

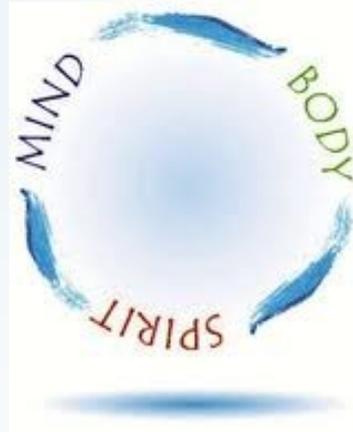
The Renaissance Collaborative

The mission of The Renaissance Collaborative, Inc. (TRC) is to promote self-sufficiency through an innovative and comprehensive network of supportive housing, employment, and educational services.

Since its inception in 1992, TRC has always put the interests of the people it serves first. Our value statement is: "All individuals have value and that they can better contribute to themselves, their families and their communities when provided the support they need."

With this value statement guiding all of its decisions, TRC has gained a reputation for excellence in developing creative supportive housing and employment solutions that renew people and build healthier communities. Using the asset-based approach, the agency works in three distinct business areas:

- Workforce Development
- Supportive Housing
- Senior Housing



The Renaissance Collaborative

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Health & Wellness

The Health and Wellness Manager promotes health and wellness as essentials for individual's well-being, development and self-sufficiency.

Services are designed to support residents with medication compliance, recovery, nutrition, mental health, vision and dental needs. Residents are counseled both on an individual case-by-case basis as well as in group settings.



Health & Wellness

Health and Wellness Services administer programming that promote health and wellness as essentials for individual's well being, development and self-sufficiency.

Services are designed to support residents with medication compliance, recovery, nutrition, mental health, vision and dental needs. Residents are counseled both on an individual case-by-case basis as well as in group settings.

TRC is linked with other community agencies through a large citywide network to ensure that our residents' needs are comprehensively addressed.



Substance Abuse Education and Referrals: Instruct residents on the physical and psychological effects drugs and alcohol have on health. Make referrals to community substance abuse treatment facilities for inpatient and outpatient treatment around issues of drug and/or alcohol abuse. To aid in relapse prevention, residents with positive results for drugs are offered out/in-patient treatment.

Counseling: Provide on-site counseling around issues of daily life, mental health, or chemical dependency.

Mental Health Referrals: Make referrals to community mental health centers for mental health counseling, assessment, and medication compliance.

Vision and Dental Referrals: Make referrals to The Illinois Eye Institute for vision care and for dental care through The Sprang Center, Goldie's Place, Fantus Clinic of Cook County and Community Based Dental Clinics.

Anger Management: Help residents find ways of conflict resolution, controlling anger, and temper reduction.

Men's Group/Women's Group: Facilitate groups dealing with issues confronting men and women respectively: Sexual and physical health.

Physical Health Referrals: Make referral to Chicago Board of Health, Fantus Clinic of Cook County, Near North and Other Community based Clinics.

Relapse Prevention: Assist residents in recognizing triggers that lead to relapse behavior and might lead to substance use.

Nutritional Counseling: Residents work in groups with a certified nutritionist to learn how to prepare healthy and affordable meals.

Health Education: Issues of health maintenance, sexual health, and controlling existing health issues.

Medication Monitoring: Ensure that residents are medication compliant for physical and mental health concerns.

Health & Wellness Groups:

Nutrition Group:

Residents will learn how to prepare healthy meals, recognize the nutritional make up of foods, and learn how the body uses food. They utilize financial resources wisely by learning how to make a meal on a dime.

Women's Group:

Groups are designed to educate women in identifying and addressing various problematic areas in their lives appropriately as well as aid women in breaking down barriers that hinder personal growth and self-development.

Relapse Prevention Group:

Recovery Relapse Series helps develop healthy responses and attitudes. The residents learn to deal with life on life terms, not on the unhealthy terms dictated by the disease. Recovery is not a single event, but a long and often difficult process.

New "U" Group:

The New "U" course is designed to increase the tenant's success in living by assisting them in obtaining the skills necessary to reach his/her objectives. Topics include time planning, communication and question asking skills, and personal issues that many of our tenant's face.