



FY2013 ANNUAL REPORT

TRILOGY

BEHAVIORAL HEALTHCARE

THE IMPORTANCE OF

Wellness in Recovery



well•ness

Noun. The state or condition of being in good physical and mental health.

“wellness.” *Oxforddictionaries.com*. Oxford English Dictionary, 2013. Web. 1 Dec 2013.

Dear Friends:

In Fiscal Year 2013, with your support and the support of our partner foundations and corporations, Trilogy was able to remove barriers to care for almost 1000 clients—a 40% growth in clients served from FY2012. We weaved a ribbon of wellness into all of our recovery-focused programs and services by implementing a Smoke-Free campus policy; hosting our first Wellness Fair with our healthcare partners: Heartland Health Centers (HHC), Rush University College of Nursing, and Chicago House; by joining the National Council for Behavioral Health's *Trauma-Informed Learning Community* and integrating trauma-informed care into the wide-array of mental health services we provide; and by entering into a partnership with Chicago House to provide free Rapid HIV testing for all Trilogy clients and any person in the community self-identifying as having serious mental illness and using The Trilogy Beacon Drop-In Center services.

In recognition of our innovative efforts, Trilogy was designated as a “Healthy Partner” by the City of Chicago Department of Public Health and our Integrated Healthcare Program was honored in November 2012 with the “NAMI-IL Heroes Program Award” which—in partnership with Lilly USA—*recognizes those individuals and organizations who exemplify care, dedication and unflagging determination in their efforts to make life better for individuals and families who are fighting severe and persistent mental illness.*

In January 2013, Trilogy was honored to host more than 70 fellow grantees from across the Midwest for the Substance Abuse and Mental Health Services Administration (SAMHSA) Primary and Behavioral Health Care Integration (PBHCI) Program Region 5 Winter Meeting. We were proud to share our nationally recognized Integrated Healthcare Program model with our fellow PBHCI grantees. In March, we were chosen by the National Council to be the behavioral healthcare representative and referral resource for the Chicago performance of Lady Gaga's *Born Brave Bus Tour*. And, in April of 2013, we started offering Mental Health First Aid (MHFA) training to the community of Rogers Park and the surrounding area. We are proud to offer this in-person training that teaches how to help people developing a mental illness or experiencing a mental health crisis.

Trilogy is an organization that believes in a whole-person approach to health when treating individuals with complex mental and primary healthcare needs. We appreciate your support and encourage you to continue to help make a difference.

Sincerely,



John Mayes, LCSW
President and CEO



Stephen M. Fatum
Board of Directors, Chairperson



John Mayes, LCSW
President and CEO

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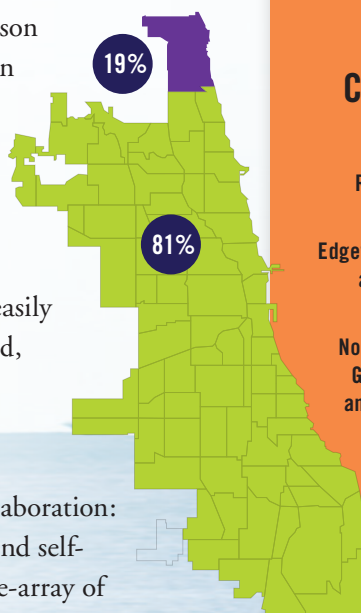
TRILOGY'S MISSION: To assist people in their recovery from serious mental illness by helping them discover and reclaim their own capabilities and life direction.

How do we promote wellness at Trilogy?

BY PROVIDING ACCESS TO CARE FOR MORE THAN 900 CLIENTS.

Our vision is to be a leader in behavioral healthcare by providing recovery-focused evidence-based integrated mental health and primary care services. We have an appreciation for the high prevalence of traumatic experiences in persons who receive mental health services. Every person served by our organization experiences a safe and trusting physical and social environment.

We provide trauma-informed and trauma-specific services that are easily accessible, person-centered, competently delivered, culturally respectful and consistent with recovery-oriented principles of collaboration: shared decision making and self-direction. We offer a wide-array of services, including crisis mental health services, person-centered treatment planning, Integrated Healthcare, Psychiatric Services, Integrated Dual Disorders Treatment, Psychosocial Rehabilitation Services, Residential Services, Housing Coordination, Supported Employment, Peer Support, and Family Psychoeducation. We offer these services regardless of a person's ability to pay.



WHERE WE SERVE

EVANSTON AND NORTH SUBURBS
19%

CHICAGO
81%

Rogers Park
42%

Edgewater, Lakeview and Uptown
21%

North Lawndale, Garfield Park and Englewood
18%



Our main focus is the overall wellness of our clients. Through our Integrated Healthcare Program and together with our primary healthcare partners—Heartland Health Centers and Rush University College of Nursing—we have improved accessibility and affordability of a trauma-informed comprehensive primary and mental healthcare system for individuals with serious mental illness, co-occurring substance use disorders, and co-morbid medical conditions. In 2012, Trilogy implemented a Smoking Cessation Policy—benefiting more than 900 clients and staff—in partnership with HHC, Rush University College of Nursing, the Chicago Tobacco Prevention Project, The Respiratory Health Association, and The American Cancer Society. In 2013, Trilogy joined with our primary care partners and Chicago House, our partner and a provider of HIV prevention services, to hold our first annual Wellness Fair where more than 300 individuals received free health screenings including Rapid HIV testing and blood sugar screening.

BY PROVIDING MORE THAN 1,710 PRIMARY CARE ENCOUNTERS.

We believe that people need stable, supported housing in order to begin their journey of recovery. In FY13, Trilogy worked with 175 individuals to find permanent, stable, affordable housing. Trilogy provides services for 40 individuals in residential settings we either own or manage with state contracts including Community Integrated Living Arrangement, Supervised and Supported housing. Through Chicago's Continuum of Care 2011 HUD Homeless Assistance Permanent Housing Bonus Fund Trilogy provides 25 units of permanent supportive housing to HUD-qualified homeless people. And, as a Williams Class Member provider—assisting men and women who have lived in a nursing home setting for large portions of their lives with the transition of moving into their own apartments as part of the implementation plan set forth by the State of Illinois' Williams Consent Decree—Trilogy has transitioned more than 110 individuals from nursing homes into independent housing.

BY RAISING AWARENESS AND CONFRONTING THE STIGMA ASSOCIATED WITH MENTAL ILLNESS.



Trilogy's efforts to confront the stigma associated with mental illness permeate everything our organization does. Our partnership with HHC provides people with access to quality primary care. Our nationally recognized Supported Employment Program gives people the opportunity to gain competitive employment. Our off-site, community-based services ensure that people who seek treatment for their mental illness are treated as individuals with life goals they can achieve with the proper supports. Our peer-led Drop-In Center, The Trilogy Beacon, provides a safe community grounded in mental health recovery for anyone who presents at Trilogy as having serious mental illness. Our Mental Health First Aid classes provide mental health education and awareness opportunities for our community.

BY HOUSING MORE THAN 175 INDIVIDUALS.



FY2013 FINANCIAL HIGHLIGHTS

SUPPORT AND REVENUES

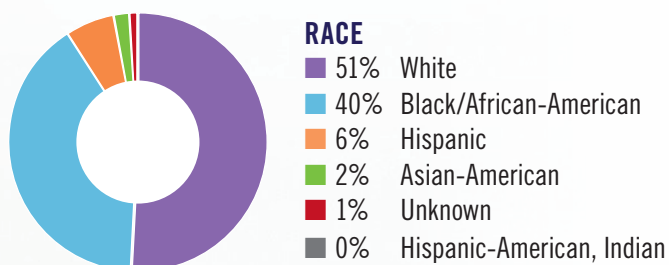
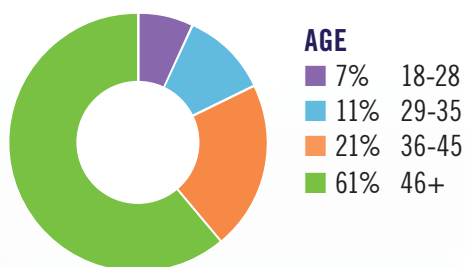
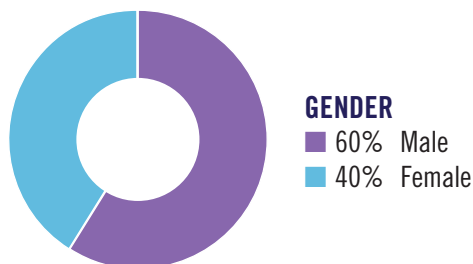
Grants and Contracts	\$ 2,344,728
Fees For Service	5,323,990
Workshop Sales	9,919
Contributions	248,455
Foundations	42,917
Rental Income	90,350
Interest	18
Miscellaneous	46,936
Total Support and Revenues	\$ 8,107,313

EXPENSES

LOTS Services	\$ 736,912
Recovery Services	3,792,860
Psychosocial Rehabilitation	1,029,723
Psychiatric Leadership	805,914
Total Program Services	\$ 6,365,409
Quality Management	\$ 342,680
Fundraising	223,236
Administration	898,795
Total Program Support	1,464,711
Total Expenses	7,830,120
Surplus	\$ 277,193

DEMOGRAPHICS

In FY2013, Trilogy served 877 adults with serious mental illness and mental illness with co-occurring substance use disorders: 45% of individuals presenting at intake were homeless, 58% were in need of entitlements, 61% required linkage to medical care, and 76% required linkage to psychiatric care.



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TRILOGY

BEHAVIORAL HEALTHCARE

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Helen and Eric Romer

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