

PROLOGUE INC. **2017** ANNUAL REPORT

THE MANY PATHWAYS TO RECOVERY



**“Over every mountain there
is a path, although it may
not be seen from the valley.”**

– THEODORE ROETHKE

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..

Since its founding 35 years ago Prologue has sought to offer support and connect people to services so they can have successful and hopeful lives. Over the years we have steadily built a culture of success as we cultivated a set of shared core beliefs, values and practices. This past year a group of employees on the Staff Advisory Team worked to expand and further define these so we move forward to improve the quality of our interactions with the people we serve and with each other. When we define the essence of our organizational culture, the bottom line is encouraging success – for the people we serve, for our employees and for the company.



We have witnessed over these many years that there are many paths to recovery and that each person defines his or her direction and is guided by the hope of a successful life. We provide a support system; we listen and show empathy as we work together to provide hope during the journey of recovery from mental illness, substance use, domestic violence and trauma and homelessness.



As we work with individuals to identify and achieve their life goals inevitably there are obstacles along the way. Lola wanted to work and persevered as she gained confidence, overcame past circumstances and was supported every step of the way by Jean until she surpassed her own dreams. Fatima fled a life of domestic violence with her children and has been focused on success including gaining citizenship and preparing to buy her own home. Rhea spent many years on the streets, struggling with mental illness and lack of connection to services. She found that connection with Prologue.

Sadly, this year we mourned the loss and celebrated the life of Stu Hancock, our Homeless Outreach Director of many years. He contributed to our success and the success of many through his tireless advocacy. His work will live on in our homeless outreach site as we revitalize it to better serve the community. Thank you Trinity Episcopal Church and Department of Planning (especially Terri Kingeter and Andrea VanArsdale) for supporting our mission and believing in Stu's dream!

Each year adds another layer of richness to our culture. It's the combination of the community of people that support us that in turn gives us the energy to support others and always stay true to our mission. We are deeply appreciative.

Warmest regards,

A handwritten signature in black ink that reads "Ken Tabler".

Kenneth Tabler
Chairman of the Board

A handwritten signature in black ink that reads "Sindy Rommel".

Sindy Rommel
President & CEO



TACKLING THE OBSTACLES

FATIMA

SUCCESS THROUGH SUPPORT AND DETERMINATION

Fatima came to Prologue in 2011 through the Homeless Outreach Program. When she entered a domestic violence shelter with her two young children, she had limited English language skills and no social support network. Her third child was born while living in the shelter. As a nurse in Nigeria, Fatima sought to use skills already acquired and become a certified nursing assistant. She also worked on increasing her English language proficiency while living with her family at the shelter. Norma was assigned as her case manager and she advocated that Fatima lease a house that had been recently purchased by Prologue. With a housing voucher issued by the County but little income and no job experience in the United States, Fatima was unable to qualify for utility service and other credit. Prologue offered Fatima

a lease that included utilities. She moved in and learned to navigate the County, learning the bus system, obtaining employment in a nearby senior community and finding day care for her children. Fatima was determined to acquire the skills that others seek in fulfilling the American dream of independence and success. In the years following her move to Prologue's supportive housing program, she obtained her driver's license, purchased a car, applied for naturalization and became a citizen with varying degrees of support from Prologue. Fatima now has approached Prologue to purchase the house where she has lived since 2012 by qualifying for financing offered by first-time homeowner's programs. Fatima is grateful for Prologue's support and looks forward to sharing her success with other family members.

“Vulnerability is the birthplace of connection and the path to the feeling of worthiness.”

—BRENE BROWN

LOLA

STUMBLING AND GOING FORWARD

Lola contacted the state for help with obtaining employment and was referred to Jean of Prologue's vocational services program. Lola's chosen profession was a teacher, however, in the past, she had stopped taking her medications; resulting charges prevented her from returning to the education arena. She was despondent over her circumstances. Jean's first assignment was to help boost Lola's confidence so that she might prevail in her job search. Jean helped her apply for jobs and accompanied her on interviews. Lola was able to obtain a tutoring position but was frustrated with the sporadic working hours. After discussing her goals with Jean, Lola decided to pursue a different path and accepted employment as a housekeeper at a nearby hotel. The heavy lifting

caused her problems so Jean advocated that Lola be transitioned to a job with less lifting. The manager agreed and Lola now staffs the breakfast bar. Lola is pleased that she has successfully returned to employment and enjoys the responsibility of maintaining food offerings and keeping the area clean and welcoming. She has obtained her driver's license, bought a car and lost weight. On her days off, she engages in activities that give her satisfaction: walking and going to the gym. Lola appreciates Jean's support.

"Jean believed in me when I didn't believe in myself. I was down and out and she brought me up. I am so grateful."

RHEA

SMALL STEPS LEADING TO CONTINUITY

Rhea was known to Prologue Homeless Outreach for five years before she agreed to accept Prologue's offer to secure permanent housing. She appeared timid and polite and had reported that she had been homeless for nearly 20 years. She accepted a one-bedroom apartment in Dundalk, and Prologue purchased furniture for her. Not long after her placement, Rhea exhibited symptoms that jeopardized her housing – disturbing neighbors, setting off fire alarms and responding to hallucinations. She was hospitalized and Prologue's Homeless Outreach Team offered a plan to save her housing placement by connecting her to assertive community treatment so that

behavioral health professionals could travel to her to meet and assist in controlling her symptoms. She also agreed to meet regularly with a Prologue housing case manager so she would maintain continuity in treatment and not risk losing her housing. Prologue further assisted Rhea in obtaining identification so she could apply for benefits. Rhea's disability application was handled by Prologue's SOAR coordinator and she qualified for benefits. Five Prologue staff worked tirelessly in the past year, contributing time, expertise and resources so Rhea could succeed in her home. Rhea celebrated the one year anniversary of her lease signing on November 1st.

PHOTOS (left to right): Lola and Jean; Rhea in front of her apartment



PATHS TO RECOVERY: THE WELLNESS CONNECTION

At Prologue, recovery encompasses more than controlling psychiatric symptoms. Each person deserves access to the services and resources of choice; Prologue's job is to offer connections that will lead to one's own path of recovery. This past year, a variety of alternative strategies have been created to promote good health and wellness.

REDUCING SMOKING

Persons with mental illness are among the highest users of nicotine products in this country. Smoking is linked to many chronic illnesses including COPD, lung cancer, and heart disease – all contributing to a shortened life span. Prologue has sought to educate individuals of the risks and help them take steps to limit and stop smoking. Health Home staff, plus three employees who have acted as smoking cessation facilitators, offered individual meetings, nicotine replacement aids and strategies for reducing cigarette consumption. In the last fiscal year, 70% of those enrolled in Prologue's Health Home reduced smoking through the support of Prologue.

PROMOTING MIND AND SPIRIT

Prologue has long offered group sessions on managing symptoms of mental illness and reducing stress. Over time, the day program has expanded offerings to include alternative tools to increase wellness including Tai Chi, Positive Thinking and Wellness Recovery Action Plans (WRAP®). More than a martial art, Tai Chi encompasses breathing, movement and meditation by promoting internal balance and greater self-awareness. One participant describes the benefits she has received: "Thanks to Bobby, Tai Chi has given me self-confidence." The Positive Thinking group meets weekly to channel negative attitudes and promote a positive mindset to aid in recovery. Attendees learn to recognize the harmful effects of cognitive distortion due to a negative experience and explore ways to promote and share mindfulness using a gratitude jar. WRAP® is a self-designed prevention and wellness process in which each individual identifies one's personal tools for wellness and early warning signs to address potential problems. All these groups offer nontraditional means for people to overcome barriers to good mental health.

"GREETIN', EATIN', AND MEETIN'" – SHARING RECOVERY STORIES

One Voice Northwest, Prologue's Recovery Community Center hosted several events throughout the year so people are inspired by others' recoveries. These Bring-A-Friend nights attract a crowd that seeks the recovery fellowship – sharing a simple dinner and their stories about recovering from addiction.

One night featured the “dinosaurs” who spoke of 20 or more years of sobriety and shared their perspective to offer hope to those beginning recovery. Another night was a musical theme and featured a rap artist. Whatever the theme, each event welcomes all and provides a meeting that incorporates the Twelve Steps of Recovery. Last year, 176 people attended One Voice Northwest, which was an increase of 60% from the prior year.

PROLOGUE’S MASCOT

Monkey is the popular furry face of Prologue’s peer support programs. The most-often mentioned name in consumer satisfaction surveys, Monkey is available to offer emotional support to everyone. He loves to accompany individuals throughout the building (in areas where he is authorized by the Prologue Pet Policy) and is always looking for someone with whom he can play and share his toys. Monkey’s presence aids in the important mental health benefits of reducing anxiety and increasing positive outlook. This 12-pound dynamo has supplied an added bonus; he has succeeded in diminishing some individuals’ long-standing fear of dogs.



BUILDING A COMPANY CULTURE

Since its founding 35 years ago, Prologue has sought to offer support and connect people to services so they can find meaning and purpose in their lives. This core belief is shared with employees from the very first day of work, when they are introduced to the mission. During orientation and beyond, employees are guided by supervisors and co-workers to act in a manner that upholds Prologue’s core values and beliefs, offering respect and dignity to individuals served.



This past year, promoting a company culture of collaboration and empathy for others was a focus of employee activities. The Staff Advisory Team (employee volunteers) organized quarterly events to offer a few hours break from duties, increase morale and publicly recognize those employees who were nominated by their peers for exemplifying Prologue’s core values. After an afternoon of activities, nominated employees are lauded for displaying values of Support, Team, Respect, Wellness and Community through work. The Employee of the Quarter is drawn from the nominees and is awarded a gift card and the Prologue Cup, a trophy held by the employee until the next quarter’s winner is recognized. Honored employees from this past year include Anthony Haskins, Erica Brown, Charlene Gaskins and Jennifer Troutman.

PROLOGUE PARTICIPATES IN POLICE CRISIS INTERVENTION TRAINING (CIT)

Prologue has been an integral part of the Crisis Intervention Training (CIT) implementation for Baltimore County. CIT is a 40-hour intensive interactive training that is offered to police officers to assist them in developing skills necessary to both recognize and respond to those in the community who may be experiencing a behavioral health crisis. The skills gained through this training allow for better outcomes in the community for both officers and citizens. This program was implemented by Baltimore County Crisis Response System (BCCRS) and is reliant on community partners for the program's success. Prologue has worked closely with BCCRS since the inception of this program and was the host twice this year for

the off-site community provider portion and we plan to host this training portion going forward. Prologue works with CIT coordinators to develop a day visit to the Psychiatric Rehabilitation Program (PRP) for the 40 enrolled police officers. Debbi Sauers, PRP Director, and Wade Pratt, Homeless Outreach Coordinator, educate the officers on available services. After the educational session, officers are invited to participate in various classes offered in the PRP in an effort to encourage open communication and dialogue with consumers. This off-site visit is an integral part of the CIT curriculum; many officers who have participated in the class comment on this being the most valuable take away from the training.

FROM HOMELESSNESS TO PERMANENT SUPPORTIVE HOUSING

Nikki Connelly, Prologue's new Homeless Outreach Director (previously our Continuum of Care Housing Coordinator), believes that everyone should have a home to have a good life. In 2017 Prologue was awarded funding for eight new slots of housing. We housed 24 people in eight units. Housing truly makes a difference:

- Three couples came directly from homeless encampments after living on the street from one to three years.
- One individual had been homeless on the street for nearly 20 years. She was struggling with mental health issues and no connection to resources. She was housed within the same week of her intake and connected directly to emergency mental health treatment.
- One young adult had been sleeping on a park bench for over a year. Since he has established a stable place to live, he has been working closely with his treatment team.

- A family of four was placed in housing after living together on the streets for over 10 years.
- A mom and her two children were placed into housing after fleeing a dangerous domestic violence situation.
- A widowed mom and her eight children were housed. Housing had been difficult to locate and afford with such a large family. PSH helped her settle into a place so she could reach her personal goals. Since housing, she has been able to start working again and her kids are connected to a school and improving academically and emotionally.

In addition to housing, the grant provides funding for case management services to provide support and connection to community resources to ensure housing stability and continued success.

“Not all those who wander are lost.”

– J. R. R. TOLKIEN

A TRIBUTE TO STU HANCOCK

1947 - 2017 



Stu had a great passion for his work as Prologue's Homeless Outreach Director. Since 2000 he led the way in providing services to individuals and families that were homeless in Baltimore County. He was a passionate advocate, a mentor and recognized as an outspoken community leader. He was stubborn about what he believed and relentless in the pursuit to make a positive difference. He had a heart of gold and easily connected with the homeless population. More than anything he loved connecting with the guys at our homeless outreach site in Towson. He shared his philosophy, "where the rubber meets the road," as the mantra that guides the outreach team as they journey through the county meeting people in need wherever they are – in campsites, shelters and on the streets. He left us with many "Stuisms." He would say "Don't promise anything you can't pull directly from your pocket" and don't ever say "trust me" or

"I know how you feel." He would stress that homelessness doesn't have a particular look – we are all vulnerable and that people are not homeless people, they are experiencing homelessness at this time in their lives. One of his team reflected, "He led by example, respected others and made everyone feel important...most of all he was real." A Prologue Board member reflected, "Stu worked tirelessly for homeless people...and was one of the nicest, funniest, most genuine men that I have had the pleasure of knowing."

Stu's spirit lives on in his work and his Prologue family will forever be grateful to have shared the journey with him.

SUPPORT STU'S DREAM

Stu had a dream that one day Prologue would own a permanent location for our Homeless Outreach site. His wish is being realized as we are purchasing our site at 609 Baltimore Avenue in Towson from our long-time partner, Trinity Episcopal Church with a grant provided by Baltimore County Department of Planning. I guarantee Stu is grinning about it!

Look for news in the near future of how you can join Prologue's effort to revitalize the site to better serve the community. To honor Stu's work we will name the outreach center in his memory.



PROLOGUE/PROLOGUE FOUNDATION DONATIONS FY 2017

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.

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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 07/01/16 through 06/30/17.

PROLOGUE, INC. STATEMENT OF ACTIVITIES

Years ended June 30, 2017 and 2016

	2017	2016
Unrestricted Revenues, Gains, & Other Supports		
Program revenue	\$4,009,058	\$3,858,390
Government grants	2,048,001	1,896,371
Contributions	6,439	6,503
Food program	50,242	47,388
Supportive housing income	32,087	33,492
Miscellaneous income	4,201	4,843
Gain on sale of fixed assets	1,800	—
Total Unrestricted Revenues, Gains, & Other Supports	<u>6,151,828</u>	<u>5,846,987</u>
Expenses		
Program Services		
Community/psychiatric rehabilitation	1,429,052	1,578,660
Residential rehabilitation	2,100,936	1,943,336
Homeless services	1,760,835	1,636,535
Total Program Services	<u>5,290,823</u>	<u>5,158,531</u>
Supporting Services		
Management and general	959,118	923,051
Total Expenses	<u>6,249,941</u>	<u>6,081,582</u>
Net Assets		
Change in Unrestricted Net Assets before		
Unrealized Gain/(Loss) on Interest Rate Swap	(98,113)	(234,595)
Unrealized Gain/(Loss) on Interest Rate Swap	108,757	(66,195)
Change in Unrestricted Net Assets	<u>10,644</u>	<u>(300,790)</u>
Unrestricted Net Assets – Beginning of Year	4,503,777	4,804,567
Unrestricted Net Assets – End of Year	<u>\$4,514,421</u>	<u>\$4,503,777</u>

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,
Behavioral Health Administration

Baltimore County Core Service Agency
Baltimore County Department of Planning
United Way of Central Maryland
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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

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