ONE-STOP SHOPPING AT NEW PHARMACY

Thanks to a new on-site pharmacy, C4 consumers can now see their psychiatrist and have their prescriptions filled before even leaving the building.

For the 2,500 to 3,000 C4 clients who use medication, the onsite full-service pharmacy promises not only convenience, but the added benefit of coordinated treatment and more education about a drug’s side effects and potential harmful interaction with other medications.

“It’s all about helping our consumers, and we believe this pharmacy brings added value to our other services,” observed C4 Chief Clinical Officer Bruce Seitzer at the pharmacy’s official opening February 8. He noted that consumers will be able to fill all medications, not just psychiatric drugs. C4 also offers consumers a weekly on-site clinic for primary health care.

“For someone who is coping with mental illness and high blood pressure, the convenience and lower cost are significant benefits,” he added. The “one-stop shopping” approach also increases the likelihood that consumers will have prescriptions filled, and enables clinical staff to communicate directly with the pharmacy.

“We believe this will result in a greater coordination of care,” Seitzer explained. Although the pharmacy is located at C4 Clark, clients at other sites can have their medications delivered. In addition, C4 staff can have prescriptions filled at the new pharmacy.

The full-service pharmacy is owned by the Pittsburgh-based QoL, which operates 45 pharmacies serving behavioral health centers in 18 states.

“We’re excited to partner with C4 to serve the prescription needs of their consumers,” observed Christy Rosado, QoL Director of Sales and Marketing. She added that QoL offers services not always offered by traditional pharmacies, such as auto refill and follow up if a prescription is refilled too soon or has expired.

The new pharmacy will be staffed by a full-time pharmacy manager and Sonia Donato, who will operate C4’s prescription assistance program which provides free medication samples to C4 consumers. Hours are Monday through Friday, 8:30 am to 5 pm. The pharmacy accepts Medicaid, Medicare, and most insurance.

For more information on pharmacy services, call 773 765-0848.

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

A Terrible Price

The financial condition of the State of Illinois has attracted a flood of media attention expressing varied opinions on how to fix our budget problems. However, the impact of cuts already instituted in Illinois is generally not given much attention. According to a recent report issued by the National Alliance on Mental Illness, Illinois has cut its mental health funding by $113.7 million between 2009-2011, a 15% reduction. Keep in mind that this does not even include major reductions in funding for substance use treatment and services for sexual assault survivors. **The crucial question is: What do these cuts mean in human terms?**

In our 2010 fiscal year C4 provided mental health services to approximately 7,500 children, adolescents and adults. Our mental health expenditures were $7.5 million for that time period. So for approximately $1,000 per person, C4 made a difference for thousands of individuals and families. How many thousands of people are affected by a statewide cut of $113.7 million? You do the math.

The residents of Illinois are paying a terrible price in the name of budget fixes. The cuts in health care have tripled those in non-health care areas of the state budget. We know that denying people the help they need now will mean increased costs in the future to repair broken lives. People aren’t potholes that can be resurfaced until money is available for repaving. It is time for Illinois to invest in its future, the people of our state.

ENDOWMENT FUND: THE GIFT THAT GOES ON GIVING

C4 is pleased to announce a new giving opportunity that will allow donors to contribute to the long-term financial needs of C4.

The C4 Endowment Fund was recently established to provide a continuing financial resource for present and future mission-driven programs.

“The creation of the C4 Endowment Fund is a bold step in cultivating an environment for innovation,” observed Marta Bailey, C4 Director of Development. “If you or someone in your family has been helped by C4, or strongly believe that mental health treatment should be available to everybody, this is a terrific way to give back.”

Gifts to the Endowment Fund typically consist of cash, securities, equities, bequests, or life insurance policies given to C4 with the condition that the principal be maintained in perpetuity and only the income generated may be expended.

For more information on the C4 Endowment Fund, please contact Marta Bailey, Director of Development @ 773-765-0809, or marta.bailey@c4chicago.org.

DR. JOHNNY WILLIAMSON
NEW MEDICAL DIRECTOR

Dr. Johnny Williamson, an Elgin native with more than 10 years’ experience in community psychiatry, has been named C4’s Medical Director. He also serves as the chief medical officer at Hartgrove Hospital and clinical director of the West Side hospital’s pediatric unit.

“We are very pleased to have Dr. Williamson in his new capacity as Medical Director,” observed C4 Chief Clinical Officer Bruce Seitzer. “He brings a wealth of experience and energy along with a dedication to quality care consistent with C4’s vision.”

A board-certified child psychiatrist, Dr. Williamson said he was attracted to C4 because of its strong community presence and track record of delivering “efficient and good quality care” to underserved populations.

“C4 is in the homes, schools, and the neighborhoods where people need to be served,” he said. “Access to care is an issue that C4 works very hard on resolving.”

Besides serving as medical director, Dr. Williamson also treats children and adolescents at C4 North, where he began working on a contractual basis last year.
C4 RECOVERY POINT CONSUMERS RALLY FOR RESULTS

Advocacy works. Just ask a delegation of C4 Recovery Point consumers and staff who joined a February 24 rally to protest Governor Quinn’s proposed cuts in mental health and substance use treatment.

“We will be cutting off services to clients that prevent them from being homeless, in jails, in mental hospitals, and emergency rooms,” C4 Recovery Point director Linda Malstrom told the Thompson Center rally organized by Access to Living. Under the proposed cuts, 300 men and women now receiving substance use and mental health treatment at C4 Recovery Point risked losing services on March 15.

Joining Malstrom were six staff and interns and 14 consumers, six of whom would have lost services under the proposed cuts. Two consumers—Linda Finson and Steve James—told their stories to WBBM-Radio. “Recovery is a wonderful miracle,” said Finson.

Within hours of the rally, the group learned that Quinn had decided to restore about half of the $200 million in cuts.

“Our consumers were happy to hear that their efforts achieved this result,” Malstrom said.

C4 REACHES OUT TO VETS

Responding to overwhelming demand to help veterans suffering from post-traumatic stress, alcohol abuse and other mental health problems, C4 has joined a network of civilian providers trained to address issues faced by vets.

In Chicago, troubled vets may wait several months to receive services through the Veterans Administration. With an estimated three in ten vets returning from Iraq and Afghanistan suffering from post-traumatic stress, the Department of Veterans Affairs is turning to C4 and other providers nationwide to help.

“Treating the Invisible Wounds of War,” an online training offered by Army OneSource, helps civilian mental health providers assess and treat vets and families affected by PTSD, substance abuse, depression and other serious problems.

“We want to help, but one of the big barriers has been the perception that we do not understand the military culture,” explains C4 therapist Rebecca Malley, who recently completed the training supported by the VA and Army OneSource.

As a result, C4 is now identified as a provider in the War Within network, which operates a national database to help vets and families find services.

Another barrier has been the intense stigma for military personnel to seek help for mental health issues.

“Part of the military culture says that seeking help is a sign of weakness,” explains Malley. “The message was always to ‘tough it out.’”

C4 also anticipates being able to accept Tricare, the most common type of health insurance for active military. (Sometimes the coverage extends beyond the service period.)

“It is a tragedy that the people who served our country come home to see their personal lives destroyed,” observes Malley. “We want to help.”

For more information or to schedule an appointment, veterans and their families are encouraged to contact C4’s call center and crisis line at 773-769-0205.
The Million Dollar Round Table Foundation has awarded a $1,000 grant to support emergency housing for homeless persons enrolled in C4’s Assertive Community Treatment Program (ACT). The grant was secured by Thomas McLeary of Endow, Inc. and member of the Million Dollar Round Table, the Premier Association of Financial Professionals.

The funds will be used to pay for two emergency sleeping rooms and food for ACT participants, all of whom suffer from severe mental illness and need significant support to live independently.

C4 staff point out that emergency housing, which will be provided in local apartment units, will increase the odds that ACT participants will stay in treatment.

“We are thrilled by the generosity of the MDRT Foundation,” observes ACT supervisor Zak Mucha. “It is unrealistic to expect that someone sleeping in a subway station is going to remember to take his medication.”

The MDRT Foundation is the philanthropic arm of the Million Dollar Round Table, a global association of 30,000 financial professionals. Since 1959, the MDRT Foundation has awarded nearly $26 million in grants worldwide.

This year, C4 was among more than 100 grant recipients who together received $850,000 in awards.

So far the ACT emergency housing program has received $8,800 from other donors, including $5,000 from Johnson & Johnson.

“We literally pull people off the streets,” says Mucha. “Being able to give people a roof over their heads will save lives.”

Celebrate Sexual Assault Awareness Month with C4!
April 12: Arts of Survival, Awakenings Foundation Center and Gallery, 4001 N. Ravenswood, Suite 204C Chicago. Multi-media presentation featuring original art and performance by sexual assault survivors. 5:30–8:00 pm.
Suggested donation: $10. RSVP to events@c4chicago.org or call 773.765.0809.

April 23: Walk a Mile in Her Shoes:
10 am–12 pm, 2nd District Police Station, 850 West Addison, Chicago (Community Room) Men: Support awareness of sexual violence and show support for sexual assault survivors by walking in women’s shoes (heels or flats) Walkers gather at 10 am; walk begins at 10:30 am.
Women welcome to cheer on the guys! For more information, email events@c4chicago.org.

April 28: Stronger than Silence, Surviving our Secrets Doors open 6:30pm; performance at 7 pm, Center on Halsted, Hoover-Leppen Theater, 3656 N. Halsted, Chicago. Four true stories of sexual assault survivors performed by actors. Co-sponsored by Erasing the Distance. Suggested donation: $10. For more information: contact Jae Jin Pak at 773.765.0614 or events@c4chicago.org.

Celebrate Mental Health Awareness Month with C4!
May 21-22: Ink 4 Mental Health, Insight Studios, 1062 N. Milwaukee. Chicago. Custom tattoos and piercings to benefit C4. Walk-ins only. Saturday, May 21, noon to 10 pm and Sunday, May 22 noon to 8 pm. For more information, phone 773.342.4444 or email events@c4chicago.org.

May 22: C4 Miles: Making Strides 4 Mental Health, Chicago lakefront at Montrose, 8 am. 4-mile run/2-mile walk, $25 registration before April 22/$30 (April 23-May 21) $35 day of. Register at c4miles.org. For more information, email events@c4chicago.org or phone 773.765.0809.
FIELD FOUNDATION OF ILLINOIS SUPPORTS C4 PARENTING SERVICES

It was the intense suffering caused by the Great Depression that moved Marshall Field III toward philanthropy. Today, due to the generous endowment provided by Marshall Field IV, the Field Foundation continues to help nonprofits improve the lives of many under-resourced families throughout Chicago.

The foundation annually distributes $2.5 million to community-based organizations, social service agencies, schools, and cultural institutions working to improve the lives of adults and children. Last year, C4’s Parenting Education was the recipient of the foundation’s generosity, receiving a $20,000 grant to help PEP market itself as a model.

“The Field Foundation is a proud contributor to C4’s Parenting Education Program as it provides an evidence-based model of parenting that can be replicated at local and national levels,” observed the foundation’s senior program officer, Mark Murray. “We believe that support of this program helps to set standards and creates educational opportunities with measurable outcomes that strengthen family relationships.”

“We believe that support of this program helps to set standards and creates educational opportunities…”

Founded in 1996, PEP uses a comprehensive model that includes classes, home visits and peer supports groups. To date, more than 4,000 low income Chicago families and 10,000 children have benefited from the program. Field Foundation support will help PEP become self-sufficient, providing funds to develop a business plan and marketing strategy to sell the program to other interested groups around the state.

This is not the first time that the Field Foundation has supported PEP. In 2009, the foundation awarded $15,000 that helped finance a comprehensive study that showed a scientific link between PEP and positive parental behavior, paving the way toward PEP becoming a national model.

Parenting education is a cause the Field Foundation is happy to support.

“We are thrilled that the Field Foundation has supported PEP so generously,” observed PEP director Katharine Bensinger. “Their commitment will enable us to continue to offer this desperately needed program to families in need.”

C4 AWARDED $207,000 FOR SCHOOL-BASED SERVICES

C4 has been awarded grants totaling $207,000 to provide school-based counseling and parenting training in four Chicago communities as part of Governor Quinn’s Neighborhood Recovery Initiative (NRI), a comprehensive program to reduce youth violence and increase adult engagement and leadership in the Chicago area.

Administered by the Illinois Violence Prevention Authority, NRI has targeted underserved Chicago neighborhoods with the highest rates of poverty, violent crime, domestic distress and youth disconnected from their schools or community.

Under this initiative, C4 will offer school-based services in Logan Square, Humboldt Park, and Rogers Park. All told, the NRI funding will enable C4 to provide evidence-based services in eight schools.

“We will be helping children with trauma histories and those with difficulty managing anger,” observed C4 North Site Director Aline Schultz, who will supervise the team of bi-lingual clinicians providing services in Logan Square and Humboldt Park.

Staff from C4’s Parenting Education Program (PEP) will work with 50 parents from West Garfield Park, a neighborhood struggling with one of the city’s highest rates of violence.

“Our goal is to help parent leaders in West Garfield become positive mentors for other parents in their community,” PEP director Katharine Bensinger observed.

C4 submitted applications to provide services in five communities, and was selected as partner in four of these underserved communities.

“C4 has always been deeply rooted in the community,” observes C4 Clark Site Director Susan Kogan. “The NRI effort is an opportunity for us to continue that engagement.”

CORRECTIONS
We regret having unintentionally failed to acknowledge the following donors in our 2010 annual report:

Philip D. Block Family Foundation: $1,000
David Helfand and Leslie Bluhm: $1,000

Address Correction:
C4 Recovery Point is located at 5691 N. Ridge, not 5961 N. Ridge.

Staff
Danielle Byron, our Chief Information Officer, is a member of Executive Staff.
ike* reported that he had joined a gym. Marco said he was communicating better with his dad.

Priscilla announced that she was reading *Reservation Blues* for her Truman College English class, a commitment she finds challenging since the class meets twice instead of once a week.

“I’m proud of you, Priscilla, for setting a goal and going after it,” said Shannon Garrison, a C4 therapist who leads a weekly support group for young adults coping with major mental illness.

Every meeting begins with members reporting on “good” news.

“We like to focus on the positive in here since these young people are struggling with so much,” observed Garrison.

Every Wednesday afternoon, a group of five to ten young adults gather at C4 Clark to share good news, munch on healthy snacks, and gather support for their efforts to become adults in a society where mental illness still carries much stigma.

“It hurts when people call me a ‘psycho,’” observes Ike, who at 19 has been hospitalized four times for a major mental illness. He lives with his parents, has graduated from high school, and yet only recently has been confident enough to talk about himself.

“This is a safe place to talk about your problems,” he says, looking across the table at other group members listening intently.

One of these is Corey, an amiable 20-year-old who lived in a residential facility in Texas for 14 months before moving back to live with his family in Chicago.

Corey credits the group with improving his social skills: he now serves on the Young Adult Community Advisory Board.

Since beginning services at C4 three years ago, Corey has never been hospitalized, a major accomplishment.

“C4 has really helped me,” says Corey, who would like to write a blog for the C4 web site on issues facing young adults with mental illness. Most of its members see a C4 psychiatrist for medication and receive individual therapy.

Garrison started the peer group as a creative way to continue some state-funded services to help young adults with major mental illness become independent: find jobs, go to school and establish relationships.

On this Wednesday, members were asked to name major stressors in their lives and healthy ways to cope.

Some responses were similar to what you would expect from any young adult: the struggle to balance work and school, communicating with parents, and money.

But others also reported a tendency to be too tough on themselves.

“I’m my own worst critic,” said Ike, citing his frustration at not being able to understand his mother’s native Spanish and his pattern of oversleeping.

Garrison gently reminded the group that their mental illness had caused them to miss major developmental stages, and they are playing catch up.

“There was nothing you could have done to prevent yourself from getting sick. It wasn’t your fault,” she reassured members.

“It helps to come here,” said Corey. “We have a good time.”

* Not his real name

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Even a small gift can make a big difference.

Contribute online at c4chicago.org

Or mail your gift to:
C4 Development Dept
4740 N. Clark,
Chicago, IL 60640.

Thank you for helping C4 help others!
HELD BY FAMILY DONATIONS, TEEN SHOPPERS GIVE BACK

The adage that “it’s better to give than receive” took on new meaning for teens active in a community support group at C4 North.

It all started when the group’s leaders – therapists John DeCostanza and Kathy Ely – reached out to family and friends for contributions to buy holiday gifts for children who receive services at C4 North. When their e-mail campaign brought in more than $1,000 in contributions, the pair decided to involve the teens in the project.

“We were overwhelmed by the generosity of the people who gave,” remarked DeCostanza.

The teens were divided into teams of two who scoured the aisles of Target searching for gifts in three categories: games, books, and arts and craft materials. They were instructed to select age appropriate gifts with the caveat that they had to stay within budget.

Charged with buying $300 worth of books, one young shopper was struck by some familiar titles.

“When I saw the June B. and Captain Underpants books, I knew that I wanted to buy them,” observed Cathy, 16. “I remembered how much I loved reading those books as a kid.”

Octavius, 16, roamed the aisles looking for games to engage children 6 to 12.

“When I saw the Twilight game, I knew I wanted to buy it,” he said.

“I spent a lot of Christmases feeling lonely, and I thought that a getting a present could help somebody,” Cathy added.

Not only did they have great ideas, but the shoppers stayed within their budget: when all the gifts were loaded in the vans, there was $35 left over. They wrapped the gifts over pop and pizza.

“It really empowered them to be able to help others,” remarked Kathy Ely. “We’re teaching them that there is always something to give, no matter how difficult your circumstances.”

THE HEALING ROOM DEDICATED

Thanks to a donation from John and Liane Troy, C4 participants are now able to take advantage of a remodeled meeting and training space at C4 Clark.

The Healing Room is dedicated to the memory of Liane’s brother, Randy Ford, who died of cancer in 2008; and in honor of Liane, a cancer survivor and early education job coach. The space features two colorful landscapes created by Ford, who turned to painting as a way to remain positive during his cancer treatment.

“Randy would bring his oil paints to the hospital with him,” recalled Liane at a January 7 dedication ceremony. “He loved to paint the beauty that he witnessed in nature.”

Since she was diagnosed with ovarian cancer several years ago, Liane has become a passionate advocate of early screening.

“It touches me that so much healing will take place in this room,” said Liane, wife of C4 Chief Administrative Officer John Troy. “I hope that whoever uses this space will be helped to heal from whatever ills they are suffering.”

The Healing Room will be a multi-purpose space to host parent classes, group therapy sessions and other gatherings.

Charles Metz, Randy’s life partner, remembered how Randy loved to create.

“Painting was a way for Randy to become more enlightened,” he said. “He wanted to paint to make others feel better.”

c4chicago.org
C4 MILES TAKES OFF MAY 22

Alexis Moreno, a graduate student in mental health counseling at Purdue University, made a New Year’s Resolution to run a race. So when the Indiana resident saw the notice for C4 Miles, it seemed a perfect fit.

“When I read that the race was benefiting a mental health agency, I had to sign up,” said the 22-year-old from Whiting, Indiana. Moreno convinced her boyfriend, Jose Jiminez, to form a team with her.

The fourth annual C4 Miles: Making Strides 4 Mental Health will take place on Sunday, May 22 at Montrose and the Chicago lakefront. For the first time ever, the 4-mile race/2-mile walk is registering teams.

“We hope that lots of teams will want to sign up and run or walk together,” said Keith Scott, event co-director. “Families, friends or co-workers can have more fun if they register as a team.”

People who register soon can take advantage of the early bird registration, which is $25 until April 22.

After April 22, the fee increases to $30; and $35 on race day. Everyone who registers will get a t-shirt and goody bag.

C4 Miles has been growing. This year, planners hope the event will attract 750-1,000 participants.

One of the only area running events to raise money for mental health, C4 Miles also raises awareness of mental illness. Despite the fact that one in five people will be diagnosed with a mental illness over a lifetime, only one-third will get professional help.

Register now at c4miles.org

Want to volunteer?
Sign up at c4miles.org