



BY THE WAY

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A Bridgehaven Publication

Spring 2010

Art As A Part Of Healing 2010 The Essential Piece

On March 14th, Bridgehaven celebrated March Madness differently than the rest of the community. We honored our excellent art therapy program with our annual *Art As A Part Of Healing* event.

Guest mosaic artist Karen Johnson transformed the gallery at Bridgehaven into an *Essential Piece* of stepping stones, pots, trivets, lazy susans and birdbaths. A stand out piece was a large fountain birdbath that she designed and made specifically for the grand prize drawing.

Framed oils, watercolors and prints by our members and art therapists lined the hallways. Well over half of the pieces were sold at the event, with half of the ticket price going to the Bridgehaven art therapy program, and half to the member artist who created it.

Hors d'oeuvres and wine were served by a team of Bridgehaven Board members and Ambassadors...while guests browsed the program areas of the building admiring the art work and live music of the Bridgetime Players, as well as member readings of their poetry.

Sponsors & Special Thanks:



Karen Blue
Carol Carrithers
Virginia Evans
Pete Peterson
Mollie Smith
Tara Bassett (emcee)
Tracy Thornsberry (Brown-Forman Corp.)
Celebrations Framing
Framers Supply
Davenport's Custom Framing
Allegra Print and Imaging - Preston
Bridgehaven Board, Staff & Ambassadors

Clockwise from right:
Fountain by guest artist
Karen Johnson for
raffle; "HOPE" trivet
made by Bridgehaven
member; Lon M. work-
ing on flower pot;
pieces on display in
gallery; Danielle B.
working on flower pot.



Bridgehaven Mission Statement

Bridgehaven provides the highest quality community based psychiatric rehabilitation and recovery services for adults with severe and persistent mental illness. We enhance the lives of Bridgehaven members by encouraging them to achieve the skills to live, learn, work and socialize in their chosen environment.

Bridgehaven Program Information

Opportunity House / Bridge to Recovery
950 South First Street Louisville, KY 40203
(502) 585-9444, FAX: (502) 585-9466 www.bridgehaven.org
Admissions/Referral Coordinator:
David Sisk, LCSW (502) 585-9444

Please remember Bridgehaven in your will. Bridgehaven is recognized by the Internal Revenue Service as a 501(c) (3) non-profit organization. If you have a car (or other vehicle) you'd like to donate, please contact Donna Schuster at (502) 585-9444.

2009 Bridge Builder Breakfast The Essential Piece

Thanks to everyone who helped make our breakfast a huge success. The program opened with a video in which several members explained how Bridgehaven is the essential piece in their lives. Members Nikki and Seth shared their moving stories of recovery with the 400 attendees at Masterson's. Bridgehaven Board member Dan Goldstein spoke of his family's experience with mental illness and made a passionate plea for attendees to donate to Bridgehaven.

To close the program Bridgehaven's staff, members, Board members and friends wore tee shirts stating mother, brother, daughter, granddaughter, depression, post traumatic stress disorder, schizophrenia, or bi-polar; graphically illustrating that not only can anyone suffer from a mental illness, but the illness impacts family and friends as well. Bridgehaven's supporters are the essential piece in helping us provide services to over 500 members a year.



Above (L-R): Bridgehaven supporters demonstrating the commonality of mental illness by wearing their associations on their t-shirts; Bridgehaven members

Additional thanks:

Event Challenge Sponsor:
Passport Health Plan
Tara Bassett (emcee)
Dr. Leigh Bond (Invocation)
Jeff Hatfield (video production)
Greg Hendricks (Cubero Group)
Brian Payne (C&H Audio Visual)
Jeff Randall (photography)
Gary Owen (Allegra Print & Imaging)
Bridgehaven Ambassadors
Immanuel United Church of Christ

Very Special Thanks to the 2009 Breakfast Table Captains:

Sarah Acland, Yasemin Arik, Sue Binder, Karen Blue, Tara Branch Brown, Stewart Bridgman, Maureen Capalbo, Terri Cardwell, Carol Carrithers, Mary Jane Cherry, Lee Cochran, Kathy Cox, Henry Cubero, Anne Del Prince, Cristi Donastorg, Virginia Evans, David Gibson, Diane Goldstein, Patty and Ron Goldstein, Barbara Hedspeth, Eric and Amy Hoffman, Becky Hunger, Dean Johnson, Ramona Johnson, Melissa Lowe, Judy Lyons, Brooke Pardue, Randy Peters, Laura Pinkerton, Ted and Sheila Ploetner, Debbie Richmond, Sara Robinson, Bertie Rutter, Donna Schuster, Sheila Schuster, Jackie Shahroudi, Michelle Spurlock, Tracy Thornsberry, Michael Wakefield, Ali Walker, Nikki Whelan

Voices Found and Heard in Frankfort

Bridgehaven's members are used to exploring and expressing their feelings in groups, but far too rarely are they able to let others know how they feel and why they feel Bridgehaven is so important to them. On February 17, armed with signs that echoed how important Bridgehaven is to maintaining and encouraging independence, about 30 members traveled to Frankfort and had opportunities to press our case with state representatives and senators. In small groups, members like David L., Beverly G., Tommie D., and Jerome H. were able to inform local Representatives Reginald Meeks and Larry Clark and Senators Denise Harper Angel and Perry Clark that every day out of the hospital is money saved. The day ended with a rally in the impressive rotunda of the capitol, where we all heard from Governor Steve Beshear, local Representative Jim Wayne and others. The fiscal crisis is sobering, and indeed there will be cuts, we were told by the Governor.

Once back at Bridgehaven, groups focused on what was learned and what was needed, and toward that end we sent postcards that had been drawn and written up by members to legislators. Legislators learned that we at Bridgehaven will not be forgotten and we found that we have roles to play in our own health and that of the larger community. Those in power learned we had voices, and so did the members of Bridgehaven. Watch out, we are organized and focused on mental health and our future!



Photos and story by Jeff Randall

Thank You

Passport Health Plan
\$50,000 to support
Member services

Allegra Print & Imaging
- Preston, Gary Owen, Pres.
Annual Report
Art as a Part of Healing
November mailer

Legacy Foundation
\$41,000 for SUCCESS!
smoking cessation program

Foundation for a
Healthy Kentucky
\$4,189 for
Urban Outreach program

211 Clover Restaurant
and Lee Cochran
Bridge Builder Society
Appreciation Reception

No Kidding, Me Too! Louisville Premier Screening

Joe Pantoliano's (*The Matrix*, *The Sopranos*) *No Kidding, Me Too!* documentary is an informative and captivating look into the lives of real people living with mental health issues. Portions of the film were shot in Louisville. Please save the date and join us at The Clifton Center!

**Monday,
May 17, 2010**
The Clifton Center
7:00-9:00 p.m.
Tickets \$35



Event tickets include:
documentary presentation, movie snacks
and Q&A with Joe Pantoliano.

Celebrate May

Spring is here and most of us experience a lifting of our spirits as the world around us renews itself once again in a predictable fashion. Trees leaf out, flowers bloom, the sun shines and the days are longer. We either have renewed energy or really serious cases of Spring Fever! Either way, we celebrate spring and it is a busy time with Derby, Mother's Day and graduations.

Another event occurs in May but it is not as widely known or celebrated. May is Mental Health Month. During this beautiful and busy time of year, please take time to consider your own mental health and the mental health of the ones you love. Tell other people that May is Mental Health Month. When they ask you what that means, take the opportunity to educate and advocate. Let them know that mental health is vital to our overall health and well being and, in fact, it is impossible to separate mental, physical and spiritual health. Offer them ideas for ways to improve their mental health such as setting realistic goals, keeping a sense of humor, exercising, learning to say "no", reflecting on their joys, seeking out positive people, encouraging others, asking for help and talking things out. You will feel better and so will they and you will have helped to spread the word about the importance of taking care of our mental health. Thanks for your advocacy and your support of Bridgehaven.

Urban Outreach

Thanks to a grant from the Foundation for a Healthy Kentucky, Bridgehaven will be holding outreach receptions in six Old Louisville high rise apartment complexes that provide housing for low income, elderly or disabled residents. Our needs assessment indicates that as many as one-fourth of the residents have mental illness. Some do not have adequate mental health services and live in relative isolation with few support systems. These receptions will provide information about Bridgehaven's services as well as other resources that provide needed services in the community.

CARF

A CARF (Commission on Accreditation of Rehabilitation Facilities) three year accreditation has been awarded to Bridgehaven for its Community Integration Psychosocial Rehabilitation (Adults) program.



CAESAR

1997-2010

**He was and is loved by more
people than any cat ever!**

Caesar, one of our pet therapy cats,
died recently after a brief illness.



Nonprofit Org
U.S. Postage Paid
Louisville, KY
Permit No. 1322

Bridge Builder Luncheons
May 12 & 26, 2010
July 14 & 28, 2010
Call Donna at 585-9469
for a **FREE** reservation

Address Service Requested
Louisville, Kentucky 40203
950 South First Street
Bridgehaven, Inc.



Upcoming Events



Recovery Awards

May 25, 2010
4:30-5:30

Center for Women & Families
(2nd St., behind Bridgehaven)
Join us as we recognize
the achievements
made by our members!

2010 Bridgehaven Marathon Golf Challenge

Monday, June 21st, Oldham County Country Club
100 holes of golf in one day!
Free admission for golfers, includes
meals. Please contact Donna Schuster
at 585-9469 if you'd like to golf, sponsor
a golfer, or donate a prize.



For information on attending, volunteering or
participating in any of our events,
please call 585-9469.

Bridgehaven Board of Directors 2010 Officers

Chairman	Rick Marshall
Vice Chairman	Carol Carrithers
Secretary	Michael Wakefield
Treasurer	Roger LeMaster

By The Way
Jenni Oglesby, Editor

Bridgehaven's Community Based
Psychosocial Rehabilitation Programs
are accredited by CARF. Bridgehaven is
a member agency of Metro United Way
and an affiliate of Seven
Counties Services, Inc.



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 write or call:
Bridgehaven, Inc., Attn: Ramona Johnson, 950 S. First
St., Louisville KY 40203, 502-585-9444.