SAVE THE DATES

Becky’s Place Annual Run For Hope And One-Mile Family Walk
Date: THANKSGIVING DAY, Thursday, November 28th
Time: 9:30am-12:00pm
Location: On the Square, J Street, Bedford
Details: www.beckysplacebedford.org

Becky’s Place Annual Christmas Open House
Date: TBD
Time: 6:00p.m. – 8:00p.m.
Location: Becky’s Place Shelter for Women and Children (1108 5th Street, Bedford)
Details: Shelter Tours with former residents, Silent Auction, Christmas Cookies, Holiday Decoration and more.

Becky’s Place Annual Mardi Gras
Date: Saturday, March 7th
Time: 6:30pm
Location: Shamrock Center
Details: More information will be available as we get closer to the event. Dinner, Live Auction, and Music

---

Dear friends,

As you may know, May was Mental Health Awareness month. This has been observed in the United States since the late 1940s to help raise awareness and educate the public about mental illnesses. The focus in recent years has been to remove the stigma that is associated with mental illness and seeking help. Yet, many still feel that seeking treatment for depression, anxiety, trauma and addiction is a sign of weakness or laziness.

At Catholic Charities, removing the stigma and helping those suffering from various mental illnesses is something that we do every day. We are a place of safety and hope for all ages-preschool children to great-grandparents. Our shelter staff provides support and encouragement. We connect residents with community supports that will last beyond their stay at Becky’s Place. Our therapists use a variety of therapy techniques, including EMDR, Theraplay, Play Therapy and more, to find the one that is most beneficial to help our clients. Helping clients overcome the challenges of their addiction and mental illness has a positive impact on them and their families. Our interventions and support enable others to achieve goals that they never thought possible and improve relationships with friends and family that may have been strained for years.

Thank you to all of those that supported us this May. Your support is greatly appreciated and makes a difference for our staff and those we serve. We ask for your continued support throughout the year to provide help and hope for those struggling with mental illness and addiction in our communities.

Sincerely,

O’Connell Case
Clinical Director

Corrina Hayes
Program Director
As Good As It Gets

Matt* is a 57-year-old male who came to Catholic Charities Bloomington for assistance with

his panic attacks and struggles with family relationships and communication. Matt was on
disability due to both mental and physical issues. He had been a master’s level nurse in Florida
but after a bout with cancer, having steel rods placed in his back, diabetes and a diagnosis of
Bipolar Disorder, he was feeling very discouraged about his life. He had gained over 100
pounds and did not want to leave the house alone. There was no other money coming in
besides his disability check, and finances were very tight. He had been arguing with his
family, and others around him. As he put it, he knew how everyone else should run their life,
if they would only listen to him! He wondered if this was as good as it was going to get?

During treatment, Matt disclosed that he had been abused by many family members as a
child and some of his behavior and emotions stemmed from this trauma. He learned to draw
healthy boundaries and to let others work out their life. Tragically, a close family member died
suddenly, which resulted in Matt experiencing grief. When Catholic Charities Bloomington
staff started EMDR therapy, Matt participated in this intervention and began to make quick
progress. By the end of his course of treatment, he had a part-time job using his nursing degrees,
bought a house, got married and recently moved out of state to be closer to family.

*Change made to ensure privacy

THANK YOU!
We are incredibly blessed to have two councils who are dedicated and
highly motivated to do whatever they can to ensure Catholic Charities’
doors stay open. We would like to thank the following people for their
support of Catholic Charities:

Catholic Charities Council Members:
• Robin Roy Gless, President
• Fr. John Meany
• David Gerchak
• Jenny Kincaid
• Josephine Kincaid
• Martina Barnas, New Member
• LeAnn Luce, New Member
• Debra Meyer, New Member

Becky’s Place Council Members:
• Melissa Rowe, President
• Shelley Kenworthy, Vice President
• Angie Cosner, Secretary
• Teresa Bochean, Treasurer
• Fr. Rick Eldred
• Pastor Jeff Hudelson
• Rev. Joan Smoke
• Karen Wade
• Amber Chastain
• Holly Davis
• Jenny Morgan
• Mayor Shawna Grigis
• Jeremy Mullis
• Bob Cline
• Cami Pritchett

For information on how you can volunteer,
serve or give, contact Development Director,
Cheri Bush at cbush@archindy.org.

Becky’s Place hosts a volunteer meeting on the
third Monday of every month at 7 pm. Anyone
interested in volunteering is welcome to come.

Third Time’s the Charm

BEFORE Becky’s Place…

Beth lived at Becky’s Place a total of 3 times, beginning in 2013 when she stayed for one week.
Still struggling with addiction, she stayed for 2 additional weeks and then relapsed. A little
over a year later, Beth was released from jail and was admitted into the Problem Solving Court
program in Lawrence County. Also, her driving privileges were suspended and she was put on
house arrest at Becky’s Place. Beth was broken. Fresh out of a horribly abusive relationship
and deep into her addiction, relationships with her family were also strained. Beth struggled
to immerse herself in sobriety and all that comes with it.

AFTER Becky’s Place…

Currently, Beth works as a Wellness Advocate at a nursing home. She has been sober for 15
months, has become an advocate for sobriety and a coach to others in the Problem Solving
program. She attends events on behalf of Becky’s Place to tell her story and inspires other
women towards sobriety and wellness. Beth has rebuilt relationships with her children and
lives in a nice home in the country. She recently overcome one of the last remnants of her old
life: her driving privileges have been reinstated.

HOPE FOR ALL…

Beth is a fighter and proves every day that no matter how old you are, where you came from,
what you did or how bad things really get, anyone can turn their life around when given the
opportunity. Congratulations, Beth!