

JUNE 2021

THE CROSSWALK: BENILDE HALL'S NEWSLETTER

Benilde Hall—Safe Haven—Matt Talbot



JUNE'S ISSUE:

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The mission of Benilde Hall, as stated on our website is, "to provide services for treating substance use disorder, mental health, and homelessness, so individuals may return to the community as responsible, employed and permanently housed contributing members of society." Men's health is always a priority at Benilde Hall and Safe Haven, but Men's Health Month and Post-Traumatic Stress Disorder (PTSD) Awareness Month allow us to reflect on our mission as an organization.



Sources:
<https://www.benildehall.org>
<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/>

Learn more:
<https://www.ptsd.va.gov/index.asp>
<https://menshealthmonth.org/>

It is common for clients at Benilde Hall and at Safe Haven to be experiencing symptoms of PTSD. According to the National Institute of Mental Health, PTSD is "a disorder that develops in some people who have experienced a shocking, scary, or dangerous event." Serving in the military or experiencing homelessness, violence, substance use disorder, or any traumatizing experience can cause PTSD. Our on-site counselors work with our clients to develop treatment plans for managing their mental health.

Benilde Hall Success Story: Harvey Howard

Harvey Howard grew up in Wynnewood, Oklahoma. After he graduated high school, Harvey married his high school sweetheart at 18 and became a father within a year of his marriage. For several years, Harvey lived a settled-down life in Denver, Colorado, where he worked in construction. However, life changed for Harvey after his divorce when he was 27 years old. "My drinking years didn't start until I got a divorce...that's when I knew I started to have a problem," Harvey says.

Harvey experienced substance use disorder and alcohol use disorder for several decades. A few years ago, he decided he needed to make a change in his life. Harvey left Denver, Colorado, and moved back to the Kansas City, Missouri area, where he stayed at a detox program. After he went through a detox program, he went onto the Salvation Army ARC (Adult Recovery Center), a Christian-based work therapy program. "It was hard work, but it was a good program," Harvey says about the Salvation Army ARC. After staying at the Salvation Army ARC for a year, he came to Benilde Hall.

Harvey says that Benilde Hall felt like a personal program and that the staff are caring individuals. "The counselors are the greatest," Harvey says. "I just felt comfortable there." His favorite class at Benilde Hall was the DBT (Dialectical Behavioral Therapy) class. He liked the DBT class so much that he went to the morning and evening classes to learn as much as possible. Harvey advises anyone starting their recovery journey to "find a good friend" to lean on. Harvey and another client (who has since graduated from the program), worked together with former Executive Director, Kent Jewell, to start Benilde Services, the lawn care and maintenance work program at Benilde Hall.

Religion and his involvement in a mutual support group have also helped Harvey in his recovery journey. "I can't do it on my own, and so I chose God to help me and just turn my life over to God. I just had to turn everything over, my drinking, all my problems and everything to Him and just let Him give them to me a little bit at a time." Sobriety has changed Harvey's life in a significant way. "I have more energy, I feel healthier," Harvey says. Harvey is happy to be close to his family in Kansas City. In the present day, Harvey works in Facilities at Sheffield Place. Harvey says that he loves his life in recovery. "By the grace of God, I'm still sober." Harvey's sobriety date is March 3rd, 2014.



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 STACEY JOHNSON-COSBY**

Q) Can you tell our readers a little bit about yourself?

A) I am a real estate agent of over 34 years and I'm also a housing provider of close to 28/29 years. I have the particular interest in housing, and making sure that people stay housed. I work on a few different projects that focus on making sure students and veterans have dignified, safe housing options. Those are my real focuses in my volunteer life.

Q) How did you become involved with Benilde Hall?

A) I was invited to join the board by Joan Dickey, who is the president of the board, and she was familiar with me through some of my past work in the community.

Q) What led you to the decision to become a board member?

A) The mission matches my mission. Again, providing support and ultimately making sure people have housing, and a support system around them to live their best lives.

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

A) More success. I hope to have the residents transition from Benilde Hall into society, with a positive outlook and blueprint for the rest of their lives.

"I hope to have the residents transition from Benilde Hall into society, with a positive outlook and blueprint for the rest of their lives." -Stacey Johnson-Cosby

**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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Free estimates, Competitive prices

Looking for an online recovery community? Follow Benilde Hall on social media!



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