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TRIOLOGY supports clients through a variety of funding sources, like grants and Medicaid reimbursements. These funds cover **core** services like therapy, housing, and intensive intervention, **but they don't cover everything**. Like all of us, our clients have basic needs. But when a person's income is less than \$1,000 a month, like many of the people we serve, there's simply no ability to cover all of the expenses that add up fast.

Below is a sample list of **actual basic needs expenses** that TRIOLOGY covered this year to help the people we serve *stay* on the path of mental health recovery.

- Apartment application fee **\$83**
- Groceries **\$76**
- Hotel stay **\$679**
- Household items **\$62**
- Medication copay **\$55**
- Utility bill to avoid shutoff **\$580**
- Adaptations to make bed accessible **\$154**
- Laundry **\$20**
- Haircut and clothes for job interview **\$34**
- Heating bill **\$289**
- "Gift card for food after hip replacement" **\$25**
- Mop **\$11**
- Wheelchair **\$176**
- Security deposit **\$2,305**
- Birthday treat **\$5**
- Air mattress **\$68**
- Shower Chair **\$58**
- Temporary Hotel stay **\$680**
- Underwear **\$33**
- Post-surgery meal **\$13**
- Lock box for methadone **\$14**
- Career Exploration assessment **\$18**
- Uber to hospital **\$29**
- Microwave, mini fridge and groceries **\$292**
- Test strips **\$107**
- Phone minutes **\$166**
- Rent **\$1,400**
- Lunch while searching for apartments **\$16**
- SRO Application Fee **\$100**
- Fee for birth certificate **\$44**
- Replacement house keys **\$51**
- Reconnect electricity **\$232**
- Cell phone **\$61**
- Cell minutes **\$34**
- Toiletries **\$15**
- Rent **\$1,400**
- Blood pressure monitor **\$37**
- Kitchen supplies **\$17**
- Medication co-pay **\$39**
- Laundry detergent **\$5**
- Powdered milk for client's baby **\$30**
- Transportation assistance **\$10**
- Coat **\$42**
- Breakfast in hospital **\$15**
- Occupational Therapy skill-building – grocery shopping & meal prep **\$17**
- Furniture **\$1,689**

Showerhead \$24
"Client expressed extreme
hunger" \$22
Apartment move-in fee \$475
Shoes for client's new job \$17
Med organizer \$8
Security deposit \$1,425
Birthday dinner \$9
Emergency Housing \$359
Bus fare to get to work \$25
Stove repair \$313

Toilet paper \$4
lock for client's door \$20
Ensure dietary supplement \$76
Sober anniversary lunch \$19
Vitamins \$31
Weighted blanket \$38
a/c unit \$84
State ID \$21
Wheelchair \$175

These items are not luxuries, but the **essentials** that make recovery possible. And these just a few of the expenses. Funding cuts are making it harder to close this gap between the resources available and what people *need* to stay on the path to recovery.

It's critical to ensure that people don't fall through the cracks because they fell a few dollars short. We're asking for your help to provide Resources for Independence, Stability and Empowerment.

We're asking you to help people RISE.

RISE

For all the things that make all the difference in the world. Learn more at TrilogyInc/RISE.