



Leading our community through public health crises of COVID-19, racism, violence, and inequity.

Our COVID-19 Response

New! Acute Trauma Outreach Program

Innovative Groups and more!

Annual Report 2019-2020



THE
KEDZIE
CENTER

January 2021

Program Report

In accordance with the Expanded Mental Health Services of Chicago NFP's agreement with the Governing Commission of the North River Expanded Mental Health Services Program and the requirements of the IL Community Expanded Mental Health Services Act (405 ILCS 22/), we are pleased to provide this report describing how The Kedzie Center has met the mental health needs of North River over the past fiscal year (**August 1, 2019 through July 31, 2020**) based on our initial and ongoing needs assessments.

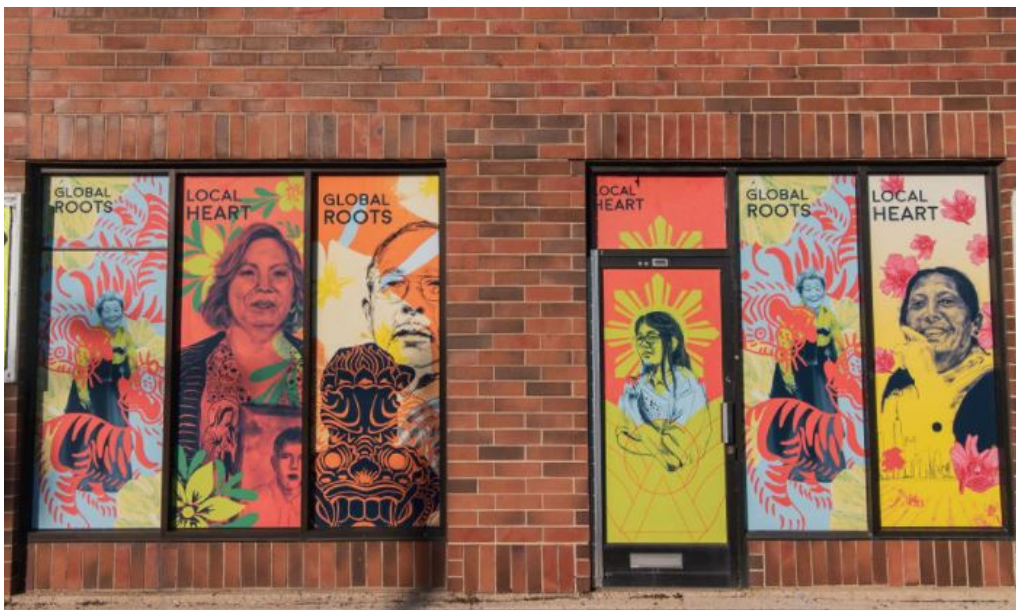
Our Mission

The mission of The Kedzie Center is to provide accessible, culturally informed, quality mental health care to North River residents through the integration of clinical practice, education and evaluation, and the application of psychological insight to address community concerns, as informed by the community and in collaboration with local residents and partners.



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The Impact of COVID-19

This report covers **August 1, 2019 through July 31, 2020**; that is, seven months pre-pandemic and the five months following the onset of COVID-19. It will discuss the impact of COVID-19 and social unrest on our community and our response.

The Kedzie Center made a significant shift in mid-March of 2020 to respond to the impact of COVID-19 on our community. To keep our clients, community and team safe, the Kedzie Center moved clinical operations to a remote format. Most of our clients were able to continue in either audio or video formats. Those clients who opted out initially were offered phone check-ins and the opportunity to reconsider remote options. At the time of this report, we will have been operating remotely for 11 months and close to 95% of clients are being seen virtually. This decision was evaluated monthly, and quarterly, based on the community positivity rate which remained higher than the city average and among the highest in the city and the weekly reports of positive tests among our client population. Individual, family and couple sessions were offered remotely as well as community support and education were offered virtually.

Our first commitment has been to provide mental health care and support to community members already in treatment and those seeking services. We witnessed increased anxiety, depression, grief, despair, isolation and exacerbated trauma symptoms related to contracting COVID-19, fear of the virus, fear of death, loss of employment, fear of eviction and homelessness, domestic violence and stress related to virtual schooling of multiple children without adequate resources. The heightened stress called us to expand our role (to health educator, advocate and resource broker) to respond to the immediate needs of our community. The Kedzie Center applied for emergency relief funds in order to provide rental assistance, food, school supplies and accurate health information and resources in English and Spanish. We accomplished this through the Chicago COVID-19 Relief Fund and Families Independence Initiative as well as support from our community partnerships and committed sponsors of The Kedzie Center.

Our COVID-19 Response

Since mid-March of 2020, the Kedzie Center immediately applied for emergency relief funds at the city, county and state levels in order to provide emergency rent, utility and food assistance, school supplies, and emergency funds. We also disseminated critical health information in English and Spanish regarding COVID-19 and caring for one's mental health during the pandemic as information was not readily available in Spanish. As a community agency, The Kedzie Center participated in city and state level conversations about the needs and equitable distribution of resources. In addition to providing over a dozen online events on Zoom and Facebook Live to provide mental health support to over 400 community residents, The Kedzie Center helped make well-being check phone calls to isolated older adults in the community and offered monthly online check-ins. We also reached out to first responders, who to date have not emerged to seek their own care due to providing ongoing care for COVID-19 patients. It is expected that there will be a high demand for therapy by those responders to process their grief, deep sadness, survivor's guilt and regret related to witnessing mass deaths despite their best efforts and their limited capacity to care for COVID-19 patients. Due to client preference, our group services were initially suspended.



Community members help with food distribution.

Our Response to Social Unrest Related to Racial Injustice

Like most, we were deeply impacted by the tragic deaths of George Floyd (5/25/20), Ahmaud Arbery (2/23/20) and Breonna Taylor (3/13/20) - reminiscent of the painful losses of too many other Black and Brown members of our community. The anguish expressed at the subsequent protests made it clear that as a mental health agency serving a diverse community, we needed to respond to the pain we were witnessing and be actively and intentionally working toward achieving equity and eradicating racism. In June, we established our anti-racism policy with clear objectives and expectations. In July, we began a year-long process of examining our perspectives, biases, and behaviors that impact our work in therapy and in our community. We renewed our commitment to listening, exploring, and discussing how institutional and structural racism impacts individuals and communities. We affirm that this work is necessary and ongoing and will equip us to better serve our community. We look forward to engaging our community in healing conversations that help us all to heal as we strengthen our community.

The impact of racism on the mental health of individuals and groups can be chronic, pervasive and enduring, impacting a person's view of themselves, their trust of others, their sense of agency and hope, and their access to resources and support. It can cause anxiety, depression, trauma, self-doubt and in its most severe effects contribute to physical illness and lead to death. The impact is further compounded by the experience of racism toward one's group which can be a significant and chronic personal stressor. While the consideration of the impact of racism and discrimination has always been a part of our work, it became a central focus of examination as a result of the shared witnessing of local and national traumatic events and responses. During this time, community residents reported that there were limited safe spaces to talk about these experiences. To that end, we facilitated several public virtual events, some specifically for youth as they were disconnected from their primary sources of support - school and each other.



Albany Park youth support one another - "Your struggle is my struggle."

Over time, it became clear that both sources of stress, COVID-19 with all of its secondary effects and racial injustice, affected all members of our community, but differently. Our community also consists of many frontline and essential workers from a variety of service industries who were deeply impacted emotionally and economically by the pandemic. We understood that we had to further expand our role to provide more than mental health care but also address the matters that were impacting the mental health of our community - the financial strain, the lack of reliable health information, and the space to collectively mourn and grieve. The Kedzie Center relied on its partnerships to access the resources that provided some relief during this critical time.



Street banner in Albany Park.

The Shift to Teletherapy

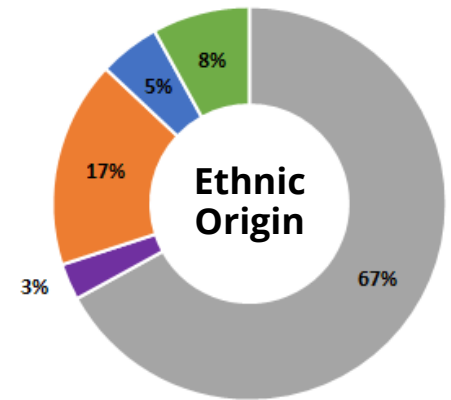
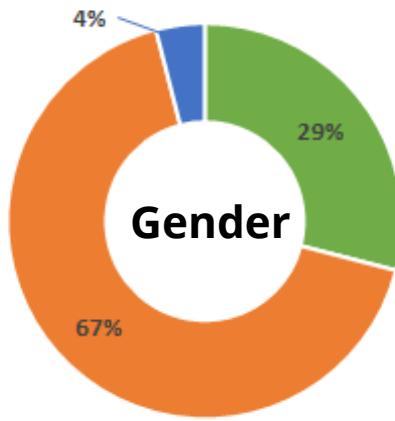
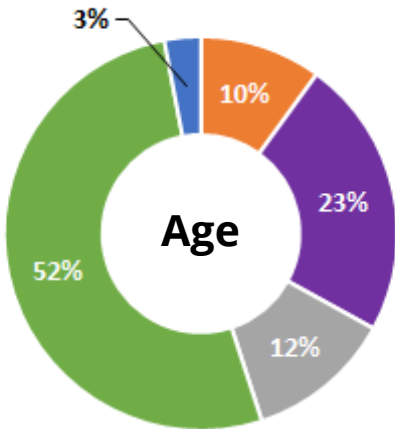
The transition to video-based therapy introduced new challenges. We addressed the barriers of helping clients find private spaces and navigate technology, worked creatively to support play therapy with 'therapy kits' picked up by clients, and made alternate arrangements to accommodate larger families. To address the concerns of community residents who were not active clients, numerous Facebook Live and Zoom gatherings were offered on mental health concerns, symptoms to monitor, and general tips for maintaining wellness. Some events had over 50 participants who were seeking mental health consultation and reassurance. We regularly posted mental health articles and resources for self-care and seeking support on social media. In addition, we provided phone well-being checks to older adults, virtual school consultations, and individual phone consultations. We triaged over 200 phone calls from city residents. These activities are reported in our Community Engagement section and demonstrate an increase in engagement during the latter half of the fiscal year. Three new programs were launched during the year, the Survivor's Circle, Claiming Our Space, and the Acute Trauma Outreach program, to meet the needs of residents experiencing traumatic grief, chronic stress, and acute trauma, respectively.



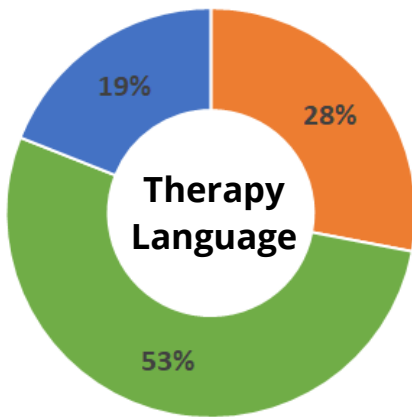
A planning meeting for Little Explorers.

Client Demographics

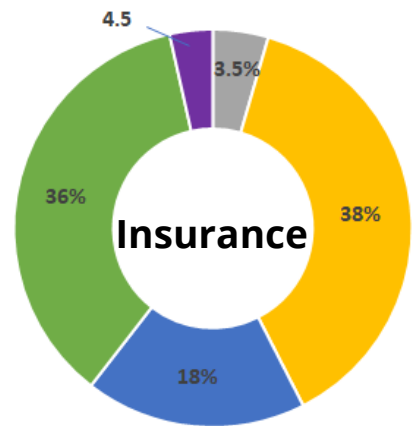
3,733
Clinical Encounters



■ 6-12 yo
 ■ 13-20 yo
 ■ 21-25 yo
 ■ 26-64 yo
 ■ 65+ yo
 ■ Male
 ■ Female
 ■ Non-binary
 ■ Latino/x
 ■ African American
 ■ European
 ■ Asian
 ■ Mixed



10.5% identify as LGBTQ



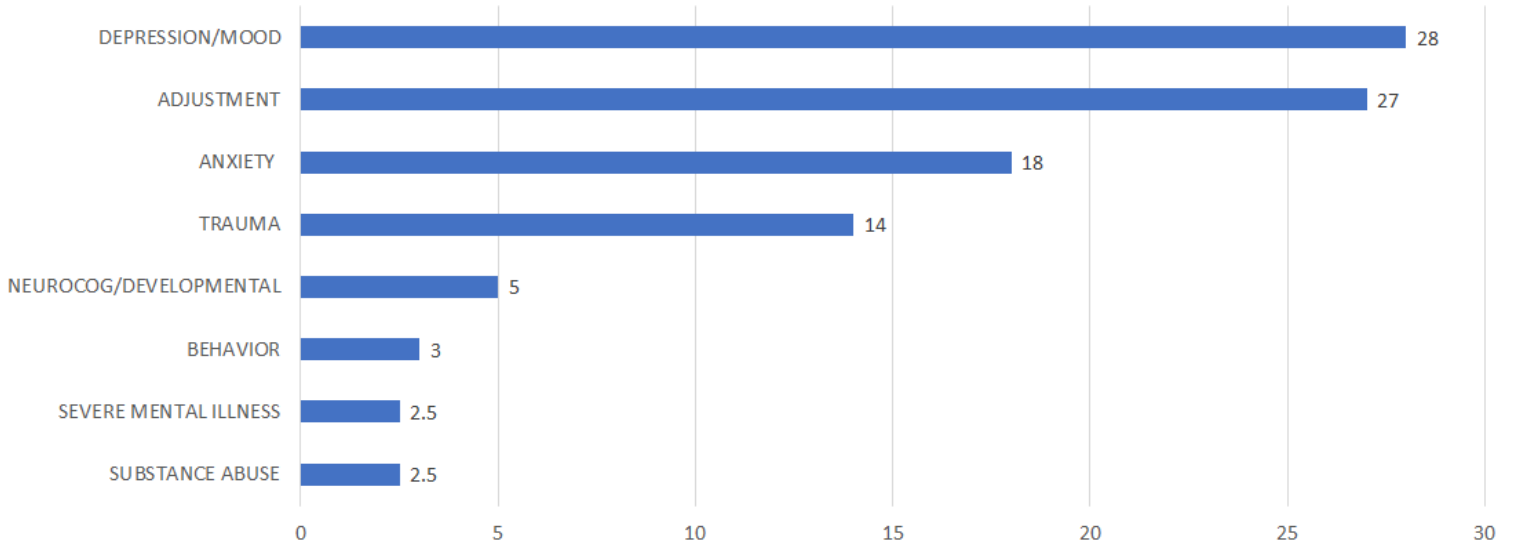
■ Spanish
 ■ English
 ■ Bilingual
 ■ IL Medicaid
 ■ Medicaid MCO
 ■ Commercial PPO
 ■ Uninsured
 ■ Medicare

413 Clients¹ & Collaterals²

¹ Demographic data is provided for primary clients only.
² Collaterals are family members involved in treatment.

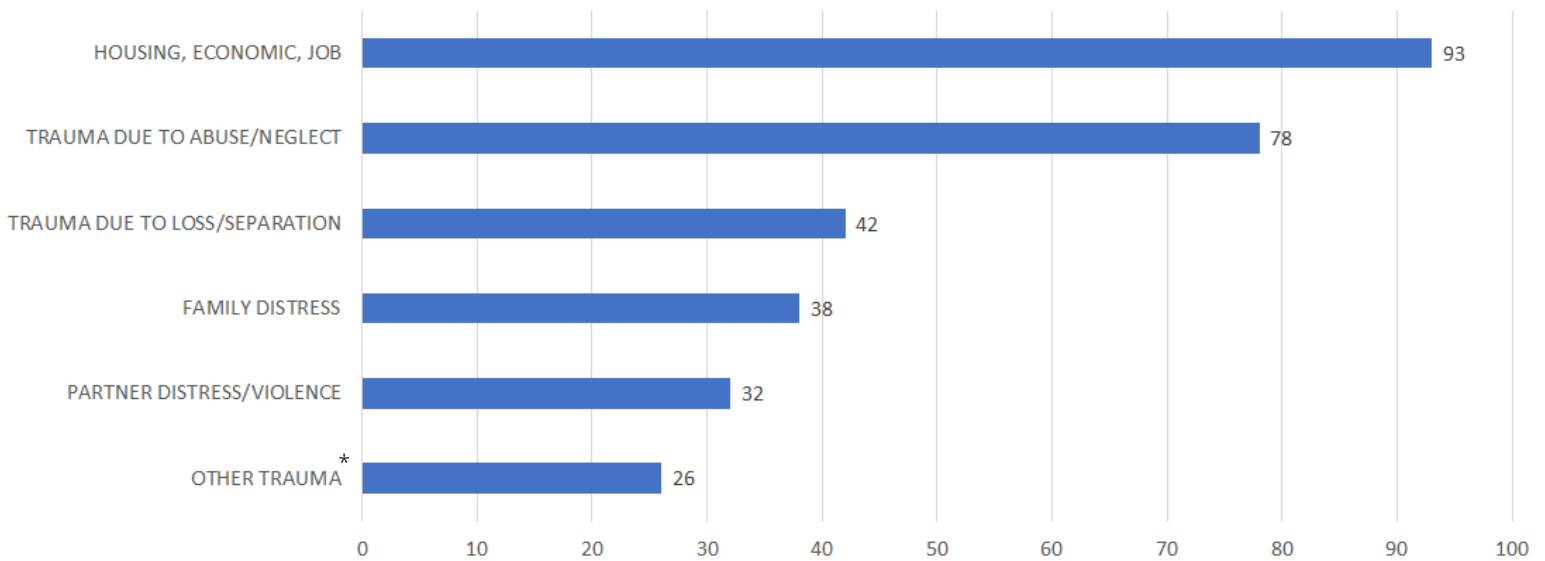
Primary Diagnoses

PRIMARY DIAGNOSIS (percentage)



Issues Relevant to Treatment

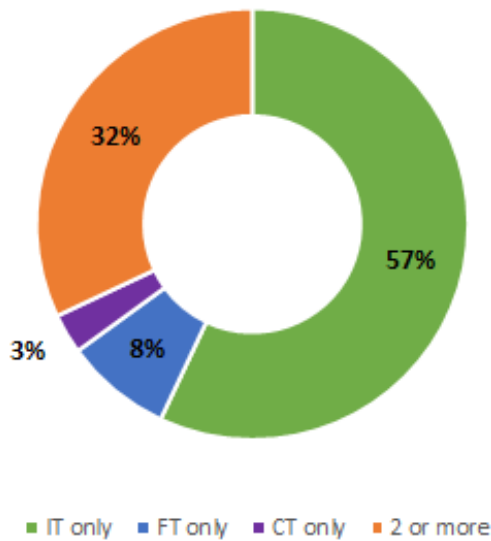
ISSUES RELEVANT TO TREATMENT (percentage)



*Other trauma related to Family History of Substance Abuse, Mental Illness or Incarceration.

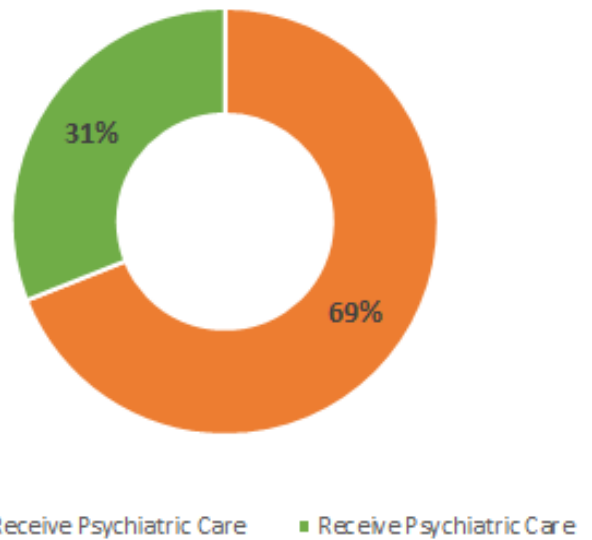
Clinical Services

Treatment Types



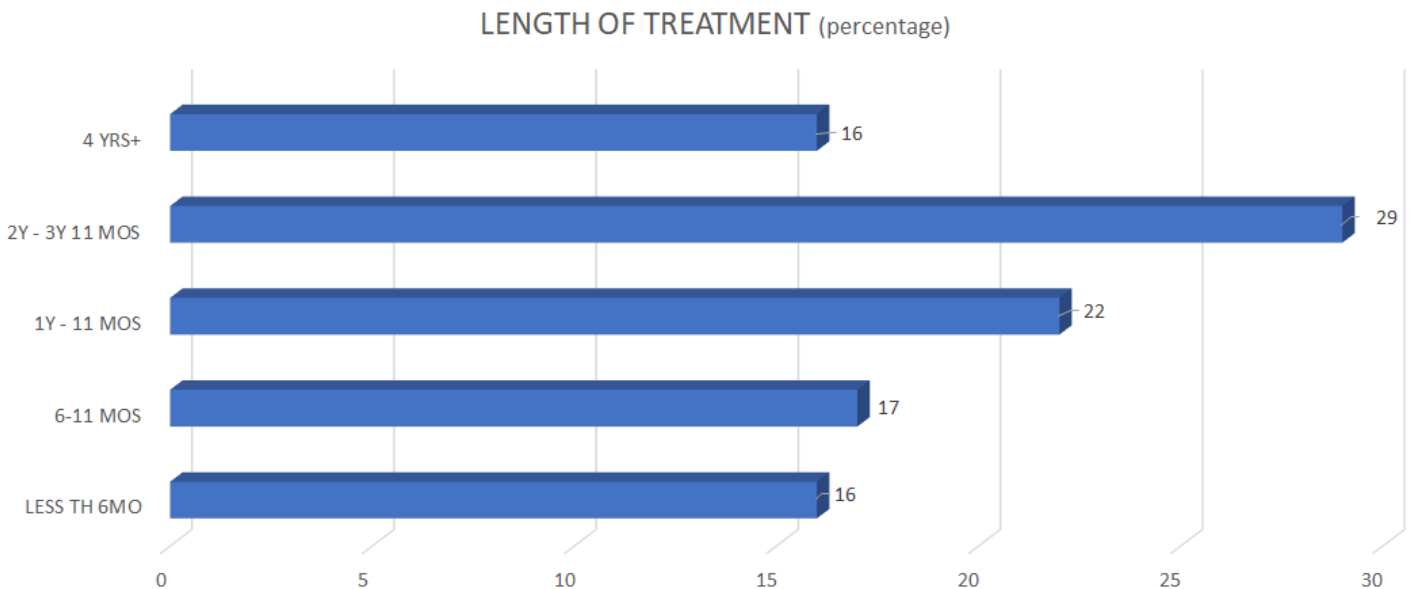
32% of primary clients participated in some combination of individual, family, couple or group therapy.

Psychiatric Clients



44 Total Clients/ 66% Adult, 34% child/adolescent/ 221 Total Sessions

Length of Treatment



Adult, Parent & Youth Groups

Eight groups were offered in person during the first half of FY 2020-21. The bilingual **Women's Support Group** had ten participants and met for one eleven-week cycle from September to December 2019, facilitated by Francesca Durán, MA, LCPC and Sara Barrera, MA. Parent Groups included one abbreviated 6-week cycle of **Abriendo Puertas**, a parent education program, with ten Spanish-speaking parent participants and was offered bilingually (Spanish/English). One cycle of **Little Explorers**, our parent-child developmental playgroup, was offered to East African refugee moms and their young children, totaling 13 participants for a eight week cycle. This community group was co-sponsored by World Relief which provided two interpreters at every session. Little Explorers was facilitated by Sinane Goulet, LCSW and two students, Sarah Duvenant and Anastasia Nabatkhorian, and volunteer Leila Yabiku. **Women's Yoga** met weekly with volunteer yoga instructor, Emily Yen, for two cycles over the course of 13 weeks from August to November 2019.



Little Explorers



Abriendo Puertas

Six in-person workshops were offered to older adult residents at **North Park Village Apartments and Mayfair Commons** from August 2019 to January of 2020. Per their request, topics included anxiety management, coping with loneliness and isolation, managing holiday stress and holiday crafts. During the months of remote work, well-being phone calls and online check-ins were offered.



Older Adult Art Group

Two cycles of afterschool **Youth Yoga** were offered by Emily Yen to ten middle school girls over the course of 15 weeks. An afterschool co-ed **Art Group** for middle-school youth was led by Eva Ledoux MA, LCPC and clinical trainee Anastasia Nabatkhorian. Five students participated over the course of 9 weeks.



Youth Yoga



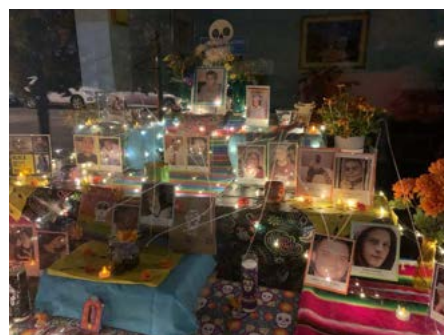
Co-Ed Art Group

Survivor's Circle

The **Survivor's Circle** consisted of 9 participants and two collateral family members that met for 14 sessions between August 2019 and February 2020. This group was initiated from a conversation with Israel's Gifts of Hope and led to an event in which several families who had lost loved ones to gun violence gathered to share their stories. They grieved together, provided support for one another, and explored ways of finding meaning and gaining some sense of control over the helplessness they still feel as a result of unresolved cases. Their traumatic grief is frequently stirred by anniversaries, open investigations, and ongoing violence. The group began as a grief group in which 9 participants met weekly to share a meal and learn about grief, trauma and traumatic loss. As the group addressed their grief, their desire for collective healing through art, music, activism and service emerged as tools to soothe their pain, express their feelings, create space for other feelings, and feel like the loss of their loved ones was not in vain. Indeed, the group collaborated with Israel's Gifts of Hope's service projects for survivors across the city. Service to other survivor families had special meaning and purpose as they understood one another's pain deeply. The group met for seven months before the pandemic and continued to connect via phone support and collaboration in service projects once COVID-19 restrictions began. This group increased our sensitivity to the uptick in gun violence in our community, the critical need for time-sensitive outreach and intervention, and has inspired partnerships with other community groups working to address violence and its aftermath.



Gun Violence Memorial Project, Chicago Cultural Center, September 2019.



Community memorial for loved ones lost to gun violence and COVID-19.

Acute Trauma Outreach Program

The **Acute Trauma Outreach Program**, funded by the Chartis Foundation, was designed to engage community residents during the critical period immediately following a traumatic event. Through partnerships in the community, trauma survivors are identified and contacted for an array of services including accompaniment, case management, trauma orientation, and therapy. The goal is to shorten the time between the traumatic event and treatment in order to reduce the development of secondary adverse effects and improve treatment outcomes. Since its inception in February 2020, traumatic events have included traumatic brain injury secondary to gunshot, witnessing gun violence, loss of home due to a fire, the impact of a family suicide attempt, death of a sibling due to gun violence, sexual trauma, and critical care due to severe COVID-19 response. The Acute Trauma Outreach Fellow has had three primary functions: (1) outreach and linkage to immediate support; (2) acute care and stabilization; and (3) ongoing therapeutic support and therapy.

Once a referral is generated, the clinician's time is spent engaging the client, orienting them to trauma services, helping to stabilize and equip them with basic coping strategies, listening, providing accompaniment, support and case management. Case management included helping to find housing and emergency funds, advocating for patients while in the hospital, and securing medical equipment for their return home. Coordination of care included coordination with schools, victim support resource programs, physical therapy and medical providers, and psychiatry.



House fire in Albany Park.

Over 320 outreach encounters were made to engage over 30 community partners including schools, faith-based organizations, local officials, and other community-based organizations. From these encounters, twelve new trauma cases related to gun violence, a house fire, suicide attempts and the contraction of COVID-19 were engaged. These cases involved additional collateral clients (family members impacted by the event and therapy). These clients are seen once or twice a week based on their needs, have received psychiatric evaluations, and been assisted with obtaining disability entitlements, adequate medical care and equipment, new housing, and emergency financial assistance during COVID-19.

Clients are stabilized during the initial period of accompaniment, case management, trauma orientation and acute care as trust is developed between the client and clinician. Ongoing support included therapy, consultation and coordination of care. In our last year, these acute trauma clients received over 200 therapy sessions and 40 therapeutic contacts.

Claiming Our Space: Stories of Hope & Courage

Claiming Our Space, funded by Innovation 80, was launched in June of 2020 and provided a safe space for seven high school and college students to participate in a twice weekly storytelling group over the course of five weeks. The **Diane Plotkin Writing Program, Claiming Our Space: Stories of Hope & Courage** was a collaboration between The Kedzie Center and 2nd Story. Designed to respond to the increased stress and isolation reported by immigrant students due to ongoing uncertainty related to changes in immigration policy, the program offered a space for healing, community building, and storytelling for DACA (*Deferred Action for Childhood Arrivals*) and undocumented students in the Chicago area. Over the course of ten sessions, students learned to tell and shape their own stories in an empowering and healing way. Through processing, they explored how to cope with their status through peer support, validation and reflection, storytelling and writing, and collective purpose. Participants increased their self-confidence, their sense of belonging and connectedness, and their perceived social support.

In its first cohort, Claiming Our Space served seven students. The students attended the following schools: Von Steuben Metropolitan Academy, Roosevelt High School, Columbia College, DePaul University, North Park University, Northeastern Illinois University and Wright College.



Claiming Our Spaces participants

*"I really came to terms with my status, and I think I'm in a life position where I can step out of this for a moment and reflect on it, almost as an outsider. What I wrote feels like a true expression of my feelings and acceptance of a fact - without conforming."
- Program Participant*

School-Based Services

School-based services were limited this past fiscal year due to COVID-19 and a CTU strike in October of 2019. From August 2019 through February 2020, we offered eight parent workshops at Albany Park Multicultural Academy, Murphy Elementary, Peterson Elementary, Disney II High School, and Roosevelt High School. Parent workshop topics included parent-teen communication, healthy relationships, bullying prevention, child and adolescent mental health, and limit setting. These topics are consistent with social-emotional learning (SEL) objectives to develop skills that promote academic and life success, such as self-awareness, healthy relationships, self-regulation, social skills, and responsible decision making, and help parents reinforce social-emotional learning at home. We provided a workshop for teachers on the impact of immigration-status stress on youth at the request of the Chicago Teachers Union and participated in Region One SEL meetings to better understand plans and anticipated needs.

A three-session series of trauma training was offered at Disney II High School to faculty and administration. Two process groups were provided at Von Steuben High School in October 2019 through January 2020 by Eva Ledoux, LCPC. School process groups were initiated at APMA, Disney II High School and Von Steuben Metropolitan Academy but were interrupted early due to the stay-at-home order. The Kedzie Center also participated in several school events and fairs at Volta Elementary, Peterson Elementary, Murphy Elementary and Bateman Elementary.



An elementary school in the community.

Community Engagement

Community engagement shifted as well with increases in community support, outreach and resource distribution during the latter half of the fiscal year. Community support included live virtual events, phone and video consultation, phone support, and well-being calls. Collaboration remained strong with community partners as we navigated new demands for resources. Support through Chicago Public Schools occurred less due to the virtual format, however, we were able to actively reach our community youth through schools and community partners, like the North River Youth Council, Albany Park Theater Project and Communities United. Zoom and Facebook Live events included collaborations with the 33rd Ward Alderperson, Rossana Rodriguez, Communities United, city town halls and an invitation to speak at Governor Pritzker's Press Conference on April 25, 2020, when it became clear that the pandemic was taking a toll on everyone's mental health. Six weeks into COVID-19 restrictions, it became necessary to speak to the stigma associated with mental health and acknowledge the personal and interpersonal effects of prolonged worry and isolation. It was an opportunity to encourage self-care and note the importance of staying emotionally connected to others and utilizing available resources. We appreciated the occasion to acknowledge the importance of mental health care and extend our reach during such a critical time.



Executive Director, Angela Sedeño, Ph.D. speaks at Governor Pritzker's press conference

Prior to the pandemic, we were pleased to provide a **Youth Mental Health First Aid** training by Sandra Montes, LCSW to 14 of our community partners who work with local youth. We also celebrated our 5-year anniversary in October of 2019 and were pleased to have so many of our neighbors join us to commemorate all that had been accomplished together in five years. We were excited to highlight those achievements with our community. Four Trauma Dialogues were offered between August and December of 2019 and attended by 86 participants. Presenters included Jonathan Foiles, LCSW on the impact of systems on our client's mental health; Dawn Bounds Ph.D.,PMHNP-BC on identifying and preventing human trafficking; Cindy Eigler, AM, Nate Gilham Ed.D., LCPC and Bobbie Logan, MA, MS. on collective healing at the Chicago Torture Justice Center, and Ida Roldan Ph.D., LCSW on the impact of colonialism on one's mental health.



Youth Mental Health First Aid Training



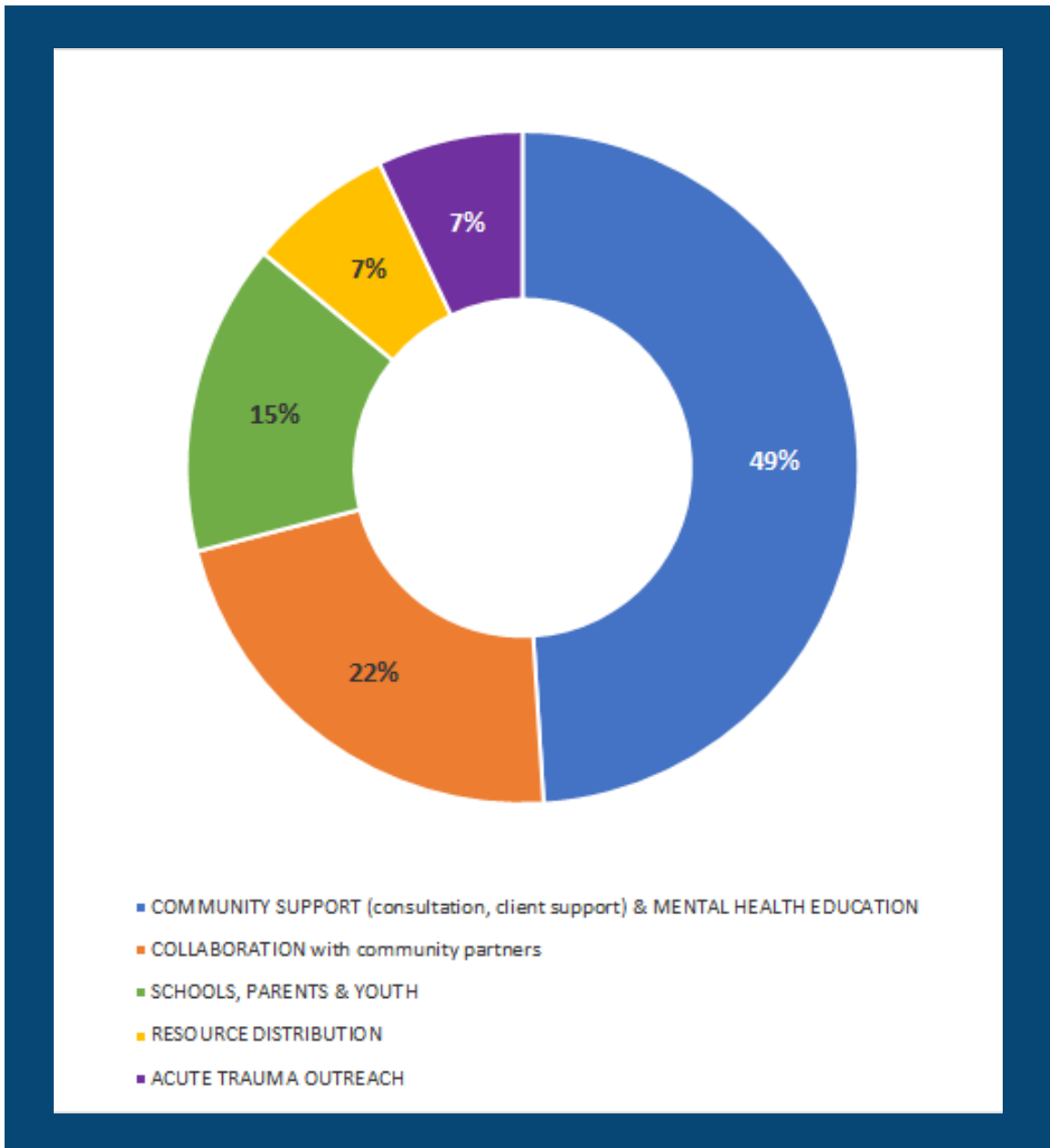
Lt. Ursitti meets with the Social Service Committee.



Community safety meeting



First virtual Annual Event



1,850 Community Encounters¹
 + 685 Group Encounters²
 + 3,733 Clinical Encounters³

6,268 Total Encounters

¹ Include each separate encounter in which a resident participated in a Kedzie Center community event, program or workshop.
² Include each encounter in which a client or collateral participated in a group session.
³ Include therapy and psychiatric sessions.

Clinical Approach & Training in Psychodynamic Community Mental Health

The Kedzie Center remains committed to the training of a new generation of professionals who will advocate for a vision of community mental health in which cultural humility and responsiveness, relationships, self-reflection, depth and insight are the cornerstones of high-quality clinical care. Our program provides a small cohort of graduate students with opportunities to engage in collaborative group learning and in vivo development of clinical skills through conducting individual, family, couple and group therapy across the lifespan.

Our training program applies psychodynamic and systemic thinking to the needs of our diverse community. We do this by listening and attending to the needs and well-being of both our individual and family clients as well as the community at large. We view these needs and symptoms within the context of our client's realities and social context, considering the dynamics of power and inequity in the intrapsychic and interpersonal process. We believe that it is through building a therapeutic relationship with both our clients and community that we can create and sustain meaningful change and healing. Core to our thinking is the role of our earliest experiences and relationships and their lifelong impact. Understanding these experiences allows us to gain insight and a deeper understanding of self and relationships. We view behavior and symptoms as a manifestation of unconscious and conscious material, and we explore those with empathy and curiosity. We strive to consider the experience of class, race, culture, sexuality and gender as well as the impact of immigration, intergenerational transmission of trauma and the impact of historical trauma and oppression. Our work in the community allows us to build community connections in order to co-create a larger holding and healing environment. By fostering community wellness, we aim to address the larger systemic issues that are sources of emotional distress and trauma, such as racism, poverty, inequity and injustice. As offered by Desmond Tutu, "There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in," and address the cause.

This year saw the fifth cohort of trainees through the graduate training program with four students representing the following schools: Master of Arts in Counseling Program at The Family Institute at Northwestern University, the Institute of Clinical Social Work, Northeastern Illinois University School of Social Work and the Chicago School of Professional Psychology. Students carried a clinical caseload of individual and family therapy cases in addition to co-facilitating group therapy programs that were offered, including Little Explorers, *Abriendo Puertas*, an art group and the women's group.

The sudden onset of the COVID-19 global pandemic drastically changed the therapeutic landscape for our clinical trainees, staff and clients. As we shifted to a telehealth practice to ensure safety, supervision, consultation and training were offered remotely as well. We are pleased that we were able to help trainees fulfill their training requirements while supporting them in completing treatment with their clients in a planful manner. Finally, we hosted our third cohort of undergraduate externs from Carleton College in December.



Sara Barrera



Sarah Dunevant



Pamela Jimenez



Anastasia Nabatkhorian



Carleton College Externs

Pandemic Lessons

Additional training and support of telehealth was provided as well as space for processing our shared trauma experience and increased awareness of the significant group disparities that became glaringly evident during the pandemic. We were fortunate that the structures for providing ample clinical supervision, training and support were already in place. As we shifted to full-time telehealth, we remained sensitive to the learning, support and self-care needs of our trainees and staff. Similar to many responders, we recognized and reconciled our own feelings - feeling uncentered, unprepared, and often exhausted. Together, we learned how to create a therapeutic “holding environment” and treatment frame via telehealth. We focused on emotional safety and confidentiality as we held and explored both client and staff experiences of grief over a lost way of life, struggles with unfamiliar routines, and fears of a radically uncertain future.

Our therapists' experience

For many of our clients with trauma histories, COVID-19 and its effects were reminiscent of past experiences of helplessness, chronic fear, poverty, and hopelessness. Our clinicians required additional support as they found themselves acknowledging their shared experience of COVID-19 and racial inequity awareness, while providing clinical care, health care education and increased case management for dire needs. They processed feelings related to experiences of racism and internalized racism, inequity and lack of safety, and prolonged isolation. We were mindful of the strain on our own team as we witnessed a shift from chronic anxiety to depression in our clients. The cohesion of our team sustained us during this time and supported our work. We were able to minimize crises and hospitalizations, accept discharged patients and accept new clients.

Transition to telehealth

Approximately 85% of our clients made the shift to telehealth immediately with another 10% transitioning later when it became clear that remote care would continue and the experience became more familiar to them. Telehealth improved consistency in attendance for some clients, removing some barriers, such as childcare, illness or multiple demands. For some, however, reserving the time for therapy became more difficult virtually, related to increased obligations and the loss of privacy and structured routines. Confidentiality and privacy also needed to be managed differently, such that clinicians had to establish boundaries about who was present in the room and clients had to find a quiet and private space in their home. The remote experience also offered opportunities to meet the client's extended family members (and pets), and for clients to share personal items rarely brought into the therapy room. Indeed, some clients have expressed a preference for teletherapy as a convenient option in the future.

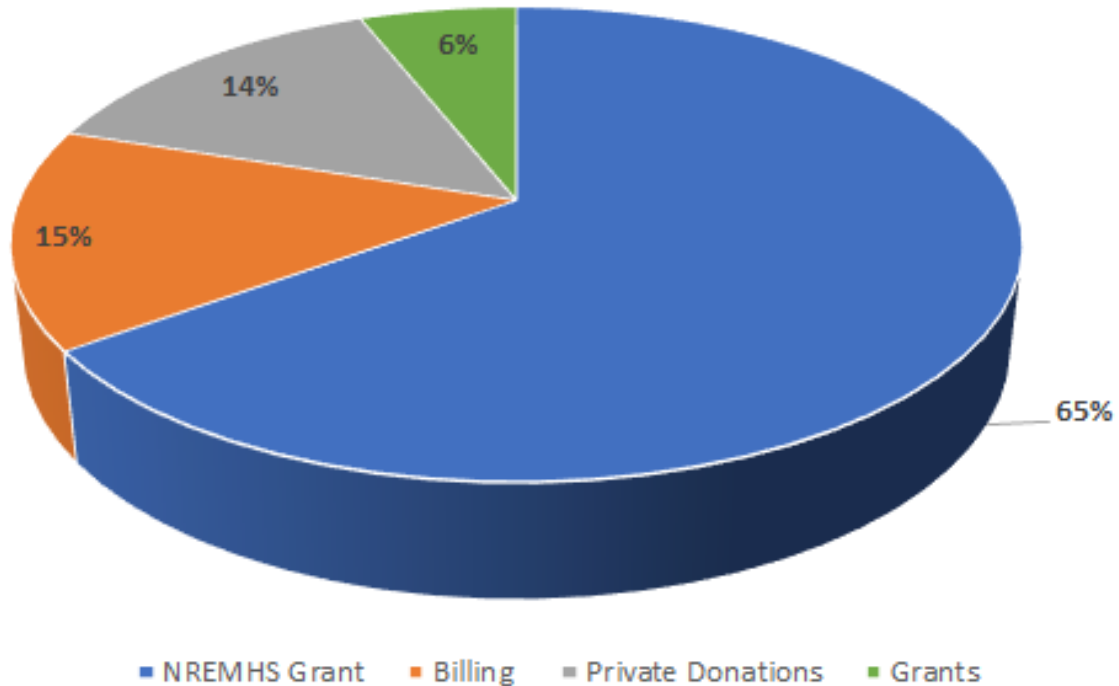
Reflections & Looking Forward

As we begin to imagine life after COVID-19 and integrate all that we have learned, we look forward to continued work with our youth in Claiming Our Space and to supporting students, parents and teachers as they recover from a year of COVID-19 and remote learning. Likewise, we look forward to resuming in-person services at the clinic and in our community, strengthening existing and new relationships. We plan to continue our acute trauma outreach work on the northwest side of Chicago, working closely with our partners. We look forward to expanding mental health access and increasing inter-community collaborations across the city so that we can continue to learn from one another. This pandemic has made clear how much we need one another and that equity is only possible when we transcend the created divisions between us. As we reimagine what is possible, we look forward to actively working with our community to enhance resources, such as mutual aid networks, racial healing conversations, and the implementation of equitable and restorative practices within and between our communities.



Hopeful community art on Lawrence Avenue.

Revenue & Expenses



Program Expenses for FY 2019-20: 91.5%

In-Kind Donors

Dawn Bounds, Ph.D., PMHNP-BC Cindy Eigler, AM Jonathan Foiles, LCSW
Nate Gilham, Ph.D., LCPC Judith Kolar Prachi Kulkarni
Zack Hamingson, LCPC Bobby Logan, MA, MS Ida Roldan, Ph.D., LCSW
Ellen Smith Charles Turk, M.D. Leila Yabiku, MA Emily Yen

2019-2020 Fiscal Year Donors

Donors are listed as registered.

Erika Aguirre	Eugenia Elliott	Arnold Kanter
Deborah Albano	Larry Elster**	Yitzi Katz
Adam Alonso	Steven Epstein	Janice and Robert Kaufman
Emmanuel Andre	Emily Esquivel	Kate T. Kestnbaum
Judith Aronson	Elizabeth Ester	Kenya Key
Norman and Sandy Axelrad	Sara Feigenholtz	Judith Kolar
Roberta Baer-Price	Dr. Elizabeth Feldman	Geri Krasner*
Jill Barbre	Nancy Freehafer	Prachi Kulkarni
Lisa Barcy	Freda Friedman	Rebecca Larsen
Mariana Belvedere	Mari Gabbert	Dante LaVia
Bernadette Berardi-Coletta	James Gandre	Rachel LeFevre-Snee
Christina Biedermann	Elizabeth Gannett	Rafael Leon
Helaine Billings	Robert & Joanne Gannett	Ilene LeRose
Karen Bloomberg	John A. Garver Jr	Jill and John Levi
Mark Bourdenko	David Goldberg	Nell Logan
Mac Brachman	Craig Graddick	Ryan Lothian
Julia Brown	Madelyn Greenberger	Sandra Lowe
Nancy Burke**	Kathy Greenholdt	Kelly Marcelle
Laurie Burns	Serge Grenier	Cecile Margulies
Grace L Carlson-Lund	Wellington Counseling Group	Jonathan Margulies
Diane Christiansen	Katy Groves	Maria Mastronardi
Mauricio Cifuentes	Lee Haas	Joan Matlack
Sandra Cisneros	Zachary Hamingson	Drew McLeod
Marc Conklin	Tim Hammerly	Michelle McMartin
Blanca Cuyun	Angie Heisler	Benjamin Meier
Barbara Daniels	Barbara & Jim Herwitz**	Cynthia Cook & Meyer Kestnbaum
Ellyn Daniels**	Kara Hetz	Elizabeth Ester & Michael Brody
Emma Daniels	Mark Higginson	Linda Michaels
John Daniels	Matt Hiller	Erik Michel
Karin Deam-Mengozi	Norman Hirsch	Carol Miller
Amanda Delheimer	Jacquelyn M Ingram	Joan & Dave Miller
Laura Tilly & Derek Cottier	Beth Jacobs	Colleen Montgomery
Malinda Distefano	Bryn Jessup	Andrea Moonsammy

Janice Muhr	Don and Polly Schwartz
Ted and Angeline Naron	Angela Sedeño**
Thomas Nash	Elizabeth Sedeño
Lauren Pabst	Nina Sedeño
Dr. Marcia Pavlou	Patricia Seghers
Janet Peden	Wendy Selene
Nancy Peltzman	Beverly Shapiro**
Evelina Pereira-Webber	Radhika Sharma
Midge Perlman Shafton	Sarah Shirk
Grant & Jill Peters	Lauren Sivak
Tom Peterson	Ellen & Lewis Smith**
Diane Plotkin	Fran & Amy
Lori Plotkin**	Rivkin/Macdonald
Scott Pytluk PhD	Robert & Sue Steiner
Virginia Quinoñez	Susan Stephens
Adrienne & Eddie Rainey	Paula Gorlitz
Milka Ramirez	Steven Zuckerman
Thomas Recht	Michelle Stewart
Tracy Reed	Marcia Stillerman**
Karen Reeves	Jan E. Stone
Dr. Peter Reiner	Susan and Errol Stone
Judith Rhinestine	Julia Sullivan
Grace Rink	Maya Szilak
Andrea Rivas	Michael J. Tansey, PhD
Deb Rivkin	Tom Terrell
Alma Rodriguez	Andrew & Mary Tinich
Carmen Rodriguez	Jack Tovin
Celena Roldan	Mary Trujillo
Hipolito A. Roldan	Charles Turk
Ida Roldan**	David Warren
Peter and Edythe Rubnitz	Jennifer Wells
Anne Ryan	Yazmin Wheelock
Gerda Schell	Amanda Work
Marge Schlesinger**	Chi Jang Yin
Aileen Schloerb	Peter Zeldow
Gretchen Schmutz	Joyce Zick
Allan Scholom	Ariel Zuckerman
Ellen Schor	

**In memory of her husband, Ron, who championed the work of EMHS.*

***In memory of Diane Plotkin, former Board chairperson and beloved friend.*

Community Partners

2nd Story 33rd Ward Alderman 39th Ward Alderman Albany Park Community Center
Albany Park Defense Network Albany Park Theater Project
ALSO Safe Streets American Indian Center Chicago Police District 17/CAPS
CPD District 17 Domestic Violence Prevention
Chicago Torture Justice Center Communities in Schools
Community Partners 4 Peace (CP4P) Communities United HANA Center
Healing Hurt People Chicago Institute for Clinical Social Work Israel's Gifts of Hope
Lakeview Pantry Latino Policy Forum Latino Union NAMI Chicago
Moms Demand Action North River Commission North River Youth Council
Swedish Hospital World Relief Youth Mental Health First Aid



Albany Park Theater Project

2020 Staff & Board

Our Staff

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Cynthia Morote-Ariza, LCSW
Angela Sedeño, Ph.D.
Nina Sedeño, BA
Charles Turk, MD
Sara Vargas, MA, LMFT

Our Board

Diane Plotkin, LCSW - Chairperson
(through April 2020)
Angie Heisler, M.M. - Treasurer
Nancy Burke, Ph.D. - Secretary
Ellyn Daniels, Ph.D. - Member at Large
Troy Harden, Ph.D., LCSW - Member at Large
Ida Roldan, Ph.D., LCSW - Member at Large
Angela Sedeño, Ph.D. - Executive Director
Charles Turk, MD - Member at Large

In Loving Memory



On April 24, 2020, Diane Plotkin, LCSW, our board chairperson and beloved friend, mental health champion and leader, passed away. We are forever grateful to have had her as a friend and partner in the work of expanding quality mental health care in Chicago. She was devoted to The Kedzie Center - it was the culmination of her life's work and mission. She will always be an inspiration. We plan to celebrate her life when we can be together again.



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