



Community Counseling Centers of Chicago

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Chicago, Illinois 60640

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c4chicago.org

New Clinic Integrates Primary Health Care

(continued from cover)

Heartland's nearby Lincoln Square clinic. Mammograms are available at Weiss Hospital. Dudek is also able to refer patients to health specialists.

"You can get everything here that is available at a family practice clinic," says Dudek.

Besides affordable health care, (for clients without health insurance or

with Dudek. "The bottom line is that this improves care for our consumers," adds Kogan, who helped launch the clinic in January and would like to eventually open similar clinics at other C4 sites.

C4 Clark therapist Audra Massey echoes Kogan's enthusiasm. Massey, who has referred at least eight consumers to the clinic since January, says the service has been a boon for clients fearful of seeing physicians. She credits Dudek's sensitivity and gentle manner as key factors in earning consumer trust.

"My clients tell me they are treated respectfully and feel cared for," Massey observes. "It's a relief for them to have quality health care that is affordable."

"Going to the clinic is an opportunity I wouldn't have had anywhere else," observes Shannon, one of Massey's clients, who sought relief for some joint pain she was experiencing. "Mary (Dudek) has a kind heart and listens. She is very attentive to your needs."

Medicaid, office visits are \$30), the Wednesday clinic makes it possible for C4 to offer a more holistic system of care.

"Integrating mental health treatment with primary health care is a major goal for us," observes C4 Clark site director Susan Kogan.

The on-site clinic enables psychiatrists and clinicians to consult directly

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"You can get everything here that is available at a family practice clinic."



the art of healing Life

SUMMER 2010

Newsletter of Community Counseling Centers of Chicago

NEW CLINIC INTEGRATES PRIMARY HEALTH CARE



Physician assistant Mary Dudek examines patient at new clinic.

Mental health experts have long recognized the benefits of integrating primary health care with mental health treatment. Tragically, the life expectancy for people with chronic mental illness is 25 years less than that of the general public.

Thanks to a partnership with Heartland International Health Center (HIHC), Mary Dudek is helping C4 consumers beat the odds and take control of their overall health. Every Wednesday afternoon, the soft-spoken physician assistant sees patients in a small nurse's office at C4 Clark.

Some come for routine exams, including women's health, pelvic exams and pap smears.

Others come with physical complaints, such as fatigue, difficulty sleeping, or joint pain. A health professional with 13 years' experience in family practice, Dudek says the Wednesday clinic is especially rewarding.

She recalls the recent experience of diagnosing a man in his 30s with diabetes.

"He complained of being tired all the time and always thirsty, classic signs of diabetes," observes Dudek, who is controlling the man's condition with diet. It turned out the encounter with Dudek was life-changing: with improved health, the Recovery Point consumer is now able to hold down a job for the first time in years.

"When people have insurance, they have an inkling that something is wrong because they routinely see doctors," explains Dudek. "At C4 I am helping people who often have no idea that something is wrong. It's challenging, but very rewarding."

People with mental illness may go for years without regular screenings such as mammograms or routine tests for cholesterol. Lack of insurance, little access to transportation, poverty and fear of doctors' offices act as barriers to treatment for ailments like diabetes or heart disease, conditions easily treatable with regular care.

Most Wednesdays, Dudek is helped by Spanish-speaking medical assistants, who do paperwork and other routine tasks. Patients who need follow-up screening, such as laboratory work, x-rays, or EKGs are referred to

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HEALING VIEWS

From the Desk of Tony Kopera, Ph.D. President and CEO

Finding Creative Ways to Give Back!

If you could spend *less* money to help *more* people with mental illness recover in their own community, or spend *more* money to help *fewer* people with mental disabilities live in nursing homes, which would you choose?

Tragically, our Illinois legislators have chosen the latter, approving a budget that cuts community-based mental health care between \$60-\$70 million, affecting more than 70,000 men, women and children across the state. We have known for a long time that services supporting people in their own communities not only work better, they also save money.

According to a 2010 report by the Illinois Human Services Commission, it cost the State of Illinois \$390 million to provide community-based mental health services to 175,000 people last year. Compare that with the \$640 million it cost to house only 15,000 in nursing homes, this for people who do not need daily nursing care.

At C4, we have already told 300 to 400 people without Medicaid or private insurance that they can no longer use our services. Among the families affected are immigrants without documentation; there is almost nowhere else for these adults and children to turn.

Given the reality of ever shrinking state funding, C4 relies on support from donors like you to help us offer the compassionate and holistic services people have come to expect. This issue highlights these efforts by some very creative and generous people.

Last May a Chicago tattoo shop, Insight Studios, donated proceeds from a weekend's worth of tattoo and piercing services. *Ink 4 Mental Health* drew an impressive crowd, many coming expressly to support C4. Owner Bob Jones has pledged to sponsor the fundraiser next year as well. "It's always good to see people come to support a cause," says Jones.

Disability Resource Group, located not far from our Peterson site, has pledged to help out participants enrolled in our Assertive Community Treatment (ACT) services. So far, the seven-member DRG team has donated clothing and will organize fundraisers to raise money for emergency housing, which gives our ACT consumers a secure roof over their heads while they recover from serious mental illness.

C4 is very grateful to Insight Studios, DRG Insurance, and to all who give to our mission. Support can take many forms— even a tattoo!



C4 LAUNCHES NEW SITE, THANKS TO TAPROOT VOLUNTEERS

C4's web site has a brand new look, thanks to a grant from the Taproot Foundation.

The in-kind grant, worth an estimated \$50,000, combined the talents of a six-member volunteer team of business professionals who answered the call for pro bono service.

The revamped web site was written and designed to be more accessible for people looking for information about mental health problems and how C4 services can offer assistance.

"We realized our existing site was more targeted to other mental health professionals, and wanted to offer a resource that supported our mission in a way easily understood by everyone who needs help," explains C4 Development Director Marta Bailey.

Visitors to c4chicago.org can now click on a list of mental health problems for general information and how C4 services can assist them.

The site also features an on-line giving page and registration for Mental Health First Aid training.

The Taproot Foundation, with offices in five metro areas, assists non-profits by offering access to marketing, design, technology, management and strategic planning resources.

C4 would like to acknowledge the incredible efforts of the Chicago-area professionals recruited by Taproot to rebuild our site: Barbara Holdt, Sharon Cramer, Anna Schibrowsky, Max Simampo, Martha Hudak and Ruta Shastri.



PROGRAM NEWS

RESEARCH PROVES PARENTING EDUCATION HAS POSITIVE IMPACT



Marizaida Sanchez-Cesareo, who led the research team, consults with Ana Maria Accove from the Illinois Department of Human Services.

C4's Parenting Education Program (PEP) has scientific proof that it boosts parenting skills, passing a major test toward becoming a model of parenting education for Illinois.

"We are at the cutting edge of how things should be done," said Marizaida Sanchez-Cesareo from the University of Puerto Rico School of Public Health, which conducted the 18-month study in partnership with C4. The test results were announced to a gathering of child welfare advocates, school administrators and funders at C4's Uptown site on April 16.

The study of 252 parents demonstrated that parents enrolled in PEP had more knowledge of child development, knew how to communicate better with their children, and had better problem-solving skills than parents in the control group, who were enrolled in financial literacy classes. PEP graduates were also more likely to read to their children, pick up on their children's emotional cues, and use alternative methods of

discipline, such as time-outs. Parents were tested at two and four-month intervals after they completed PEP classes and home visits.

According to researchers, the results met the criteria to establish PEP as an evidence-based program, eligible to be replicated at the state and national levels.

Sanchez-Cesareo estimated that there are 60 parenting education programs nationwide, but very few have been tested outside of a university environment.

"Our research was not done in a laboratory, but in a real community," she said. "We are now able to say that PEP works in the real world." The study was funded by the John G. Searle Fund of the Chicago Community Trust, the Irving Harris Foundation, Hedge Funds Care, and the Field Foundation of Illinois.

In response to requests from parents, PEP has recently developed

a curriculum for parents of children from newborn to three years which will be tested this summer in North Lawndale, Cicero and Humboldt Park.

"There is tremendous need for parenting resources in these communities," said Katharine Bensinger, who founded PEP 14 years ago and continues to direct the program that reaches 250 very low-income families every year. About one-third of families are mandated by DCFS to participate, yet most re-enroll voluntarily, said Bensinger.

Besides classes for parents of four specific age groups, PEP includes home visits and ongoing support groups. Bus passes and children's

"We are now able to say that PEP works in the real world."

activities are provided during program time.

Earning the designation of evidence-based will go a long way toward expanding PEP's reach.

"This will really help agencies throughout the State of Illinois see the value in this parenting program," observed Kim Miller of the Illinois Children's Mental Health Partnership.

For more information about C4's parenting services, contact Katharine Bensinger at 773.765.0829 or katharine.bensinger@c4chicago.org.

FEATURE

IN A DOWN ECONOMY, C4 JOB SEEKERS BEAT THE ODDS



Earl Burke talks about his job with ABC-7's Karen Meyer.

Earl Burke has defied the odds—more than once. In a job market where unemployment still hovers in the double digits, Burke managed to find a steady job at Jewel Foods.

His achievement is even more stunning considering that Burke is recovering from bi-polar disorder. Even in a good economy, the jobless rate for people with mental health problems is 70 to 80 percent.

“These days, when everyone is looking for a job, our folks need our help more than ever,” observes Jeff Romano, who directs C4’s Supported Employment Services. Unlike the traditional sheltered workshop model, supported employment finds people jobs in the competitive market.

Within the past year, C4’s team of supported employment specialists helped place 25 C4 consumers in jobs, a 40 percent placement rate. The successful program recently got a shot in the arm when the state’s Division of Vocational Rehabilitation approved a \$185,000 grant – enough to hire three or four more staff, according to Romano.

This is good news for consumers

who now must wait an average of 21 days to begin the services.

Romano credits the program’s success to the dedication and skill of job developers and specialists Tania Morawiec and Tonesia Sterling who guide consumers to research jobs, write resumes, role play interviews, and provide follow up support once hired.

This evidence-based service operates on the principle that having a job is as important as any clinical therapy.

Besides mental illness, C4 clients face several other daunting challenges on the way to the workplace. About one-third have a criminal background. Many grapple with abject poverty. Morawiec recalls a consumer who was living out of a car when she began the program.

Burke has been receiving services at C4 Broadway for about 13 years, having been trained in a janitorial program. When C4’s supported employment services began two years ago, Earl quickly enrolled.

Morawiec helped Earl apply for the job and accompanied him to his interview and to the mandatory drug test. “Earl is very motivated and really wanted to work,” she observes.

The Rogers Park resident has worked at the Andersonville Jewel for 18 months, the longest he has ever held a job. Four days a week he bags groceries, reshelves items left by customers, and does other assorted tasks.

These days Burke has money in his pocket for an occasional lunch at a local diner. He can also afford gifts—last month he was able to send his nephew a birthday card with \$15 enclosed.

Burke is not as familiar a face as he used to be at C4 Broadway, which is a good thing, says Romano.

“When Earl started here, he used a lot of services,” says Romano. “Now we see him for some job retention services and the doctor for checking medication. He’s much more independent now, and this is what we like to see.”

As anyone who has been out of work knows only too well, a job is more than a paycheck.

Just ask Earl Burke. “Deep down inside, working makes me feel good,” he says with a grin.

Burke will be featured on ABC-7 this September in a segment by Karen Meyer, the station’s reporter on disability issues. Watch c4chicago.org for details.



Earl Johnson is also one of the lucky ones. With C4’s help, the 56-year-old former hospital worker landed a job any Cub fan would envy—at Wrigley Field. Now in his second year at the fabled ballpark,

Continued on next page

FEATURE

“THANK YOU FOR HELPING MY SON...”

C4 counselor Robert Bautista was surprised to receive a handwritten thank-you note and restaurant gift card from a mother grateful for the long-term treatment her adult son has received at C4 Clark.

“Thank you for helping him for so many years,” the mother wrote about her 50-year-old son, who suffers from schizophrenia. “Thank you for taking care of him through emergencies. I wish my son would be independent soon.”

Bautista wrote back, returning the restaurant gift card with this letter:

I'm writing to thank you for the wonderful gift that you sent me for the services I provide your son. This gift was not necessary, yet very thoughtful on your part. Please remember that the work I do is a passion of mine, to assist those who are in need of this service. The payment that I receive is seeing your son improve to where he is able to function independently as we would all like him to be.

Unfortunately I have to return the gift certificate to you and your family and ask that you have dinner on me. Once again, thank you for showing your appreciation for what I do.

Sincerely,

Robert Bautista



BEATING THE ODDS

Continued from previous page

Johnson works as a bathroom attendant, happy that his supervisors trust him to perform his duties independently.

“No one is standing over me watching,” Johnson observes. “That makes me feel good.”

Except for wrestling, Johnson is not a sports fan, though he admits working at Wrigley can be “electrifying” with the crowds. “I never dreamed that I would be here,” he says.

It’s been a long road to Wrigley. Johnson, who suffers from depression and needed a shoulder replacement when he was hit by a car, has advice for discouraged job seekers.

“The main thing is, you can’t give up. You have to keep the faith.”

WHAT YOU CAN DO

Make a donation. We need your help. Our state funding has been drastically cut. People are suffering. For many in our community struggling with mental illness and substance use, C4 services are a lifeline that help them live with dignity in the community. To donate online, visit c4chicago.org and click DONATE NOW

Consider making a recurring gift. YOU can save time and ensure that your generosity continues to help others. Visit c4chicago.org.

Make a contribution to C4’s Endowment Fund. This ensures that your gift will go on doing good for many years.

Support C4 events. Get news about future events or join our e-mail list at c4chicago.org.

Enroll In Mental Health First Aid. Learn how to help a family member or friend with mental illness. Find out more at c4chicago.org or call 773.765.0824.



HIGHLIGHTS

600 SUPPORTERS CROSS THE FINISH LINE AT THIRD ANNUAL C4 MILES



More than 600 runners and walkers stepped up to the starting line at the Montrose Harbor lakefront for the third annual C4 Miles: Making Strides for Mental Health on Sunday, May 2.

Clacking a time of 23:54, Eric Geissert of Chicago received the Frank Alschuler Award given to the top male finisher; first place female, Erin Rhodhamel, received the Lannie LeGear Award with a time of 27.13. The top awards honor two former C4 board presidents and mental health advocates: Alschuler, an architect and current board member, and LeGear, a child psychologist who died in March 2009.

C4 staff and consumers were in force: Recovery Point, C4's substance use treatment site, had the largest delegation, with 20 consumers walking the

two-mile lakefront course. Once again, SASS staff (C4 therapists who respond to crisis calls), organized their own team, complete with t-shirts.

Among the other groups represented were Global Benefits and Chicago Lakeshore Hospital, both event sponsors, Riveredge Hospital, the Cook County Juvenile Detention Center, Graduate Students of the Illinois Psychological Association, and Northwestern University's Feinberg School of Medicine. WGN Morning Sports Anchor Pat Tomasulo served as emcee.

More than 100 volunteers represented several groups city-wide, including Lane Tech High School, Delta Sigma Theta Sorority, and UIC.

Event sponsors included Global Employee Benefits, Walgreens, Lawrence House

Drugs, Chicago Lakeshore Hospital, Blue Cross Blue Shield of Illinois, Morcos Insurance, Insight Studios, Fleet Feet Sports, and Blackman Kallick. WGN-TV, WBEZ-FM, Jack FM and WILV-FM were media sponsors. Providing in kind support were Pompei, TEVA, Caribou Coffee, Bally Total Fitness, and Lululemon.

Many supporters were there to raise funds for C4, but for some participants, the event had a deeper meaning. Bill Watson, who walked the two miles with his Recovery Point delegation, said C4 Miles was a way to honor C4's impact on his life.

"If it weren't for Recovery Point, I wouldn't even be alive to walk today," he said.



HIGHLIGHTS



7 MILES **run** walk

MAKING STRIDES FOR MENTAL HEALTH



Photos by Charisse Linder

DONOR CORNER

A STUDIO WITH HEART

For Bob Jones, sponsoring a fundraiser for mental health was a natural. Every third weekend of each month, the owner of Insight Studios donates all proceeds from his progressive tattoo/piercing shop to charity.

When Bob discovered that May is National Mental Health Awareness Month, he offered to host a fundraising event for C4.

“We do what we can,” says Jones, who began the monthly fundraisers just a few months after opening his shop at 1062 North Milwaukee in 2006. “Everybody wins with our benefits—the charity we help, the artists doing the work and the people who come into the studio. Everybody knows that their money isn’t just going to the tattoo shop.”

Bob, who sports a tattoo of his cat, Indy, on his leg, maintains that tattoos have always been popular.

“I think network television has a lot to do with it growing in popularity,” he says.

Not surprisingly, several of his sponsored charities are for animal shelters. Tats for Cats, which will be featured on the Discovery Channel, raises money for the Treehouse Humane Society.

All told, Insight artists tattooed or pierced more than 100 customers at the May 15-16 event, raising nearly \$2,000 for C4 services.

Significantly, it was the first Insight event that raised funds for a charity that benefits people instead of pets.

“It’s always great to get people who are supporting the cause of their choice,” Bob observes.



GETTING INKED FOR C4



Hyacinth Kearney Pangan shows off new tattoo.

More than 100 C4 supporters literally went under the needle May 15-16 at Insight Studio’s weekend fundraiser: *Ink 4 Mental Health*. Insight owner Bob Jones donated the profits from all tattoos and piercings to C4.

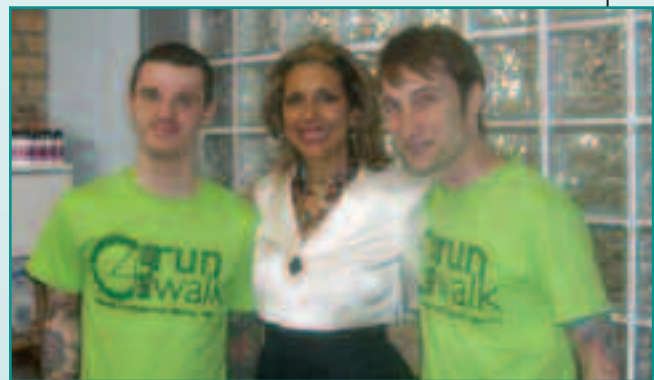
“We’re so grateful to have this support from Insight,” said C4 Development Director Marta Bailey, adding the event was a creative way to celebrate National Mental Health Awareness Month.

Despite gains in public awareness, the stigma surrounding mental illness still keeps many from seeking treatment. Mental health experts estimate that although one in four Americans will have a diagnosable mental

illness over their lifetime, only one in three will get professional help.

The Insight event drew many first-timers.

Among them was Hyacinth Pangan-Kearney, a C4 therapist



Ben McQueen, tattoo apprentice and Insight owner Bob Jones (at right) with C4 Development Director Marta Bailey.

who opted to have a whimsical fairy with purple wings tattooed on her shoulder.

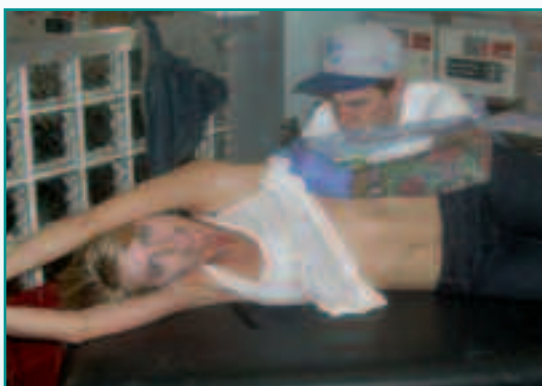
“The fairy looks a bit like me and purple wings are the symbol for lupus,” says Hyacinth, who nearly lost her life two years ago

Continued on next page

DONOR CORNER

SUPPORTERS GET INKED FOR C4

Continued from page eight



Danielle Vickers getting inked.

when the disease affected her kidneys. With her lupus in remission, Hyacinth decided the time was right to go under the needle for a good cause.

“My tattoo is a reminder that having lupus is a part of my identity that I have learned to embrace,” she says.

Others, like Alex Carlson, were tattoo veterans. Carlson decided to have a *kodama*, a Japanese spirit figure, tattooed on his arm. “The C4 benefit

was definitely an incentive to come today,” Carlson said.

Danielle Vickers got her first tattoo eight years ago. When she found out about *Ink 4 Mental Health* from friend Hyacinth Kearney, Danielle decided that the time was right for her second.

Like many tattoos, this one was deeply personal. Having lost her father to leukemia last year, Danielle had an abbreviated version of his favorite Bible verse tattooed on her left side: “Ask... Seek... Knock.”

“I’ve got it close to my heart,” she says. “There is still so much stigma around mental illness; this is a great way to get the word out.”

BORDERS BENEFIT DAYS DECEMBER 18-19

Shop at Borders’ Uptown store December 18-19, and C4 will earn a portion of your purchase!

Be sure to use the special voucher which will be posted at c4chicago.org.

(Borders-Uptown is located at 4718 N. Broadway, Chicago.)



JOHNSON & JOHNSON GIVES \$5,000 TO EMERGENCY HOUSING

Assertive Community Treatment, C4’s service that provides intensive support to persons with severe mental illness, has received a \$5,000 grant from Johnson & Johnson for emergency housing.

According to ACT supervisor Zak Mucha, the funds will be used to rent emergency rooms in single room occupancy (SRO) buildings for homeless ACT participants, some of whom enter the program from psychiatric hospitals or jails.

Program staff estimates that the grant will provide emergency housing to about 12 persons, giving staff time to locate more permanent housing.

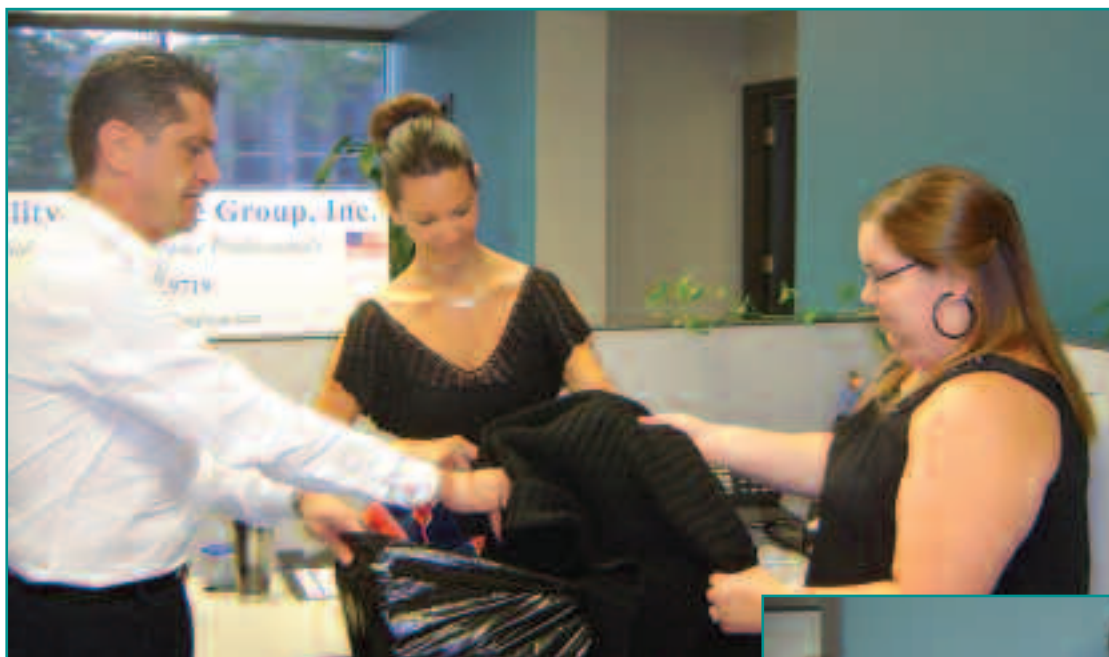
“We are very grateful to Johnson & Johnson for these funds, which will greatly increase the likelihood that our participants will stay in treatment,” Mucha explains. “Without stable housing, our consumers are far more likely to end up in jail, homeless shelters, or a hospital.”

Besides contributions from DRG, (see related article), ACT has raised \$3,800 from private donors, including profits from a spring event at the Maeve Bar and Lounge.

If you would like to make a contribution to ACT’s emergency housing program, you can donate online at c4chicago.org or mail your check (payable to C4) to: Development Department, C4, 4740 N. Clark, Chicago, IL 60640.

DONOR CORNER

DRG INSURANCE LENDS HAND TO HOMELESS



DRG employees Benjamin Perez, Christina Grzywna and Carly Sup pack bag of clothing for ACT.

When the Disability Resource Group (DRG) was seeking a cause to support, the Chicago-based insurance company didn't have far to search. The firm's Peterson office is located just a block away from C4 Peterson.

Add that to the fact that DRG's Benjamin K. Perez used to be a member of C4's development committee, and you have a perfect match. This spring, the DRG Foundation, the firm's charitable arm, decided to raise funds for C4's Assertive Community Treatment, (ACT), the agency's intensive service for adults with severe mental illness who might otherwise fall through the cracks. All live below the poverty line, several have had repeated bouts with homelessness.

A majority of DRG support will go toward providing emergency housing for ACT participants who are homeless, especially those recently released from a psychiatric hospitals or Cook County Jail.

"We wanted to find something that was hands-on," says Perez, who serves as DRG Vice-President. "It was important that we would be able to see the difference we made."

The support for C4 was clinched when ACT supervisor Zak Mucha talked to their firm's employees in the Peterson Avenue office.

"We were blown away by Zak's presentation," recalls DRG staffer Carly Sup. "It had never occurred to us that people with mental illness had to live in such poor conditions and cope with so many obstacles."

Together with her co-workers Sup put together about 20 bags of food and clothing for ACT participants. The firm is also planning to organize fund-raisers on ACT's behalf.

From the beginning the ACT team of clinicians, job specialist and case managers identified lack of stable

housing as a major barrier to treatment.

"Imagine getting services all day and then going back to a homeless shelter at night," observes Mucha. "It's hard for someone to stay in treatment when they are living on the streets or in a homeless shelter."

Supporting people struggling to recover from mental illness is a natural for DRG, Perez



DRG employees wanted to support hands-on projects.

explains.

"After muscular-skeletal injuries, mental disorders are the second largest reason for people filing disability claims," he says.

For DRG president John F. Nichols, supporting ACT is a way of "giving back" to the community.

"Our mission is to educate and train financial advisors so they can sell disability insurance, but we also want to give back to the organizations that provide services to our clients."

FUNDING NEWS

MENTAL HEALTH FIRST AID GETS \$96,514 BOOST FROM STATE

C4 has been awarded a \$96,514 grant from the Illinois Department of Human Services to present mental health literacy training to an estimated 600 staff from social service agencies and consumer organizations.

One of seven organizations nationwide tapped to present the groundbreaking 12-hour training in 2008, C4 has presented Mental Health First Aid (MHFA) to more than more than 60 organizations, including social service agencies, community centers, schools, hospitals, community colleges, and faith-based groups.

The new state grant, renewable for an additional two years, will allow C4 to significantly expand MHFA, reaching an estimated two community groups each month.

"We're ecstatic about this opportunity and grateful to the State of Illinois," observes Viviana Ploper, C4 associate director who helped

assess if clients have mental health needs, educate family members, and refer clients to treatment. Experts agree that early intervention can prevent more serious mental health problems from developing. MHFA also helps the general public respond to psychiatric crises until professional help arrives.

The MHFA curriculum introduces participants to risk factors and warning signs for mental health or substance use problems, using experiential activities and role play that build understanding of depression, bi-polar disorder, anxiety disorders, schizophrenia and eating disorders.

Besides getting people to treatment, MHFA is also designed to reduce the stigma surrounding mental health problems.

In the Latino, African-American and Asian neighborhoods reached by C4 and community partners, stigma is an even greater barrier. Lack of access to mental health resources also

mental health. The National Council for Community Behavioral Healthcare (NCCBH), the Maryland State

Boost Your Mental Health IQ

Sign Up for the Next MHFA Training

September 29-30

Register at
c4chicago.org or by
phone 773.765.0824

Department of Mental Hygiene, and the Missouri Department of Mental Health introduced the training to the US in 2008.

C4 has already presented MHFA to Uplift Middle School's Health Center, the Asian Health Coalition of Illinois, Center on Halsted, Breakthrough Urban Ministries, The Salvation Army, Rape Victim Advocates, and the Chicago Department of Public Health, among other groups.

Thanks to the state grant, C4 will be able to respond to requests for the training from other community agencies. C4 has seven mental health professionals trained to present MHFA, three of whom are bilingual in Spanish.

"Our goal is to make MHFA as common as CPR is now," Viviana observes. "We're definitely on our way."



MHFA participants line up for stigma exercise at Center on Halsted.

introduce MHFA. "These trainings will help our communities better respond to untreated mental illness and relieve the suffering of many individuals and families."

MHFA helps social services staff

keeps people from treatment.

Introduced in Australia in 2001 under the auspices of ORYGEN Research Center of the University of Melbourne, MHFA is scientifically proven to increase knowledge about