

# Wellspring



*providing Housing & Hope to those with mental illness*

Wellspring promotes mental health recovery and supports individuals with mental illness in building healthy and hopeful lives through behavioral health, housing and employment services.



# Who we are:

- Founded in 1982 by local families and professionals
- Licensed as a Behavioral Health Services Organization (& each of our crisis units are licensed)
- Accredited by CARF-International, Council on Rehabilitation Facilities
  - Crisis Stabilization, Community Housing, and Outpatient BH Services
- We provide an array of services for adults with serious mental illness including supportive housing, affordable housing, case management, peer support, therapy, crisis stabilization, assertive community treatment (ACT), supported employment services

# Why is Affordable & Supportive Housing important?

- Everyone deserves housing
- People with serious mental illness no longer live in state hospitals
- Most people living with SMI have an annual income of less than \$10,000 (SSI)
- HUD Fair Market Rents for 2021 = \$760
  - SSI income is \$794
- Affordability is possible *only* with rental assistance
- Supportive Services are critically important for those with the greatest levels of disability



# State Hospitals as Housing Providers

Historically, the Largest provider of housing for persons with mental illness for nearly a century.

\*This building originally called the Central Kentucky Lunatic Asylum opened in 1875 and closed in 1985 to be replaced with a more modern building.  
The “new” hospital is now more than 3 decades old.

The old hospital once housed as many as 2000 people.

Almost no one actually lives in the state hospital today. Lengths of stay are typically measured in days or weeks.



# FY 2020 Wellspring Supportive & Affordable Housing By The Numbers:

#Served

- Supportive Housing 368
  - 20 in Staffed Residences (Community Housing)
  - 17 in other Wellspring owned housing with flexible supports
  - 331 in scattered site housing with rental assistance and a variety of supportive services
- Affordable Housing Sites 87

Other services:

Crisis Stabilization: 445

Supported Employment: 32 (COVID Impacted)

Therapy, peer support, ACT Assertive Community Treatment, SAMHSA Grant for Homeless w/co-occurring SMI/SUDs, etc. : 460





Some of Wellspring's supportive housing sites:

Clockwise from the top left:

Irish Hill

Crescent Hill

Bashford Manor

Highlands

Moving beyond NIMBYISM





# SUPPORTIVE HOUSING





# Olympic Apartments

9 Units within an Apartment Building with a Total of 30 Units  
Staff Offices and Program Lounge on Ground Floor



| Community Housing Performance Analysis<br>FY 19 – FY 20              | Goal | FY 19             | FY 20             |
|--|------|-------------------|-------------------|
| Client Satisfaction  | 90%  | 92%               | 89%               |
| Clients are competitively employed                                   | 30%  | 10%<br><br>N = 20 | 21%<br><br>N = 19 |
| Clients are engaged in work, work programs, volunteer jobs or school | 45%  | 25%               | 21%               |

# WELLSPRING TONINI APARTMENTS – 2013



Shelby and Gray Streets



HUD #811 Grant (12 units)  
40 years of rent subsidy to 12 apartments  
Historic property



# ELEMENTS OF SUPPORTIVE HOUSING

- **RECOVERY ORIENTATION**
- **HONORS PERSONAL CHOICE**
- **AFFORDABLE**
- **SERVICES ARE FLEXIBLE** (ranging from 24 / 7 to daily or weekly and this can change according to client needs)
- **STRENGTHS FOCUS** – Focus on functional skills recognizing that the greater the level of disability the more intensive the services
  - Helping clients develop important life skills and filling in where they may have skill deficits
- **SERVICES ARE IDEALLY UNLIMITED AND DICTATED BY CLIENT NEED**
- **DESIGN/DEVELOP HOUSING WITH A VISION OF RECOVERY**
- **HOUSING IS FULLY INTEGRATED IN THE COMMUNITY**
- **LOOKS LIKE ANY OTHER HOUSING**
- **TENANTS/CLIENTS HAVE RIGHTS**
- **OFFER ACCESS TO AN ARRAY OF SERVICES THAT SUPPORT RECOVERY (SUPPORTED EMPLOYMENT, PEER SUPPORT)**



# GAPS & OPPORTUNITIES

- Not enough highly supportive housing options for persons with the highest levels of disability
- Not enough high quality affordable housing in communities
- Not enough social supports/opportunities

Individuals with SMI are often isolated due to limited spending \$, negative symptoms of illness, lack of confidence and social skills

- Expansion of Supported Employment Programs that do a better job supporting services over the long haul

# Success Stories

- Recovery is different for everyone
  - Janet
  - Kevin
  - Others

# Definition of Recovery

- A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential
- Four Major Components
  - Health
  - Home
  - Purpose
  - Community