

Dustin's Story

Turning Point is like a guiding light for mental health. I was a pretty bad addict when I came here back in 2008. Turning Point helped me turn my life around. I was clammed up. It wasn't always easy for me to come forward. Then I realized that I'm not going to get anywhere if I don't let them know where I'm coming from and what's really going on. They helped me with coping and social skills so I could get back into an apartment and into the community. I was able to get a job, and I haven't stopped working since. What's most meaningful is how caring and attentive everyone is—willing to help anyone who's in crisis or just having a bad day. They're just, you know, very polite people. **I know what it's like to be new—to be vulnerable.** I've been there, so I've also been able to help other people who are transitioning into therapy. Sometimes they need a little bit of reassurance, or help navigating the building, or just someone to talk to you.



The groups are really good. Because of work, I'm only taking one group now—managing anxiety. In the past, I've been in so many. I can't even remember them all, but I loved every one of them. A lot of people don't really understand the mental health community. Sometimes we get a bad rap in the media when something bad happens, and they put the words mental illness in there. I don't like that. **Turning Point's new mobile crisis response is a brilliant idea. It's another tool that's going to save a lot of people a lot of tragedy.** ●

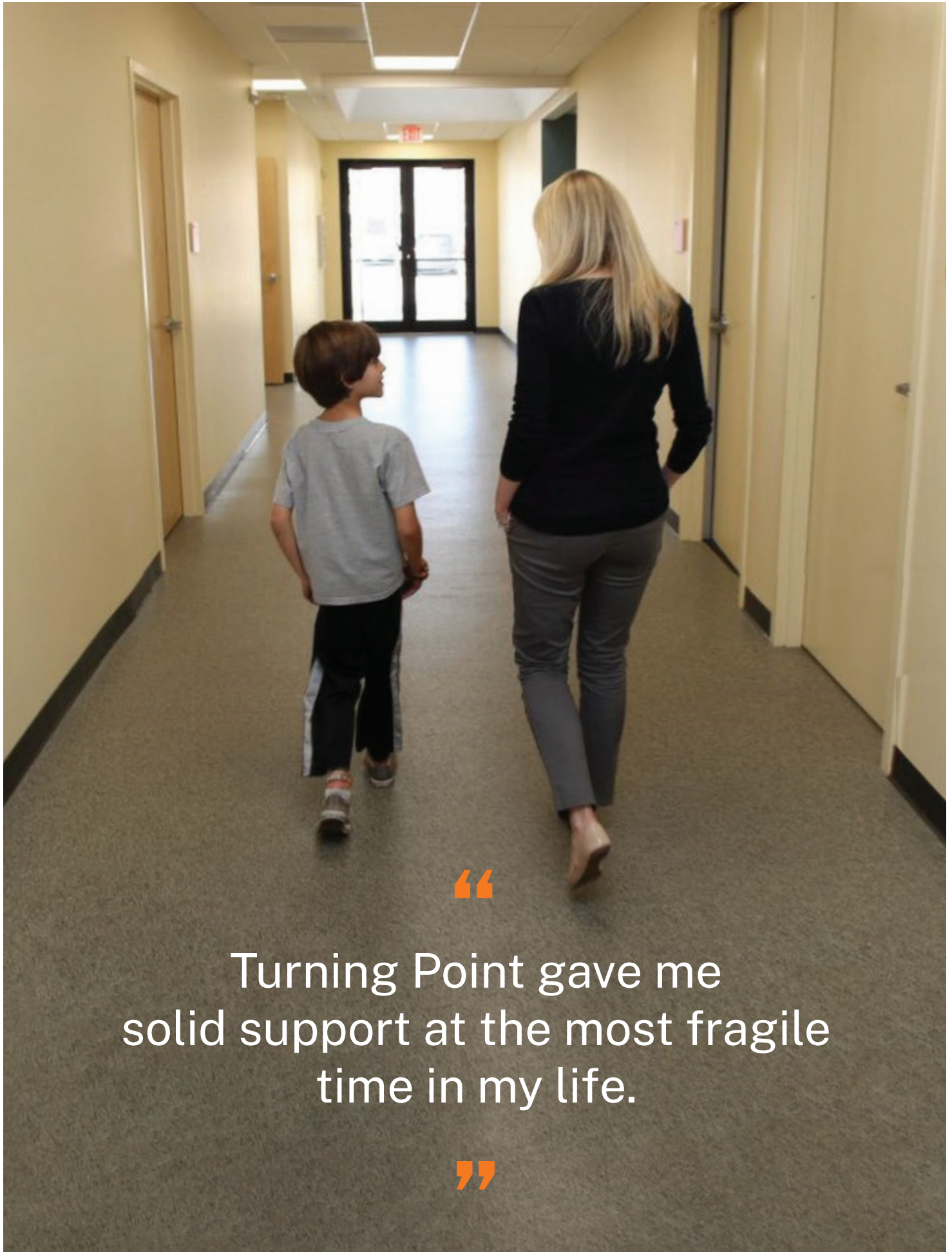


Allison Harned, MSW, MS

Board Member Spotlight: Allison Harned

What inspires me...

"I joined the Turning Point Board in 2024 but have relied on Turning Point in my work for many years. I've been a social worker in Evanston-Skokie School District 65 for over 20 years, and a teacher before that. Throughout my years with the school district, Turning Point has been such a great resource for the families I work with. I appreciate the wide range of robust services Turning Point offers to families at all economic levels. As a Board member, it's inspiring to see the work behind the scenes and to be part of its expansion, including a new Evanston location and mobile units. I am especially drawn to how Turning Point collaborates within the community and I know from years of experience that families in need can count on it." ●



“

Turning Point gave me
solid support at the most fragile
time in my life.

”

New Growth in our Groups Program

The groups are going strong!

Turning Point's therapeutic and community support groups serve as an essential support and skill-building structure for clients experiencing severe and/or chronic symptoms of mental illness. Turning Point's program is unusually expansive, hosting up over 30 groups weekly. The groups are wide ranging, helping individuals with socialization, skill building, community support activities, and self-care. They offer vital support and structure to clients as part of their overall treatment plans. Operating throughout the day, five days a week, groups at Turning Point are available for many levels of ability.



Elvis Munoz and Luz Hernandez from Advocate Health joining group leaders David Temple and Adam Levin at the Turning Point garden

The Garden Group

One of our popular and longstanding groups is the client gardening group which has maintained a vegetable garden on Skokie's headquarters campus for many years.

This group

offers skill building, as well as socialization opportunities. Produce from the garden is used by the various cooking and nutritional eating groups. Teamwork is central to this group whose members take charge of planting, maintaining the gardens in the warm months, and creating delicious soups during the winter. Clients enjoy the sense of community that comes with working together on a shared project that in turn supports other groups.

New growth in our garden!

This past year, the garden area enjoyed an exciting renovation thanks to the teamwork of our funders



Members of the area Rotary clubs join Development Director Jen Sultz to assemble the new garden

and participants. We are so thankful to our generous funder of this project, **Advocate Health**, and we are also grateful for the partnership of **Evanston Grows**, helping us design the new space. Special thanks too to the **Rotary Clubs** of Skokie Valley, Glenview, and Park Ridge, as well as Rotary District 6440 for joining us to help assemble our new garden and for their generous support of our therapeutic groups program. Much teamwork went into this new garden and it quickly exploded with a bounty of delicious and healthy crops!

A new group for teens!

This year, we were thrilled to launch a free support program for teens, **Asking for a Friend**.

This program is located at and in partnership with

Skokie Public Library. The program is free of charge, takes place monthly through the school year, and is off to a terrific start! For grades 8–12, the group discusses topics important to teens involving mental health and wellness and the students help to choose the topics to be discussed in the sessions. Many thanks to our partner Skokie Public Library, and to the **Skokie Community Foundation** and **The Education Foundation** whose support has made this year-long teen support program possible. ●



Julia Ilecki and Laurel Dooley, leading our new teen program at the library



What's keeping you from your goals?

A few recommendations from our staff to inspire action!

Be good to yourself.

Forgive yourself for not getting things done in the past. Look forward and focus on now.

Figure out what the block is for you.

Notice what fears or reasons for avoidance come to mind when you ask yourself why you are hesitating.

Start small and begin.

Make a commitment to complete one first step of a project that you've been planning. Take your first step right now.

Break it down.

Try working in half hour intervals followed by short breaks. Make it manageable.

Try teamwork.

Who can help encourage you to get started and stay on track? Maybe in return you can inspire your friend to tackle their projects too?



Turning Point's Community Impact

Providing solid support for 55 years

Our areas of service

- **Outpatient therapy** for children, adolescents, adults, couples, and families
- Over 30 different therapeutic and **community support groups**, meeting weekly
- **Case management** support
- Transitional **housing**
- **Free crisis support** through
 - **Living Room:** Both in Skokie and Evanston, our programs delivering expert and compassionate support for adults in crisis on a walk-in basis. This program has maintained a 98% rate of success in managing crises and deflecting individuals away from hospital emergency departments.
 - **Mobile Living Room:** We travel through our surrounding communities to provide support and education on mental health and wellness resources.
 - **Mobile Crisis Response:** This team provides phone support through our crisis line, and in person support throughout the communities we serve.

Top 5 conditions we treat

Adults



- Depression
- Anxiety
- Bipolar Disorder
- Schizophrenia
- Adjustment Disorder

Children/Teens



- Adjustment Disorder
- Anxiety
- Attention-Deficit/Hyperactivity
- Depression
- Major Depressive Disorder

Our client community

Turning Point serves a diverse community of clients. Of those we serve:

90%
are low-income

54%
are women & girls

34%
are people of color

14%
are teens & children (6+)



Clients come from **80+** surrounding area communities

This past year

We served **1,100+** individuals.

We provided **26K+** service hours.

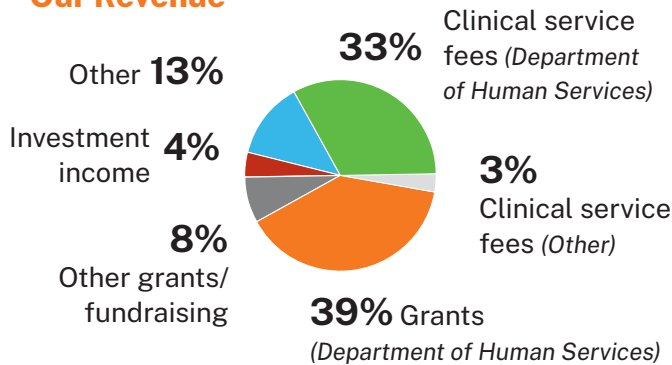
We completed **31K+** service visits.

Our Financial Overview

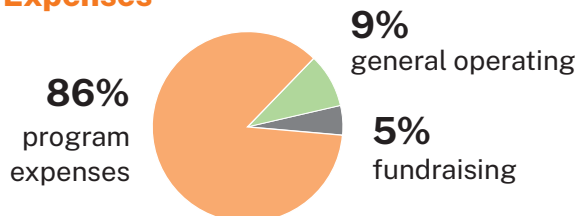
Our 2024 Fiscal Year

Total Revenue	\$6,740,929.00
Total Expenses.....	\$5,652,054.00
Beginning Net Assets	\$3,676,002.00
Ending Net Assets	\$4,764,877.00

Our Revenue



Our Expenses



Source: FY24 audited financial statements

Our Community

Your support makes ours possible. We extend special thanks to the following grant funders whose support has made our work possible:

- Advocate Health
- Helen Brach Foundation
- Cook County Bureau of Economic Development CDBG Program
- EA Foundation
- The Education Foundation
- Endeavor Health
- Illinois Department of Commerce & Economic Opportunity
- Illinois Department of Human Services
- The Reva & David Logan Foundation
- Maine Township
- Niles Township Government
- Northfield Township
- Park Ridge Community Fund
- Romano Wealth Management
- Rotary Club of Skokie Valley Foundation
- Substance Abuse & Mental Health Services Administration (SAMHSA)
- Skokie Community Foundation
- Village of Skokie CDBG Grant Program
- Woman's Club of Evanston
- Yield Giving



And our heartfelt thanks to all of the many individuals, foundations, and corporate donors and sponsors who have helped to sustain our work, allowing us to provide life-saving and compassionate care.

To see a full list of our honored donors, please visit www.tpoint.org/giving.



Turning Point Behavioral Health
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www.tpoint.org

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SPRING 2025
solid support when and where
you need it most

In this issue



Dustin shares
his story



Board Member:
Allison Harned



Growing our
Groups Program



Community Impact
and Financial Overview

Save the Date!



Join us for the final act!

We hope to see you on **June 20th** for the final event in our **LIGHTS ON** series, celebrating round-the-clock crisis support! More info at **tpoint.org**.