

NEW YORK CITY HEALTHCARE PROFILES



A Catalyst of Wellness

WellLife Network's person-centered approach to wellness empowers vulnerable populations to reach their full potential with dignity and independence.

Sherry Tucker, CEO, WellLife Network

Established in 1980, WellLife Network has grown to be a beacon of hope for more than 25,000 people across New York City with developmental disabilities or mental illness.

Regardless of whether an individual turns to the network in need of behavioral health services, substance abuse recovery, or help with a behavioral health crisis, the team at WellLife believes that everyone deserves to live a purpose-driven life.

"People who turn to us want the same things that everybody else wants," says CEO Sherry Tucker. "They want to succeed in life, have meaning, and know that they're cared for. Our person-centered approach prioritizes what each individual wants to achieve, and we work daily towards those goals. It's so rewarding to watch their lives blossom."



WellLife staff with client at a Springtime in Paris event.

to live where they feel safe and nurtured," says Tucker. "Finding a home is a cornerstone of what it takes for people to grow as individuals and become the best version of themselves."

In addition to housing vulnerable populations, WellLife provides mixed-use accommodations for anyone that meets the IRS income standards for affordable housing.

"We recently opened a mixed-use housing project funded specifically for people experiencing homelessness," says Tucker. "Some arrive with nothing more than a grocery bag containing a few clothes. They step inside to find their own oasis with high-end finishes and a beautiful view of Manhattan. Here they feel valued and have the potential to turn their life around."

How the Magic Happens

Working at WellLife requires a compassionate and patient heart, as those they serve may not always have the emotional capacity to show gratitude.

"Our staff is our biggest asset and the reason we're able to fulfill our mission," says Tucker. "There's never a day where we don't have the opportunity for something special to happen, either with the people we serve or those we work alongside."

To avoid burnout and build comradery, WellLife treats its employees like heroes. Recognized by *Newsweek* and *Forbes* as a best place to work, the network provides group activities such as book clubs, game nights, bowling clubs, and meditation groups to give team members a break.

"We have the most amazing team, and they deserve to feel seen, heard, and valued," says Tucker. "Our work isn't for the faint of heart, but it's an amazing feeling to wake up every day knowing that we're impacting lives."

More Than Shelter

For many, the pursuit of independence begins with finding a place to call home. At WellLife, a variety of needs-based housing options include a group home with devoted staff available 24/7 for residents with developmental disabilities as well as independent living arrangements in recovery-based housing for people living with mental illness.

"Everyone deserves the respect and dignity of having a place

WellLife is... **Dominique**

We help them set a goal and work together to achieve it. Is it always going to work? No, but that is what we are there for. I tell them not to think about it as a setback, but as a pause to take, then to continue. It will not always be a success story; it is all based on the individuals.

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