



2025 ANNUAL REPORT

Meeting Community Mental Health Needs

Dear Friends,

Over the past year, we intentionally grew our staff, increasing our number of employees by 33%. This strategic investment ensured we had the capacity to serve community members promptly, without a waitlist. As more individuals sought our support, we eliminated a common barrier in mental health treatment by providing immediate access to care when it was needed most.

This past year, we developed a new 2026–2028 strategic plan centered on Expanded Care, Reduced Barriers, and a Strengthened Community. We also revised our mission and values to better reflect our treatment philosophy and commitment to inclusive and equitable care for all.

Mission Statement:

Our mission is to provide community-centered mental health services that empower individuals and families to build resilience and lead lives filled with meaning, connection, and hope.

Values:

Compassion
Collaboration
Curiosity
Community

This coming year will be one of strengthening and preparation. We are building a comprehensive case management program to support clients navigating complex care systems while proactively planning for anticipated changes to Medicaid. Helping individuals overcome barriers to affordable care is more important than ever.

None of this work happens without you. Your partnership enables Thrive to grow thoughtfully, respond to emerging needs, and remain a trusted anchor in our community. Thank you for standing with us in building a future where compassionate care is within everyone's reach.

With gratitude,

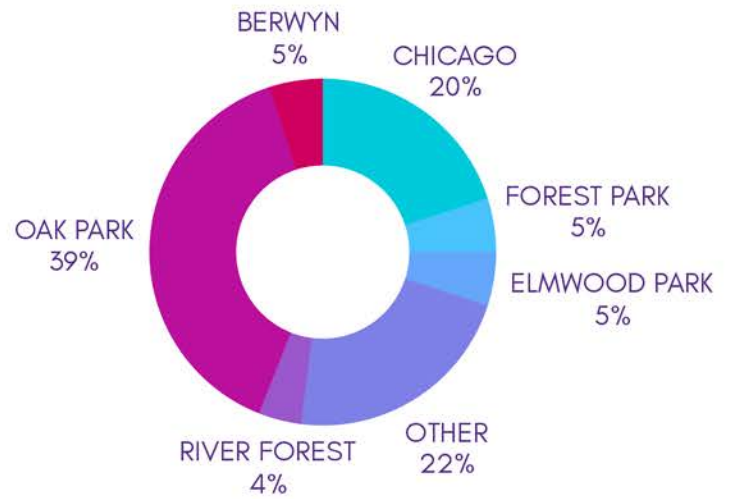


Jenni Rook
Executive Director

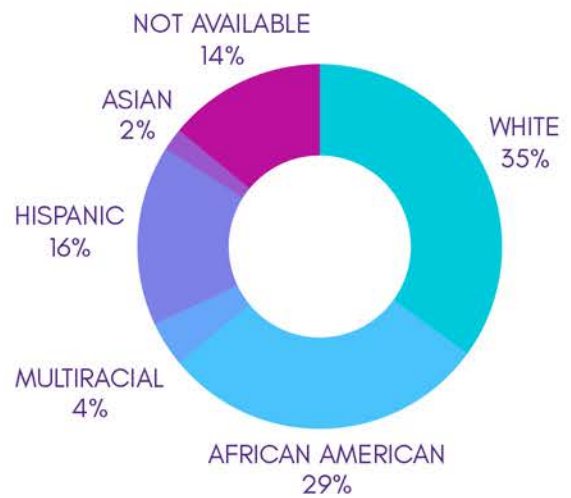
Client Demographics



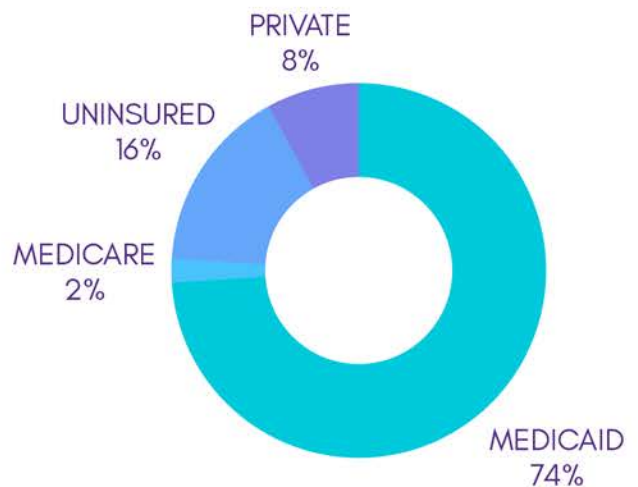
CLIENTS BY GEOGRAPHY



CLIENTS BY ETHNICITY



CLIENTS BY INSURANCE TYPE



Financials for Fiscal Year 2025

STATEMENT OF ACTIVITY

	2025	2024
Revenue		
Contributions, Grants and Events	\$ 1,717,292	\$ 2,062,068
Fee for Service	\$ 2,966,562	\$ 2,802,850
In-Kind/Investment/Other	\$ 200,178	\$ 213,080
Total Revenues	\$ 4,884,032	\$ 5,077,998
Expenses		
Program	\$ 3,308,535	\$ 3,081,672
Management & General	\$ 1,065,808	\$ 813,929
Fundraising	296,827	\$ 272,665
Total Expenses	\$ 4,671,170	\$ 4,168,266

STATEMENT OF FINANCIAL POSITION

Total Assets	\$ 4,302,048	\$ 4,325,066
Liabilities	\$ 565,856	\$ 302,638
Total Net Assets	\$ 3,736,192	\$ 4,022,428



At a Glance

Over 2,400 People Served Across Programs

ADULT AND YOUTH THERAPY

931

adults and youth received counseling and case management services

PSYCHIATRY

342

adults and youth obtained psychiatric assessment, medication management, and ongoing care

CRISIS RESPONSE

410

mental health emergencies supported through walk in, phone, and in-person assistance

SUICIDE PREVENTION

722

suicide prevention training participants

GROUP THERAPY

2,289

hours of group therapy provided

HOLISTIC CARE

25%

of clients access more than one service at Thrive



Your Support Saves Lives

BECKY'S STORY

Becky, a dedicated single mom, recently moved with her young son into a new home and noticed he was struggling to adjust to the transition. Seeking support, she brought him to Thrive for therapy.

During her son's sessions, the therapist noticed unresolved trauma affecting Becky and recommended that she also seek therapy. Trusting the therapist, Becky began trauma-focused therapy, which allowed her to process her past more effectively and improve her relationships, especially those connected to her trauma.

Over time, she gained better control over her emotions, felt less irritable, and was able to move past the sadness that had weighed on her daily life.



PETE'S STORY

I don't remember the first time someone said the word bipolar in connection with me, but I remember the feeling, relief tangled up with fear. For years, I had lived inside emotional extremes that didn't make sense. I wanted stability, but no matter how hard I tried to force myself into it, I'd get swept right back into the storm.

By the time I first came to Thrive, I felt like I had done years of group work and was finally ready for more focused, one-on-one help.

Starting therapy at Thrive changed things for me immediately. My therapist gave me space to be open in a way I hadn't experienced before, and the psychiatric team helped me find a medication plan that worked without making me feel like I was losing myself. For the first time, I felt like every part of my care was connected and intentional.

At Thrive, every therapist, every doctor, and every staff person has been kind, professional, and genuinely invested in my progress. Thrive has given me stability, dignity, and hope. They've helped me rebuild the parts of my life that bipolar disorder had shaken loose, piece by piece. And because of them, I'm living a life that feels steady and real, one that I can be proud of.



Program Review

ADULT, YOUTH, AND GROUP COUNSELING



Thrive's culturally responsive and specialized team provides compassionate care to children, adults, and families.

Our comprehensive therapy services include:

- Individual Therapy for Adults ages 18+
- Individual Therapy for Youths ages 6-17
- Family and Couples Therapy
- Intensive Trauma Treatment for Adults

PSYCHIATRY



Thrive offers psychiatry as part of a holistic approach to addressing mental illness. Diagnosis, prescription access, and medication management are supported by patient education and advocacy.

Our Psychiatric Mental Health Nurse Practitioners treat a wide range of mental health challenges and work with clients ages six and above.

24/7 CRISIS TEAM

Thrive's Crisis Program offers immediate support during mental health emergencies. The two-person crisis response team provides compassionate care, de-escalation, resources, and referrals.

Thrive offers mobile crisis support to Oak Park and River Forest, a walk-in clinic during business hours, and a 24/7/365 crisis telephone hotline.

COMMUNITY EDUCATION AND SUICIDE PREVENTION



Thrive provides free community education on a variety of topics through its *Thrive Talks* series. Thrive is also an accredited suicide prevention provider, delivering suicide awareness and prevention training.

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Thrive strives to recognize all donors who supported our work in 2025. If any names were inadvertently omitted or listed incorrectly, please accept our sincere apologies.



Our Vision

We envision a world where mental health is valued, proactively nurtured, and in reach of everyone.