

THE KEDZIE CENTER

COMMUNITY MENTAL HEALTH

A PROGRAM OF EXPANDED MENTAL HEALTH SERVICES OF CHICAGO NFP



ANNUAL PROGRAM REPORT

TO THE GOVERNING COMMISSION OF THE NORTH RIVER
EXPANDED MENTAL HEALTH SERVICES PROGRAM

JANUARY 2019



PROGRAM REPORT

In accordance with 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 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, 2017 through July 31, 2018) based on our initial and ongoing needs assessment. A copy of the 2013 Needs Assessment is available on The Kedzie Center website (www.thekedziecenter.org).

PROGRAM REPORT

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OUR MISSION



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

OUR PRINCIPLES OF CARE

ENHANCED ACCESSIBILITY

At The Kedzie Center ("Kedzie"), we believe that to be truly accessible, it's not enough for a clinic to be easy to get to by train, bus or car. Accessibility is more than simply being conveniently located, or visible from the street, or open at convenient times. Most of all, an accessible clinic is one in which community members feel welcome, comfortable and hopeful from the minute they walk in the door. It is a place where people trust they will be treated with dignity and respect, and where the staff recognizes how difficult it can be to seek help. Accessibility means greeting persons in their native language, and having forms available in their primary language as well. An accessible clinic respects the privacy of all clients, even while many community members know each other and develop supportive relationships at Kedzie.

Further, an accessible clinic is one that builds firm bonds with community partners whom residents trust. Our relationships with existing organizations, schools, community centers and faith groups are personal and reliable, based upon mutual respect and support, enhancement of capacities and a commitment to community service. We know that we are but one strand in our community safety net, offering essential care while our partners provide crucial supports such as housing, health care, employment, education advocacy, etc. Thus, we take our place as one aspect of an accessible system of care, committed to facilitating a supportive transition between services. In that way, individuals and families can develop a strong foundation that can provide the stability they need to recover and thrive.

An accessible clinic is one that is seen as approachable, in which the obstacle of stigma has been removed or transcended. Because we are funded directly by the community, all who live here have a right to Kedzie services and we feel beholden to the community as a whole. In turn, the community has fully embraced us as their own and this appears to have reduced stigma. Further, by educating area residents and community partners about mental health issues as broadly conceived, we are building a culture in which use of services is a strength and source of pride rather than a mark of shame. At Kedzie, we know that we must address internal resistances to care as well as external ones, and that by transforming attitudes towards mental health treatment, we are paving a new and more easily accessed path to our door.

Accessibility is at the heart of Kedzie, in part, because we recognize that many other entry points into systems of care are not easily navigated. There are so many barriers to care -- trauma history, a distrust of systems, language and literacy issues, health insurance restrictions, legal status issues, a lack of cultural responsiveness or childcare and transportation, discrimination, a limited knowledge of systems, beliefs about mental health, illness and stigma as well as beliefs about help-seeking and self-reliance. Thus, we strive to make Kedzie an open entry point that can provide a thorough assessment of individual and family needs and help position our clients within the total network of care our neighborhood offers, as well as within The Kedzie Center itself.

COMMUNITY ROOTEDNESS & NETWORK OF CARE

Our vision for the clinic has been to do more than better the lives of the individuals who walk through our doors, but to also lift up the community as a whole. One way we contribute to a thriving community is by nurturing a **network of care** – a local infrastructure – in which residents can receive support within their own neighborhood. We are committed to helping to develop, nurture and sustain that infrastructure by strengthening relationships, sharing resources and training, and working together to address problems that impact our community.



While we may not be equipped to meet every need, we have partners who can. Collaborating with our partners to create a true healing community provides an enveloping support network for the individuals and families who come to us for services.

Our **community rootedness**, however, extends beyond simply inserting ourselves as part of a community network. In fact, our aim is not simply to be in the community, but, in essence, to be the community from which we grew, to exist as an essential and organic part of it. This aim, to embody the vitality of the area we serve, has two aspects. First, we strive to integrate within our walls the distinctive and multi-faceted cultures of our particular area of the city. Second, we embrace a measure of responsibility for its well-being, acting as a stable, permanent and dependable institution with which future connections between community organizations can be interwoven. Because we serve a population which, to a large extent, has been displaced and disrupted, we appreciate deeply what it takes to make a location a home. We believe that by planting ourselves deeply and extensively in the community soil, we can best provide an anchor for those who seek a home for themselves and their families as part of their efforts towards emotional stability and wellness.

"I've been in treatment before but there is something totally different going on here and it is making a difference in my life." - TKC Client

COMMUNITY-RESPONSIVENESS, COLLABORATION & COMMUNITY AS "CLIENT"

Another way we aim to contribute to a thriving community is by offering programs directly where they are needed, in the community. This entails providing support, leadership and education to other professionals who encounter our clients, outside the Kedzie Center walls, as well as to residents who want to learn more about issues that affect them. We aim to extend our impact by supporting our partners, providing mental health education through social/emotional learning in schools, and through trainings about mental health, trauma, suicide prevention, and family health. We offer these programs in faith-based institutions and local organizations through workshops, professional development events and community nights open to the public. We actively listen for opportunities to address issues as they emerge, and hold guided conversations that allow individuals to process the events that collectively impact our community, such as increased anxiety about DACA status (Deferred Action for Childhood Arrivals), changes in public charge policy, increased concern about youth suicide, violence, or misinformation about ADHD or trauma - all matters we have addressed at school and community levels in North River. Reaching into the community and aiming to benefit not only our clients but the community at large are but two fundamental facets of our approach to creating responsive care. We want each encounter to communicate the sense that Kedzie is a safe place to seek help.

In short, we view our entire service area as our "client" recognizing its challenges and needs as well as its strengths and opportunities for growth. We value this client as we value each of our clients, actively listening and responding to its needs while anticipating and noting patterns that interfere with its goals for wellness. We note systemic issues, gaps in service and barriers to care. For example, we examine our referrals to note patterns of need -- for parent education, support in schools to manage trauma, ADHD, behavior issues in the classroom, bullying and suicide prevention, and community dialogue. We appreciate deeply the reciprocal relationship between safe, enriched and welcoming communities and healthy individuals and families.

QUALITY RELATIONSHIP-BASED CARE

Providing quality care at Kedzie means thorough and holistic assessment, tailored treatment that addresses not only behavioral symptoms but the root emotional and systemic causes, and care for as long as necessary for the client to achieve self-determined satisfactory wellness. Furthermore, it emphasizes client participation in treatment planning, with inclusion of their support systems, if desired. Quality care includes an attunement to cultural nuances and experiences that influence the client's view of self and others and may serve as a meaningful resource. Overall, it entails meeting our clients where they're at. It takes time for some people to develop trust, especially when they have endured prior systemic failures, significant loss and trauma. We provide opportunities to build trust over time, both in our providers and in Kedzie itself, by offering activities that are community-oriented rather than specifically therapeutic. This permits clients to develop trust and readiness at their own pace for more personal forms of therapeutic involvement. These various levels of care allow participants to attend a community conversation, a play group, a support group or a public event at a local library or school. Such activities serve not only to help our clients become more comfortable interacting with us, but also provides opportunities for early intervention and the identification of needs.

Quality care means understanding our clients as whole people with distinctive, rich backgrounds, complex needs and various levels of support. Because people are complex, with varying degrees and types of need, we strive to provide the appropriate level of integrated care. Integrated care means that in addition to coordinating on-site care for therapy, psychiatry and case management, we strive to support clients in addressing their whole health, including medical care, insurance needs, advocacy, educational and vocational attainment, as well as social and spiritual resources, through our established community partnerships. We embrace an approach that seeks to provide or link the client with the most appropriate services regardless of where they enter our system of care.

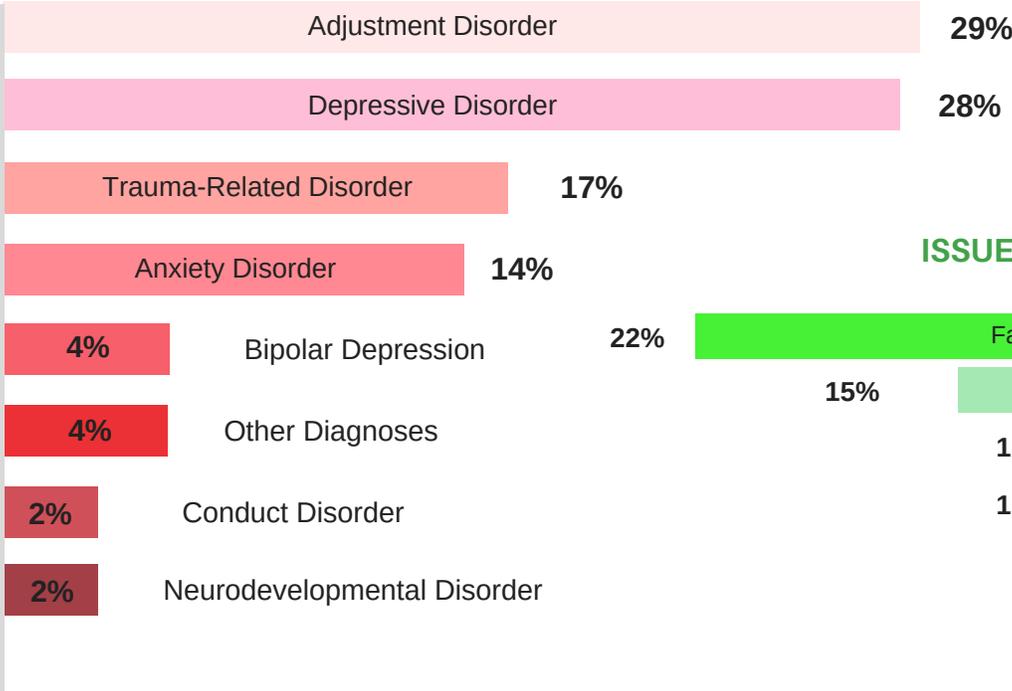
Because quality care depends on the cultivation of empathic, reliable and thoughtful therapeutic relationships, it can only be successfully provided in an environment in which clinicians feel inspired, dedicated and supported in what they do. Thus, quality care for clients requires a parallel intentional model of care for clinicians, that allows for thoughtful reflection, ongoing consultation and continued professional development, to enable them to adequately address the complexity of their caseloads. Further, our dedication to training a new generation of clinicians who experience optimal community care as possible means that the clinic is infused with an attitude towards teaching and learning. The excitement of our students and the dedication of our staff come together to create a clinic-wide sense of possibility that radiates outward into the broader community. Similarly, we strive to apply the same care in our collegial and organizational relationships as we do in our therapeutic relationships because we value and recognize the impact of these qualities at all levels of our system of care.



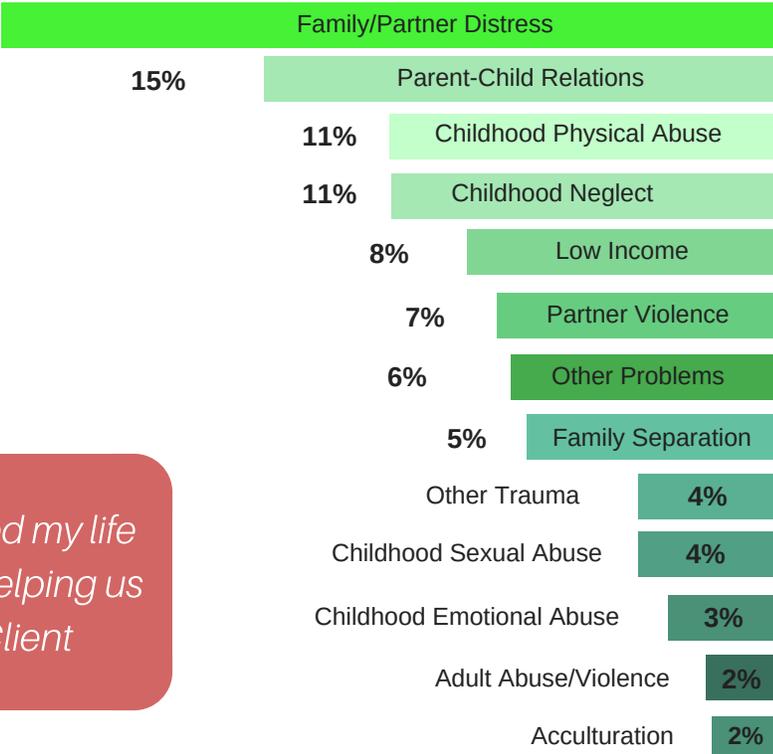
CLINIC BASED SERVICES

The Kedzie Center provided a full array of services during the fiscal year (August 2017-July 2018) to meet the mental health needs of the North River community. In terms of clinic-based services, The Kedzie Center team provided **4,097** clinic-based individual, family and couple sessions to **420** clients and collateral clients. Primary clients were seen for clinical problems such as depression, adjustment, trauma, anxiety, behavior and neurodevelopmental disorders. Other concerns that contributed to their presenting problems included parent-child relationship issues, childhood physical abuse and neglect, partner and family distress, partner violence, family separations, childhood sexual abuse, childhood emotional abuse, other trauma, poverty, acculturation and bereavement. Indeed, 49% of our clients report some form of family/partner distress and 29% report some form of childhood trauma.

PRIMARY DIAGNOSES



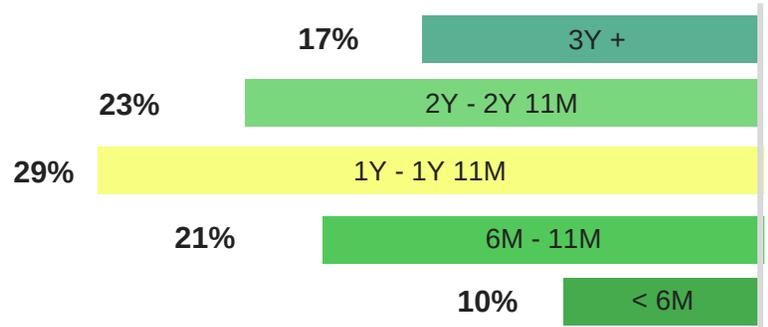
ISSUES RELEVANT TO TREATMENT



"I am grateful to Kedzie; it has changed my life and that of my family. Thank you for helping us to feel like a family again." - TKC Client

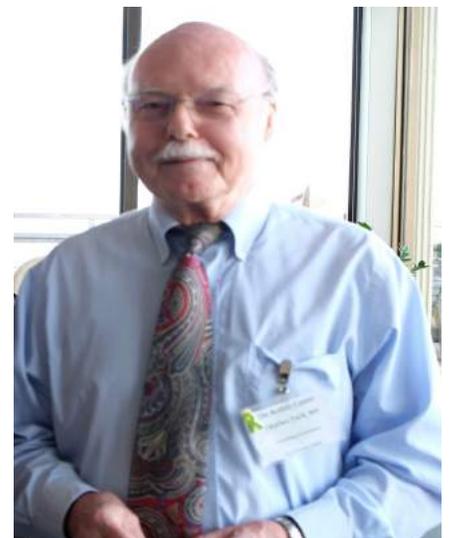
We place great value on meeting our clients where they are, tailoring our interventions to their specific needs, and providing necessary support for as long as it takes. Forty percent of our current clients have been seen for greater than two years, with 29% being seen for one to two years, and 31% for one year or less. It is significant to note length of treatment because it demonstrates the need for long-term care as well as our clients' commitments to their own treatments and their confidence in their providers to continue to help them improve their mental health and wellness. It also speaks to the complexity of the problems treated at Kedzie, often layered and intergenerational in nature.

LENGTH OF TREATMENT



"I've never been with a therapist for as long as I have at Kedzie. Being able to talk about my problems out loud has helped me realize things about myself I would have never learned otherwise." - TKC Client

The majority of clients are seen at least once a week and many are seen multiple times a week in individual, family and group formats as well as for psychiatric visits. Our psychiatrists tended to see 33 adult clients in 357 sessions, indicating that clients were seen from 1-53 times during the year with 78% being seen 15 times or less over the year and 22% requiring 16-53 visits during the year. Child and adolescent psychiatric services were provided to 12 clients over 80 sessions; 83% were seen 10 times or less in the year and 17% were seen 16-20 times during the year. Far from offering clients cursory attention, the intensity of psychiatric care found at Kedzie is noteworthy and uncommon in community mental health today due to a scarcity in available psychiatric services.

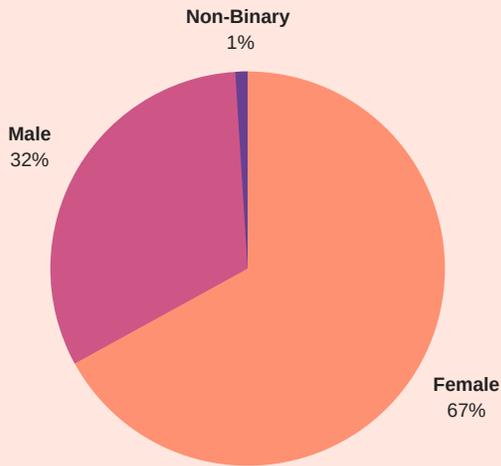


Charles, Turk, MD, Adult Psychiatrist

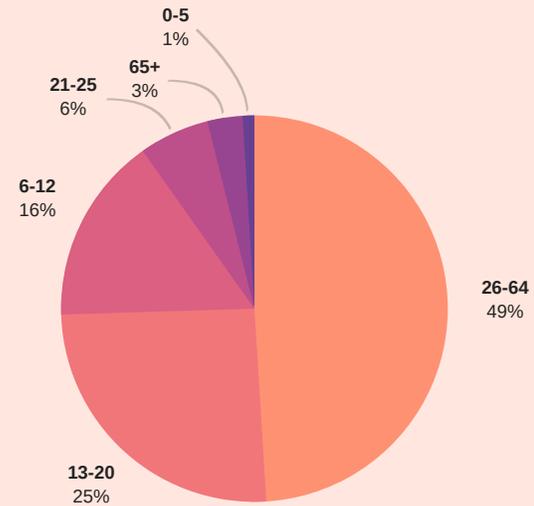
"It's helpful that my safety matters to my therapist; it makes me feel like I matter in the world." - TKC Client

CLIENTS¹ SEEN AT THE CLINIC

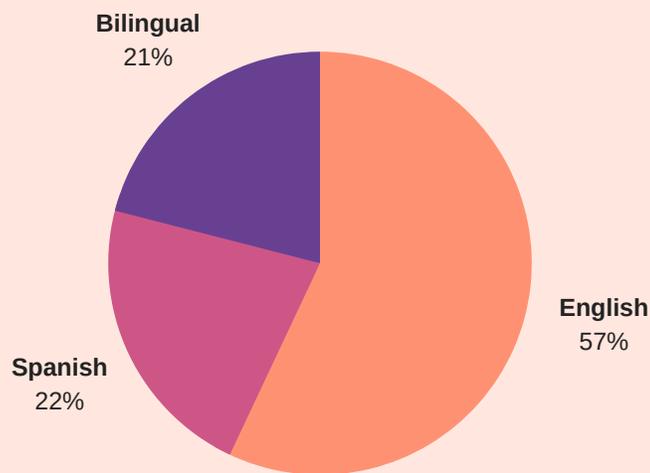
GENDER²



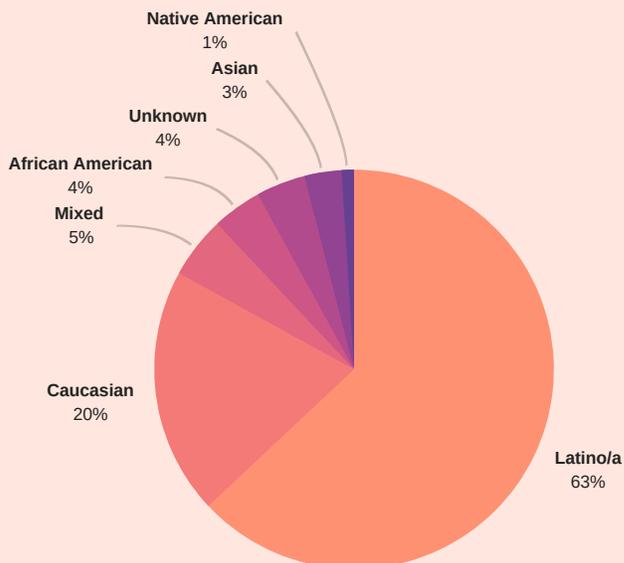
AGE



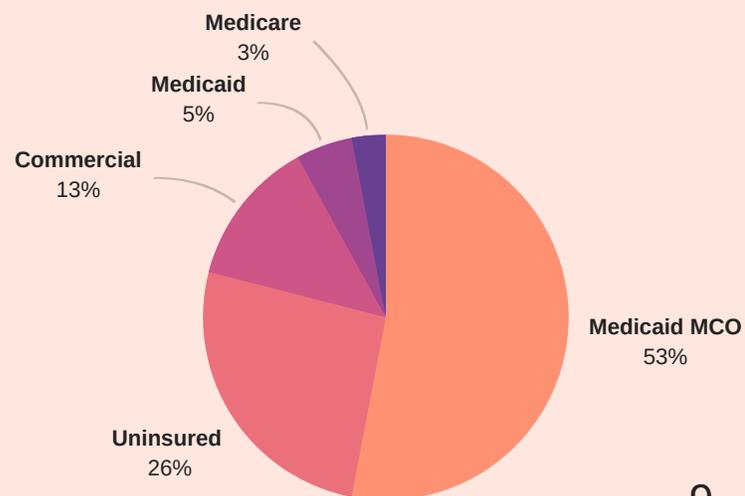
THERAPY LANGUAGE

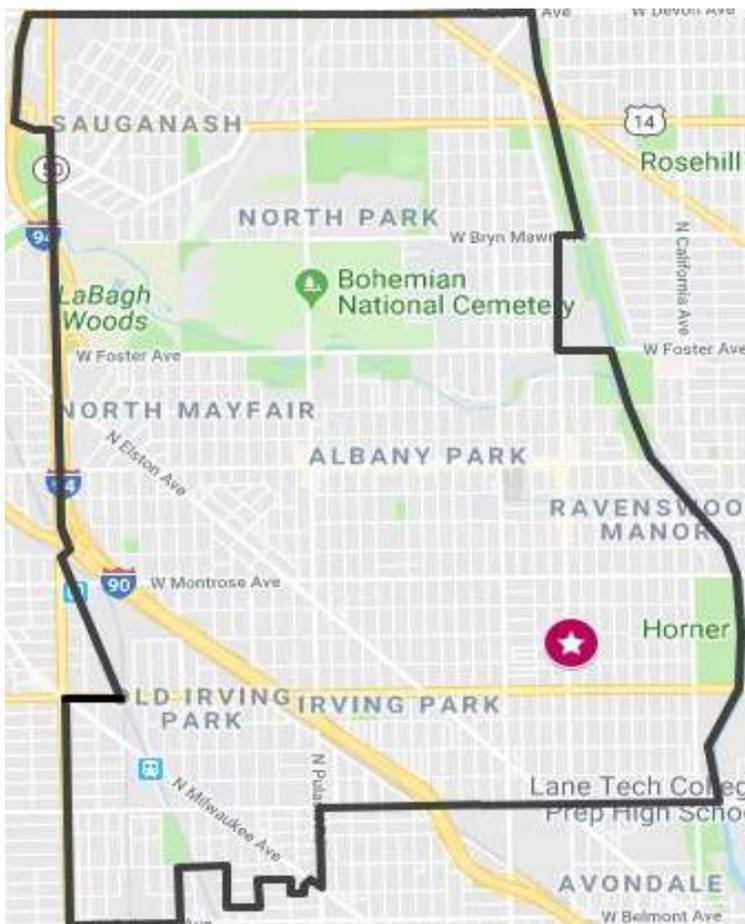


RACE²

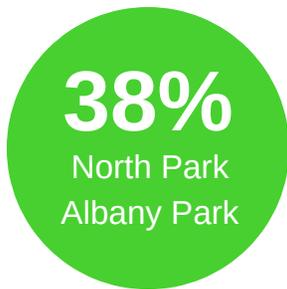


INSURANCE





Clients come to Kedzie from all corners of our service area. In the past year, 55% of clinic clients came from Irving Park, 38% from Albany Park and North Park, and 7% from Sauganash. Our referral base, primarily community partners, schools, and friends and family, reflects the network of trusting relationships we've built and the satisfaction of the clients with whom we work. In fact, our reputation for providing care with sensitivity, depth and community respect has spread to other parts of the city. Calls are received daily from Chicago residents seeking care outside of our service area or seeking specialized care or substance abuse treatment. Of all calls in the past year, 70% were able to receive services at Kedzie, 22% were given referrals for services outside the scope of Kedzie (i.e., for psychological testing, custody evaluations, developmental services, psychosocial rehabilitation, substance abuse treatment, medication only and referrals to food pantries, housing and employment); and 8% of the calls were deferred due to nonresponse or duplication of services.



At times during the year, there are increases in demand for service beyond the capacity of the clinic. We do our best to support individuals and families in need even if we cannot place them immediately. In those times, while they are placed on a temporary waiting list for clinical services, clients are offered group services at Kedzie that can ease them into care, or if they prefer, they are linked to local services where they can be seen more readily. Often, clients choose to wait for services at Kedzie, both for reasons of convenience and because they know they will be well cared for inside our doors. Kedzie does its best to screen and triage those calls and follow-up with those who prefer to wait for services.



COMMUNITY ENGAGEMENT

TOM'S STORY *by Laura Estrada*

"Tom" is a 69-year-old man of Irish descent. He spent most of his childhood on the East Coast, raised by his mother and stepfather. He never knew his biological father. He has one known half-brother with whom he has no contact; he doesn't know if this half-brother is still living. His mother passed away many years ago from cancer and he has no communication with his stepfather.

Tom was incarcerated for 12 years when he was 52 years old. When Tom was released at age 64 from prison, he was paroled to a halfway house in Lake County. Tom says he spent about two months in the halfway house and "got out" because "they were stealing from me."



It was difficult for Tom to recall details about this post-incarceration period, as he states, "it was a mess and nobody wanted to really help me. They took everything from me." He recalls finding his way to a shelter in Lake County where he stayed for 3-4 months and was able to apply for social security benefits. Tom had difficulty reporting the sequence of events that led him to Albany Park, but estimates that he's been in the neighborhood for roughly 3½ years. He describes a lifetime of instability and no stable employment or housing "for about 4 to 5 years now."

Tom first engaged Kedzie in May of 2018, when he rolled up on his bike and asked if he could wash the Center's windows. Window washing is the primary source of the supplementary income he uses to meet his basic needs for food, toiletries and other essentials. During that first encounter, Tom was clearly angry and distrusting of others. Yet despite his surly demeanor, he was treated with respect and care and welcomed to return as needed. To our surprise, he began to stop by, usually to ask about our needs for window washing, but would then sit briefly in the waiting area. As his visits became more frequent, he would accept water or coffee, respite from the cold or a bathroom break. When asked what allowed him to return during that time, he said "You're nice and understanding of my problems and *often people don't see me.*" Tom now trusts that we care about him and his well-being and is becoming more receptive to services in the future. Indeed, he expressed interest in counseling services once he becomes more stable. "Yeah, I would like to talk to someone; *it's a cold world out there.*" In the meantime, Tom is willing to receive case management support to help stabilize his living situation and would ideally like to establish more friends and supports. For the present, Tom relies on his interactions with staff at Kedzie and a local pastor in Lincoln Square. He says that his visits to Kedzie are meaningful because they "*make me feel like someone is thinking of me and wants to talk to me.*" He reports feeling "hopeless and frustrated" but understands that "the State has limited resources for *someone like me.*" Coming to Kedzie for support and a brief check-in has given him hope. Though he didn't know who we were or what services we offered that initial day, he says he's "grateful for having (us) in the neighborhood" and really counts on us to help "make things better." The Kedzie team is honored to have earned his trust and looks forward to serving him when he's ready. *Tom, we see you, we're thinking of you and we're especially here for someone like you.*

LITTLE EXPLORERS

Little Explorers, led by Sinane Goulet, LCSW, I/ECMHC, has become a core program at Kedzie. The program engages parents with young children who might not find themselves at a mental health clinic otherwise. During this fiscal year, Kedzie offered two cycles, an English/Spanish cycle at Kedzie that ran for 12 sessions between September and November 2017. This cycle served 12 families, including 15 child participants from 9 months to 4 years of age. Of these families, two were referred for further services at Kedzie, four to early child development services and two to community partners for other resources. Notably, one child was referred for evaluation of autism and was able to receive a full array of developmental services.



The second cycle ran from February through May of 2018 and was designed to serve Rohingya families in the community. Through our partnership with World Relief, we were able to engage 13 Rohingya and 2 Afghani families to attend the 8-week cycle. Twenty-one children from 4 months to 4 years of age participated in this group. Participants engaged in circle time, a music or art activity, a lesson on safety and discipline (at the request of World Relief), and interactive play with modeling, coaching and feedback by providers.

Due to the size of the group and language needs (Rohingya, Malay and Arabic), the group required 3 clinical staff, 4 helpers and an interpreter. Our limited experience with the Rohingya families called for care in interpreting behaviors and in learning to support parent-child interactions. There is much to learn from one another about parenting norms, practices and expectations, gender differences and the use of verbal and non-verbal language. The level of trauma of the mothers, the medical/developmental issues of the children, and language and cultural issues called for the group to take a slower pace.



The need for services among this group is high. Since 2010, 1500 Rohingya refugees have settled in Chicago; World Relief provides settlement for approximately 200 of them. One of the greatest challenges was that of interpretation of the Rohingya language. An interpreter, familiar to the women, was provided by World Relief. Given that our clinicians did not speak the language, they made every effort to convey non-judgment and curiosity as they introduced routines and encouraged guidance and collaborative play. The clinical team also worked to prepare the interpreter and the entire team to be aware of their own expectations of the families. The women took some time to develop comfort and trust but were notably more comfortable and engaging by the end of the cycle. The women reported being pleased that their children were “learning to play, share, and make friends.”

We were pleased to see that these women have formed supportive relationships. Over the course of the group, we observed them helping one another and one another’s children. We expect that some of the behaviors observed and the lessons learned will be shared with their other (older) children as well as with Rohingya families who did not participate in the group. The women participate in various support programs aimed at learning English and advocating for the needs of their children, so they have opportunities to interact with other Rohingya families. Thus, we expect that our engagement with these 15 families will have a ripple effect within their refugee circle, while the connections they have forged with Kedzie serve as an entrée into a deeper engagement in therapeutic connections for themselves. Of these families, it was reported that the women engaged in more services with World Relief’s Preferred Communities program, their English as a Second Language program as well as other community services. Meanwhile, several of the families expressed interest in participating in another cycle. This was arranged with World Relief and sponsored in part by Washington Square Health Foundation. This additional cycle will continue to help these families strengthen their parent-child interactions, increase their attunement to their children’s needs and feelings, and support their growing abilities to redirect and guide their children in a nurturing manner. As we continue to build relationships with these families, we hope to fortify these gains.



WOMEN'S SUPPORT GROUP

Often, women in our community have experienced trauma and loss and feel most comfortable healing in the presence of other women with shared experiences. The women's group, led by Cecelia Quinn, LCSW, Ph.D., engaged 22 women during this fiscal year, five of whom have been longstanding members who have emerged as leaders. Having attended between 81-104 total group sessions, these women contribute to the planning and ongoing development of the group.

This year, the group met for 43 sessions (four 11-week sessions) and dialogued about several core themes. Thirty-five percent of their sessions were related to mental health and wellness, 25% were about stress and coping, and the remaining 40% had to do with nurturing healthy relationships with family members, with a focus on parenting and preventing violence. The women in this group also participate in weekly yoga sessions with Emily Yen before the support group and have increased their integration of physical and emotional wellness. The women report more self-confidence, a greater sense of belonging, increased social support, feeling understood and accepted, and more aware of their personal strengths. In addition, they have demonstrated increased leadership in school engagement as parents. The core members function to support and mentor new members of the group.



COUPLE'S GROUP



The Spanish-speaking Couples' group met for ten weeks from March through May of 2018 with Sara Vargas, AMFT and Rob Mendez LPC. Based on information gathered from interested couples, the objectives were to improve the overall quality of their relationship, communication, conflict resolution, family interactions, intimacy, and optimism. Participants reported having been married for 8-25 years.

By the end of the group, the couples reported having a better understanding of emotional intimacy and the importance of communication in all aspects of the relationship, including sexual relations. They learned to strengthen emotional intimacy by enhancing trust as well as feelings of security, connection, and empathy.

Though topics were presented each week, often based on the content that arose in previous sessions, communication was always at the center of the group's concern. Participants noted feeling unsure of how to approach conflict or other difficulties in their relationships due to fears of rejection or of not feeling understood in some manner. All couples acknowledged finding it challenging to discuss sex due to cultural norms and beliefs. One participant said, "I wish we would have been able to talk about sex more. Even though we're nervous about it, we should be talking about it." In short, all couples involved provided positive feedback and expressed an interest in participating in future groups.

BOYS SUMMER GROUP

During July 2018, we offered a brief four-session boys group for pre-teen boys, ages 10-12. Five boys participated in a variety of art activities and discussion. The group was led by Eva Ledoux, MA, LPC and Jim Grabowski, LCPC. Boys who were being seen in individual or family therapy were referred in order to learn more about their peer relational needs and abilities. This group was received very well by the boys and proved helpful as an opportunity for them to enhance their social skills and receive peer support. This brief group led to the development of a ten-week boys art group led by Eva Ledoux and Art Therapy intern Allie McCormick.



COMMUNITY BASED SERVICES

SCHOOL-BASED PROGRAMS

BOYS & GIRLS GROUPS AT ALBANY PARK MULTICULTURAL ACADEMY



While many of our programs occur in-house, Kedzie works hard to be out in the community, and to be present where needed. Often, schools and their students are in clear need of additional support and care, and Kedzie welcomes the opportunity. The Kedzie Center offered a variety of school-based services this year, including two support groups at a local middle school with whom we have had a partnership since 2015. A Boys Group was offered at Albany Park Multicultural Academy (APMA) from February through April of 2018. The group had eleven 7th and 8th grade participants and focused on social/emotional issues such as family relationships, grief and loss, family separation, depression and anxiety, and building and maintaining strong support systems. It also addressed self-esteem, peer issues and conflict resolution. Our approach entailed creating a safe space for boys to express their emotions, with an interest in identifying and addressing issues that may interfere with their school functioning. Among such issues, students reported peer pressures, social acceptance, academic stress and forming their identity outside of the family unit as worthy of attention.

A group curriculum was developed by Francesca Duran, LCPC in partnership with the school counselor, who identified prospective student participants. Activities were planned to develop connection, trust and group cohesion. Exercises were designed to help participants know themselves and learn what they have in common with peers. Every group had a "check-in" and "check out" process during which each member shared how they were feeling at the start and end of group. Given the degree of loss experienced by the boys, an exercise was designed to offer them a safe space to share and honor persons they had lost. This experience was meaningful and healing for the boys and offered them an opportunity to experience peer support around painful experiences that they might not have worked through otherwise. One boy noted,

"I learned I have a lot in common with others and I'm not alone." - Student

The Girls Group ran from April through June of 2018 and included exercises designed to enhance self-esteem, healthy relationships and personal development and agency. These exercises supported the exploration of self and the development of healthy emotional intimacy, and allowed for mirroring and mutual support. Nine 7th and 8th grade girls voluntarily participated in the group, learning to support and respect each other as they built stronger senses of self and meaning. All the girls reported learning healthy ways to express and manage their stress, worry and sadness.



PROCESS GROUPS AT VON STEUBEN³



The Kedzie Center staff understand that even the most successful students need help managing anxiety, stress, relationships and vocational issues as they navigate the world beyond their home schools and families. The Kedzie Center offered a 12-session mixed gender process group to seven senior students of Von Steuben Metropolitan High School from February through May 2018. The students had concerns related to transitioning from high school to college. Each group had the same structure, consisting of an ice breaker exercise at the beginning of each session followed by a brief check-in. Then the two group facilitators, Eva Ledoux & Yoav Shimoni, would present a topic that had emerged in previous sessions.

Topics included previous experiences with transitions, support from parents, family and friends; self-care and coping-skills; personal strengths, time management and mental health as well as mental health resources on college campuses. Each group meeting ended with a brief "check-out" during which participants were asked to describe their emotional status in a few words. Common themes of this cycle were establishing age-appropriate independence and healthy detachment from parents, concerns regarding one's ability to succeed in a new setting and managing peer relationships.

The participants indicated that they greatly appreciated the structure of the group. One participant stated, "I like that we don't always just focus on the problem, but instead we also talk about things that interest us." Additionally, the participants described an increased level of connectedness to one another and benefits from relating to peers in similar situations. The Kedzie Center appreciated the opportunity to work with this group of students and welcomes the opportunity to work with Von Steuben in the future.

"I like that we don't just focus on the problem, but instead we also talk about things that interest us." - Student

DACA SUPPORT GROUPS⁴

At the request of the school, a second mixed gender process group was offered in April and May of 2018 for students with DACA (Deferred Action for Childhood Arrivals) status. Eighteen students who had been identified by teachers and counselors as experiencing stress related to abrupt changes in their immigration status were invited to participate. The group was comprised of a mix of freshmen, sophomores, juniors and seniors. Participation vacillated over the course of the cycle as we alternated between 7th and 8th periods, at the schools' request, to minimize class absence.

On a few occasions, as many as nine or ten students were present. The variation in the group schedule was also necessary in order to accommodate the afterschool responsibilities of students tasked with childcare for younger siblings or work at afterschool jobs. The shifting group membership was not ideal for the development of group cohesion; still, students were able to form bonds, access peer support and experience the group as supportive and helpful.

"I learned that sharing my feelings with people I trust helps me relax." - Student



Themes that emerged across sessions included worries about finances and paying for college, concerns about where to find accurate information about changing immigration laws, stress over family members' immigration status, shame over the secrecy about their immigration status even among friends, uncertainty about who they can trust, anxiety over achievement in school, and both excitement and fear about the future. In order to manage the challenge of changing membership, the group was led using the Peace Circle process, which allows for sessions to stand alone as well as incorporate continuity. This process allowed students to establish safety based upon shared values, and to feel empowered to speak and introduce topics as they saw fit.

The students responded positively to the facilitators, Angela Sedeño, Ph.D. and Maria Mastronardi, Ph.D., sharing and being open about their own experiences as students, immigrants and college instructors. The students who completed evaluation instruments reported a satisfying experience overall. They especially appreciated hearing more about our own college experiences. As children of immigrants, many of whom were the eldest in their family, the students appeared to benefit from hearing about facilitators experiences navigating academic challenges and made use of them as role models. The Peace Circle process engenders authentic human connection and made it possible for this group to establish trust in a brief period. The DACA support group satisfied an unmet need for students struggling with the many ways in which immigration status impacts their everyday lives and their hopes for the future. The supportive environment provided a space for students to feel safe and validated at school.

PARENT WORKSHOPS & SCHOOL FAIRS

At Kedzie, we appreciate that children are our future, and that their healthy development depends upon the ability of parents and communities, many of whom have faced chronic trauma, loss, and violence themselves, to nurture and guide them so that they can thrive. In that light, Kedzie provided bilingual parent workshops at Belding Elementary, serving 17 parents, and to the Parent Advisory and Bilingual Advisory Council at North River Elementary, reaching 9 and 18 parents respectively.

Kedzie also provided a Parent Workshop on Children's Mental Health to 20 parents at Peterson's SEL Event in March 2018. Kedzie attended and supported the first annual Albany Park Social Services Fair in October 2017 and the Family Fest and Fair held at Roosevelt High School in March and May of 2018.



The Kedzie Center was honored to receive the Berkowitz Award for Outstanding Service to Children in May 2018. We are grateful for this recognition and for the award that allowed us to expand school-based services in North River. We were also thrilled to be able to give a presentation on Youth Suicide Prevention to over 200 students and faculty members at Francis Parker School. The talk was well received and encouraged us to continue to have this conversation in our neighborhood schools.

APTP TALK GROUP



We continue to facilitate groups with youth participants at the Albany Park Theater Project. Meanwhile, we welcomed opportunities to consult with the APTP team on how to better meet the mental health needs of young people in our community. The participants provided positive feedback and expressed continued interest in on-site workshops and process groups.

YOUTH ADVISORY COUNCIL - 33RD WARD

We also had the opportunity to meet with the 33rd Ward Youth Advisory Council to hear their concerns about mental health services at school as well as public safety issues. In June 2018, the youth were supported in sharing their concerns and experiences with Alderman Deb Mell and Cook County State's Attorney Kim Foxx. These young people gave thoughtful feedback and suggestions to the officials, and, importantly, affirmed that their voices matter, especially in issues that impact them directly such as mental health and community safety. We later met with the Youth Council to listen to their thoughts about making mental health care accessible to their peers, particularly after incidents such as losses due to violence or suicide. The youth reported that their peers often turn to them when they are in distress and that they feel challenged to help them. They were relieved to know that they could refer their friends to Kedzie and suggested outreach avenues at our local high schools. We value their opinions, appreciate their leadership and look forward to continued collaboration with them.



The psychological well-being of the older adult population can easily be overlooked, as elders are not always as visible in our community. Yet seniors are as essential to the health of our community as any other group and provide the foundation for communities as holders of our histories and accumulated wisdom. The Kedzie Center continues to provide support group sessions to older adults living in the North Park Village Apartments and the Lincoln Village Apartments. Topics for these 13 conversations have included healthy relationships, stress management, the benefits of laughter, sleep hygiene, mindfulness, holiday stress management, holiday crafts, and enhancing social skills and support. Service coordinators offer input regarding concerns about residents and topics that might be helpful; residents themselves determine the topics for each month. Through these groups, there were 91 encounters with older adults during the past fiscal year.

OLDER ADULTS



BUILDING COMMUNITY RESILIENCE



This year's On the Table event was themed "Building Community Resilience through Cross-sector Trauma-informed Care." Twenty-four community leaders from partner organizations such as North River Commission, the 17th District Police Department, 2nd Story, Northeastern Illinois University, Communities United, Aspire Chicago, World Relief, Swedish Covenant Hospital, North Park University, American Indian Center, Erie Helping Hands, Lawrence Hall, Von Steuben, and Apna Ghar attended this conversation about trauma. We discussed the impact of adverse childhood experiences (ACEs), the benefits of a trauma-sensitive response, and how to bring the principles of trauma-informed care to our respective settings. Goals and next steps were determined to implement such a model across sectors and commitments were made to participate in and support a community-wide event in the Fall.

TRAUMA-INFORMED PRINCIPLES

- SAFETY: ensure physical and emotional safety
- TRUST: be transparent with clear boundaries
- CHOICE: prioritize consumer choice and control over their own care
- COLLABORATION: share power with consumers
- EMPOWERMENT: build skills that support self-care, agency and resilience

Following our May event, we developed a partnership with 2nd Story, North River Commission, Lawrence Hall and North Park University to implement a community-wide program through the art of storytelling. We recognized the power of compelling, relatable stories, particularly for marginalized community members who often have less opportunity to see and hear their narratives in public spaces. We met with representatives of our partner organizations on a regular basis during the year to plan and evaluate interventions with a vision towards launching this community-wide event in the fall. We also met with 20 community partners to engage their participation at and following the event.

As described, the event will be a cross-sector collaboration between mental health, child welfare, health, education, creative arts and community development organizations. The project will build upon existing relationships that our community partners have with their own participants, and will incorporate their views and interests. Furthermore, the group has leveraged our various strengths and resources, such as creative talent, clinical expertise, educational knowledge and space, to plan and co-create a community-wide intervention that meets a community defined need for increased safety. Our partners will be helping to facilitate small group conversations and will host follow-up events that allow participants to continue to engage in activities that support our vision for a safer and more connected community.

COMMUNITY NIGHTS & TRAUMA DIALOGUES

This year, we hosted two Community Nights and three Trauma Dialogues. Our Trauma Dialogue in August 2017 featured our own Judy Bertacchi, MEd, LSW and Yitzi Katz, LCSW on "Holding the Helper: A live demonstration of trauma consultation." In March of 2018, Dr. James Garbarino spoke on "Why giving teenagers who kill a second chance matters for all of us: their trauma and recovery." In May 2018, Dr. Claude Barbre spoke on "Re-humanizing Life after Trauma." Over 100 community providers attended these events.



In September 2017, a Latino Couples Community Night was co-sponsored by Corina Ratz, MA, LCPC and Teresa Segura Herrera, Ph.D. from the Chicago School of Professional Psychology in order to promote interest in an upcoming pilot group offered bilingually to Latino couples. Also, in September 2017, we hosted a discussion on Youth Suicide Awareness and Prevention with a panel of speakers including Cecelia Quinn, LCSW, Ph.D., Kat Stuehrk, MSW, Karen Daiter, Ph.D. and Stephanie Vasquez, LCPC. Thirty community members attended these events. In October 2017, we launched our Community Safety Survey at the American Indian Center, collecting over 300 responses.



COMMUNITY ENCOUNTERS⁵

Overall, The Kedzie Center team provided **2,300** encounters in the community, including interactions with community groups as well as outreach to schools and faith institutions, collaboration to increase access and coordinate care, mental health consultation and training at partner agencies and city partners such as the American Red Cross, Center on Halsted and the Chicago Children's Choir, home visits to the Rohingya community, participation in work groups and committees to address community issues, partnerships with our local officials such as Alderman Deb Mell and Cook County State's Attorney Kim Foxx, and planning community-wide interventions. In essence, we endeavored to act as a hub for community-building, forging varied and deep bonds with existing organizations so that both those organizations and the people they serve can lift up the community as a whole.



Photo taken by Pedro Garcia.

LOOKING AHEAD

The Kedzie Center is looking forward to the year ahead with excitement and optimism, and our staff, in conjunction with our clients, have outlined plans for continued growth. As we develop our programs in response to community needs, we plan to offer additional parent-child services for the Rohingya community, couples and mens groups, and additional art groups for children. We will maintain and deepen our focus on intergenerational trauma, and will explore additional avenues for healing and connection between and among generation groups. We also recognize the demand for parenting workshops and plan to host these in the next year as well. It is our belief that by supporting parents in their efforts to provide their children with emotional stability and opportunities for growth, by strengthening young people before their difficulties become enduring, and reinforcing community connections, we are building a foundation for a healthy community as well.



CLINICAL TRAINING

At Kedzie, we see it as part of our mission to train a new generation of professionals who can advocate for a vision of community mental health in which relationships, insight, respect and self-awareness are not merely possible, but essential. This year saw the third cohort of trainees through the Kedzie's graduate training practicum in Psychodynamic Community Mental Health.



Five students were accepted into the program: Two advanced psychology students came from Roosevelt University and Argosy University, while an Infant Mental Health Certificate student from Erikson Institute provided child parent psychotherapy for our clients. One student came from Northwestern University's Master's program in counseling and a fifth student in analytic training at the Chicago Psychoanalytic Institute came from the Master's program at the Institute for Clinical Social Work. In February, we received over 60 applications for four positions in our 2018-2019 program year. We made offers to four applicants and all four accepted. Trainees attend weekly individual and group supervision and participate in seminars with Dr. Turk and Jim Grabowski. The curriculum covers psychoanalytic and community mental health readings that support their clinical work.

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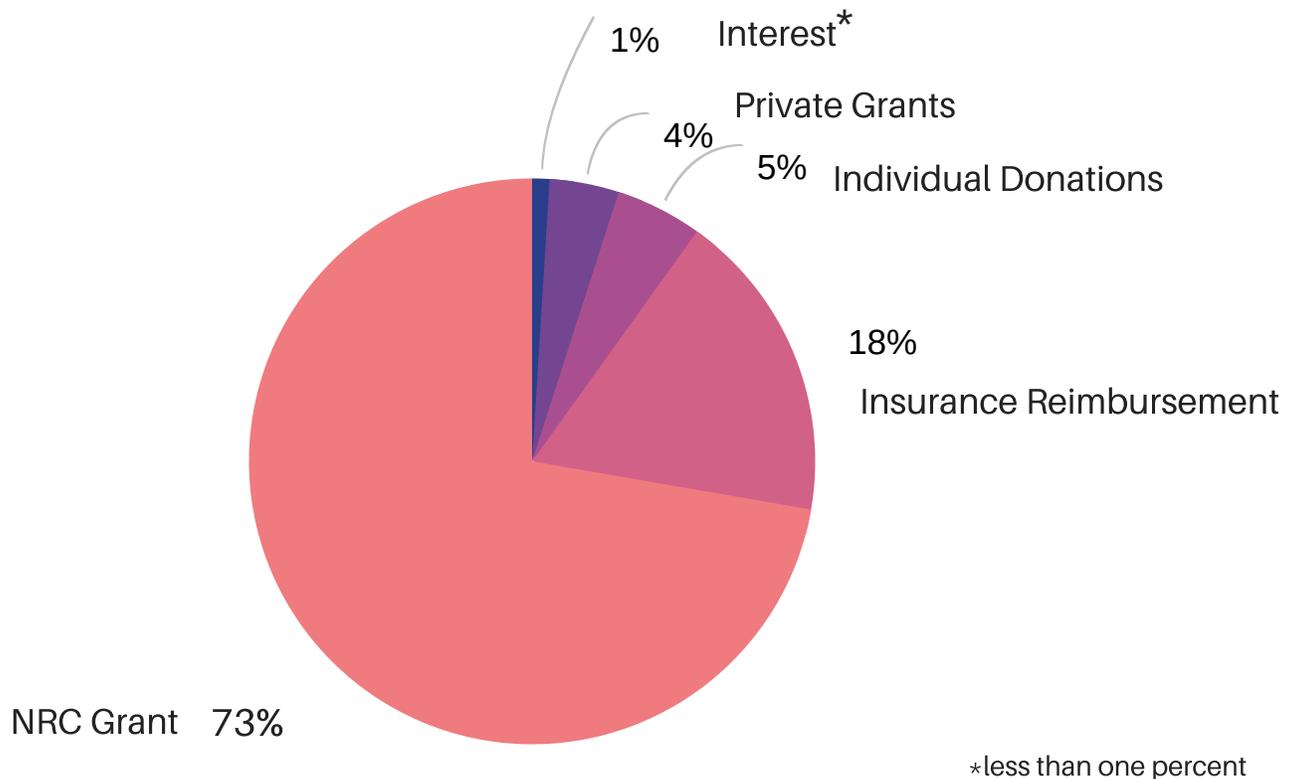
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Albany Park Youth Advisory Council
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Chicago Children's Choir
Chicago Police District 17/CAPS
Christ Lutheran Church
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Erie Helping Hands Health Center
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Psychotherapy In Action Network (PsiAN)
Rincon Family Services
Senior Access and Advocacy Network
Swedish Covenant Health System
The Welcoming Center
World Relief

ENDNOTES

1. Clients refers to an individual client who is identified as the primary client evaluated and treated at Kedzie. Collateral clients are family members of the primary client who have participated in treatment. Client descriptive data in the report refers to primary clients only.

2. Clients self-identified their race. Clients self-identified their gender. One percent of our client population identifies as transgender or gender non-binary.

3. & 4. These photos do not include actual participants.

5. Community encounters include each separate encounter in which a resident attended a Kedzie Center program, event, or meeting. It includes outreach, education, and consultation.



Courtesy of North River Commission.

THE KEDZIE CENTER

A PROGRAM OF EXPANDED MENTAL HEALTH SERVICES
OF CHICAGO NFP



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