



## Thankful for my Residential Treatment Team



Four days after my third suicide attempt, I was admitting to Lindner Center of HOPE's residential treatment program. We found Lindner Center of HOPE due to recommendations from my stepmom's contacts. This was not my first inpatient facility and I was thinking it would not be my last. I had been in a two-year depressive slump and I had tried to take my own life. I needed to go somewhere or I wouldn't be alive.

As a 20-year-old, I was the youngest on the unit with the patient population at the time. I was assigned a very large treatment team and I was meeting with someone every day. This was the biggest thing, in addition to being able to connect with the other patients there.

When I concluded my time at Lindner Center of HOPE I was able to discharge to a partial hospitalization program. I sent the following letter to my Lindner Center of HOPE treatment team:

I wanted to take the time to thank each of you all that were on my treatment team. Whether we met just a handful of times, or multiple times a week during my stay here – each conversation I had was extremely beneficial to my overall well-being. While I am nervous about reintegrating myself into the real world, I am also excited and confident that I can make the necessary changes to thrive outside of here. Each of you played a pivotal role in my betterment. My time here has flown past. I woke up each morning excited to meet each of you, and tackle the challenge that is solving my issues. Leaving here healthy and prepared wouldn't be possible without you all. It is clear to me that these 40 odd days were just the first step. The tools provided to me by you are things that I will likely have to use for the rest of my life to ensure that I am the best I can be. The groundwork has been laid for me, and the rest is up to me, but I couldn't have started without you.

From the bottom of my heart, thank you.

*Ben S.*