



PREFERRED

BEHAVIORAL HEALTH GROUP

An Oaks Integrated Care Affiliate

FOR OVER 40 YEARS
CHANGING LIVES...SAVING LIVES



ANNUAL REPORT 2019

A MESSAGE FROM OUR CEO

Dear Friends,

What a year of transformation, revitalization, and growth! It's with the generosity, confidence, and kindness of our donors and supporters that we have been able to serve the community for over 40 years. Preferred Behavioral Health Group (PBHG) continues to be the premier non-profit organization in Monmouth and Ocean counties that has been an invaluable resource for those individuals and families dealing with mental health and substance use issues. Every day, we are changing lives and saving lives.

As PBHG continues to evolve, we have enhanced our services to meet the growing needs of children, teens, adults, families, and seniors. In 2019, **Trauma Informed Care** was implemented throughout our entire organization. Trauma Informed Care is an approach for treatment, safety, and wellness that understands and acknowledges the profound neurological, biological, psychological, and social effects trauma has on individuals. All PBHG clients and staff are seen through this lens in order to best meet their needs. PBHG has been recognized as, and is proud to be, a trailblazer in Trauma Informed Care.

PBHG has grown to employ over 450 certified and professional staff members. To be able to provide the highest levels of quality care, and to support the employees with qualified resources, we also have a robust Internship Program which enables undergraduate and graduate level students the opportunity to gain the skills and experience required for their degrees. Our staff and interns demonstrate an unparalleled commitment to, and dedication for, providing compassionate care. This past year, we are proud to have accepted our first medical residents from the Hackensack Meridian School of Medicine at Seton Hall University— a collaboration that will only grow stronger in the future.

And during the past year, Preferred Behavioral Health Group received the "2019 Employer of the Year" award from the New Jersey Business and Industry Association (NJBIA). We are humbled and proud to receive this honor, because we truly value the dedication, commitment, and passion of everyone on our staff.



Special thanks to the support of the community, our board members, and donors. Together, we can continue to change lives and save lives!

With sincere appreciation,



Mary Pat Angelini
Chief Executive Officer

PREFERRED BEHAVIORAL HEALTH GROUP AT A GLANCE

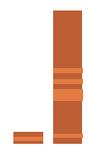
We provided services for over
 **30,000** individuals
last year

 **70** specialized
programs

 **450+** certified and
professional
staff members

We serve individuals from
 **birth** to **104** years
old

 **15 locations**
and in many of the local schools

For every \$1.00 received,
 **\$.88** goes directly to
those we are
serving.

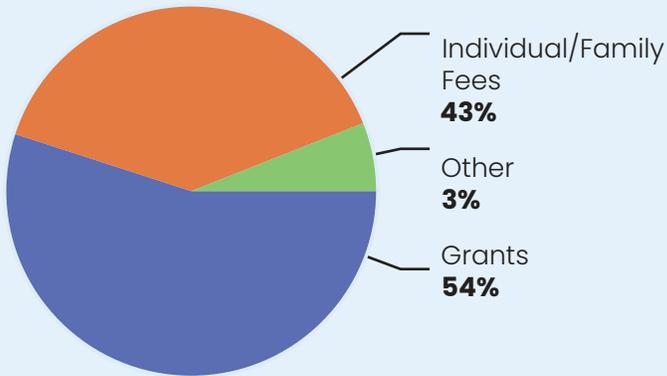
FISCAL YEAR 2019

Revenue

by Sources of Funding

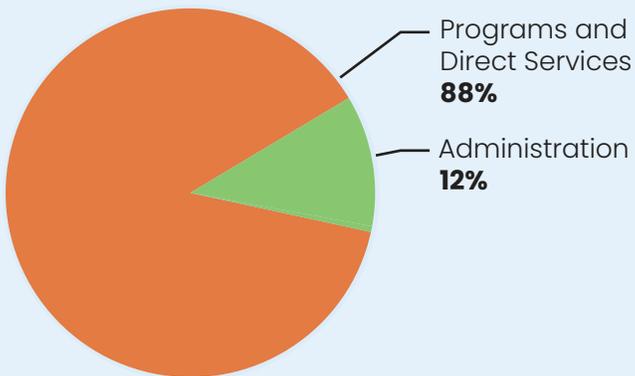
\$26,487,685

FY 2019 Revenue by Sources of Funding



Expense

FY 2019 Expenditure by Expense Category



Mission Statement

To deliver quality and compassionate behavioral health services to individuals and families all the time through a Trauma Informed Care philosophy and approach.

Vision

To be a center of excellence that focuses on innovative wellness through compassionate care.

Values

Compassion, honesty, accountability, integrity, respect, and cultural competence.

Promise

To change lives and save lives through a strengths-based approach, helping individuals achieve their full potential and enhancing their quality of life.



OUR 4 CENTERS OF EXCELLENCE

ADULT MENTAL HEALTH SERVICES

Supporting adults with mental health needs with short-term to long-term counseling, supportive living skills, access to resources, residential options, education and employment services, and day programming.



Carmella & Jim

“If I didn’t accept the help from Preferred, the way I was going, I’d be dead. Preferred helped me obtain two of my life goals: to get my college degree and to get married!” – Carmella

Jim and Carmella, both diagnosed with bi-polar disease in their early 20’s, spent years abusing drugs and alcohol, and struggling with paranoia, anxiety and depression. They both got help through Preferred Behavioral Health Group – with housing, medication-monitoring, education and employment coaching, and day programming. Today, their illnesses are controlled by medication, they are happily married, running their own cleaning business, and recently moved into an independent apartment for 55+ seniors in Toms River.

YOUTH AND FAMILY SERVICES

Assisting infants, children, teens and families through a variety of innovative and effective prevention and treatment programs – in the home, in schools, and in family-friendly counseling centers.

“I know for a fact that without Project Independence, I never would have made it to college. I didn’t have a college fund, no money for tuition or books, nor did I have a clue about the steps I needed to take. My counselor Lori has been and always will be a shining beacon of hope.” – Angela

Project Independence provides comprehensive life skills for youth aged 14-21, primarily for those who are in out-of-home placements, such as foster care. Due to parental mental health issues, Angela was placed in foster care at age 16 and joined Project Independence at age 17. She is now a senior living at Ramapo College and plans to earn her Master’s Degree in Forensic Psychology.



Angela & her Project Independence Counselor, Lori

SUBSTANCE USE SERVICES

Providing assessments, counseling, and outpatient, medication-assisted treatment services by licensed professionals to help individuals recover from addiction.

Fighting an addiction is harder than fighting in a war...in war, your fellow soldiers have your back; in the drug world, it's brutal; no one has your back. - Marvin

Suffering from undiagnosed PTSD after serving in the Army Rangers for Operation Desert Storm, Marvin turned to drugs to mask the pain, and spent 25 years in and out of prison for drug offenses and struggling with his drug addiction. The STAR program (Support Team for Addiction Recovery) seeks out people like Marvin and provides direct case management and recovery support services for individuals with opioid use disorders. A year and a half later, Marvin remains sober, has had his driver's license restored, is close to securing permanent housing, is active in Preferred Behavioral Health Group group sessions and Narcotics Anonymous, and is training to become a Peer Recovery Specialist.



Marvin & Peer Specialist, Nicole

EMPLOYEE ASSISTANCE PROGRAMS (EAP)

Specializing in services to corporations, school districts, police & fire departments and emergency services, our full-service, individually tailored EAP programs provide workplace support for over 8,000 employees and their families.



We have been using Preferred Behavioral Health's Employee Assistance Program for more than a decade now. It's incredibly helpful to have this resource available to us and being able to provide this resource to our employees. We've used it when staff/families have been in crisis or when stress becomes overwhelming. Being a part of this program has been a tremendous help to our staff and their families as well as myself from a managerial position within our company.

- Terri D., USI

After 19 years as a Police Officer, the daily stress started to take its toll on me and affect my life in a very negative way. I began having a hard time separating work from my personal life. I knew it was time to do something or risk not making it the next 6 years to retirement. I decided to try the Employee Assistance Program that I had heard about through my employer. I knew the time had come where I could no longer deal with my problems by myself and I was afraid of losing not only my job, but my family as well. Within 20 minutes of my first appointment with Tracy, I knew I had made the right decision. Tracy's approach, her compassion, her humor and her genuine concern changed my career - and my life. The changes I was able to make made me a better Police Officer, father and husband.

- A Very Thankful Police Officer

YEAR IN REVIEW

An organization is only as good as its people, and we are proud to highlight a few of our individual and organizational recognitions received in 2019.

- Mary Pat Angelini, CEO, was selected by New Jersey Biz as one of the Best 50 Women in Business.
- Tara Chalakani, Vice President of Youth and Family Services, received a prestigious LeadNJ Certificate that highlighted her work in trauma informed care and the Outstanding Leader in Children's Services award from the New Jersey Association of Mental Health and Addiction Agencies.
- Our program directors Sandy Grebel and Anna Kline received Mental Health Advocate awards.
- Anna Kline received the Health Provider of the Year award from the Crisis Intervention Team of New Jersey.
- Preferred Behavioral Health Group was named Outstanding Employer by the New Jersey Business and Industry Association.



Through over 70 specialized programs, we provide education, support, assistance, and treatment.

Our Prevention First programs empower children to make healthy decisions. Topics such as substance use/misuse, violence, and bullying are presented in engaging and interactive ways.



Jackson, our Therapy Dog, continues to delight and inspire staff and clients alike in many of our programs.



Preferred Behavioral Health Group is represented at outreach and community events throughout Monmouth and Ocean counties, spreading awareness of our programs and services.



Through a federal grant, we offer mental health awareness training throughout Monmouth and Ocean counties to law enforcement, emergency first responders, veterans, and military members and their families.

We are grateful and very appreciative to our corporate financial donors, event sponsors, and those individuals and community organizations that support our coat, toiletry, and school supply drives that directly benefit the children, individuals and families we serve.



As a leader in the field of behavioral health, we strive to educate and inspire through informational seminars, events, open houses, and more.

Seeking a deeper and more personal look at the depth and breadth of our services, our Board of Trustee members participated in an intensive Board Retreat, visiting many of our programs and hearing directly from those who have received our services.



Many of our programs celebrate the holidays in grand style! Holiday Express, once again, provided a wonderful party for over 150 of our Adult Partial Care participants. Our youth programs celebrated with different types of activities and parties, and our Healthy Families program welcomed Santa who distributed a big bag of gifts generously donated by the employees of Kohl's of Ocean Township.



Taking the lead in mental health and addiction services, we provide education and awareness on topics central to our mission. An Educational Breakfast featured a renowned leader in drug awareness training, Douglas Collier, who provided educators and parents with valuable information on the current vaping epidemic among teenagers. Our Prevention First team offered additional valuable insight and access to resources.



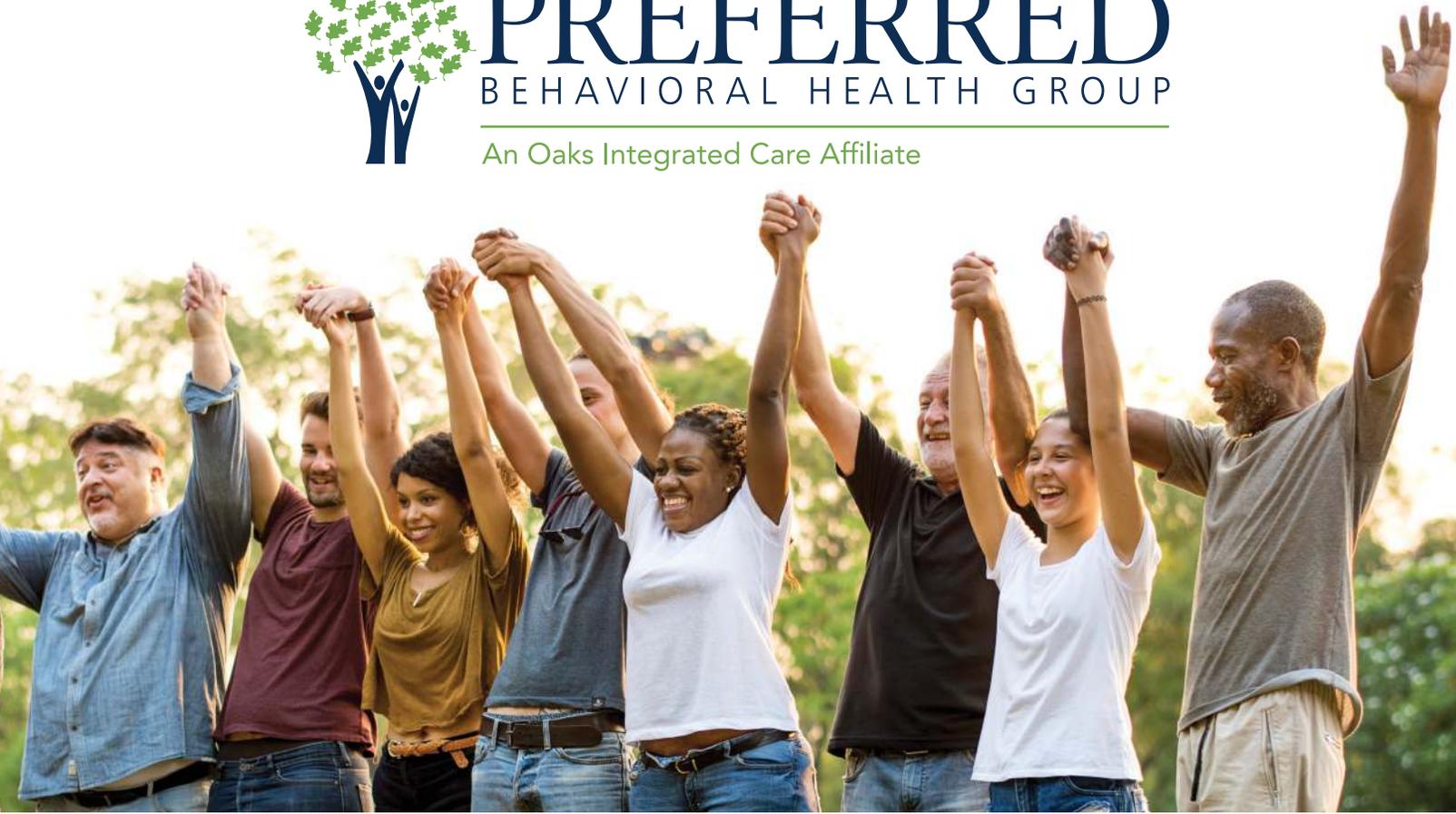
An Open House highlighting our Monmouth County Substance Use Services programs in Ocean Township gave us the opportunity to showcase our expanding services.



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Mary Pat Angelini
Chief Executive Officer

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Laura Messina
*Vice President of
Substance Use Services*

Leisha Thompson
*Vice President of
Adult Mental Health Services*

Tiffany Cummins, M.D.
Medical Director



*CARF has accredited PBHG for the following programs: Partial Care and Intensive Outpatient and Outpatient Substance Use services for adults, Outpatient and Partial Care Mental Health services for adults, Preferred Center for Children and Families, SAIL and Preferred Employment Services

preferredbehavioral.org