



3 QUESTIONS
RESIDENT SPOTLIGHT

In Step with Chris Marx

1. How has Welcome House influenced your life and your recovery?

It is an understatement to say that the WH saved my life. My marriage had ended, I was evicted from my residence, and I had to give up my animals that had been by my side through it all. I was broken, truly at my bottom. I remember crying myself to sleep on a filthy floor. I visited with Mitchell at the Welcome House the day prior. I was extremely apprehensive about anything recovery. It was in that moment of my deepest despair that the light illuminated. Welcome House accepted me with open arms, without a moment's hesitation.

2. What have you learned about yourself during recovery?

The journey through recovery has shown me that my perception of the world and reality are often different. It is this discord that is a constant source of conflict in life. My perception has shifted immensely. The use of drugs and alcohol were an attempt to fix a far deeper problem, a problem with Christopher Marx.

3. How is your journey in recovery making you a better person?

Being in recovery has allowed me the chance at a life and a future that I never imagined. Recovery has helped me set priorities and goals, and manage expectations - aligning all the aforementioned aspects to set myself up for success.

I thought I was destined to be a degenerate addict, and the drugs numbed me to the point that I was okay with that. Though I have always had choices, I was unaware of this. Today I know I have choices: to keep moving forward, to keep seeking solutions. Today, I can accept life on life's terms.



Welcome House resident Chris Marx



Welcome House

The Welcome House
1414 E. 27th Street
Kansas City, MO 64108-292

SAVE THE DATE

April 25, 2018

5th Annual
Welcome House Breakfast
Overland Park Convention Center

September 10, 2018

1st Annual
Swing Fore Recovery
Welcome House Golf Classic
Milburn Golf & Country Club

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2658
Kansas City, MO 64108



Welcome House

thejourney

Winter
2018

A Publication for Friends, Supporters and Residents of The Welcome House

Welcome House 5th Annual Breakfast is April 25, 2018

Former NFL QB Ryan Leaf will be keynote speaker

As the second overall pick in the 1998 NFL Draft, Ryan Leaf had the talent and potential for a spectacular career in professional sports and an even better life.

Enter drugs and alcohol and there began his spiraling descent. From the heights of his days jetting from San Diego to Las Vegas, renting planes for \$5,000 an hour, he eventually found himself sitting on the floor of a prison cell.

As Leaf tells it, the behaviors and actions that led him to flame out of the NFL in a 4-year career split between the Chargers and Cowboys are the back story to what could have been a promising career as a professional athlete. His fall from grace would soon become the pathway to his greatest calling.

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"I don't believe I was meant to be a professional quarterback," he says. "I was meant to have these life experiences and be an impact on others who've struggled."

"The fact that I played football tends to get my foot in the door with closed-minded people who wouldn't necessarily take a look at getting help," he says, "Or maybe they can relate more to a guy who had everything - seemingly had everything - wasted it all, and has found this peaceful life."



Ryan Leaf, the once-rising star in the NFL who triumphed over football failure, drug abuse, a suicide attempt and prison, is this year's keynote speaker.

Calling All Table Captains

We're looking for 100 good men and women to serve as Table Captains for the 5th Annual Breakfast.

Simply put: our Table Captains are ambassadors for the mission of the Welcome House. As a Table Captain, you will invite nine others to join you - family, friends, colleagues, neighbors - for a total of ten guests per table.



The event is complimentary, though your guests will have an opportunity to support Welcome House by purchasing a raffle ticket for some amazing prizes, or by sharing a contribution in any amount they choose.

Let's fill the ballroom of the Overland Park Convention Center! If you can support our important work by serving as a Table Captain, please sign up by emailing Mitchell Chalk or call 816-472-0760. Thank you!

WelcomeHouseKC.org

By the numbers • Opioid use in America



20% 20% of patients with non-cancer pain-related diagnoses are prescribed opioids.

Many believe that the root cause of our nation's opioid epidemic is not unethical or illegal medical practice, but the well-intentioned yet tragically misguided practice of over-prescribing opioids for common conditions. To prevent new cases of opioid addiction, clinicians must prescribe more cautiously.

4X Sales of prescription opioids today are 4 times greater than in 1999.

Earlier this year, the Centers for Disease Control (CDC) took an enormous step by releasing the CDC Guideline for Prescribing Opioids for Chronic Pain. The guideline aims to ensure clinicians and patients consider safer and more effective treatments for pain. It is hoped that patient outcomes will improve such as reduced pain and better function, and a reduction of individuals who develop opioid use disorder, overdose, or experience other adverse events related to these drugs.

2M Opioid use is on the rise, with 2 million Americans dealing with abuse or dependency.

To learn more, visit www.CDC.gov.

91 91 Americans die every day from an opioid overdose.

Source: Centers for Disease Control and Prevention

W 5th ANNUAL BREAKFAST RAFFLE

- GOLF WITH THE LEGENDARY TOM WATSON
- ROYALS VS. YANKEES TRIP TO NEW YORK
- KANSAS CITY HELICOPTER FLYOVER & DINING
- ROMANTIC GETAWAY WEEKEND



The legendary Tom Watson



YOUR TICKET TO AMAZING PRIZES SUPPORTS THE EVEN MORE AMAZING MISSION OF WELCOME HOUSE!

NEW! Make your raffle donation now with our simple and secure online process.

Skip the line at the breakfast event - get yours today! Need not be present to win.

welcomehousekc.org

And our theme words are...

A Message from
Jamie Boyle, President/CEO



Dear Friends of Welcome House –

With the start of the New Year, we're focusing on theme words at Welcome House to stay true to our mission and direction for 2018.

Those words are authentic, accountable, supportive and collaborative.

More than just an effort to stay true to our origin, spirit and character, we're focusing on how we can be the very best version of our authentic selves. Nowhere is this more evident than in our newly enhanced program called CRP - Core Recovery Program.

As the name implies, it speaks to the very essence of a successful recovery: caring for the whole person and his many needs - medical, psychological, social and vocational, just to name a few.

CRP gets to the core of who the addict is, and what he needs. It is a transformative, coordinated, and holistic approach that acknowledges the real and authentic challenges of addiction with collaboration, compassion, technology, and the very best practices for positive and enduring change.

Thanks to several generous funders, we have already begun the implementation of this exciting new model that will empower recovering men to live meaningful and productive lives. Sober.

In the coming months, we'll also be introducing a freshly rebranded golf event, launching a new website, and rolling out new and exciting offerings for residents and the recovery community.

True to our mission, 2018 will be a journey of authentic, accountable, supportive and collaborative hope and everyday miracles. I hope you'll be with us every step of the way.

Warmest regards,

Jamie

Ways to Help

Donate Items

Perhaps you or someone you know may be able to help with these items that are much needed and greatly appreciated:

- cold-weather clothing: coats, gloves, sweats, hats, boots
- men's shoes, especially work-type casual styles, athletic shoes and boots
- hygiene items: toothbrushes, toiletries such as toothpaste, soap, deodorant
- black pants for men who work in restaurant industry
- gently used or new denim jeans
- fuel cards and 30-day bus passes
- bed pillows, bath towels, wash cloths, sheets/pillowcases
- underwear, t-shirts, socks, belts

Simply bring the items to Welcome House where they will be gratefully accepted!

Volunteer

The Welcome House is seeking individuals to serve as lay counselors (training provided) or job coaches to help with resume development and encouragement. Please call Jamie at 816.472.0760 to share your interests.

The Journey is printed through the generosity of John Wendorff and The Personal Marketing Company



Welcome House

facebook.com/welcomehousekansascity

Your support makes a difference!

Donate online at welcomehousekc.org/funding

Your in-kind donations of men's clothing, furniture, equipment, bus passes, or personal services are much needed and always appreciated. Please call 816.472.0760.

Continuing the Journey

Meet our Board of Directors

A big THANK YOU to these individuals for contributing their time, talent and leadership in service to Welcome House. We especially welcome our most recent members, Randy Curnow, Dr. Heather Hale, and Rev. Dr. Ted Pierce. We are honored and truly grateful.



Grant Baumgartner
GJB Corporation



Joe Cashen
Treasurer
TMS Mechanical Services



Randy Curnow
Randy Curnow Buick
GMC



John Hungerford
BMO Harris Bank



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Susan Whitmore
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First Call



Dr. Heather Hale
Great Lakes Educational
Consulting, LLC



Rev. Dr. Ted Pierce
Rolling Hills
Presbyterian Church



Rich McArdle
Cumulus Radio/
Chiefs Radio Network



Funder Spotlight: Health Care Foundation of Greater Kansas City

Caring for the whole person - thanks to generous funding by the Health Care Foundation (HCF) of Greater Kansas City, the Welcome House is doing just that. Our newly expanded comprehensive treatment known as the Core Recovery Program (CRP) integrates a variety of rehabilitative services to meet the unique and holistic needs of each resident.

This coordinated-care approach is designed to ultimately help residents with:

- achieving sustained sobriety and continuing as active 12-Step Program members;
- building healthy, positive relationships;
- attaining skills to secure and maintain employment, achieving personal and financial stability, and leading productive and meaningful lives.

"We are pleased to support this important initiative," said HCF Program Officer Andrés Domínguez, "Not only is Welcome House a good steward of our resources, but it is providing much needed services to an audience that often may not receive the kind of intensive care required in the unhurried process of recovery," he said.

After previously funding much-needed beds and other furniture, Dominguez said HCF was interested in supporting Welcome House this time because of the programmatic capacity to changes lives through wellness.

"This funding has real power," he said, "as it deals directly with the individual and their capacity to fully heal and recover."



Welcome House program staff such as Micah Haen integrate the Core Recovery Program (CRP) into each resident's treatment plan to address their unique and comprehensive rehabilitative needs.

WelcomeHouseKC.org

Welcome House to partner with First Call in implementing new Core Recovery Program

Making good things even better. That's what the new Core Recovery Program (CRP) at Welcome House makes possible. The goals of CRP are designed to ultimately help residents achieve sustained sobriety and lead productive, meaningful lives.

"Our new program features a 'continuing care, team approach' to achieve the best possible outcomes for each participant," said President/CEO Jamie Boyle. "We are excited to fully implement this model over the next 16 months, building on our program's history of success, and aligning with current best and evidence-based practices in addiction recovery."



Welcome House will collaborate with First Call, one of Kansas City's leading providers of clinical, prevention, and outreach services for substance use disorders, in developing a customized web-based care coordination system. CRP incorporates specific tools for individualized case management unique to each resident.

In addition, Welcome House Peer/Recovery Support Specialists will work with a First Call Recovery Advocate to ensure consistent accountability. Together they will help residents set recovery goals, identify resources and referrals, and support each man in following his care plan.

"First Call is proud to partner with Welcome House to deliver its Community CareLink technology," said First Call Chief Information Officer Dale Gray. "Welcome House is an exceptional agency, leading some of the most important work in our community. Our partnership will change lives for the better," he said.



Baby, it's cold outside!

Thanks to all who contributed clothing, coats, hats and gloves to our Winter Warm-Up Clothing Drive.



Tee-Up the Winter Warm-Up! Longtime friend and supporter Tom Watson (*right*) kicked off the Winter Warm-Up Clothing Drive with new coats and plush socks, gratefully accepted by Welcome House's Administrative and Support Manager, Mitchell Chalk (*left*).



You're golden. Welcome House board member Grant Baumgartner (*left*) and President/CEO Jamie Boyle (*center*) gratefully accepted big bags of warm clothing from John Lovell (*right*).



Gotcha covered. Welcome House friend Nancy Hansen (*right*) delivered new underwear, sweaters and coats on a wonderful November day.