

# BEHAVIORAL HEALTH NEWS™

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## The Vital Role of Housing in the Recovery Process

### WellLife Network: Offering a Continuum of Residential Services Vital to the Recovery Process

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More than 800 people live with dignity and as independently as possible in WellLife Network's behavioral health housing settings throughout New York City and Long Island.

Each day, our homes integrate care into the community and celebrate residents' cultures and traditions. Using a person-centered approach, WellLife Network's housing and residential programs cover a broad array of alternatives – from 24-hour staff supervised residences for those with the greatest needs, to apartment living with ongoing supports for those able to live more independently in the community.

For more than 30 years, WellLife Network's model of care has effectively focused on assisting residents to develop key life skills, become integrated within the neighborhoods where they live, receive necessary medical and mental health care, and connect with education and employment programs to become more self-reliant.

WellLife Network is a New York-based health and human services agency whose mission is to empower individuals and families with diverse needs to realize their full potential, guided by principles of independence, health, wellness, safety and recovery.



Crystal John

As one of the largest regional providers of supportive housing, WellLife Network currently operates over 800 residential housing beds, including 3 supervised residences (70 beds), a 44-bed CR-SRO in Far Rockaway, 168 Apartment Treatment Program beds at scattered sites in Queens and Brooklyn, and over 560 Supportive Housing beds throughout metropolitan New York.

WellLife Network has geared much of its residential program towards a variety of priority populations, including those with co-occurring disorders, foren-

sic histories, reunified families, young adults and homeless, as well as those transitioning from State and private psychiatric centers.

#### Offering a Cadre of Support Services

Since its inception, supportive housing has provided tenants assistance with job placement, family reunification, appointment management, (safe and affordable) housing accommodations and any other related housing assistance supportive of general health. Residential case managers facilitate service planning across a broad spectrum of identified needs, with special attention to ensuring that each component of the service plan enhances tenant independence and quality of life. Case managers are supported by peer specialists who provide key assistance in helping clients address basic activities of daily living.

WellLife Network currently operates two supported SROs, which include supportive units targeted for individuals who were formerly homeless and are now recovering from mental illnesses, and a percentage of affordable and low-income individuals and families. Our SRO apartments are safe, high-quality, attractive, and are designed to enhance tenant self-esteem and the surrounding neighborhood. Units range from studio, one and two bedroom apartments. They include full kitchenettes, private bathrooms, spacious living rooms, communal computer,

exercise, and laundry room, and landscaped outdoor gardens. Our tenants are valued for their positive contribution and impact on the local business economy.

#### A Story of Hope Overcoming Adversity

Rafael R. is a truly amazing individual, whose life story reflects a lifelong struggle with mental illness, substance abuse, and incarceration.

Rafael's parents were addicted to drug. His father, passed away when he was 20 years old from HIV. His mother was an alcoholic and diagnosed with bi-polar disorder. He began experimenting with drugs at an early age and was besieged by the ravages of drug addiction. He lost his job and housing simultaneously and lived in his car until it was repossessed on a cold winter night. He eventually was forced to enter the shelter system, an alternative fraught with danger and conflict.

One day Rafael received news of an apartment vacancy that would be his own. Rafael rejoiced, "God heard my cries and my prayers – WellLife Network was giving me an apartment which I now call home". Despite the difficulties of his earlier life, he exhibits a determination and a commitment to overcome the past and create a new future. "I thank God for my blessings and to WellLife Network for giving me a new start," said Rafael.

For more information, call WellLife Network's Residential Intake: (917)563-3348.



If we can be of help to you, call 866.727.WELL or visit [WellLifeNetwork.org](http://WellLifeNetwork.org)