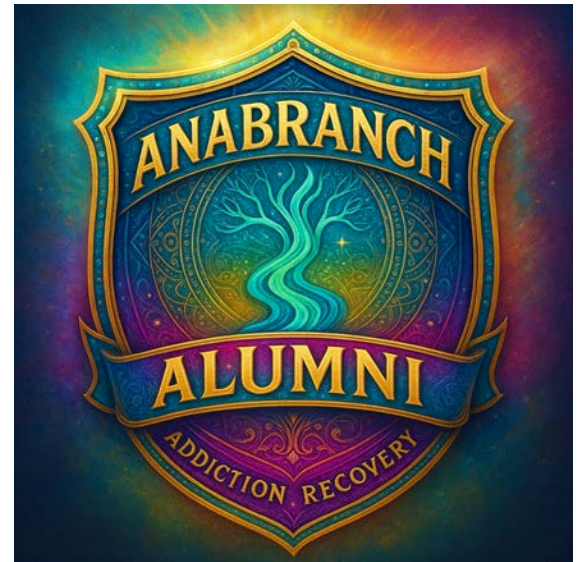


GRILL & GROW: APRIL ALUMNI NEWSLETTER

Sunshine & Connection

Spring is here, the sun is shining, and our recovery community is stronger than ever! Whether you're catching up at meetings, joining events, or connecting on the app, there's so much happening this month. Let's celebrate milestones, share laughs, and keep building the amazing support network that makes our Alumni family so special. You won't want to miss a moment—let's make this month unforgettable!



A Note From Your Alumni Coordinator



I want you to always remember this—you are never alone on this journey. As your Alumni Coordinator, I'm here to walk alongside you through it all—the wins, the challenges, and everything in between.

Whether you're celebrating a milestone, having a tough day, or just need someone to connect with, don't hesitate to reach out—by phone or through the Alumni App.

I'm here for you, always.

Meet Your New Director of Nursing & March Employee of the Month – Ashley M.!

We're thrilled to announce that **Ashley M.** has stepped into her new role as **Director of Nursing**, now overseeing the nursing department **and all of our Behavioral Health Technicians.**

In addition to taking on this expanded leadership role, Ashley is also **our March Employee of the Month!** She consistently goes above and beyond—supporting her team, mentoring staff, and creating a safe, caring environment for every patient.

"I've always had a big heart when it comes to people in the recovery community because they deserve empathy and understanding, even when they're often met with judgment. I try to go above and beyond every day to make sure our patients feel supported, heard, and safe. Recovery is one of the hardest journeys someone can face, and if I can create a space where they feel cared for, then I know I'm doing what I'm meant to do." – Ashley M.

Ashley's leadership, dedication, and compassion make her an **invaluable resource** for the entire company. Congratulations, Ashley, and thank you for all the impact you make every single day!



Alumni Recap: March Highlights

A huge shoutout to our hardworking Alumni Ambassadors! Last month, we held another inspiring meeting focused on planning events for the year, and we now have some exciting activities lined up for you and your families. Make sure to stay active on the Alumni App for all the details—you won't want to miss out!

We also heard powerful stories from our alumni, shared both on the app and during our weekly meetings. It was incredible to see future alumni spreading hope, staying strong, and overcoming obstacles every day—while supporting others on their recovery journey.

The energy, encouragement, and connection in our community keep growing, and it's moments like these that show the true strength and heart of our Alumni family.

Team Shoutout: Our Amazing Admissions Team



We want to take a moment to recognize and deeply thank some of our incredible Admissions Team. Week after week, they put in long hours and tireless effort to ensure that everyone seeking help is welcomed promptly and with care.

Their dedication makes all the difference—helping people take those crucial first steps toward recovery with compassion and efficiency. Behind every new success story is the hard work and kindness of this team, working behind the scenes to make sure no one is left waiting.

Your commitment doesn't go unnoticed. We are so grateful for all you do to bring hope and healing into the lives of so many. Thank you for being the welcoming heart of our program!



Upcoming Events in April

Alumni Cookout

Join us for a fun evening of food, family, and connection!

Deming Park (near the playground)

April 22

5:00 PM

We'll have burgers, hot dogs, and all the fixings ready

Feel free to bring a dish and make it a potluck!

Bring a friend, bring your family, and come hang out!

Plus, this event—and many more—are all posted on the app with full details. Make sure to stay connected there so you can plan ahead and never miss out on the fun!

Tuesday Alumni Meetings – Come Be Part of the Magic!!

If you haven't joined us for a Tuesday Alumni Meeting yet, consider this your personal invitation! We gather every **Tuesday at 6:30 PM in the Anabranch gym**, coming together with both long-time members and newcomers taking their first steps in recovery.

It's more than a meeting—it's a space to connect, share, support, and be part of someone's journey. Your presence truly makes a difference! And as a little bonus, you'll get a first look at the exciting renovations happening around the facility—big changes are underway!

Big Things Are Coming—Stay Connected!

We've been busy behind the scenes building relationships across the recovery community to bring **fresh, meaningful, and fun events** to our Alumni family. All the details drop **first in the Alumni App**, so make sure you're staying connected and planning ahead.

Got an idea for an outing or something fun you'd love to see happen? We want to hear it! Send a message in the app or reach out directly—our community grows stronger when we build it **together**.

April Alumni Contest: Show Us Your Sunshine!

This month, we want to see the Alumni App filled with your smiling faces enjoying this beautiful spring weather!

Snap a photo of yourself outside—relaxing, laughing, or just soaking up the sunshine—and share it on the app. Let's show everyone what hope, recovery, and joy look like as we embrace the great outdoors.

Can't wait to see all your radiant smiles!

How to Win

At the end of the month, the alumni whose photo gets the **most engagement** will win a **brand-new Anabranch shirt!**

Encourage everyone to vote by leaving a comment on your photo in the app—each comment counts as a vote! Get creative, have fun, and show off your springtime smiles!

Need Help with the App?



For the most up-to-date info on all Alumni Events, log into your Alumni App.

Questions? Contact Trevor, your Alumni Coordinator, at 812-233-1264.

Alumni Spotlight Shout-Out!

We are so proud to celebrate Elisha Brown for her incredible journey and unwavering commitment to recovery and community!

After a challenging 5-year process, she has completed all her court requirements and is officially done reporting—an amazing milestone to honor. She’s a constant presence at our alumni meetings and events, always showing up to support and encourage others through their toughest moments.

Elisha completed our IOP program and often shares how meaningful the connections she made with our staff have been in her healing process. Beyond that, she has stepped up as an ambassador for our program, helping plan upcoming events and being a true leader in our community.

Last year, she was honored with the **“Light in the Room” Award**—a perfect reflection of the warmth, joy, and hope she brings everywhere she goes. On April 5 2026, she celebrated 9 months of sobriety—a powerful testament to her strength and dedication.

There’s so much more to say about the loving, caring woman she’s become and the incredible support she gives to our men and women in our program. Today, let’s take a moment to recognize all she has overcome and the shining example she sets by helping others every day.

Keep shining, Elisha! You inspire us all.

