The Four Dimensions of Recovery

- Health
- Home
- Recovery
- Purpose
- Community
DEAR FRIENDS:

In Fiscal Year 2012, Trilogy aligned its strategic plan for growth with the Substance Abuse and Mental Health Services Administration’s (SAMHSA) definition of the four major dimensions that are essential to a life in recovery: health, home, purpose and community. With these dimensions in mind, Trilogy expanded its programming, added new partnerships, and diversified its funding.

In September of 2011, Trilogy was one of five community mental health organizations contracted by the State of Illinois to be a Williams Consent Decree service provider. As some of you may know, Williams v Quinn is the class action lawsuit that was first filed in 2005 against the State of Illinois on behalf of 4,500 residents of nursing facilities. The lawsuit alleged that Illinois was in violation of the Americans with Disabilities Act (ADA) by “needlessly segregating Plaintiffs, a class of 4500 Illinois residents with Serious Mental Illness (SMI) living in institutional settings.” During the next four years, Trilogy will be assisting more than 500 class members with their transition into apartments of their own and providing them with the support they need to successfully make the transition to independent living.

In January 2012, Trilogy announced a smoke-free campus initiative that went into effect on July 1, 2013. Through careful planning, collaboration with organizations like the Respiratory Health Association and the American Cancer Society, and programs like the Chicago Tobacco Prevention Project, Trilogy successfully implemented our new policy and improved the health of our clients, staff and Trilogy visitors. Because of Trilogy’s continued focus on primary care as well as mental health, Trilogy’s Integrated Healthcare Program was nationally recognized in April 2012 when it was honored with the National Council For Community Behavioral Healthcare’s 2012 First Place Reintegration Award for Clinical Medicine. Our partnerships with Heartland Health Centers, Rush University College of Nursing and Chicago House ensure that our innovative program is setting the standard for integrated care.

In March 2012, Trilogy received its first HUD Continuum of Care – Homeless Assistance New Project Award grant. This funding is the foundation for Trilogy’s Housing First Program. In May 2013, we will be able to offer an additional 25 units of subsidized housing for individuals who are HUD qualified and adults with serious mental illness. By the end of Fiscal Year 2013, Trilogy will offer more than 60 units of housing to those most in need.

We are proud of providing health, home, purpose and community to our clients. We promise to continue to diversify our funding and collaborate with other non-profits and academic institutions to ensure that our clients receive the best quality of care.

We appreciate your support and encourage you to continue to make a difference.

Sincerely,

John Mayes, LCSW
President and CEO

Stephen M. Fatum
Trilogy Board of Directors, Chairperson
All Trilogy clients were offered employment services.

Work is an important factor in most of our lives. Trilogy's Employment Services Program matches qualified candidates with local businesses and gives individuals the support they need to succeed. Trilogy, together with Housing Options, New Foundation Center and Community Counseling Centers of Chicago (C4) created the Northside Workforce Development Alliance (NWDA). The purpose of the NWDA is to combine resources and create better job opportunities for individuals living with serious mental illness. “Working helps raise my self-esteem and I feel more motivated and productive in my life. I really appreciate how Trilogy has helped me with finding and keeping my job.” – Jay H.

More than 1500 individuals were served per month.

The Beacon is a Peer Drop-In Center that is open seven days a week, 365 days a year. The Beacon is open to any adult who presents as having serious mental illness, therefore, many of our guests are not Trilogy clients. Some people have tried other programs, but have not truly started their journey of recovery while some people are homeless and simply come for a cup of coffee. Our mission in the Beacon is to build a safe community grounded in mental health recovery, where peers inspire, support, and empower each other through social, vocational, leadership and advocacy opportunities.

SOME FY12 HOME HIGHLIGHTS:
- Selected to be part of National Council for Community Behavioral Healthcare’s Trauma-Informed Learning Community.
- Received first HUD Continuum of Care – Homeless Assistance New Project Award.
- Selected as one of five providers in Illinois to provide transition services to Williams clients.

SOME FY12 HEALTH HIGHLIGHTS:
- Honored with 2012 First Place Reintegration Award for Clinical Medicine by National Council For Community Behavioral Healthcare.
- Implemented 2012 Smoke Free Campus Initiative. Recognized as a Chicago Healthy Partner by Chicago Tobacco Prevention Project.

521 received primary care screenings.

Trilogy's Integrated Healthcare Program helps improve the overall quality of life for more than 600 adults with serious mental illness each year through the integration of medical screening, prevention, early intervention, and primary health care treatment with mental health services. Our goal is to assist our clients in making healthy choices that support their overall health. We accomplish this goal through the services we provide through our primary care partnership with Heartland Health Centers and as a nursing practicum site for more than 250 nursing students from Rush University College of Nursing.

130 individuals were housed.

Home is a safe place to live. It's also a place where an individual feels comfortable and confident receiving the services they need. We are committed to creating environments and services that address the needs of individuals who have experienced significant trauma. Trilogy has four residential sites, including two-long term Community Integrated Living Arrangements (CILA), and two group homes. Trilogy's residential programs are safe and affordable. Programming is comprehensive offering a range of services from community-based supported housing to 24-hour residential support as needed.
Trilogy, Inc., founded in 1971, is a behavioral healthcare organization with more than 40 years of experience serving people with serious mental illness in the Chicago community of Rogers Park and surrounding areas. We specialize in delivering mental health services in the community.

Central to the philosophy of all Trilogy services is a belief in the possibility of long-term recovery from mental illness and mental illness with co-occurring substance use disorders. Our treatment methodologies are Recovery-focused and incorporate Evidence-Based Practices which help to maximize individuals’ independence, self-sufficiency, and quality of life. We have an appreciation for the high prevalence of traumatic experiences in persons who receive mental health services. Every single client served by our organization experiences a safe and trusting physical and social environment that provides trauma-informed and trauma-specific services that are easily accessible. We operate under the assumption that people can and do make good choices for themselves when offered accurate information, a wide-array of recovery options, acceptance, and support.

**MISSION**

Trilogy’s mission is to assist people in their recovery from serious mental illness by helping them discover and reclaim their own capabilities and life direction.

**VISION**

Our vision is to be a leader in behavioral healthcare; an organization where each employee has a personal devotion to excellence in service and embraces the highest standards of ethics and integrity; where each person served takes pride in knowing that our organization provides the finest Recovery-focused services available using Evidence-Based practices; and where each of our funding sources and contributors rests assured that they are getting the best possible return in services for each dollar invested in our organization.

**SERVICES**

Trilogy offers a wide array of services including: Assertive Community Treatment, Community Support Team, Integrated Healthcare, Recovery Services, Psychiatric Services, Psychosocial Rehabilitation Services, Residential Services, Housing Coordination, Supported Employment, Family Psychoeducation, and HIV Testing and Prevention Services. The Trilogy Beacon — 365 Day-A-Year Peer Led Drop-In Center — is open to any individual in the community who presents as having serious mental illness.
**DEMOGRAPHICS**

In FY12, Trilogy served 621 adults with serious mental illness and mental illness with co-occurring substance use disorders: 18% of individuals presenting at intake were homeless, 70% were in need of entitlements—such as Social Security and Medicaid, 40% required linkage to medical care, and 75% required linkage to psychiatric care.

**GENDER:**
- Male: 59%
- Female: 41%

**AGE:**
- 18-28: 8%
- 29-35: 11%
- 36-45: 22%
- 46 and over: 59%

**RACE:**
- White: 50%
- Black/African American: 39%
- Hispanic: 6%
- Asian American: 2%
- Unknown: 2%
- Hispanic American Indian: 1%

**FY2012 FINANCIAL HIGHLIGHTS**

**SUPPORT AND REVENUES**

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<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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<tr>
<td>Grants and Contracts</td>
<td>$1,397,837</td>
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<td>Fees For Service</td>
<td>$4,161,116</td>
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<td>Workshop Sales</td>
<td>$7,454</td>
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<tr>
<td>Contributions</td>
<td>$199,706</td>
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<tr>
<td>Foundations</td>
<td>$69,583</td>
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<td>Rental Income</td>
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<tr>
<td>Interest</td>
<td>$24</td>
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<tr>
<td>Miscellaneous</td>
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<td><strong>Total Support and Revenue</strong></td>
<td><strong>$5,970,000</strong></td>
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**EXPENSES**

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<th>Category</th>
<th>Amount</th>
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<td>LOTS Services</td>
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<td>Recovery Services</td>
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<td>Psychosocial Rehabilitation</td>
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<td>Psychiatric Leadership</td>
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<td><strong>Total Program Services</strong></td>
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<td>Quality Management</td>
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<td>Fundraising</td>
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<td>Administration</td>
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<td><strong>Total Program Support</strong></td>
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<td><strong>Total Expenses</strong></td>
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<td><strong>Surplus</strong></td>
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