



**Administrative
Offices
and Counseling
Services**

Pillars

The Fillmore Center
6918 Windsor Avenue
Berwyn, IL 60402
(708) P-I-L-A-R-S
(708) 745-5277
TTY: (708) 795-5059

Pillars

333 North LaGrange Road
Suite One
LaGrange Park, IL 60526
(708) P-I-L-A-R-S
(708) 745-5277
(708) 698-5090 (fax)
info@pillarscommunity.org

Community Centers

8020 West 87th Street
Hickory Hills, IL 60457
120 South Marion Street
Fourth Floor
Oak Park, IL 60302
1023 Burlington Avenue
Western Springs, IL 60558
6030 Lenzi Avenue #3
Hodgkins, IL 60525

Summit (Foxfire)

7420 Archer Avenue
Summit, IL 60501

Constance Morris House

(708) 995-3680 (Administrative)
(708) 485-5254 (Domestic Violence Hotline)
(708) 482-9600 (Sexual Violence Hotline)

**Advocating for
understanding,
one story at a time.**



A FAMILY STRUGGLES, THEN SUCCEEDS

Sandra describes her three suicide attempts by age 17 as “a cry for help.” They were also a sign of Sandra’s bipolar disorder. Unfortunately, it was several more years before someone accurately diagnosed it. **For more than 25 years, Sandra has battled both the symptoms and the stigma associated with her mental illness.**

In an effort to stabilize her life, Sandra found a job, married and had two sons. However, her suicidal feelings returned. With her sons’ wellbeing in mind, Sandra sought help. Pillars was there. With the help

of her therapist, Sandra learned to manage her illness. Her increased awareness helped her to recognize signs of mental illness in her oldest son, Mark. At age five, he was diagnosed with Attention Deficit Disorder. Once again, Sandra called Pillars. Like his mother, Mark learned how to live with his condition. He excelled in school and recently graduated from college with honors.



Years later, brutal bullying brought Sandra’s younger son to Pillars. Michael, a fifth grader, refused to go to school and told Sandra that he wanted to kill himself. Sandra immediately turned to Pillars. Michael’s therapist provided him with proven strategies to overcome the bullying and rebuild his confidence. Four years later, Michael is a self-assured teen who enjoys friends, school and theatre.

In 2009, Sandra and Michael began sharing their story to help others understand mental illness and mental health issues. **You can learn more about their work as ambassadors for the Erase Crazy Anti-Stigma Campaign inside ...**

Because I found a friend in Pillars, I’ve learned I have a voice.



OUR ADVOCACY CAMPAIGN

“You’re crazy!” This phrase is commonly heard and often said in jest. Yet even when used without malice, these words perpetuate stigma. Individuals who are living with mental illness and mental health issues face stigma every day.

Like cancer and diabetes, mental illness is highly treatable and, like other diseases, early diagnosis and treatment results in better outcomes. **However, less than 1 out of 3 people in need access mental health treatment, largely because of stigma.**

In 2009, Pillars and the Lyons Township Mental Health Commission launched Erase Crazy, a campaign to address the stigma of mental illness. **Two of Pillars’ clients, Sandra and her son Michael, serve as ambassadors for the campaign.** They hope we will join them in erasing the stigma associated with mental illness and that as a result, more people will get treatment which will help create healthier communities.

“Mental health stigma is difficult to address—almost impossible. It is hard to put a face on the issue because people with mental illness look the same as everyone else. Erase Crazy provides us with a vehicle to raise awareness of mental illness in human, interactive ways. Through the campaign, we are able to hear from real people who are willing to share their story. Erase Crazy is the most valuable tool that we have in the community to put a face on mental health and mental illness.”

Carol Kellogg Stoub, Commissioner & former President of the Lyons Township Mental Health Commission

“By speaking out, I hope to encourage other kids like me to ask for help. The power of talking at Pillars has done a lot for me. Ever since then, I have encouraged my friends to get help—to go and talk to someone like a teacher or counselor. If it helped me, it’s going to help you.”

Michael, age 15, Former Pillars’ Client and Erase Crazy Ambassador

Did you know that each year:

1 in 4 adults suffer from a diagnosable mental disorder.

1 in 10 children and adolescents experience mental illness.

4 of the 10 leading causes of disability are mental illnesses.

Here’s how you can help:

Become educated about mental illness.

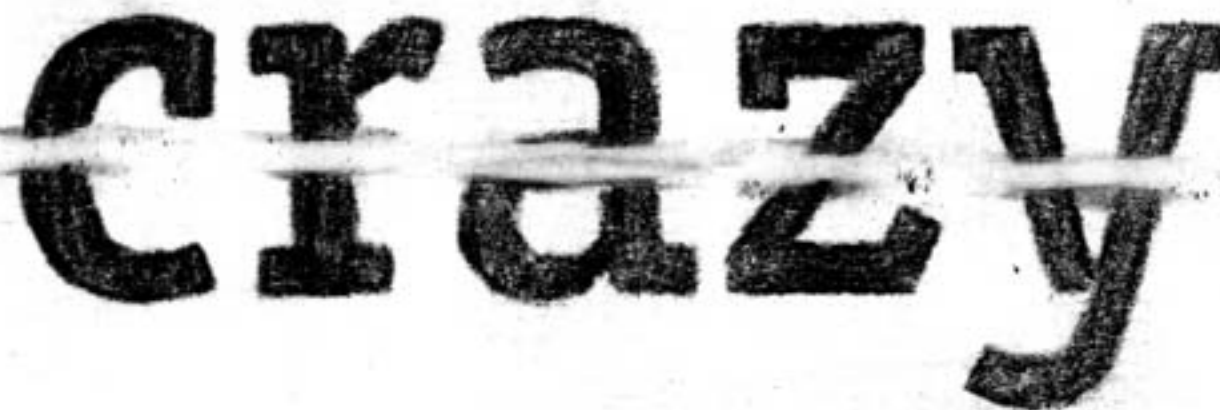
Be a friend, reach out and offer support.

Commit to erasing stigma toward persons living with mental illness.

Speak up when people around you express negative judgments, fears and misinformation about mental illness and those affected by it, especially when it is your friends and family.

Offer support and resources. Encourage people in need to call (708) P-I-L-L-A-R-S for services. Call Dr. Patricia Seghers at (708) 995-3624 to schedule an Erase Crazy group presentation.

Erase the Stigma of Mental Illness



crazy

LETTER FROM OUR BOARD CHAIR & PRESIDENT

The Chinese philosopher, Lao Tzu, said, “A journey of a thousand miles begins with a single step.” For Pillars’ clients, that first step is a telephone call to our main number, (708) P-I-L-L-A-R-S. Making that call takes an enormous amount of courage.

We all know how difficult it is to ask for help, but imagine the additional hurdle of having to overcome the fear of labels attached to many crisis situations, such as rape or homelessness. Imagine feeling immobilized by the severe stigma associated with mental illness. **Our clients show tremendous courage when they decide to ask for help.** They take a leap of faith that Pillars can help them change their lives for the better. And when they make that call, Pillars is on the other end of the line, with the professional staff and evidence-based programs to begin the healing and recovery process. From counseling to legal advocacy, emergency shelter to transitional housing, addiction groups to employment services, Pillars offers a wide safety net for those in need.

Your support makes a difference! Contributions from donors like you provide the resources for Pillars to keep our doors open to 10,000 individuals and families each year. Your support keeps our crisis hotlines staffed 24-hours a day, our domestic violence shelter open 365 days a year, and our therapy sessions available month after month. Further, your support allows us to sustain community education efforts, such as our Erase Crazy campaign, that reduce the barriers encountered by those seeking treatment. **Your support allows Pillars to make connections and change lives for those in need every day.**

And for that, we are deeply grateful.

Let the journey begin!

Sincerely,



Margie Thomas Morris
Board Chair



John W. Shustitzky, Ph.D.
President and CEO



OUR PROGRAMS

MENTAL HEALTH SERVICES

We provide a full spectrum of services for people of all ages, including home, community and office-based therapies. Services are provided on a sliding scale.

Crisis Intervention stabilizes personal and family emergencies involving depression, suicidal behavior and mental illness; family conflict and domestic abuse; and sudden traumas that affect entire communities.

Early Childhood Mental Health Services offers mental health assessment and intervention for children, parenting support groups and workshops on relevant topics such as discipline and school success.

Employment Services helps adults living with serious mental illness find and maintain competitive jobs.

Foxfire Psychosocial Rehabilitation Program helps adults living with serious mental illness enjoy a healthier, more productive and independent life.

Managed Care provides mental health services for individuals with private insurance.

Screening, Assessment and Support Services (SASS) helps at-risk children avoid psychiatric hospitalization.

CHILDREN & FAMILY SERVICES

Child and Family Development Center offers Early Head Start, Head Start and daycare to support families and help children get a good start in life.

Buddy’s Place is a bereavement support program for children and teens who have experienced the death of a parent or significant caregiver.

Safe From the Start serves children who have been exposed to violence and their families. The program also provides community education and training on child exposure to violence.

ADDICTION SERVICES

We offer individually-tailored treatment and therapy for adults and adolescents to help them overcome drug and alcohol addiction. Additional programs focus on prevention.

DOMESTIC & SEXUAL VIOLENCE SERVICES

Domestic Violence Services provides a 24-hour hotline and crisis intervention, shelter (Constance Morris House), counseling, and legal advocacy for women and children experiencing domestic violence, helping to rebuild their lives.

Sexual Violence Services provides a 24-hour hotline and crisis intervention; counseling; legal advocacy; and medical advocacy to help individuals and families who have experienced sexual assault, incest, rape, and sex trafficking.

COMMUNITY HOUSING INITIATIVES

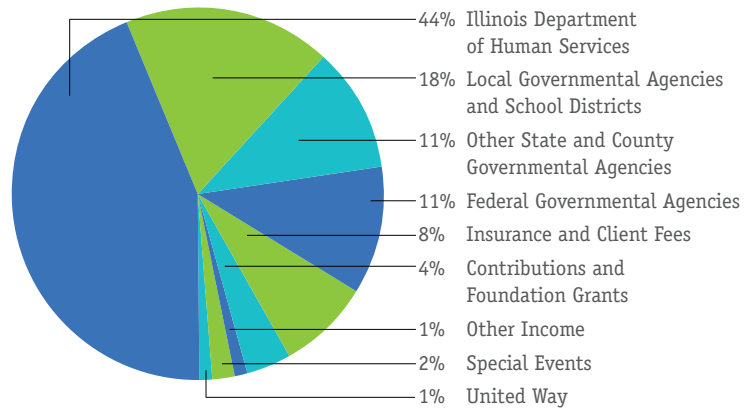
LaGrange Area Transitional Housing (LATH) helps stabilize families at risk of homelessness by providing housing assistance and mentorship guidance.

Wellness Initiative Network (WIN) and West Cook Housing Initiative Partnership (WCHIP) address the medical and mental health needs of homeless individuals, assisting them to obtain and remain in permanent housing.



All mental health programs are accredited by CARF

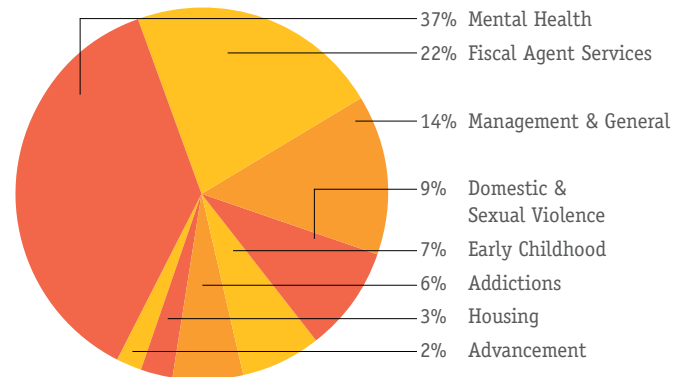
REVENUE



TOTAL REVENUE:
\$15,031,000

NET ASSETS AT YEAR END:
\$3,360,000

EXPENSES



TOTAL OPERATING EXPENSES:
\$15,467,000

To reduce expenses and our environmental footprint, detailed financials and our donor list are available at www.pillarscommunity.org.

If you would like to request a print copy of the donor list, please contact Lisa Patel at (708) 995-3518 or at lpatel@pillarscommunity.org.

Thank you for your generous support!

This report was printed on paper manufactured from 100% recyclable fibers.

FAST FACTS

MISSION Pillars aspires to build healthier communities by making connections and changing lives.

TOTAL STAFF Nearly 200 highly skilled and trained staff members.

OPERATING BUDGET \$15 million.

SITE LOCATIONS 8 locations as well as in homes, schools, police stations, court houses, and emergency rooms.

CLIENTS SERVED Over 10,000 annually.

PHILOSOPHY We help build healthier communities by providing quality mental health services, social services and education for people of all ages.

BOARD OF DIRECTORS 2009-2010

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CELEBRATING SUCCESS STORIES

“What stops us from picking up the phone when we need help?”

This is a very complex question with many answers. One answer is fear. Fear of retaliation, fear of the unknown, fear of change, fear of judgment, fear of reality—each of these played a role in Lupe’s life. Lupe met the love of her life at age 17—only the fairytale took a violent turn and the nightmare lasted more than 30 years.

Finally, Lupe found the courage to pick up the phone. She called Pillars. Your investment in Pillars helped Lupe to change her life.

Read her complete story at www.pillarscommunity.org.