



## TRIOLOGY HISTORY

### OUR NAME

Since 1971, Trilogy has offered a variety of services which assist adults living with serious 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 assisted thousands of individuals on their road to recovery.

### 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 to develop 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 of these centers was developed as was needed, the legislation set a precedent for subsequent Federal initiatives in community mental health.

The horrors of "deinstitutionalization" and the shortcomings of the community mental health care system have been and remain well documented. Close to forty years following federal action, urban streets and shelters are still "home" to thousands of unserved and underserved mentally ill individuals, and private and public inpatient facilities are still inundated with persons caught in the "revolving door" of hospital/nursing home/family/shelter/streets. More and more of our mentally ill wind up in local jails and state and federal prisons. The "failure" of the system, both in terms of quantity and quality, to appropriately serve persons with severe and persistent mental illnesses makes headlines on a regular basis.

Exacerbating the challenge is the continuing stigma associated with mental illness and those individuals who suffer from it. The nation has responded to persons with mobility impairments, hearing and sight limitations, but has made little progress in including psychiatrically disabled persons in the rights and benefits of American society. The fact that insurance benefits for mental and emotional "sicknesses" remain grossly unequal to those for physical illnesses is but one of many testaments to our continued perception of "the mentally ill" as lesser people.

### TRIOLOGY: ITS FORMATION AND GROWTH

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- 1966 to 1971 ... a partnership among Thresholds North, the Grasmere (a long term care facility in Uptown), and Edgewater Uptown Mental Health Center (now C4) provided pre-vocational services and workshop experiences to individuals living in nursing facilities; these services, supported by packaging and assembly contracts, were staffed by nursing home employees and VISTA volunteers.
- **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.**
- 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 on the job training.
- 1974-1983 ... Trilogy marketed its vocational rehabilitation services to additional 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 moved out of its Ashland Avenue site, purchased and rehabbed a greatly expanded, modernized four floor building on Greenleaf Avenue, our present home.
- 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 awarded 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; in the same year, 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 AMI/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; in the same year,
  - 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 full time 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](http://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 Graham's successor.
- 2007 ... Trilogy Inc. changed its website domain to [www.trilogyinc.org](http://www.trilogyinc.org).
- 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.
- 2010 ... SAMHSA awarded 1.5 million in four year funding for Integrated Healthcare Clinic to Trilogy in partnership with Heartland International Healthcare Clinic. Clinic will be housed in Trilogy's building at 1400 W. Greenleaf.
- 2011 ... Trilogy celebrates its 40<sup>th</sup> anniversary!
  - Trilogy is one of five community mental health organizations contracted by the State of Illinois to be a Williams Consent Decree service provider and will assist more than 500 individuals with serious mental illness who currently reside in nursing facilities with their transition into independent living.
- 2012 ... Trilogy is named one of the Chicago Tribune's Top Workplaces.
  - Trilogy is honored with the National Alliance of Mental Illness (NAMI)-Illinois 2012 *Illinois Heroes* award for its Integrated Healthcare Program.

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- Trilogy is honored with the National Council for Behavioral Health's *2012 First Place Reintegration Award for Clinical Medicine*.
- Trilogy receives its first HUD Continuum of Care – Homeless Assistance New Project Award grant, which allows the organization to establish its Housing First Program and offer an additional 25 units of subsidized housing to individuals who are HUD-qualified and living with a serious mental illness.
- Trilogy partners with Chicago House to provide free rapid-HIV testing for all Trilogy clients and any individual in the community who self-identifies as having a serious mental illness.
- Trilogy is designated as a “Healthy Partner” by the City of Chicago Department of Public Health.
- 2013 ... Trilogy was named one of the Chicago Tribune's Top Workplaces for the second year in a row.
  - Trilogy becomes a smoke-free campus through collaboration with the Respiratory Health Association, the American Cancer Society, and the Chicago Tobacco Prevention Project.
  - Trilogy is chosen by the National Council for Behavioral Health to be the behavioral healthcare representative and referral resource for the Chicago performance of Lady Gaga's *Born Brave Bus Tour*.
  - Trilogy begins offering Mental Health First Aid (MHFA) courses throughout the City of Chicago to teach people how to help a person experiencing a mental health crisis.
  - Trilogy's Supported Employment Program joins the Johnson & Johnson – Dartmouth Community Mental Health Program, also called the Individual Placement and Support (IPS) supported employment learning collaborative, after receiving the highest fidelity score in the State of Illinois for its Supported Employment Program.
- 2014 ... Trilogy begins to offer Occupational Therapy to adults living with serious mental illness, an innovative approach in behavioral healthcare to *addressing deficits in individual's day-to-day living skills*.
  - Trilogy contracts with the State of Illinois to be a Colbert Consent Decree provider. With that contract, Trilogy is part of an initiative to move 14,000-20,000 individuals who have disabilities and are unnecessarily confined to intermediate care facilities (ICF) out into the community with the help of the Department on Aging, several managed care organizations, and the Housing Authority of Cook County.
  - Trilogy is a finalist in Guaranteed Rate's *Ultimate Neighborhood Giveback Challenge* and is awarded \$10,000 in support of its Beacon revitalization project.
  - Trilogy remodels and expands its peer-led drop-in center, the Beacon, in order to increase access to therapy and employment services for the underserved client population and those individuals in the Rogers Park area who present as having serious mental illness.