

“ I am an advocate
for wellness in others
and a believer that
physical healing ought
to be accompanied by
spiritual and emotional
healing.”

- REBECCA BARRIOS

FALL 2022

FROM ILLNESS TO WELLNESS



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Letter from the President

I have good news.

There are some positive trends in the realm of mental health. Because of Covid, the stigmas of mental illness have lessened, as we all realized that with enough stress, even “normal people” can tip into anxiety or depression. People have become more comfortable with the idea of seeking help, thanks to a number of celebrities becoming publicly honest about their struggles with mental illness and pursuit to health.

Mental health awareness has increased in the public eye, which hopefully may be reflected in more funding for services. And Telehealth has made therapy much more accessible. At Wellspring, our number of sessions grew 27% during Covid. These positive trends mean more people are seeking help to improve their mental health, whether it be managing or curing mental illness, healing a broken heart, or simply enhancing patterns of thinking, feeling, or behaving.

Mental health improvement means life improvement.

“Better is better!” is the phrase that I have coined for myself regarding this. When I recently gave up eating meat (other than seafood) in order to boost my health, this phrase freed me from getting stuck in an all-or-nothing mentality, counting days of “eating right” only to beat myself up after “failing”, or giving up all together. I have given myself “permission” to eat meat if appropriate for an occasion (such as if a friend wants me to taste his award-winning barbeque). I don’t even call it “cheating” because that feels unnecessarily bad.

I just say to myself, “I am generally eating better, and that is better for me”. Or, as others would say, “progress over perfection.”

As I write and speak about mental health being on a spectrum (see page 10), I want to encourage all of us



Tova Kreps, LCSW
President & Co-Founder
Wellspring Counseling

to seek to be a little better in some area of mental health, because “Better is better!” For example, fighting less often in front of your kids reduces their stress, drinking less alcohol is better for your body, feeling less anxious by utilizing some calming techniques makes life more tolerable, lessening depression enough to show up for work keeps the bills paid, and learning communication skills makes family life more positive. Obviously, some bad thoughts or behaviors need to be stopped all together, but most of the time, even a little progress makes life better than no progress.

Small steps are the start to completing a long journey.

I hope that as you look through this magazine, addressing how lives have been transformed by moving up the mental health spectrum, that you ask yourself this question, “What aspect of my mental health could I work on that would make my life better than it is today?”

A handwritten signature in black ink that reads "Tova".



Rebecca Barrios
Wellspring Programs & Education Manager

Becca's story

"The scan shows swollen lymph nodes in your chest, abdomen, and pelvis. It's throughout your entire body. Our recommendation is for you to see an oncologist, immediately."

I stared blankly at the Resident ER Doctor standing in the doorway delivering the news of my first CT scan. Was he talking to me? He couldn't possibly be! He must be delivering news to the wrong person or the wrong room. In that moment, I couldn't comprehend the gravity of what the doctor was saying. I watched as the expressions on my parent's faces shifted.

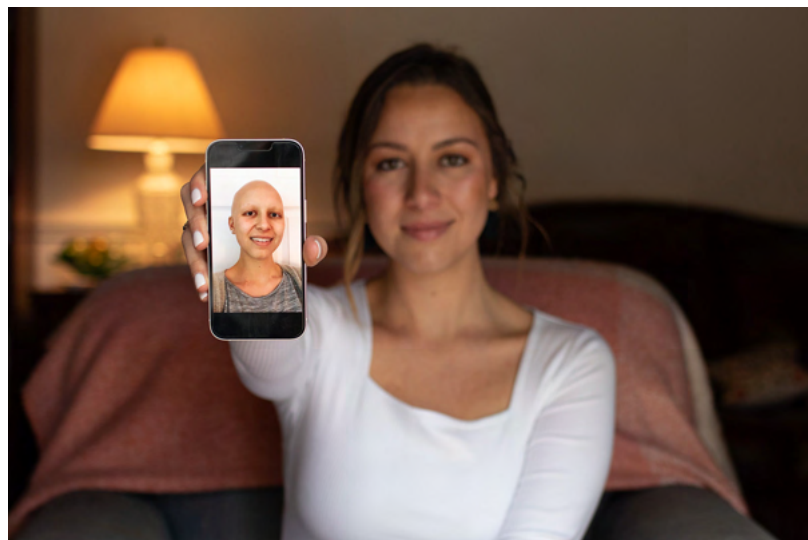
"It" was cancer. Stage 4 Hodgkin's Lymphoma.

Thanksgiving 2018, I was 23 years old, athletic, and careful about my diet and routine exercise. I was on the cusp of starting a new career. I had accepted a job as a flight attendant, expecting doors to open for me to travel around the world. I was moving to a new city and anticipating the adventure of independence. I had dreams and goals! This couldn't be happening to me! I was in denial. I felt crushed. Nothing was certain anymore.

In the week following my initial scan, I was due to report to my assigned base in Chicago to take my first flight as a freshly trained flight attendant. Instead, I found myself at The Cancer Treatment Center of Chicago, confirming my diagnosis. The second round of scans and blood work further proved the cancer's invasion and overwhelming presence throughout my body and bone marrow. After a biopsy, the official diagnosis came on Dec. 3, 2018. Life flipped upside down. On my very first day of work, I called out sick, and my flight attending career was grounded. The idea that I was a healthy and strong 23-year-old ready to take on the world shattered, and I returned home to Miami to face the cancer challenge instead.

I didn't know if cancer would ultimately take my life, but it had certainly taken my life as I knew it.

Six months of intense chemotherapy commenced immediately, and the reality of loss was poignant. I lost my hair. I lost my job, my dream, and my independence. I lost my physique, my appetite, and my sense of health. I was so sick that at times I lost the ability to handle my own basic self-care. I even lost some of my friends who were unable to cope with my new diagnosis. I was convinced that if I truly allowed myself to think about all the change and loss I was experiencing, I would cry and never stop. While many of my friends were starting new jobs, traveling, getting married, and starting families of their own, I began to shut down my emotions and thoughts about my own future. I was struggling to survive physically, emotionally, and spiritually.





Rebecca and her mother, Beverley Barrios.

Denial, emotional exhaustion, and grief accompanied the physical illness. Fear in the present and uncertainty about the future crept in and began to limit my ability to see new options for my life. Then, leaving the Sylvester Comprehensive Cancer Center and Chemotherapy Clinic in Miami for the last time, I was blindsided by survivor's guilt knowing that several of the patients I knew there would probably never do the same.

In the Fall of 2019, while waiting for the news of my remission, I was invited to attend Wellspring's Restore Resilience Retreat. Physically, I was recovering and feeling healthier, but mentally and emotionally I was stuck, scared, and scarred. Anxiety and depression had shown face and while ambivalence and apathy crowded me, I decided to attend.

Restore Resilience Retreat was eye opening, emotionally challenging, and life changing.

I discovered an accepting environment that empowered me to face the reality of my recent illness and all of its trappings as a trauma. While I struggled with thoughts that I needed to "snap out of it," "be happy, I'm cured," or "move on," the therapists and staff at Wellspring helped me normalize the feelings and emotions I had surrounding my journey.

Restore provided the space, verbiage, and tools for me to honestly face and feel all that I had experienced. Through the power of group sharing, I realized I was not alone in my feelings. Experiential art activities allowed me to express myself when I didn't have the words to do so. I also discovered and addressed other places in my heart that I never knew needed healing. Finally, I was able to release my fears and cry; tears had limits too. Although I had experienced physical healing, I learned that I needed mental and emotional healing as well. I could be resilient. It was graspable.

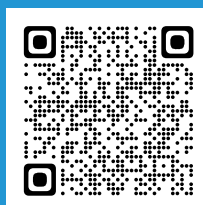
I was able to reflect on my trauma in a safe place with accepting therapists and recognized that my moments of overwhelming helplessness had also been accompanied by God's provisions for me and His goodness through it all. My family had been ever present, a daily strength and constant reminder that I wasn't alone. True friends rallied around me all those months, crawling into bed to snuggle with me. They were His sustaining touches. Scriptures I had heard my whole life resonated more deeply and sustained my heart through the harshest days. Exodus 14:14, "The Lord will fight for you; you need only to be still" was a verse I held with me throughout the months of treatment. I survived cancer, but I was beginning to see that "wellness" was so much more!

It has now been 4 years since I was diagnosed with cancer, and I am celebrating 3 years of being in remission! I am grateful to the professionals, but ultimately, I give God the glory for my cancer-free clearance - as the Creator, Sustainer, and Healer in my life. As He provided the medical expertise, I see now that He had also been guiding me to the people that would intervene and help my heart and mind to heal as well. Both journeys, the physical and mental, required acceptance of reality, a willingness to participate in the process of healing, and embracing the resources and people who helped to facilitate my recovery to wholeness.

I am a survivor! I AM resilient.

I am not flying the friendly skies as a flight attendant, but I now serve as the Programs and Education Manager at Wellspring Counseling. I am an advocate for wellness in others, and a believer that physical healing ought to be accompanied by spiritual and emotional healing. Cancer does not define me, but as a part of my story, it has served to redirect me to new beginnings and an appreciation for more meaningful living.

For more about
Becca's story, watch
her testimony
with the Sylvester
Comprehensive
Cancer Center

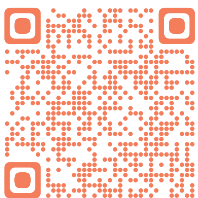




RESTORE

Resilience Retreat

**A Wellspring Retreat to start your journey
towards emotional and spiritual healing**



Restore Retreat is designed for adults who experienced a negative event which continues to affect their lives. Our Retreat is a 4-day intensive experience designed to give participants a safe place to attend to their emotional and spiritual wounds. The retreat includes resilience training, small-group therapy sessions, experiential therapies and individual sessions with our counselors.

We are proud to support mental health
and Wellspring's amazing efforts to bring
true healing to so many.



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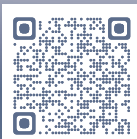


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The Faithfulness of God ...a reason for hope

by Reta Singh

Wellspring Operations Director

The steadfast love of the LORD never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness. - Lamentations 3:22–23

During the most challenging moments and seasons of our lives - the pandemic, the loss of a loved one, a devastating diagnosis, the loss of a job, or a dream - we are often filled with much anxiety and fear. As our Faith is tested, we may waiver or fail. We may lose hope, but through it all, our Heavenly Father remains faithful. In His word He assures us that He is close to the brokenhearted and saves those who are crushed in spirit (*Psalm 34:15*). He will strengthen us and protect us from the evil one. (*2 Thess. 3:3*). Even if we are faithless, he remains faithful, for he cannot disown himself. (*2 Tim. 2:13*).

Today, whatever struggle you're facing, reflect on the faithfulness of God in your life. I will share the highlights of one of my own stories with you and invite you to take the time to share one of your stories with someone you know. Together we will encourage one another and build each other up (*1 Thess. 5:11*).

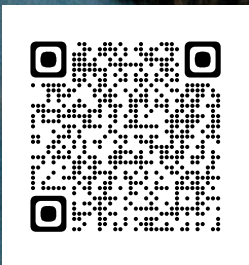
I have been serving as a volunteer with Operation Christmas Child, a project of Samaritan's Purse, since 2008 and have enjoyed attending their annual volunteer conferences in various cities across the United States. One year, I was between jobs and wanted to attend the conference in Dallas, TX, but knew it would not be wise to spend my limited resources on this trip.

So, I prayed fervently for two months for a job before the registration deadline, reminding myself of His promise to supply all my needs (*Phil. 4:19*) and to give me the desires of my heart (*Psalm 37: 4*). I didn't share this desire to attend the conference with anyone but God. Sadly, the registration deadline came, but no job. That morning, I poured out my disappointment to God during my devotion time and rested in the fact that my Abba Father would not withhold anything good from me. (*Psalm 84:11*)

When I finished praying, I checked my phone and saw I had several WhatsApp messages from a dear couple in Puerto Rico telling me the Lord had laid it on their hearts to register for me to attend the conference and to provide some funds towards airfare. I was thankful and blown away! However, the airfare as of a week before was twice the amount of the gift and now the conference hotel and nearby hotels were sold out. As I shared God's incredible faithfulness with a friend that day, she suggested I find a volunteer willing to have a roommate. Soon I found a roommate who was fully sponsored by her church, so I only had to pay to change the room to double occupancy. Then I rechecked the flight only to find the icing on the cake of God's Faithfulness, the price had dropped, and the gift now fully covered the airfare.

Wow! I just had to proclaim "Lord, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago". (*Isaiah 25:1*)

Dear friends, let us hold unswervingly to the hope we profess, for He who promised is faithful (*Hebrews 10:23*)



Join a Group

'cause it's better together!

Wellspring offers therapeutic process groups to give you insight, support, feedback, and healing with others who have a common struggle. Groups are a great way to receive professional help at a discounted rate.

CURRENT GROUPS



Parenting



Anxiety

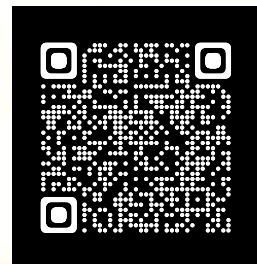


Grief & Loss



Teens

Visit: www.wellspringmiami.org/therapy-groups



We do Equine Therapy

Wellspring provides Equine-Assisted Psychotherapy to help you learn new life lessons, find healing from traumas, or develop new relationship skills.



For more about Equine: <https://www.wellspringmiami.org/hap>

From Illness To Wellness



The Spectrum of Mental Health

Mental Health is not something you have or don't have; it is a matter of degrees. This spectrum delineates how well a person functions in life and handles themselves and others, especially when under stress. Like physical health, we can get a "clean bill of mental health" simply by not having a diagnosis of a mental illness, but that doesn't mean we have great mental health. The stigmas of mental illness have lulled many of us into thinking "we are fine" just because we are "not crazy". In reality, we can be in the middle of the bell curve of mental illness/health, with a combination of dysfunctional styles of thinking and relating, mixed in with a few good mental health habits. A few among us even work intentionally on their mental and behavioral health skills in order to withstand serious stress while maintaining a clear mind, happy heart and an ability to make good choices. This capacity frees them to live well enough to love God and others as we are all called to do. Here is a quick overview of the Mental Health spectrum.

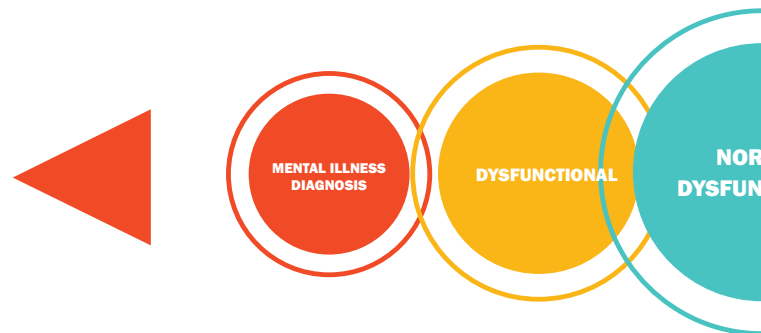
The Mental Health Athlete

Those who have worked hard on their mental health skills could be called "mental-health athletes". Like true athletes in a sporting competition, the mental-health athlete has developed strength and skill to perform well under stress. But you may ask, "What are the skills that "mental health athletes" have"?

First, from a resilience perspective ⁽¹⁾ "mental health athletes" are self-aware and can self-regulate their emotions and behaviors in order to adjust to their

environment or the events in their lives. They can see themselves from the outside. For example, they notice when they are very emotional, overly reactive, disproportionately fearful, negative or upset. They are aware of their behavior as being normal or not and can tolerate other people having irregular behaviors or emotions. If they feel escalated, "out of control", or "not their best self", they can soothe themselves with healthy calming tactics like deep breathing, positive distractions, choosing happy thoughts, or sharing with safe people. These athletes can tolerate stress, for example they can stay calm when calling for an ambulance, not lash out when confronted by an irrational family member or continue to stay clear-headed when life challenges pile up. They can also admit, face and process painful truths about themselves or their circumstances.

Second, resilient mental health athletes have developed a good social support network. Healthy people have other healthy people in their lives. According to research, "Social support is exceptionally important for maintaining good physical and mental health. Overall, it appears that positive social support of high quality can enhance resilience to stress, help protect against developing trauma-related psychopathology, decrease the functional consequences of trauma-induced disorders, such as posttraumatic stress disorder (PTSD), and reduce medical morbidity and mortality". ⁽²⁾ These "athletes" are able to make and keep friends, and they are open, curious and accepting of those who are different than themselves. They will let themselves trust and develop healthy attachments with people that they are able to discern to be safe and appropriate for them. They have a sense of boundaries, and do not take it personally when others have dysfunctions or are even hostile toward them. With a clear sense of self, emotional athletes are able to not only care for themselves but for others as well, even to love sacrificially.



A third trait category of resilient people is the ability to make meaning of their stories ⁽¹⁾. They have the skills to process negative truths about the broken world, themselves, others, and the losses of life. When faced with trauma, loss, or personal failures, their worldview allows them to see each of these hardships as only a part of their entire life and even eternity. Their worldview is accurate enough to hold up to painful realities, so that they are not thrown by circumstances. When they do process their stories, they find meaning in their hardships through altruism, mastery, human connections or spiritual perspectives.

The Mentally Ill

The National Institute of Mental Health says that “nearly 1 in 5 U.S. adults live with Any [form of] Mental Illness”, and that 5.6% of US adults suffer from a Severe Mental Illness. ⁽²⁾ The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5-TR) features the most current updates regarding mental illnesses. These illnesses are based on scientific literature with contributions from more than 200 experts, and lists more than 70 disorders, which fall in categories such as: neurodevelopmental, psychotic, mood, anxiety, personality, substance abuse disorders and many more.

Some mental illnesses have genetic links and others can be caused or made worse by both environmental factors and personal choices. Life and people are complicated, so it is very important for us to be kind and not oversimplify or judge the struggles with mental illness from which people suffer. When we assume or say that people should “just [do something]”, we often add insult to injury, just as we would if we told someone in a wheelchair to “just go over the curb” in their path! The good news is that medicine, behavioral changes, therapy and great social support can help even those with genetic mental illnesses to manage their lives better and live full, productive lives.

Those with mental illnesses may struggle to attain or maintain the traits of resilience. They may lack self-awareness and self-regulation, especially when under stress. Social support can be difficult to find for those who lack social skills, can't regulate their responses to others in healthy ways, or who are depressed or isolated. And lacking clarity or accuracy of a stable worldview can decrease the likelihood of making sense and meaning

out of life experiences. Mental illness can even be life-threatening, demonstrated by suicide being the 12th leading cause of death in the US ⁽⁴⁾.

The Normal Dysfunctional Middle

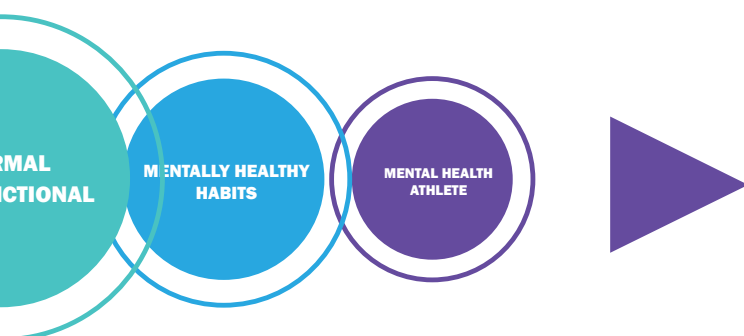
Most of us live in the middle of the bell curve of the mental health spectrum. The “normal dysfunctional” people have aspects of dysfunction in their relationship and behavior patterns. They also may have a few good mental health habits to help them function on a daily basis. They have some skills in all three resilience categories and can tolerate some stressors. But they also can move down the spectrum when under a stress, or up the spectrum with some intentional efforts.

Movement on the Spectrum

Again like physical health, it is important to remember that our mental health status can change in seasons of our lives. We could be fairly stable, but then become mentally ill due to a physical illness, stressful life circumstance, or even due to aging factors. We could experience a traumatic life event and develop PTSD; we could take on negative coping skills that develop into an addiction, or we could live or work with highly dysfunctional people and develop some of our own matching toxic habits. We can move down the spectrum by neglecting to care for our mental health, or we can move up the spectrum and make great improvements by intentionally attending to our mental health!

The mission of Wellspring is not just to treat the mentally ill; it is to help people reach their own goals for improving their mental health. Clients are asked what isn't working for them and what would it look like if it did. With clear goals, effort and proven tools, it is possible for anyone to improve their life by moving up the mental health spectrum.

1. *The Resilience Portfolio Model: Understanding Healthy Adaptation in ...* https://www.researchgate.net/profile/Sherry-Hamby/publication/282531780_The_Resilience_Portfolio_Model_Understanding_Healthy_Adaptation_in_Victims_of_Violence/links/561bd0d108ae6d17308b0815/The-Resilience-Portfolio-Model-Understanding-Healthy-Adaptation-in-Victims-of-Violence.pdf.
2. Ozbay, Fatih, et al. “Social Support and Resilience to Stress: From Neurobiology to Clinical Practice.” *Psychiatry (Edgmont (Pa.: Township))*, Matrix Medical Communications, May 2007, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2921311/>.
3. Ozbay, Fatih, et al. “Social Support and Resilience to Stress: From Neurobiology to Clinical Practice.” *Psychiatry (Edgmont (Pa.: Township))*, Matrix Medical Communications, May 2007, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2921311/>.
4. “Mental Health by the Numbers.” NAMI, <https://nami.org/mhstats>.



Wellspring

Transforms Lives

Wellspring has changed the lives of countless people and continues to transform many more. The few quotes that follow represent many testimonies that clients share with us about their positive results from our services.

“Wellspring has helped me become a better leader for other young women as well as for other people with mental health struggles.”

“EMDR CHANGED MY LIFE AND STOPPED MY PANIC ATTACKS!”

“Counseling guided my husband and me out of a marital crisis. Today, our marriage is stronger than ever.”

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

“I came out of [Restore Retreat] a person that could happen. I had lost hope of changing habits and attitudes that had been in my life and have prevented me from enjoying the process. I left the retreat with tools that are so practical that to tell you the truth, I went on with skepticism at the beginning. I put myself in a position to immerse myself in the process. I had to force myself to be in the action. The results amazed me. I mean, as simple as that. For me, the people, the participants, the stories

“COUNSELING 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.”

“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.”

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**“COUNSELING
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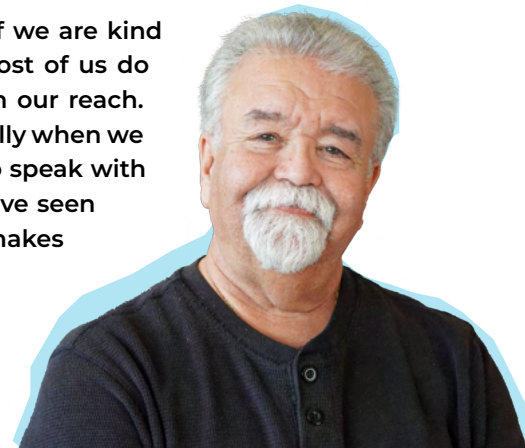
“In 2018, after a sexual assault, trauma from my previous church, a chaotic and abusive upbringing, I found myself planning my death every day. I never knew that breathing could hurt when your heart is so broken. My counselor helped me pick up the pieces one by one. She was kind and compassionate.”

Mental Health in the Church

Historically, Christians have faced adversity in the world, and the emotional and physical scars are very real. Since the pandemic, the topic of mental health has gained ground on social platforms, in the workplace, in homes, and even within churches. Many congregational leaders have raised the issue of mental well-being, highlighting the challenges of the human experience, and the need to address them both spiritually and mentally. Some of our local pastors share their thoughts on the topic of mental health as an integral part of the project of peace and hope that God has for the lives of His children.

“ God tells us to love our neighbor as ourselves. If we don’t like ourselves, and if we are kind of “wonky”, everything will flow out of that spring and make it hard to love. Most of us do not feel the abundant life that we are supposed to live, even though it is within our reach. Loving ourselves as God loves us often requires us to change our thoughts, especially when we learned to think from our brokenness. Many Christians are wounded and need to speak with professionals where they do not feel ashamed. I refer to Wellspring because I have seen that when people work through the big and small stuff, they have better lives. It makes the community better, their families healthier, and my job easier.”

Robert Porras - Pastor
New Life Community Church



“ Pretending that people in church are not struggling mentally is a mistake. As Christians, growing will be done through reading our bible and praying, and also by seeking help when caring for ourselves and others. In the same way people recognize that when they feel physically ill, they go to a doctor, they should consider professional counseling to overcome their mental and emotional struggles. During my seminary studies, I learned that referral is necessary when the need arises. As pastors, we will always find situations that will go beyond what we can handle and finding a trustworthy professional to refer to is tremendously important.”

Michael Campbell - Senior Pastor
Old Cutler Presbyterian Church

“ Unfortunately, around some Christian circles, mental health is seen as taboo and something one should never speak about at church or from the pulpit. Some Christians believe that those suffering with mental health issues “lack faith” or have “unrepentant sin”. Thankfully, because of Wellspring Counseling, and Christian organizations like it, we have learned much about mental health and how to better serve those who are struggling while at the same time addressing their spiritual needs. As everyone knows, [Christians] are living in some challenging times, with economic challenges, racial divides, political polarization, drug and alcohol misuse running rampant, family struggles, and a once in a lifetime pandemic. I feel so blessed to have Wellspring Counseling as one of my resources for ministry. I see them as part of my team to help those that are in need in my church and community.”

Ruben Velasco - Senior Pastor
Kendall United Methodist Church





“ Mental Health is a conversation for the church. The words of Jesus make it clear that our mental health matters to our creator. The Holy Spirit works powerfully through community and therapy to bring support and healing in the many seasons of life. As a local church here in Miami we have found strength through partnering with Christian counseling organizations like Wellspring as we serve the individuals and families in our community.”

DawnCheré Wilkerson - Lead Pastor
VOUS Church

“ ‘Life is easy,’ someone said. ‘All you have to do is put up with the intolerable, overcome the insurmountable, and do the impossible!’ If that sounds familiar, then you probably know that peace of mind and daily life don’t always coexist without difficulty. Thank God he understands our anxious hearts and troubled minds. Even Jesus experienced the deep distress of a troubled mind. He said, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me” (Mt 26:37-38). I am thankful for the ministry of Wellspring for being among us as those willing to stay and keep watch with us in our times of deep need.”



Bill White - Senior Pastor
Christ Journey Church



“ Mental health is so important. What happens in our minds affects and impacts our lives in so many ways. What we think determines who we become, and our minds are a war zone. The more I’ve read scripture and the more I’ve studied on this subject, one thing has become abundantly clear: Most of life’s battles are won and lost in the mind. The good news is that we’re not fighting this battle alone. Through the grace and the truth and the power of Jesus Christ, we can achieve healthy minds.”

Kevin Fischer - Lead Pastor
Miami Vineyard

“At Christ Fellowship Church, we believe that spiritual and mental health go hand in hand. As pastors and church leaders on the frontlines of mental health we recognize that there are matters and circumstances of life that people face where specialized, professional help is needed. Wellspring Counseling plays an instrumental role in helping us to further resource our staff and church members with a place that they can work towards mental and spiritual wellness. We are grateful for the strong partnership that exists between Christ Fellowship and Wellspring Counseling. Together we are helping people to follow Jesus and flourish in their spiritual and mental health.”

Omar Girtli - Lead Pastor
Christ Fellowship Church



How Wellspring brings Mental Health in the Church



**Discounted Services to
Church Members**



**Professional Mental Health trainings
to ministry leaders and staff**



**Mental Health Outreach
in churches, and ministries**



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JOIN US THIS WEEKEND

SAT 6:15PM | SUN 10:30AM + 12:15PM



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Wellspring Services

Wellspring provides mental health counseling and education based on biblical, scientific and practical principles.



Counseling

Programs

Education

- . Professional Licenses
- . Evidence-Based
- . Modalities
- . Multiple Languages
- . In-person & Telehealth
- . Ongoing or Intensive
- . Experiential

- . Bounce Intensive/ Extended
- . Restore Resilience Retreat
- . Disaster Emotional Relief
- . Group Therapy
- . Equine-Assisted Psychotherapy
- . Consultation & services for organizations

- . Community Education
 - Podcasts
 - Blogs and resources
 - Social Media
 - Newsletter, Magazine
 - Produced Education
- . Seminars & Retreats
- . Trainings for leaders

From Illness...



**Socially Awkward
& Anxious**



Stuck in the Past



Fighting & Disconnected



Overwhelmed



Depressed



TO Confident & Competent

TO Alive in the Present



TO Communicating & Restored

TO Equipped



TO Hopeful

Healing Through Art

At Wellspring, we believe that self-expression is an important part of healing. This year, Wellspring had the opportunity to collaborate with two artists who used their artistic expression to raise awareness on Mental Health, while also healing from their own challenges.

Amy Sunyoung Lee

Cello Fellow - New World Symphony

Hello, my name is Amy Sunyoung Lee! I'm a cellist from Toronto, Canada. Currently, I'm in the final year of my fellowship with the New World Symphony, an orchestral academy located in Miami Beach. New World is a graduate fellowship that prepares musicians for leadership roles in professional orchestras and ensembles. When I'm not on stage, I enjoy hosting dinners for my friends, trying out new recipes, and cooking delicious food.

Last season, I had the opportunity to curate a concert at the New World Symphony. I was given free rein to devise the format, theme, and repertoire. I decided to explore the topic of grief and healing, and given the tumultuous events of the last couple of years, it seemed like a very timely topic. I wanted to collaborate with a local organization that works in this field, and I was so happy to connect with Wellspring Counseling. I recorded an interview video with Tova and her colleagues from Wellspring discussing the role of music when healing grief and trauma.

During the pandemic, I lost a family member to cancer. It was my first experience of facing such a loss and it made me consider how grief is such a universal experience, yet we're often ill-equipped when it comes to navigating it. After two years of living through a pandemic, many of us were experiencing a form of collective grief (having lost many of the things we once cherished in our lives.)

I wanted to create an event where people could come and feel whatever they needed to feel- accompanied by music and visual projections from ARTECHOUSE. The musical works depicted many emotions felt during grief - melancholy, anger, nostalgia, and finally, acceptance.

I think the arts have a very important role in mental health and healing. It can provide a sense of community and belonging, which is essential during times of isolation. The act of experiencing the arts can also be a practice



in mindfulness, allowing us to be in the present, free from many of the distractions of everyday life. Music holds special communicative powers, as it has an amazing way of bypassing our defenses, providing an emotional gateway to face our pain, nostalgia, and memories. This allows us to feel all kinds of things we might be suppressing.

While working on my project, I realized there were events and pain in my own past that I hadn't acknowledged and grieved. I was able to connect with my inner self while learning more about grief and the grieving process, which helped me to unlock suppressed emotions from my past events that have been difficult and terrifying to face for a long time. Art can be a brilliant form of self-care. It provides an opportunity for self-expression and connection with others and can be a mindful state of flow. I would encourage everyone to give it a go - whether it be drawing, photography, or learning an instrument.

"I was profoundly affected, when I attended Amy's New World Symphony event, during which she partnered with Wellspring to highlight the value of music for healing grief and loss. A week before the event I had been diagnosed with what they thought was a "suspicious tumor". During the concert, my internal waves of anxiety ebbed and flowed with the music and visual effects. It led me to deeply experience what I was feeling at the time. I am happy to say that I have been treated and am now well; I am also happy to encourage music as a way to bring healing to our clients."

Tova Kreps, LCSW - Wellspring President & Cofounder

Gus Cruz

Videographer

My name is Gus Cruz, and I am the owner of Cruz On Camera. I reside in Port Saint Lucie, Florida, with my wife and four kids. My passion is to tell stories to inspire others through my lens.

I was first introduced to Wellspring through a few video projects that requested a creative videographer/editor. Through these opportunities, I was able to build a relationship with the staff and leadership.

A year ago, I was hired by a Christian non-profit to film a video sharing their human trafficking rescue ministry in order to raise funds for their gala. Unfortunately, I was not able to capture any of the survivors on camera for security and safety reasons. It was a challenge because I was not sure how I was going to tell their story without a character.

After a few days of thinking about my method, I asked their director if the women or men would be interested in writing their story for someone else to read. This is where the whole project was born. My team and I were able to tell the survivors' story while capturing the raw reactions of the readers, as well as their thoughts and feelings.

The Dear Someone Project gives voice to the hidden stories and struggles around us. In each episode, our guest reads a letter from a stranger who is willing to share their story with anyone who will listen. Each letter invites us into their world, raises awareness, and creates space for vulnerability and connection.



Each season of the series explores one specific topic and highlights an organization that supports the cause. Our first season was made in collaboration with The Catholic Charities Diocese of Venice and featured stories of human trafficking survivors. I partnered with Wellspring Counseling for the production of our second season, that will focus on mental health.

The project has impacted me personally. It made me realize that I was not alone when it comes to dealing with mental health issues. This gave me the courage to speak more about it and help others.

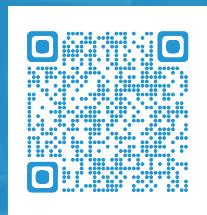
People need a safe space to express themselves, and because art can be very direct or abstract, it allows anyone with mental health struggles to express their thoughts, pain, journey, fears, doubts, etc. Art is a safe space that gives the freedom to continue the healing process, and it also gives a platform to be a voice for others.

Scan for more about these two projects



Blue Waves

Wellspring Interview





**NEW
WORLD
SYMPHONY**

**YOUR TICKET TO THE
JOY OF LIVE MUSIC.**

**PLAN YOUR VISIT
AT NWS.EDU**



Media Relations Group, LLC

MEDIA RELATIONS GROUP, LLC is a multi-disciplinary public relations firm that specializes in public sector outreach and engagement. We have a dedicated team of professionals that provide services across the states of Florida, Georgia, and Pennsylvania. Our mission is to empower people through quality communication campaigns that build stronger communities and a more responsible society. We have been in business for more than 23 years thanks to our unrelenting passion for communications and civic engagement. More importantly, we have been in business because we place employee wellness above all. As a woman and minority-owned company, we understand the daily pressures of trying to balance it all. From work deadlines to family engagements, and personal commitments, the pressure of meeting external demands can have an impact on our mental health.

MRG is proud to be a member of the Wellsprings Counseling community whose core mission aligns with those of our company. We look forward to providing value to its members for years to come.



PUBLIC INVOLVEMENT



HIGHLY-SKILLED TEAM



COMMUNITY SERVICE



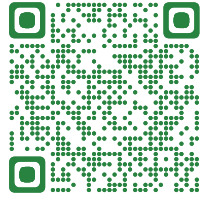
CREATIVE SERVICES

MRGMIAMI.COM



Bounce!

**Every Child
deserves to bounce back!**



Wellspring Counseling developed Bounce! to help youth, ages 11 to 18, “bounce back” from their traumas. The goal of Bounce is to relieve and prevent emotional suffering, and to promote post-traumatic growth in the lives of traumatized children and their families. Bounce runs all-year long, as an intensive camp for one week, or as an extended program over 7 weeks during the school year.

Bounce Intensive

1-week Summer Program

Bounce Extended

7-week After-School Program

Bounce is funded by a Miami-Dade County Grant,
and is free for youth living in Miami-Dade.



How Wellspring is funded

Wellspring is a non-profit ministry, not a private practice or agency. We seek to make mental health accessible through discounted counseling services, and free or affordable mental health education. It costs money to facilitate our programs, create education and to support our dedicated ministry staff. Wellspring's mission to restore hearts and minds is made possible through the generosity of a network of organizations, people, and ministries dedicated to support Mental Health in the community.



Grants

Every year, we apply for grants in the community for specific financial needs and programs. Among the foundations and agencies that support us are the Ocean Reef Community Foundation, the Key Biscayne Foundation, the Coral Gables Community Foundation, the County of Miami-Dade (for our Bounce program), and the Glasson Foundation for foster care youth.



Individual Donations

Wellspring also counts on the support of many individual donors in the community who support our mission to make mental health services accessible.



Sponsorships

We encourage family members, churches, organizations and corporations to invest in their constituents' well-being by sponsoring their counseling sessions or participation in our programs.



Fundraising Events

We organize fundraising events throughout the year to provide financial aid to clients who apply. Every year, Wellspring also participates in Give Miami Day. Our fundraisers are also an opportunity for our donors to experience Wellspring through therapeutic activities.



Fees

Wellspring charges lower than average fees for our professional counseling, and at least 50% of our clients receive some sort of discount for therapy or programs. When clients lack resources to receive the services they need, Wellspring helps them seek personal sponsorships, or sponsors them ourselves from grant or fundraising event resources. When these funds run short, we pull from up to 10% of our own very limited budget. Charging fees helps us to stretch our discounts as far as possible to those who need it most.

Our Grants



J.P.Morgan



Counseling Sponsors

Counseling Sponsors provide funds for their constituents to receive counseling services at Wellspring Counseling.



YOU can support Mental Health

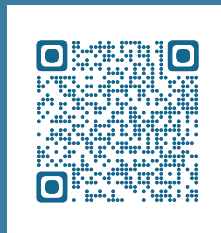
By donating to Wellspring, you can help us help others.

With your generous support, Wellspring is able to serve our community by providing accessible mental health services. Your gift, no matter how big or how small, provides financial aid or education for someone seeking health and healing.

Transform a life today!

Scan the QR Code to see what your dollar can do.

<https://www.wellspringmiami.org/donate>





To the Dr. Edward Burke Fund,

I want to thank you for the financial assistance through WellSpring. I am a single missionary living in Ecuador. I recently started fostering to adopt an adolescent boy, who I've worked with for several years.

He's lived in orphanages for nearly half of his life. Like all children in orphanages, his story is filled with immense trauma, abuse, abandonment, and neglect. I knew when I got him, he would need therapy to process and heal from his past. However, mental health services here in Ecuador are extremely limited which was stressful for me.

I knew about WellSpring and learned that many of their therapists are bilingual. I was so excited and relieved to know he could get the help he needs, but also hesitant because of my salary as a missionary.

However, I applied for financial aid and have been met with such generosity it brings me to tears. My son has experienced unfathomable hurt. He needs deeper help than what I can give in order to heal. I am overjoyed that he will soon start therapy at WellSpring.

God is good and He is faithful. He is using you to change stories like that of my son's. Thank you isn't strong enough to express my gratitude. You've made healing accessible to a child most of the world has overlooked and forgotten, and for that, I am forever grateful.

May God bless you abundantly.

Thank you,

*(This is an unsolicited letter from a client,
shared with permission)*

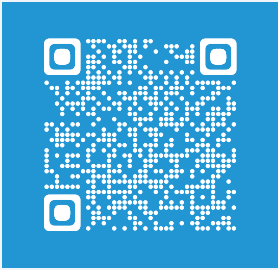
The Dr. Edward Burke Fund

In memory of Dr. Edward Burke, supplemental counseling funds are available for youth with mental health counseling needs. Dr. Burke was a beloved educator, a youth ministry leader, a devoted husband, father, and grandfather.

Visit our website for more information:

<https://www.wellspringmiami.org/financial-aid-1>



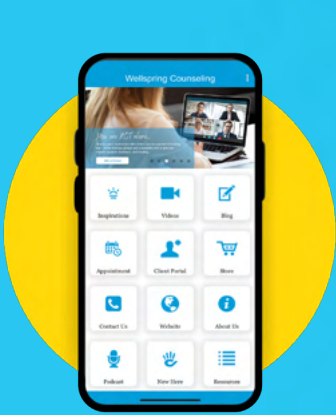


wellspring
on the **Air**
Because Hearts and Minds Matter



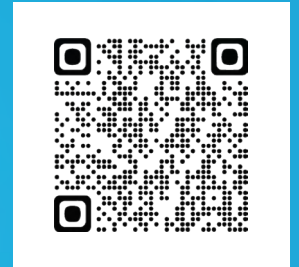
Available on all Podcast Platforms

More details at: <https://www.wellspringmiami.org/ontheair>



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our app

Search for Wellspring
Counseling on Apple
Store and Google Play.



Our Resources are

-  **Biblical**
-  **Practical**
-  **Scientific**

Visit our Page:
www.wellspringmiami.org/blog



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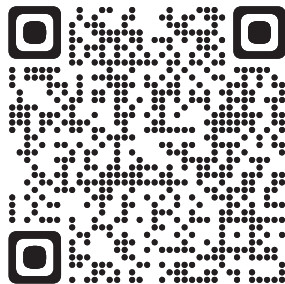
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“ Without
mental health,
it is hard to have
any health
at all.”

- TOVA KREPS



**BOOK A
SESSION
WITH US**

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