

Remembering Tom Sullivan

Thomas B. Sullivan III passed away May 25, 2019. He will be missed at Benilde Hall and at Matt Talbot Apartments where he lived for the last 13 years . . . since the place first opened! Tom was irrepressible, larger than life. At his best he was an accomplished bundle of nervous energy. He loved recovery and reading and talking about politics, history, and a dozen other topics too. Tom had a great sense of humor, and he loved his own jokes.



Reminiscing was Tom's forte. He was an accomplished varsity athlete at Rockhurst High School and Rockhurst University (*nee* College). At times, it seemed that Tom remembered every game he ever played in . . . and about one-half of those he just watched. He enjoyed coaching children and was able to pass along some of his enthusiasm to boys and girls of several generations. Benilde Hall expresses its condolences to Tom's family, especially to his son Ted and his daughter Jessica Mitchell. The Hall is honored to have known and served Tom. RIP.

What are we up to?

- ◆ **It's been an exciting year so far at Benilde Hall. We've finished up our renovations. We eagerly look forward to filling our beds, & helping our clients achieve & maintain sobriety.**
- ◆ **We have partnerships with the Department of Veterans Affairs, Jackson County Municipal / Drug Courts just to name a few, who refer clients to us on a regular basis.**
- ◆ **At close of business May 2019, we have served over 130 new clients. That does not include any clients who were residing at Benilde Hall as of 2018.**
- ◆ **We are constantly working on fundraising to maintain daily operations and to cover payroll. Benilde has \$90,000 per month in payroll alone.**
- ◆ **Our Golf Tournament is coming up 6/28/19. We hope to raise \$10,000, which will be used for operating costs.**
- ◆ **Remax Innovations is also hosting a golf tourney on our behalf. Last year they raised over \$26,000 for us! Thanks Remax Innovations!**

The CROSSWALK

July 2019



Benilde Hall • Safe Haven • Matt Talbott

Open Letter from Kent Jewell

Dear Reader

When visitors come here they inevitably comment that our campus is a very busy place. Here is a short description of how clients spend their time while they are with us: They attend recovery groups every day and meet individually with their counselors regularly. Clients have chores too – dishwashing and sweeping and similar activities for the good of all concerned. Many clients find employment while they are in residence, so there are people coming and going from early in the morning until well after sundown. What with meals and other events, there is a constant hum of activity here.

Therapy groups are well structured and led by professionals. Relapse Prevention and Seeking Safety are offered every week. Other groups that meet regularly address relationships, vocational concerns, life skills issues.

All clients attend Dialectical Behavior Therapy (DBT) group sessions, offered in the mornings and also after supper (for clients whose work or school schedules inhibit attendance during the day). DBT has been presented as part of the Benilde Hall core curriculum for the last 12 years. With four hours of DBT every week and other groups too, the men here are offered everything they need in way of state-of-the recovery therapy and education.

You are invited to come visit, to see for yourself how staff and clients interact in the promotion of sound recovery. Call me to set up a day and a time for your campus visit.

Wm. Kent Jewell, Executive Director

What Is drug addiction?

Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. The initial decision to take drugs is voluntary for most people, but repeated drug use can lead to brain changes that challenge an addicted person's self-control and interfere with their ability to resist intense urges to take drugs. These brain changes can be persistent, which is why drug addiction is considered a "relapsing" disease—people in recovery from drug use disorders are at increased risk for returning to drug use even after years of not taking the drug.

It's common for a person to relapse, but relapse doesn't mean that treatment doesn't work. As with other chronic health conditions, treatment should be ongoing and should be adjusted based on how the patient responds. Treatment plans need to be reviewed often and modified to fit the patient's changing needs.



SERVE

Invitation to Board Service

Kent Jewell invites friends of Benilde Hall to consider service on the corporation's board of directors. As Jewell says, "Board service is a great form of support for Benilde Hall and everything the Hall does for its clients." Attendance at four board meetings every year is expected. In addition, some directors draw committee assignments that can require up to one full additional day every year.

Directors are expected to support the Hall financially and through attendance at Benilde Hall events such as the upcoming Tenth Anniversary Golf Tournament and the recent "Speakeasy" fundraiser. A potential director will be asked to submit a resume and to sit for an interview conducted by a director. For potential directors who truly do not have the time to attend board meetings, the Hall is able to offer positions on the honorary board.

Mr. Jewell observes that the Hall seems to have entered into an era characterized by retirements and withdrawals on the part of past leaders and the appearance of new dreamers, visionaries, and doers. He says that this is an invitation "whose time has come."

Recovery at Benilde Hall

There is no secret how the Hall assists its clients achieve successful discharges – through "state of the art" treatment programs and professional one-on-one counseling for all clients. Friends of the Hall know that a successful client discharge includes a client's clean and sober lifestyle, with his having a steady source of income and a safe place to live. (A future issue of *the CROSS-WALK* will feature an article describing personal recovery counseling as offered and supported by the Hall. This item focuses on group programs in place today that contribute mightily to successful client recoveries.)

Every day of every week of the year (and every week of every year), Benilde Hall staff present professionally-recognized curricula in group settings. The programs offered are designed to help the men cope with, and overcome, substance abuse and mental health issues, just the sort of problems that bring clients to the Hall.

"Seeking Safety" and "Relapse Prevention" are nationally recognized programs for promoting recovery. They're offered at the Hall. And, since 2007, the Hall has required that its clients receive DBT training, i.e., a behavioral therapy originally written for mental illness but now offered in addiction-treatment clinics coast-to-coast. To call attention to the solid record of DBT, one of the Hall's therapists regularly compares what clients at Benilde Hall receive with programs offered in famous clinics that charge daily fees of \$2,500.00 . . . or more! The Hall's chaplain has written and offers a weekly program, "Spiritual Aspects of Recovery," that tends to coordinate all campus recovery regimens. Twelve Step groups bring their message to the Hall weekly too. There are other programs too. In short, Benilde Hall is a great source for nearly every established form of recognized addiction recovery.

What does recovery look like?

Everyone's path and story is unique, and recovery can be too.

The steps to recover look something like this:

"RECOVERY IS ALL ABOUT USING OUR POWER TO CHANGE OUR BELIEFS THAT ARE BASED ON FAULTY DATA."

- Kevin McCormick

- Recognizing That Your Addiction is a Problem
- Deciding to Make a Change in Your Life
- Finding Treatment Options for Addiction
- Committing to Making Change in All Areas of Your Life
- Celebrating How Far You've Come in Recovery

GIVE

With your support, sustainable recovery is not a dream; together we will make it a reality. If you have any questions regarding your donation, you can contact info@mail.benildehall.org.

Donate Online—Donating online is a quick, easy, and secure way to make a difference today. <https://www.benildehall.org/how-to-help/donate.html>

Donate by Phone—If you would like to speak directly with someone at Benilde Hall regarding your donation, please call 816-842-5836 x 100

Donate by Mail—You are welcome to send your donation through the mail. Please use the address below for all donations, and please make checks payable to Benilde Hall.
Benilde Hall
3220 E 23rd St
Kansas City, MO 64127

Give Gifts of Stock—Your broker can assist you in making a gift of stock via a direct transfer.

Make a Tribute Gift—You can also make your gift in honor of a family member or friend. When a Tribute gift is received, Benilde Hall will send an email to the individual indicated notifying them of your thoughtful donation.