

MAY 2021

THE CROSSWALK: BENILDE HALL'S NEWSLETTER

Benilde Hall—Safe Haven—Matt Talbot

April/May 2021 Updates



Several staff and clients from Benilde Hall spent the day at the Kansas City Zoo on April 30th.



Senior Counselor Danny Hill and Executive Director Ken Vick represented Benilde Hall at the Missouri Addiction Counselors' Association (MACA) Conference in Osage Beach, Missouri from April 29th-May 2nd.

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Benilde Hall received meals on behalf of Feed KC Forward and The Culinary Center of Kansas City on April 29th and May 6th.





Dr. Thomas Hall serves as the National Chair of the PTSD/Substance Abuse Committee within the Vietnam Veterans of America. Dr. Hall awarded former Executive Director Kent Jewell, Clinical Director Erin Lackner, and current Executive Director Ken Vick a coin to recognize their service.



Danny, Jenna, and Erin went to Probation and Parole District 4's Community Resource Event. Benilde Hall was one of several Kansas City area agencies that presented information about services to attendees.

While there, they ran into Kyle Mead, the president of Heartland Center for Behavioral Change.



Benilde Hall was able to join Team Fidelis for their golf tournament on 5/22/21. The focus was to raise awareness about veteran suicide. Team Fidelis does a lot of good for our veterans. Derek, Danny, and Ken had a lot of fun.



Benilde Hall Success Story: Billy Dougherty

William "Billy" Dougherty grew up in Kansas City, Kansas. Billy's exposure to alcohol began in childhood and as he grew up, his alcohol use increased. Billy began hanging out with an older crowd when he was in high school and dropped out of school when he was in 10th grade. "The alcohol took over my life...I couldn't stop," Billy says. His drinking began to affect the relationship he had with his family as well. Billy went to treatment centers in the past, due to the advice of his family. "I never did it for myself..." Billy says. That is, until December 2019 when he realized he needed help.

Billy experienced homelessness for about seven to eight years before beginning his journey to sobriety for himself. Billy decided to seek treatment in 2019 because he "was sick and tired of being sick and tired." Leading up to his sobriety, he had been physically injured from being hit by cars while intoxicated. While walking alone in the middle of the night in December 2019, Billy had a realization that he needed to change his life. "I looked up at God and said 'I know this ain't what you got in store for me...'" Billy says he heard a voice say that he needed to go to the hospital and to tell the staff that he needed help. He went to Truman Medical Center that night to get help for his alcohol use disorder. He then went on to receive treatment from Rediscover and was then referred to Benilde Hall by a case manager. Billy's sobriety date is on December 28th, 2019.

During his first month at Benilde Hall, Billy's main goal was to work on himself and focus on taking classes at Benilde Hall before seeking employment. After a month at Benilde Hall, Billy started working on the lawn crew. Billy says the lawn crew helped him get back in shape after being injured. He stayed as a client at Benilde Hall for about 10 months before completing the program and now works as night monitor at Benilde Hall. For Billy, working at Benilde Hall and getting the opportunity to talk with clients has helped him greatly in his recovery journey. "The best part about being here is this place is like family," Billy says.



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 INTERNS:
ALLISON, SHERRY,
MAYRA, AND JESSICA



Name: Sherry

Q) Where do you go to school?

A) I graduated from Missouri Western with a BS in Psychology, and now I'm at KCK Community College working on my Addiction Counselor Certificate.

Q) What are you studying?

A) Addiction Counseling

Q) How did you first hear about Benilde Hall?

A) Even though I grew up very close to here, I had not heard of Benilde Hall until my school advisor recommended I call to set up my internship/practicum.

Q) What does a typical day look like for you?

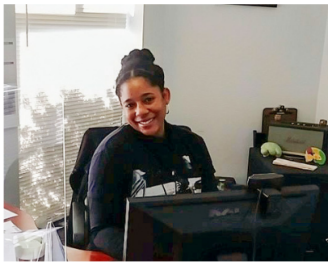
A) I'm currently working 40 hours a week at Benilde Hall to complete my internship/practicum in a single semester instead of the normal 2 semesters it takes on a part-time basis. I am able to complete school work for my practicum online thankfully, and we have an online Zoom class once per week.

While here, I've been able to actively participate in individual counseling, group counseling/discussions, staff meetings, assessments, treatment planning, aftercare planning, and more. I really enjoy working and learning here more than I could have imagined, and I feel honored that I've been able to be a part of Benilde. The staff are amazing, kind, patient, and eager to help. Working with the clients on a day-to-day basis and being able to help them with so many practical and therapeutic needs allows me to learn and grow in areas I would not be able to experience at many other facilities. My experiences here will be carried with me throughout my career.

Q) What are your goals/plans after you finish your internship?

A) I plan to search for a job in addiction counseling where I hope to be an asset to both clients and the field. I'm really looking forward to what the future holds for me.

Update: Sherry recently accepted a position as a counselor at Benilde Hall.



Name: Allison

School: Park University

Field of Study: Bachelor of Social Work (BSW)





Name: Mayra

Q) Where do you go to school?

A) I am finishing my last year at KCKCC.

Q) What are you studying?

A) I am studying to become an addiction counselor.

Q) How did you first hear about Benilde Hall?

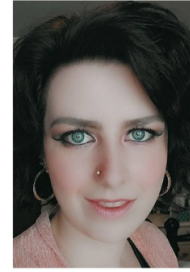
A) The first time I ever heard of Benilde was through one of our professors who worked here for many years. I hadn't paid him much attention until my counselor mentioned it to me again.

Q) What does a typical day look like for you?

A) I'm a full-time student but I also work part-time and I am active in my church community. If I'm not at Benilde, I'm either at work or church and just trying to invest my time wisely. I'm always busy, so taking a moment for a breather is always refreshing.

Q) What are your goals/plans after you finish your internship?

A) I hope to work in an environment like Benilde. Amazing staff and definitely supportive! Counseling and therapy is something that is very unaccustomed in my culture, and as times and things change I think that they are something that is very necessary today. I hope to apply everything that I've learned and work within my church community and the different types of cultures that struggle with addiction and sometimes try to hide the real need for help.



Name: Jessica

Q) Where do you go to school?

A) I attend as a full-time student at Avila University.

Q) What are you studying?

A) As a full-time student, I'm currently studying psychology which I'm absolutely passionate about. Excitingly, I will finish up my degree after this spring semester.

Q) How did you first hear about Benilde Hall?

A) One of my professors from Avila highly recommended me to reach out to Benilde Hall as part of my Practicum experience. As an intern, I'm absolutely in love with this place and what Benilde Hall has to offer.

Q) What does a typical day look like for you?

A) A typical day for me usually includes observing individual counseling sessions with clients, gaining experience with client assessments, mental health evaluations, and developing aftercare plans, as well as participating in group counseling sessions and getting to know the residents and team members. Of course, I have to make it a point to say hello to all the goats, chickens, and cats that live here. I love animals!

Q) What are your goals/plans after you finish your internship?

A) As of now, I'm keeping my options and plans open. Definitely, I've considered pursuing my Master's degree in Counseling. I learned there are wonderful programs in the Kansas City area that promote and encourage graduate students to gain further experience as interns. Depending on where things take me, I would love to remain and enjoy my time here at Benilde Hall as long as I can.

**SAVE THE DATE: 11TH ANNUAL TEE OFF AGAINST
HOMELESSNESS GOLF TOURNAMENT- OCTOBER 1ST, 2021**



Make sure to save the date for Benilde Hall's 11th Annual Tee Off Against Homelessness Golf Tournament on October 1st, 2021 at Drumm Farm Golf Club in Independence, MO.

Registration will begin at 8 AM and Tee Time will start at 9 AM. Lunch will be provided and a raffle with lots of exciting prizes.

Although the golf tournament is not until October, it's never too early to start planning. October will be here before you know it!

Since COVID-19 brought our golf tournament to a halt last year, we are excited to bring back our annual fundraiser. If proper social distancing guidelines are followed, outdoor golf is considered a safe activity to participate in!

To register, contact Tonya Gundersen by phone at (816) 918-3264 or by email at tgundersen@mail.benildehall.org.

Make sure to spread the word to all the golf players in your life!



**Tee Off
Against
Homelessness**

**Benilde Hall
is proud to extend an
invitation to participate in
our
11th Annual
Tee Off Against
Homelessness Golf
Tournament**

**October 1st 2021
8am Registration / 9am Tee
Time**

**Drumm Farm Golf Club
15400 E 34th St S,
Independence, MO 64055**



Don't play golf but still want to help?
Call or email Tonya Gundersen for pick up of monetary donations or prizes.
816-918-3264 or tgundersen@mail.benildehall.org.

To pay fees or make a donation in person, Drop off / mailing address is:
Benilde Hall 3220 E 23rd St,
KCMO 64127

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



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