



The Magdalen House Board of Directors

making a difference

Kay Colbert Brings Awareness To The Work Of The Magdalen House

By **Bernadette Furrate**, Preston Hollow Resident

Kay Colbert is a woman for whom the word ‘inspiring’ is an understatement. She is a licensed clinical social worker currently in private practice in Dallas. Kay has been advocating and volunteering with various organizations for more than three decades. During that time, she has worked for a number of nonprofit groups. Since 2009, Kay has served on the board of directors of The Magdalen House and is the current Board Chair. Her passion for the work they do at The Magdalen House is a very personal one. She shared with us that a family member was in need of assistance years ago, and as a result, she felt compelled to help others. She is heavily involved with every aspect of the program – from screening procedures and fundraising to overseeing social and volunteer elements – all critical to the success of the program.

The Magdalen House is a women-only detox facility, helping women recover from alcohol dependence for more than 29 years. Currently, there are over 76,000 alcohol-dependent women in the Dallas County area. When The Magdalen House was conceived, there were no alcohol recovery programs offered for women-only in Dallas or in most areas of the country. There is no cost to those participating in this non-medical program. It is spiritually based, with women connected to the 12-step program of Alcoholics Anonymous after detoxification. Peer-to-peer implementation is important. Those who have progressed through the program must give back to others, so as to sustain themselves. Finally, after detox, workshops for success and life skills are taught to all.



Kay Colbert | Photo By Jin Kim Studio

Alcoholism is a chronic and progressive disease. It crosses all socioeconomic and ethnic boundaries. Women die from alcoholism at twice the rate of men, largely because of the stigma of shame attached to seeking help. The Magdalen House is a safe place for women for whom recovery may not have been possible before.

The Magdalen House offers three program elements: a 14-Day Detox Program in a home-like environment, with a 78 percent completion rate in 2015. (Most facilities have a 35 percent completion rate.) 220 women participate in the detox program annually. A Volunteer Program in which 350 volunteers donate 12,000 hours annually significantly reduces operating costs. The volunteer program is vital to the future of The Magdalen House. It offers invaluable support while keeping costs down. An alumni program of 300 active members supports those currently in recovery. A family support program consists of weekly meetings for family members of those suffering from alcohol dependency. Also, a court mandated program in collaboration with VolunteerNow provides community service opportunities for women in the Dallas County judicial system. There is also a Community Outreach Program with more than 6,400 participants attending over 1,300 recovery meetings annually. Furthermore, The Magdalen House collaborates with more than 80 agencies yearly in its efforts to help women recover from alcoholism.

The Magdalen House is available to every woman in the community who believes that she, or a loved one, has a problem with alcohol. Please visit themagdalenhouse.org or email info@magdalenhouse.org for more information.



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