



# a SIMPLE LIFE

Inspiring hope and promoting opportunities for positive change.

2016 ANNUAL REPORT

IT IS THE SWEET  
SIMPLE THINGS  
IN LIFE WHICH ARE  
THE REAL ONES AFTER ALL.

– LAURA INGALLS WILDER

PROLOGUE'S MISSION:

To create opportunities for those with behavioral health needs and those experiencing homelessness by promoting positive change and offering person-centered support in recovery. We strive to uphold our core values of community, respect, choice, support, wellness, recovery/hope, team and home.

# DEAR FRIENDS,

We often hear that a simple life is a good life. For the individuals and families we serve, life is anything but simple as they overcome obstacles inherent with mental illness, homelessness and related issues such as substance use and complex medical conditions. Our goal is to help make life as uncomplicated as possible as we engage individuals in our services and assist them in moving past the obstacles by promoting positive change, introducing opportunities and supporting them in reaching life goals.

As you'll read further, Alease and David found each other while working on their own recovery. They discovered sometimes life is easier when you support each other in life as partners. They have found the simple life in a home of their own through Prologue. Marvin thanks Prologue for giving him the freedom to grow. He found his simple life in obtaining a job and gaining satisfaction from earning an income.

At times, we work very hard to support families through difficult times and as in Tiffany's situation, although permanent housing was secured, life remains very complicated. And yet, a positive outlook like Zenaida's can inspire hope in others. A circle of friends, like those attending One Voice can make a difference in recovery from substance use. Peer support simply works!

The work that happens "behind the scenes" is critical to the success of our mission. Anthony and Nikki are two Prologue employees that keep things moving so people can obtain housing as swiftly as possible. Nikki says, "you can't do life without a home." Anthony and Nikki share the belief that if you receive housing first you have a home base for working on other life issues.

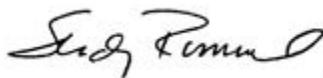
Life was not simple at Irvine Nature Center for our annual fundraiser, "Bee Inspired." In spite of the snow on that April 9th evening, we were inspired by an enthusiastic group that braved the storm to attend the festivities and support our mission. We thank our sponsors, silent auction donors and those that attended. We are so thankful for the generosity of others throughout the year. We simply couldn't do it without you!

Here's to a simple life.

Warmest Regards,



Chairman of the Board



President & CEO





PROLOGUE OFFERS

## BEHAVIORAL HEALTH SERVICES

to adults through its Psychiatric Rehabilitation Program (PRP) which operates day and residential components with case management, employment support and coordination of health home resources, all with the goal of enhancing health and recovery. Our peer support programs, Martylog Wellness & Recovery Center and One Voice Northwest, offer a recovery community in an atmosphere that promotes hope and fellowship. The

## HOMELESS OUTREACH PROGRAM

connects with homeless families and individuals with the goal of securing housing.

## COMMUNITY & CONNECTION

Alease and David met at Prologue in 2009 when they both were enrolled in the Psychiatric Rehabilitation Program. Alease gained the skills to succeed in living independently and applied to Prologue's Supportive Housing Program. In 2012, she was accepted and moved into a one-bedroom condominium unit in Reisterstown, paying an affordable rent based upon her income. David continued in the Residential Rehabilitation Program but lived nearby so they were able to spend most of their free time together. David wanted to move in with Alease, but he was not monitoring his insulin levels as directed by his physician. Alease volunteered to assist David in monitoring his health needs and improving his diet. Together, they increased their knowledge about managing diabetes through the Prologue Health Home. The couple began to accompany each other on all medical appointments. In March, David moved in with Alease. In April, they celebrated their commitment to each other by "jumping the broom" at a ceremony witnessed by their Prologue Family.

David and Alease have succeeded as a couple by taking advantage of multiple resources offered by Prologue: Health Home, Psychiatric Rehabilitation and Supportive Housing. Prologue developed the Supportive Housing Program for individuals who have gained the skills to live more independently but cannot afford market rents. They no longer need the support offered in the Residential Rehabilitation Program but want to live on their own. In the past year, 35 people lived in Prologue's Supportive Housing Program paying rents based upon a percentage of their income.



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At the close of FY 2016,  
**74%** of those   
INDIVIDUALS eligible  
for enhanced health  
coordination had  
ELECTED to   
receive HEALTH  
HOME SERVICES.

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## FREEDOM & CONFIDENCE

Ten years ago, Marvin entered the hospital. He describes himself then as isolated, paranoid and trusting no one. He began to participate in treatment, made steady progress and, in June 2016, he enrolled in Prologue's Psychiatric Rehabilitation Program. "Prologue has helped me a lot, the people, the groups, the housing," says Marvin. He appreciates Prologue's support in his desire to work. "Other programs, they won't let you do certain things, like get a job and earn money. Or, if they let you work, they take most of your money. From the beginning, Prologue has given me opportunities. Jean told me if I wanted to work, I could. I can work, I can drive and I am taking advantage of all that Prologue offers. I live with three nice guys and we watch sports together. The house is close to my job and I have friends at the program. Prologue has given me the freedom to grow," concludes Marvin.

Jean Shank and Michelle Rico are responsible for the success of Prologue's vocational program. They encourage people to seek employment, giving them confidence by assisting them in applying for jobs, creating resumes and transporting them to interviews. When not working with persons receiving services, Jean and Michelle are developing jobs by contacting prospective employers, urging them to hire people receiving Prologue services. Jean cultivated Royal Farms and Marvin was hired. "I found the opening, but Marvin deserves the credit. He takes his job seriously and he takes his rehabilitation seriously. He's motivated to work and do the right thing."



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Through Supported  
Employment,  
individuals gain  
confidence and valued  
roles working in the  
community reducing  
their dependence  
on federal and state  
benefits.

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## COMMITMENT & CARE

Zenaida joined Prologue in 2007, seeking support for her depression and anxiety following the death of one parent and the serious illness of another. She shared a home with two other women and learned to reduce her anxiety by joining activities offered by the Psychiatric Rehabilitation Program. Over the years, she has become a model for others: volunteering, praising others' successes in groups, sharing strategies for reducing stress and improving health. Her positive outlook inspires many and Alana Brown, the Health Home Nurse Care Manager, has noticed. Zenaida takes advantage of all that is offered by the Health Home. She meets with Alana regularly to measure her progress in promoting personal wellness by eating well, walking whenever possible and following up with health appointments.

Whatever the weather, Zenaida walks laps outside the building during free time, reminding everyone that improved health starts with a personal commitment.

Health Home services are available to individuals receiving psychiatric rehabilitation services. Classes are offered on nutrition and healthy lifestyles, plus Alana is available for one-on-one coaching and screenings. Besides promoting health education through formal settings, meetings and individual sessions, Alana and Jeff Martin, the Health Home Director, seek to coordinate care among health practitioners with the goal of improving health outcomes for persons with behavioral health diagnoses. Last year, 87 people were enrolled in the Health Home. Critical incident reports concerning somatic health issues decreased 40% from the previous year, perhaps due to coordination of care and other activities conducted by the Health Home.



"I appreciate what I have. I am a happy person. I try to be helpful. Helping others makes me feel good about myself. My advice is: don't give up, think positive and find things to be happy about."

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Somatic HOSPITALIZATIONS DECREASED BY 40% this year compared to last due to coordination of care.

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## HELPING ONE ANOTHER

One Voice Northwest is the peer-staffed recovery community center open to anyone affected by substance use. Jaanine Smith, Program Coordinator, and Peer Recovery Specialists, Susie Michaels and Wilbert Leonard, welcome all and challenge them to explore recovery. Last year, One Voice offered 57 support groups that focused on the importance of repairing relationships, growing a support network and confronting the challenges of obtaining employment with a troubled history. One popular event, "Bring a Friend Night," resulted in 40 new members sharing dinner and their recovery stories while building trust and fellowship. For these occasions Jaanine invites a variety of guests and their sponsors to share their paths to a healthy, drug-free lifestyle. Speakers of different generations who offer their stories of hope and resilience are awarded titles of "Newcomer," "Middle Man" and "Old Timer" based upon each one's time in recovery. Last year, 116 unduplicated people attended One Voice and staff provided 706 peer support sessions. Attendance has increased as news of the Center's welcoming atmosphere of trust and fellowship grows.

MARTYLOG

# PEER SUPPORT WELLNESS AND RECOVERY CENTER

provided 900 hours of programming, including two complete Wellness Recovery Action Plan (WRAP) classes, 24 WRAP support groups and 27 one-on-one peer-support sessions. Other activities included information on recovery, wellness of the body and mind and social/community activities and outings. Two employees, Sarah Burns, Coordinator and Karen Leighton, Peer Specialist, gained specialized certification in CCAR (Connecticut Community for Addiction Recovery).



# ONE STEP AT A TIME

The Prologue Homeless Outreach Team (HOT) case managers drive throughout Baltimore County to meet with persons living in cars, on the streets and in makeshift campsites and offer food, clothing and connections to resources. Funded by Baltimore County, HOT thrives by celebrating every advance in working with individuals who may be resistant to change. Examples of the successes from this past year include an individual who finally agreed to share her housing goals, another who received his first disability payment after finally gaining government-issued identification and another who accepted rehab as a crucial first step. Last year, this team drove to 543 locations, received 235 referrals and conducted 742 face-to-face interviews, offering connections to resources.

Many of those served through the Homeless Outreach Program include families with multiple needs and issues. Legal problems are not uncommon. Workers respond quickly to ensure safety and protect vulnerable persons from harm. Tiffany reported serious behavioral health needs and sought help from Prologue on a Friday afternoon with her husband and five children. Prologue placed the family of seven in a motel for two nights before space became available at the shelter. Once placed, family members were involved in various conflicts; members of the household threatened suicide and shelter staff observed family members engaged in altercations. Tiffany's case manager mediated to prevent ejection from the shelter, gathered funds to pay a security deposit and reconnected with another provider to donate funds to pay past utility bills so service could be connected. Not long after placement, the husband left, taking the four older children and most of the family's income. Tiffany remained in Baltimore with the infant. With Prologue's continued involvement, Tiffany secured permanent housing.

Homeless services are funded by a patchwork of grants from federal, state and local governments defining the extent of services that can be offered and eligibility requirements. Prologue cannot achieve success without its many partners who pitch in to offer flexible funding so people can secure housing. We depend upon resources offered by the United Way of Central Maryland, the Prologue Foundation, local churches and other nonprofits to fill the gaps so people can secure housing, stabilize income and obtain access to healthcare.

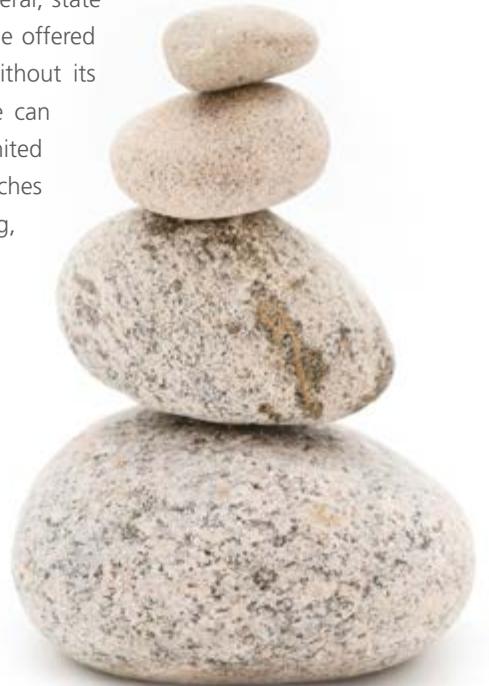
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The Prologue  
HOMELESS OUTREACH  
Program SERVED  
**1,200**   
PEOPLE, including  
over 142 children and  
214 were housed.

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**THE THREE  
RULES OF WORK:  
FROM DISCORD FIND HARMONY.  
OUT OF CLUTTER FIND SIMPLICITY.  
IN THE MIDDLE OF DIFFICULTY  
LIES OPPORTUNITY.**

— ALBERT EINSTEIN



## BEHIND THE SCENES: TRYING TO MAKE THE COMPLEX SIMPLE

Prologue's goal to secure housing for homeless individuals and families is challenged by the limitations placed by funders and the increasing scarcity of resources. Most of the grantors direct that monies are to be spent only for direct services or for specific uses, requiring Prologue to subsidize "behind the scene" activities essential for the program's success. Yet those who work in support roles contribute significantly to the Homeless Outreach Program's commitment to serve many people well, utilizing all available resources. Among those employees dedicated to fulfilling Prologue's mission on behalf of homeless persons are Anthony Haskins and Nikki Connelly.

Anthony acts as the air traffic controller for the Homeless Outreach Program; he directs funds that case managers can use with the ultimate goal of securing housing. Case managers consult with him routinely to determine what funding is available and what documents are needed to access the grant funds. Anthony's official title is Financial Administrator; he is responsible for maintaining the budget, submitting expenditures reports with requests



for payment plus satisfying need and eligibility requirements for each grant. Anthony also oversees data entry into the homeless management information system (HMIS), the vehicle that measures performance of homeless service providers and determines future allocations. Everyone in Homeless Outreach consults with Anthony daily to ensure that limited resources are used in the most efficient way.



Nikki, as the Continuum of Care Housing Coordinator, is responsible for advocating that every available dollar be used to house more people. Her formal duties are to screen housing applicants, calculate rents and submit requests for rental payments on their behalf -- plus determine that the proposed housing meets quality standards. Nikki builds relationships with landlords and county and state officials to "keep all parts moving"

with the goal of rapidly housing individuals and families. Nikki likes to get to know the applicants as people and believes that everyone deserves a chance for a new start. She advocates for approval of additional housing units if funds appear to be available, resulting in more families qualifying for housing. Most people are satisfied with the initial allocation offered, but if an event occurs that may result in the opportunity to secure housing for more people, Nikki advocates expansion so another person or family can move into a home. The end result is she is working harder than ever, but more families have been housed through Prologue due to her efforts. In 2016, Prologue's Homeless Continuum of Care Housing grants served 67 adults and more than 50 children.

NEVER  
OVERLOOK  
THE POWER  
OF  
SIMPLICITY.

— ROBIN S. SHARMA

# PROLOGUE/PROLOGUE FOUNDATION DONATIONS FY 2016

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 and vital services to our members would be greatly diminished. We sincerely appreciate their involvement and are most grateful for their generosity.

## CASH DONATIONS

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\* 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 07/01/15 through 06/30/16.

# PROLOGUE, INC. STATEMENT OF ACTIVITIES

Years ended June 30, 2016 and 2015

	2016	2015
<b>Unrestricted Revenues, Gains, &amp; Other Supports</b>		
Program revenue	\$3,858,390	\$3,933,111
Government grants	1,896,371	1,996,931
Contributions	6,503	8,189
Food program	47,388	45,746
Supportive housing income	33,492	33,356
Miscellaneous income	4,843	321
Gain on sale of fixed assets	—	11,187
Total Unrestricted Revenues, Gains, & Other Supports	5,846,987	6,028,841
<b>Expenses</b>		
Program Services		
Community/psychiatric rehabilitation	1,578,660	1,523,993
Residential rehabilitation	1,943,336	2,051,279
Homeless services	1,636,535	1,545,140
Total Program Services	5,158,531	5,120,412
Supporting Services		
Management and general	923,051	963,229
Total Expenses	6,081,582	6,083,641
<b>Net Assets</b>		
Change in Unrestricted Net Assets before		
Unrealized Gain/(Loss) on Interest Rate Swap	(234,595)	(54,800)
Unrealized Gain/(Loss) on Interest Rate Swap	(66,195)	(3,212)
Change in Unrestricted Net Assets	(300,790)	(58,012)
Unrestricted Net Assets – Beginning of Year	4,804,567	4,862,579
Unrestricted Net Assets – End of Year	\$4,503,777	\$4,804,567

This statement has been audited by Handwerger, Cardegna, Funkhouser and Lurman P.A. Complete audited statements with accompanying notes for Prologue, Inc. can be obtained by contacting the administrative offices of Prologue, Inc. at 3 Milford Mill Road, Baltimore, MD 21208, (410) 653-6190.

## PROLOGUE AND ITS AFFILIATED ENTITIES RECEIVED GRANT FUNDS FROM THE FOLLOWING SOURCES:

U.S. Department of Housing and  
Urban Development  
U.S. Department of Health and  
Human Services  
U.S. Department of Agriculture  
Maryland State Department of Education  
Maryland Department of Health and Mental  
Hygiene, Behavioral Health Administration

Baltimore County Core Service Agency  
Baltimore County Department of Planning  
United Way of Central Maryland  
Behavioral Health System Baltimore (formerly  
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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  
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