

Our Approach

Wellspring focuses on person-centered, individualized care that uses a multi-disciplinary approach to support people along their paths to recovery. Our services include:

- Crisis Stabilization
- Homeless Services
- Outpatient Treatment
- Case Management
- Peer Support Services
- Intensive Treatment Teams
- Supportive Housing
- Supported Employment

Wellspring helps people from every walk of life and every corner of our community who are living with no-fault, biological brain disorders. We facilitate community integration by strengthening neighborhood connections and offering high-quality housing with supportive services.

*Examples of two
Wellspring Housing
Properties:
Murray (right); and
Briggs-Bloch (below).*



Since 1982, Wellspring's programs have provided essential, effective services for adults with mental illness in our community.



**PO Box 1927
Louisville, KY 40201-1927**

For Services: 502-637-4361

Crisis Referral Line: 502-561-1072



CONNECT

Text **WELLSPRINGKY** to 22828
to join our mailing list.



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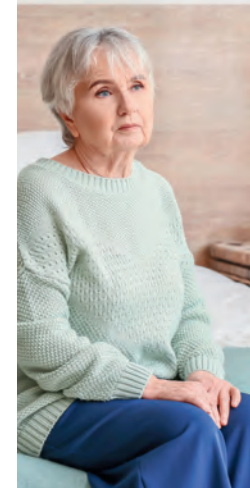


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Housing. Hope. Behavioral Health.

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



wellspringky.org

Supportive Housing

Wellspring's Supportive Housing Program combines affordable housing with support services to help clients:

- Access resources needed to obtain and maintain affordable, permanent housing
- Overcome barriers to obtaining housing, such as lack of income or poor rental history
- Set goals to improve their quality of life and maintain their housing



Case Management

Wellspring's Case Management Program assists adults with mental illness in developing the skills and resources they need to thrive in the community while achieving personal recovery goals such as housing, employment, and education. Services include:

- Individualized recovery planning and monitoring progress
- Advocating for clients and teaching self-advocacy
- Accessing community resources

Wellspring Works

Wellspring Works is an evidence-based practice approach to supported employment for adults living with mental illness. Wellspring Works:

- Utilizes a zero-inclusion approach
- Develops competitive employment opportunities
- Matches a candidate's skills and talents with an employer's needs

Outpatient Treatment Program

Wellspring's Outpatient Treatment Program helps clients achieve their desired goals for recovery and address their behavioral health needs by providing:

- Individual therapy
- Group therapy
- Expressive therapy

Peer Support Services

With a wealth of lived experiences, Wellspring's Peer Support Specialists offer structured, scheduled, non-clinical therapeutic activities such as:

- Sharing relevant personal stories and serving as role models
- Encouraging consumer voice and choice during treatment plan development and implementation
- Attending meetings with clients (or on their behalf, at the client's request)
- Empowering clients' confidence to be self-advocates, promoting clients' socialization, and helping to advance their community living skills



Crisis Stabilization Program

Wellspring's Crisis Stabilization Program helps adults experiencing a psychiatric crisis find stability. The program is committed to providing recovery-oriented, individualized care in a compassionate atmosphere.

Clinical Services include:

- 24-hour staff support
- Professional Peer-support services
- Individual and Group Therapy
- Person-centered planning
- Psychiatric Services, including diagnostic evaluation and medication arrangement
- Art Therapy

Intensive Treatment Teams

Wellspring's intensive treatment teams are transforming the lives of people who have been chronically homeless or who are at risk of homelessness. The teams help move people from homelessness into affordable housing and add person-centered, evidence-based services.

Assertive Community Treatment (ACT): This team includes a psychiatrist, nurse, therapist, case managers, and peer-support specialists. The team approach wraps each individual with intensive services of medical, housing, and behavioral health.

Program for Integrated Care (PIC): This support team emphasizes sobriety and symptom management through a series of small, overlapping, incremental changes. The team includes a therapist, case manager, nurse, and peer-support professional. PIC, in conjunction with the UofL's Kent School of Social Work, is federally funded by SAMHSA.