

MAY 2026 NEWSLETTER

May 2026 Observances

May 1 - May Day

May 6 - 12 National Nurses Week

May 10 - Mother's Day

May 25 - Memorial Day

May is Mental Health Awareness Month

This Mental Health Awareness Month, we're reminded that none of us were meant to do this alone.

Whether you're thriving, rebuilding, or just getting through the day - you are part of this community. And you matter here.

Check in on someone. Share your story. Reach out if you need support. Connection is one of the most powerful tools we have.



Employee Spotlight



Trin Lewis - Director of Quality and Risk Management

Trin Lewis serves as the Director of Quality and Risk Management at St. Gregory Recovery Center, where he is known for identifying blind spots, strengthening processes, and ensuring both patients and staff are supported in a safe, respectful environment. With a strong focus on continuous improvement, he works behind the scenes to address risks and implement meaningful changes that make a real difference.

Trin holds a B.A. degree in Human Services and a Minor in Psychology. I'm drawn to Quality and Risk Management because it allows me to think proactively and make a real impact. I enjoy identifying areas of opportunity, addressing risks, and helping implement changes that improve safety and accountability. It's important to me to contribute to a culture where concerns are addressed, standards are upheld, and both patients and staff feel supported.

Outside of work, Trin enjoys being with his family, playing any kind of sports, and volunteering my time in coaching my kids' activities. You can find me either on the field, on the court, or being the biggest fan of my kids. I also enjoy watching my Hawkeyes!

St Gregory IOP Open house – May 12

Please use the QR code to RSVP. We would love to see you there and support our new facility.



ST. GREGORY
RECOVERY CENTER

Community Collaboration at
our Outpatient *Open House*

Our goal is to foster community collaboration with impact and engaging partners to better understand service needs and barriers. Together, we can shape solutions and expand access to the services our community is asking for. Please come collaborate with us!

May 12 | 11 AM to 2 PM
7780 Office Plaza Drive South, Suite 184
West Des Moines, IA 50266

*Stop by for Lunch, Snacks, and a Tour!
Meet our Staff and CEO
Door Prizes and Giveaways*

RSVP to Alexis.Thompson@StGregoryCtr.com,
Amanda.Heineman@SummitBHC.com,
or by scanning the QR Code



Alumni Speakers

We are currently filling open slots for each Monday in June to bring alumni back to speak with the clients. Anyone who are interested, please contact Wilma at 641-740-1731 or by email at Wilma.leibbrandt@stgregoryctr.com.

These meetings are filling up very fast, please let us know if you have any questions.

St Gregory

ALUMNI SPEAKERS

At facility

Meet your alumni

Every Monday at 6pm.

CONTACT US

Wilma - 6417401731

There is HOPE at St. Gregory Recovery

You've experienced what real recovery looks like at St. Gregory Recovery. Now you have the opportunity to pass your experience on to someone in need. It could be a friend, co-worker, or family member. Make the call, send a message, or connect them with us today. Your referral could save a life.

888-778-5833 or
641-740-1731

We want to thank all the alumni who tirelessly helped to get new clients to SGRC. Because of your help, we were able to save lives, families, and futures. Keep continuing sending them our way so that we can help them, just as we helped you!

Congratulations to our Alumni who will be celebrating sobriety milestones, birthdays, and anniversaries during the month of May!



St. Gregory Alumni App



Please download this app to your phones to stay connected to your peers and staff, tracking your sobriety milestones, or participate in uplifting, and supportive content, or use the QR code as provided on the flyer below. Email or text the Recovery Life Coach for instructions. See email and phone number below. We also need more participation from Alumni on the app! Please share pictures of your choice and/or inspirational quotes! Your interaction with all new alumni on the app is very important! Look out for some contests on the app, too! Please play along! Wilma.leibbrandt@stgregoryctr.com 641-740-1731 .

Weekly Alumni Recovery Zoom

