



HISTORY

MISSION

Trilogy, Inc. is a behavioral healthcare organization with 40 years of experience serving people with serious mental illness in the Chicago community of Rogers Park and its surrounding areas. 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.*

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 abuse 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 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.

OUR NAME

Since 1971, Trilogy has offered a variety of services which support adults with severe mental illnesses in their quest to live their lives to the fullest, to achieve and maintain their highest level of independence in the community. Named for three essential components of psychosocial rehabilitation—vocational rehabilitation, socialization and leisure time planning—Trilogy has supported thousands of individuals in achieving their goal of successful, productive community living.

HISTORICAL CONTEXT

Prior to the mid 1940's, communities and families, private charities and faith based organizations took care of mentally ill individuals as best they could, with the sickest and/or the poorest being sent away, sometimes for their lifetimes, to monolithic government funded institutions in rural settings. In 1946, with the return of thousands of "shell shocked" World War II soldiers, Congress passed the National Mental Health Act to fund research and training and to begin the development community based mental health services.

With the 1963 Community Mental Health and Developmental Disabilities Centers Act, spearheaded by President John F. Kennedy, the Federal government significantly increased its financial commitment to community care. That statute authorized the construction of a number of geographically based comprehensive community mental health centers across the country. While nowhere near the number centers needed were developed was, the legislation set a precedent for subsequent Federal initiatives in community mental health.

TRILOGY: ITS FORMATION AND GROWTH

- 1966 to 1971 . . . Thresholds created a, provided pre-vocational services and workshop experiences to individuals living in nursing facilities from 1966 until 1970, with Jack Stephens as Program Director; these services, supported by packaging and assembly contracts, were staffed by nursing home employees and Volunteers in Service to America (VISTA) volunteers. In 1970, a separate 501 (c) 3 established as *Avatar* focused on pre-vocational services and was no longer associated with Thresholds.
- **1971 . . . Trilogy was established as a separate non-profit corporation to manage and expand on employment services for mentally ill adults living in the city's northeastern neighborhoods and named Jay Forman as Program Director.**
- 1974 . . . Trilogy received its first direct grant from the Illinois Department of Mental Health (DMH), permitting the Board of Directors to hire an Executive Director and to establish job placement and job counseling services in addition to workshop job training. Tom Pollack was hired as the first Executive Director.
- 1974-1983 . . . Trilogy marketed its vocational rehabilitation services to other nursing homes and mental health providers— establishing several satellite programs.
- 1983 . . . DMH grants funded a case management/day treatment program, and Trilogy purchased its first free-standing site on North Ashland Avenue in Rogers Park.
- 1990 . . . DMH funding for Community Integrated Living Arrangements (CILA) allowed Trilogy to provide intermittent and 24-hour in home supportive services to approximately 50 adults with mental illness living independently in community apartments.
- 1991 . . . Trilogy purchased and rehabbed a greatly expanded, modernized four floor building on Greenleaf Avenue in Rogers Park, and moved out of its Ashland Avenue site.
- 1992 . . . DMH formed Local Area Networks (LAN's), composed of mental health and social service providers, community development organizations, and other community gatekeepers to assess needs, plan for and monitor mental health services in their locales. Trilogy was selected to be the Coordinating Agency of the Rogers Park LAN and the banker for DMH grants for Emergency Psychiatric Services (EPS) and to serve as Rogers Park's Emergency Mental Health Services (EMHS) provider. Also in 1992, the City of Chicago transferred its eight-person CILA grant to Trilogy.
- 1993 . . . With the dissolution of ACORN, a mental health program in neighboring Evanston, Trilogy was selected by the Evanston Local Area Network to assume responsibility for ACORN's community based case management program and its eight bed HUD funded residential program for homeless mentally ill adults. At the same time, Housing Options for the Mentally Ill in Evanston (HOME) contracted with Trilogy to provide community based and in-home services to twelve residents of their Supportive Housing and Information Program (SHIP).
- 1995 . . . Loyola University announced the closing of the Doyle Center which provided counseling services to Rogers Park children and adolescents and their families. The state grant was awarded to Trilogy which then subcontracted with the Counseling Center of Lakeview to provide those services at our Rogers Park site.
- 1996 . . . In partnership with Howard Area Community Center, Nortown-Rogers Park Mental Health Clinic and the Illinois School of Professional Psychology, Trilogy developed the Latino Project whose goal was to assist Spanish speaking individuals and families in accessing language competent and culturally sensitive mental health services.

- 1998 . . . DMH funded its Psychosocial Rehabilitation (PSR) Initiative, aimed at providing pre-vocational, job training and placement and consumer education and empowerment services to residents of long-term care facilities/nursing homes. Trilogy reorganized and refocused its group services and employment services to respond to this initiative and was appointed banker and coordinator for the Cluster 5 PSR service provider network.
- 7720 Inc., a residential services provider in northeast Rogers Park, merged with Trilogy, adding three agency owned eight-bed group homes, one of which serves men and women with both mental illness and substance abuse (MISA), and a 45 person socialization/case management program (formerly Better Living Apartments of NAMI Greater Chicago).
- 2001 . . . the Evanston LAN contracted with Trilogy to provide Emergency Mental Health Services to residents of Evanston and to serve as banker for the state's emergency psychiatric services dollars for that community.
- Trilogy's Medical Services Department developed and initiated the PsychResourceNet (PRN), an accessible and affordable fee for service psychiatric and psychotherapeutic program located at Trilogy's Rogers Park and Evanston offices and at a downtown location.
- 2001 . . . Resurrection Health Care contracted with Trilogy to provide Employee Assistance (EAP) services to its employees working in Resurrection's facilities in Rogers Park, Evanston, the City's north side neighborhoods and contiguous suburbs.
- 2003 . . . The Board of Trilogy formed a separate 501 © (3) corporation, the Trilogy Foundation, whose goals are to raise private philanthropic funds in support of the services and programs of Trilogy Inc., to administer Trilogy's Volunteer Program and its Legislative Action Program and to educate the community on mental illness.
- 2004 . . . several foundation grants enabled Trilogy to broaden its reach and expand its services:
 - The Polk Bros. Foundation funded hiring a designated fulltime MISA (Mental Illness/Substance Abuse) Coordinator
 - The Michael Reese Health Trust funded assertive outreach and referral services in our Intake Department
 - The Grant Healthcare Foundation funded staff to coordinate our Volunteer Program
 - The Helen Brach Foundation funded services for parents and caregivers of the at-risk kids served by our Children and Adolescents Services Program
 - The Illinois Department of Commerce and Economic Opportunity and CTC's Accelerator Program funded a significant expansion of our computer training center
- 2006 . . . the Trilogy Inc. web site (www.trilogybehc.org) went live and Jim Graham resigned from his position as President after thirteen years in that role and twenty years with the agency. John Mayes, with twenty plus years in community mental health, was hired as Trilogy's President and CEO.
- 2007...Trilogy Inc. changed its website domain to www.trilogyinc.org.
 - Trilogy Inc becomes DASA licensed for Level One Outpatient Services.
- 2008...Asian Human Services, a not-for-profit organization, partnered with Trilogy and opened a branch of their primary care FQHC at the 1400 W. Greenleaf building.
- 2009...the Lloyd A. Fry foundation funded a full-time nursing position for Trilogy's new Integrated Healthcare Program. Trilogy partnered with Rush College of Nursing and became an approved site for nursing practicums.
 - Trilogy collaborates with Corporation for Supportive Housing and The Urban Institute on a research project identifying homeless individuals who are high users of jail and mental health

services as they exit the jail called the *Frequent Users Project*. The Corporation for Supportive Housing (CSH) is leading this initiative to provide 100 people leaving jail with permanent housing and is partnering with Trilogy staff to identify persons in the jail who meet criteria, enroll them in the study and help each individual link with a service provider and intensive community services.

- 2008...Trilogy receives three-year City of Chicago funding to start a DASA licensed Integrated Dual Diagnosis Outpatient Treatment Program for adults who suffer with mental illness and a co- substance abuse/addiction disorder
 - Trilogy receives funding from Grant Healthcare Foundation in support of establishing a Latino Services Program to help meet the growing need for high quality, linguistically and culturally competent mental health services within the communities we serve
- 2009...Trilogy receives three-year City of Chicago funding for the federal HPRP (Homelessness Prevention and Rapid Re-Stabilization) Program. The goal of this program is to assist individuals who are currently homeless or in danger of becoming homeless by providing supportive services and rent vouchers for apartments throughout the City of Chicago.
 - Trilogy receives two-year \$70,000 grant from Polk Bros Foundation in support of its Linkage, Outreach, Triage Services program serving individuals in need of acute care. This multi-year award enables Trilogy to continue the program in spite of states' reduced Non-Medicaid funding.
- 2010.. Trilogy Inc. is the recipient of a four-year federal grant from the national Substance Abuse and Mental Health Services Administration (SAMHSA). Trilogy partners with another Chicago organization, Heartland International Health Center (HIHC), to expand their existing Integrated Healthcare Clinic to provide access to primary health care and behavioral health services for individuals with mental illnesses, substance abuse disorders and other medical needs. The SAMHSA grant provides \$1.5 million dollars in funding over four years.
 - 2010...Trilogy Inc receives Title XX DFI money to start its own Consumer Run Drop-In-Center called The Beacon.
- 2011...Trilogy's 40th Anniversary and the future.
 - Trilogy receives City of Chicago funding in workplace development to hire a Vocational Coordinator.

FY2010 CLIENT DEMOGRAPHIC INFORMATION

- 54% are male, 46% are female
- 6% are between ages 18 and 25; 44% are between 26 and 45; 47% are between 46 and 65; 3% are over 65
- 51% are white/non-Hispanic; 35% are African-American; 10% are Latino, 2% are Asian