



*"The water I give takes away thirst all together,
it becomes a well of water within, giving life."
Jesus*

2014 WINTER EDITION

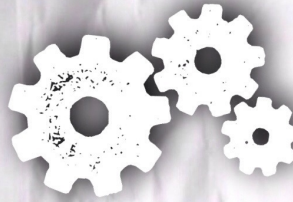
COMMUNITY UPDATE

A QUARTERLY NEWSLETTER HIGHLIGHTING LIFE AT THE WELL COMMUNITY

WHAT'S INSIDE

- 1. We're In This Together.....p.2
- 2. 2013 Financial Overview.....p.2
- 3. Awareness Efforts Challenge the Status Quo.....p.3
- 4. Community Member Spotlight: Sue Kendrick.....p.4
- 5. Information & Mission.....p.4

"WE'RE IN THIS TOGETHER"



2013 was a blessed year for the Well Community. We continued the important work of providing our community members (those suffering from severe mental illness) with a place of refuge and acceptance. When I say we, it's because I'm including those of you reading this message. It takes all of us – staff, volunteers, community members, interns, prayer partners and those of you who faithfully support us financially. Last year was a successful year from a financial perspective. By thoughtfully cutting expenses and seeking to enlarge our donor base, we finished the year with strong, positive net income. You made that happen.

At the beginning of the year, we made several cutbacks. We felt compelled to cut our weekday lunch program down to one day a week. However, by July we were back to serving meals four days a week. We also began measuring our outcomes

ation rates and emergency room visits. We are seeing each of these negative indicators go down, as attendance and participation at the Well increases. Additionally, this year we were able to increase the number of "quality of life activities", such as taking community members on overnight retreats to a local church camp (Mt. Lebanon), attending Ranger's and Maverick's games, water park outings and movie nights, to name a few.

People often ask us how the Well receives its funding. They are almost always surprised to learn that the organization does not receive any public financing. In addition, often individuals incorrectly assume that a majority of our funding comes from Church's, when in reality congregational support made up on 18% of financial contributions. Truth be told, the majority of our funding comes from individual supporters like you. Included in this newsletter is a breakdown of the Well's income for 2013, as well as the overall percentage of each funding category.

One of the highlights of our year from an income standpoint was our first annual benefit concert/fundraiser held in December at the Kessler Theater. The evening was headlined by the Grammy nominated group, "Sixpence None the Richer" and included a raffle and community member art on display and for sale. It was successful beyond our expectations, but we look to greatly improve the event for next year. We plan to make it our annual community celebration and primary fundraiser.

In 2014, we need your support more than ever. We know we are providing a unique program to an underserved and often forgotten population. As important as the Well's work is, we barely scratch the



surface when it comes to the number of individuals in our city with mental illness. Our vision is to serve a greater number of those suffering from severe mental illness and take even better care of those we are already serving. However, doing so is extremely labor intensive. As we continue to serve those in our community, we ask that you join us in prayer as we seek God for wisdom in attracting the additional support to add the staff and resources needed to serve a greater number of individuals. Like last year, we plan to continue to communicate with you often and we hope you will provide us with feedback. Please visit our website at www.wellcommunity.org and register to receive regular community updates via email. Once again, thank you for your support. We are in this work together.

Paul Cardarella
Executive Director

2013 FINANCIAL OVERVIEW

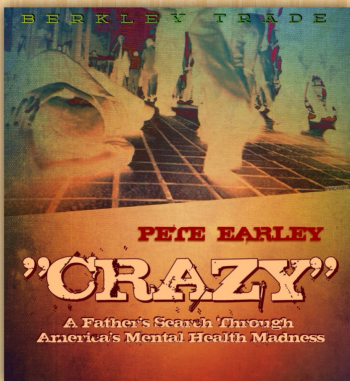
- 45% - INDIVIDUAL CONTRIBUTIONS (\$144,957)
- 18% - CONGREGATIONAL SUPPORT (\$58,636)
- 14% - RESIDENTIAL INCOME (\$46,170)
(JACOB'S HOUSE)
- 12% - GRANTS/FOUNDATIONS (\$41,500)
- 8% - FUNDRAISERS (\$25,391)
(BENEFIT CONCERT)
- 2% - CORPORATE DONATIONS (\$3,519)
- 1% - OTHER FUNDING (\$3,925)

TOTAL INCOME \$323,598
2013 YEAR-END SURPLUS: \$70,000

once more. We continue to try and prove the link between attending the Well Community and a decrease in social isolation, symptoms of depression and anxiety, incarceration

"Getting treatment in mental health is harder than in any other kind of medicine."

Scott Pelley (CBS News 60 Minutes)



Kjuana Mitchell

AWARENESS EFFORTS CHALLENGE STATUS QUO:

Public Perceptions of Mental Healthcare and the Sociological Imagination

In addition to working at the Well, I serve as an adjunct professor of sociology at Dallas Baptist University. In class, I regularly lecture on a concept known as the "sociological imagination." The concept was first developed by renowned sociologist C. Wright Mills, who defined the "sociological imagination" as "the vivid awareness of the relationship between individual experience and the wider society." Over the past couple of semesters I have used mental healthcare as an example when explaining the concept to students. I used this example because I have experienced firsthand the failures of our society's response to those suffering from severe mental illness. Time and time again, I have been unable to help individuals receive the care they so desperately need. On numerous occasions, I have encountered individuals with such profound psychosis that I worried for their physical safety or the safety of others. In these instances, the system often failed to provide the individual with adequate care. Last month, I saw an episode of CBS News's 60 Minutes, which focused on the many failures of America's mental healthcare system. The episode featured the first television interview with Virginia state senator and former gubernatorial candidate Creigh Deeds, whose 24-year-old son, Gus, died by suicide this past November after attacking him. Gus had been discharged from a hospital emergency room because no psychiatric beds were available in the local or nearby communities. In the introduction, host Scott Pelley made the statement, "Getting treatment in mental health is harder than in any other kind of medicine."

Sadly, when individuals with psychotic symptoms fail to receive treatment, they often end up being arrested for some petty crime, but tragically they sometimes harm themselves or others. This is evidenced by the fact that the largest psychiatric inpatient system in the state of Texas is provided by the Department of Corrections. As a society, in many ways we are returning to a system of institutionalization, just under a different guise. Our prison systems are becoming modern day asylums. I have personally picked up multiple Well members upon their release from Lew Sterrett (the county jail), most often for crimes such as "disturbing the peace" or "criminal trespassing" - crimes committed while completely out of touch with reality and with little premeditation or malicious intent.

Most troubling has been the instances in which members of the Well have harmed themselves. One of the Well's most beloved members, and a woman near and dear to my heart, jumped to her death out of the 12th floor window of her apartment building. It was made more tragic after learning that multiple individuals advocated for her to receive psychiatric attention in the days preceding her death.

Kuwana loved to sing in the church choir and was active during times of corporate worship. Without fail, Kuwana always sat on the front row, sang with passion and most often could be observed weeping during services. I was choked up during my speech at her funeral, but I remember praying that her death would be a rallying cry for greater prevention efforts and better psychiatric care - at least in the Dallas area.

Until recently, I found it troubling that society seemed only to focus on mental illness after a mass shooting or other similar tragedy. However, lately I am encouraged to see evidence that the issue is being discussed on a more regular and routine basis. In addition, it is encouraging to see increased efforts to correct the public's misconceptions

continued on page 3

**One in four American adults are living with a diagnosable mental illness in a given year, but many of them are afraid to reach out for the help they need.
- from the new film, "A New State of Mind"**

cont... regarding those who struggle with severe and persistent mental illness. This May, a film narrated by award-winning actress Glenn Close, entitled "A New State of Mind: Ending the Stigma of Mental Illness" will be released in theaters nationwide. A book entitled "Crazy: A Father's Search Through America's Mental Health Madness," has garnered renewed attention. CBS News's 60 Minutes has run multiple stories this past year on the broken mental health care system. Pastor Rick Warren, best-selling author of "The Purpose Driven Life," gave a speech after his son's suicide and spoke openly about his attempts to help a son who struggled with severe mental illness, calling on society to demand change and the church to wake up and do more to care for those who suffer. At the beginning of February, I attended a conference in Houston focusing on the faith-based communities' responsibility to care for the mentally ill. The conference included many of the world's leading experts on mental illness.

These are only a few of the examples of the many efforts being made to highlight the need for reform. For the first time since I made mental health my professional focus, those of us who advocate for reform of the nation's approach to mental health have reason for hope. Our culture's sociological imagination is growing - the public becoming aware of the inadequacies of our nation's response to those who suffer from mental illness. We cannot wait until individuals are arrested to offer them mental health care, and returning to the days of institutionalization is not the answer. For over a decade, the Well has proven that "community-based" psychosocial treatment can and does work. It is the only humane approach to caring for those who suffer, and, for the church, it is the only prescription that Jesus provides - "Truly I tell you, whatever you did for one of the least of these... you did for me." - Matthew 25:40

Joshua Pulis, LCSW
Program Director

COMMUNITY MEMBER SPOTLIGHT

by Community Member, Sue Kendrick

What would we do without the Well? A lot of us would be lost. For me, the Well is a place where we can come and feel welcome. It's a place where I can come and be myself. With the Well's help, many of us have overcome a lot of problems. I am so grateful to have found out about the Well. If it did not exist, most of us would be shut in at home and would eventually end up in the hospital. When we get isolated we have the tendency to think about our illnesses and the problems we deal with. The Well, let's each one of us do what we are capable of doing. Each member has something we can do and at the Well, we have a safe place to do it. Whether it is running the cafe, helping to prepare lunch or cleaning up at the end of the day, The staff of the Well invite us to partner with them in the work. No one here judges us or tells us that we are not capable of succeeding.

We get the extra benefit of being able to go on retreats and on field trips and outings, which most of us would be unable to do if the Well did not exist. The Well is my family. It is a place where people care about each other. I don't know what I would do without it.

MISSION:

THE WELL COMMUNITY SERVES ALONGSIDE THOSE WHO STRUGGLE WITH MENTAL ILLNESS, SEEKING TO OFFER HOPE & HEALING THROUGH THE POWER OF FAITH, FRIENDSHIP & COMMUNITY.

CORE VALUES INCLUDE: FAITH, RELATIONSHIP, HOPE, RECOVERY, EMPOWERMENT AND BEST PRACTICE INTERVENTIONS

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ON THE CORNER OF 10TH ST. AND ZANG BLVD.
AT CLIFF TEMPLE BAPTIST CHURCH.



"LET'S WORK TOGETHER"

THE WORK OF THE WELL COMMUNITY WOULD NOT BE POSSIBLE WITHOUT THE PARTNERSHIP OF ITS SUPPORTERS. WE WELCOME YOUR CONTINUED SUPPORT IN 2014 AND HOPE YOU WILL CONSIDER JOINING THE 300 CLUB, BY CONTRIBUTING MONTHLY VIA YOUR BANK'S ONLINE AUTOMATIC BILL-PAY FEATURE. LET'S WORK TOGETHER AND MAKE A DIFFERENCE THIS YEAR!

FOR MORE INFORMATION EMAIL INFO@WELLCOMMUNITY.ORG

