOUNT REGIS CENTER  
*Hope Treatment Recovery*

# Informing People Improving Lives

Top Stories for January 2021

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## Keeping More Than Dreams Alive

Substance misuse, alcohol dependency, and suicidal thoughts and behaviors have increased over the past decade. An analysis of health insurance claims by the online journal BMJ Open (<https://blogs.bmj.com>) reveals suicidal thoughts and actions among under 18's are up 287% in recent years and 210% among 18-34 year-olds.



### Talk openly and honestly with your child

The Jason Foundation, Inc. (JFI) dedicates itself to preventing youth suicide through educational and awareness programs. JFI provides young people, professionals, and parents with the knowledge and resources to spot and help at-risk youth.

Mount Regis Center is a sponsor of the JFI Parent Resource Program. We serve as one of the support nodes on the Jason Foundation network funneling parents, professionals, and youth to JFI for information and prevention.



As a parent, you can start by educating yourself. Encourage local schools and organizations to be involved. Contact The Jason Foundation for ten things you can do to prevent a tragedy. Learn what to do and what not to do if you notice warning signs. Watch the "Parent and Community Seminar" for strategies of awareness and prevention.

[prp.jasonfoundation.com](http://prp.jasonfoundation.com)  
Call 800.273.8255 if you have a crisis



### CEO Of Hope

### A message from our new CEO Jenna Kinder

It was my privilege to join Mount Regis Center as Chief Executive Officer in late 2020. Integrating into the facility, the staff, and the community has already brought immense rewards to my life.

As we look to 2021, new beginnings fill me with excitement and anticipation. A new year presents the feeling of a fresh start. An opportunity to reflect, level set, and refocus. We have the privilege of looking forward to our future, setting the tone, and beginning the next chapter with purpose.

This new beginning undoubtedly aligns with the fresh start experienced by so many of you as you launched your journeys into recovery. May you never forget those moments, the hope and purpose you clung to, and the laser focus you placed on setting yourselves up for a successful future.

Having served previously as Director of Business and Admissions at Mount Regis, this new role is like returning home. My focus will be on supporting our amazing colleagues in providing the highest level of quality care to our patients.

I hope to have the opportunity to meet many of you in the future and wish you the very best in your 2021 endeavors.



### Virginia PLA shines the spotlight on the new Mount Regis Center

The SW chapter of the Virginia Professional Liaison Association held its November meeting at the new Mount Regis Center outpatient location in Blacksburg. Participants toured the facility and learned more about one another and the services each provides. Mount Regis showcased its new IOP service, making treatment more accessible in the SW region than before.



Providers shared their passion for the work they do collectively. They demonstrated their community support with generous donations to the VAPLA food drive benefitting the Hope Initiative and the Virginia Harm Reduction Coalition.

### Do You Refer Patients for Treatment?



Refer to Mount Regis  
Hope • Treatment • Recovery  
Call 540.389.4761 (Anytime)  
[www.mtregis.com](http://www.mtregis.com)