

Hope. Heal. Thrive.



ANNUAL REPORT 2023



PREFERRED
BEHAVIORAL HEALTH GROUP

An Oaks Integrated Care Affiliate

OUR MESSAGES TO YOU

A Message from Tara Chalakani, PsyD Chief Executive Officer



Dear Friends of PBHG,

This past year has been incredibly rewarding. I am honored to reflect on the many wonderful accomplishments we've made during my first year as CEO!

Our services expanded with the impressive award of two grants that provide direly-needed mental health and prevention supports to public and charter school students in Monmouth and Ocean Counties; NJ4S.

As we grow in Ocean County, we also expanded our footprint in Monmouth County with a much larger location in Eatontown that now provides traditional outpatient for adults and children in addition to prevention and substance use services.

As I visited our sites and programs this year, I was touched by the passion and warmth that lives here at PBHG. The dedication of our staff and the quality of care provided here is humbling.

PBHG staff are continually recognized with awards and accolades for being experts in the field of mental health, addiction, and trauma.

We can be found frequently as guest speakers across the state as well as on TV, radio, podcasts, and in print.

I am in awe of the PBHG family and the work they do each day to help thousands of New Jerseyans hope, heal, and thrive.

I hope that you feel the same awe as you flip through the next pages and see our team in action.

Thank you for your support!

A Message from Randy J. Minniear Chairman, Board of Trustees



Preferred Behavioral Health Group is embarking on a new era at a time when the world needs healing. And I can think of no better leader than Dr. Tara Chalakani to guide PBHG through this time of transition and towards its future of growth and success. Her evident compassion and authenticity, combined with her wealth of experience and accomplishments in the field of behavioral health and addiction treatment, makes her the perfect ambassador to lead PBHG forward. I am grateful to be involved in supporting her leadership journey, along with each member of the PBHG family that delivers our mission **to change lives and save lives across the state of New Jersey** every day. I believe there is no more important mission at this time, and it is such an honor to be supporting PBHG as it leads the way to improving the health of our communities and the world around us.

Mission

Our Mission is to change lives and save lives across the state of New Jersey.

Vision

Our Vision is to be the first choice for individuals, families, communities, and organizations in need of care.

Values

Our Values are compassion, quality, and belonging through innovative, integrated care.

Promise

Our Promise is to remain rooted in our mission through a trauma-informed culture.

Changing Lives... Saving Lives...

PAULA

Amid the challenges of the pandemic, Paula, a determined mother, found support through our Healthy Families program in Ocean County, an in-home visitation program that assists, supports, and educates pregnant and newly parenting families. Battling the stress of new parenthood and job loss, Paula and PBHG support worker, Glory, worked together closely for three crucial years. Today, Paula owns a thriving grocery store and is well-known in her local community as a successful businesswoman and a loving mother and grandmother.



"I am so thankful for all of the help, and I will always be grateful."

With Gratitude...

We extend our heartfelt gratitude to our supporters who are with us every step of the way, positively impacting lives. From helping individuals forge paths of resilience to families and youth navigating their journeys, your support strengthens the fabric of our collective community. We are profoundly grateful for your contributions of time, talent, and treasure this year.

You have left an indelible mark of healing and transformation.



Our events help spread awareness about our programs and raise needed funds for special projects.

Our prestigious annual golf outing at the Hollywood Golf Club honored Donald Parker, a renowned leader in behavioral health at Hackensack Meridian Health, and was another rousing success this year. A new, fun event at Centrada, got the crowd on its feet for some Salsa dancing lessons and sensational latin-infused refreshments. Thanks to all our sponsors and attendees.



Grants and donations from corporations and foundations funded capital improvements, support for our youth, and toys for our children.



Your continuing support makes our mission possible.
Scan here to make your donation now.



Hope. Heal. Thrive. Hope. Heal. Thrive.



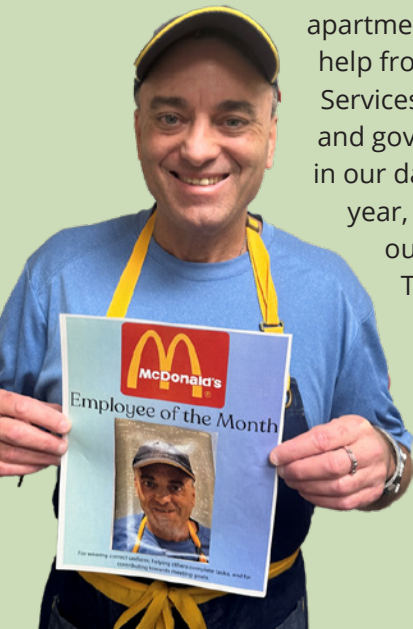
In our teen and young adult programs, we provide opportunities for growth and independence through individual and family therapy, prevention programs, and more. From the beaches to the cities, we are dedicated to being there every step of the way!

Changing Lives... Saving Lives...

STEPHEN

Stephen has been receiving services in different PBHG programs since he was diagnosed with a bi-polar disorder over 20 years ago as a young adult. In his journey here, he has made many strides. He moved from his family's home to one of our supervised apartments and is now living on his own. With help from our Integrated Case Management Services program, he is connected to community and government resources and participates in our daily partial care program, Interact. Last year, he secured a job at McDonalds through our Supported Employment program. This year, he has been given increased responsibilities and recently was awarded "Employee of the Month," an award he is intensely proud of!

"Erika has helped me so much and has been there whenever I needed support."



We are a valued presence at numerous and varied events throughout the year, helping to spread the word that help is available.



Thanksgiving dinner prepared by staff and volunteers is a highlight for the clients in our partial care programs.



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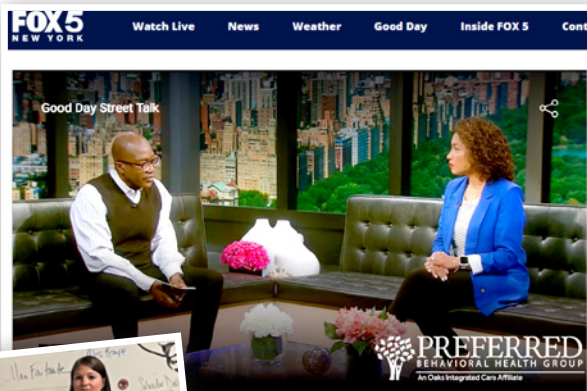


Crisis Intervention Training partners law enforcement with mental health professionals to appropriately intervene and support individuals in mental health crises. PBHG works in partnership with both the Monmouth County and Ocean County Prosecutors' offices.

Helping infants and new parents thrive is the cornerstone of our Healthy Families program



Throughout the year, our CEO, Dr. Tara Chalakani, and our talented staff speak on mental health topics, aiming to break barriers, end stigma, and encourage open conversations. From podcasts and media appearances to engagements in schools, senior centers, and more, we are committed to **creating a more equitable mental healthcare system.**



Our NJ4S prevention teams are now available to all schools in Monmouth and Ocean counties.



Changing Lives... Saving Lives...

ANGELA

At 16, Angela faced turmoil as her family situation unraveled and she needed to go into foster care. In high school, she joined our Project Independence program. Project Independence provides life skills for children in out-of-home placements, such as foster care.

Angela worked with Lori who guided her through chaos and instilled in her the belief that college was possible and that she had the intelligence and tenacity to succeed. With Lori's support over the years, Angela graduated Ramapo College in 2020 with a degree in Psychology.

Today, Angela is employed full time, is married, and a new homeowner in Toms River. She is building a life through resilience and compassion, and still stays in touch with Lori, who she credits with helping her build her own future:

"Lori has been and always will be my shining beacon of hope."

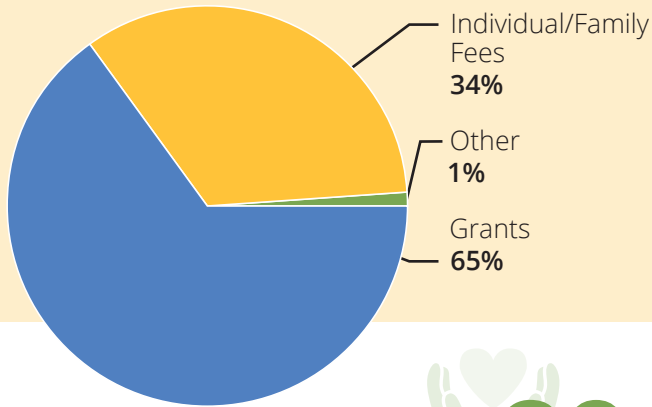


FISCAL YEAR 2023

Revenue

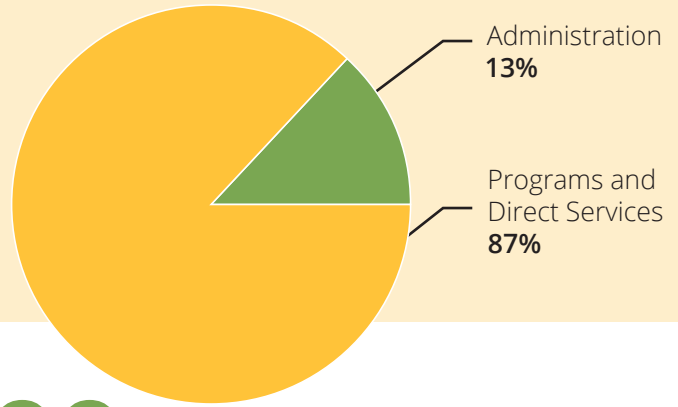
\$29,120,637

FY 2023 Revenue by Sources of Funding



Expense

FY 2023 Expenditure
by Expense Categories



We provided service for over **20,000** individuals last year

from **birth** to **104** years old in **70** specialized programs

by **400+** certified and professional staff members at **15** locations and in many of the local schools

For every \$1.00 received, **87¢** goes directly to those we are serving.

Passionate... Big-hearted... Hardworking... Genuine

Our staff are our greatest strength — they make a difference in people's lives every day. Guided by our trauma-informed philosophy, they prioritize self-care, infuse joy into their work, and eagerly pursue training opportunities in a commitment to continuous learning and growth. They are valued and appreciated.



WELL-DESERVED RECOGNITION

Tara Chalakani, PsyD
Athena Award Finalist

Dave Bolignesi, LCSW
*Futuristic Leader in
Children's Services Award*



Dave Seegert, LCSW
*Outstanding Leadership in
Children's Services Award*

Nancy Trost
ICMS Case Manager of the Year

STAYING CONNECTED

We are immeasurably grateful to partner with many community organizations that broaden our reach and amplify our impact. It is heartwarming to be in communities that come together to help those in need. Together, we can do more.

Here are just a few highlights...

One Simple Wish has helped make our youth's hopes and dreams become a reality in their journey to independence, granting over \$50,000 worth of wishes in the form of laptops, home goods, and more in the last 4 years.



LeadU and the Society for the Prevention of Teen Suicide are regular partners in our youth projects.



We proudly partner with local law enforcement in all areas of our programs.



The Black Poster Project partnered with PBHG's Prevention First program to bring a compelling silent memorial to Asbury Park to commemorate National Overdose Awareness Day



Holiday Express brings joy and music to our programs every year.

JBj Soul Kitchen opens their restaurants for our clients and programs and helps share resources across Monmouth and Ocean counties.



This year, PBHG earned two distinguished awards from NJBiz. We are proud of our commitment to health care and empowering women!



Changing Lives... Saving Lives...

NIZIERE

At just 17, Niziere faced unprecedented challenges when the Covid pandemic disrupted his world. He lost his Mom in 2019 and with the forced pandemic isolation, Niziere lost his way.

Referred to PBHG's LifeSet program, Niziere connected with LifeSet Specialist Christine, who became his unwavering support. Within 13 months, Niziere achieved significant milestones, completing the High School Equivalency Program at Ocean County College and earning his diploma. He also secured a driver's license and had jobs at Shop Rite and freelancing animation projects.



Today, Niziere is enrolled at Florida's Full Sail University, eager to pursue his passion for computer animation.





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Stronger Together.



NJBIA
NEW JERSEY BUSINESS
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*CARF has accredited PBHG for the following programs: Co-Occurring Partial Care, Intensive Outpatient and Outpatient Substance Use Disorder Services for adults, Partial Care mental health services for adults, Outpatient mental health for adults, older adults (Senior Guidance), and children/adolescents (PCCF), Level A & A+ group homes for community housing, SAIL, Preferred Employment Services, and Intensive Outpatient Treatment and Support Services

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