

VISIONS

The Newsletter of the Kilgore Samaritan Counseling Center

AUTUMN 2009

The mission of Kilgore Samaritan Counseling Center is to express the love and grace of God through the ministry of pastoral counseling, helping persons in the Louisville Metro area. The work of Kilgore is grounded in the conviction that dimensions of faith are integrated with other functions of mind, body and spirit.



Kilgore Samaritan
COUNSELING CENTER

**Kilgore Samaritan
Counseling Center
P.O. Box 6728
Louisville, KY 40206
www.kilgorecounseling.com**

**St. Francis in the Fields
6710 Wolf Pen Branch Road
Harrods Creek, KY 40027**

**Please call the Kilgore Office
at 502-897-5305 to schedule
an appointment.**

*A ministry of Second Presbyterian
Church and St. Francis in the Fields
Episcopal Church.*



We're moving!



Helping troubled families is the mission of the Kilgore Samaritan Counseling Center. The Kilgore Center is moving from the current location at 3702 Brownsboro Road by the end of the year. Fortunately, initial gifts have allowed the purchase of a facility at 918 Ormsby Lane, Lyndon, KY 40222 that is currently undergoing renovation to allow for the ability to serve more clients and provide handicapped access.

Wayne J. Harper, Ed.D

Executive Director, Kilgore Counseling Center



Greetings to our Kilgore friends and supporters. This is such an exciting time for the Center! Last Fall, 2008, we embarked upon a Capital Campaign, with goal to raise \$1.25 million dollars to fund three pressing needs. The first is the purchase, renovation and upkeep of our own facility (\$900K). Our lease expires in just a few months – December 31, 2009. It is a very expensive lease and, frankly, we cannot afford to renew it. Even if we could, we have outgrown our current location and are literally bursting at the seams as demand for services has increased dramatically in the past few years – over 30% since 2006. Which leads to the second pressing need in the Capital Campaign – \$250K for establishment of a permanent Samaritan Scholarship Fund to subsidize the growing number of troubled families who need non-denominational professional pastoral-style counseling. Since our inception over 20 years ago, we have literally lived “hand to mouth” in funding the Scholarship Fund through annual donations and operational revenue. To our credit, we have never (let me say that again – never) turned down a single person or family who needed our services but could not pay for such services. That said, the growing pressure from the increasing demand feels a little like coming up with “loaves and fishes.” The third component of the Capital Campaign is designated to fund another much needed program in the community, called Clergy and Congregational Care (\$100K). The purpose of the “CCC” program is to provide outreach and consultation to clergy and church members in the community. To date, we have 4 churches that we provide such services to (two of them “supporting” churches) and have compiled a data base of over 500 local area churches that could potentially benefit from Kilgore counseling.

The vision is to fund the above components sequentially, as the most immediate need is, of course, to purchase (done), renovate (in progress) and move (late November) into our new location. To date, we have raised approximately \$527K in pledges and gifts – an astounding number, given the state of the economy over the past year, and to the credit of several very generous gifts from individuals, families and foundations in the community – including \$100,000 from the James Graham Brown Foundation, \$25,000 from the Gheens Foundation, \$15,000 from Hilliard Lyons, and \$6,000 from Glenview Trust. Still, it falls short of fully funding even the first component of our vision. Research conducted by the Samaritan Institute, the national organization with which we are affiliated, has shown that Affiliated Centers are most strongly viable long-term if they own their space


outright, or at least have a fully funded mortgage / lease payment source. In this, we are short and will have to borrow to complete renovations and to seed ongoing upkeep.


Yes, these are very exciting times for the Kilgore Center, and yes we remain ready and able to provide services for all who need them, regardless of their ability to pay. But if we are to meet such continuous growth, we’re going to need help in the successful completion of our Capital Campaign. We have published a brochure that more fully describes our history, as founded by our chief benefactor, Betty Kilgore Gibbs over 20 years ago. I would be happy to send our Campaign brochure, entitled “Faith in Healing / Healing in Faith,” to anyone interested in receiving one and would be happy to meet with anyone who would like to know more about our vital counseling work here in the community. I can be reached via email at waynej1@bellsout.net or by phone at 502-897-5305, extension 12. As well, you will find a pledge envelope in this newsletter. May God bless you for your interest in and support of our mission.

Yours in faith,

Wayne J. Harper, EdD

Success. How healing works in therapy

 I have been seeing Sandra for about seven years now as she copes with an abusive marriage. Sandra's childhood was so debilitating that she has internalized all her anger and as a result she has had two very serious suicide attempts. Sandra has also been able to stand up to her seriously abusive husband and file for divorce. She is on disability. Because I have been able to “lend ego” and Sandra has a safe place to come, she has not attempted suicide for a long time.

 Individuals, couples and families come to mental health counseling with a wide variety of cares, concerns, conflicts and losses. Many of these problems are resolved or mitigated by counseling where individuals have the opportunity to identify and process their feelings and thoughts and then set goals, make decisions and receive support, clarification, insight and validation to assist them in resolving issues so that they can plan for the future.

Mark came to Kilgore feeling very anxious and depressed due to a very difficult job loss eight months



prior which involved job dissatisfaction and some conflict with his employer. He was feeling very defeated due to his inability to find new employment and it was significantly impacting his self esteem and sense of self worth. Mark is in his mid 30's and married and had young children. With encouragement, he sought a medical evaluation and was placed on medicine to reduce the anxiety and depression which was immobilizing him. During the next 6 months he rewrote his job resume, practiced interviewing skills, role played behavioral interviewing techniques and actively sought employment opportunities. Mark successfully got his anxiety under control and his depression lifted so he could handle interviewing for a new job. He was able to deal with grief related to his previous job loss, mend fences and reestablish a relationship with his previous employer so that he could get a good job reference and even worked briefly in a transitional part time position at his past employment while he was seeking a new position. He was very happy and excited when he finally got a new position and looked forward to learning a different set of skills to perform his new job. He followed up with therapy a few weeks after starting his new position and was feeling very positive about the new job. He felt more self-confident, self assured and looked forward to planning for today, tomorrow and for the future for him and his family.

Joey was about 30 years old when he first came for treatment after being released from prison. He had been released to live with his mother, "Ma," while serving out his probation. Most of Joey's prison terms were related to drugs and fighting beginning in adolescence. Joey had suffered significant abuse as a child and although very intelligent did not complete school until prison where he also completed a paralegal degree. Over the 4 years we worked together there were several breaks in treatment while Joey served time for breaking parole (drug related). I usually got a letter from Joey in jail explaining that he would be unable to make his next session but would call when he got out. Joey, for all of his tough exterior, suffered extreme anxiety and panic and our connection was important to him. During our time together, Joey became serious about getting away from drugs and fighting and became active in AA. He worked hard in therapy to deal with the effects of childhood abuse and learning appropriate ways to deal with anger. "Ma's" years of praying for Joey paid off and he began talking about spiritual issues in therapy and attending church with "Ma." (He even ran into his drug court judge at one service.) Because of his anxiety and felon charges, Joey was unable to get a job but began working on a degree in computer technology and running a small business from his home. Joey came to Kilgore because someone had told him about the Samaritan care. Although he continued to struggle with issues while in

treatment here, eventually Joey was able to turn his life around thanks to the support of Samaritan fund contributions.

Kilgore's Thanks and Challenge

Thanks to the generous gifts of the people listed below, Kilgore has been blessed to be able to secure a small mortgage that, when combined with capital gifts, allowed for the purchase and renovation of a permanent facility. Now Kilgore's challenge is to complete the capital campaign that allows continued counseling services.



The success stories above lend testimony to the fact that, as one client recently stated "this stuff really works!" If you have a loved one who has been helped with counseling, or know of those who have been helped through counseling, then you understand why Kilgore exists and how it helps troubled families. Please contribute to the Kilgore Samaritan Counseling Center to allow this permanent facility to be completed and service to be provided to those in need. Enclosed is a contribution envelope that can be used for mailing gifts. Thank you for your generosity and your belief in our vital mission!

Capital Campaign Gifts Contributors

- Cheeky & John Bahe
- Gary Bockhorst
- Bonnie Boram
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Louisville, KY 40206

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Mark Your Calendar for the 2010 Garden Tour

The 2009 Garden Tour, our most successful ever, was a fun and enjoyable event for all those who participated. There were delightful gardens (see photos) and beautiful homes to visit, while the ticket sales supported the counseling services provided by the Kilgore Samaritan Counseling Center. Our thanks go to those wonderful organizations that sponsored the 2009 Garden Tour:

Boone Gardiner Garden Center	Botanica
Bluegrass Motorsport	Nanz & Kraft
Vaughn Construction	In Kind
Bob Ray Company	Sophisticated Living Magazine
Commonwealth Bank	Publishers Printing
Ben Tyler Remodeling	The Curtain Exchange

Now the plans for the exciting 2010 Garden Tour are being developed, so mark your calendars for Saturday, May 15 from 10 AM to 5 PM, or Sunday, May 16 from 10 AM to 5 PM. There are 3 locations that will be selling tickets: Kilgore Samaritan Counseling Center - 918 Ormsby Lane in the Lyndon area, less than a quarter of a mile east of the Thornton's at the corner of Lyndon and New LaGrange, Second Presbyterian Church - 3702 Brownsboro Road, and St Francis in the Fields Episcopal Church - 6710 Wolf Pen Branch Road.

