

## PERSPECTIVES ON WELLMET FROM RESIDENTS

“Wellmet has provided an extended family and support I wasn’t able to get on my own.”

“I learned how to cook and manage my medications.”

“Wellmet gives you time to adjust to community living.”

“Wellmet is a wonderful learning experience. The staff is exceptionally devoted.”

“I learned how to be on my own.”

“Wellmet treats its residents as responsible individuals. This is an exception rather than the rule in mental health.”

### **If you are interested in learning more about Wellmet, contact:**

Charles Zymaris, Executive Director  
Wellmet Project, Inc

675 Massachusetts Avenue  
Cambridge, MA 02139

Phone: 617.491.2377

Fax: 617.491.3195

E-mail: [wellmet@tiac.net](mailto:wellmet@tiac.net)

[www.wellmetproject.com](http://www.wellmetproject.com)



Founded in 1960, Wellmet is a transitional housing program for adults with psychiatric disabilities.

## Mission

To provide transitional housing and counseling services to psychiatrically disabled adults and facilitate a return to independent living in the community.

## Location

Three homes in the Cambridge-Somerville area.

## Services

Supportive counseling and room and board in a cooperative, community-based environment.

## Number of Residents

Ten – twelve clients and four live-in staff at each home.

## Funding

Residential fees, individual donors, and corporate/foundation grants.

## WELLMET'S ACTIVITIES AND SERVICES

- Weekly goals meeting with a counselor
- Weekly assigned household chores
- Weekly house meeting with residents and staff
- Team meal preparation
- Morning, evening, and overnight live-in staff provide assistance and support
- Assistance with transition to independent living arrangements
- Treatment team meetings with other care providers, as necessary, to help develop treatment strategy
- Semi-structured milieu that ensures a qualitative involvement with staff and other residents, while also allowing the individual to make choices regarding the use of free time and individual activities
- Support in establishing and maintaining a day structure outside of the home

Wellmet supports **independent** living skills in a home-like environment, with a high degree of integration into the surrounding community.

## WELLMET'S ADMISSION PROCESS

- Referring social worker makes initial contact with Wellmet; the prospective resident or family may also contact Wellmet directly
- An application is filled out by the applicant and the referring party
- Applicant is interviewed at Wellmet's office by the executive director, followed by an interview with Wellmet's clinical team
- Applicant visits a Wellmet house for dinner with residents and staff for several evenings
- Final interview with residents at the house meeting; a decision is made directly after the meeting

## ADMISSION CRITERIA

- Capable of self-care and self-medication
- Not have recent major, active substance abuse problems
- Not actively, suicidal, homicidal, or assaultive
- Not floridly psychotic
- Participating in weekly psychotherapy
- Participating or willing to participate in 20 hours per week of structured activity