

OCTOBER 2020

THE CROSSWALK: BENILDE HALL'S NEWSLETTER

Benilde Hall-Safe Haven-Matt Talbot



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DBT at Benilde Hall

Chaplain Stephen King discusses teaching DBT at Benilde Hall.

Benilde Hall clients are required to attend group classes in order to successfully discharge from the program. Among the classes offered at Benilde Hall, Dialectical Behavioral Therapy, known as DBT, is a popular choice. The four components of DBT are mindfulness, interpersonal effectiveness, distress tolerance, and emotional regulation, according to Psych Central.

Chaplain Stephen King has taught classes at Benilde Hall, including DBT, for seven years. He believes that DBT is important for Benilde Hall clients to participate in because it has been proven to work.

"We know it works. It's scientific. We can track that it is successful." Chaplain Stephen continues on by saying, "It has been successful with people suffering from borderline personality disorder, depression, anxiety, substance abuse, and PTSD, and we know it works."

Kansas City-based Ph.D. students created a series of 20 DBT lessons specifically for Benilde Hall dual-diagnosis clients, according to Chaplain Stephen. DBT classes are held multiple times a week on campus and can last up to two hours.

"There's something magic about those groups," Chaplain Stephen says. "It's hard to assess when you're doing a group which clients you're reaching, and what effect the group is having on members of that group. It's almost impossible to assess because some of the groups, some of the individual groups where I was convinced nothing good had happened, I was completely wrong. And thank goodness."

DBT continues to be an important experience at Benilde Hall that has helped hundreds of clients in their recovery journeys.

Benilde Hall Success Story: Chris Hudson

Chris Hudson was born in Springfield, Missouri, and grew up in Kansas City, Missouri. He is a high school graduate, and for most of his life, he did not experience substance use disorder. However, after the passing of his girlfriend in 2008, Chris began to experience severe depression. What started as "dabbling" with substances quickly escalated into addiction. Chris lost his job, was unable to pay his rent, and experienced homelessness for five years. "I realized that even when I got what I was looking for, it still wasn't making me happy."

Chris had a near-death experience that he describes as "eye-opening." He was also looking at the possibility of facing 7-21 years in prison if he didn't attend Drug Court. The following week, he expressed to law enforcement that he needed in-patient treatment. However, Chris had a recurrence of substance use the first time he started his treatment at Benilde Hall, which led to 30 days of incarceration. Chris then came back to Benilde Hall, where he stayed for two years.

For Chris, he says that "staying busy, working, keeping my hands busy" has helped him the most in his sobriety journey. Pastor Ken Pegue, a former Benilde Hall client and person in long-term recovery, inspired Chris when he was a client at Benilde Hall. "If he held a group and I wasn't at work, I really tried to make it to it." Chris also stresses the importance of being aware of your triggers, such as conversations with others glorifying substance use, spending time with people engaged in substance use, or dreams in which there is substance use recurrence. He recommends for those in recovery to be careful who they choose to spend time with. "There's no sense in unnecessary risk," he says.

Chris explains that his goal for a better life contributed the most to his success. "But ultimately what really helped me was my desire...because life truly is what you make it." He goes on to elaborate that "...some things are out of our control, but ultimately what you strive for is what you're gonna get." He started working at Benilde Hall in April 2017, where he works as a van driver and a monitor. On June 24th, 2020, Chris celebrated four years of sobriety.



To read more Benilde Hall Success Stories, go to facebook.com/BenildeHall.

Past Benilde Hall Success Stories can be found on benildehall.blogspot.com.

MEET THE BOARD: Q&A WITH TREASURER, BOB KOESTER

Can you tell our readers a little bit about yourself?

"I started life as a professional musician and gravitated to the finance business over time. Most of my finance career has been working with companies and entities experiencing some level of financial difficulty. I started on my own in the late '90s and offer cash flow management and related financial management consulting to a wide variety of businesses."

How did you become involved with Benilde Hall?"

"Michael Tracy and I belong to a breakfast club. At a meeting late last year he asked if any of us would be interested in and available to consider joining the Benilde Hall board."

What led you to the decision to become a board member?"

"My best friend was Max Jewell, Kent's older brother. Max died several years ago and when this opportunity presented itself I felt like helping Kent was an appropriate way of honoring Max's memory. Ken or Kent...I still feel the same."

What do you hope to see for Benilde Hall in the future?"

"I hope that Benilde Hall can achieve, sustain, and maintain a very well-capitalized financial position so that it remains at the top of the list in Kansas City for the very important work it does."

"I hope that Benilde Hall can achieve, sustain, and maintain a very well-capitalized financial position so that it remains at the top of the list in Kansas City for the very important work it does."-Bob Koester

HOW TO HELP



Want to help? There are many ways you can assist us with our mission!

Monetary donations are always appreciated, and we will provide a tax donation receipt.

You can go to <https://www.benildehall.org/how-to-help/donate.html> to make a monetary donation.

Are you hiring? You may employ one of our residents. Feel free to post your available positions on our job board, or email info@mail.benildehall.org with job info!

Is your employer or community looking to adopt a family for the holidays? Consider donating to Benilde! We always need socks, undergarments, basic toiletries, food, & clothing for 100 men.

Is your organization looking for volunteer opportunities? Call 816-842-5836 x 100 to register your volunteers to assist with needs around our campus.



BENILDE HALL'S WINTER NEEDS:

- MENS WINTER COATS
- GLOVES
- SCARVES
- WINTER BOOTS

Benilde Hall is looking for new or gently used winter items for our clients.

You can call (816) 842-5836 to set up a time to donate. You can also order items from our Amazon Wishlist: <https://a.co/aEnPvXI>.

Thank you for helping our clients at Benilde Hall.



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