

Wellspring

Summer 2024



OFFICIAL LAUNCH OF WELLSPRING'S NEIGHBORHOOD HOUSING

More than a hundred friends, neighbors and community partners helped officially open Wellspring's newest Affordable and Supportive Housing program – Neighborhood Housing – with a ribbon cutting on Friday, May 10th. The ceremony took place on Douglass Boulevard at the program's largest property.

Mayor Craig Greenberg, Rep. Morgan McGarvey, Councilman Ben Reno-Weber and partners from the Affordable Housing Trust Fund and Louisville's Coalition for the Homeless helped to cut the ribbon that signified the opening of the first local affordable housing project using American Rescue Plan (ARPA) Funding in Louisville. Wellspring's Neighborhood Housing program will provide unique support to individuals experiencing homelessness by offering housing along with supportive services.

Before issuing a proclamation to Wellspring declaring May 10th as Affordable Housing Day for Louisville, Mayor Craig Greenberg said, "Safe, quality and affordable housing is a top priority and should be in every neighborhood in our city, not just in other people's neighborhoods... this Wellspring property is a great example of rehabilitating an existing property and giving it new life (to help) address the challenges of homelessness and mental illness."

The Douglass location is the flagship property of three locations Wellspring purchased and rehabilitated in desirable neighborhoods using ARPA and other grant funds. Two other properties are in the Deer Park and Paristown areas, with one more property yet to be purchased that will bring the total number of new affordable and supportive housing units to more than 50.



"The main approach was to identify properties in close proximity to grocery stores, pharmacies, bus stops, green spaces – hugely important - and areas not overly saturated with existing low-income housing and this is obviously a great location," said Bill Friel, Wellspring Board Chair and part of the project team. "Wellspring is proud to play a small role in addressing Louisville's great need for affordable housing and at the same time we hope this development provides critical opportunities for people to build positive lives moving forward."

Wellspring's new properties are funded through grants from the Louisville Affordable Housing Trust Fund, Louisville Metro government, the James Graham Brown Foundation and the Jewish Heritage Fund for Excellence. An additional supportive services grant is funded through HUD. The designated grants made it possible for Wellspring to quickly address the community's urgent homeless crisis, especially for our houseless neighbors with disabilities.

EMPLOYEE SPOTLIGHT – KATHERINE MEYER, ACT

Meet ACT’s Clinical Manager, Katherine Meyer, CSW

Katherine Meyer, CSW, finds big client success in small ways. She has led Wellspring’s Assertive Community Treatment (ACT) team as Clinical Manager since November and says what other people might consider small steps she sees as big wins for a client.

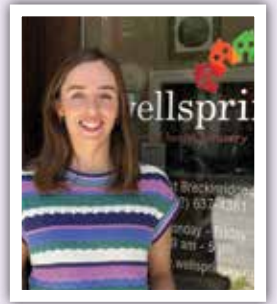
The ACT team serves adults with serious mental illness who have histories of institutionalization or are at-risk for institutionalization, and who benefit from the higher level of care an ACT team provides. Most ACT clients are homeless at referral to the program and the team wraps around them with evidence-based, person-centered care. Services include therapy, targeted case management, nursing, peer support and a mobile Psychiatric Advanced Nurse Practitioner. Each team member meets clients where they are, even if that is on the street or under a viaduct.

Meyer explains, “while many (people) overlook homeless or highly symptomatic individuals or avoid making eye contact, we go talk with them and build a connection. We build trust and we offer assistance that truly makes a difference.”

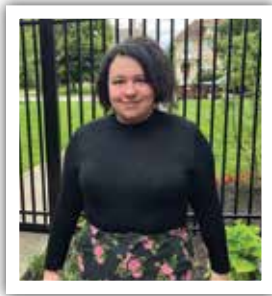
Meyer has a clinical role providing clients individual therapy and initial assessments while also overseeing the team and client referrals. She says it can be challenging to balance these duties, but she enjoys the variety of activities, building relationships with clients and working with community partners.

“This role has enhanced my life,” Meyer says. “When clients come to us it is because they’ve demonstrated a need for more support than traditional outpatient services offer. People have to work really hard just to do ‘simple’ things” (like getting an ID). We are here to help with both simple and more complex things like housing or employment.”

Those are just some of the things that create big wins for adults with serious mental illness who are finding help from Meyer and Wellspring’s ACT team.



FINDING JOY AGAIN



Making music, cooking and gardening are joys that have come back into Ashley’s life after spending the past decade in and out of hospitals and homelessness. Ashley lives with major depression and anxiety, but as a Wellspring client she is discovering she can manage her mental illness and still do things that bring her happiness, like playing the cello and guitar and singing karaoke.

Ashley grew up in a musically inclined family here in Louisville; however, according to Ashley some family members displayed harmful tendencies which contributed to her first experiencing homelessness in 2014 at the age of 18.

“I was dealing with a lot of anxiety and depression that made it hard for me to do things. A lot of it has been social and I was afraid to talk with people,” Ashley says of her time houseless. She mainly slept in shelters, but she struggled to find things to

do during the day – something she says is a challenge for all people without homes.

Ashley’s Wellspring Case Manager says Ashley has “blossomed” from the time they first met at Wellspring’s crisis stabilization unit and especially after Ashley moved into Wellspring’s newest Neighborhood Housing properties in March.

“I really enjoy the tranquility here. I grew up in a very volatile environment and I really needed my own space. I value my solitude, which is different from loneliness,” Ashley says. “Being with Wellspring got me back on medication that helped balance my negative feelings and gave me a sense of routine. It gave me access to speak with a therapist and I learned how to channel my negative emotions into more positive emotions, especially through art therapy.”

Ashley continues to attend Wellspring’s Art Therapy group sessions. And, if you’re really lucky, you might catch her singing one of her favorite songs at a karaoke place in Germantown some night soon.

PROUD NATIONAL CONFERENCE PRESENTERS

Wellspring and UofL share a stage at the national Housing First Partners Conference in Atlanta

The Wellspring team led by Matthew Hellmich works with the UofL Kent School of Social Work and together they shared accomplishments of our partnership that integrates Dual Diagnosis Treatment and Motivational Interviewing with Housing First to support the recovery of chronically unhoused adults experiencing co-occurring disorders in the Louisville region.



Patrick Rhodes, LCSW, Martin Hall, PhD.,
Kathy Dobbins, LCSW, Madeline Bailey,
Dr. Bibhuti Sar, Matt Hellmich



Kathy Dobbins, LCSW
and Matthew Hellmich, CSW

CELEBRATING JUNETEENTH



Staff attends community Juneteenth Festival

CORPORATE VOLUNTEERS



Volunteers from Steptoe & Johnson PLLC assisted during our ribbon cutting event!

SPECIAL GIFTS

By Rolandas Byrd, Development Committee Chair

Legacy giving has played a pivotal role in sustaining the mission and impact of Wellspring, especially in recent months. Although we continue to mourn the loss of dear Wellspring friends Bosworth “Bos” Todd and William Alden, Jr., they and their families selected Wellspring as a beneficiary of memorial gifts. Those donations – and other memorial gifts - have made a tremendous impact during a period of otherwise lower donor response, enabling us to maintain our ongoing initiatives. In fact, nationally the number of individuals giving to charity has decreased approximately 10% during the past few years. That figure would hit Wellspring even more if it weren’t for special memorial gifts.

By including Wellspring in your will or estate plans, donors ensure their support extends far beyond their lifetime, leaving a legacy of positive change. These planned gifts provide stability and financial security, allowing Wellspring to continue their vital work.

Legacy giving also fosters a sense of community and connection, as donors become part of a network of individuals committed to making a difference. Additionally, it allows Wellspring to plan with greater confidence, knowing we will have funding to support our long-term goals and initiatives.

Overall, a legacy gift to Wellspring empowers you to leave a meaningful impact and contributes to Wellspring’s ability to create positive changes for years to come.



Hogan Lovells staff helped set the room for Wellspring’s Annual April Derby Preview Party.



Our friends at Aetna filled dozen of welcome baskets for previously homeless clients moving into Wellspring’s new Neighborhood Housing.

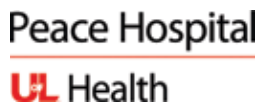
IF YOU WOULD LIKE TO LEARN MORE ABOUT ESTABLISHING MEMORIAL AND LEGACY GIFTS FOR WELLSPRING, PLEASE CONTACT KIM JOHNSON AT 502-753-1453

THE 2024 DERBY PREVIEW PARTY WAS A SUCCESS ! THANKS FOR ALL THE PEOPLE WHO JOINED US.



Thanks to all of our Sponsors & Partners

This amazing night is made possible through the generous support of these businesses:



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Save the Dates

...stay tuned for more details!



Planned Giving

Creating Impact for What You
Value Now and Beyond

**Tuesday,
September 10th
4:00 p.m.**

Wellspring
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Louisville, KY 40203

Financial Insights
Special Needs Planning &
Your Questions Answered

Thursday,
Sept. 12TH

Wellspring's
Ambassador Board
invites you to a

CELEBRATION

of

