

be inspired.

2011 ANNUAL REPORT



KENNETH WILLIAMS, 2010

Thresholds assists and inspires people with severe mental illnesses to reclaim their lives by providing the supports, skills and the respectful encouragement that they need to achieve hopeful and successful futures.

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DIRECTORS STATEMENT

Thresholds has never been a more important resource for Chicago’s most vulnerable citizens. For more than 50 years, we have strived to establish Thresholds as the city’s leading provider of human services. Conceived by a notion that people can recover from a mental illness to lead fuller, richer lives, Thresholds has maintained a tradition of excellence to remain committed to our mission of helping the countless members we serve to reclaim their lives.

This year, we have the privilege to celebrate milestones great and small. From prestigious awards and achievements to the development and opening of a new program, Thresholds is an organization on the move – growth, evolution and leadership.

We continue to grow so that we may expand our reach into the community through the new Veterans Project and plans for an upcoming housing development in Lake View. We continue to evolve in an ever-changing climate of service delivery models that promote the use of the most up-to-date practices to ensure recovery for our members. We continue to lead, teaching others from every neighborhood in Chicago to across the country and around the world.

We continue because we know our work can make a difference.

Thresholds celebrates the achievements of the past year by highlighting the work we do to bring smiles to faces and members to independence. A safe home. A meaningful job. A healthy mind, body and spirit. A reconnection to the community. This commitment to care brightens the futures of every member so that they may celebrate a new dawn each and every day in their journey to recovery.

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Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.

HELEN KELLER

ABOUT THRESHOLDS

Thresholds is one of Chicago’s most recognized and renowned social service agencies serving persons with severe and persistent mental illness. As the largest and oldest provider of community behavioral healthcare and mental health services in Illinois, Thresholds enjoys a unique distinction as a national and world leader in psychosocial rehabilitation.

With achievement awards from the American Psychiatric Association, the Substance Abuse and Mental Health Services Administration, the U.S. Psychiatric Rehabilitation Association and the National Alliance on Mental Illness, Thresholds is unparalleled in its focus on recovery from mental illness through the routine use of evidence-based practices and innovative, effective models of care.

Thresholds is an industry leader in the areas of affordable housing for people with mental illness, evidence-based supported employment, wellness management and recovery, assertive community treatment, integrated dual disorders treatment, physical healthcare (in partnership with the University of Illinois at Chicago College of Nursing), and psychiatric research and training (in partnership with the Dartmouth Medical School Psychiatric Research Center).

AWARDS
Winner of the 2011 Annapolis Coalition Pacesetter Award, the 2009 American Psychiatric Association Gold Award and the SAMHSA Science and Service Award.



In war, there are no unwounded soldiers.

JOSÉ NAROSKY

NEW INITIATIVES

Recognizing a need for services to help those returning from war with mental illness and PTSD, Thresholds launched the Veterans Project in 2010 thanks to a vigorous community fundraising campaign. To date, the program has raised more than a million dollars to cover costs for two teams of specialists – mostly veterans, and many in recovery themselves – to assist veterans with community support, housing and employment services.

Prompted with lead gifts from the McCormick Foundation, the Rebecca Susan Buffett Foundation, The Boeing Company, the Illinois Department of Veterans Affairs, The Richard H. Driehaus Charitable Lead Trust, Blue Cross Blue Shield of Illinois, People's Gas, U.S. Bancorp and others, Thresholds successfully raised the rest of the money needed to fund the program for a full year.

Mark Furlong, Thresholds' Chief Clinical Officer and longtime social worker, said the needs of veterans were critical, particularly when it comes to issues involving mental health.

“Veterans make up a significant sector of homeless and unemployed populations in the United States,” Furlong said. “We are seeing unprecedented numbers of people returning from the current wars – men and women as young as 23 or 24 – with serious mental health crises that lead to suicide, homelessness, chronic unemployment and general disengagement with the community. PTSD, depression and substance abuse are common, and for veterans with more significant mental health diagnoses such as schizophrenia or bipolar disorder, the future could be catastrophic if we don't have interventions to help them in place.”

Furlong said the Veterans Project was the culmination of more than two years of work at Thresholds to create a service delivery model specific to veterans in Chicago to address common issues of therapeutic care, housing, community integration and employment services.

“We have raised more than a million dollars to fund a new initiative to assist these veterans and find them a safe and affordable place to live, medical and mental health care, and most importantly, education continuation and jobs,” Furlong said. “Thresholds has a long history of excellence in community behavioral health care, but this new population presents a unique opportunity to stretch our expertise into a difficult-to-engage sub-group.”



Art washes from the soul the dust of everyday life.

PABLO PICASSO

HIDDEN INSPIRATIONS

Thresholds artists held two exhibitions, the first at the Ravenswood ArtWalk in October 2010, and the second at the Judith Saslow Gallery in July 2011. “Hidden Inspirations” was a collection of more than 60 works in an exhibition showcasing the talents of Thresholds artists.

Leslie Baum, an art teacher for Thresholds, helped organize the exhibition and called the works a unique opportunity to understand mental illness and its relationship to creativity.

“The artists featured in this exhibition from Thresholds show a diversity of talents in drawing and painting,” Baum said. “The works are charming, and many are intricate and deliberate. The creativity and growth of their artistry is evocative in each of the works.”

Baum believes that helping artists find their own voice can be more important than rigorous instruction in classical form.

“These are outsider artists – most being completely self-taught,” Baum said. “Most of what I do is help to guide them to find a style they are comfortable with, and then help them to grow and flourish. Many of the artists featured in this exhibition are working artists. For them, it has become a livelihood more than just a hobby.”

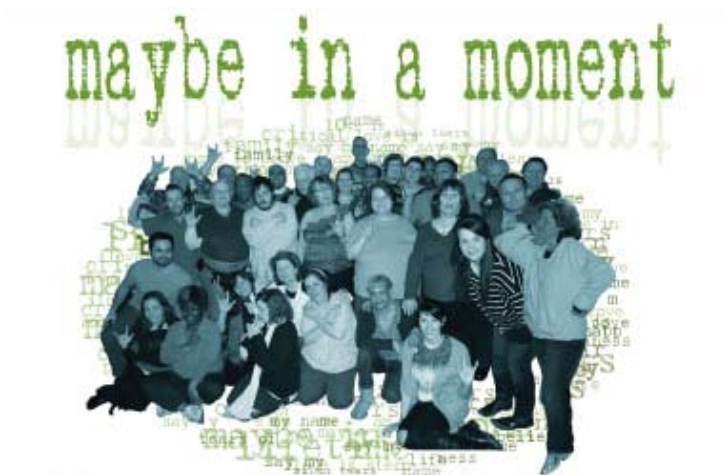
Thresholds’ art programs are sponsored in part by the Nathan and Kiyoko Lerner Foundation. That foundation has also worked closely with Saslow’s gallery in the past to feature outsider artists benefiting from the foundation’s work to help bring art training to those without access to more formal studio space.

Musician and art patron Kiyoko Lerner has been a longtime friend and benefactor of Thresholds. Through the Nathan and Kiyoko Lerner Foundation, she has cultivated the arts program at the Thresholds South location, and most recently, she gave the organization a transformational gift of \$100,000 for arts instruction.

Lerner believes in the power of art as a catalyst for recovery, and since 1997, she has been an ardent and primary supporter of the Thresholds South Arts Program.

There is a kind of harmony and camaraderie, and a supportive atmosphere is very evident in the class. I think it’s, in a way, more important than any art therapy aspect.

KIYOKO LERNER



I regard the theatre as the greatest of all art forms, the most immediate way in which a human being can share with another the sense of what it is to be a human being.

OSCAR WILDE

PORTRAIT OF RECOVERY

If you have ever been to a production of the Thresholds Theatre Arts Project, you have probably seen a performance with Jessica Salis. A member of the troupe for more than a decade, Jessica has blossomed into a beautiful and talented actress, telling the story of recovery with unique voice all her own.

Her tiny frame, complete with wire-rimmed glasses and waves of tousled, brown hair, hides a boisterous and bubbling personality. A burst of energy, Jessica brightens any room she enters with an infectious laugh and smile.

Jessica's journey to recovery began more than 30 years ago after being diagnosed with mental illness while in college.

Thanks to a comprehensive system of therapeutic care, Jessica has a home of her own – a place where she can cook her own food, spend time with friends and decorate with artwork created by her late mother.

Jessica also has a fantastic support network of friends, thanks to the Theatre Arts Project and the Dincin Center for Recovery. Jessica thrives in her independence, walking a few blocks to the local Target for shopping or taking the bus to see a museum exhibition.

Most recently, Jessica celebrated another major accomplishment, as she began her first day of employment, working at Flashes Hair Salon assisting with organizing and stocking.



I have found that among its other benefits, giving liberates the soul of the giver.

MAYA ANGELOU

GIFTS FROM THE HEART

At the heart of Thresholds is the generosity of its benefactors. These special people, corporations, foundations and organizations ensure that our members have warm, safe homes, the myriad of support services to help them find therapeutic care and recovery, and the economic independence that only comes from a meaningful job.

Thresholds holds two special events each year to celebrate the successes of our members, to show our community partners the work we do every day to help make recovery real, and to raise much needed money to fuel our programs and enhance services so that no member is left behind.

The family-focused Young at Heart Benefit in January raised more than \$300,000 for programs, particularly for our Young Adult Program and Mothers' Project. The 2011 Golf and Tennis Benefit raised nearly a half million dollars to fund projects including Supported Employment, the Veterans Project, and outreach and residential programs.

The Thresholds Associates Board and our Running Team also held successful events to raise money and awareness for Thresholds programs. The Running Team competed in the Bank of America Chicago Marathon for the first time in 2010, and they ran in a half marathon in 2011.

Other benefactors made inspirational and transformative gifts to our art programs, the Thresholds-Dartmouth Research Center, the Veterans Project and our award-winning Supported Employment program.

A complete list of donors follows.



Do not go where the path may lead, go instead where there is no path and leave a trail.

RALPH WALDO EMERSON

STATISTICS OF IMPACT

- 6,189 Individual members served agency-wide at more than 100 locations throughout the metropolitan Chicago area, adjacent suburbs, and Kankakee and McHenry counties.
- 1,000,000+ hours serving people with severe mental illness in the community.
- More than 175,000 visits made by Thresholds' outreach staff to members living independently in the community to monitor overall wellness, provide encouragement, and foster recovery.
- 972 members made 3,991 visits to Integrated Health Care clinics, where they received high-quality physical health care from nursing faculty at the University of Illinois at Chicago College of Nursing.
- 736 members were housed in Thresholds' safe and stable residential facilities, representing more than 205,000 nights of care.
- 645 homeless adults and families living on the streets, in shelters, and CTA trains were assisted by Thresholds' Mobile Assessment Units.
- 536 members with co-occurring severe mental illness and substance abuse conditions received Integrated Dual Disorders Treatment.
- 397 adults found jobs through Thresholds' Supported Employment programs.
- 250 members with involvement with the criminal justice system received immediate services upon their exit from incarceration, thus lowering recidivism rates and improving community reintegration.
- 100 members, ages 17–21, were enrolled in Thresholds' Young Adult Program.
- 86 members who are deaf or hard of hearing received comprehensive mental health services.
- 65 single mothers received vital parenting skills, coaching, and counseling at the Mothers' Project.
- 47 veterans with mental illness or PTSD received case management, housing linkages, employment and educational assistance, and psychiatric supports.
- 39 children, infants to age five, were enrolled in Thresholds' Therapeutic Nursery School.
- The Thresholds-Dartmouth Research Center designed and implemented a range of studies, ranging from studies to help refine and enhance evidence-based practices. Research Center staff published more than a dozen peer-reviewed articles.
- More than 6,800 mental health service providers were trained by Thresholds' staff in the areas of recovery from mental illness, evidence-based practices, and specific clinical treatments.
- More than 60,000 flowers sold at **UrbanMeadows**.



I don't think you ever stop giving. I really don't. I think it's an on-going process. And it's not just about being able to write a check. It's being able to touch somebody's life.

OPRAH WINFREY

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These individuals have expressed their generosity by making accomodations for Thresholds in their estate plans.



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- Mrs. Melvin Bergard
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- Mrs. Joyce Wilk
- Ms. Amy Woolard

The Thresholds and Affiliated Corporations
Statement of Revenue and Expenses
Fiscal Year 2011

COMMUNITY REVENUE		
Foundations, Corporations and Organizations	\$2,045,481	3.9%
Individuals	373,929	0.7%
Special Events Income	390,779	0.7%
Board Members	97,695	0.2%
Total Community Revenue	2,907,884	5.5%
GOVERNMENT REVENUE		
Illinois Office of Mental Health	26,347,903	50.2%
Illinois Department of Children and Family services	6,562,656	12.5%
U.S. Department of Housing and Urban Development	3,331,860	6.4%
Municipalities and Boards of Education	1,736,176	3.3%
Chicago Department of Human Services	2,329,673	4.4%
Illinois Department of Rehabilitation Services	913,378	1.7%
U.S. Department of Education	-	0.0%
Illinois Department of Human Services	482,550	0.9%
Total Government Revenue	41,704,196	79.4%
AGENCY-GENERATED REVENUE		
Social Enterprise	1,290,014	2.5%
Residential Fees	3,009,978	5.7%
Service Fees	1,534,930	2.9%
Investment and Other Income	2,018,241	3.8%
Total Agency-Generated Income	7,853,163	14.9%
TOTAL REVENUE	\$52,465,243	100%
DIRECT PROGRAM EXPENSES		
Employment Services and CFR Programs	\$8,904,603	17.0%
Independent Living	16,910,416	32.2%
Prevention of Rehospitalization	14,880,744	28.4%
Research Projects	744,280	1.4%
Academic Preparation	721,038	1.4%
Total Program Expenses	42,161,081	80.4%
SUPPORT SERVICES		
Administration	6,066,627	11.6%
Development and Fundraising	703,543	1.3%
Total Support Services	6,770,170	12.9%
TOTAL EXPENSES	\$48,931,251	93.3%
CURRENT YEAR SURPLUS	\$3,533,992	6.7%

NOTE: Audited financial statements
are available upon request.

PROGRAMS AND SERVICES

- Assertive Community Treatment
- Bilingual-Bicultural Services
- Centers for Recovery
- Community Support Services
- Deaf Programs
- Expressive Arts Programs
- Family Education and Support
- Integrated Dual Disorders Treatment
- Integrated Health Care
 - in partnership with the University of Illinois at Chicago College of Nursing*
- Justice Program
- Mobile Crisis Services
- Mobile Assessment Unit for the Homeless
- Mothers' Project
- Outreach Services
- Residential Programs and Supported Housing
- Peer Services
- Young Adult Program
- Safe Havens
- Supported Employment
- The Thresholds-Dartmouth Research Center
- The Thresholds Veterans Project
- Wellness Management and Recovery

THRESHOLDS

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Chicago, Illinois 60613
(773) 572-5500
www.thresholds.org