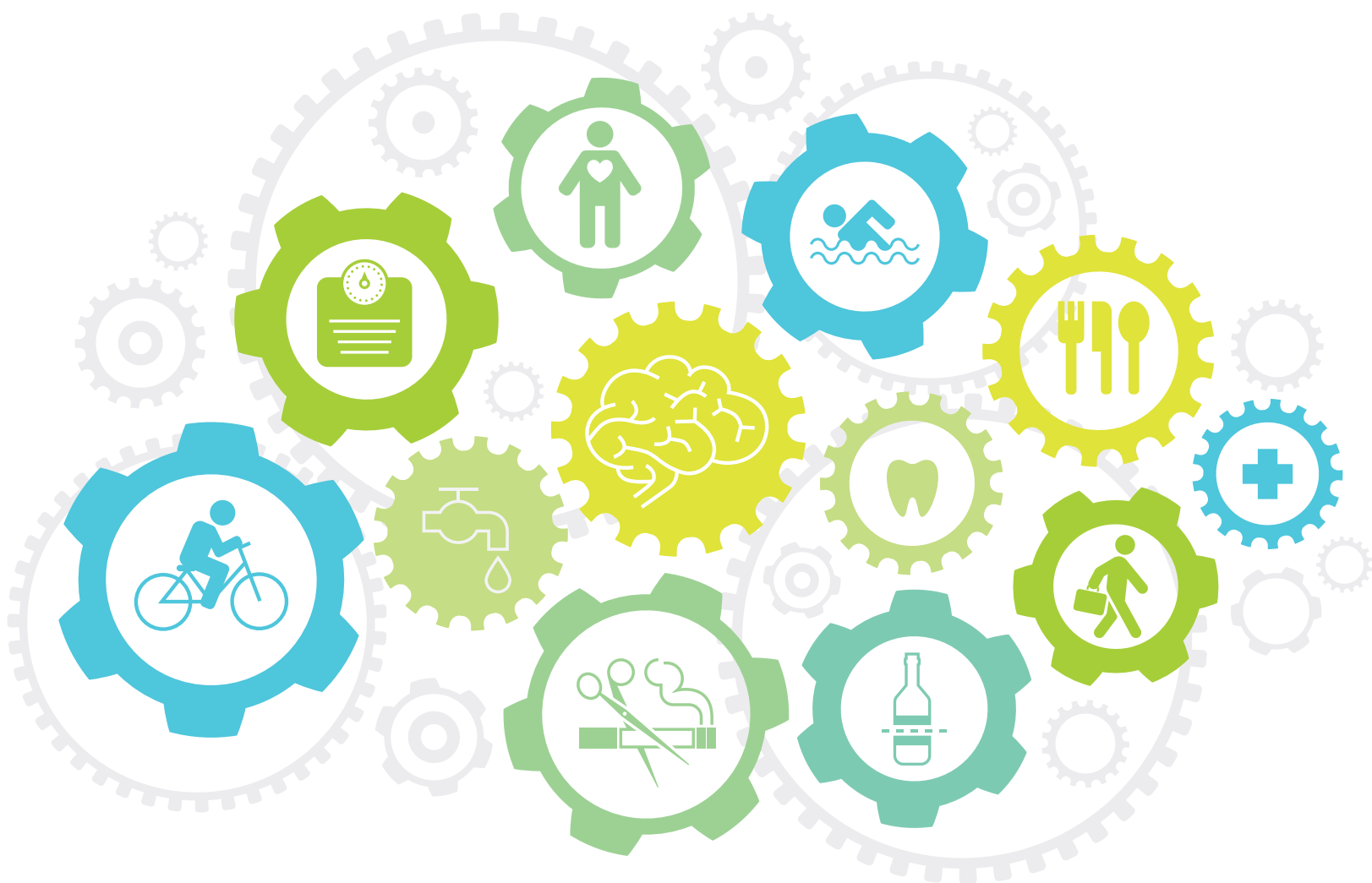


Providing Excellence in
Primary and Behavioral
Health Care Integration



TRILOGY
BEHAVIORAL HEALTHCARE

FY2015 Annual Report



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

OUR VISION is to be the recognized leader in behavioral healthcare and the standard by which other providers measure their progress and success; 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; 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.



Providing Excellence in Primary and Behavioral Health Care Integration

DEAR FRIENDS, When people first come to our door, 18% are homeless, 40% have no primary care physician, 75% require linkage to psychiatric care and 88% are unemployed. During Fiscal Year 2015 (July 1, 2014 to June 30, 2015) we focused on providing excellence in primary and behavioral health integration for the more than 2,000 individuals we serve with mental illness and co-occurring substance use disorders. We assessed the growing need for mental health services in our city and made the decision to expand our wide array of services to the underserved Chicago communities of Lawndale and South Shore.

We enhanced our array of services through strategic partnerships and third party funding. For example, as we completed our federal Substance Abuse and Mental Health Services Administration (SAMHSA) multi-year grant cycle for our Trilogy Heartland Integrative Healthcare Program, we implemented a successful sustainability plan with our primary care partner and Federally Qualified Health Center, Heartland Health Centers. We

collaborated with Genoa, a QoI Healthcare Company, to build an onsite pharmacy at our Rogers Park location and provided better access to the essential medications our clients need to focus on their recovery. We assisted clients with embracing exercise by applying for and being selected by Dartmouth College to be a part of the InShape wellness program learning collaborative and by partnering with University of Illinois Chicago in a research study for Peer Support Whole Health.

Purpose is another important dimension of recovery and the overall wellness of our clients. Therefore, in FY'15 we applied for and received a SAMHSA Individual Placement and Support (IPS) grant that allowed us to remove barriers and provide access to our Supported Employment services to Chicago's Edgewater community. And, at the end of the fiscal year, we received the national 2015 Transformation award from the Johnson and Johnson-Dartmouth IPS Learning Collaborative for consistently providing excellence in supported employment services to our clients throughout the years.

As of the writing of this letter in FY'16, we still strive to provide excellence in mental healthcare and primary care services for the most vulnerable populations in Chicago while waiting for an approved budget from the State of Illinois. We greatly appreciate your support during this difficult time for Human Services providers in our state. You are truly helping Trilogy Behavioral Healthcare make a difference for those most in need.

Sincerely,

John Mayes, LCSW
President and CEO

Stephen M. Fatum
Trilogy Board of Directors, Chairperson

Integrated Healthcare Program

At the beginning of Fiscal Year 2015, Trilogy's federal grant from the Substance Abuse and Mental Health Administration (SAMHSA) in support of Trilogy Heartland Integrated Healthcare ended and, through thoughtful strategic planning with our primary care partner, Heartland Health Centers (HHC), we successfully created a sustainable funding model for our integrated healthcare clinic. Through our partnerships with HHC and Rush University

College of Nursing, we served more than 890 clients and had more than 8,700 patient encounters. In April 2015, we collaborated with Genoa, a QoL Healthcare Company to remove another barrier to care for our vulnerable client population. Genoa opened an onsite pharmacy within Trilogy's Rogers Park location and clients are now able to fill their prescriptions immediately after visiting with their primary care physician and their psychiatrist.



InShape

In December 2014, with a continued focus on the overall wellness of each client we serve, Trilogy collaborated with Dartmouth College's Geisel School of Medicine to bring InShape, a comprehensive, evidence-based wellness program designed to improve the physical health of people with serious mental illness to our IHC Program as part of a two year nationwide study aimed at refining the InShape program. Trilogy then partnered with Chicago High Ridge YMCA to provide exercise space for the more than 33 clients who participated in the program. More than 73% of the participants experienced improved overall health outcomes.

Trilogy's integrated healthcare clinic served more than 890 CLIENTS and had more than 8,700 PATIENT ENCOUNTERS.





These important wellness services are key components of Trilogy's nationally recognized Integrated Healthcare Program. We were honored to receive the Illinois Psychiatric Society's Outstanding Achievement

Award for Excellence in Integrated Care in January 2015 and we are dedicated to continuing to provide excellence in primary and mental healthcare for our clients and for those living with mental illness.



Occupational Therapy

Another important aspect of our client's wellness is their ability to successfully live on their own. In FY'15, we expanded our Occupational Therapy program with the hiring of a fourth full-time Occupational Therapist (OT) and by becoming a fieldwork placement site for Rush College of Nursing, University of Illinois Chicago, and Midwestern University. In FY'15, Trilogy's OT employees served more than 165 clients. They assisted clients with the skills they needed such as cooking, cleaning, doing laundry, and budgeting; and the tools they needed such as serving utensils with custom-shaped handles and bath grab bars to successfully live on their own.



More than 73% OF THE INSHAPE PARTICIPANTS experienced improved overall health outcomes.

Recovery Services

Trilogy's Recovery Services are designed to help maximize individuals' independence, self-sufficiency, and quality of life, by helping people identify their own strengths, talents and interests and develop their own wellness recovery plans. We utilize: Intensive Outreach Services, Outpatient Services, including: Integrated Dual Disorders Treatment (IDDT), Family Psychoeducation, Individual and Group Therapy; Supported Employment, and Residential Services. Our treatment methodologies are recovery-focused, trauma-informed, client-centered and incorporate evidence-based practices. 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.



Supported Employment

In FY'15, Trilogy's nationally recognized **Supported Employment Program** assisted 122 individuals with mental illness in finding competitive jobs based on their skills, strengths, and preferences. In October 2014, Trilogy was awarded a Substance Abuse and Mental Health Services Administration (SAMHSA) the Individual Placement and Support (IPS) Transformational grant to offer supported employment to the Edgewater community of Chicago. Trilogy is a learning partner in the Johnson & Johnson—Dartmouth Community Mental Health Program, an IPS supported

employment learning collaborative. It is the most progressive, evidence-based model to be offered to individuals with mental illness. Each person we serve receives the resources he or she needs to work at the job of their choice. As a result of every employee at Trilogy embracing this model, Trilogy was nominated by the Illinois Department of Human Services (DHS) Division of Mental Health and received the National 2015 Transformation Program Award from the Johnson & Johnson—Dartmouth IPS Learning Collaborative in recognition of our IPS model in May 2015.





Residential Services

In FY'15, 18% of the individuals who presented for mental health services at Trilogy were homeless. Having access to safe and affordable housing is an essential factor in one's recovery. Our residential programming is comprehensive and offers a range of services from community-based supported housing to 24-hour residential support as needed. We have four residential sites, including two long-term Community Integrated Living Arrangements (CILA), and two group homes. In FY'15, as a Williams' and Colbert Decree Class Provider, we partnered with community landlords and transitioned more than 224 Williams Class Members and 84 Colbert Class Members—successfully moving more Colbert Class Members into independent housing than any other Illinois provider—out of area nursing homes and into their own independent apartments. As a result, Trilogy successfully secured housing for more than 428 individuals with serious mental illness in FY'15.

Intensive Outreach Services

Trilogy is determined to remove barriers to care and provide intensive outreach services for those most in need. Trilogy's Intensive Outreach Services provide Linkage, Outreach, and Triage Services for residents in the Chicago communities of Lawndale, South Shore, and Rogers Park and throughout the City of Chicago. In FY'15, more than 835 clients received 24-hour support and seven-days a week linkage provided by an Assertive Community Treatment (ACT) team or a Community Support Team (CST). Clients are eligible for these intensive outreach services if they

have a history of chronic homelessness, excessive use of emergency services with failed linkages to services and/or repeat arrests and incarcerations. During the last fiscal year, Trilogy assisted more than 125 individuals with the intensive community-based services they needed to successfully transition out of the Cook County Jail system and into the community. Both the ACT and CST teams are instrumental in helping people in need gain access to necessary resources such as medical care, psychiatric services, housing, and entitlements so that they may begin their path to recovery.



Trilogy successfully secured housing for MORE THAN 428 INDIVIDUALS with serious mental illness.

Peer Services



In FY'15, more than ten percent of our employees self-identified as peers. Peer Recovery Support Specialists are employees with lived experiences who work throughout our organization and who provide essential support services as well as hope for our clients. Trilogy's strategic planning process ensures that peers are well-represented in all of our programs and in the mental health services we provide. The Trilogy Beacon is our Peer-led Drop-In center which offers peer-to-peer leadership and is open 365 days a year. In January 2015, we completed an extensive renovation and expansion of the Beacon. As a result of the increase in capacity, more than 1,047 people participated in a wide array of Beacon services. Participants attended 361 activities including individual appointments with Peer Employment Specialists; 516 group sessions including Rush Hour, Peer Support and Mentoring, Advocacy, and Leadership Building; and more than 152 off-site outings. In addition to Rush Hour, a weekly health and nutrition group, Trilogy also partnered with University of Illinois at Chicago (UIC) in the UIC Research Study of Peer Support Whole Health (PSWH). Beacon participants learned how to set and pursue health goals in a structured way and improve their overall health. Offering our clients the tools they need to achieve better physical health is one more way we provide excellence in behavioral healthcare.

**IN
FY15**
MORE THAN 1,047 PEOPLE
participated in a wide array
of Beacon services.

FY2015 Trilogy Financial Highlights

Support and Revenues

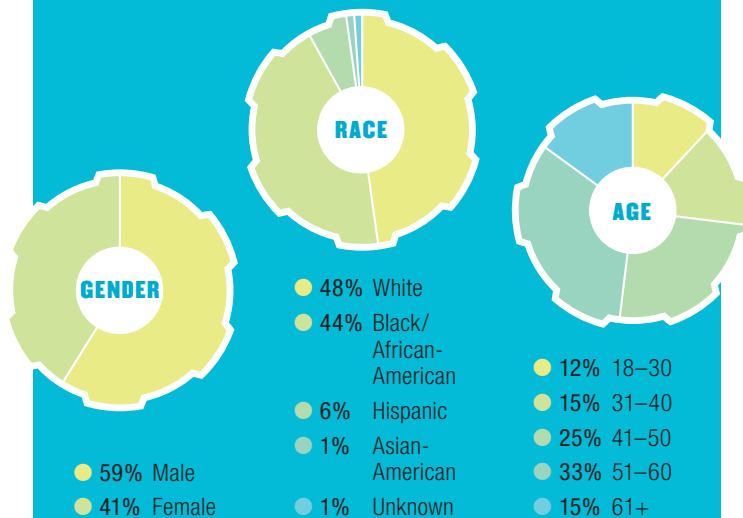
Grants and Contracts	\$ 3,788,266
Fees For Service	11,047,868
Contributions	299,113
Foundations	25,000
Rental Income	82,456
Interest	1,459
Miscellaneous	123,890
Total Support and Revenues	\$ 15,368,052

Expenses

Outreach Services	\$ 5,884,063
Recovery Services	4,018,171
Psychosocial Rehabilitation	1,978,578
Psychiatric Leadership	1,123,341
Total Program Services	\$ 13,004,153
Fundraising	258,729
Administration	2,421,587
Total Program Support	2,680,316
Total Expenses	15,684,469
Deficit	(\$ 316,417)

FY2015 Trilogy Demographics

In FY2015, Trilogy served 1891 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, 40% required linkage to medical care, and 75% required linkage to psychiatric care.



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