



BeWELL for Life

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WellLife Network Offering a Continuum of Behavioral Health Residential Services

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



Our recently opened mixed-use residence at 165th Street in the Bronx is home to some 58 individuals and families who enjoy landscaped gardens, community and exercise room.

their full potential, guided by principles of independence, health, wellness, safety and recovery.

Compassionate Services Offered to Priority Populations

As one of the largest regional providers of supportive housing, WellLife Network currently operates over 835 residential housing beds, including 3 supervised residences (70 beds), a 44-bed CR-SRO in Far Rockaway and 168 Apartment Treatment Program beds at scattered sites in Queens and Brooklyn. We also offer some 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, forensic histories, reunified families, young adults and homeless, as well as those transitioning from State and private psychiatric centers.

We offer compassionate services and maintain high standards of quality assurance through an extensive tracking system that follow each consumer's treatment and services. These systems confirm that WellLife Network residents

(cont'd on p.2)

835

New Yorkers participating in WellLife Network's residential services have a warm, nurturing environment to call home.

Beautifully furnished studio, one and two bedroom apartments are available at our mixed-use residences.



This studio apartment at 165th Street in the Bronx provides a bright, inviting environment for individuals with mental health issues to begin the road to recovery.

(cont'd from front cover)

receive the best possible care, that they remain healthy, avoid extended hospital stays, minimize emergency room visits, and more.

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.

Single Room Occupancy Apartments (SROs) Enhance Self-Esteem

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.



(L-R) Rafael R. receives the Inspiration Award from Sherry Tucker, President at WellLife Network's Inaugural Dinner for his courage, tenacity and amazing accomplishments toward the road to recovery.

A Story of Hope and Courage 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 drugs. 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. But he survived and one day was told by a shelter staff member of an opportunity to have his own apartment.

Thinking the worst, Rafael reluctantly agreed. When he visited the 165th Street complex he was overwhelmed (*see photo on page 2*).

"This could be mine," he exclaimed! 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. ■



Michael Thomas Makes it Happen

One hundred and one percent is the commitment that Michael Thomas, Deputy Director, Mental Health Services gives every day to some 500 individuals and families at WellLife Network's supported housing sites throughout New York City.

During the course of the day Michael and his staff of 45 professionals use every resource available to them to help people secure housing, gain employment and receive the counseling and other services they need to make positive changes in their lives. Michael spends hours meeting with residents – sometimes just to listen. With a kind heart and a soft, but reassuring voice, Michael makes it happen – always with the ultimate goal of meeting client needs "where they are now and where they will be in the future." ■

800+

Persons with mental health challenges live in one of WellLife Network's housing alternatives found throughout the New York metropolitan area.

30 years

Number of years WellLife Network has been a major provider of specialized housing programs and support services for individuals with mental illness.

34

Unique pre-vocational, adult daily living skills (ADL), socialization, skills training, substance abuse prevention, smoking cessation and nutrition classes which are available to residents at WellLife Network's residential services.



85%

Percentage of people served in WellLife Network's residential housing programs report high satisfaction with the services they receive.

18-82

Age range of individuals served in WellLife Network's residential programs with services and environments designed to meet the needs of individuals and families with children.

Offering a Home and Community at Island House



Andrew, 52, is a man who faced many challenges. He fought mental illness and depression almost all of his adult life.

Andrew's life took a turn for the better when he moved into WellLife Network's Island House in Oceanside. Here, he quickly became a member of a larger community. There were many tasks to become involved with – landscaping, community outings, tenant meetings and most importantly his own apartment. Decorating it with plants and furnishings became his passion. With the assistance of his house managers, Andrew took on a vital role at Island House in the tenants association. Here he gained the opportunity to use his organizational skills to promote healthy living for all residents.

Although Andrew still experiences “ups and downs” in his mood, he is taking control of his life with the help of his clinical and case management teams and just the will to do better. Andrew remarked, **“Island House has given me a new opportunity to get my thinking on a right track”.** ■

WellLife Network's behavioral health programs are licensed by the New York State Office of Mental Health (OMH) and the New York City Department of Health and Mental Hygiene. Capacity and expertise to deliver HARP/FIDA services, including Home and Community-Based Services (HCBS), provide both care management and a network of direct services.



For more information visit WellLife Network at:

www.WellLifeNetwork.org or call 866.727.Well

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WellLife Houses Inspire Residents

WellLife Network is a major provider of housing services and support services for people with mental illness. Our state-of-the-art housing opportunities reach across New York and Long Island and is reflected through the following residential complexes.

DeWitt • Brooklyn, NY



Dewitt is a Supported/Single Room Occupancy SP/SRO is a 33 bed apartment program located in Brooklyn,

New York. It provides 25 special needs beds and 8 apartments for individuals with low income. The special needs residents receive intensive case management services to offer linkages to educational/ vocational programs; assistance with budgeting and money management, medication management, housekeeping, shopping, cooking, and nutritional supports.

Island House • Island Park, NY



Island House CR/SRO is a 50 bed apartment program located in Island Park, New York. It is an extended stay program that is designed to accommodate men

and women with serious mental illness. Its goal is to transition residents into the least restrictive form of housing with support linkages. Residents receive intensive case management services to offer linkages to educational/ vocational programs; assistance with budgeting and money management, medication management, housekeeping, shopping, cooking, and nutritional supports.

Hiram Rothkrug Residence Far Rockaway, NY



This residence is a 44 bed CR/SRO located in Far Rockaway, New York. Residents with serious mental illness receive intensive case management services to offer linkages to educational/ vocational programs; assistance with

budgeting and money management, medication management, housekeeping, shopping, cooking and nutritional supports. ■