



SEEING OPPORTUNITY

2012 - 2013 ANNUAL REPORT

Wellmore
Behavioral Health 
Wellness for a lifetime™

Wellmore Behavioral Health envisions a community where individuals are empowered to lead healthy and fulfilling lives.

Wellmore sees opportunities to improve the emotional well-being of our community in a variety of ways:

- Changing the perception of what behavioral health looks like
- Bringing visibility to community-wide issues
- Educating the public to encourage open and honest conversations
- Helping people successfully overcome emotional and physical challenges





Letter From the CEO

Seeing opportunity; opportunity to impact lives, opportunity to help people, and opportunity to increase understanding of mental health and well-being. This has been the charge of Wellmore Behavioral Health over the past year. And what a tremendous year it has been.

Wellmore has embraced the opportunity to engage people in their individual struggles and traumatic community-wide events that bring mental health wellness into the spotlight. Within these situations, our staff has seen a broader acceptance of the role behavioral health services play in society.

Wellmore is seeing the stigma surrounding mental health lessen. More people are realizing that mental health is less about the diagnosis and more about the solution – that is, helping people get on a path of wellness for a lifetime.

A key component of the solution is that clients receive unconditional compassion and expert care, so that they too can see the opportunity for healing. For a way back. For assurances that they can ultimately live their lives how they want to.

As we continue the mission, Wellmore is finding more effective and efficient ways to be visible in the community. For example, our recent change creating an ‘open access’ walk-in, no-wait list approach to the Adult Outpatient Program, enables Wellmore therapists to respond quickly to urgent needs. Additionally, Wellmore has worked with the state legislature to bring more attention to the issue of mental health funding and access in Connecticut.

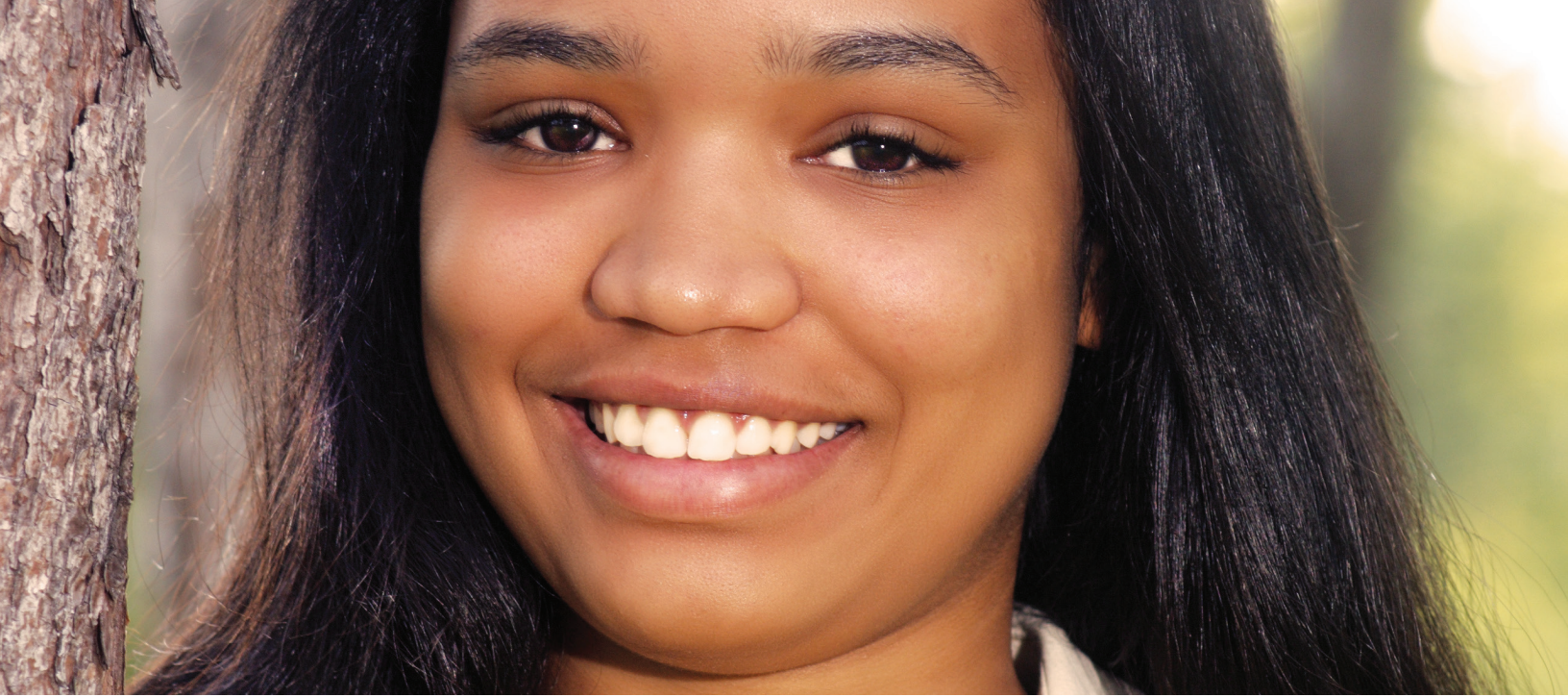
Seeing opportunity is a special talent, but also one that requires support to enact. It is through grants and individual donations that groundbreaking work is made possible. We encourage you to see the opportunity for how your gift can help to continue the increase in mental well-being in our community. **The Wellmore team, and more importantly, your friends, family and neighbors in need, thank you for your support.**

Sincerely,

A handwritten signature in black ink that reads "Gary M. Steck". The signature is written in a cursive, flowing style.

Gary M. Steck, LMFT
Chief Executive Officer

“ This year showed how vital the insight and expertise of Wellmore is in our area – from individuals struggling with recovery, to families needing to rebuild themselves, to communities left dealing with unimaginable loss. ”



Carmen's Story

“ From my first day at Wellmore to the present, it has been a life-saving experience for me, and a way back to living as I need and wanted to live. ”

“ Because of this [Adult OP] program, I am able to control my anger and express my feelings without confrontation. ”

“ Good discussions, good strategies and coping skills, and good presentations all delivered by caring staff! ”

Carmen* began at Wellmore with symptoms of depression. She exhibited low self-esteem due to bullying and a lack of emotional regulation. With a reported absence of meaningful friendships in school, she often missed days and had a low C-D grade range. In initial sessions, she was quiet, withdrawn, and often tearful. Treatment encompassed improving her overall mood, self-esteem and ability to effectively express, manage and cope with her emotions. Interventions in individual sessions included increasing communication skills, journaling, self-esteem building activities and engaging her in prosodies.

Due to her mother and father's decision to separate and divorce during treatment, Carmen also worked with her mother in family sessions. Family sessions included building communication, family support and increasing overall family harmony. Her mother was connected to adult outpatient services to help her cope with her separation and divorce. Carmen is now attending school regularly, has increased her grades to an A-B range, and is enrolled in the ROTC program at school. In addition, she is holding a part-time job. She has reported to have made many friends this school year and those relationships have been positive ones.

Carmen has said in last few sessions that she **cannot remember the last time she did not feel happy or content**. She has found confidence in herself, and finds it easier to be around others. Carmen's family agrees that she has made significant progress and now happily calls her a “regular teenage girl.”



Rebecca's Story

Rebecca* is 14 year-old Hispanic female who resides with her mother and two siblings. She has an extensive history of treatment, including five Emergency Mobile Psychiatric Services (EMPS) interventions and various other therapeutic services. EMPS was called by the middle school to talk with Rebecca as she was presenting “in crisis”— exhibiting dangerous and confusing behaviors, including shutting down, lack of energy and no motivation. The school counselor reported that Rebecca was having problems at home as well. EMPS spent time listening to Rebecca while she shared her feelings. She reported having trouble concentrating due to increased thoughts of past trauma which included sexual abuse, which was recently disclosed to her mother.

With EMPS support and intervention, Rebecca was able to identify certain coping skills that help reduce her anxiety. Rebecca was motivated to begin therapy to address her negative thoughts and emotions, and a referral was made for trauma-focused therapy. Rebecca was able to remain in school. EMPS followed up with school, and the school counselor stated that she was doing much better, is filling out daily progress sheets and is seeing appropriate support when needed. **The school counselor stated, “I don't know what you guys did, but she's made a complete turnaround.”** EMPS will continue to support the family until long-term therapeutic services are in place.

“ Wellmore is a tremendous asset to this community. ”

“ Wellmore staff have the skills, knowledge and capability to handle any situation that arises. But most of all, they have heart and are fully invested in what they do. They are truly a blessing to us! ”

“ The classes and groups are more informative and helpful then I ever imagined they would be. ”

* Indicates names have been changed to protect confidentiality.

Statement of Financial Position

WELLMORE, INC. | AS OF JUNE 30, 2013

ASSETS	2013	2012
Current Assets		
Cash and cash equivalents	\$1,605,771	\$675,679
Investments	\$626,823	\$562,564
Accounts receivable, net of allowance	\$642,483	\$786,565
Other current assets	<u>\$151,852</u>	<u>\$151,732</u>
<i>Total current assets</i>	\$3,026,929	\$2,176,540
Property and Equipment, Net	\$5,851,634	\$6,173,681
Deferred Financing Costs, Net	<u>\$23,612</u>	<u>\$25,143</u>
Total Assets	<u><u>\$8,902,175</u></u>	<u><u>\$8,375,364</u></u>

LIABILITIES AND NET ASSETS

Current Liabilities		
Accounts payable and accrued expenses	\$1,675,570	\$962,286
Deferred grant revenue	\$132,770	\$24,453
Current portion of mortgages payable	\$122,064	\$114,807
Line of credit	<u>0</u>	<u>\$250,000</u>
<i>Total current liabilities</i>	\$1,930,404	\$1,351,546
Mortgages Payable, Less Current Portion	<u>\$3,119,266</u>	<u>\$3,244,383</u>
<i>Total liabilities</i>	\$5,049,670	\$4,595,929
Net Assets		
Unrestricted	\$3,770,140	\$3,645,190
Temporarily restricted	\$82,365	\$134,245
<i>Total net assets</i>	<u>\$3,852,505</u>	<u>\$3,779,435</u>
Total Liabilities and Net Assets	<u><u>\$8,902,175</u></u>	<u><u>\$8,375,364</u></u>

Statement of Activities

WELLMORE, INC. | AS OF JUNE 30, 2013

CHANGES IN UNRESTRICTED NET ASSETS 2013 2012

Revenue, Gains and Other Support

Grants	\$12,411,584	\$11,978,216
Program income	\$6,243,555	\$6,466,836
Contributions	\$479,651	\$442,316
Fundraising activities	\$201,782	\$146,034
Rental income	\$188,830	\$241,054
Realized and unrealized gain (loss) on investments	\$36,649	(\$9,283)
Interest income	\$27,634	\$22,877
Other income	\$19,037	\$74,902
Net assets released from restrictions	\$51,880	\$51,899
<i>Total unrestricted revenue, gains and other support</i>	\$19,660,602	\$19,414,841

Expenses

Salaries and benefits	\$15,315,272	\$14,991,458
Rent, utilities, telephone and other occupancy expenses	\$1,182,956	\$1,462,457
Professional contracted services	\$1,103,252	\$969,884
Materials, supplies and other consumables	\$598,310	\$531,946
Depreciation and amortization	\$492,274	\$470,784
Rental property expense	\$324,325	\$352,315
Insurance	\$237,496	\$220,972
Transportation and travel	\$218,778	\$192,778
Other	\$125,989	\$222,881
<i>Total expenses</i>	\$19,598,652	\$19,415,475
<i>Increase (decrease) in unrestricted net assets</i>	\$124,950	(\$624)

Changes in Temporarily Restricted Net Assets

Net assets released from restriction	(\$51,880)	(\$51,889)
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Change in Net Assets \$73,070 (\$52,523)

Net Assets - Beginning of Year \$3,779,435 \$3,831,958

Net Assets - End of Year \$3,852,505 \$3,779,435

Where Hope Meets Help

With your support, Wellmore is creating real and measurable results throughout the community.



12,500

Clients Served Annually

85% of the adults surveyed who received outpatient services said it helped them deal more effectively with their reasons for being in treatment.

90% of all Wellmore clients surveyed would recommend our services to family and friends.

1,347 clients called 2-1-1 and received EMPS services.

90% of IICAPS clients surveyed rated the quality of services good to excellent.

Ansonia
Barkhamsted
Beacon Falls
Bethel
Bethlehem
Bridgeport
Bridgewater
Brookfield
Canaan

Cheshire
Colebrook
Cornwall
Danbury
Derby
Goshen
Hartland
Harwinton

Kent
Litchfield
Middlebury
Morris
Naugatuck
New Fairfield
New Hartford
New Milford

Newtown
Norfolk
North Canaan
Oxford
Prospect
Redding
Ridgefield
Roxbury

Salisbury
Seymour
Sharon
Shelton
Sherman
Southbury
Southington
Thomaston

Torrington
Warren
Washington
Waterbury
Watertown
Winsted
Wolcott
Woodbury

49

Towns Serviced From 12 Office Locations

Donors 2012-2013

Affiliations

- Advanced Behavioral Health
- Child FIRST
- City of Derby
- City of Shelton
- Connecticut Community Foundation
- Connecticut Health & Development Institute
- Favor, Inc.
- Naugatuck Public Schools
- The State of Connecticut Children's Trust Fund
- The State of Connecticut Department of Children and Families
- The State of Connecticut Department of Correction
- The State of Connecticut Department of Mental Health
- The State of Connecticut Department of Mental Health and Addiction Services
- The State of Connecticut Judicial Branch, Court Supported Services Division (Adult and Juvenile Services)
- The Connecticut Office of Victims' Services
- Saint Mary's Hospital
- Staywell Health Care, Inc.
- The City of Shelton, Board of Education
- The Exchange Club Family Life Foundation of Greater Waterbury
- The United Way of Greater Waterbury
- The United Way of Naugatuck and Beacon Falls
- Waterbury Development Corporation
- Watertown Public Schools
- Valley United Way
- The Connection, Inc.
- Yale School of Medicine, Department of Psychiatry
- Yale University's Child Study Center

Gifts of \$15,000 or more

- The Saunders Fund

Gifts of \$10,000 or more

- Connecticut Community Foundation
- The Leever Foundation
- United Technologies Realty

Gifts of \$5,000 or more

- Al-Tek Instrument
- Archbishops Annual Appeal
- Demsey Manufacturing Company, Inc.
- Naugatuck Savings Bank Foundation
- UniMetal Surface Finishing, LLC
- WANHO
- Webster Bank

Gifts of \$2,500 or more

- Base Technologies
- Chittenden Group
- Exchange Club of Madison
- KBE Building Corporation
- Laurie Yelding & David Brinckerhoff
- Mr. & Mrs. Steve & Anna Forino
- Mr. Tony Mancini
- Ms. Shari Reilly
- Naugatuck Valley Savings & Loan
- Recovery Network of Programs Inc.
- Reid & Riege, P.C.
- Resource Development Associates
- Smith Brothers Insurance, Inc.
- Town of Seymour
- USI Insurance Services of CT, Inc.

Gifts of \$1,000 or more

- Alere Toxicology
- Bill Wildman Floor Covering, Inc.
- Blasius Chevrolet Cadillac, Inc.
- Blum Shapiro
- Bunker Hill Pharmacy, Inc.
- City of Derby
- Cly-Del Manufacturing Company

- Copes Rubbish Removal, Inc.
- Copy-Rite
- Crystal Rock
- Dain Junget Cleaning Services
- Dr. Christopher Young
- Dumouchel Paper Co.
- ENCO Environmental Consulting & Contracting, LLC
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- Gilbert & Jones Co., Inc.
- Hertzmark, Crean & Lahey
- Jackson Lewis LLP
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- Mr. & Mrs. Kenneth Russo
- Mrs. Caren Bouchard
- New England Nurseries, Inc.
- Saint Mary's Hospital
- The Platt Brothers
- United Way of Central & Northeastern CT
- United Way of Western & Central CT
- Waterbury Pharmacy

Gifts of \$500 or more

- 3M
- Aetna
- Albino Chiropractic
- American Millwork and Lumber LLC
- Attorney Franklin G. Pilicy
- Braxton Manufacturing Co., Inc.
- Bushka Lumber & Millwork Company, LLC
- Cadi Company, Inc.
- Carpin Manufacturing, Inc.
- Cohn Reznick
- Corso Printing & Engraving, Inc.
- Dr. & Mrs. Peter Jacoby
- Employers Reference Source, Inc.
- Exchange Club of Durham, Inc.
- Eyecare Center of Waterbury, LLC
- Frankie's
- Gar-Kenyon Technologies

Donors 2012-2013 Cont.

- Hubbard Hall, Inc.
- John & Sue Krinsky Family Gift Fund
- Lombard Group
- MacDermid, Inc.
- Main Street Financial Group, LLC
- Morgan Stanley Smith Barney
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- Ms. Kathleen McPadden
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- Shipman & Goodwin, LLP
- Truelove & Maclean
- United Way of Coastal Fairfield County, Inc.
- USA Hauling & Recycling
- Waterbury Exchange Club
- WATR Sunshine Fund

Gifts of \$250 or more

- Albert Brothers, Inc.
- All About Service S & P Carting, Inc.
- American Rooter
- ASG University of Connecticut
- Astro Electric
- Atlantic Steel & Processing
- B & D Contractors
- Carby Corporation
- Chase Parkway Memorial
- CIL Development Incorporation
- Colasanto Funeral Home
- CT District Exchange Club
- Diamond Roofing
- Discount Desk, Etc.

- Discount Power, Inc.
- Dr. M. Alex Geertsma
- Dr. Peter Zilahy
- Fairfield Communications
- Family Pest Control
- Gem Manufacturing
- Gianni & Sons Inc.
- Graham Massey Analytical Labs
- GSS Industries, LLC
- H & T Waterbury, Inc.
- Ideal Meat Market
- Innaimo Chiropractic
- Levin, Powers & Brennan
- M.J. Fahy & Sons
- Mahaney, Geghan and Sullivan
- Maple Hill School
- Mattatuck Industrial Scrap Metal, Inc.
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- Mr. & Mrs. Selim Noujaim
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- Mrs. Catherine Scheidel
- Ms. Maryanne Cacace
- Mutual Security Credit Union
- Nardelli's Grinder Shoppes
- R&R Pallet Corporation
- Ram Welding
- Roost Powersports
- Sarracco
- Secor, Cassidy & McPartland
- Shaker's Family Ford Lincoln

- Siemon Realty Company
- Stewart EFI Connecticut, LLC
- Stoll's Pharmacy
- Sturges and Mathes
- Summit Corporation of America
- Testa Building & Remodeling LLC
- Thomaston Oil
- Torrington Supply Company, Inc.
- Traver IDC
- United Way of Western & Central CT
- W.H. Pickett Drug Co.
- Wesson Energy, Inc.
- Yamin and Grant LLC

Gifts of \$100 or more

- ABH Freight
- Advantage Sheet Metal
- Aflac
- Bemak Traffic Services, Inc.
- Breitenecker & Associates
- Capitol Consulting LLC
- Carey Manufacturing Company
- Connecticut District Exchange Club
- DDL Enterprises, Inc.
- Diversified Financial Solutions, PC
- Dornenburg Group
- Dr. Ellen Fischbein
- Dr. Marcy Kane
- Dr. Richard Strompf
- East Coast Lighting Equipment
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Donors 2012-2013 Cont.

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-Ms. Veronica Nieves Rodriguez
-Ms. Victoria Bosse
-Porzio Law Offices LLC
-Progressive Scale & Label System, LLC
-Realty 2000
-The Honorable and Mrs. Paul Matasavage

Gifts of \$25 or more

-Church of the Nativity
-DiFrancesco Insurance Agency, Inc.
-Dr. Mark J. Cantin, D.D.S
-Model Garage
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-Ms. Harriet Fotter
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-Ms. Linda Bosse
-Ms. Tonya Plefka
-Notre Dame Convent
-StayWell Healthcare, Inc.
-United Way of MA Bay & Merrimack Valley
-United Way of Northwest Valley CT
-Waterbury Youth Services

In Kind

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-Corso Printing & Engraving, Inc.
-Joe's Cigar Shop
-LaTavola Ristorante
-Mr. David Lepore
-Mr. George LaCapra Jr.
-Mr. Joe D'Ambrosio
-Mr. Tony Mancini
-Universal Printing
-USI Insurance Services
-Webster Bank

Contact Us

Corporate Office:

141 East Main St., Waterbury, CT 06702
P: 203-574-9000 F: 203-574-9006

Child & Adolescent Services:

70 Pine St., Waterbury, CT 06710
203-756-7287 OR 1-855-WELLMORE (935-5667)
F: 203-596-0722

Adult Services:

402 East Main St., Waterbury, CT 06702
P: 203-755-1143 F: 203-753-3274

www.wellmore.org



Donate & Get Involved

Why do people support Wellmore? We've shown them the need, and we've asked. They understand what their donation will support, and that their gift will make a difference.

This is where you come in. We encourage you to make a gift that will touch your heart and your neighborhood. We also realize that these tough times may necessitate some cutting back on donations. So, we offer you some equally meaningful ways to get involved as a volunteer.

Learn more at:

wellmore.org/donate-get-involved/



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