

# Wellspring

SPRING 2023



## Wellspring's 25th Anniversary Derby Preview Party is April 25th!



Derby season demonstrates the best of traditions, and this year is extra special as we celebrate Wellspring's 25th consecutive Derby Preview Party!

The milestone event offers an opportunity to reflect on the original occasion. The original event goal was to "*host a special event that is fun, meets the financial goal, makes new friends, and generates PR*". Twenty-five years later, the goal remains the same--and this year we have many highlights that you won't want to miss!

Former jockey and celebrity broadcaster Donna Barton Brothers was among the guests at that first Derby Preview Party, and she plans to attend the 25th DPP on April 25, 2023! She will share her most memorable moments in horse racing, autograph copies of her book, *Inside Track: An Insider's Guide to Horse Racing*, and she may even share her Derby picks. You can be ready to compare notes as Louisville author and historian Bill Doolittle will also analyze the 2023 Derby field and celebrate the 50th anniversary of Secretariat's 1973 Derby win.

The evening will also honor George W. Rapp, Jr. for his dedicated service to Wellspring and the Louisville Community (*see sidebar*).

About 120 people attended the first DPP, raising \$8,000 to help Wellspring serve about 365 clients. This year's goal is to raise \$150,000 in support of programs that will offer Housing, Hope, and Behavioral Health Services to help more than 1,500 people. We hope you will be a part of this special Silver Anniversary celebration! Reserve your seats today! Call Kim Johnson at 502-753-1453 or visit [WellspringKy.org/Events](http://WellspringKy.org/Events).

### Former Board Chair Rapp to Be Honored for Service

George W. Rapp, III (pictured above, with wife Lynne Meena), has generously provided leadership to Wellspring since the organization was founded in 1982. As a retired businessman, his insights and analysis of complex decisions has been invaluable, and his sense of humor has been an asset on many occasions!

George served as Wellspring's Board Chair from 1996-2000 and is the only board member elected before 1995 who has served Wellspring's board continuously with one-year term renewals each year.

Please join us in honoring this tremendous service during the 25th Annual Derby Preview Party at Churchill Downs on April 25th, 2023.

## New Neighborhood Housing Takes Shape

New valuable, affordable Supportive Housing for adults with mental illness is about to become an exciting reality in Louisville. As we announced last Fall, Wellspring received \$13 million in restricted grant funds to help address Louisville's affordable housing crisis. As this newsletter goes to print, Wellspring is negotiating purchases of three properties that would propel this project forward.

"We are beginning initiatives that we believe will be lifesaving for an additional 50 or more folks," said Wellspring CEO Kathy Dobbins as she recently updated the board of directors on plans to move new clients into high-quality, attractive, and affordable supportive housing units.

"We are deeply grateful to Metro Louisville,

the Louisville Affordable Housing Trust Fund, the Louisville Coalition for the Homeless, the James Graham Brown Foundation, the Jewish Heritage Fund for Excellence, and others for believing that Wellspring can and should do this work on behalf of those in need in our community, Dobbins said.

The multiyear process of creating new

(Continued, p. 3)

# From Cheer to Challenge at Ardery House

Sentimental stories and smiles circulated during Wellspring's 40th Anniversary Open House in November. Dozens of people gathered at Ardery House--Wellspring's first program location--to celebrate the organization's history. Among the guests were the sons of one of Wellspring's founders (Phil Ardery, Sr.), for whom the original Wellspring property is now named.

Wellspring began in 1982 as the Schizophrenia Foundation of Kentucky and was housed in an Old Louisville home that initially served 15 people. Wellspring has grown to be a multi-faceted community resource serving more than 1,500 adults with mental illness each year.

## Busted Sprinkler Floods Ardery

A month after the Open House, frigid December temperatures burst a sprinkler line in the Ardery House attic. Water poured down all three floors and into the basement of the historic home. Ceilings and plaster walls crumbled, and inches of water stood on the beautiful, original inlaid floors. Nearly all the furniture and fixtures inside are ruined.

This has been heartbreaking as so much of Wellspring's history is tied to the property. We are assessing repair costs and next steps, and the programs that had been utilizing Ardery House are currently working out of Wellspring's Bernie Block Wellness Center.



## Neighborhood Housing *(Continued from page 1)*

Neighborhood Supportive Housing called for a strong hand to keep the process moving forward, so Wellspring tapped Nick Murphy as the Project Coordinator. Nick began working in Wellspring's Accounting Department in 2015 with accounts payable/receivable and managing Wellspring's payee program.



"Now I am assisting with every aspect of the Neighborhood Housing project, from property identification through purchasing, rehabilitating, and ultimately meshing the new units into our everyday operations," Murphy explained.

Additionally, he will be improving Wellspring's inspection readiness and standards for all Wellspring properties. He recently completed Housing Quality Standards (HQS) Inspection Certification, which is one of the strongest credentialing programs pertaining to HUD HQS standards. This certification enables him to perform quality standard inspections on new properties and will help Wellspring develop in-house standards to reduce possible Section 8 inspection challenges.

## Next Steps and Challenges

With the purchase contracts pending, Wellspring hopes to close on at least three apartment buildings in early spring. Then Wellspring will work with the existing tenants to help them relocate.

As part of his new role, Murphy has become an expert on the Uniform Relocation Act and will facilitate transitions for all involved. When the apartments are vacant, Wellspring can address any structural improvements along with energy efficiency opportunities with anticipation that adults with serious mental illness needing supportive services will be living in their new affordable Supportive Neighborhood Housing by the time you read our summer newsletter!



## New Client Jay Was Surprised by Staff's Kindness and Compassion

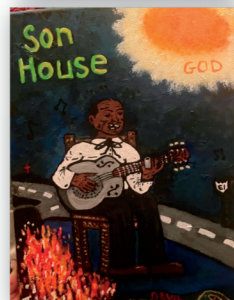
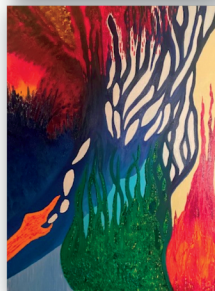
Jay and his wife were married for 30 years, raising three sons, and self-employed through the family's furniture and painting businesses. Their passion was traveling to music festivals and concerts. "It was fun," Jay recalled. "We've gone everywhere. Me and my dad even went to Fargo, N.D. to see Bob Dylan. (I've seen him over 100 times.)"

"I had a really good life, but I (threw) it all away for heroin and foolishness," Jay said. In 2021, divorce devastated him. "I didn't have a job anymore. I barely had a place to stay. Then my car got stolen. I was at the bottom," he said. "I was ready to die."

A local therapist referred him to Wellspring's Crisis Stabilization Unit. It was not what he was expecting. Having been hospitalized in the previous months for suicidal ideation, Jay recalled his first impressions of the CSU and staff. "It was the first time since I left home that I felt like people actually cared," he said. "It was a house. They were kind. And I liked being there." Although Jay couldn't stay—he was hospitalized for dangerously high blood pressure—he was stunned that Wellspring continued to follow up with him. "What impressed me the most was that they weren't done with me yet," he said. "They just kept coming, calling to check on me to see how I was doing and how they could help me."

Facing immediate eviction from the apartment his parents had rented for him, Wellspring prevented him from being kicked out. A Wellspring peer support specialist works with Jay to get him to medical appointments, including monthly Suboxone treatment to help with his substance abuse disorder. "Suboxone is a shortcut, but it helps," he said.

Estranged from his family since the divorce, Jay hopes one day to reconnect with his sons, now 24, 21, and 15. He spends his days on creative endeavors that are therapeutic for him. His colorful paintings reflect spiritual themes, as does the poetry he writes. He enjoys reading the poems aloud at open-mic nights in places near his apartment in the Highlands area. And he is trying to come to terms with reality and his own worthiness. "When you're a self-destructive person, helping yourself is a bummer," he said. "It's hard for me to accept charity because I don't feel like I deserve it. But I guess that's something (Wellspring has) taught me—the humility to accept help when you need it."



### Wellspring Plans for the Future with Strategic Planning

Wellspring has a tight-knit team that is strongly mission-focused on providing compassionate, effective help to adults with serious mental illness in our community. That was one of the themes to emerge from Wellspring's recent daylong strategic planning session. Challenges and areas for growth were also identified, but a majority of participants expressed optimism about the future of our 41-year-old nonprofit.

## Republic Bank Sponsors Holiday Party for Clients

Wellspring clients were the guests of honor at a holiday party hosted by Trinity High School last December. Clients enjoyed a festive meal, door prizes, and games, and each received a gift card, candy and socks to take home with them afterwards. Republic Bank sponsored the event, which was the first in-person party Wellspring had since before the pandemic. Thanks to everyone who helped make this a warm and welcoming gathering.



Thanks to everyone who supported Wellspring's recent Dining to Donate fundraiser at Texas Roadhouse in St. Matthews. We had a great turnout and the money raised will help us in our mission to serve adults with serious mental illness!





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## Join Us! Tickets + Info at [WellspringKy.org/events](https://wellspringky.org/events)

**Walk with wellspring**  
Saturday, March 25th | 8:00AM (8:30 Start)  
225 W Breckinridge St.

Join us for a 5k walk/run to support Housing & Hope for adults with mental illness in Louisville. Throughout the walk/run, we'll showcase our local housing, crisis stabilization units, wellness center and highlight how you can get involved to help this community.

EARLY BIRD REGISTRATION  
\$20 PER PERSON  
(\$25 AFTER MARCH 1ST)

Registration includes t-shirt, medal, refreshments, and 1 entry to door prize drawings.

**WHO WE ARE**  
Wellspring promotes mental health recovery and supports individuals in building healthy and hopeful lives through behavioral health, housing, and employment services.

- Crisis Stabilization
- Housing
- Supportive Services (outpatient, peer)

Scan here to register!

**BRACKETOLOGY**  
JOIN US FOR MARCH MADNESS!  
**TUESDAY, MARCH 14**  
DUNDEE TAVERN  
2224 DUNDEE RD., LOUISVILLE, KY 40205

Scan to Enter

presented by  
**Wellspring's Ambassadors**

**Wellspring's 25th Annual Derby Preview Party**  
**Tuesday, April 25th, 2023**  
**6 to 9pm, Millionaires Row | Churchill Downs**

