

Providing creative
solutions to critical
community needs.

Improving outcomes through open access to treatment.



A letter from our Medical Director.

Taylor is a 12 year old girl with major depression. A lover of band and art, her troubles started in 7th grade when she began to be bullied. Her mother and the teachers intervened and thought the problem was addressed when the bullying appeared to stop at school. It did not stop however; as an internet site was created to specifically target Taylor. Cyberbullying led to worsening self-esteem and ultimately suicidal thoughts.

Eric is a 32 year old man, once a local high school basketball star. After an ankle injury and an unsuccessful surgical repair, he was placed on opioid pain pills by his surgeon. Within weeks he was opioid dependent and transferred back to his primary care to continue his management. After being cut off from opioid pills by his doctor, he sought the pills from 'the street' to manage the withdrawal and pain. Eventually he could no longer afford the opioid pills and was introduced to the much less expensive opioid, heroin. He ultimately overdosed.

Taylor and Eric are not atypical of the many children, adolescents and adults who seek care and recovery at Wellmore. One in 5 children in the US suffer from mental illness; fifty percent of which begins prior to age 14. The average delay between onset of symptoms and treatment intervention is between 8-10 years. We have to do better. At Wellmore we are.

In this past year the children and adolescent outpatient department has reformatted itself both in design and location. With our 'open-access' model families can walk in for an assessment to identify and evaluate their specific mental health needs. Each client is then triaged to targeted evidence based treatments. In new modern facilities in downtown Waterbury, kids and families can feel safe and supported. It is here where children like Taylor can learn to identify and manage suicidal thoughts and with support and instruction build skills and resilience.

Two blocks away, Eric, who has recovered from his overdose, enrolled in Wellmore's intensive outpatient program. Here he has learned about the disease of addiction, has found support and guidance and enrolled into a medication assisted treatment program. With medication designed to stop withdrawal, diminish cravings and thoughts of using, coupled with structured group therapy, Eric has been able to repair his life and begin to pursue his dream, to be a basketball coach.

At Wellmore we continue to review the latest behavioral health and addiction science advances and to implement research-supported treatments to improve outcomes and give our community members the best chances to manage and recover from mental illness and addiction.

Christopher Young, MD
Wellmore Medical Director

In new modern facilities in downtown Waterbury, kids and families can feel safe and supported.

Behavioral health and addiction services for children, adults and families.

Early mental health screening, crisis intervention in our schools, and the availability of appropriate services are vital for our community mental health system and remain the goals of Wellmore's Emergency Mobile Psychiatric Services (EMPS).

EMPS responds to children and adolescents in community settings who are experiencing a behavioral health crisis. Our trained clinicians respond to calls with an on-site visit to homes, schools, pediatrician offices, virtually anywhere a child who is in behavioral health crisis may be. A clinical evaluation is completed that focuses on maintaining the child safely in their home or community setting and providing follow-up care to stabilize the child. Once this is achieved, we connect the child and family to longer term treatment and supportive services.

“Wellmore is the best place I could ever imagine.”

*- Mandy
Child Outpatient*

Enhancing success through school partnerships

Our special focus for EMPS is building relationships with schools. We strive to provide schools with an on-site behavioral health crisis response throughout the school day. Our team's goal is to respond to schools within a 45-minute timeframe and offer evaluations and supportive interventions that increase the likelihood of a child's capacity to remain at home and be successful in school.

Our EMPS program works to build collaborative relationships with school staff and counselors which supports the behavioral health response that is already available within the schools throughout the northwestern region of CT. To activate a mobile crisis response and get support for a child near you, please dial 211 and ask for the nearest EMPS team.

90%

of EMPS calls were responded to with an on-site family visit.

* Some families request phone-only intervention response.

70%

of children served in our IICAPS program during the 2015 fiscal year experienced a decrease in symptoms.

97%

of the children served in our Functional Family Therapy program were discharged successfully, remained in the community and exhibited improvement.

Joining forces against the growing heroin epidemic.

According to statewide data from the Connecticut Department of Mental Health and Addiction Services (DMHAS), from 2010 to 2014, the most common primary abused substance reported by clients upon admission to treatment was heroin. This report also indicated an increase from 10,806 people in 2010 to 15,642 in 2014, all reporting heroin use.

In 2014, the total number of deaths from opioid overdoses in Connecticut was 512. There were 278 opioid overdose fatalities already in the first six months of 2015.

In response to this continued rise in abuse and overdoses, Wellmore established a community partnership with the local Federally Qualified Health Center (FQHC), StayWell Health Care, to develop a specialized onsite program utilizing Suboxone as a way of addressing this rising epidemic. The result was the OASIS Clinic, a program of StayWell in partnership with Wellmore.

OASIS Clinic provides cutting-edge Suboxone treatment

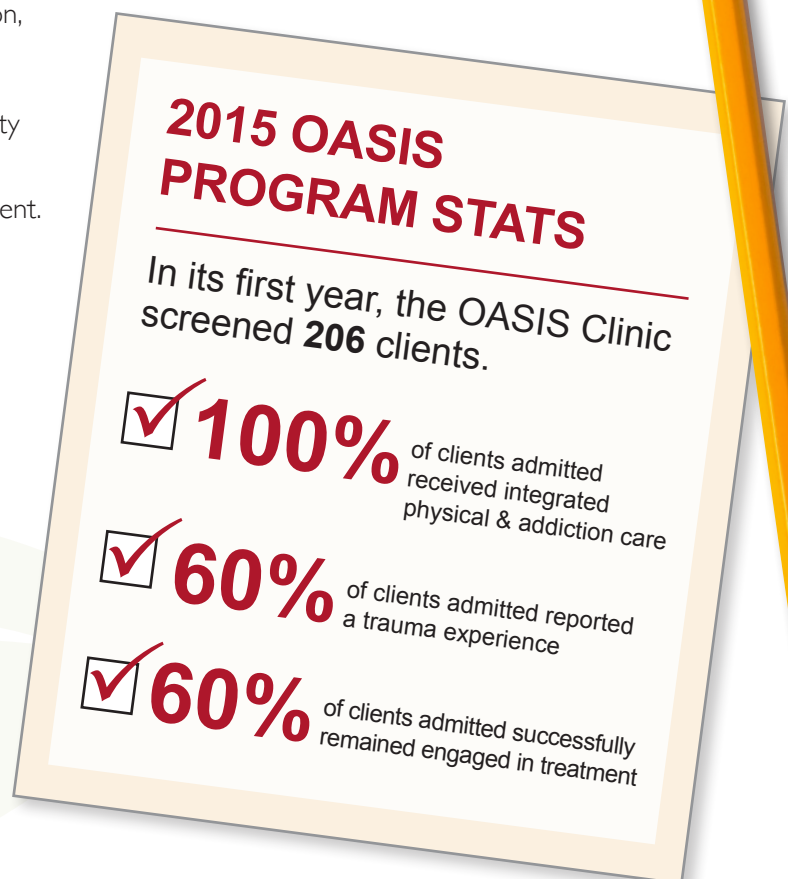
Suboxone is a medication that helps individuals who have become addicted to opioids (heroin, Percocet, OxyContin, etc.), and are having difficulty stopping use. The OASIS Clinic offers Suboxone in tandem with individualized client treatment plans that may include medication management, intensive outpatient therapy, and case management.

Typically treatment will include multiple components and be provided in four phases: Induction, Stabilization, Maintenance, and Transition to Community Care.

The final phase of treatment, Transition to Community Care, occurs when the client feels ready to sustain recovery without further need for Suboxone treatment. Group treatment may continue for several months following the cessation of Suboxone treatment.

Each treatment component is matched to client need and preference, and may include medication management, intensive outpatient therapy, group therapy, and case management.

In total, the OASIS clinic offered 1,248 services, including evaluations, medication management visits, and individual and group therapy sessions.



A client's journey back from addiction.

My journey at Wellmore began in November of 2014, four days after Halloween to be exact. I had spent the previous five days at the Rushford facility in Middletown where I was detoxing from a 10-year addiction to prescription painkillers.

Following my detox, a clinician at Rushford advised me about rehab. She said without a rehab program I would most likely relapse; probably within a week. Because I was serious about my recovery for the first time in my life, I asked the clinician if she could recommend a facility close to my home in Waterbury.

She immediately suggested Wellmore. "Are they any good?" I asked. "They are the best," she answered without hesitation.

A day later, sitting in the waiting room at Wellmore, I filled out paperwork detailing my decade of addiction. I started taking pills randomly in my mid-twenties. It wasn't long before pills took full control of my life. All of my money was spent on my habit. When I didn't have the money, I would do anything to get it. I would steal from friends and family. I pawned my laptop and flat screen TV. All I cared about was my addiction and I would do whatever it took to feed it.

Based on my extensive history of pill addiction the intake specialist at Wellmore recommended I enroll in the Intensive Outpatient Program (IOP). I was advised to attend the program 3 hours a day, 5 days a week for 7-10 weeks. She said if I wanted the program to work I had to take full advantage of what it had to offer, and thankfully I did.

I graduated from the IOP program 7 weeks later, and was actually a little sad when it ended. I met a lot of great people at Wellmore; I still talk to many of them today, 14 months after my graduation.

I am still very much a part of the Wellmore community and participate in their groundbreaking OASIS program that helps opiate addicts maintain sobriety through group meetings and the miracle drug Suboxone.

I am happy to say I've been drug free for 14 months. I have a great support system in place between family, close friends, and of course, the staff at Wellmore.

*I am still very
much a part of
the Wellmore
community and
participate in their
groundbreaking
OASIS program.
- Roger*



SUCCESS BY THE NUMBERS

11,500

Total clients served annually

**WATERBURY
ADULT INTENSIVE
OUTPATIENT
PROGRAM (AIOP)**

97%

Clients reported they were not rearrested.

82%

Clients reported improved treatment outcomes.

67%

Clients reported abstinence or reduced drug use.

**CASE
MANAGEMENT
SERVICES**

97%

Clients expressed satisfaction with access to treatment.

**CHILDREN'S
OUTPATIENT
SERVICES**

60%

of children reported a significant decrease in their problematic behavior that they sought treatment for.

MORRIS HOUSE

100%

Clients reported satisfaction with the quality of the service.

CHILD FIRST

75%

of families served experienced an improvement in the quality of their child-caregiver relationship, leading to healthier parenting.

Making a difference every day.

Our teams of employees are the heart and soul of Wellmore. They care for our community every day, going above and beyond to give hope and understanding to our clients and ensuring each one receives services and support they need to become healthy and whole individuals.



William Nieves MSW, LMSW MST-BSF Clinician

"Wellmore helps people discover their strengths they have to move forward with their lives seemingly under impossible circumstances. We don't give up. What I like about my job is that I can "join" the families to help them achieve some goals and be part of and enjoy their success."



Our medical and nursing team

Pictured from left to right front row: Sylvia Santos, Med. Asst.; Christopher Young, MD; Bhagya Reddy, MD. Back Row: Tabassum Ali, APRN and Janice Veillette-Carey, APRN



Jeanette Mina-White, BA Early Childhood Care Coordinator

"What is great about Wellmore is that there are so many opportunities for people to receive hope, help, guidance, and support to strengthen them. There is no one-size-fits-all treatment, and Wellmore provides a variety of styles, from home-based, outpatient, inpatient, short term or long term treatment."



Monique Dagraca Adult Outpatient, Admin & Therapeutic Shelter, Counselor Aide

"Wellmore has given people a second chance for a healthy, clean, and sober life-styles. I have seen many people do well by following through with further treatment after leaving inpatient care. Many have gotten back into the workforce and have housing. The work done for people in our community is truly amazing."



Chris Desroches Morris House Team Leader

"The most rewarding part of my job is the relationships developed over the years with the individuals I served. Former residents I served in our adult outpatient department for over nine years still come by and let me know they are okay. They know we are always there to help."

Raising awareness and community support.

Community-wide events put the spotlight on the widespread impact of mental health and addiction on children, adults and families, regardless of color or socio-economic means.

Annual “Links Fore Hope” Golf Classic

Year after year, this event increases in popularity and participation, bringing together influential community and business leaders. Their generous support allows us to continue providing essential behavioral health services and treatment to adults, children and families in our communities.



Conversations with Senator Chris Murphy

A member of the Senate Health, Education, Labor and Pensions Committee (HELP) Senator Chris Murphy has been holding a series of conversations in communities across the state to take a closer look at the issue of mental health. These sessions allow the Senator and his staff to gain a better understanding of the complexities of this issue and what actions he can take on the federal level to address improvements for providers and patients alike.



HopeGiver Event

Gary and Michelle Steck welcomed 75 guests to the annual HopeGiver event held at the Waterbury Country Club. The event raised \$25,000, and those in attendance were moved by a Wellmore client's story about his struggle with a 10-year opioid addiction.



2015 Archbishop's Annual Appeal

In 2015, Wellmore was one of three award recipients of the Vicariate Outreach Program as part of the Archbishop's Annual Appeal. Awards were distributed at the appeal's annual Circle of Charity Dinner. In the photo, Archbishop Leonard P. Blair presents a check for \$18,000 to Wellmore CEO, Gary Steck.





#PeopleMatter

Wellmore representatives joined in the #PeopleMatter event urging the Governor and legislative leaders to make nonprofit community providers a top priority in their budgetary decisions. #PeopleMatter believes that supporting the nonprofit health and human service system must be a key principle because it provides critical aid to our most vulnerable citizens and drives economic activity and employment.



Waterbury Regional Chamber 2015 Organizational Excellence Award

The Chamber's Health Care Council honored Wellmore with its 2015 Organizational Excellence Award for its innovative, lifespan-oriented community behavioral health model dedicated to continually providing behavioral health services that are more advanced, more readily available and more effective.

Give Local

Connecticut Community Foundation's "Give Local" event is a 24-hour social media campaign that raises money for local non-profit organizations. For the second year in a row, Wellmore received the most donations – raising a grand total of \$18,146, including cash incentive prizes and matching gifts.

Volunteer Spotlight

Breaking the silence.

Wellmore volunteer Alison Skratt comes from an upper middle class family. Her brother is a doctor; her father an aerospace engineer. Until recently, like so many families, she never shared the fact that a member of her family has struggled with mental health issues for most of her life.

"My sister spent at least 10 years essentially homeless, living in an RV," Alison said. "She had three children and they were all taken away – two were adopted within the family and the third was adopted through foster care."

"The truth is that almost everyone can name a family member who has struggled with mental health or substance abuse challenges. My son and I volunteered at Wellmore's Women and Children's Program so he could learn this first hand and I could add my voice to the conversation."

The pair cleaned the kitchen, dining room, and hundreds of toys in the building's playroom. They also spent time playing

with a 4-year-old boy living there. "He quickly embraced my son as a new playmate and began using him as a role model, copying each new thing he saw my son do," Alison said. "It was a delightful time, but I knew that after we left, he would return to a reality where his non-family role models were quite different."

"We came away with a greater understanding of the role that chance plays in our lives and how those of us who have ended up on the favorable side of chance should go out of our way to lend a hand to those who have not," she said.



Statement of Financial Position — For the years ending June 30, 2015 and 2014

*“I’ve been
to different
IOP’s before
and this is
head and
shoulders
above all
the rest.”*

*- Latoya,
Adult
Outpatient*

	2015	2014
Current Assets		
Assets		
Cash and cash equivalents	\$ 1,780,809	\$ 1,556,813
Investments	719,573	673,890
Accounts receivable, net	688,899	673,805
Other current assets	591,360	244,046
Total Current Assets	3,780,641	3,148,554
Property and Equipment - net	4,989,558	5,282,703
Deferred Financing Costs - net	20,245	21,937
Total Assets	\$ 8,790,444	\$ 8,453,194
Liabilities and Net Assets		
Current Liabilities		
Accounts payable and accrued expenses	\$ 1,922,568	\$ 1,612,881
Deferred grant revenue	371,744	303,784
Current portion of mortgages payable	158,642	151,493
Total Current Liabilities	2,452,954	2,068,158
Mortgages Payable - less current portion	2,797,862	2,955,206
Total Liabilities	5,250,816	5,023,364
Net Assets		
Unrestricted	3,502,905	3,375,269
Temporarily restricted	36,723	54,561
Total Net Assets	3,539,628	3,429,830
Total Liabilities and Net Assets	\$ 8,790,444	\$ 8,453,194

*“One on one therapy has been the best thing for my
daughter but group therapy has helped cement the
ideas an skills you have taught because of shared
experiences with the others.”*

- Rachel, Child Outpatient Parent

Statement of Activities — For the years ending June 30, 2015 and 2014

	2015	2014
Change in Unrestricted Net Assets		
Revenue, Gains and Other Support		
Grants	\$ 12,182,756	\$ 11,928,106
Program income	5,672,941	5,432,171
Contributions	237,238	304,409
Fundraising activities	229,335	197,509
Rental income	132,636	157,906
Realized and unrealized gains on investments	-	24,065
Interest income	21,308	68,639
Other income	21,945	15,735
Net assets released from restrictions	17,838	27,804
Total Unrestricted Revenue, Gains and Other Support	\$ 18,515,997	\$ 18,156,344
Expenses		
Salaries and benefits	\$ 14,569,580	\$ 14,474,153
Rent, utilities, telephone and other occupancy expenses	1,175,257	1,167,579
Professional and contracted services	833,547	898,322
Materials, supplies and other consumables	600,235	512,940
Depreciation and amortization	305,129	409,848
Insurance	264,486	253,164
Transportation and travel	205,128	211,819
Other	99,966	94,179
Rental property expense	335,033	285,104
Total Expenses	\$ 18,388,361	\$ 18,307,108
Changes in Unrestricted Net Assets	\$ 127,636	\$ (150,764)
Changes in Temporarily Restricted Net Assets		
Net assets released from restrictions	\$ (17,838)	\$ (27,804)
Change in Net Assets	\$ 109,798	\$ (178,568)
Net Assets - Beginning	\$ 3,429,830	\$ 3,608,398
Net Assets - End	\$ 3,539,628	\$ 3,429,830


“The clinical team sent to my house was a perfect fit! They have been a tremendous help and I would not hesitate to recommend Wellmore.”

*- Lorena,
IICAPS Client*

Affiliations

Wellmore partners with, maintains an affiliation with, or is funded by:

- Advanced Behavioral Health
- Child FIRST
- City of Shelton
- Connecticut Community Foundation
- Connecticut Health & Development Institute
- Corporation for Independent Living
- Favor, Inc.
- Franklin Medical Group
- Functional Family Therapy Services
- Institute of Family Development
- Leever Foundation
- McCall Foundation
- Midwestern Connecticut Council on Alcoholism
- Multisystemic Therapy Network Partner Organizations
- Naugatuck Public Schools
- Saint Mary's Hospital
- Shelton Public Schools
- StayWell Health Care, Inc.
- St. Mary Magdalen School
- The Connection, Inc.
- The Department of Justice
- The Exchange Club Family Life Foundation of Greater Waterbury
- The CT Office of Early Childhood
- The State of Connecticut Department of Children and Families
- The State of Connecticut Department of Correction
- The State of Connecticut Judicial Branch:
 - Court Support Services Division
 - Office of Victims Services Division
- The State of Connecticut Department of Mental Health and Addiction Services
- The State of Connecticut Department of Public Health
- The United Way of Greater Waterbury
- The United Way of Naugatuck and Beacon Falls
- The Watertown Foundation
- Town of Seymour
- U.S. Department of Justice
- Valley United Way
- Watertown Public Schools
- Yale School of Medicine, Department of Psychiatry
- Yale University Child Study Center



*“The program and staff
have done great work with
my son. I have seen a huge
improvement in his behavior.”*

*- Marcel,
Child Outpatient Parent*

Donors 2014 - 2015

Gifts of \$75,000 or more

-United Way of Greater Waterbury

Gifts of \$50,000 or more

-United Way of Naugatuck & Beacon Falls

Gifts of \$25,000 or more

-Glenn & Jill MacInnes*

Gifts of \$15,000 or more

-City of Shelton Board of Education
-Newtown Board of Education
-The Exchange Club Family Life Foundation of Greater Waterbury

Gifts of \$10,000 or more

-Archbishop's Annual Appeal

Gifts of \$5,000 or more

-Al Tek Instruments*
-City of Waterbury
-Ion Bank Foundation
-Naugatuck Public Schools
-Mr. & Mrs. Gary Steck*
-The Leever Foundation
-United Technologies
-Valley United Way
-Watertown Public Schools

Gifts of \$2,500 or more

-Base Technologies
-Cigna
-Diamond Roofing
-Exchange Club of Madison
-Mr. Varun Kumar
-Naugatuck Valley Savings & Loan
-Recovery Network of Programs Inc.
-Reid & Riege, P.C.*
-Resource Development Associates
-Schuster Driscoll, LLC
-Smith Brothers Financial, LLC
-UniMetal Surface Finishing
-USI Insurance Services LLC
-WANHO
-Webster Bank

Gifts of \$1,000 or more

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-Ducci Electrical Contractors
-Employer's Reference Source, Inc.*
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-Mr. & Mrs. James Smith*
-Karen Stary*
-Mr. & Mrs. David Steck*
-St. Mary's Hospital
-Triple Stitch
-United Way of Central & Northeastern CT
-United Way of Coastal Fairfield County, Inc.
-Worker's Compensation Trust
-Drs. Christopher and Jenny Young*
-Rich Zlatkus

Gifts of \$500 or more

-American Millwork & Lumber LLC
-Blasius Chevrolet Cadillac, Inc.*
-Braxton Manufacturing Co., Inc.
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-Mr. Christopher Martin*
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-Shepherd Steel
-Traver IDC
-Triple Play Sports
-Ultimate Concrete
-Vaz Quality Works
-Mr. & Mrs. Douglas Veillette*
-Mr. Bruce Wandelmaier*
-Waterbury Exchange Club Charitable Foundation
-Linda Wihbey
-Ms. Laurie Yelding

Gifts of \$250 or more

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-Albert Brothers Inc.*
-American Rooter
-Anesthesia Associates of Torrington*
-Astro Electric, Inc.
-Atlantic Steel & Processing
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-B & R Plumbing
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- Suburban Stationers, Inc.
- United Way of Greater Portland
- USA Hauling & Recycling
- Winter Bros. Waste Systems, CT

Gifts of \$100 or more

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- Marta Alvarado

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- Lauren O'Neill
- Ms. Maureen Pennington
- Joyce Petrisko*
- Jane Pinho*
- Robert Plant
- Margaret Plekan
- Jim Post
- Judith Post
- Anthony & Diane Prall
- Dave Puentas
- Dr. Bhagya Reddy
- Mary Elizabeth Reid
- Caron Reilly
- Elizabeth Reilly
- Jennifer Rimick
- Barbara Romblad
- Cathy Roosa
- Allen & Ann Marie Rose

- Kevin Ryan
- Patricia Ryan
- Mr. Peter Rydel
- Kenneth Sandberg
- Louis Sbar
- Ms. Margaret Serafin
- Cassandra Sherman
- Ms. Terri Smolley*
- Michael Soneson
- Wendy Soneson
- Danielle Soucy
- Eilleen Sullivan
- Kim Sullivan
- Taft School
- Ms. Beverly Tontini
- Paula Van Ness
- Ms. Amy Vitale
- Lynn Ward
- Waterbury Regional Chamber
- Patrick & Laurie Wilson
- Mr. Bob Williams
- Rebecca Williams
- Stephen Zippilli
- Ms. Catherine Zupkus

In Kind

- Blessed Sacrament Church
- Carmody Torrance Sandak & Hennessey LLP
- Chemtura Corporation
- First Congregational Church
- Holy Cross High School
- Evan Jackson
- Middlebury Congregational Church
- Naugatuck YMCA
- Robert Orintas
- Platt Brothers
- Post University
- Adriana Racki
- St. John of the Cross Church
- St. Joseph & St. Patrick Churches
- Waterbury Elks Lodge #265
- Waterbury Exchange Club
- Wolcott Exchange Club

* Indicates HopeGiver