

Upcoming Events

Mark Your Calendars Now!

Art As a Part of Healing

Sunday, March 5, 2017
5:00-7:00 PM

Bridge Builder Awareness Luncheons (Complementary!)

January 11
February 8
March 8
April 12
May 10
June 14

Call 502-585-9462 or email
dmetcalf@bridgehaven.org for more
information or to
make a reservation



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By the Way

Your Winter 2017 Bridgehaven Update

Bridge Builder Breakfast Breaks the Bank!

Another one for the history books...the 2016 Breakfast was one of the most successful yet, and we're still sorting out the hundreds of donations and pledges that came rolling in!

Over 500 attendees were fully appreciative of the efforts of members and staff alike to provide an excellent program, and we raised significantly more money than in 2015, which allows the continuation of Bridgehaven's excellent programming.

Dr. Leigh Bond began the program with a touching tribute to former Kentucky Lottery President, former Bridgehaven Board Chair and Board member Arch Gleason, who passed away this summer. Kendra P. shared a beautiful recovery poem written by Peer Support Specialist Robin Bensinger, followed by a touching video containing interviews with Kim S., Aaron B., Arlen W. and his mother Bridget Weatherby, and Brandon Banks, Peer Support Specialist.

CEO and President Ramona Johnson called 2017 "a year of huge change" and described our new "vision for the future." Aaron and Brandon were the final speakers on the program, and both brought tears and cheers. A standing ovation celebrated their stories, and Wes Gersh's "ask" was one of the best ever!

Thanks, everyone, for your never-ending support of this amazing place we call Bridgehaven!

Bridgehaven Board of Directors

Sarah Acland	Paul Halloran
Dennis Boyd	Ken Hartung
Mary Jane Cherry	Courtney Howell-Kidd
Jess Davis	Patrick Higgins
Jodie Dunkelberger	Jill Jarvis
Peggy El-Mallakh	Aundrea Lewis
Rebecca Fulner	Steve Lun
Wes Gersh	Jay Mallory
Scott Gloeckler	Ben Price
Glenn Grigsby	Linda Shapiro
	Mollie Smith

One Man's Junk...

PLEASE don't junk your old car! Donate it to benefit Bridgehaven! We will put the proceeds to good use! Contact Dan for more information at 502-585-9462 or 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 or 502-585-9462 for assistance, guidance or questions. The legacy you secure today will ensure meaningful lives for so many in the future.

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



Recovery is “a process of change in which individuals improve their health and wellness, lead a self-directed life, and strive to reach their full potential.”



Andrea Jones

An effective way to promote recovery to persons with mental illness is to utilize the services of a Peer Support Specialist. A PSS has “lived experience” with their disease, enabling them to use first-hand knowledge to help others in their recovery. These individuals bridge the gap between the greater needs of clients with mental illness and the social workers who may only see them once or twice a week.

Molly Clouse and Andrea Jones make up the Bridgehaven Center for Peer Excellence. Andrea has developed a database of at least 180 working Peer Support Specialists in Kentucky, which will get them into the information loop, allowing notification of Continuing Education opportunities, networking, and new training!

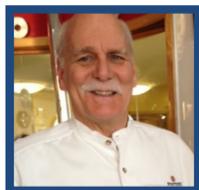


Molly Clouse

The Bridgehaven Center for Peer Excellence has a certain successful outcome given the two professionals in charge. Thank you, Molly and Andrea, for spearheading a wonderful resource!

The Loss of a Giant Among Us...

June marked the sudden death of former Board Chair and current Board member Arch Gleason. Arch supported even the smallest of Bridgehaven events, and it’s hard to imagine them without his presence.



Arch Gleason

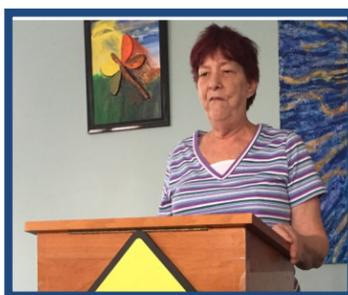
Current Board Chair Wes Gersh shared, “Arch provided Bridgehaven with great leadership, judgement, and above all, a caring attitude that was contagious. Many of us considered him not only a true friend of Bridgehaven, but a personal friend as well.” CEO/President Ramona Johnson added, “He was a great leader with a huge heart. He helped so many people.” Arch, your exemplary life has earned you a special place in Heaven.

A Long Way Home....

Monna B. has a remarkable story. Like a number of our members here at Bridgehaven, she came from a highly abusive childhood, and carried the burden of that abuse into her adult life. Now 64, she's determined not to allow the shadows of the past to haunt her any longer.

Diagnosed with Bipolar Disorder, Anxiety and Post Traumatic Stress Disorder, Monna puts her skills to good use to help others. A frequent speaker at our monthly Bridge Builder Luncheons, Monna shares her journey: she was riding a bus, and heard someone talking about the work we do here. David Sisk did her intake, and the rest was history.

Monna contributes to the plethora of art displayed throughout the building, which is sold at St. James and at our annual Art as a Part of Healing. Her kitchen escapades (meaning her cooking) are legendary!



Monna B.

“I consider this place — you all— to be my family,” says Monna with a tear in her eye. "I never had a real family until you." You are OUR family, Monna, and we're grateful you're in it!

Immanuel United Church of Christ
 *Volunteers prepared Table Captain packets for Bridgehaven Breakfast
 *Sorted/purged Development office files

Louisville Metro Government CDBG
\$8,700
 To provide services for persons with mental illness and substance abuse who are homeless

Thank You!
The Estate of Charles Brumleve
\$298,684

Louisville Metro Government
\$11,000
 Safety Net Psychiatric Rehabilitation Services for people without a payer source

The Humana Foundation
\$65,000
 Humana Bridges to Health Clinic

Lipski Foundation
\$9,775

GE Foundation
\$4,160
 Matching Funds

The Cralle Foundation
\$5,000

Commonwealth Bank
\$10,000
 Platinum Sponsor of Breakfast



How Bridgehaven Helps Our Members Even MORE!

Bridgehaven has been newly licensed as a Behavioral Health Services Organization (BHSO). All the effort put in by Board and Staff has come to fruition! Members may now choose to receive most (if not all) needed services at one central, trusted and caring location, including psychiatric medication management. Communication with insurance providers is direct, providing more timely and efficient service.

President/CEO Ramona Johnson shares, “It's all about our members. They tell us...that our services make the difference in their recovery and ability to lead productive and satisfying lives. This is a new opportunity for us to provide even more effective and comprehensive services.” Johnson is also a psychiatric nurse practitioner with many years experience in the health care field. The BHSO status also will allow Bridgehaven to partner more effectively with other mental health providers to improve care, and to strongly advocate for the Commonwealth's most vulnerable citizens — persons with mental illnesses.

Healthy Body = Healthy Mind!

Humana’s Bridges to Health Program addresses serious medical issues our members have, through a new initiative with the Louisville YMCA. Ten to fifteen Bridgehaven members can now work out twice a week! Members are also encouraged to use their membership on their own time.



“Biomarkers” are tracked, like blood pressure, weight, and blood glucose levels; exercise is proven to decrease anxiety and depression. Brandon Banks leads the program and shares, “Our goal is creating a culture of wellness that extends beyond the YMCA, including the food options in Butch’s Place Café, the drinks being stocked in the vending machines, a smoking cessation effort, and more.” Member Peggy D. shares, “It helps me relax and my blood pressure’s down, because I like to exercise. I do aerobics and treadmill. I really like it!”



Current members will retain their memberships after their cycle ends, and word is already spreading around the building that the Humana Bridges to Health Program is a “must-join!”