



Spring 2016



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LETTER FROM THE EXECUTIVE DIRECTOR

For nearly thirty years, Kilgore Samaritan Counseling Center has been providing mental health wellness services to the greater Louisville region. The Board of Directors and staff appreciate all of those who help us help others in navigating the twists and turns of life. Our mission is to meet the emotional and mental health needs of those who need help by taking an approach of working by, with and through them to improve their quality of life.

Over the past year, Kilgore has expanded its reach and services that include working with area ministries, clergy, and the West End School, as well as providing educational programs. We will build on these relationships and look forward to increasing our support to churches and other community groups throughout Louisville. A part of our ministry is assisting individuals and families who experience financial hardship and unemployment. Our Samaritan Fund provides support to these individuals and families on a sliding scale basis. In 2015, the number of hours has almost doubled, so thank you for your financial support.

The transformation of our clients is a testament to our counselors and therapist. As a faith-based counseling center our approach is to meet you where you are regardless of your spiritual needs. We have helped and witnessed both young and old overcome the daily challenges we all face and one such story is highlighted in this issue.

On May 21 and 22, Kilgore House and Garden Tour will be hosting our annual tour showcasing six gardens and homes. We are especially excited to have nationally known, award-winning garden designer Jon Carloftis as a speaker on May 20th. Also, this coming fall we are looking at hosting a Kilgore Back Porch BBQ, so look for details late this summer.

If you or someone you know is dealing with difficult emotional and mental health issues, Kilgore will meet them where they are and guide them to and through a path of recovery. We have been healing the mind, body and spirit of individuals and families by taking a holistic approach for decades.



KILGORE SAMARITAN COUNSELORS

**Dr. Deborah Edds, PhD / Staff Therapist**

is a Licensed Clinical Psychologist with over 20 years of experience. She specializes in working with families and individuals by taking a holistic approach. Although she is experienced in many mental health wellness issues covering all age groups, she specializes in children and adolescents and can help with ADD/ADHD, school behavioral issues, psychological testing, parenting issues and anxiety.

**Sue Goodman, Staff Therapist (LCSW, BCD)**

is a Licensed Clinical Social Worker (LCSW) and a Board Certified Diplomate (BCD) who has been in the mental health field for over 25 years. She works with individuals and families and specializes in grief/loss, marital counseling, parenting issues, depression, addiction/chemical dependency, stress/anxiety disorders, geriatric issues, and work related difficulties.

**Raleigh Ridge, Staff Therapist (LCSW, BCD)**

is a Licensed Clinical Social Worker (LCSW) and Board Certified Diplomate (BCD), and has over 30 years of experience. Her experience covers the spectrum of mental health wellness issues. Ms. Ridge helps individuals and families particularly in dealing with grief/loss, marital counseling, depression, stress management, anxiety disorders, divorce recovery, and compulsive disorders.

**Barry Winstead, LMFT, M. Div. / Clinical Director**

is a Licensed Marriage and Family Therapist and Pastoral Counselor dedicated to the practice of spiritually-relationally-integrated psychotherapy. With 20 years of clinical experience in working with family dynamics including couple/marital relationships, parenting issues, trauma and crisis, children and adolescent therapy and adult therapy, Mr. Winstead is also a clinical supervisor, clergy care counselor and fellow of the AAMFT. He works with a broad spectrum of psychotherapy issues such as depression, addiction, child and teenager behavioral problems, anxiety/stress, and major life events.

SERVICES

Adult Counseling
Adolescents Counseling
Children Counseling
Couples Therapy
Family Therapy
Psychological Testing for Children,
Adults and the Elderly

Educational/Workshop Programs

Grief/Loss
Parenting
Clergy Luncheons
Addiction
Youth Programs

Issues

Depression
Addiction
Marriage and Pre-Marital
ADD, ADHD
Parenting
Grief & Loss
Anger Management
Self-harm
Anxiety & Stress
Trauma & Abuse
Adolescent Behavior
Geriatrics
Guilt & Shame
Major Life Changes



KILGORE HOUSE AND GARDEN TOUR

6 beautiful gardens
3 beautiful homes
1 beautiful weekend

Saturday, May 21 & Sunday, May 22
10:00 a.m. - 5:00 p.m.

Tickets are \$30 and available in advance at:

- Kilgore Samaritan Counseling Center
- Second Presbyterian Church
- St. Francis in the Fields Episcopal Church
- St. Matthews Feed and Seed
- Digs
- Historic Locust Grove
- www.kilgoregardentour.org



Jon Carloftis

We are especially excited to have Jon Carloftis as a speaker on Friday, May 20th. He has been featured in Architectural Digest, Better Homes and Gardens, Garden & Gun, HGTV, ABC's Good Morning America, and many more.

- Award-winning garden designer
- Writer
- Author
- Lecturer
- TV guest

Friday, May 20th 6:00- 8:00 p.m.

More info: www.kilgorecounseling.org
Tickets are \$100 available at: www.kilgoregardentour.org

A BLOOMING "ROSE"

Kilgore receives many calls for help.

"Being prayerful and led by God, a young church couple found themselves at an African orphanage listening to the house mother call for the brother and sister that their parents are here to pick them up. Imagine the anticipation the siblings felt that finally their biological parents are here to get them only to see two white people speaking a foreign language taking them to a distant land.

From the beginning, the children's fear, anger and hostility became as obvious as the scars and burn marks on these innocent souls. Their behavior was violent and they often ran away from home causing emotional, physical and financial drain on the couple. That's when the church called Kilgore for help.

Initially "Rose" was energetic, played games and talked about African food and music, but she was very suspicious. Early sessions were tenuous as Rose flipped games over in anger, hid in the closet and ran away. With Rose's interest in African music, we played some songs and she began to recall her "first dad" abusing her and watching the rape of a friend by a family member.

During a session, the pregnancy of Rose's adoptive mother was discussed and Rose talked about things no child should know causing deep concern for the baby's safety. While another therapist worked with Rose's brother, who was also sexually and physically abused, we both re-enforced how their parents loved them and would keep them and the baby safe. You see deep down Rose was feeling that she was going to be left, unloved and replaced when the new baby arrived. One milestone that reassured this love was when Rose told us that her adoptive father stood up for her during a very unpleasant scene. Rose then realized that this father loved and protected her and that this is the place for her.

After one year and the birth of her adoptive mother's baby, Rose proudly carries her sister and tells everyone in her beautifully accented English dialect to be "gentle" and "move very slowly" when carrying her. Although Rose and her brother still need work, the improvement in her outlook on life, her love for her family and her interactions with friends are a testament of what Kilgore can do for those who struggle in life."

*Faith in Healing:
Healing in Faith*



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LETTER FROM THE CLINICAL DIRECTOR

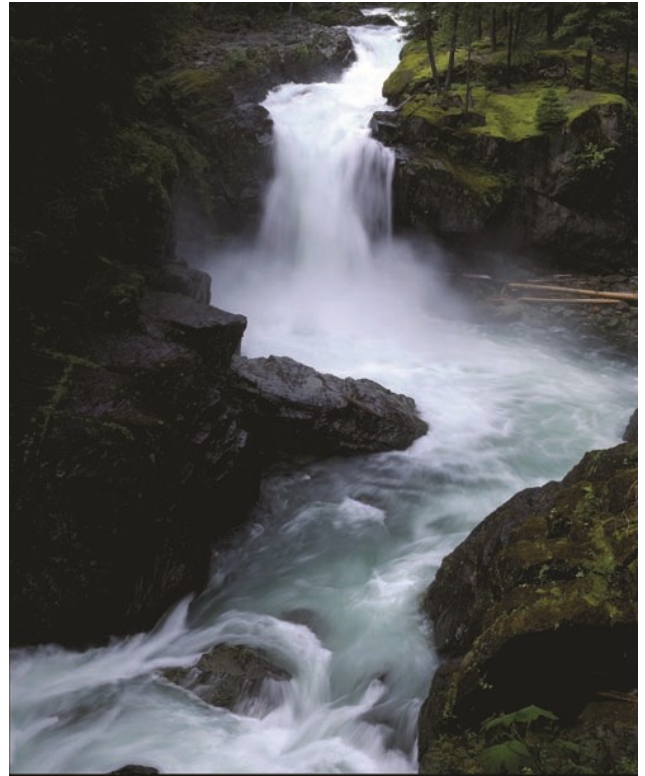
A Holistic Approach to Care

Barry Winstead M.Div., M.A., LMFT

Clinical Director, Kilgore Samaritan Counseling Center

I am grateful to be a part of the Kilgore team, and excited about what is to come! We are in such a unique position to offer a special kind of care to the greater Louisville community. What do I mean by “a special kind of care?” Owing to our deeply rooted faith traditions in a Creator that truly has our best interest at heart, Kilgore is committed to a “holistic” model of care, which means we understand the whole as more than just the sum of its parts. In other words, our bodies are more than just a collection of individual organs with independent functions. Every organ in our body is dependent upon other organs and other systems in order function effectively. The same holds true for care of the mind, body, spirit, family, and community. All of these aspects of our being are interconnected and interdependent, and changes in one area impact another.

Here is what this means when people get care at Kilgore - we are committed to exploring every aspect of being to see where changes need to be made to improve quality of life. If that means focusing on problems with thoughts, feelings, behaviors, or relationships, we have a team with the expertise to help in all of those areas.



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