

Cognitive Enhancement Therapy Family Event

In September 2011 we began offering Cognitive Enhancement Therapy (CET) to 24 members. Since this intervention is so new, families of the members who were selected to participate called us to ask about the program. Most of the calls were from parents

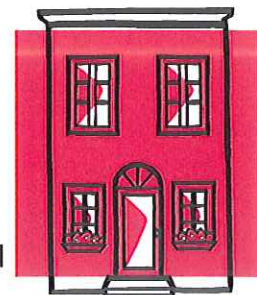


anxious to hear that there was something new that might help their loved one gain the ability to go back to school or to get a job. We hosted a meeting and invited all the families and friends to come hear a presentation about CET in November. To our delight 20 family members attended and were full of questions and eager to try out some of the computer exercises the members do during CET. Some of them reported they were already seeing small changes in their family member's functioning. The

CET staff was impressed with the interest that the families showed and the support the families gave to each other as they talked about their family member and the struggle all of them have experienced due to mental illness. At the end of the 48 week program we will invite this group again to attend a graduation ceremony and to share the progress they have seen.

Bridgehaven Expands Services to the Homeless

Thanks to a three-year grant from the Substance Abuse Mental Health Services Administration (SAMHSA) and a partnership of agencies, Bridgehaven will be able to expand our services to a homeless population that have been found to be at the highest risk due to their physical or mental health disability, substance abuse or age. A project spear-headed by the Coalition for the Homeless known as Rx Housing 100K Homes/Louisville did a survey of homeless people at their camps and places where they congregate. A priority list was then established for those at the highest risk to participate in the program. The SAMHSA funding was awarded to Family Health Centers' Phoenix Healthcare for the Homeless. The grant and program design, written by Andy Patterson, MSW, Ph.D., the center's Director, works on the "Housing First" model and utilizes intensive case management and Peer Support as well as placement in housing through Section 8 vouchers provided by the Louisville Metro Housing Authority. The 70 clients selected for the program will also have access to substance abuse detox and treatment through JADAC and Psychiatric Crisis Stabilization through Wellspring. Bridgehaven will be serving 10 participants in our program and will also provide a therapist to do community based counseling. All the project offices are located at The Hotel Louisville, run by Wayside Christian Mission.



Bridgehaven Program Activities

Here's a listing of our daily therapy groups and recovery activities, which are open to all members.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THERAPY GROUPS	THERAPY GROUPS	THERAPY GROUPS	THERAPY GROUPS	THERAPY GROUPS	
Cognitive Development	Self-Awareness	Feelings	Achieving Wellness	Anger Management	
Family Feelings	Empowerment	Depression	Anxiety Management	Believe in Change	
Women's Group	Achieving Wellness	Relationship Building	Dual Diagnosis	Recovery Awareness	
Men's Group	Individual Issues	Social Awareness	Creating Balance	Grief and Loss	
Dual Diagnosis	Role Recovery	Anxiety Management	Depression		
Recovery Awareness	Feelings			Self Determination	
Individual Issues	Social Communication	Progressive Living (DBT)	Eat Watchers	Mind, Body, Spirit	
Recovery Awareness	Cultural Awareness	Journal Therapy	Expressive Communications		
	Coping	Cognitive Enhancement Therapy	Recovery Awareness		
	Youth in Transitions		Cognitive Enhancement Therapy		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RECOVERY ACTIVITIES	RECOVERY ACTIVITIES	RECOVERY ACTIVITIES	RECOVERY ACTIVITIES	RECOVERY ACTIVITIES	RECOVERY ACTIVITIES
Leisure Skills	Leisure Skills	Butch's Place Café	Leisure Skills	Diabetes Management	Leisure Skills and Socialization
House Meeting	House Meeting	Music	Butch's Place Café	Leisure Skills	
Smoking Cessation	Newspaper	Leisure Skills	House Meeting	House Meeting	
Lunch	Lunch	House meeting	Farmer's Market	Learn to Ride the Bus	
Fitness for Fun	Fitness for Fun	Painting	Lunch	Lunch	
Butch's Place Café	Ceramics	CET Computer Group	Fitness for Fun	Drawing and Painting	
Basic Skills	Independent Living	Lunch	Computer Skills	Exploring the Community	
	Exploring the Community	Fitness for Fun	Exploring the Community	Butch's Place Café	
	Youth Leisure Skills	Basic Skills	CET Computer Group		
	Dinner		Dinner		
	Butch's Place Café				

Opportunity Knocks

The full issue of the member's own newsletter contains member art, interviews, poetry, games and fun facts. Excerpts can be found on our web site — at www.bridgehaven.org

Going Green

To receive periodic updates about our programs, as well as our newsletter, via e-mail, please send an e-mail to joglesby@bridgehaven.org.

Bridge Builder Lunches

If you'd like to learn more about Bridgehaven and our programs, meet some of our members and hear their recovery stories, plus tour our facilities, please join us for a Bridge Builder Lunch. It's free, we provide lunch, and it will only take you an hour. Upcoming dates are:

March 14, April 4, May 16, June 6

**Call Donna at 585-9469
for a reservation!**

Art As A Part Of Healing 2012

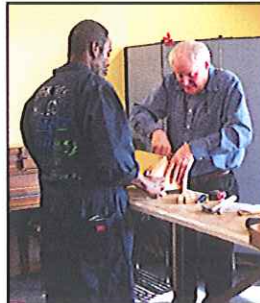


Builder Ray Gardiner from Shelbyville will help our members transform the gallery at Bridgehaven into *Building Lives*, a spectacular exhibit of hand-made birdhouses and feeders on March 4th from 4:00-7:00 p.m. The exhibit will also include over 100 art pieces, including framed paintings and drawings. Bridgehaven members created the Building Lives birdhouse exhibit in a two month workshop conducted by Gardiner at Bridgehaven.

Half of the sale price for any art work goes to the Bridgehaven art therapy program, and half to the member artist who created it.

Hors d'oeuvres and wine will be served by a team of Bridgehaven Board members and Ambassadors, while guests browse the program areas of the building admiring the art work and live music of the Bridgetime Players.

Several of our past guest artists will also have booths at the event including Joel Pinkerton, Jonathan Swanz, Karen Johnson and many more.



**HOW CAN YOU
REFER
A PERSON TO
BRIDGEHAVEN?**

CALL

**DAVID SISK,
LCSW**

OFFICE:

(502) 585-9444

CELL PHONE:

VOICE MAIL:

(502) 807-6500

**FOR AN
INTAKE APPOINTMENT**

STAFF HIGHLIGHTS

Elizabeth Kidd is our newest employee having joined our staff in September. She graduated from U of L with a Master's degree in Counseling Psychology and completed her internship at Communicare Community Mental Health Center working with adults with mental illness. In her role as Outreach Worker she makes home visits to members who have quit attending program. Her focus is on helping to identify the reasons for non attendance and providing interventions to help the member re-engage in program. When asked what she likes best about her new job she reports that she likes working out in the community. She also teaches a computer skills group each week and is leading a group of members in learning



how to ride the bus and overcome their fears around using public transportation. She likes her job because she sees our program as being "holistic" and focusing on all aspects of the person's recovery and not just on their symptoms and medications.

Welcome Elizabeth!

BRIDGEHAVEN PROGRAMS
BRIDGE TO RECOVERY / OPPORTUNITY HOUSE

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BRIDGEHAVEN ADMINISTRATIVE STAFF

Ramona Johnson, APRN, CS	President/CEO
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Pat Logsdon, CPA	Director of Finance/Administration
Donna Schuster	Director of Development
David Sisk, LCSW	Admissions/Referral Coordinator
Stewart Bridgman, PAT	Program Manager, Bridge To Recovery
Arti Ortega, LCSW	Program Manager, Opportunity House
Jenni Oglesby	Executive Office Manager, Editor

BRIDGEHAVEN MISSION STATEMENT

Bridgehaven provides the highest quality community based psychiatric rehabilitation and recovery services, education, and support to those touched by mental illness.



ACCREDITED AS A PSYCHOSOCIAL REHABILITATION PROGRAM BY CARF
BRIDGEHAVEN IS A MEMBER AGENCY OF METRO UNITED WAY
AND AN AFFILIATE OF SEVEN COUNTIES SERVICES, INC.
BRIDGEHAVEN RECEIVES FUNDING FROM LOUISVILLE METRO GOVERNMENT



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