

10TH ANNIVERSARY EDITION



WELLSPRING

M A G A Z I N E



**SHATTERING
THE STIGMA!**



At Keyes, it's about more than just real estate, it's about taking care of people. That's why we are proud to stand with Wellspring Counseling in their mission to Shatter the Stigmas of Mental Health.

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ADVICE YOU CAN TRUST.
INSIGHTS THAT LEAD TO EMPOWERMENT.**

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LETTER FROM THE PRESIDENT



Supported by friends, mentors and Christian leaders, Christine Schlottman and I founded Wellspring in 2009, to fill gaps in our community.

Wellspring was founded to provide **a safe place for people of faith** to receive professional, skilled counseling and also to include spirituality in their emotional healing. While we serve and respect people of any faith or no faith, our therapists are able to support clients who desire to discuss how God interacts with the struggles of their lives.

Wellspring fills gaps in the **continuum of care** for mental health services in Miami. By providing in-person outpatient therapy for "everyday issues", we fill the gap between hospitalizations and Telehealth. We fill a care gap for churches by referring our clients for pastoral or community support, and we receive referrals from ministry leaders for more severe mental health issues. We network with community organizations and professionals to fill the gaps needed for holistic care, and we support some of these organizations with mental health training for their staff. By being cross-denominational in our staff, site locations, and partner affiliations, Wellspring also creates a continuum of care across the Christian community, bridging resources throughout Miami-Dade.

Wellspring fills a **quality of care** gap by raising funds to provide vision, branding and oversight of its practices. Because mental health loses money as a health specialty (it costs more to provide it than insurance will reimburse), practitioners tend to set up small practices with as little overhead as possible and minimal supervision. Without an organization to ensure quality oversight, training, and to measure effectiveness, patients are left with a financially and emotionally expensive process of trial and error to find a quality therapist.

As a nonprofit, Wellspring is **able to raise funds** for financial aid and outreach education. We apply for grants for financial aid for clients and for community programs, such as our Bounce program for traumatized teens. We provide mental health education through the radio, podcasts, newsletters, and seminars about mental health topics such as wellness, marriage, parenting and healthy habits.

Wellspring exists to bring about **transformational change**. We have had many challenges and successes in the last ten years as we have attempted to bring healing to our community and to shatter the stigmas of mental health. We have grown exponentially because the needs are real and God has given us His favor. As we continue to fill the gaps over the next ten years, we know that these transformational changes will impact not only individuals, but families and communities for generations to come.

Sincerely,

Tova Kreps, President of Wellspring Counseling



Tova Kreps, LCSW & Christine Schlottman, LMHC

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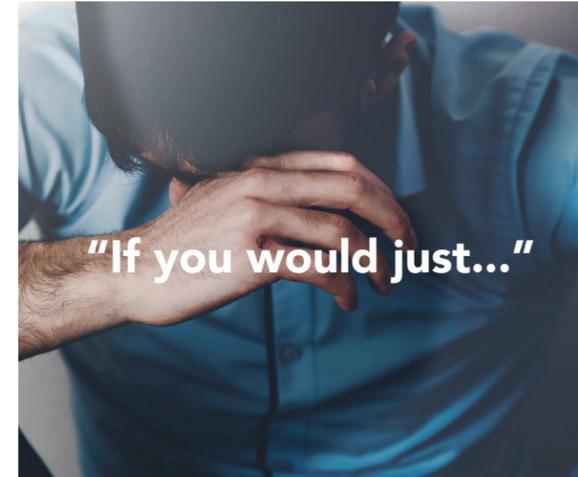
FRIENDS OF WELLSPRING

Dr. Gary Johnson
Al Merritt
Israel Kreps
Eric Schlottman

SPECIAL THANKS FOR SUPPORT FOR THIS EVENT

Claudia Glasson, *Wellspring Board of Directors, Chair of Wellspring Board of Influence, Event Director*
Esther Castleman, *Wellspring Board of Influence, Silent Auction Coordinator*
Madeleine Burke, *Wellspring Board of Influence, Event Spokesperson*
John McWhirter, *Owner of Shiny New Content-- Executive Producer of Shattering the Stigma videos*
90.9 Life:FM
Al Merritt, *Social Entrepreneurial Enterprises*
Marion Angel Fraser, *Dance Empire*
Thanks for support before the event
Jeff Reed, *TheChurch.digital*
Run51 *for support leading up to the event*

THE STIGMAS



IT'S THEIR FAULT

- Poor choices
- Lack of effort or personal discipline
- Lack of faith
- Poor parenting

THEY SHOULD BE AVOIDED

- They can't be good employees or friends
- They are dangerous

THEY SHOULDN'T TALK ABOUT IT

- Blame and misunderstandings create shame & secrecy

THE EFFECTS OF THE STIGMAS

REJECTION (NAMI)

- Isolation
- Joblessness
- Bullying

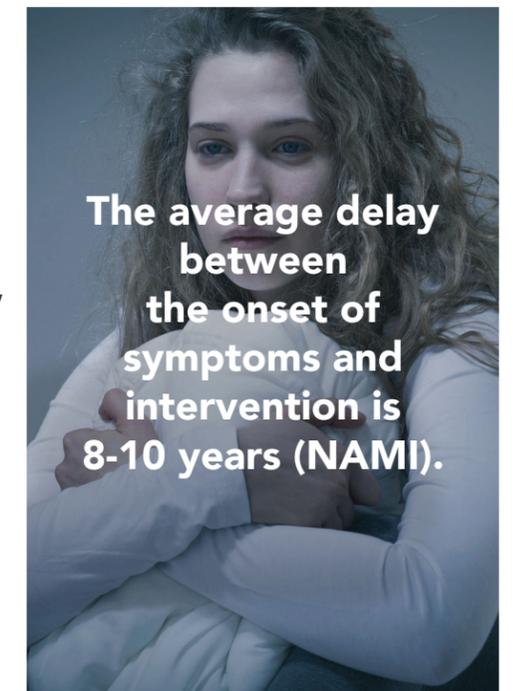
DELAY OF GETTING HELP & SLOWER RECOVERY (NAMI)

- Even though most people can be successfully treated, less than half of the adults in the U.S. receive the help they need.
- Longer and more challenging recovery because of isolation, shame, and delay of help (NAMI).

SHAME AND SELF-STIGMA

- Blame, simplistic advice, misunderstandings
- Secrecy
- Family response

MISINFORMATION ABOUT MENTAL ILLNESS



Rosemary Jensen

Founder and President of The Rosemary Jensen Bible Foundation
2017- present

Founder and President of The Rafiki Foundation
1985-present

General Director of Bible Study Fellowship
1980-2000

I would like to express special gratitude and give honor to my mother, Rosemary Jensen. She has been a consistent donor to Wellspring over the years. Her financial and personal support has been an encouragement that has sustained me in my leadership at Wellspring through times of both challenge and success.

With love,
Tova Jensen Kreps



THE FACTS OF MENTAL ILLNESS

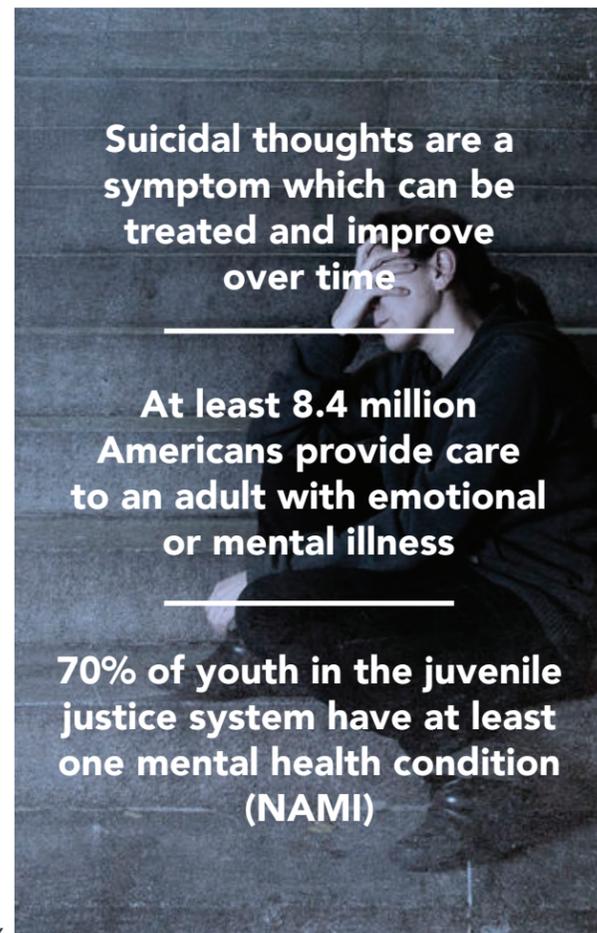
CAUSES OF MENTAL ILLNESS (CDC)

- Organic
- Childhood experiences
- Trauma induced
- Stress induced
- Lifestyle choices such as substance abuse, poor nutrition, lack of exercise, negative thought habits



PREVALENCE (WHO)

- People with severe mental disorders die 10 to 20 years earlier than the general population.
- The global economy loses about US\$ 1 trillion per year in productivity due to depression and anxiety.
- Around 1 in 5 of the world's children and adolescents have a mental disorder.
- Depression is one of the leading causes of disability, affecting 264 million people
- Mental, neurological and substance use disorders make up 10% of the global burden of disease and 30% of non-fatal disease burden.



SUICIDE (NAMI)

- Suicide is the 10th leading cause of death in the United States.
- 46% of people who die by suicide have a diagnosed mental health condition.

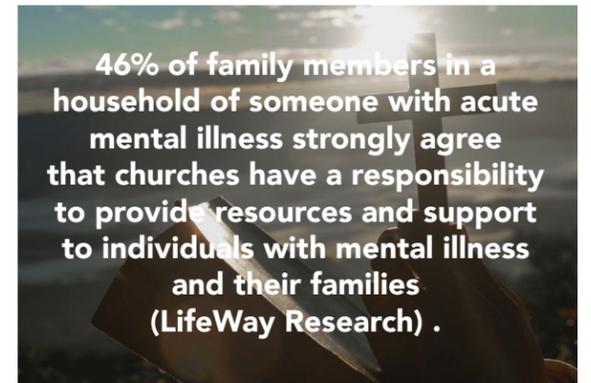
COMMUNITY AND CARE-GIVING (NAMI)

- 1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders.
- 20% of people experiencing homelessness have a serious mental illness.
- 37% of people incarcerated in state and federal prison have a diagnosed mental condition.
- Caregivers provide an average of 32 hours per week providing unpaid care.

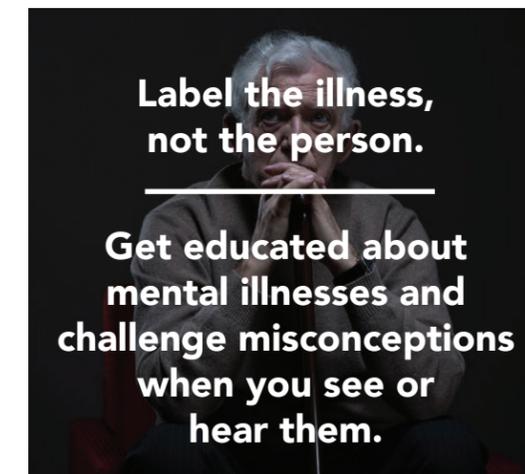
Statistics on this page are from:
 CDC: Centers for Disease Control and Prevention. (n.d.). Retrieved from <https://www.cdc.gov/>
 LifeWay Research. (n.d.). Retrieved from <http://lifewayresearch.com/wp-content/uploads/2014/09/Acute-Mental-Illness-and-Christian-Faith-ResearchReport-1.pdf>
 NAMI: National Alliance on Mental Illness. (n.d.). Retrieved from <https://www.nami.org/Home>
 Psychiatry.org (n.d.) Retrieved from <https://www.psychiatry.org/>
 WHO: World Health Organization. (n.d.). Retrieved from <https://www.who.int/>

CHURCH (LifeWay Research)

- 49% of pastors say they rarely or never speak to their congregation about mental illness.
- 23% of pastors indicate they have personally struggled with mental illness of some kind.
- The response of people in church to individuals' mental illness caused 18% to break ties with a church and 5% to fail to find a church to attend.
- Among individuals with acute mental illness who attended church regularly as an adult, 67% say their church has been supportive.



THE CURE FOR MENTAL ILLNESS STIGMAS



RESPECT THE PERSON

- Seek to understand the person.
- See the person holistically, not simply as the label of the disease.
- Use respectful language.

LEARN THE COMPLEXITIES OF CAUSES AND SOLUTIONS

- Avoid judgements, assumptions, and giving simplistic advice.
- Like physical health, mental health benefits from positive lifestyle behaviors, external social support, professional support, nutrition, positive thinking habits and more.

GET HELP FOR YOURSELF OR OTHERS

- A psychiatrist is a medical doctor who specializes in the brain and can prescribe medications.
- A licensed counselor is a Doctorate or Masters level professional who is trained, supervised and tested, to provide individual or family psychotherapy. In Florida, licensed counselors could have a PhD in Psychology (PsyD), or a Masters in Social Work (LCSW), Mental Health Counseling (LMHC), or Marriage and Family Therapy (LMFT).
- For therapy in Florida: WellpsringMiami.org. For therapy outside of Florida: FaithfulCounseling.com, BetterHelp.com. For more information about mental illness: www.NAMI.org



2009

Wellspring Counseling, Inc. Founded



Tova Kreps, LCSW, & Christine Schlottman, LMHC, cofound Wellspring at Old Cutler Presbyterian Church.

2010

First Mission Trip



Wellspring has provided counseling education to leaders in Latin America, Africa and Haiti.

2011

1st Satellite Office



Wellspring now has seven offices sites.

2012

First Bounce! Program



Wellspring now runs 3 Bounce Trauma Resolution Programs per year to traumatized youth and is funded by a Miami-Dade County grant.

2015

Increased Mental Health Education through Newsletters & Social Media



2016

First Voluntary Audit, A+ Rating



2017

Added Executive Director



Dr. Leigh Byers

2017

Overcame Hurricane Irma Losses



2017

Began First On-site Counseling to After-School Programs



Wellspring now provides on-site programs to Urban Promise & TML.

2018

Started Weekly Radio Show



Tova and guests discuss mental health topics on 90.9 Life:FM.

2018

Launched Equine Therapy



Trauma and relationship therapy hosted at Whispering Manes.

2018

Expanded Community Trainings and Seminars



Therapists teach mental health topics such as listening skills, marriage, parenting, wellness topics and trauma-informed care.

2019

Mastered Growing Pains



Wellspring adjusted to staff growth, space & electronic medical records changes.

2019

Published First Wellspring Magazine



2019

First Adult Restore Retreat for Trauma-Resolution



2019

Increased Board of Directors to 10 members:

TOM GOLDEN
PETER RAFFALSKI
ALEX SOSA
CHINY CHEWNING
JAIME FERNANDEZ
CLAUDIA GLASSON
JIM HANNON
TOVA KREPS
JOHN MCWHIRTER
NIKKI TURNER

2020

COVID-19



Adjusted to full Telehealth and added Online Support groups.



FROM CLIENT TO CHAMPION

Beginnings

Esther is married, with three children, and has lived in Miami for over 30 years. She was introduced to Wellspring ten years ago and has come occasionally for counseling for small issues. Last year she heard one of the Wellspring therapists, who is a friend, speak about Wellspring's outreach program called Bounce!, a one-week intensive therapy program for teens to overcome traumatic events.

Her 12-year old son had been struggling with ongoing sadness and had developed some physical symptoms of stress. She and the rest of her family had been worried about him, since he had suffered a number of losses. First, was the death of a little girl who was a family friend. Then, a close family friend, who had lived with them, had to suddenly leave the home due to his poor choices. In October of 2018, Esther's mother, who had been living with them, passed away. Esther's son had been very close to his grandmother. In addition, he experienced a major disappointment when a very close church role model also made serious poor choices in behaviors and could suddenly no longer have any contact with him.

"He was feeling sad, lonely and wondering why God had taken these people from him. As a my

mother, it was making me sad too, to watch my child go through this. He was even concerned that I was going to die. I had great trust in the Wellspring therapist that I knew, and so I asked my son if he wanted to go. When he heard about the fun things they did there, like a graffiti wall, music, art and games, and that there were other kids who might be feeling what he was feeling, he was willing to go."

Esther enrolled her son in Bounce! She also reached out to other mothers with children who had suffered tragedies, and several of those youth attended the camp as well.

BOUNCE! Trauma Resolution Camp

"After the first day, he was excited to go back. It wasn't an easy journey. The camp itself was fun, with impactful crafts and activities. But he had to dig deep, too. There were teary moments at home in the evenings because he had been dealing with death and losses. It was tough on him. But the fun he had, the explanations of the 'Circle of Truth' (6 steps to getting over bad things that happen), were helping him heal from all that he had been through. Seeing other children with similar situations and worse helped him realize that he was not alone."

“ I for sure got better after Bounce, and I don't feel so sad anymore.”

Amazing Changes

"After camp, we saw him more at peace with himself. He wasn't as sad as he used to be. His anxiety dissipated. To this day, everything he learned at camp is still with him. He is a different child. The physical symptoms are almost gone. He is happier and can process things. He is more excited to do the things he loves. And when bad things happen to other people, he reminds them of the steps of the 'Circle of Truth' . He has taught us all these steps which have helped heal us all in one way or another. For me, it has helped deal with the process of grieving with my mother.

Everyone I knew who also sent their kids to Bounce had very positive results. One child used to never smile and now you can't get her to stop smiling. Another found resolution about a parent who committed suicide. They all seem to be well adjusted in school, whereas last year that was not so true.

Before learning about Bounce! we had taken my son to the Bagnell Brain Center, to help him with his physical stress symptoms. During the assessments, Dr. Bagnell had done brain-mapping using neuro-feedback before the camp. During his next appointment with Dr. Bagnell, the tests were run again. Dr. Bagnell didn't know what kind of camp my son had gone to, but he could see from the brain-mapping that my son was doing much better."

Her son is now back to excelling in martial arts, and concludes: "I for sure got better after Bounce, and I don't feel so sad anymore."

Creation of a Champion

Esther has now moved from being a casual client of Wellspring to an enthusiastic Wellspring Champion. She has joined the Wellspring Board of Influence and is helping to raise funds for financial aid for others to receive services.

Her message to others: *"Send your kids to Wellspring for healing! Wellspring is a wonderful, kind, caring place...I've searched out everything; there is nothing like this anywhere."*

See more about the 'Circle of Truth' on page 22.

Brain-Mapping Reveals Changes in Bounce Youth

Prior to attending the Wellspring Bounce! camp, Esther and her family (story above) were patients at the Bagnell Brain Center. Dr. Michael Bagnell's practice focuses on understanding the brain's relationship to health and illness. By utilizing advanced technology and examination, he seeks to unravel the mysteries of his patients' health concerns, from pain syndromes to complex children's health concerns (ADD, ADHD, Autism, sensory disorders), sports related injuries including concussion and traumatic brain injury to balance and stability issues.

When Esther's son began treatment at the Bagnell Brain Center, Dr. Bagnell had acquired some "brain maps" assessments on him. According to Dr. Bagnell, the brain maps revealed "high levels of activity that were indicative of anxiety in the area that regulates emotion." At follow-up testing and treatment of the youth, Dr. Bagnell noticed distinct changes in the youth's brain maps. Not knowing that Esther's son had participated in a trauma-specialized camp, he asked Esther what had transpired in her son's life, and she told him about the Bounce program.

"It was clear from the changes in the brain, that the [Bounce!] camp played a role in reducing hyper-arousal, which is common for people with Post Traumatic Stress Disorder," states Dr. Bagnell.





Trauma Resolution Program for Youth

Regrettably, bad things happen to innocent children. Fortunately, they don't have to affect them forever. Wellspring offers a unique trauma-resolution therapy for youth through its Bounce! Programs. These life-changing interventions help youth who suffer with Post Traumatic Stress Disorder (PTSD) symptoms from having experienced a traumatic life event such as:

- Physical/sexual abuse
- Sudden death or loss of loved one
- Serious illness or injury
- Witnessing/experience violence
- Natural disaster
- Severe illness or medical procedure
- Accidents
- Divorce
- Severe bullying

The goal of Bounce! is to relieve and prevent emotional suffering, and to promote "post-traumatic growth" of traumatized children and their families. The program was founded in 2012, and now runs 3 weeks a year. The program is not dependent on the ability for youth to pay because it is funded by a Miami-Dade County grant and donor sponsorships. The Bounce! Intensive Program is offered by professional therapists with trauma expertise. The program includes:

- Trauma education
- Emotional support
- Individual and group trauma-specific therapy
- Art and equine assisted therapy
- Expressive, experiential, and creative learning opportunities
- Parent engagement
- All in a fun, positive, and memorable experience!

Parents or caregivers are included in the process and provided opportunities to learn about trauma-informed care.



Spaces are limited and offered to youth who apply and are appropriately placed after pre-screening and interviews. For more information, see WellspringMiami.org/bounce.



PRELIMINARY RESEARCH SUPPORTS THE EFFECTIVENESS OF BOUNCE

Anecdotal stories of the success of Bounce in transforming the lives of youth are profound. But since Wellspring assesses Bounce youth using reliable pre and post measures for Post-Traumatic Stress Disorder (PTSD), they are now working to measure statistical change in the outcomes for youth, making Bounce an evidence-based program in its own right. The preliminary findings for this research show that participants who completed both the pretest and posttest measures experienced both significant and substantive reductions in PTSD symptoms. These preliminary data are encouraging and provide a good empirical foundation to further test the efficacy of Bounce. For details see: wellspringmiami.org/bounce-camp.

"Imagine not being able to leave your house because you're afraid you might be abducted and abused. Now imagine you're afraid because that has actually happened.

This was the story for one of our KIX girls. In the past five years that I've known her, I've watched her wrestle again and again with the despair and fear that she faces when she remembers this event. It is like a torrent of emotional damage rains on her whenever she thinks of the day she was almost taken away forever.

Wellspring Counseling's Bounce Camp gave [name] a week to breathe again. Each day after camp, she would come to me and tell me about the fun she had and also about the different ways she'd learned to manage and process the stress she felt. I watched her monitor her own emotions and cease feeling so paralyzed by her stress during that week. I'll never forget the joy she felt when she was able to share her story with one of the counselors at Bounce. For her, being able to tell someone what happened without knowing them for years gave her room to share her story with more people, which has helped with healing.

I am grateful to Wellspring for working with [name], as well as all our other youth who have attended Bounce. Their ability to equip young people with tools for managing PTSD through counseling and classes is an asset for many of the at-risk kids we work with at KIX."

- Johanna Ralsten, City Life KIX, Youth for Christ



IS YOUR CHILD EXHIBITING SYMPTOMS OF PTSD?

- More difficulty doing schoolwork, concentrating or remembering things
- Disturbing "pictures in his/her head" about what happened
- Arguing or fighting more than usual
- More worried, nervous or irritable
- Startles easily or feels jumpy
- Difficulties sleeping, has nightmares, or doesn't want to sleep in his/her bed
- Doesn't want to talk about what happened or can't stop talking about what happened
- Increased, unexplained physical complaints, stomachaches and headaches
- Seems sad or unhappy
- Needs more comfort or attention than usual

For application, program dates, ways to help, and more information, visit: wellspringmiami.org/bounce



On Life FM, and Online Podcast. More info at

WellspringMiami.org/ontheair

FIND FREE

- BIBLICAL
- PRACTICAL
- SCIENTIFIC

RESOURCES AT
WELLSPRINGMIAMI.ORG/BLOG



In memory of Dr. Edward Burke supplemental counseling funds are available for youth with mental health counseling needs. Dr. Burke was a beloved and well-respected educator at Barbara Goleman Senior High school in Hialeah, a youth ministry leader, mentor, and devoted husband, father and grandfather. This financial aid fund for partial funding of Wellspring Counseling therapy sessions is to promote mental health in middle and high school aged youth, which was the age group Dr. Burke dedicated his life to serving.

For a full picture of his impact as a beloved teacher scan here.



To give to the Edward Burke Mental Health Fund, providing financial aid for the underresourced who need mental health services, visit: WellspringMiami.org/eddie

CONNECT WITH US

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Is it STRESSFUL or is it TRAUMATIC?



That the world is stressed under the siege of COVID-19 is common knowledge. But what exactly do we mean by the word, stressed? Can stress be managed or even utilized to our advantage? And at what point does stress become a full-blown trauma?

Stress is the body's reaction to a real or perceived harmful situation. When we believe that we are in danger, our body chemistry goes into overdrive, enabling us to take action to protect ourselves. This "fight or flight", physiological reaction prepares our bodies to either move toward the danger to fight it or to flee and escape. Recent research also gives evidence of a third automatic response: to freeze, to hold still until the danger passes. Regardless of which automatic response we have, our bodies respond similarly: our adrenal gland releases cortisol (a stress hormone), and we receive a boost of adrenaline, which increases energy. Among other things, this results in a faster heart rate, faster breathing, tighter muscles, and higher blood pressure.

It is important to remember that our stress response is actually a good thing, designed by God to help us perform better under pressure. Increased blood flow and alertness can make us stronger and smarter in the moment, but the key is not to remain in the fight/flight stage too long.

After the stressful events subside, our bodies begin to normalize their hormones and blood pressure to a pre-stress state. This allows our bodies to repair themselves.

If the real or perceived stressful situations continue, but we learn to help our bodies and minds pause for repair, we can adapt and learn how to live with higher stress levels (like muscle

building). Without pauses, our stress hormones and blood pressure remain elevated. And while we may not be aware of it, our bodies continue to make adjustments in an attempt to cope with unresolved stress. Signs of being under prolonged stress include: poor concentration, irritability and frustration. If this level of stress continues to be prolonged, it can lead to exhaustion.

Eventually, without repair, our bodies, minds and emotions can run out of reserves and no longer have the strength to resist the stressor. At this point, we may simply give up or become hopeless. Signs of this exhaustion stage include depression, anxiety, fatigue, burnout and a lower tolerance for new stressors. The physical results of this prolonged stress-response also compromise our bodies' immune systems making us more susceptible to infections or cancer, and increasing our risk for many stress-related illnesses, such as chronic high blood pressure, stroke, heart disease, and depression.

If we cannot reduce the causes of the stress, it is essential that we learn ways to help our bodies relax and repair. Exercise, breathing techniques, meditation, and rest can all reduce the symptoms of stress. Reframing our mental view of the stressor, intentionally shifting into more optimistic thinking patterns, and remaining open to positive and encouraging input from healthy social connections can all help reduce stress symptoms.

Trauma is the stress response pushed to the point of survival. There are 3 elements to a traumatic event: (1) a perceived life-threatening danger, (2) the feeling of helplessness to stop it, and (3) not knowing what to do, because our resources become overwhelmed. It is important to note that the perception of life-threatening danger is relative to a person's age and current resources for handling the stress. This is why children, with less strength and lacking life-experience, are so susceptible to being traumatized.

During a traumatic event the body exerts all of its energy to simply survive. Most significantly, the verbal and emotional parts of the brain go offline and the instinctual survival part of the brain responds automatically to fight, flee or freeze. The sensory parts of the brain become heightened, enabling the person to "take a picture" of the event to be stored and processed at a future time. This explains why people's memories have such strong visual and sensory images of extreme events in their lives. The more terrifying the event, the clearer the pictures and the fewer words they have to describe it.

God's design of this response to trauma is to help us survive. Once we have survived, the emotional and verbal parts of our brains come back online to help us remember and process the strong sensory memories. This delayed processing allows us to integrate the event into our life story.

It is normal to be disoriented for days, even months, after a traumatic event and to ruminate on it until it is fully processed. To process a difficult memory is to allow ourselves to remember and more accurately understand it, to feel and

express all of our emotions that connect with it, and to make changes in our lives to adjust to it. We know that we have processed it when we can remember and talk about it without feeling emotionally charged. We feel begin to feel "okay" and at peace with what happened, and possibly have even evolved into stronger people because of it.

Post-Traumatic Stress Disorder (PTSD)

occurs when instead of successfully processing the trauma-memory, a person is so affected by intrusive sensory recall that it feels as if the event is still happening or happening again. PTSD has 3 broad categories of multiple symptoms. The first category is **Hyper-Alert**: always being worried that another bad thing could happen at any time, without warning. Second, is **Intrusiveness**: the inability to avoid bad memories of the trauma. Third is **Withdrawal**: if bad things and bad memories can happen at any time, a person begins to withdraw from life in order to avoid triggers of the memory or potential dangers. Recovery from PTSD usually requires professional help.

During this pandemic, most of us have been under a great deal of prolonged stress. For some, the threat of the disease or the loss of "normal" life events or people has actually been traumatic. There are several keys to recovery, depending on our level of stress or trauma. First, we must learn to utilize practical tools for stress reduction (as listed briefly above). Second, we must process the events mentally and emotionally until we are at peace with them in our souls. Third, if we become stuck in our recovery, we need to seek help. For detailed information on this topic or to find help, visit WellspringMiami.org/trauma.



WHY GIVE TO SUPPORT MENTAL HEALTH?

- 1 ... **So that Wellspring will be there for you, your family and others.** With insufficient insurance reimbursements and many clients who can't afford to pay, mental health loses money in the health industry. That's why hospital systems do not offer these services. Without the support of donors, Wellspring cannot offer discounted services, provide quality oversight of its staff or offer free public education.
- 2 ... **To fill a gap in our community.** There are not enough mental health providers in our community, especially in the turmoil of our current times. Wellspring has become one of the few mental health solutions available to our community that creates a trusted brand with quality oversight.
- 3 ... **Because Wellspring therapists are Christian & professional.** This worldview holds that all people have value, and that healing and personal transformation are possible for everyone.
- 4 ... **To educate the public about mental health.** Wellspring hosts a weekly radio show, podcasts, newsletters, social media, webinars, seminars and more in order to destigmatize mental health issues and to proactively educate and equip people with mental health skills to prevent future issues.

WAYS TO GIVE

1. Text "Donate" and a dollar amount you want to give (ex. Donate\$100) to **765-375-1049**.
2. Donate online at **WellspringMiami.org/donate**.
3. Designate Wellspring as your **preferred charity through your company**, such as United Way, Benevity, and more.
4. Make Wellspring your charity of choice on **AmazonSmile**.
5. **Mail a check to:** 11401 Old Cutler Rd., Palmetto Bay, FL 33158

WHAT OUR CLIENTS HAVE TO SAY

February, 2020 Client Survey. Statements given with permission.

"Wellspring repaired my marriage which I thought could not overcome the breach in our vows."

"[My counselor] helped me see what I could not see for myself and then showed me how, with God's complete help, I could heal. It was a remarkable, life changing and worthwhile journey."

"Through EMDR I was able to process hard things from my past and experience healing. I can look back at those events with new eyes and a gentle response."

"[My Wellspring therapist] helped me find strength to do what was right for my children when I couldn't do what was right for me. Then she helped me see that it was right for me too because I matter as well."

"I was in a low place with my family relationships, and the counselor listened, was understanding, and let me know that it wasn't my fault that my family was falling apart. I couldn't carry the burden; I had to think of myself first and give the rest to God."

"In 2018... I found myself planning my death every day. I never knew that breathing could hurt when your heart is so broken. [My counselor] helped my pick up the pieces one by one. She was kind and compassionate."

"Just walking in to Wellspring, you sense a difference. The work that happened in me at Wellspring was intentional, meaningful, and had lasting impact on me."

"Wellspring has helped me become a better leader for other young women as well as for other people with mental health struggles. I myself struggle with mental health and learning healthy and Christian ways to cope with my battle has helped me as well."

"Wellspring helped my once-conflicted teen son to learn and grow to be healthy, happy and confident with himself. His whole outlook on life has changed for the positive."

"My therapist helped me reach a point where I was able to hold myself accountable as well as handle my anxiety differently."

"My experiences with Wellspring helped me work through trauma from my divorce and got me to a place of contentment in my single-ness."

"Counseling made me realize that I am worth more than I gave myself. I am a gift from God."

Watch & Jewelry Repair

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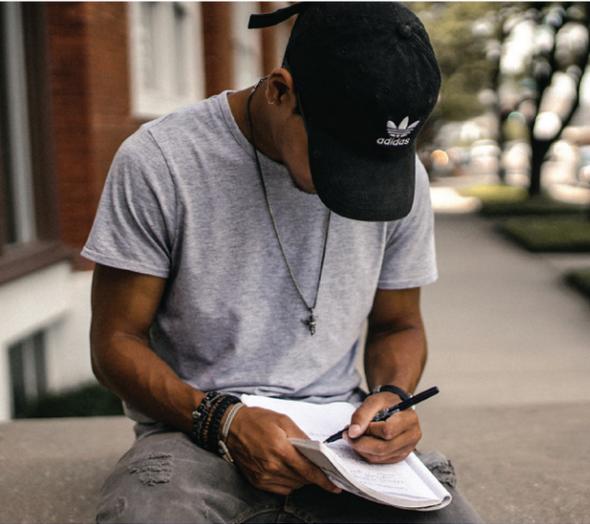
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How to Process Negative Life Events to Find Healing

By Tova Kreps, LCSW

Our lives are made up of stories, filled with interesting characters, plot twists and internal and external conflicts. All good stories have conflict and happy endings in which the conflicts are resolved. But some of us live with multiple unresolved painful stories, and we can't find our happy endings. We may be living in a middle chapter, with no foresight to an ending. Or, our story feels like it has ended, but is a tragedy, from which we can't recover. Or, we can't seem to move past a certain part of our story, and we find ourselves stuck with images and emotions repeating themselves.

God designed us for Eden and for heaven, but instead, for now we are here on earth experiencing the painful consequences of a groaning world (Romans 8:18-23) and sinful people. Fear, shame, loss, regret, and hurt from negative life events cause us pain.

How do we get over these heart injuries? How can we handle the difficult stories of our lives so that we find the "happy endings" that God promises when He says that, "all things... work together for good to those who love God and are called according to His purpose." Romans 8:28 The answer is that we must "process" the pain until we make peace with it.

The first step is to face all of the truths about what happened to us, what we have lost, what we did that we regret, and what others have done

did that we regret, and what others have done to us. Instead of avoiding, denying, or numbing the painful truths, we must face them head on. We could try instead, to avoid the pain by lying to ourselves about what really happened, but eventually the truth always breaks through. We cannot treat a wound that we pretend does not exist.

Emotional pain, like physical pain, is not our enemy, it is a warning sign that something is wrong that needs attending. We may need to numb the pain to survive the moment, but eventually we need our senses to return in order to begin to function again. Our emotions are the feelings that make us alive. If we numb our feelings to avoid hurt, anger, or sadness, then we also lose pleasure, joy, and love. Our feelings are not wrong in and of themselves, they are messengers for us about what we believe to be true. What we believe could be in error, but our feelings are honest. If they are bad feelings, the message is to change something so that the pain stops. If they are good feelings, the message is to repeat what is happening so that more good feelings follow. To live free from our painful pasts, we must listen to the messages of our feelings and respond to them. The response to anger is to take action to prevent injustices. The response to loss is to grieve and honor the loss. If we let our feelings arise without judging them and then attend to each of their messages, they will

eventually descend, freeing us to feel all of our feelings and to live in the present. If we ignore our feelings, they will continue to surface whenever triggered, creating confusion as to which feelings apply to present versus past situations, and the onslaught of multiple conflicting emotions can be overwhelming.

In addition to facing the truth, and attending to our feelings, truly recovering from negative life events includes expressing our experiences. Whether through story-telling, writing, prayer, tears, art, music or symbolic actions, humans have a need to express themselves. It's as if our stories aren't real until we express them or they are witnessed. God himself, a triune God, expressed himself through words to create, through the words of scripture, and through the Word of God, Jesus. We are meant to express our stories in community, and when we express our pain in the presence of love, we find healing.

After we face, feel and express our stories, we must then begin to take actions to move forward. If possible, we must learn lessons and make changes to prevent future negative events. We must fix what we can about the situation. This can be challenging, however, since some things are not within our power to control. We cannot control other people, prevent all future pain, or change the past. Fixing what is in our control is important, though, because it empowers us.



This includes our own attitude and responses to the event. Taking action moves us from being helpless victims to overcomers who use adversity to make us stronger, better people.

Eventually, if we continue on this path of truth-seeking, we will accept what has happened to us as just a small thread in the larger tapestry of our life story. After we have fully processed these negative events, the pain will subside and we will begin to make peace with our stories. We will discover final chapters in which we are not only survivors, but healed people who are now wiser and see the good in ourselves and in the world around us.

The steps to healing from painful events in our lives, as written in this article, are taken from Tova Kreps' "© 2006 Circle of Truth" paradigm. The full curriculum for this is included in the Wellspring © 2012 Bounce! Trauma Resolution Program for teens and in all of the © 2019 Restore groups and retreats for adults. If you would like in-depth teaching regarding this, subscribe to Wellspring's weekly emails and watch for new "Circle of Truth" content to be launched in the near future (video teachings, workbooks, online Restore Retreats, in person Restore Retreats, and more).



Together We're Better: Why Wellspring Partnerships Matter

From Wellspring's beginnings, partnering with like-minded organizations has been foundational to fulfilling our mission of restoring hearts and minds. Wellspring's first partnership was born from professional, Christian counseling being provided at Old Cutler Presbyterian Church. Partnerships were added over subsequent years with office sites at Wayside Baptist Church, Touching Miami with Love, Crossbridge Miami Springs, Miami Vineyard Community Church, and Crossbridge Key Biscayne.

Other partnerships, including working with foreign mission organizations such as Rafiki, Cru, and many others, provided opportunities for psycho-educational training and counseling to pastors and ministry leaders, as well as to nationals. Over time, Wellspring has also forged relationships through churches like Miami Church, Summit Church, New Beginnings Christian Church and Cornerstone Church for services to be provided to their congregants or staff. With organizations like Touching Miami with Love and Urban Promise Miami, Wellspring provides services to their children in afterschool programs. Wellspring's Bounce! Trauma Resolution Program has also served to connect services through organizations throughout Miami-Dade County including KIX, Branches, His House Children's Home, Citrus Health Network and even contractually with Miami-Dade County as a community-based grant provider that funds a portion the Bounce! program.

As an organization that provides mental health counseling and education. Wellspring fulfills its mission by helping other organizations fulfill theirs. Healthy leaders, strong marriages and families, and cared for youth and children matters. **Together we are better!**





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