

Foundations Health & Wholeness George's Legacy Circle

If George could time travel, he'd be so proud of us.

Let's go back to the 1960s for a moment. It was a critical time for a social revolution of mental health care, with an explosion of community services and activism for clients. George Kress was at the forefront of that movement, creating what is now Foundations Health & Wholeness in 1965 out of his frustration that mental health care equaled institutionalized care, especially for those who couldn't afford to get help.

A legacy of care for our community's mental health now connects George with thousands of supporters who carry on the tradition of helping thousands of neighbors get access to life-changing mental health care.

Olivia is one of your neighbors who you have helped heal mind and spirit. After years of neglect, Olivia started living with an aunt at 15 years old when her mother was incarcerated. She was always tall for her age, and her hands were usually in her pockets in a vain effort to make herself smaller, so people didn't notice her. She struggled to build and maintain relationships and didn't have high self-esteem. Intense emotions left her easily scared and frustrated, and she engaged in self-harm behavior.

With lots of hard work in mental health counseling, Olivia learned life-changing coping skills. She learned to solve problems, manage her emotions, and examine her spirituality. She also had an opportunity to explore her creative side with art therapy. After a few tumultuous teen years, she's a young adult with an apartment with roommates, working full-time at a hands-on art studio and enrolled in the paramedic certificate program. She is still seeing her counselor to help with this new stage of life. Thanks to your generosity, her income isn't a barrier to care, and she pays what she can at every session. Just like George envisioned, counseling works.

The challenges continue for other community members. Taking care of the emotional needs of our community today and tomorrow requires addressing the issues of access and the scope of services for all life stages and wages. We know we must continue to support – and innovate - mental health care for children, adults, and families who will need us in new and different ways for decades to come.

You can build on George's legacy by removing barriers to care, broadening the reach of therapy and preventative support for more people in our community, and creating opportunities for innovative programming in the future.

You can play a critical role in the health and wholeness of our community by making a life-changing legacy gift in George Kress's spirit. By creating a legacy gift and joining George's Legacy Society, you are part of the new revolution in mental health care for children and adults throughout our beloved community.

To learn more about planned giving and how to join George's Legacy Circle, contact Kelly Nutty, Director of Development, at 920-437-8256 or knutty@WeAreFoundations.org. We are value driven. We are innovation focused. We care. We are Foundations.

Everyone matters. Everyone can heal.



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