

# By the Way...

## Breakfast Spreads Awareness, Garner's Support for Mental Health

If you haven't attended Bridgehaven's largest annual fundraiser, put it on your calendar for next year—November 28—and get your RSVP in early!

Sixty tables were packed with fully-engaged guests as members spoke eloquently about their personal struggles and achievements with mental illness. A beautiful video explored their success in the areas of housing, daily living, and employment.

Elizabeth S's life has been positively impacted by Bridgehaven's new Supported Employment program, which has placed 13 members in the workforce, with 36 more in the employment pipeline! Trained facilitators get to know members' strengths and challenges. Employers are then sought to match their capabilities, and members have frequent follow up visits from their Bridgehaven facilitators. Elizabeth plans to re-enter the world of accounting when she's ready!

Lynn N's story was a heartbreaking, singular timeline of the days of old, when she was driven to Central State Hospital in a literal paddywagon; she endured two years in a North Carolina facility. Her arrival at Bridgehaven was the beginning of a sea change, enabling her to reintegrate and become a published author — twice!

Ellen D, a frequent speaker at our Bridge Builder Luncheons, shared a poem describing the feeling of family in this community. Too many individuals with mental illness are on the fringes of life with no support system. Bridgehaven provides that structure, and members are here for each other in good times and in bad.

We invite you to the campus to see us at work. Email Dan at [dmetcalf@bridgehaven.org](mailto:dmetcalf@bridgehaven.org) for your reservation to our monthly awareness luncheons, held on the second Wednesday from 12-1 PM! Look forward to meeting you!





## Bridgehaven Loves Basketball!

The Champ Foundation, through The Community Foundation of Louisville, kindly gifted Bridgehaven with a suite at the YUM! Center to watch a U of L basketball game this season! Seventeen members attended and thoroughly enjoyed themselves. Not only was delicious food provided, the view from the suite was amazing, and Mike Schultz of the CFL presented to Bridgehaven a \$5,000 check from The Champ Foundation!

Staff members Ryon Piphus, Chris Thompson, Ramona Johnson, Phillip Winchell and Angela Rogers accompanied the excited round-ball fans in a limo bus provided by R&R Limousine to ride to and from YUM! in style! Phillip was, of course, attired head to toe in his red, white and black. We want to peek inside his closet, because every day brings a new outfit supporting his favorite team!

A million thank you's to this dynamic trio! That \$5,000 will help provide programming and raise awareness of mental health!

## Nothing Like Some BIG Stocking Stuffers!

ARGI Gives is a 100% employee funded program through ARGI Financial Group, and a special holiday project for Bridgehaven was the brainchild of ARGI employee and Bridgehaven Ambassador, Sharon Federico.

Volunteers collected items for the members' holiday gifts, and the group added an extra \$500 to purchase more little tidbits that made it a special and useful swag bag! Aetna also contributed \$500 to the effort and helped create a true spirit of Christmas for over 75 Bridgehaven members!

For the last 20 years, Bridgehaven has provided a holiday program on Christmas Day. This time of year can be very difficult for our members. Persons who suffer from mental illness are often separated from their families and experience a sense of loneliness and isolation, most acutely on Christmas Day.

A delightful breakfast was provided to all who attended, and our great fellowship and music were topped with a \$15 Kroger gift card, along with a box of special chocolate! The ARGI Gives/Aetna gift bags were a hit!

**Thank you for your holiday spirit, ARGI!**



Swag from Santa ARGI!



Paul M. and Strider

## A Horse with a Name... Strider Claus!

There's nothing like love on four feet to brighten the halls of Bridgehaven! Strider Claus, a member of the Tiny Heroes Registered Therapy Team, paid a visit to his fans just before Christmas, and the reactions were priceless.

Tracy Sprowles, Strider's mom and creator of the Tiny Heroes, happily offered the miniature horse's ministrations to our members. From laughter to tears, the emotions elicited by this delightful and beautifully trained animal were evidence of his therapeutic skills.

Strider visits schools where the kids read to him, nursing homes and hospitals where the little sweetheart provides comfort, and an occasional Starbucks when mom needs a caffeine boost to keep up with her Tiny Hero!



Strider Claus!



Humana  
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**\$100,000**

**Bridges to Health Clinic &  
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**Major  
Thanks!**



Donation of  
Digital Billboards

**Louisville Metro Government**



CDBG Homeless Grant \$8,700

Safety Net Psychiatric Rehabilitation Grant \$11,000

## SIXTY YEARS! And Still Going Strong!

Bridgehaven has been holding hope and healing minds for those living with the ravages of mental illness for 60 years, and thanks to the hard work of many employees and members over the past six decades, we are the established "go-to" for psychosocial rehabilitation in Louisville. People don't live at Bridgehaven, but many call it home.

Now that we as a society have turned the focus to "recovering from" mental illness, which is a disease of the brain, the new terminology helps to illuminate our agency's work. We offer "person-centered" recovery, meaning that our members are actively involved in determining the course and content of their recovery program. We have recently moved some administrative staff into the nearby Heuser Hearing Institute's extra office space, and our membership is swelling!



In 1958, a group of visionary citizens from the Louisville Section of the National Council of Jewish Women studied mental health needs in Kentucky. They identified the necessity for programs to help ease the transition from mental hospitals back to full community participation. Bridgehaven was born, and began its crusade to provide support and resources to people who were marginalized and discriminated against due to symptoms of mental illness. Today, over 500 members are served annually at Bridgehaven!

As we move into our sixtieth year, we applaud all who support our efforts to eradicate stigma and promote the highest quality of mental health care. We also encourage you to communicate to all who represent you at the state and federal level of government your support for affordable and accessible health care, including mental health and substance abuse. Thanks for celebrating with us throughout the year! Events will be listed on our website, [www.Bridgehaven.org](http://www.Bridgehaven.org)!

## A New Year Brings Staff Wishes for Success...

### **Ben Jagers, New Member Liaison...**

I wish for myself for the New Year to be happy and content, I wish for Bridgehaven to be successful and able to help the community. I wish for the world that different nations will get along and for everyone to have their needs met.

### **Stewart Bridgman, Chief Operating Officer...**

I wish for myself for the New Year to have a year as good as last, I wish for Bridgehaven to add several new staff to the best behavioral health team in the country. I wish that our Bridgehaven team will continue to remove barriers so that our members use their voices and talents in their communities. I wish that this diverse community of staff and members continues to enrich all the citizens in the great Commonwealth of Kentucky.

### **Arti Ortega, Clinical Manager...**

I would like to see the local, state and federal governments acknowledge the crisis of mental illness, and provide funding for mental health treatment at no cost to the patient, and to give unfettered access to services to all who need it.

### **Ramona Johnson, President/CEO...**

My wish for 2018 is for Bridgehaven to continue to grow and for the divisiveness in this country to end.

"TOMORROW IS THE  
FIRST BLANK PAGE OF  
A 365-PAGE BOOK.  
WRITE A GOOD ONE."

*Brad Paisley*

## COMMUNITY DONORS

To be both the bridge and the haven its name suggests; to offer hope and help to our members, Bridgehaven depends on its community of donors. We thank those who have given financial support.

6/1/2017 -12/31/2017

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## **Upcoming Events Mark Your Calendars Now!**

### **Bridge Builder (Complementary!) Awareness Tours/Luncheons**

February 14  
March 14  
April 11  
May 9  
June 13

Call 502-585-9462  
or email [dmetcalf@bridgehaven.org](mailto:dmetcalf@bridgehaven.org)  
for more information  
(Reservations required due to space)

### **Art as a Part of Healing** Sunday, April 15th, 2018 4-7 PM at Bridgehaven



## **Bridgehaven Board of Directors**

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## **Our Mission**

Bridgehaven provides hope and recovery through innovative, comprehensive, community-based mental health services to adults living with mental illness.

Bridgehaven's Community Based Psychosocial Rehabilitation Programs and Outpatient Mental Health Programs are accredited by CARF.  
Bridgehaven is a member agency of Metro United Way.

In accordance with Federal law, this agency does not discriminate on the basis of race, color, national origin, sex, age or disability.

To file a complaint:  
Bridgehaven  
Attn: Ramona Johnson,  
950 S 1st Street  
Louisville KY 40203  
502-585-9444

### **One Man's Junk...**

PLEASE donate your old car to benefit Bridgehaven! We will put the proceeds to good use! Contact Dan for more information at 502-585-9462 or [dmetcalf@bridgehaven.org](mailto:dmetcalf@bridgehaven.org)

### **Leave a Legacy**

Making a donation through a planned gift is a wonderful way to create a legacy of support for those who need it most.

Contact us at [dmetcalf@bridgehaven.org](mailto:dmetcalf@bridgehaven.org) or 502-585-9462 for assistance, guidance or questions. The legacy you secure today will ensure meaningful lives for so many in the future.