

Fall 2021

## A Year After Fire, Wellspring Housing Is Restored

The finishing restoration touches are nearly complete one year after fire tore through Wellspring's Briggs-Bloch Apartments in Louisville's Bashford Manor area. Soon the building will be the new home of eight adults working on their mental health recovery.

During the middle of the night of Nov. 28, 2020, a fast-spreading fire began in one of the second floor apartments and destroyed the entire apartment complex. Luckily, all the tenants escaped without physical harm. A tremendous outpouring of community donations helped Wellspring rapidly re-house clients – a difficult task during the pandemic – and helped us replace belongings and provide emotional support. In all, an amazing 220 donors assisted Wellspring and the fire victims!

Pandemic-related delays in construction permitting and shortages of materials slowed the rebuilding efforts, but Paul Davis Restoration managed the project that ultimately included enhancements

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November 2020



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## Finding A Missing Puzzle Piece

When a person seeks help at Wellspring's Crisis Stabilization Units (CSU), multiple factors can impact their psychiatric needs. As the region's only provider of non-hospitalized 24/7 care for adults with acute psychiatric symptoms, Wellspring is very successful in caring for each client's mental health; but sometimes recovery includes helping a person with challenges beyond the CSU's walls. Offering that extra help can be the missing puzzle piece.

That's where Wellspring's new CSU Case Manager, Mariah Franzell, comes in. Mariah helps CSU clients get long-term assistance and overcome challenges

such as not having stable housing or a phone, applying for benefits (food stamps, disability, etc.), or accessing a housing voucher.

"Each client's mental health is impacted from people knowing someone cares," Franzell says. "They are empowered knowing they have someone working with them and contacting them every step of the way."

Franzell conducts an initial assessment within a client's first few days at the CSU. If the person meets criteria for her case load, her Metro Louisville grant-funded position allows



her to work with them for up to 90 days, even if they've left the CSU.

In just three months, Franzell has helped 11 people apply for housing vouchers (4 granted so far). She has assisted 15 people searching for housing and one client is moving into his forever home very soon!

"My favorite part of the job is watching their mood change from the first time we meet until two months of working with them.

"Sometimes not everyone is ready, but once you meet them where they are and help them have the confidence to move forward, it is amazing," she says.

"Everyone is worth the extra step."

# A Light in the Darkness

Vanessa sits in a chair outside her apartment on a sunny, cool morning trying to keep her one-and-a-half-year-old grandson from smearing peanut butter. She laughs. Vanessa loves to have him around as he helps keep her negative thoughts at bay. She has learned to surround herself with positivity and has said goodbye to people and places that put her at risk.

***“I can live my life on life’s terms, without a substance in my body.”***

Vanessa has a mental illness and was addicted to substances for more than 20 years. She went through periods of not eating and did not process emotions from trauma that she had experienced years before. “The wind would blow and I would cry,” she says.

On a particularly bad day, a loved one convinced her to go to



the hospital, where she found out that her blood sugar was dangerously high. She entered a treatment program and started her journey to recovery. She became a Wellspring client in the fall of 2020 and has been in her own apartment since June. She said that she did not have the resources to get an apartment on her own.

Vanessa’s apartment is immaculate and elegantly decorated. Her grandson has his own room when he visits. She has learned coping skills. She loves to write

about her feelings. She loves music and the sound of rain and waterfalls.

She has learned that sober living can be fun.

“I can live my life on life’s terms without a substance in my body,” Vanessa says. She budgets her money and checks in a couple of times a week with her case manager, whom she describes as “a light in the darkness.”

Vanessa credits Wellspring with showing her that she can work toward recovery and achieve her goals. She has days that she feels lonely and sad, but she knows that there are people who genuinely care about her. She now feels that nothing is unobtainable, and that you can always turn yourself around, but you must be diligent and put the work in.

Vanessa smiles as she feels the breeze and prepares to put her grandson down for a nap. She can be the light in his darkness.

## Wellspring Staff Participates in Training

Wellspring staff have been receiving advanced training in Motivational Interviewing and evidence-based practice, says Patrick Rhodes, LCSW, Wellspring’s Director of Programs. The training will help increase capacity for quality treatment throughout Wellspring’s programs, he says.

Earlier this year, more than 40 staff and community partners completed an 18-hour course over several months on Integrated and Dual Diagnosis Treatment, followed by two sessions on Motivational Interviewing (MI) techniques. Dianne Asher, LCSW, LCAC, LSCSW, led the MI instruction, which was funded by a federal SAMHSA (Substance Abuse and Mental Health Services) grant. In total, 32 Wellspring staff have been trained in advanced Motivational Interviewing.



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in the building’s efficiency and safety. Each unit has better fire suppression systems and the building has a myriad of other upgrades.

With the previous tenants housed in new locations after the fire, Wellspring is working to relocate other clients who need the housing and services provided through this Wellspring-owned property.

Briggs-Bloch Apartments should be fully operational by year’s end.

# Community Support

Volunteers tackled yardwork and painting during **Metro United Way's** annual Day of Action in September.

**PricewaterhouseCoopers (PwC)**, **BrightSpring Health Services** and **JPMorgan Chase** employees painted, trimmed shrubs and completed other landscaping tasks at three Wellspring properties. Similarly, **Baird Gives Back** helped in October, while a team from **ProLift Toyota Material Handling** also painted at Wellspring's Youngland Apartments.

On behalf of our clients, thanks to all for beautifying the homes where adults with mental illness are working on their recovery.



ProLift Toyota



BrightSpring Health Services



Baird



PwC



JPMorgan Chase



*If you would like to volunteer with Wellspring, please call our Development Department at 502-753-1457.*

## Financial Gifts

We are so appreciative of a grant we recently received from Amgen, which is designated for Wellspring's Housing, Hope and Behavioral Health services.



A generous gift from First Financial Bank, in partnership with CREA, helped cover the cost of much-needed roof repairs at Wellspring's Baxter Avenue Apartments.



Wellspring was Logan Street Market's October GiveBack Partner of the Month, offering us increased awareness along with a portion of some Market items' sales.



*Please welcome  
Wellspring's  
new board members!*

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Founding Board Chair

Malcolm R. Mathews, Jr.  
(1922-2013)

Bosworth M. Todd, Jr.



## Calendar of Upcoming Events

SUNDAY, Nov. 28

### Two Chicks & Co.

Shop for a Cause at this fun boutique, and Wellspring will get a portion of the sales from 1 to 5pm.  
12121 Shelbyville Road



MONDAY  
Nov. 29 thru  
SATURDAY  
Dec. 4



### Just Creations

Customers must mention Wellspring for their Just Creations purchases to benefit Wellspring.  
2722 Frankfort Ave.

TUESDAY  
Nov. 30

### GIVING TUESDAY

Give the gift of mental health recovery during this online day of donating.

2022

MARCH

40th Anniversary Kickoff

*Save the Date!*

TUESDAY, APRIL 26

Derby Preview Party

SUMMER

Summer Celebration

FALL

*New!* Fore-Tee<sup>th</sup> Anniversary

Golf Scramble

## Let's Celebrate 40 Years!

With Wellspring's constant expansion of programs during the past 40 years, time has flown by quickly! In 1982, Wellspring launched a "transitional" housing program for adults with mental illness. At the time the organization was known as the Schizophrenia Foundation, but our Wellspring name better suits the achievements of the past four decades as a "bountiful" resource for housing, hope and behavioral health services that have touched the lives of thousands of families here in Louisville.

We are preparing for anniversary celebrations during 2022, and we invite you to be a part of commemorating Wellspring. If you have a personal story to share or a fond remembrance, please contact Wellspring's Development Director, Kimberly Johnson, at [Kim.Johnson@WellspringKY.org](mailto:Kim.Johnson@WellspringKY.org), with details. We would love to have a collection of memories assembled by January. Photos and documents would be great additions!

During the anniversary year, please join us for quarterly gatherings. We plan to kick things off in March with an honorary event at the original Wellspring property on S. Third Street, and we will celebrate throughout the year with events including a Summer Celebration, a fall Fore-Tee<sup>th</sup> Golf Scramble and a winter wrap-up in late 2022. Of course, we plan to host an April Derby Preview Party, too, so mark your calendar for April 26th at Churchill Downs! Let's celebrate as we look forward to the next 40 years!

**Our Mission: Wellspring promotes mental health recovery and supports individuals in building healthy and hopeful lives through behavioral health, housing, and employment services.**