



Communities on Chicago's South Side need access to mental health support. Right now, we have a chance to provide life-saving mental healthcare to communities that need it the most.

**BREAKING
DOWN | FOR
WALLS | MENTAL
HEALTH.**

Trilogy's Campaign to Expand Services on Chicago's South Side.

TRILOGY

Mental Wellbeing

This is a call to action. Together, we can do this.

Our goal: \$2.4 Million.

The Need

Everyone should have access to mental health supports when they need it. However, many people in Chicago lack access to life-saving care.¹⁻⁴

The disparity between the services that are **needed** and the services that are **available** is particularly acute on the South Side.⁹ More than half of residents living in South Side neighborhoods reported difficulty accessing needed mental health services, according to a 2018 study.⁵

Black Chicagoans are twice as likely as White Chicagoans to report mental health issues like depression, anxiety, and PTSD, however, only one-third reported getting the support they need.^{3,5} **Predominantly Black neighborhoods on Chicago's South Side have long faced multiple complex and intersecting challenges such as systemic racism and trauma.**

Higher Rates of Untreated Mental Health Issues

This lack of mental health services on the South Side has led to higher rates of untreated depression, anxiety,

and PTSD. A study by Northwestern Medicine found that **36% of women in a South Side community are experiencing PTSD symptoms—three times the average rate**—and 51% of women had experienced significant trauma.¹⁶

Limited access to mental healthcare hinders recovery and contributes to underdiagnosis of major depression, bipolar disorder, and anxiety in Black communities.^{3,7}

According to the 2022 Mount Sinai Community Health Needs Assessment, **Black community members were twice as likely to report lack of access to basic medical care and loss of employment**, and three times more likely to report shortage of food/hunger and unstable housing/homelessness than white respondents.¹

Additionally, many community residents who participated in community conversations agreed that **"resources had been scarce before but had become almost completely inaccessible during the pandemic."**¹



Major depression goes undiagnosed and untreated at disproportionately greater rates in majority Black and Hispanic communities, leading to unnecessary suffering.

Racial disparities in diagnosis and treatment of major depression, Blue Cross Blue Shield of America, 2022.

Communities can't wait any longer.

Access to mental health care is a matter of community health and equity.^{1,2,8} It's also an issue of life and death. In 2019, suicide among men, women, and children in Chicago's Black communities was at a nine-year low. The next year, it jumped to the highest level in over a decade.⁸ And according to the World Health Organization, **people with serious mental illness experience a reduction in life expectancy of up to 20 years.**¹⁴

Historic and Ongoing Structural Racism Affects Mental Health

In the study titled "An Epidemic of Inequities: Structural Racism and COVID-19 in the Black Community", the Chicago Urban League notes that "mental and physical health conditions often exist concurrently and, like their physical health equivalents, behavioral conditions cannot be separated from

the social conditions that shape them." Further, it is noted that "people who have experienced homelessness or incarceration (themselves traumatic experiences) also have higher rates of trauma, mental health, and substance use disorders."³ In Chicago, areas of highest concentrations of arrests are areas on the South and West sides with the highest Black population.¹⁷

"The legacy of historic and ongoing structural racism has led to heightened levels of trauma and behavioral health issues, and substance use throughout Chicago's Black and Hispanic/Latinx communities, while also depriving them of needed behavioral health resources."¹

Communities can't wait any longer. Residents of South Side communities need more mental healthcare support in their communities, and they need it now.

Multiple community health needs assessments by the University of Chicago and Mt. Sinai Hospital, as well as resident focus groups, consistently point to the fact that increased access to mental healthcare is the single greatest need reported by residents of Chicago's

South Side to make communities healthier, happier, and stronger.^{1,2,4}

An Opportunity to Address These Issues on the South Side

Right now, we have an opportunity to address these issues and increase access to needed mental healthcare.

The catalyst is you.

Trilogy is a nonprofit, community-based organization that provides support to help people in mental health recovery. We have served residents across Chicago, including our neighbors on the South Side, for years.

Our mission is to provide comprehensive integrated care that enables people in mental health recovery to build meaningful, independent lives. The people we serve face barriers to stability and recovery, such as homelessness, poverty, addiction, chronic health conditions and more. Trilogy provides each client with a holistic, custom-tailored service plan that promotes stability, wellbeing, and independence.

Last year, Trilogy served nearly 4,000 people.



"The more money you have, the easier it is to get help."

**Respondent, Alliance for Health Equity
Community Health Needs Assessments, 2022.**

Trilogy is investing \$5M and we are 2/3 of the way there!

A Center for Mental Wellbeing in Chatham

Trilogy is investing in increasing access to mental healthcare on the South Side. We've purchased the building that will become the new home for community mental health in Chicago's Chatham community. Located at 8541 S. State Street, Trilogy's new center is a three-floor, 24,000 square-foot space. From this central and accessible location, Trilogy will be able to do more than ever to provide mental healthcare for residents of Chicago's South Side.

To date, Trilogy has invested \$3.3 million in the acquisition and initial improvement of the space. But we have more work to do.

Right now, we need to break down walls—literally. We must improve and open key areas of the interior space, breaking down walls to create a workable, functional layout. These renovations will enable teams to provide life-saving support and will provide clients with a more welcoming and healing experience. These are essential improvements, necessary for opening our new center and unlocking its full potential.

In order to open this space and begin serving the community, **Trilogy is investing \$5 million—and we are 2/3 of the way there!** Now we are turning to you, our community, to help us raise the final \$2.4 million.

Once operational, Trilogy's teams are financially self-sustaining—meaning your support now will create transformational healing on Chicago's South Side for years to come.

Breaking Down Walls for Mental Health: Trilogy's Campaign for Chicago's South Side is a Call to Action

This new center represents a long-term commitment to Chatham, and we plan to eventually deliver the broad array of services that we have. Trilogy's Chatham location will offer a variety of holistic, comprehensive, and trauma-informed programs, including:

- Intensive Community Outreach services that help individuals who have a mental illness live as independently as possible in the community
- Individual and group therapy for children, teens and adults
- Outpatient and Recovery services
- Case management, a drop-in center, on-site pharmacy, and more

These services have been provided out of our Roger's Park location for decades. Trilogy's Chatham location will be a permanent home for a variety of teams and programs dedicated to supporting and protecting the mental health of residents on Chicago's South Side.



“To fill the gaps in our current system, we must increase outpatient mental healthcare, particularly in the underserved neighborhoods on the south and west sides.”

Framework for Mental Health Equity, City of Chicago



“Without Trilogy, I wouldn’t be where I am today.”

Trilogy Client ”

**BREAKING
DOWN WALLS FOR
MENTAL HEALTH.**

Help increase access to mental healthcare.

Our Funding Goal

In order to break down walls and increase the mental health supports available on the South Side of Chicago, Trilogy must raise \$2,456,750 from private and public sources, including individual donors, corporations and foundations.

We Need Your Help to Make This a Reality

Together, we can create an open, welcoming, and workable space where hundreds of children, teens and adults will be supported in their journey toward mental wellness.

Trilogy provides a comprehensive array of essential services and ongoing supports that help people succeed in their journey to recovery and mental wellness so that they can live independently and thrive. Trilogy’s mission is to provide comprehensive integrated care that enables people in mental health recovery to build meaningful and independent lives.

Your support in helping Trilogy reach this \$2.4 million goal will help increase access to mental healthcare.

Communities can’t wait any longer for life-saving support.

Together, we can do this.

Visit

TrilogyInc.org/BreakingDownWalls or scan here to learn more and get involved.



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