

2025

ANNUAL REPORT

Changing—and Saving—Lives
ACROSS NORTH ALABAMA



Where Hope Meets Action
THE POWER OF PROGRESS

Dear friends,

At WellStone, growth has never been about getting bigger—it's about expanding our reach and improving access to key mental health programs and substance use recovery services.

It's about people, specifically WellStone's **14,000-plus clients**. It's about taking care of you, your neighbors, your employees, your employers, your friends, and your family.

This past year, we witnessed continued expansion with the opening of **River Crossing, a medically monitored detox center**. Based in a beautiful home, the 16-bed facility offers a warm, comfortable setting where clients can begin what is often the first step in long-term recovery. River Crossing works closely with River Valley Recovery, WellStone's residential treatment center, ensuring a smooth and supportive transition from one level of care to the next.

WellStone Emergency Services (WES) remained busy, on both the adult and pediatric units. In its first year, **the state's only pediatric crisis care center** admitted more than **400 youth**—kids who previously didn't have a local option for extended psychiatric care.

We are grateful to everyone who makes this kind of care possible. We couldn't do this without your support. Thank you!

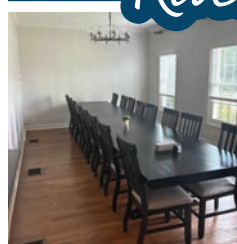
Sincerely,



Jeremy Blair
Chief Executive Officer



River Crossing



 /WellStoneBH

 @wellstone_hsv

 WellStone

 @WellStoneBH



Our People, **OUR STRENGTH**

While the executive team is often the most forward-facing of our employees, we have **494 full-time and 101 part-time** staff members dedicated to serving every client with dignity, compassion, and professionalism.

Of course, the entire WellStone family deserves kudos, but two employees were recognized with highly prestigious honors. At its annual conference in Anaheim, California, CIT (Crisis Intervention Training) International named **Chasmine Parker, a 988 therapist, Crisis Line Specialist of the Year.**

Additionally, the Alabama chapter of the National Alliance on Mental Illness (NAMI) honored **Paula Steele, Director of WES, as Alabama's Mental Health Professional of the Year.**

A huge thank you to the employees who are on the front lines, doing the most important work of all: Connecting our community to health and well-being. They are **psychiatrists, nurses, therapists, med techs, case managers, support staff, and peer support specialists**, and they are the heart and soul of what we do.

Shining a Light

ON ALABAMA MENTAL HEALTH*

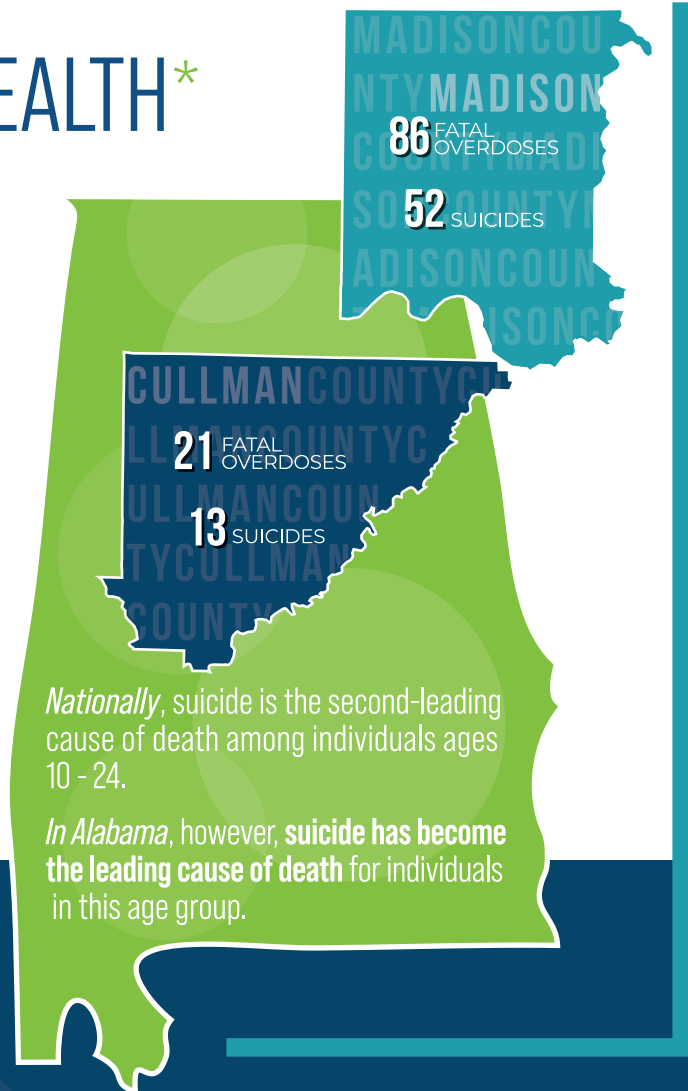
15%
587,000 ALABAMA ADULTS REPORTED A SUBSTANCE USE DISORDER 18% NATIONALLY

24%
931,000 ALABAMA ADULTS REPORTED A MENTAL ILLNESS 23% NATIONALLY

5%
210,000 ALABAMA ADULTS REPORTED SERIOUS THOUGHTS OF SUICIDE 5% NATIONALLY

864 CONFIRMED SUICIDE DEATHS
 ACROSS ALL AGE GROUPS

*Source: Alabama Department of Mental Health (ADMH)



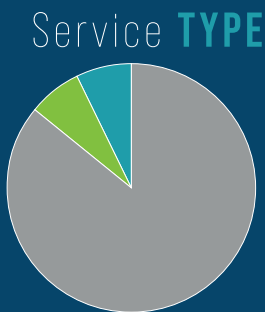
Nationally, suicide is the second-leading cause of death among individuals ages 10 - 24.

In Alabama, however, suicide has become the leading cause of death for individuals in this age group.

By the NUMBERS

14,596
 Clients Served

\$3,381,511
 Uncompensated Care



86%
 Mental Illness

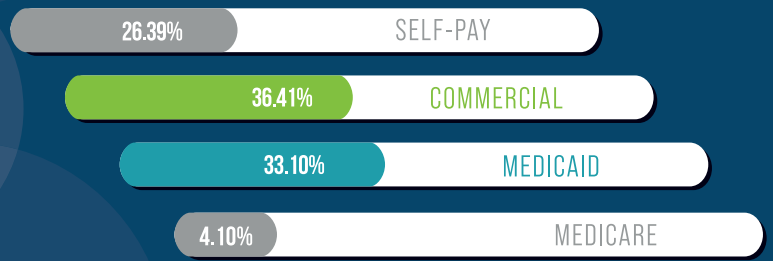
7%
 Co-Occuring

7%
 Substance Abuse

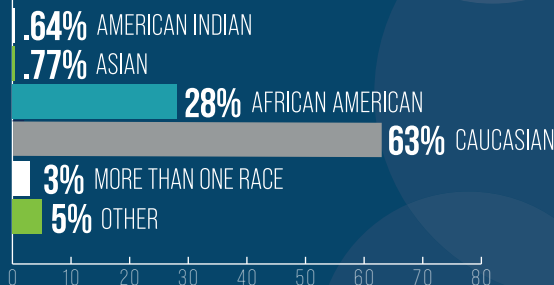
Client AGE

0-17: 27.86% 18-39: **33.83%** 40-49: 12.90% 50-64: 17.10% 65+: 8.40%

Payor SOURCE



Client ETHNICITY



FED GOV'T	LOCAL GOV'T	OTHER REVENUE
\$997,671	\$3,593,759	\$2,062,460
STATE GOV'T	PATIENT FEES	TOTAL REVENUE
\$23,025,645	\$19,690,615	\$49,370,150

Community-Powered:

AN EFFECTIVE CONTINUUM OF CRISIS CARE

WellStone Emergency Services (WES) opened for adults in October 2022, followed by the launch of pediatric services in fall 2024. The addition met a critical need for youth in our community.

Compassionate mental health teams on both units welcome each client with open arms—and a commitment to stabilize, treat, and map out a recovery plan moving forward.

The WES pediatric unit opened on September 30, 2024, becoming the first of its kind in the state and filling a significant gap in North Alabama's continuum of crisis care.

“In May 2025, my 16-year-old daughter had a mental health crisis. I was terrified and felt helpless. The only thing I could think of was WellStone so that’s where we went. The team was so comforting, and we knew our child was safe and was going to get the help she needed.”

-Parent of WES Client

WES Metrics for Pediatrics

WES admitted **410 youth**, 12-18, in its first year, and provided **\$137,100** in uncompensated care.



“I went to the ER and they didn’t have anything available. They gave me a few options, including WellStone, but I didn’t want to go. Eventually, the feelings I had got so bad that I knew I’d be in trouble if I didn’t get help so I checked myself into WellStone and stayed for six days. It was the best decision I ever made.”

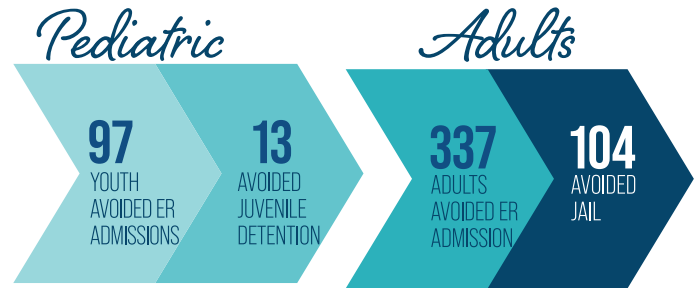
-WES Client, Age 29

WES Metrics for Adults

WES admitted a record number of adults again in 2025, serving **1830 men and women**, and providing **\$837,400** in uncompensated care.

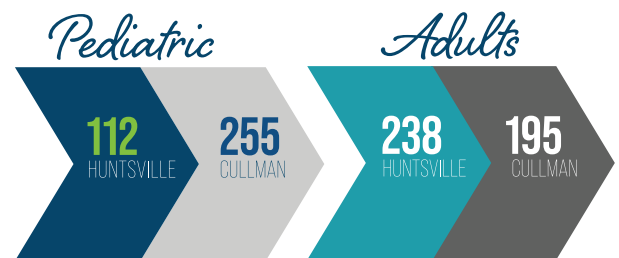


DIVERSIONS



MOBILE CRISIS TEAMS

The mobile crisis teams diverted dozens of children and families from DHR intervention, the Emergency Department, and even law enforcement involvement.



988 SUICIDE & LIFELINE *Total calls 3,494*



Reclaiming MENTAL WELLNESS

Thanks to funding secured by **Senator Garland Gudger (R-Cullman)**, WellStone has expanded its free **Stellate Ganglion Block** treatment. The SGB shot is a minimally invasive outpatient procedure that helps reset the brain's fight-or-flight response. It's free to veterans—and now first responders—suffering from PTSD and related mental health conditions.

“ WellStone was one of my first steps toward real recovery. My therapist's compassion and professionalism reminded me that recovery isn't a sign of weakness. It's a display of courage. When I took the SGB shot, the results were life-changing. The fog of constant hyperarousal began to lift. For the first time in years, I could sleep more soundly, think more clearly, and engage in life more fully.”

-Richard W. SSG, U.S. Army (Ret.)



From Challenges TO OPPORTUNITIES

The Launch Program helps individuals ages 16-24 transition into adulthood with purpose and direction. Teams assist teens and young adults with GED preparation, employment readiness skills, workforce training, and one-on-one counseling and support. Last year, we served 130 teens and young adults in Cullman, DeKalb, Jackson, Madison, and Marshall County. Launch is more than career counseling and educational support; **it's lifesaving connection.**



“ Dr. Vince has gone above the call of duty. He was the first person to believe that I can be somebody. That my life was worth living. Since meeting Dr. Vince, I have reclaimed my education and become a top student. I am applying to graduate schools with the goal of finishing with a PhD in Clinical Psych. None of this would have been possible without Vince and Launch.”

-Aaron C., Fort Payne

WellStone implemented the **OUR KIDS Program** at its Cullman location last year. The after-school service was created for children ages 9-13 to promote healthier family dynamics, address problematic behaviors, and prevent more disruptive problems as they grow older.

The School-Based Therapy program continues to serve students in elementary, middle, and high schools in the Huntsville City and Madison County school systems. Last year, 35 school-based therapists served more than 1,500 youth at 60 different schools.

The Cullman team also re-launched its **School-Based Therapy** program. Four therapists served 118 clients in Cullman City and Cullman County school systems. The program eliminates barriers to access for kids by providing this vital service onsite during school hours.

Signature FRIENDRAISING EVENTS



Beacon of Hope

This year's Beacon of Hope was another sellout! Some 350 guests turned out to hear from basketball icon **Chamique Holdsclaw**, and learn more about the resources available to our incredible community. Thanks to Presenting Sponsor **Lane Wilson** and the **Staley Dunn Wilson Wealth Management Group**, and the 30 other sponsors who stepped up to support. Tremendous thanks also to **Courtney Hopkins**, **Dr. Annie Saylor**, and **Ra'Jahmel White, LPC**, for sharing their experiences on mental health through a powerful Beacon of Hope video.



Oktoberfest 5K/10K

The 2025 Oktoberfest races were the biggest ones yet. A record **437 people** registered for the annual run, which supports mental health programs at WellStone in Cullman. We are grateful to all of our sponsors, with special nods to Starting Line and Finish Line sponsors, **Dental Arts** and **Cullman Savings Bank**, respectively. The Oktoberfest 5K/10K is part of the community's larger Oktoberfest Festival, a weekend-long event celebrating the spirit of German heritage in North Alabama.

COMMUNITY REACH

An Evening of Connection & Impact

We're grateful to **Lane and Cheri Wilson** for hosting a powerful Evening of Connection & Impact at their beautiful home. Special thanks to **Stephanie Kennedy-Mell and the Church Street Family** for serving delicious tapas and fine wine! It was an excellent opportunity to connect with friends—new and old—while also sharing updates on WellStone's ever-increasing impact.



Team Ayuda

Nearly 100 donors, most from the Northeast, donated **\$21,000** in memory of their beloved friend and cousin, **Patrick O'Connor**. John Mangini, a Huntsville transplant, coordinated the fundraising effort with friends from his native New Jersey after learning about WellStone Emergency Services. Their generosity, multiplied by a gift from the **O'Shea Family Foundation** and matched further by an anonymous donor, added up to more than **\$80,000**. The group turned the fundraiser into a meaningful weekend in Huntsville. As part of Team Ayuda (Spanish for help), the friends toured WES, caught a Trash Pandas game, celebrated John's birthday, and honored Patrick's memory. We honored Patrick, too, with a sign at our Pediatric Nurse's Station.



Young professionals

Thanks to the YPs (young professionals) who partnered with WellStone to raise awareness, eliminate stigma, and support community projects. The group kicked off the year's efforts with a spring social at **PaPpo's Pizzeria**. They also spent a Saturday sprucing up group home spaces, and wrapped up with a powerful **Mental Health Mixer at Twickenham Advisors**. Thanks to everyone at Twickenham for supporting this special event!



Mental Health Pool Tournament

The **North Alabama American Poolplayers Association (APA)** hosted the Second Annual Mental Health Pool Tournament benefiting WellStone. The event was full of passionate pool players committed to ending stigma, building awareness, and raising funds to support mental health and substance use recovery programs. Much appreciation to **Courtney Hopkins, Holly Kertes, and Emily Leeth**.



Book Club

WellRead

The WellRead book club helps normalize conversations around mental illness and addiction through reading. We enjoyed four great books in FY25, including *Hidden Valley Road* by Dr. Robert Kolker and *The Body Keeps the Score* by Dr. Bessel van der Kolk. Thanks to everyone who joined us on this journey. Stay tuned for four more powerful selections in 2026!



Lantern Circle

Thanks to the following donors for lighting the path to healing through monthly giving:

Beth and Jeremy Blair
Daelyn Connor
Elizabeth and Patrick Fleming
Kalee Full
Nicole and Kyle Gibson
Halina Hale
Brian Irelan
Ann Marie and Gene Lang
Kinslee and William Patton
Karen and David Petersen
Carolyn Puryear
Sonja and Jonathan Rossow
Paula and Matt Steele
Suzanne and William Stewart
Melissa and Mark Thornton
Charles Vaughn
Wendy and Daniel Weber
Jalynn Whitfield



LANTERN CIRCLE
Lighting the path to healing

Ruby - Lifetime

The Alpha Foundation
Hank Isenberg
Huntsville Hospital, Community Health Initiative
The Propst Family Foundation

Emerald

\$25,000 - \$99,999

Cynthia and Rey Almodóvar
James Cecil and Margaret G. Ashburn Foundation
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The Brotherton family
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Judy White
Lia and Ray White
Cheri and Lane Wilson
Women's Philanthropy Society

Sapphire

\$5,000 - \$24,999

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Madison County Medical Society
Deborah and Stuart Maples
David McKinley
Merrill Lynch, Staley, Dunn, Wilson group
Modern Technology Solutions, Inc.

Gifts of \$200 and above (from FY25) are recognized in the annual reports.
Please contact us with information regarding unintentional omissions or misspelled names.

Christy Nickelson
The O'Shea Family Foundation
Emily and Steve Robertson
Shine Time Super Wash, Mike and Emily Reiney
Simulation Technologies, Inc.
Allen and Tom Young

Topaz

\$1,000 - \$4,999

Ai Signal Research Inc
Alabama Federation of Women's Clubs
APA North Alabama
Avion Solutions
Beth and Jeremy Blair
Patricia Blair
BMSS Advisors & CPAs
The Boeing Company: ECF
Bradford Health Services
Bradley
Brooke Chandler
Chapman Sisson Architects
The City of Good Hope Alabama
COPT Defense Propoerties
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Crunkleton Commercial Real Estate
Cullman Savings Bank
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Tanu and Anuj Singhal
SouthState Bank
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Cathi and Zack Tate
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Debbie and Larry West
Al Wilhite
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\$200 - \$999

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In honor

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 Charlie Brown
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 Mary Compton
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 Paula Cushman
 Dorothy Dickens
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 Nancy and Larry Walter
 Ina and Les Warboys
 Mr. and Mrs. Glenn Webb
 Diane Wick
 Sharon Wright

In Kind

Church Street Family
 Crystal Mountain
 Inline Lighting
 Salon Allure
 Twickenham Advisors

In memory

Steve Brown
 Lou Greco
 Krista Phillips Herbster
 Joseph Keweza
 Patrick O'Connor
 Corbin Rodgers
 Sidney White
 Julie Wilson

Thank you for your support!



In Loving Memory
F. LEE COOK & SIDNEY WHITE

WellStone recently lost two longtime friends, executive board members, and devoted supporters. F. Lee Cook and Sidney White each dedicated years of service to WellStone and to the individuals and families we serve. Their leadership, generosity, and commitment helped shape our mission, and their impact will continue to be felt for years to come.



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wellstone.com

WellStone is a 501(c)3 nonprofit organization serving up to 14,000 children, adolescents and adults each year in Madison County, Cullman County, and surrounding communities.