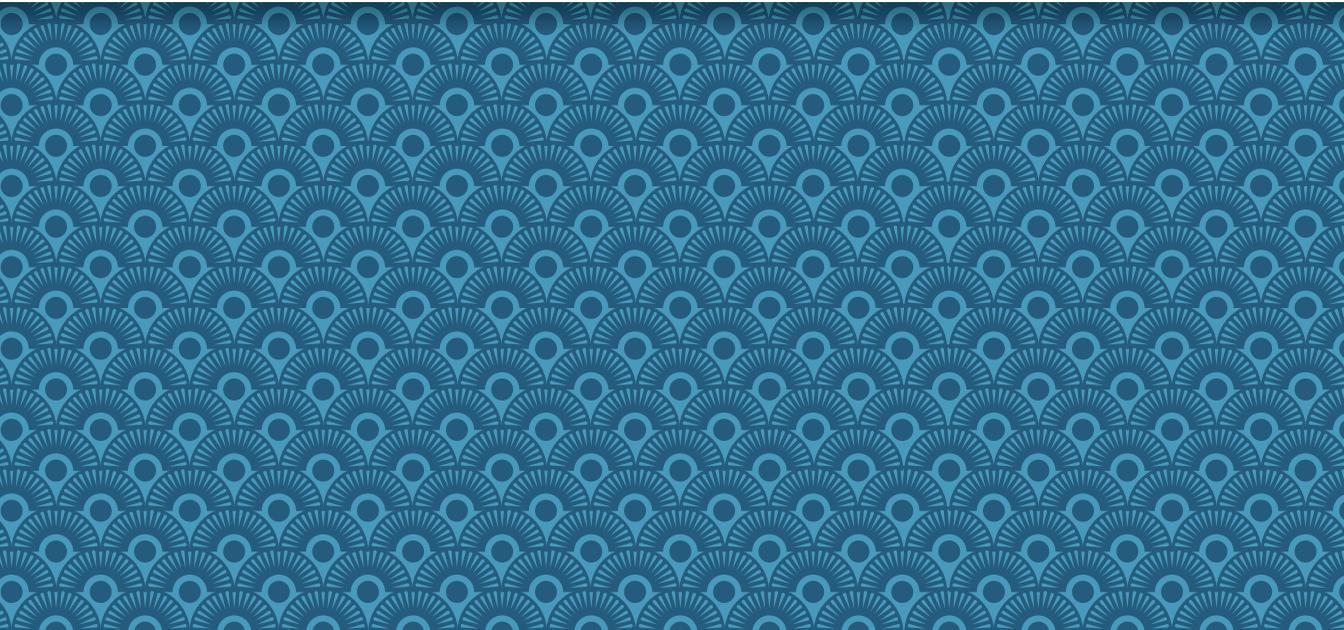




SYMBOLS OF HOPE AND HEALING

Transformation in Process

2019 Prologue Inc. Annual Report



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,

When we have our initial contact with people they often are experiencing the worst times in life, feeling flat or stuck by mental illness, homelessness, trauma, domestic abuse, incarceration and addiction. These challenges cause great personal loss – estrangement from family and natural supports, compromised physical health and feelings of hopelessness for the future. As we begin our work we recognize the importance of connecting with each individual in ways that are personally meaningful to restore basic life needs, engage in recovery and develop supports. Through these efforts individuals begin to take small steps, make deliberate choices and see life take shape and transform into new possibilities.



Our partnership with BWI airport led us to Mr. H, who experienced a mental health crisis when his wife died. He lost everything and used the airport as a safe shelter for two years. At a shelter for domestic violence, we met Katrina and quickly learned that she wanted much more than being a victim – she had a focus to help others in need as she worked to become a peer specialist. Mia, a single, young mother showed exceptional resilience to overcome the adversity of homelessness and provide for her family. Marvin and Wilbert have enriched their lives through recovery, finding new dimensions that bring joy and fulfillment and balance to living with mental illness. At our peer-run wellness and recovery centers lives unfold and personal power expands, when natural support is received and personal stories of recovery are shared. Through connection life takes on new dimensions.



We wish Beverly Marlowe-Hancock a Happy Retirement! She has made a difference in the lives of many as the Intake Coordinator for the past 20 years. We greatly appreciate her dedication and caring spirit.

As a new year unfolds and changes, we wish you hope, joy and good health! We are grateful for your support.

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



Health Home

IMPROVING THE HEALTH OF PERSONS SERVED



In Fiscal Year (FY) 2019, Prologue's Health Home envisioned a goal of encouraging persons served to take charge of their health. Health Home Director Chris Green explored population management strategies by collecting patient data so that people can live healthier lives. Motivated by a recent local measles outbreak this past year, Chris conducted a review of measles immunity to determine who needed boosters to improve their immunization status. She also offered an educational session on dental health when she discovered that 48 percent of Health Home participants had not visited a dentist within the past year. Her efforts have given rise to an increased number of clients seeking and obtaining dental care. Look for more smiles this year at Prologue!



Reports of somatic health incidents involving persons served have decreased 57% this past year.

One concern raised by persons served was the burden in obtaining and keeping therapy appointments. Chris identified a healthcare practitioner willing to visit patients at Prologue, easing anxiety about missing appointments, eliminating travel times and simplifying the prescription process for persons new to the program. By the end of the fiscal year, 17 people had opted to have their medication management and therapy services delivered to them at Prologue. This trend is expected to continue.



“To transform yourself, you don’t need to do big things. Just do small things in big way. Transformation will follow you!”

Rahul Sinha



Homeless Outreach

OUTREACH AT THE AIRPORT

In today's modern world, travel is a given. Many homeless persons have sought out the safety and anonymity of the airport. Prologue responded to the Maryland Department of Housing and Community Development's (DHCD) proposal to identify and link to services those who use the BWI Thurgood Marshall Airport for shelter. Prologue's Homeless Outreach Program expanded outreach activities to include traveling to the airport in the evening, nights and early mornings to identify and conduct outreach to homeless persons who shelter there. Activities included helping people obtain birth certificates and state-issued identification so that they can access housing, employment and healthcare.

Mr. H experienced a mental health crisis after the death of his wife. After consistent outreach for almost two months, Mr. H started to open up to the outreach workers. He shared that he was a veteran and had been "living" at the airport for at least two years. Because of his mental health, he lost his job and had difficulty maintaining his home and life. He hid his homelessness from his children because he felt they should not have to take care of him.

The outreach worker helped Mr. H get his birth certificate from New York, which had been a major barrier to helping him obtain housing. With the birth certificate, Mr. H was able to get an ID and apply for a variety of housing options. Mr. H also got connected to Prologue's Outreach Center in Towson so he could shower, do laundry, and have a place to receive mail. After helping Mr. H accomplish these small tasks, he opened up even more and allowed us to connect him to mental health treatment and housing waitlists. After seven months, a rare housing opportunity became available and Mr. H obtained his own apartment under Prologue's Continuum of Care (CoC) housing program. He has been able to reconnect with his children and grandchildren and has a place to call his own. His mental and physical health have improved significantly since he has been housed.



Prologue met and connected with 234 people and had 1,864 face-to-face contacts with homeless individuals at BWI during FY 2019. Each person contacted was offered information about resources and shelter. Sixty-four individuals were connected to permanent or temporary housing.



A PROCESS OF FOLDING

Katrina – Continuum of Care Housing

When things don't go our way, we fold and turn inward. Folding is often taken as a sign of defeat. But sometimes by folding one can create something new. Katrina was weakened by her addiction and found that in her recovery, taking one step at a time, she transformed herself into someone helping others. She sought Prologue's services while staying in a shelter for victims of domestic violence, looking for housing for herself and her two children. Her case managers first obtained birth certificates so she could get identification and qualify her family for services. Another step was to obtain a driver's license; this was accomplished through Prologue funding and assistance. Another larger goal is within reach; Katrina has completed her coursework and is seeking certification as a peer recovery specialist.

Today Katrina is sculpting a life that is working better for her and those around her. "I want others to know there are people that care about you and your family just like Prologue has cared for me," says Katrina.

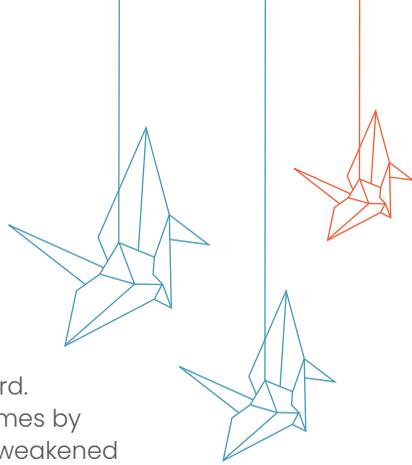
HOMELESS SERVICES FOR YOUTH AND YOUNG ADULTS

Mia was referred to Prologue by another young person receiving services. She is a young single mother who needed housing and wanted to continue her education, but was forced to couch surf due to poor credit and limited funds. She was eligible for a housing voucher; Prologue helped pay her previous utility debt and contributed to her initial rental expenses so that Mia was able to qualify for housing. Those who have worked with Mia are amazed at her resilience and commitment to provide for and maintain her family in the face of adversity.



“In origami the first folding should be done very well, so that the paper can stand. So it is in life.”

Anonymous



HOPE AND HEALING

“With the same few folds, one pinch with a different pressure can make a big difference.”

– Giang Dinh



Supportive Housing

BEING PRESENT WITH MUSIC



Wilbert entered Prologue from the State's forensic services system in 2008. In 1986, when Wilbert was pursuing his doctorate degree he experienced his first psychiatric symptoms. Illness interrupted his plans.

After years of hospitalization, his treatment team determined he was ready to live in a community setting with supports offered by a program like Prologue's. Prologue Intake Coordinator Beverly accepted Wilbert's application and offered him a placement in the Residential Rehabilitation Program. Wilbert complied fully with the terms of his treatment plan and in 2013 completed the obligations of his conditional release. Recognizing the importance of maintaining continuity, Wilbert elected to stay connected to Prologue and sought supportive housing operated by Prologue.

Since graduating from the day program, Wilbert has attended community college, has worked part time as a peer specialist at Prologue, exercises regularly and pursues his interest in classical music. He plays bassoon and is a member of a community orchestra that is rehearsing for an upcoming

concert. He aspires to teach and expand his musical interests by performing in other venues.

Wilbert is appreciative of all who assisted him this past decade: his psychiatrist Dr. T, Beverly ("the first person I met from Prologue"), Jaanine of One Voice Wellness & Recovery Center and many others at Prologue who have offered him support in his recovery. For Wilbert, his life has transformed from a flat, two dimensional world to a multi-dimensional, ever changing and unfolding life.

He is grateful that he can plan for a future that includes performing and says, "My life is stable. I have a great life with a car and a nice place to live. Now I need to buy a suit."

”



“Music can change the world because it can change people.”

Bono



Increasing Employee Skills

Prologue employees gain the skills and knowledge to perform their duties professionally. All employees providing direct services are certified in First Aid, CPR and Mental Health First Aid. Staff also have completed training this past year with topics ranging from Opioid Abuse, Assessing the Risk of Suicide or Harm and Addressing Mental Health Concerns in Patients with Diabetes. Prologue's Health and Safety Practices are shared with all employees with the goal of reducing health risks to everyone served.



This past year, 83% of employees completed required training within the scheduled due dates. 100% of direct service workers are required to be certified in First Aid and CPR.

HELPING OTHERS TAKE FLIGHT



Cameko "CC" Richardson's official job title is Vocational Specialist, yet her co-workers would describe her as a coach, advocate, cheerleader — and

now, life saver. Since arriving at Prologue in 2017, CC has advocated consistently on behalf of those seeking purpose through employment. If someone wants to enter the workforce, CC meets with the job seeker and together they develop a vocational plan. CC wants every individual on her caseload to experience the pride of working and to enjoy the rewards of a paycheck — she coaches people through the interview process, calls prospective employers (with the individual's permission) to assist in gaining a job offer or mediates after hire, so each individual is given the best chance to succeed.

CC's credo in helping others was tested last fall. She was one of the staff who accompanied persons served by Prologue to Ocean City for a three day mini-vacation. When one individual

choked on an oyster from the raw bar, CC rushed over and, remembering her First Aid training, successfully performed abdominal thrusts. The individual thanked her and returned attention to the balance of his dinner (passing over the remaining oysters) while CC experienced relief, satisfaction, exhilaration and a dash of trauma. According to the National Safety Council, choking deaths are the fourth-leading cause of accidental deaths in the nation. CC prevented one individual from becoming another statistic.

CC's commitment to service has earned her accolades as Prologue Employee of the Quarter. All at Prologue are thankful that she has recovered from that scary moment; and she volunteered once again to act as escort on the next annual trip to the beach!



Staff

STAY BEAUTIFUL, BEVERLY!



After 20 years as Prologue’s intake coordinator, Beverly Marlowe-Hancock is retiring to take time for herself. She has been the face of Prologue since 1999; every individual who has sought entry into Prologue’s Psychiatric and Residential Rehabilitation Programs has met Beverly for the initial interview. Personable and professional, Beverly succeeded in making each person feel welcome and at ease by engaging in conversations exploring goals and offering hope and support. A co-worker described Beverly as a “walking disco ball” with her contagious energy and enthusiasm. Co-workers will miss Beverly’s

sparkling laughter. One individual, served since 2001, expressed her gratitude to Beverly recently through a Prologue Kudos: “There are not enough words to express what you have done for me since coming here...Thank you for your support! Stay beautiful.”

Residential Rehabilitation Program

MINDFULLY CHOOSING HIS PATH



For decades, Henry would soar with success in his career and family life, and then crash and burn — hospitalized involuntarily, facing criminal charges and destroying all that he had accomplished. At this stage of his life, he is determined to move deliberately and with intention.

Four years ago, Henry entered Prologue’s residential rehabilitation program and accepted a slower, more deliberate pace to restore his life, his health and his relationships. He accepted the guidance

of others and chose to act with intention, consulting with his rehabilitation team prior to undertaking each change. Henry is no longer required to stay with Prologue, but has embraced the continuity it has offered as he prepares to return to work full time while maintaining his progress in recovery. His gracious manner and cheerful example have served as a model to others who, in turn, seek him out for advice.



Peer Recovery Centers

Prologue's Pikesville location is the site of two Peer Recovery Centers — Martylog and One Voice Northwest — offering hope and resources to behavioral health consumers in Baltimore County.

MARTYLOG

Martylog is a peer-run mental health wellness and recovery center that uniquely offers evening hours once during the week and on weekends, so individuals can access resources, enjoy planned activities, socialize, have fun and reduce isolation while working on their individual recovery. Outings this past year included visiting Valley View Farms, bowling; indoor swimming and visiting Bon Secours Retreat for picnicking, walking on trails, visiting their Zen garden, and mindfully walking the labyrinth. Martylog served 147 persons in FY 2019.



Martylog offered 64 activities during the year to assist attendees in developing natural support networks.



“You are never too old to set another goal or to dream a new dream.”

C.S. Lewis

ONE VOICE NORTHWEST

One Voice Northwest is a Recovery Community Center, known as “The RCC.” The staff, all in recovery from alcohol or drug addictions, have not only chosen a new way of life, but are willing to be living examples of how productive and happy individuals can be after choosing to embrace this new lifestyle. The RCC embraces, supports and encourages all the varied and unique pathways a person may choose to explore recovery and provides a safe, secure and drug/alcohol-free zone for people to re-discover, or maybe discover for the first time, the joys of living life clean and sober. Besides the many social and sharing activities conducted this past year, people from the Baltimore County Health Department shared information about the devastation caused in the community by the rise in opioid deaths. Thirty members learned how to revive and administer life-saving Narcan.



Besides conducting outreach at various locations, the RCC served 223 persons during the year and offered 194 one-on-one mentoring sessions.

PROLOGUE/PROLOGUE FOUNDATION DONATIONS FY 2019

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 individuals and families would be greatly diminished. We sincerely appreciate our friends' involvement and 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 07/01/18 through 08/31/19.

PROLOGUE, INC. STATEMENT OF ACTIVITIES

Years ended June 30, 2019 and 2018

	2019	2018
Unrestricted Revenues, Gains, & Other Supports		
Program revenue	\$ 4,046,995	\$ 4,155,651
Government grants	2,328,422	2,183,966
Contributions	9,590	15,010
Food program	51,126	54,716
Supportive housing income	14,354	21,478
Miscellaneous income	280	82
Gain on sale of fixed assets	0	59,936
Total Unrestricted Revenues, Gains, & Other Supports	6,450,767	6,490,839
Expenses		
Program Services		
Community/psychiatric rehabilitation	1,532,542	1,544,431
Residential rehabilitation	1,889,931	2,122,481
Homeless services	2,065,459	1,916,040
Total Program Services	5,487,932	5,582,952
Supporting Services		
Management and general	911,717	880,975
Total Expenses	\$ 6,399,649	\$ 6,463,927
Net Assets		
Change in Unrestricted Net Assets before		
Unrealized Gain/(Loss) on Interest Rate Swap	51,118	26,912
Unrealized Gain/(Loss) on Interest Rate Swap	(42,525)	71,884
Change in Unrestricted Net Assets	8,593	98,796
Unrestricted Net Assets – Beginning of Year	4,613,217	4,514,421
Unrestricted Net Assets – End of Year	\$ 4,621,810	\$ 4,613,217

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

Maryland Department of Housing and Community Development
 Baltimore County Local Management Board
 Baltimore County Core Service Agency
 Baltimore County Department of Planning
 United Way of Central Maryland
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Debbi Sauers, PRP Director • Jeff Martin, Assistant PRP Director
Tim Carroll, Facility & Fleet Manager • Nikki Connelly, Homeless Outreach Director



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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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