

## TREE BRANCH NEWS

FEBRUARY 2026

### LETTER FROM THE EDITOR:

#### Happy February, everyone!

While we're all waiting to see if a groundhog named Phil decides to doom us to six more weeks of winter, we've been busy looking at what the alumni have built so far this year. Frankly, we're more impressed with your progress than a Texan who successfully navigates an icy overpass on the first try. Watching this alumni community grow isn't just a highlight for us; it's the whole reason we keep the lights on. You're navigating life with a level of resilience that would make a Lubbock windstorm look like a light breeze, and we couldn't be prouder of all of you.



We hope you stayed warm during the recent snow and, more importantly, stayed off the roads. We all know that as soon as a single snowflake hits the pavement in West Texas, the local traffic conditions turn into a real-life version of Mario Kart, minus the fun power-ups. If you survived the commute without ending up in a ditch or participating in the annual "milk and bread" grocery store scramble, you're already winning.

In the meantime, if the Ranch helped you find your footing, consider "sharing the love" by leaving a 4 or 5-star Google Review on our Google Business Page. (There is a link at the bottom of this newsletter.) Think of it as a Valentine to your future self, or at least a way to prove to the internet that we're as cool as we say we are. One final note: if you have friends or family struggling to find their path, don't just send them good vibes—reach out to me directly so we can get them the support they deserve.

Let's keep showing up, speaking up, and keep the marshmallows ready!

**Josh**

## The “Full Circle” Spotlight

We always say once you’re part of the RDT family, you’re stuck with us—and a few of you took that literally! We’re incredibly proud to spotlight our alumni who have officially joined the RDT staff. Join us in celebrating our newest staff-alumni teammates:

### **Lee Burnett** (Case Manager)

---



Lee is from Tulia, Tx, proving that great things really do come from Swisher County. When he isn’t busy working alongside our amazing team, he’s passionate about meeting new clients and helping them kickstart their own sobriety journeys. He’s a pro at helping people find their balance, which makes his “secret talent” surprisingly appropriate: he can actually ride a unicycle! We’re still waiting for him to peddle through the halls on one wheel while carrying a stack of paperwork, but until then, we’re just happy to have his unique skills (and sense of balance) on our side!

---

*“Going through treatment at Dove Tree gave me the tools to get sober and maintain my sobriety. As an alumnus of RDT, I have the privilege of being a part of a team whose sole aim is to help others. That is what it is all about for me.”*

-Lee

### **Danny Hyatt**

(Licensed Chemical Dependency Counselor Intern)

---

Danny was born in Old East Dallas, but has been a West Texan for 18 years. Danny is now a vital member of the RDT Clinical Team. He loves standing shoulder-to-shoulder with the very people who helped save his life, witnessing the “lightbulb moments” when clients begin to rebuild. Danny’s own trajectory changed during a pivotal conversation in a staff office; inspired by the support he received, he committed to returning as a counselor to give others the same hope and strength he found here. Seeing that shift daily keeps him grounded in his own sobriety and reminds him that this team is truly family. His favorite flick is Romancing the Stone (though we’ve yet to see him swing through the West Texas brush on a vine). Also, keep the fruit salad away—he’s allergic to watermelon and cantaloupe, surviving Lubbock summers on pure grit and A/C.



---

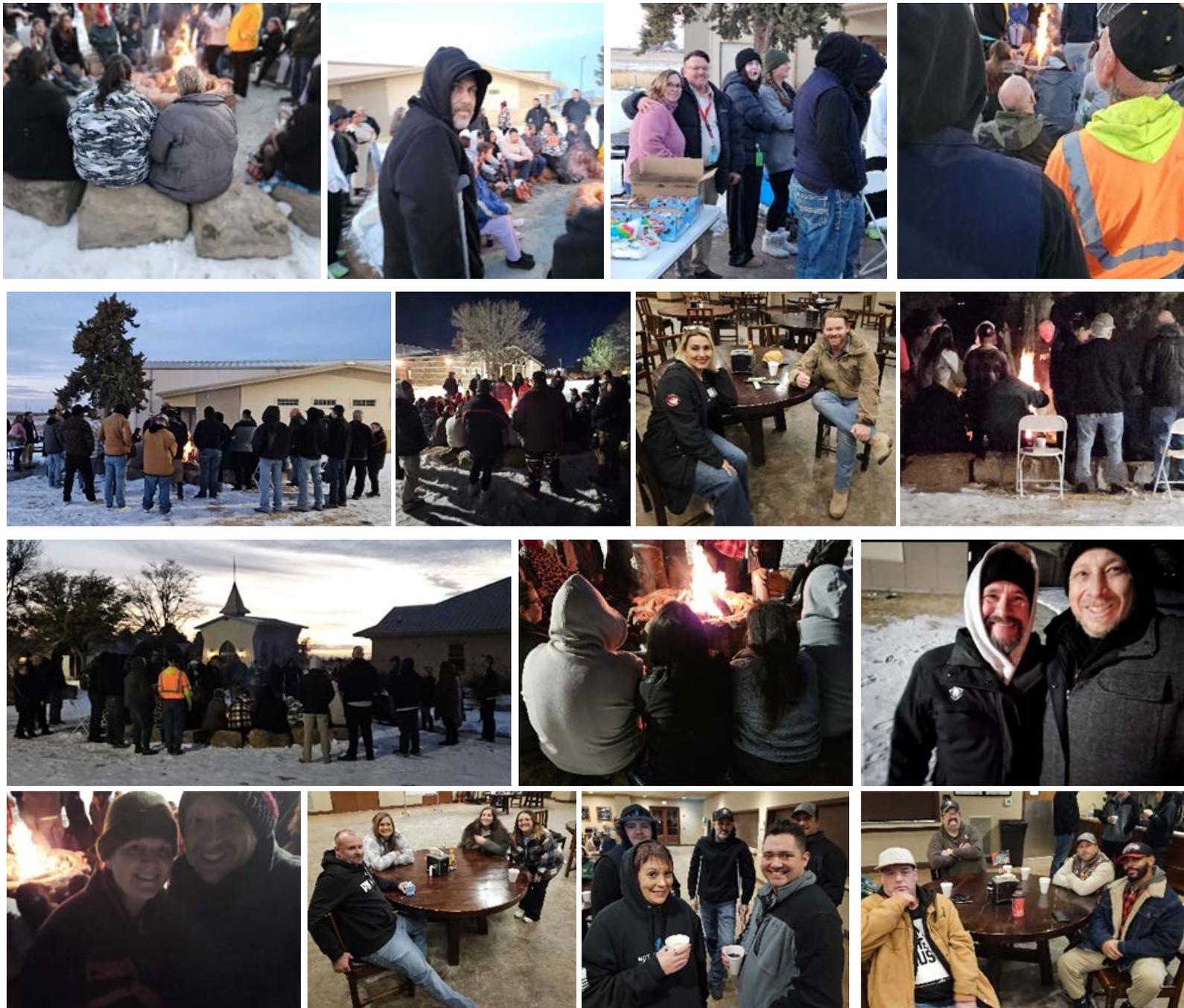
*"The Ranch gave me a life I never thought I would have. Josh kept me connected and made sure I always felt like I belonged. Katrina pushed me to keep going and opened doors for growth. Priscilla reminded me who I was and helped me believe in myself again. God handled the rest. The Ranch has been home base for me since day one, and it is an honor to now walk alongside clients and help them find the same way out that I did."*

*-Danny*

---

## Tree Branch Bonfire

Our recent bonfire was, quite frankly, fire. The conversation was deep, and the marshmallows were toasted to perfection. It was the perfect blend of soul-searching and sugar-crashing.





## February Alumni Event

Mark your calendars: Our next alumni event will be on February 8<sup>th</sup>, Super Bowl Sunday! Come for the football, stay for the fellowship, and enjoy the fact that you don't have to drive in the snow to get here! (Hopefully)

## The Ranch Glow-UP: Safety First, Style Second

Because we believe your environment should be as solid as your recovery, we've officially upgraded the Ranch with a brand-new deck! While it looks great, don't get too comfortable—this isn't exactly a poolside lounge for sunbathing. We've revamped the space primarily to ensure everything is structurally sound and much safer for everyone moving through the facility. Think of it as a "safety first" glow-up that just happens to look a lot better than the old one.



Speaking of things that look cool but are secretly out to get you: we managed to snap a few photos of the recent snow before it turned the campus into a giant slip-and-slide.



---

## February is the month of Hearts, History, & Hype

February is all about boosting that self-esteem while honoring some heavy hitters! We are tackling this month with our own multi-pronged approach because basically, we like a challenge:



**International Boost Self-Esteem Month:** Think of this as your monthly reminder to tell yourself you are awesome! We're working on our own inner dialogue and ditching the negative self-talk that sounds like a flat tire. We are embracing a "fake it 'til you make it" attitude with our own "Hype Station", because self-love is just a cooler form of confidence.



**Black History Month:** We honor the incredible stories, struggles, and triumphs of the Black community. It's a time to learn, reflect, and celebrate the resilience and contributions that have shaped our world.



**American Heart Month:** We are focusing on keeping our tickers ticking. We're swapping the stress for self-care and maybe even adding an extra lap to our walks. Remember, a healthy heart is a happy heart.

### **Other February dates to remember:**

**February 2<sup>nd</sup>:** Groundhog Day

**February 4<sup>th</sup>:** World Cancer Day

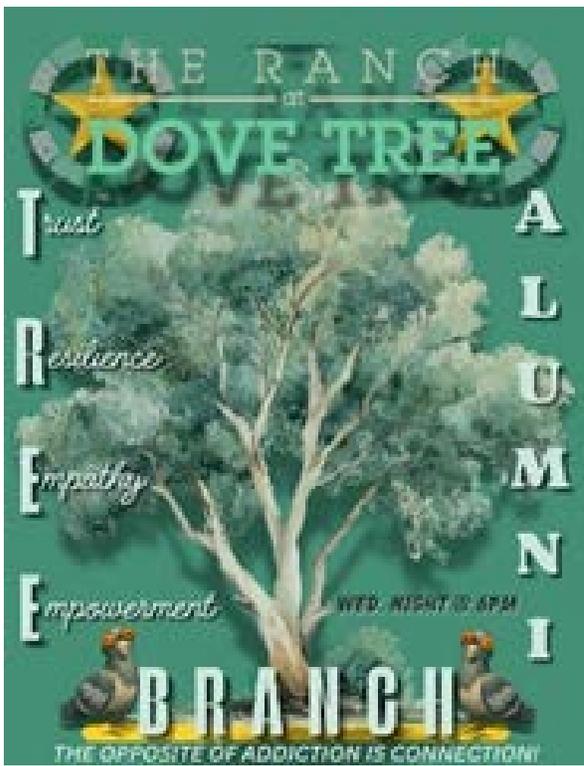
**February 14<sup>th</sup>:** Valentines Day

**February 17<sup>th</sup>:** National Act of Kindness Day

**February 19<sup>th</sup>:** Founding of Mental Health America Anniversary

**February 23<sup>rd</sup> to March 1<sup>st</sup>:** National Eating Disorders Awareness Week

---



This is not your grandpa's meeting! Our newly branded T.R.E.E. Branch meetings (Trust, Resilience, Empathy, and Empowerment) are in full swing. Think less "stuffy lecture" and more "real, organic talk" with people who actually get it! This year, we are ditching the fluorescent lights for more action on Wednesday nights. Get ready for more cookouts, guest speakers, and off-site activities designed by this community of alumni. Come see us from 6 to 8 pm at 1811 13<sup>th</sup> Street in Lubbock, Texas, or join us virtually through Zoom. That Zoom link is available in the alumni app.

## Because We Need to Know Where You Are (Kidding)

A quick, slightly less serious note on staying connected: the Alumni App is more than just a tool. It's the official lifeline that helps us keep track of upcoming events, reminders, and opportunities for you to support one another. Think of it as social media, but without your crazy uncle sharing conspiracy theories. We strongly suggest you make it a habit to check in, RSVP, and share what you find most helpful on your journey.



If you are currently living life off the grid without the app and would like an invitation to rejoin modern society (and our event list), **text Josh at 806-549-8179**. He's standing by, ready to reconnect you with the mother ship.

So there you have it: the February rundown, packed tighter than the United bread aisle before a West Texas snow storm.

We've covered everything from questionable groundhog predictions and Mario Kart-style traffic to unicycling staff members and the complexities of Danny's fruit allergies. Let's spend the month boosting our self-esteem, honoring Black History, and keeping our hearts healthy—all while preparing for a Super Bowl Sunday that is legally required to involve at least three types of dip.

Stay warm, keep your eyes on the road, and remember: if your recovery fire is feeling a little low, we've always got a spare marshmallow and a bad joke waiting for you.

In recovery and ready for kick-off,  
Your Friends at The Ranch at Dove Tree

P.S. We'll let you know what Phil says regarding his shadow and the fate of our winter, but no matter what that rodent decides, our outlook is 100% bright at RDT. Have a grateful month and Happy Valentine's Day!

