What is the recipe for a successful life?

For the individuals and families served by Prologue the basic ingredients are a home, support that builds trusting relationships, connection to resources for health care, jobs, benefits and opportunities to build self-sufficiency and self-esteem. Each person’s circumstance is unique so the additional ingredients vary to satisfy individual needs and preferences.

A homeless veteran and his family needed connection to housing but first had to overcome the suspicions of past involvements that set him back. The responsiveness of the case manager in our Homeless Outreach Team (HOT) helped him gain trust and be open to accept assistance to gain critical resources.

Our peer facilitators in the day program serve up their knowledge to others by teaching classes on Spanish, computers, art, games and exercise. In return they realize their potential and gain self-confidence.

In turn, the recipe for a successful organization is to ensure the provision of quality driven programs and services that address the needs and desires of the individuals we serve. In May of this year, many of Prologue’s programs achieved accreditation through CARF International, exemplifying our commitment to standards of excellence in the field of rehabilitation.

We have worked steadily this year to achieve our organizational goals. A new website was launched in December providing much improved access and information. Health and safety practices were enhanced through staff training and the arrival of four accessible mini buses. Two employees gained certification as Mental Health First Aid Instructors to educate others while reducing the stigma associated with mental illness. One Voice Northwest, our Recovery Community Center, completed its first year and was successful in expanding peer support services to individuals seeking recovery from substance use.

We realize as resources become scarcer we must raise funds to meet needs not covered by grants. Our Prologue Foundation Bull and Oyster Roast in March was a success, thanks to our generous sponsors, silent auction contributors and all who came out and supported us.

We extend our sincere appreciation to all who support our mission. Every gesture, both small and large, represents a key ingredient that when combined becomes a recipe for success.

Warmest Regards,

Kenneth Tabler,    Sendy Rommel,  
Chairman of the Board    President & CEO

DEAR FRIENDS,

A Generous Helping

Heat up an idea, take action, and mix in a bit of persistence, a dash of drive, a teaspoon of compassion and a pinch of belief. A little goes a long way.

Part of what Prologue has become known for over the years is generous helping. From its beginnings to its dedicated staff to its talented peer specialists Prologue is all about creating opportunities — one person at a time. That truly has been our recipe for success.

PROLOGUE’S MISSION

Our mission is to create opportunities for those with behavioral health needs and those experiencing homelessness by promoting positive change and offering person-centered support in recovery.
HOMELESS OUTREACH PROGRAM
ADDDING A SPOONFUL OF HOPE FOR THOSE WHO NEED IT

HOT: RESPONDING QUICKLY TO MEET IMMEDIATE NEEDS

Through expanded funding from Baltimore County, the Homeless Outreach Team (HOT) was formed with the charge to respond swiftly to requests from citizens to assist homeless persons and families and link them to services. In the past fiscal year, HOT provided outreach to 319 unduplicated persons who received 740 face-to-face visits. HOT visited 612 locations in Baltimore County including streets and sidewalks, median strips, wooded encampments, public libraries and other areas not intended for residential purposes.

PERSISTENCE PAYS OFF

In October, Eric and Wade, HOT case managers, responded quickly when told that a veteran was living in the woods with his family. They investigated and located a family of seven. The father was an honorably discharged veteran who had been injured and was unable to work. The parents sought to keep the family intact, with children ranging from the ages of four to seventeen. At first suspicious, they reported a miserable shelter experience, felt threatened with charges of neglect and potential removal of their children and had not received the services they sought. HOT worked to gain their trust and within one week of meeting them, connected the family with the Veterans Affairs Homeless Outreach Program; the family qualified for a VA housing voucher.

HOMELESS OUTREACH PROGRAM

PROLOGUE’S HOMELESS OUTREACH PROGRAM

A Recipe for Resiliency

Prologue’s Homeless Outreach Program (HOP) Street Team had worked with Crystal in the past and she was known at the Towson Outreach Center where she visited regularly to launder her clothes. A life-long County resident in her forties, Crystal was living out of her car in northern Baltimore County. As the winter temperatures dropped, she approached Prologue for assistance in finding a permanent home. Crystal possessed physical and intellectual limitations plus serious depression. Her limited disability income and poor credit history posed a substantial barrier to qualifying for her own lease. This time, Crystal resolved not to make changes that she had declined to address in the past; she had terminated an abusive relationship, comprehended that her serious health complications were due to her living situation and expressed a willingness to relocate to another part of the County for a fresh start. Crystal’s case manager met with her and proposed affordable housing options. Crystal determined that subsidized housing offered the greatest potential for living successfully on her own, and with the assistance of her case manager, she applied to various projects and kept interview appointments. The YWCA in Arbutus was impressed with Crystal’s resilience and commitment to succeed and offered her permanent housing. Crystal moved into her own apartment a few months later, creating her own recipe for success.
One Voice Northwest, Prologue’s Recovery Community Center offers one-on-one and group support to individuals in recovery from addiction and substance use. Program Coordinator Jaanine Smith recognizes that each person’s path to recovery is personal. “Hope was given to me, and I want to give it to others,” Jaanine says; “I want to be that beacon of light for people who have no hope, who have nothing. I remember being in a 28-day rehab and I was in a group listening to a woman talk — she was positive and happy and she gave me hope. I made the decision to stop using drugs and once I did, I became a mother, a sister, a daughter and a mentor. I want others to feel the energy I experience, and I’m doing it. At One Voice, I am in my element and I’m getting paid for it. It’s the icing on the cake!”

The Center is open afternoons and evenings on Monday and Wednesday and dishes a cafeteria of offerings that address the spiritual, physical and behavioral health needs of its members. Sessions include topics on meditation, nutrition and relapse prevention. Last year 118 people attended One Voice Northwest activities.

VOCATIONAL SERVICES & SUPPORTED EMPLOYMENT

Last year, Terri received a diagnosis of diabetes. Relieved that she discovered the cause of her vertigo, she enrolled in Prologue’s Health Home to learn about other physical symptoms she would need to address. The nurse care manager linked her to support groups in the community and within Prologue. Terri has changed her diet by reducing calories, eating more vegetables and choosing water instead of soda. She visits the nurse care manager regularly for weight and blood pressure readings and consults with her to discuss controlling blood sugar levels.

Terri is just one example of the 97 people who were enrolled in the Health Home, a service offered to those participating in Prologue’s Psychiatric Rehabilitation Program to coordinate their health needs with the goal of providing a “whole person” approach to increasing wellness. Others enrolled in the Health Home are aiming to control hypertension, engage in weight loss and end tobacco addiction.

SAVORING HEALTHY OPTIONS

WITH THE HELP OF HEALTH HOME

“Cook more. It’s good for you. You know exactly what you’re nourishing yourself with (which for me almost always includes a healthy dose of fresh vegetables). It allows you to feel the natural rhythms of life in a way that microwave frozen dinners never can.” — RICK BAYLESS

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VOCATIONAL SERVICES & SUPPORTED EMPLOYMENT

A PINCH OF THIS, A DASH OF THAT

Jean Shank and Michelle Smith’s purpose is to help people work. Last year almost one-third of persons enrolled in the Psychiatric Rehabilitation Program engaged in employment, volunteered regularly or pursued further education. Jean and Michelle are creative in their approach; they are always cultivating contacts, finding jobs and urging individuals to explore new options. At times, this may mean that someone takes an unexpected turn in a job search. Melissa spent years restricting her job hunt to one field but discovered that she had more options once she widened her search. She accepted employment and used the skills she gained from her first job to secure an even better one a year later with higher pay, better hours and closer to home.

Adding their own flavors to the mix are a number of individuals who stepped forward and offered to share their appreciation and expertise of Conversational Spanish, Computers, Math, Dance, Art, Exercise, Games and Sign Language. After overcoming the apprehension of being a leader among peers, the facilitators have reported their own increases in self-esteem. “It gives me a sense of accomplishment,” Sandy reports. Julie says of her group, “I feel a little nervous. I like to exercise. It makes me feel good.” Jenneh has offered a variety of classes this past year. “I love to teach. It doesn’t matter what it is. I like to spice it up.” Those attending enjoy it also. After the groups end and people prepare to leave at the close of the day, attendees share their approval and appreciation.

Peer Facilitators – Howard, Chad, Leonard, Julie & Jenneh

(Watch our short, creative promotional video, “You’re in the Driver’s Seat,” on our website at OneVoiceNorthwest.org.)
MENTAL HEALTH FIRST AID
In October 2014, Human Resources Director Karen Staley and Quality Improvement Director Caitlin Menleigh were certified as Mental Health First Aid instructors. Mental Health First Aid is an 8-hour course that teaches participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps one identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration’s National Registry of Evidence-based Programs and Practices (NREPP). Our goal is to certify all Prologue employees in Mental Health First Aid (thus far 50 have been certified). Prologue plans to offer the training to other organizations and groups in our community to improve awareness of mental illnesses and to decrease stigma.

CARF ACCREDITATION
In May 2015 Prologue earned the highest level of accreditation through CARF International. The programs receiving the three year approval include the Psychiatric Rehabilitation Program, the Health Home, and the Supported Employment Program. The CARF standards will continue to serve as a foundation to guide Prologue’s organizational development and commitment to quality driven services.

SEASONING OUR SERVICES WITH CERTIFICATIONS AND ACCREDITATIONS

SEASONING OUR SERVICES

Mental Health First Aid instructors Caitlin and Karen (top); Mini buses which were awarded through two MTA grants (bottom)
Without the continued support from the following list of dedicated and committed friends of Prologue, Inc. and Prologue Foundation, Inc., our ability to provide the quality and quantity of necessary services to our members would be greatly diminished. We sincerely appreciate their and are most grateful for their generosity.

Every effort has been made to ensure accuracy and include all donations. We apologize for any errors, and request that you notify us of any omissions and/or incorrect information. Donations are for the period of 07/01/14 through 06/30/15.

CASH DONATIONS

Prologue/Prologue Foundation Donations 2015

2015 2014

Unrestricted Revenues, Gains, & Other Supports $3,093,111 $2,972,160

Program revenue Government grants $1,096,051 $1,758,781

Contributions $1,899 $4,871

Food goods $49,721 $51,941

Supportive housing income $33,556 $38,665

Miscellaneous income Gain on sale of fixed assets $11,187 $16,313

Total Unrestricted Revenues, Gains, & Other Supports $6,084,821 $5,840,724

Expenses

Program Services

Community/sychiatric rehabilitation $1,523,093 $1,385,097

Rehabilitation $2,079,944 $1,999,605

Homeless services $1,545,140 $1,544,093

Total Program Services $5,120,412 $4,925,650

Support Services

Management and general $963,229 $975,211

Total Expenses $6,084,821 $5,900,861

Foundation, Inc.

Behavioral Health System Baltimore

Maryland Department of Health and Mental Hygiene, Behavioral Health Administration

Maryland State Department of Education

U.S. Department of Transportation

U.S. Department of Health and Human Services

Urban Development

U.S. Department of Transportation

Maryland State Department of Transportation

Maryland Department of Health and Mental Hygiene, Behavioral Health Administration

Maryland Transit Administration

Baltimore County Department of Health

United Way of Central Maryland

Behavioral Health System Baltimore

(formerly Baltimore Mental Health Systems, Inc.)

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ADMINISTRATIVE & HOMELESS OUTREACH OFFICES AND PSYCHIATRIC REHABILITATION PROGRAM
The Harry and Jeanette Weinberg Center • 3 Milford Mill Road, Baltimore, MD 21208 • 410.653.6190

Baltimore County Homeless Outreach Site
609 Baltimore Avenue, Towson, MD 21204 • 410.653.6190

Martylog Wellness and Recovery Center
3 Milford Mill Road, Baltimore, MD 21208 • 410.917.2702 (Info Line) • 410.653.6190

One Voice Northwest Recovery Community Center
3 Milford Mill Road, Baltimore, MD 21208 • 410.653.6190

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