



Ron B.

the art of healing
Life

2011 Calendar



Community Counseling Centers of Chicago

Mission

Community Counseling Centers of Chicago (C4), a behavioral health advocate and social service provider, offers quality, comprehensive customer-oriented services tailored to the diversity of its consumers.

Vision

Community Counseling Centers of Chicago (C4) will be, and will be recognized as, essential to the well-being of the communities we serve.

Philosophy

C4 believes that people recovering from mental illness, substance use, and emotional trauma are able to live, work and thrive in the community. Treatment is viewed as a partnership with the individual, C4 staff, and when possible, a network of family and friends. Working together, this supportive network enables an individual to heal in a safe, trusted environment marked by professionalism and skill.



Brenda



Elizabeth H.

C4 also believes in a holistic approach to treatment, understanding that recovery depends on many factors. As a result, C4 offers a comprehensive range of services designed to help adults, children and families cope with varied behavioral health challenges. Its reputation as a leading mental health agency has enabled C4 to develop partnerships that have strengthened its impact in the community.

A Letter from the President and Board Chair

Dear Friends:

What does it take for C4 to remain true to its mission? The question is even harder to answer when ever diminishing state funding is affecting our working poor the hardest. In the past four years, C4 lost nearly \$1,800,000 in funds that would have helped the adults and children who fall through the cracks: those who lack Medicaid and private insurance. There is no easy remedy for this tragedy that has left thousands of Illinois residents without access to mental health and substance use treatment.

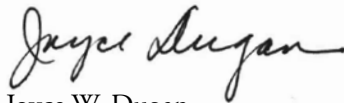
So how do we remain true to our mission? We celebrate the successes: the ability of adults in our supported jobs program to earn their first paycheck in years; the mother in treatment for drug use who regains custody of her child; the young man with schizophrenia who is helped to move from a nursing home to his family's apartment.

Our gift to you—this calendar showcasing the incredible creativity of our C4 artists—is yet another measure of that success.

While celebrating our accomplishments, we also acknowledge that there is a long road ahead to ensure that everyone who needs mental health or substance use services gets them. Thank you, our generous supporters, for walking that road with all of us.



Anthony A. Kopera, Ph.D.
President & CEO



Joyce W. Dugan
Chair, Board of Directors



What Does It Take for C4 to Remain Committed to Its Mission?

It takes Collaboration. This year we saw our vision of integrating primary health with mental health care realized



Sam W.

when Heartland International Health Center opened a weekly clinic at our C4 Clark site. As a result, our consumers are improving their overall well-being: some men and women are having their *first physical exam in years*.

Supported by federal stimulus funds, we partnered with nursing homes, private psychiatric hospitals and Cook County Jail to transition more than 200 adults with severe mental illness back into the community.

It takes Education. Thanks to a three-year state grant, we began presenting Mental Health First Aid (MHFA), an exciting mental health literacy training, to social service agencies, educators, the general public and others. Our goal is that adults and children get help sooner, causing treatment rates to go up and stigma to go down.

Thanks to funding from the Washington Square Health Foundation, C4 presented MHFA at the Center on Halsted, our first major collaboration with the Lesbian, Bisexual, Gay and Transgendered Community.

Our Parenting Education Program (PEP) made great strides toward becoming a national model. An 18-month study offered scientific proof that PEP helps adults become better parents and improves children's well-being. We will teach our evidence-based curriculum to other agencies that want to practice our comprehensive design of classes, home visits and peer support. A "train the trainer" pilot supported by the Searle Funds at the Chicago Community Trust aims to prevent child abuse and build stronger families in Chicago and beyond.



Linda D.

It takes Innovation.

Last year, the number of children and adolescents receiving C4 services grew by nearly ten percent, an increase attributed to C4 becoming the largest provider of children's crisis services in Illinois. To reach these parents and children, we began multi-family therapy

groups that allow families to support and learn from each other. Recognizing our excellence, we were invited to participate in two learning collaboratives funded by the state: one uses a multi-family approach to engage parents and children, and the other employs cognitive behavior therapy to help children cope with anxiety and depression.

It takes Imagination. Our message that treatment works was spread by innovative events. Our third annual *C4 Miles: Making Strides for Mental Health* continued to grow, drawing nearly 600 participants and volunteers. *Ink 4 Mental Health*, a fundraiser sponsored by a progressive tattoo studio, raised awareness and funds for treatment among a new population.

With help from the Taproot Foundation, we launched a new web site designed to help people understand how C4 can help them.

It takes Community. That's where you come in. As government support decreases, it is only through your financial contributions, your participation in C4 events, and your enthusiasm that we can continue our mission among vulnerable adults and children moving toward recovery. On their behalf, we thank you.

We Need Your Help!

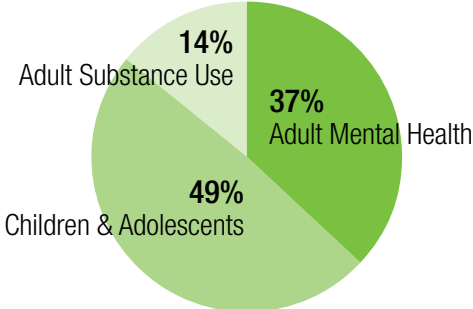
These times are tough for everyone, but they are especially hard on the people who depend on C4. Nearly all (98%) of the adults and children helped by C4 live in poverty. Drastic cuts in state funding have dramatically reduced our ability to help people; many people without Medicaid or private insurance are falling through the cracks.

Your gift can make the difference. For your convenience, you can contribute on-line at **c4chicago.org**. Prefer to write a check? Simply mail your gift to: Development Department, Community Counseling Centers of Chicago, 4740 N. Clark, Chicago, IL 60640. All gifts are tax-deductible. You can let us know if you want your donation to be targeted to a specific service, or if you want to remain anonymous. If you have any questions about giving, please contact Marta Bailey at 773.765.0809 or marta.bailey@c4chicago.org.

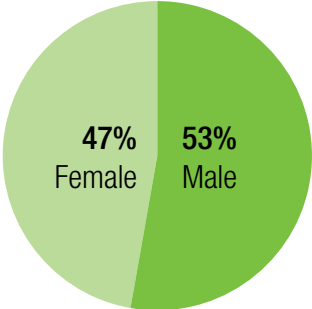
Thank you for making a difference!

Demographics 2010

Services

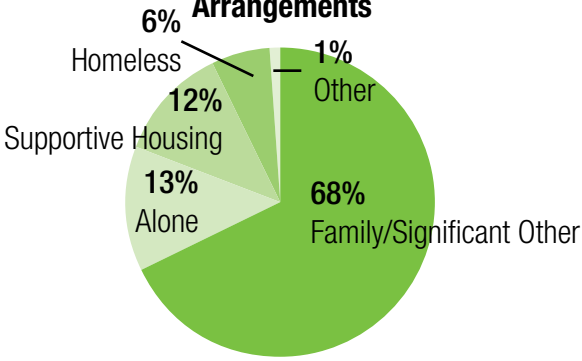


Gender

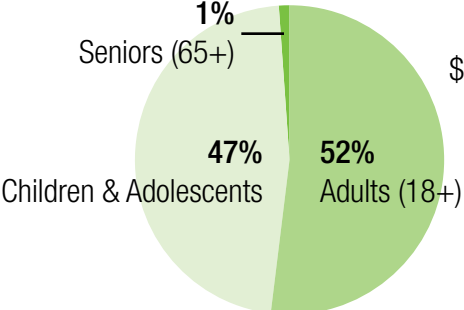


Living

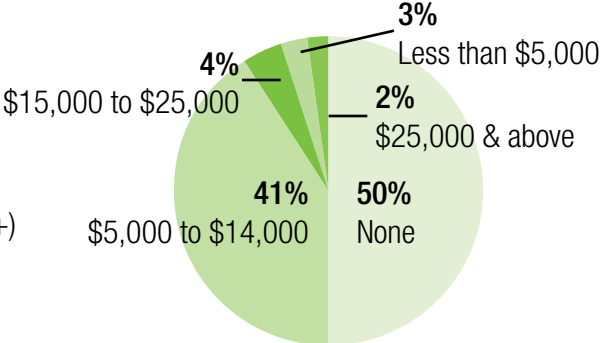
Arrangements



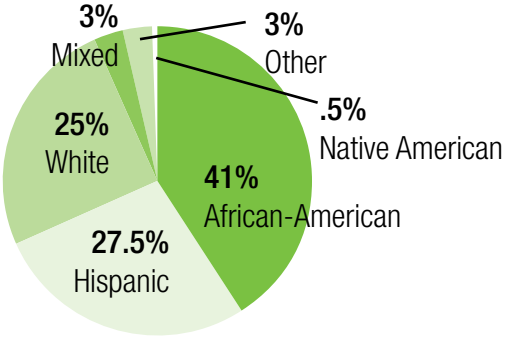
Age



Income



Race/Ethnicity



Services

C4 services helped nearly 15,000 people last year. From individual counseling to parenting education to substance use prevention for youth, our services offered hope and healing to adults, children and families challenged by mental illness, substance use, emotional trauma and sexual violence.

Mental health and substance use

A record **8,386** individuals received mental health services and substance use treatment. Of these, **3,115** were adults assisted by mental health services such as individual and group therapy, psychiatric services, crisis intervention, case management, family counseling, supported employment, and socialization activities. There were **1,194** adults reached by our substance use treatment offered at C4 Recovery Point.

The number of children and adolescents receiving mental health services rose to a record **4,077**, an increase of 22 percent over the previous year.

Parenting Education

271 families were enrolled in our Parenting Education Program, which offers parenting classes, home visits and peer support groups to strengthen families and prevent child abuse.

The Quetzal Center

The Quetzal Center, a comprehensive rape-crisis center, not only provides direct counseling and advocacy services, but acts to prevent sexual violence through professional training and workshops presented to high school students and others. Last year, **367** individuals received counseling and advocacy services; **2,248** participated in sexual violence prevention workshops and professional training; and **3,280** received information and referrals through crisis line calls.

Substance use prevention for youth and peer leadership training

C4 helped **440** middle schoolers avoid drugs and gang violence through classes at four local elementary schools. An after-school program helped pre-teens develop leadership skills.

2010 Financials

Unaudited

Revenue:

MRO - Medicaid and non-Medicaid DMH FFS	\$6,581,919
IDPA SASS Fees	\$3,170,366
DHS - DMH Capacity	\$2,522,774
DHS - Office of Alcoholism & Substance Abuse	\$643,377
DHS - DMH PAS	\$496,408
City of Chicago - Linkage	\$341,311
Corporate/Individual/Foundation Contributions	\$371,983
Other	\$1,932,545*
Total Revenue	\$16,060,683

Operating Expenses:

Salaries, Fringes, Taxes and Contractual	\$13,093,943
Supplies	\$209,546
Occupancy	\$436,337
Transportation	\$238,052
Lease/Rental	\$731,411
Telephone/Communication	\$138,225
Depreciation/Amortization	\$88,408
Other	\$626,877
Total Operating Expenses	\$15,562,799

Excess (Deficit) Revenues over Expenses **\$497,884**

* This includes Intact Family Services, Illinois Coalition Against Sexual Assault, Medicaid, Medicare, Third Party Insurance, Individual Fees and Misc.

2010 Donors

C4 gratefully acknowledges the following donors whose gifts have made a difference in the lives of adults, children and families this past fiscal year (July 1, 2009 to June 30, 2010). We are also grateful for the generosity of our many C4 *Friends* whose gifts are in the \$1-\$99 category; however, space will not permit us to publish their names. We have listed all donors on our web site: c4chicago.org.

Individuals

Sustaining Hope \$100-\$249

Robert Ackerman
Monica Adams
Frank & Margorie Alschuler
Joyce S. Andringa
Joben Arceno
Kevin Barr
Mr. & Mrs. Roger Bensinger
Andrew Berman & Pamela
A. Kaul
Sandra Bradley-Strautmanis
Mary B. Buckley
Stacey Collar
Elizabeth A. Fama & John
J. Cochrane
Thomas Flint
Beata M. & Dale Halter

Michael Hauser
Ruth Johnson
Michael & Doris E. Knuth
Claudia & David A. Kottwitz
Louisa Kunzler
Daniel H. LeGear
Suellen & Charles M. Long
Ralph C. Menezes
James J. & Laurie Nayder
William J. & June Pizzi
David Richardson &
Lara L. LeVoy
Keith Rudman
Carlotta Saiz
Robert Samko
Natalie Schmitt
Noel Spain
Clint Stayton
James R. Thomas
Susan Underwood
Ingrid Verhulst & Pamela Holy

Kimberly Webb
Barbara Weiner
Joan Willey
Edward & Barbara Wolke
Ruth Yanagi

Inspiring Change \$250-\$499

Michael & Ellen Alter
Anonymous
Marta A. Bailey
Robert R. Bautista
Tyler Bensinger
Jesse Blazek
Deidra L. Byrd
Robert & Marla Ferencz
Cynthia Novak
Bruce & Janet Seitzer

Restoring Wellness \$500-\$999

Peter Bensinger
Joan E. Coogan
Joyce W. & Tim Dugan
Evan & Nan Freund
Jeffrey A. Jens & Ann Boisclair
Thomas R. Nash
Viviana Ploper
Margaret Sullivan &
Charles Elliott
Newton Thomas

Transforming Lives \$1,000+

Anonymous
Glenn Kaun
Tony & Elaine Kopera
Nancy B. Sullivan
John & Liane Troy

2010 Donors

Foundations, Corporations, Organizations and Matching Gifts

\$100-\$249

Bridgeview Bank

\$250-\$499

Barton Management
First Step Athletic Consulting
Hartgrove Hospital
Riveredge Hospital
Smooth Moves, Inc.
University of Illinois at
Chicago
Uptown Service Station

\$500-\$999

Bank of America- Matching
Gift
Bensinger, Dupont &
Associates
Community Foundation of
Greater Chattanooga, Inc.
Northeastern Illinois
University
Promontory Point Partners
Sutcliffe Pharmacy

\$1,000-\$4,999

American Hospital Association
Aurora Chicago Lakeshore
Hospital
Blackman Kallick, LLP
Blue Cross Blue Shield of
Illinois
BP America Inc.
Insight Studios
Lawrence House Drug Co.
The Lucy Fund/Jean Cozier

Morcos Insurance Agency
Brunswick Foundation

\$5,000-\$15,000

Anonymous
The Chicago Community
Trust/Forum Fund
Global Benefits, Inc.
Janssen Pharmaceutical
Ravenswood Health Care
Foundation
Walgreen Co.
Washington Square Health
Foundation
\$25,000
Elizabeth Morse Genius
Charitable Trust

\$45,000

Lloyd A. Fry Foundation

\$50,000

Hedge Funds Care
John D. & Catherine T.
MacArthur Foundation
Searle Funds at The Chicago
Community Trust

In-Kind Gifts

Alamo Shoes
Bally Total Fitness
Caribou Coffee
Chicago Pizza
Cosi
Flat Top Grill
Fleet Feet Sports
Panera Bread
Pompeii
Lululemon
The NeoFuturists
Victoria Ruder
TEVA
Pat Tomasulo
John Troy
WGN-TV
WBEZ
WDRV –The Drive
WJMK-Jack-FM
WILV-FM
“Feel Good Favorites”
Women and Children First
Bookstore
Zanies Comedy Club

Memorials and Honorariums

In Honor of Anthony A. Kopera

Robert Ferencz

In Honor of Joyce Dugan

Suellen & Charles M. Long

In Memory of Donn and June Bailey

Marta A. Bailey

In Memory of Ruth Milavetz

Andrew Bernard & Pamela K. Kaul

In Memory of Sanford Takiff

Frank Alschuler

In Memory of Charles, Ruth & Mike Sklar

Bernard & Sandra Pollock

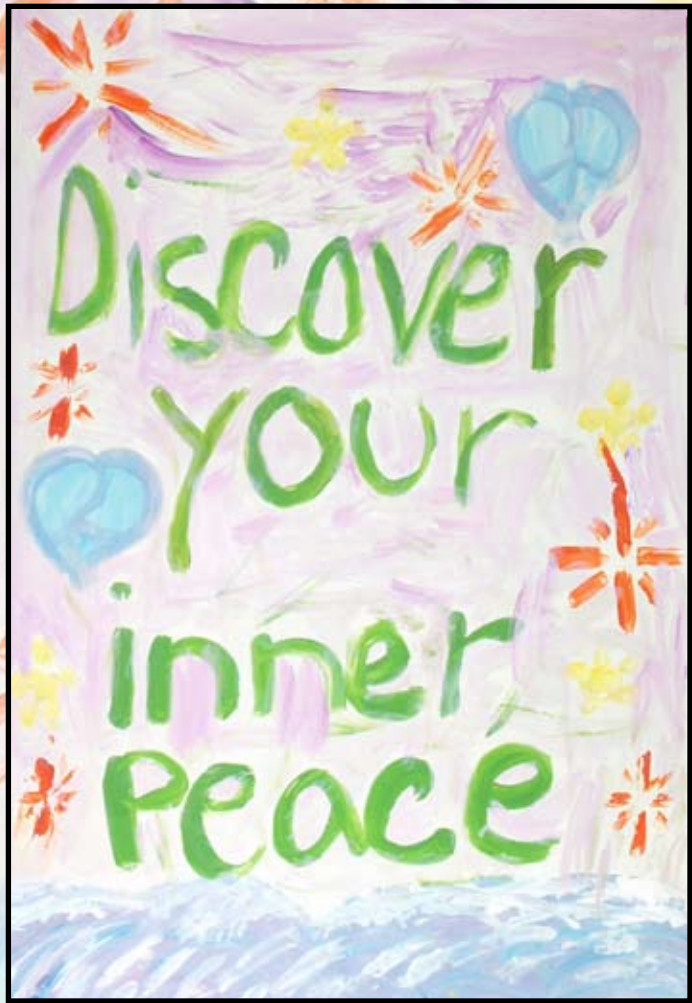
In Memory of Lannie LeGear

Daniel & Crissy LeGear

Kindra's Playroom (In memory of Kindra McLennan)

Marta A. Bailey
Richard Buchanan
Shannon Garrison
Susan Kogan
Viviana Ploper

We have made every effort to ensure that each donor's name is spelled correctly. If your name is misspelled, listed incorrectly, or inadvertently omitted, please accept our sincere apology. Questions may be directed to Marta Bailey at 773.765.0809. Thank you!



Christina P.

January 2011

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	2	3	4	5	6 Orthodox Christmas	7	8 New Year's Day
	9	10	11	12	13	14	15
	16	17 Martin Luther King Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29	
	30	31					



Brenda J.



February 2011

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Groundhog Day

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Chinese New Year

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Valentine's Day

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President's Day

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Beth P.



March 2011

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Ash Wednesday

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Daylight Savings Starts

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St. Patrick's Day

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Purim

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Elizabeth H.

April 2011

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Palm Sunday

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First Day of Passover

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Good Friday

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Easter

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Last Day of Passover

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Sam W.

May 2011

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Cinco de Mayo

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Mother's Day

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Memorial Day

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Mary B.



June 2011

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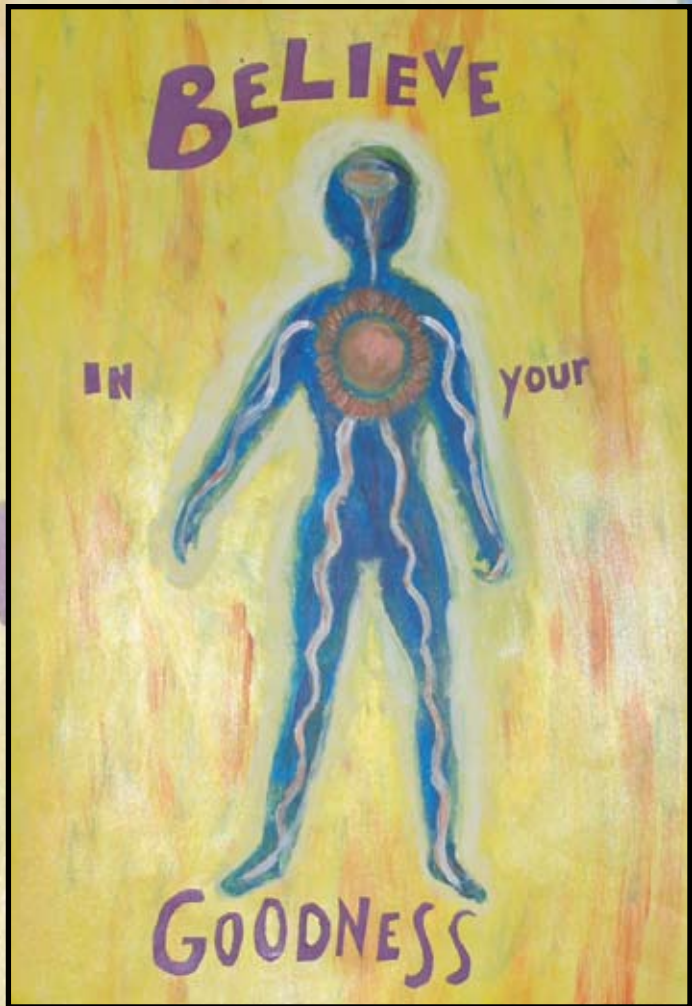
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Thursday

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19 Father's Day	20	21	22	23	24	25
26	27	28	29	30		



Adelaide M.

July 2011

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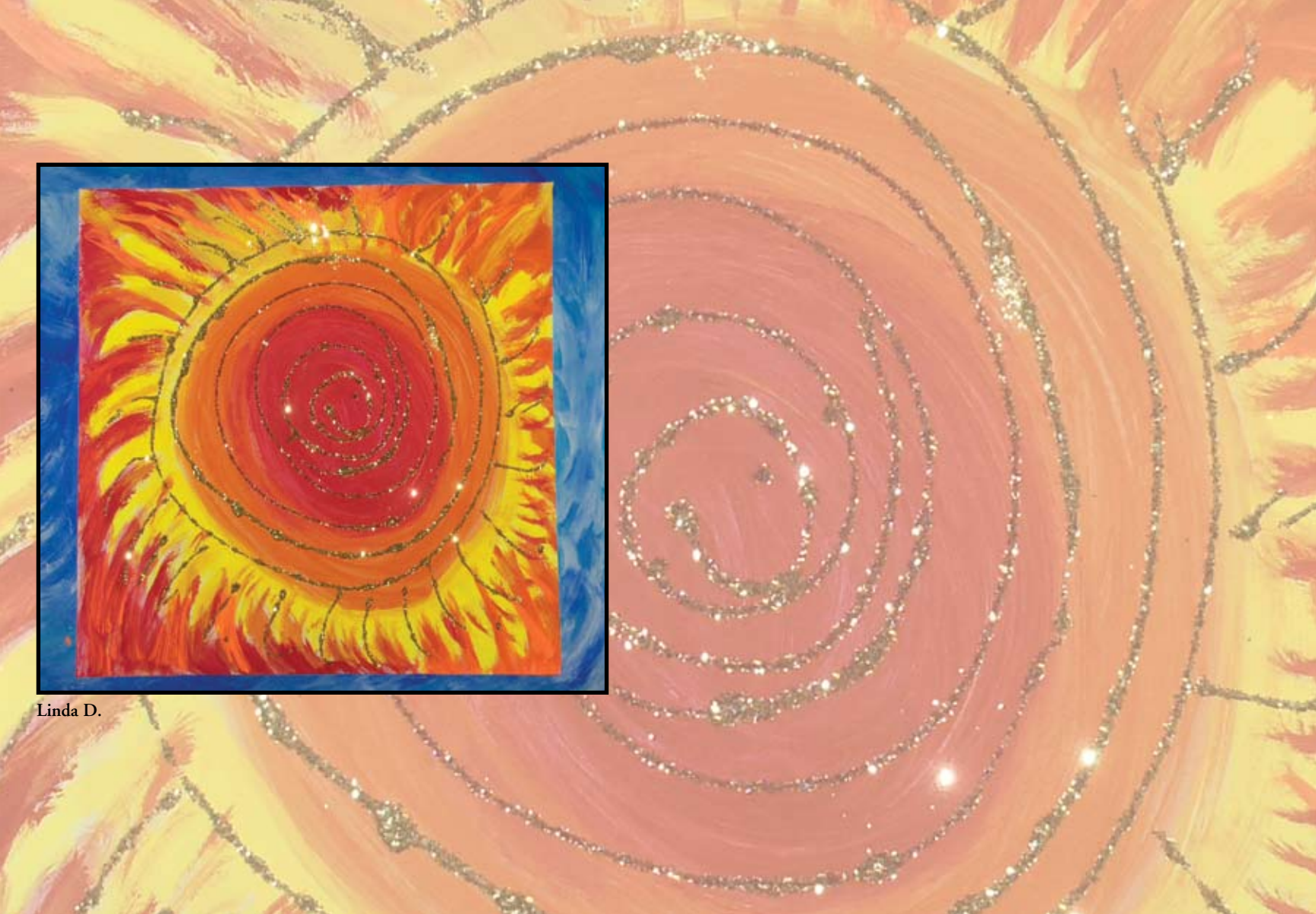
Friday

Saturday

						1	2
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Linda D.



August 2011

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Ramadan Begins

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Tisha B'Av

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Laylat al-Qadr

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Eid-al-Fitr



Jennie T.



September 2011

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Labor Day

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Patriot Day

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Rosh Hashana

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Shundra

October 2011

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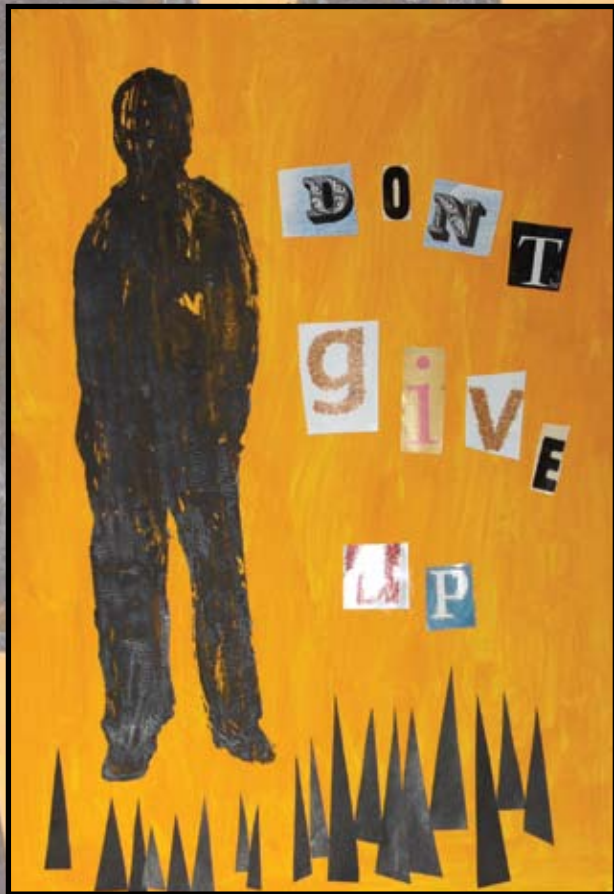
Wednesday

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	2	3	4	5	6	7	8 Yom Kippur
	9	10 Columbus Day	11	12	13	14	15
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Lynn H.



November 2011

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Daylight Savings
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Eid-al-Adha

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Veteran's Day

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Thanksgiving Day

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Women's Group



December 2011

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First Day of
Chanukah

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Christmas Day

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Kwanzaa
"Christmas Day"
Observed

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Last Day of
Chanukah

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31

New Year's Eve

Management Team

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John Fitzgerald, *Vice-Chairperson*
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Angela Joiner-Jones, *Secretary**
Evan Freund, *Treasurer*
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Keith Scott
Nan Sullivan
**officer, not director*

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John Troy, MBA, *Chief Administrative Officer*
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Hai Vu

Service Sites

Community Counseling Centers of Chicago 4740 North Clark Street • Chicago, IL 60640

Crisis Line and Information: 773.769.0205

TTY: 773.769.1724

Fax: 773.765.0801

c4chicago.org

C4 Clark

4740 North Clark St.
Chicago, IL 60640
773.769.0205

C4 North

2542 West North Ave.
Chicago, IL 60647
773.365.7277

C4 Broadway

5710 North Broadway St.
Chicago, IL 60660
773.728.1000

C4 South/

Intact Family Recovery
12940 S. Western Ave.
Blue Island, IL 60406
708.489.2894

C4 Recovery Point

5961 N. Ridge Ave.
Chicago, IL 60660
773.303.3000

C4 Peterson

2525 W. Peterson Ave.
Chicago, IL 60659
773.506.2525



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Commission



Behavioral
Healthcare
Association

