

# At the **Center** of it all: **Patient Care**

Investing in the **health** and **wellness** of people with **Down syndrome**

## Adult Down Syndrome Center

One of the key components of living a healthy life is mental health. About 40% of the Adult Down Syndrome Center's patients have mental health conditions, including depression, obsessive-compulsive disorder and behavioral problems.

At this time, the Center is without a key role: a psychologist. The Center's clinicians are not formally trained in the area of mental health counseling.

To optimize the assessment and treatment of our patients' mental health and provide a true, comprehensive, multi-disciplinary approach, we must add a full-time psychologist to our health care team. Transferring counseling services from the physicians and nurse practitioner, adding a component of family counseling and support, and offering neuropsychological testing will advance the Center's quality of care and help improve mental health in our patients. The addition of a psychologist would also provide the opportunity to expand our programs and classes.



### About the campaign

Recently, a close friend and loyal supporter of the Adult Down Syndrome Center agreed to donate \$2.75 million if the Center could raise an equal amount in support for the Research and Education Program.

Funds raised through the **At the Center of it all** campaign will support three growth areas: Patient Care, Education and Research. Your support will help the Center expand services and resources and share its findings with the broader medical community to support adults with Down syndrome who do not have access to a clinic such as ours.

### How you can help

To make a gift or to learn more, please contact Abby Leng, Development Manager, at 773-440-3819 or visit [advocategiving.org/adsc](https://advocategiving.org/adsc).