

## Diversion Program Helps Jailed Adults With Mental Illness

In January Wellspring launched a new Jail Diversion Pilot Program to help incarcerated adults with serious mental illness.

In its first week the program served six adults.

"Beyond the crisis stabilization program our goal is to link people to services, supports, and housing that help individuals stay out of jail," says Kathy Dobbins, Wellspring's chief executive officer.

"We are utilizing Wellspring services but also community partners who can provide resources that improve their lives."

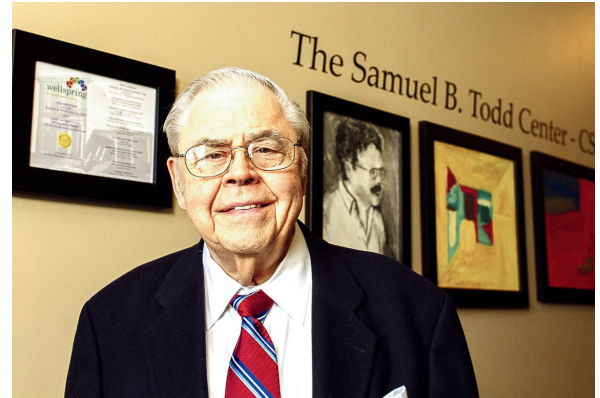
Louisville Metro funding enables Wellspring to hire a part-time nurse practitioner as well as additional case managers and peer support staff to address the needs of this population.

Wellspring hopes to impact incarceration rates and put the supports and services in place that will help those served in the program improve their circumstances and quality of life.

## Remembering Bos Todd

*Father. Founder.  
Respected Businessman.  
Friend.*

On January 22, 2024, Wellspring and our entire community lost a great friend, colleague, mentor, and leader with the passing of Bosworth "Bos" Todd, Jr.



He will be remembered for an amazing legacy that includes the founding of Wellspring and a national organization for scientific research into mental illnesses (originally NARSAD--now the Brain and Behavior Research Foundation). Bos also founded an investment firm in 1967, now Todd Asset Management, which today manages a portfolio of more than \$4 billion and where he still maintained an office despite retiring in 2017. He was also involved in many civic organizations, including Rotary, for 44 years.

"He was a rare mix of heart, intellect, and drive," said Wellspring CEO Kathy Dobbins. "His was a life well lived, and we and our community are better because of him."

While many in the community knew Bos as a brilliant businessman and investment manager, his role as a father led to his work founding Wellspring. His oldest son, Sam, was diagnosed with schizophrenia as a teenager. His symptoms led to eight hospitalizations within six years – averaging five months each.

In 1980, Bos testified to a U.S. House Appropriations Subcommittee on the need for residential care for adults with schizophrenia. That testimony and many other efforts became the impetus that joined Phil Ardery, Barry Bingham, Sr., Mack Mathews, and Dr. Herbert Wagemaker, together with Bos to organize the founding of Wellspring, which opened its first program in 1982. It was a house in Old Louisville that served 15 adults through transitional housing and 24-hour supportive services.

"His love for his son, Sam, and his determination to make a difference for Sam and all whose lives are turned upside down by mental illness was the driving force behind Wellspring," Dobbins said. *(Continued, next page)*

## Wellspring Readies New Housing for Residents

Doors are open. Renovations are well underway. Adults with serious mental illness are establishing permanent homes. Wellspring's Neighborhood Housing Project has begun moving disabled adults into affordable housing with supportive services. The project is already making a difference for those who have been able to find safe, affordable, and attractive housing when coming from often dire situations.

"It's critical for Wellspring to have apartments to lease to clients," says Wellspring Case Manager Drew Love. "Due to (my client's) past housing history, it was difficult to find her housing, as it is for a number of people we work with. Having Wellspring as a landlord is crucial. We are more understanding of a person's situation and more willing to provide people with housing opportunities. This quality housing, combined with the supportive service we already give, offers the greatest opportunity for success."

Two of three properties that Wellspring purchased last summer will be fully operational by April, which adds 38 affordable housing units in very desirable neighborhoods centrally located to amenities like grocery stores, parks, and health services.

"We have completed the greatest amount of work at the Douglass Boulevard property," says project manager Nick Murphy, CSI-HQS. "At the Newburg property we completely replaced the roof and started painting apartments and creating an ADA unit."

The third property purchased with grant funds last summer still needs extensive construction work but should be ready for tenants by late summer. Wellspring is using grant funds secured in 2022 totaling nearly \$13 million to create at least 50 units total of supportive housing for disabled adults, most of whom have serious mental illness.



*(Bos, continued)*

When Wellspring renamed the first Crisis Stabilization Unit the Samuel B. Todd CSU, Bos wrote: "There is no one summary comment that I can give about the life of my first son, but I do thank Sam for involving me in his courageous journey through illness and into recovery."

After Wellspring's 42 years of promoting recovery and serving 15,000+ adults with mental illness, there is still "no one summary" that does justice to the passionate work of Bosworth Todd, Jr.

His legacy lives so long as there are families who need our help and there are people like Bos willing to devote their time and talents to building organizations that improve lives.

Bos's great hope was that someday we would find a cure for schizophrenia and other biological brain disorders. In the meantime, Wellspring is here to serve, in no small part due to Bos Todd.

## December Client Party Warms Hearts

On a sunny December day nearly 140 Wellspring clients and staff celebrated recovery and the holidays together. Clients enjoyed a traditional holiday meal and played games for fun and useful prizes. Each client and 200 other clients who couldn't attend received a gift bag that included new socks, candy, and a shopping gift card. **Trinity High School** hosted the event. Steve and Emily Trager of **The Trager Family Foundation** attended. The Foundation has generously sponsored the program for several years and matched other donors' gifts.







## *"Not About the Art But the Process"*

### Q&A with Kathleen Garcia Wellspring Art Therapist



#### **1. How does art help a person with mental illness?**

Art is therapy. Art is healing. Art is a form of expression every human being can do, no matter their limitations. I view art as a second language, a way for expression to happen even when it's hard to find words of expression. Art can be a way to explore emotions, learn more about yourself, and create meaning in life.

#### **2. What kind of creative projects are best for art therapy?**

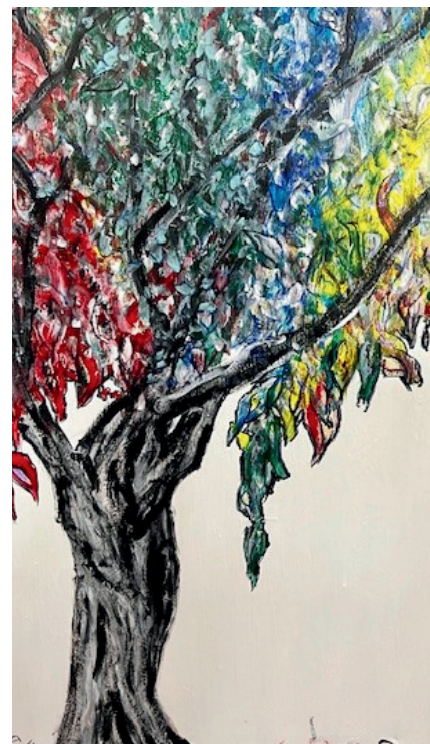
This is a tricky one because any art can be useful for different clients and their situations. I try to mix it up so that clients have a variety of options. I use paint, markers, coloring pencils, crayons, oil and chalk pastels, clay, plaster craft, and collage materials most frequently.

#### **3. Do you set measurable outcomes?**

Yes. Every client has a treatment plan, and every plan has specific therapeutic goals we follow, such as building coping skills. Art therapy fits into their treatment plans. Each client identifies personal goals they are working towards, and so these can be different for each client. Usually at the CSU, the overall goal is to build coping skills that address their main crisis symptoms so that the client can further their recovery in outpatient care/support.

#### **4. How do you engage a client who is reluctant to do art therapy?**

This does not happen as often as you might think, but I remind the clients that this is therapy and not an art class, meaning their work will not be graded. Art therapy is not always about the product of the artwork (but) the process. Usually, I say: "Everyone is an artist, and beauty is in the eye of the beholder. You don't have to create a Picasso or a masterpiece today, but if you do, that's OK!"



## *Resiliency & Recovery*

### Exhibition Features Clients' Creativity

Several dozen Wellspring clients who have participated in art therapy groups shared their artwork with the public during January. The art of "Resilience & Recovery" was on view at The Pigment Gallery in the Mellwood Arts Center.

Clients, family members, Wellspring friends and supporters crowded into the gallery on Jan. 5 for a grand opening reception. Guests met some of the artists and even purchased most of the pieces in the show. Artists received 70% of the sale from each of their artworks sold.

Thanks to the **Snowy Owl Foundation** for underwriting the celebration, and to Ruth Lancaster for donating art supplies. View more photos in the February issue of *The Voice*.



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(1930-2024)

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## Spring Into Action...

## Bracketology and Derby Preview Party Help Wellspring

Wellspring Ambassadors invite you to submit your NCAA men's basketball brackets (Bracketology) for good. Participants pay \$10 to post team picks online through Wellspring's Bracketology Form for a chance to win bragging rights and a prize. The winner receives a \$50 gift card OR two tickets to **Wellspring's 26th Annual Derby Preview Party** April 23 at Churchill Downs! **Deadline is Noon, March 21.**



Join us for an exciting evening in support of  
Housing and Hope for adults with serious  
mental illness.



### 26th Annual DERBY PREVIEW PARTY

**Tuesday, April 23, 2024 | 6 to 9pm**

at Churchill Downs, Millionaires Row

**GOURMET DINNER**

**OPEN BARS**

**SPECTACULAR LIVE/SILENT AUCTIONS**

**RENEE MURPHY, Emcee**  
**BILL DOOLITTLE, Horseracing Expert**  
will share his Kentucky Derby Picks

<https://WellspringKy.org/Events>

Tickets On Sale Soon!

Contact Kim at 502-753-1453

