

Upcoming Events

Mark Your Calendars Now!

Bridge Builder Awareness Luncheons

January 9
February 13
March 13
April 10
May 8
June 12

Lunch is complimentary, reservations required!
Call 502-585-9462 or email dmetcalf@bridgehaven.org for info.

Art As a Part of Healing will be held April 14, 2019! This year's theme centers on time...

more to come!



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



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Bridgehaven Board of Directors

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One Man's Junk...

We're hauling it out of your driveway to help Bridgehaven! Just call 502-585-9462 or email dmetcalf@bridgehaven.org to get that clunker out of your life for a good cause!



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.

By the Way

Your Winter 2018-19 Bridgehaven Update



Merry Anniversary, Bridgehaven! You're 60!

What a fabulous way to start the day! Hundreds gathered on November 29th to bring generosity and holiday spirit to Bridgehaven at the annual Bridge Builder Breakfast, held for the first time this year at the Crowne Plaza Hotel.

The food was delicious, the company outstanding, and the most spectacular part of the entire event was hearing from Tina Eubank, Jerry Mills and Cody Williamson. The ballroom was absolutely silent, interspersed with an occasional chuckle and a few periods of laugh-out-loud responsiveness to these member speakers!

The naked truthfulness of the recovery stories shared by Tina, Jerry and Cody was so powerful that many were moved to tears. Some of their revelations were shocking...but honestly, sometimes, really terrible things need to be brought out into the open to garner a better understanding of what living with mental illness is all about.

A new technology entered the picture this year... the entire Breakfast can be found on Tara Bassett's Facebook LIVEcast on her page! Please take a look and then share the video, and ask your friends to share it, and so on, and so on! We'll see a multiplication of people becoming aware of mental health issues, and you can contribute online by going to www.bridgehaven.org!

Thanks to all who made this delightful morning possible... special thanks to Janet Patterson and Dan Metcalf for orchestrating every detail of the event! The staff and members of Bridgehaven are always willing to put themselves out there for the cause, and the Breakfast was a great example of sharing stories of hope and recovery.

Now it's time to come to Bridgehaven and see what we do! Email Tara at tbassett@bridgehaven.org for a luncheon or personal tour!

Referral to Recovery... How People Come to Bridgehaven...

Bridgehaven works hard to give more people access to the excellent services we provide for serious and persistent mental illness. A **new online email blast called "Referral to Recovery"** has hit the inboxes of dozens of agencies, hospitals, doctors, non-profits, and treatment centers!



If you have someone to refer, **it just takes a phone call** to set up an appointment for a **90 minute session** with our intake team, **David Sisk and Ben Jagers**. They'll ascertain insurance qualifications, establish the person's needs, set up a preliminary schedule, assign a therapist, and get the new member involved in Bridgehaven's programs!

Medicaid covers all programs offered, and **Medicare and private insurance** may cover some services. **Private pay is under \$100/day**. A diagnosis is preferred but not required: the primary objective is to get the individual here and into recovery. That's why we make it simple. **Call David or Ben today at 502-585-9460** to set an appointment.

REFERRALS



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Thank You!

Broadcast and Print Media Outlets Providing Coverage of Bridgehaven

WHAS11 32WLKY
 WAVE3 WFPK91.9
 Courier-Journal
 The Voice-Tribune
 Take it From Tara FB LIVEcast

Immanuel United Church of Christ

*Volunteers prepared Table Captain packets and gifts for Bridgehaven Breakfast

Gheens Foundation \$25,000

Bridges to Health Clinic



People Don't Live Here, but Many Call It Ho-Ho-Home!

The holidays can be a time of intense emotions, and it's often very difficult to cope with memories when families have been lost, jobs have been taken, and finances are in jeopardy. It may be a desperate time.

Every Christmas morning, **therapist Bruce Behney and several staff members** host a **delicious home-cooked breakfast** at Bridgehaven, complete with a gift for each member, activities, and of course, a visit from Old Saint Nick!

This year was extra special because **2018 was our 60th anniversary** year, so thank you to Bruce and his merry band of elves for hosting the Christmas Breakfast for so many, merry years!



"I Was a Hell Cat!" says Susan W...



Susan's glorious art!

"I'll start by saying that **Bridgehaven is a really good program**. All the workers are understanding and very helpful, and have helped me on and off for many years.

I was diagnosed with **bipolar at age 16**. College didn't work out, and the kids came along pretty fast. The reason I lost them was that my ex, who also had mental illness, was judged more stable than I was. So **they used my mental illness against me**, but his helped him.

There were **several suicide attempts** and hospital stays, and my then-boyfriend left me. My ex abused all three of my kids, and they were living with his sister. The stress was unbelievable and I started **self-medicating** with lots and lots of drugs. My niece helped me **get sober**. She said she wouldn't talk to me if I kept using, so I quit.

From the age of 3, I was **abused** by several relatives. That's what caused a lot of my mental health issues. **I was a hell cat!** A therapist strongly suggested that I come here to Bridgehaven to be around and learn to get along with people, and it's worked wonders for my life!

Anger Management taught me to control my temper. I used to isolate 24/7. **Bridgehaven has gotten me out in public...** I have made a lot of friends and go to a lot of groups. The therapy animals helped me a lot! And you know, art really developed me. It's a way of letting out my emotions on paper or canvas, and wolves are one of my favorite subjects. Thank you, Bridgehaven, for helping me get to where I am today, in a new apartment and living a happy life!



Susan W. and Sawyer



BROWN-FORMAN

Day of Caring from Friends of Bridgehaven!



Wishing Well



Meditation Pavillion

Our 16 year old building at First and Kentucky was in need of some refurbishing, so imagine our delight when we were approached by Jim Allsopp, Crisis Management Director at **Brown-Forman**, to talk about an **employee Day of Caring to benefit Bridgehaven!**

Jim is a new Bridgehaven Board member! He and Karen Krinnock, B-F Community Relations, recruited about 40 employees to take a day off from their usual work to paint, landscape, stain, rebuild, and perform other tasks at Bridgehaven's campus. They even re-created a beautiful **pet memorial garden** for our past therapy animals.

Members were quick to express their gratitude, and several got into the spirit and helped! Everyone noticed the changes taking place and were **very complimentary of the professionalism** of these volunteers!

We appreciate the efforts of many good Brown-Forman people who not only performed the outdoor labor, but those who came inside and **made wall art, created tote bags** of personal supplies for every Bridgehaven member, and B-F **Chef Joshua Weise**, who cooked up a **delicious chili and cornbread luncheon** for all!



Karen Krinnock and team

Thank you, Brown-Forman!

Your corporate "Good Citizenship" is an example for all!



Wall Artists!



Volunteers create artwork!