

Unparalleled Support in Unprecedented Times



Offering Hope, Choice & Opportunity

In Gratitude

FROM THE EXECUTIVE DIRECTOR



Dear Friends,

This past year challenged us in ways we never could have imagined. In a time of uncertainty and fear we were forced to change our entire program models to maintain the safety for those we care for. At a time of unprecedented decisions, our staff worked diligently, and remained flexible and creative in order to do our very best to balance both the physical and mental health of all those we serve.

We would not have been able to navigate this strange new world without the unparalleled generosity, support and advocacy from our community.

Your help allowed us to provide 4,200 bags of food and 470 holiday meals to homebound individuals. Your contributions to the Give Local campaign funded much needed personal protection equipment to maintain the health and safety of our staff and members. You kept our food bank stocked with nourishing food, personal care items, cleaning supplies and even toilet paper when it could not be found in stores. You made it possible for us to provide cell phones to the neediest of our members, to ensure they could maintain connections at a time of social isolation.

Together we provided hope, choice and opportunity to 300 individuals at a time when they needed it the most.

Seeing our friends rally together to create this system of support brought hope to these dark days. You showed our members that they matter, and for that, thank you.

We look forward to brighter days together.

With our deepest gratitude,

A handwritten signature in black ink that reads "Christina Emery". The signature is fluid and cursive, with a large loop at the end of the last name.

Christina Emery
Executive Director



Prime Time House provides hope, choice & opportunity to adults in Litchfield County living with the devastating impacts of mental illness.

We empower 300 members to lead productive and independent lives through our social, career services, and supported housing programs.

On the Cover: Former board president Sue Rea delivers donated goods to Adam Lytton, Manager of Career Services & Supported Housing. Board and Advisory Committee members initiated a number of collections since COVID began. With the generous support of the community, they brought trunk loads of food, personal hygiene items, paper goods, games and activities books to Prime Time House.

Support for Our Celebrations

PROVIDING COMFORT ON THE HOLIDAYS

Managing a mental illness is a daily challenge and is especially hard on a holiday. On March 20, 2020, when we temporarily closed our doors to help “flatten the curve”, we quickly came up with a plan to cater and deliver meals to our members for Easter to remind them that they matter and are not alone even when we can’t be together. We arranged and delivered delicious ham dinners to members on Easter, and barbecued chicken lunches with all the fixings on Memorial Day. Staff volunteered to work and we made 150 meal deliveries each holiday!



*Prime Time House has been a huge support to me during COVID. They have provided holiday meals which has helped out tremendously. The staff has called and asked if I need anything and they ask if I am ok. **It is so nice when they reach out. It shows how much they care for me as a member.***

- Lisa T.



Support Gives Hope

PRIME TIME CLUBHOUSE

The Prime Time House Clubhouse improves the quality of life for individuals diagnosed with a severe and persistent mental illness.

Our members can focus on their strengths, talents, and abilities here rather than their diagnoses or illnesses. They work side-by-side with staff to define their recovery goals and work activities.

During our “Work-Ordered Day,” members perform various food service, transportation, reception, clerical, financial and other related tasks to regain feelings of confidence and self-worth while simultaneously building employment skills that can later be used to obtain competitive employment.

This empowering model is person-centered, cost-effective and significantly reduces incarcerations and hospitalizations. The Clubhouse model increases the employment rate of individuals living with severe and persistent mental illness.

Average Daily Attendance:

32 members

Total 2019/20 Attendance

(unduplicated):

240 members



Prime Time House members and staff participate in the Recovery Walk, to call attention to October's Emotional Wellness Month. The walk culminated with a ceremony at Torrington's City Hall.

Support Gives Choice

ACCOMPLISHMENTS



*I come to the Clubhouse because the staff takes the time to talk to me if I have a problem so I don't feel abandoned. This is not just a place to come to but also so much more. **They really do help you with your needs, so you feel a part of the community.** This is a great place for support. The Clubhouse helps me stay sober and give back otherwise I would be home drinking alcohol out of pure boredom.*

— James B.



- ➔ A full-time Rehabilitation Counselor position was added to oversee wellness and community outreach. This addition was as a result of our last Clubhouse International Accreditation review. Prime Time House is one of just two accredited programs in Connecticut.
- ➔ A grant from the Thomaston Savings Bank Foundation supported 9 Clubhouse members in pursuing a higher form of education. One member graduated with a Pharmacy Tech certification, and others enrolled in programs ranging from Master's level opportunities to ESL classes.

**Members
Employed:**

39 members

**Gross Member
Earnings:**

\$256,420



One year of holistic recovery services is delivered to Clubhouse members for the same cost as a two week psychiatric hospital stay. Criminal justice system involvement is substantially diminished during and after Clubhouse membership.

— Clubhouse International

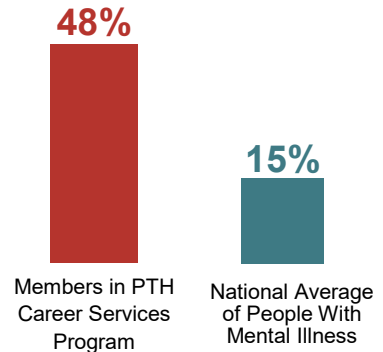
Support Provides Opportunity

CAREER SERVICES SUPPORTED EMPLOYMENT

Holding a meaningful job is a critical component to mental health recovery; it not only provides a paycheck, but also a sense of purpose, the chance to be part of the community, and opportunities for growth.

Career Services Supported Employment focuses on individual strengths, while simultaneously promoting recovery and wellness. Our Employment Specialists support participants in every step of the process, including job searches, resumes, interview skills, and building skills that will help maintain meaningful employment. Members that participate are empowered to regain their independence.

EMPLOYMENT RATES



*I appreciate Prime Time House because my Employment Specialist, Karen, helped me get this job. **She provided job coaching, so I could understand what I had to do to complete my job successfully.** I had a couple other jobs that didn't last long, but I am almost at my one year anniversary working for Walmart! Karen also helps me submit my earnings to Social Security. I do want to look for another job because I think I am ready for something a little better than a cart porter.*

- Mark J.

Employment Specialists build partnerships throughout Litchfield County to help connect our members to job opportunities. Our Employment Specialists work with treatment teams at Western CT Mental Health Network, Charlotte Hungerford Hospital Behavioral Health, The Gathering Place, and McCall Center for Behavioral Health to provide integrated services and ensure a continuum of care.



Mark on the job at Walmart

Support Serves More People



*We have a good relationship with Prime Time House and the employment specialists reach out to me when they have members interested in joining our team. They also assist us by providing job coaching if the clients need extra training. **This saves us from retraining an employee who is struggling.***

One Prime Time House client is on her 10th year working with us, and another was promoted at the end of last year because an employment specialist helped with cashier training.

- Wendy, Market 32

PRIME TIME BOUTIQUE

A true community collaboration resulted in the opening of Prime Time Boutique, located in a formerly vacant office of the Career Services building. The Boutique provides professional clothing to members who have job interviews, are starting new jobs, or are in need of clothing to help maintain existing employment. It also created a new Transitional Employment opportunity for members to learn valuable professional and retail skills that can eventually help them become competitively employed in the community.



Surrounded by Advisory Committee members, Althea cut the ribbon at the grand opening of the boutique.



Amanda is working at Dunkin' and recently started courses at NCCC. She hopes to eventually become a social worker.

**Individuals Supported
by Career Services:**

174 members



Support to Help Live Independently

NEXT STEPS SUPPORTED HOUSING

Next Steps Supportive Housing provides housing and intensive case management services for up to ten individuals living in Litchfield County who were initially homeless due to severe and prolonged mental illness and/or substance abuse.

Prime Time House helps to find safe and affordable apartments. Staff supports the tenant with transportation, budgeting, vocational assistance, and other services through frequent home visits and outreach.

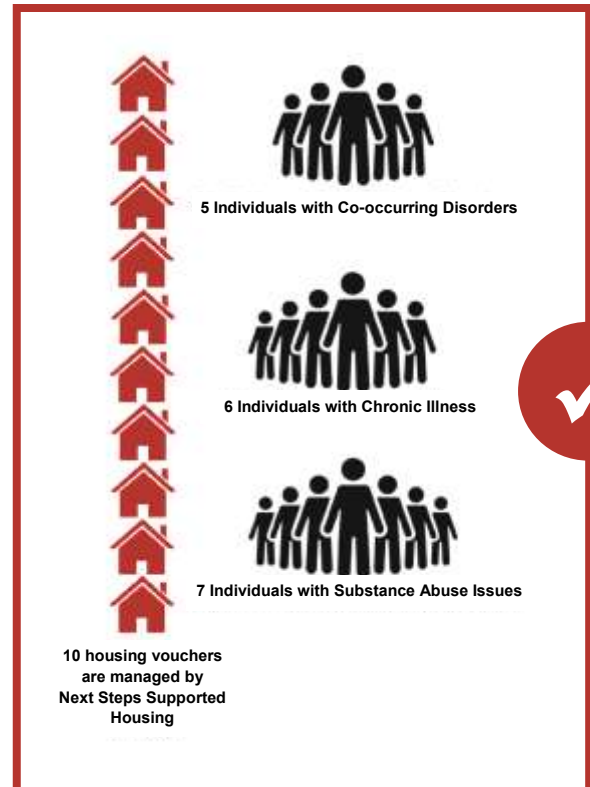


*People talk about not knowing where they would go if Prime Time wasn't here. It's a safe place for all. It's a great place for me to learn ways of dealing with my bi-polar and its symptoms because I am not stigmatized here. I am accepted exactly as I am because everyone is on their own journey of recovery; that alone is worth its weight in gold. **I have value here. I can give back and be an integral part of everything Prime Time is and does for its community.***

- Donald

ADDRESSING HOMELESSNESS

Prime Time House partners with other community providers to end homelessness throughout the region. Staff participated in the one-day Point in Time count of sheltered and unsheltered homeless individuals and families. Only by knowing who, where, and how many people are experiencing homelessness can plans be made and resources identified to best serve the most vulnerable, and ultimately move families and individuals into permanent housing.



MONEY MANAGEMENT

In partnership with Torrington Savings Bank and Peoples United Bank, two money management seminars were presented in to educate members on financial basics. Volunteers provided tips on identifying needs vs. wants, creating a monthly budget, avoiding scams, opening a checking account, and balancing a checkbook.



Support to Provide Nourishing Meals



Supporting Members One Meal at a Time

Bags of Food
Provided



470

Holiday Meals
Provided



Revisions and reductions to the Federal Supplemental Nutrition Assistance Program (SNAP) caused many to become food insecure and have made it difficult for our members to sustain healthy eating habits.

An important part of our mission is to promote health and wellness which leads to an improved quality of life. To address this need, we have a food pantry that serves 100 people annually.

During COVID when access to food was scarce and costs skyrocketed, we provided healthy foods to members that they were able to prepare at home.

We are grateful to our community partners for helping to fight food insecurity:

- Connecticut Food Bank
- Critical Needs Grant from the Draper Foundation Fund of the Northwest CT Community Foundation
- Food Rescue of Northwest CT
- Torrington Savings Foundation
- Union Savings Bank Foundation
- United Way of Northwest Connecticut



*I am a fortunate recipient of this bountiful food! It was delicious. The thoughtfulness and planning on care packages they provided far exceeded anything I have ever imagined. They sent an activity book with resources and an Easter card signed by the staff! **Prime Time House always goes above and beyond to make sure their members are well taken care of!***

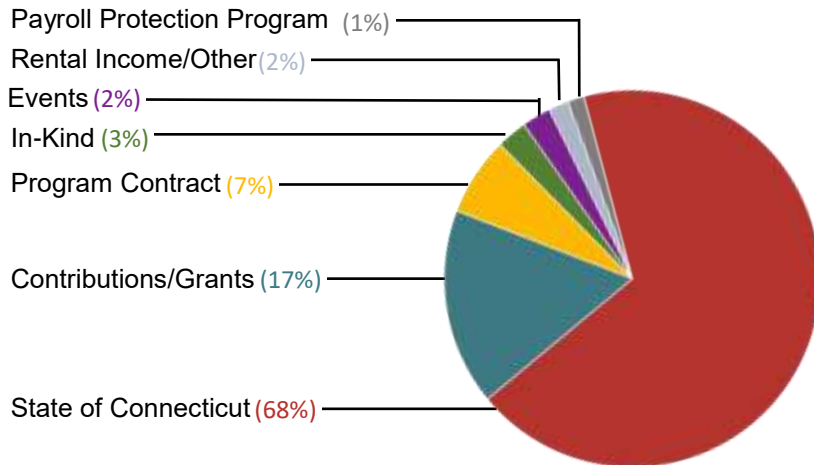
- Lisa T



Financial Review

2019/2020 Fiscal Year

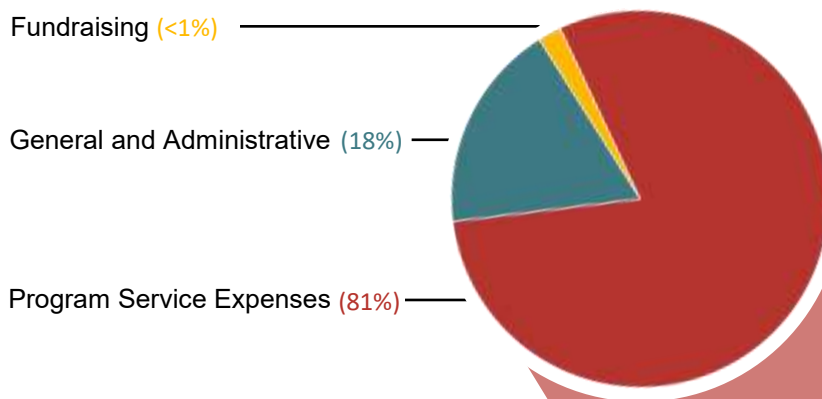
Source of Funds



Source of Funds

Source of Funds	Amount
State of Connecticut	\$875,977
Contributions/Grants	\$216,889
Program Contract	\$86,548
In-Kind	\$33,877
Fundraising Events	\$31,878
Rental Income/Other	\$22,167
Payroll Protection Program	\$18,248
Total	\$1,285,584

Use of Funds

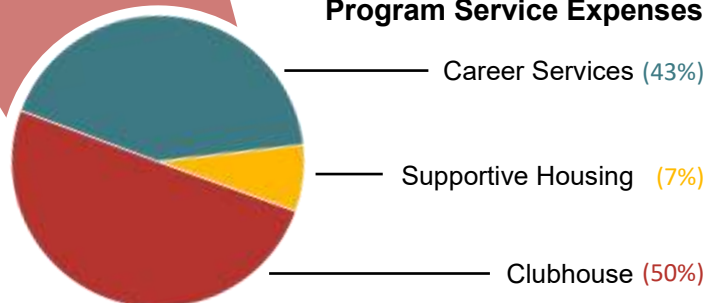


Use of Funds

Use of Funds	Amount
Program Service Expenses	\$956,940
General and Administrative	\$217,986
Fundraising	\$3,886
Total	\$1,178,812

Program Service Expenses (81%)

Program Service Expenses



Prime Time House, Inc. is the entity that contracts with the CT Department of Mental Health & Addiction Services (DMHAS) to provide our programs. Friends of Prime Time House, Inc. is a separate 501c3 entity that owns the Prime Time House campus and is the fundraising arm of the agency. The above data represent a consolidated financial statement.

Full audited statements are available upon request.

Committed Leadership

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Dory Miville
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Thank you to Susan Rea who served as President (2016-2020) and to former board members Jaime LaMere, Jim MacGillavry, Kristine Newell, and Nancy Rogers, who served during the 2018/19 and 2019/20 fiscal years.

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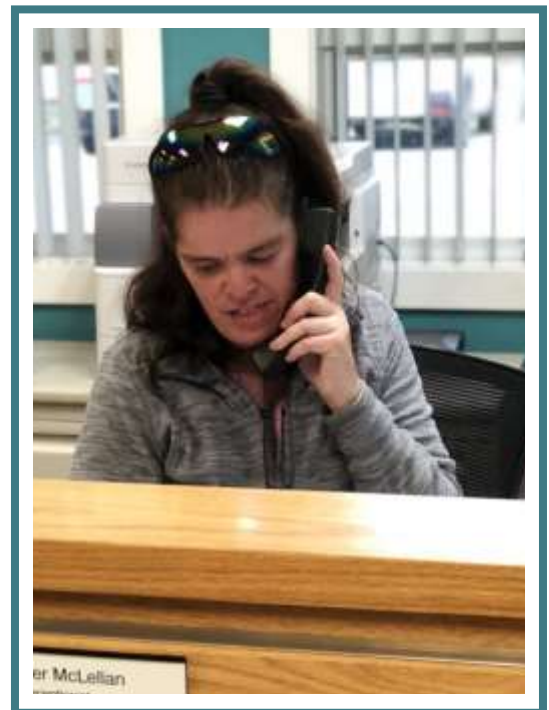
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I have been a member of Prime Time House for 26 years and it helped me grow to the point of being able to work in the community, take classes, and become a strong advocate for myself and others. They help me balance my life by finding and accessing the resources I need to continue to live independently and build my self-esteem.

If it were not for Prime Time and other non-profit resources I am sure I would probably still be living in supported housing with a higher level of care, rather than living my fullest life, participating in Special Olympics, and working at my job.

- Jennifer



Jennifer working as a receptionist at The Arc of Litchfield County in a Transitional Employment position.

Support for our Recovery

A Place in my Heart

I always had a hard time fitting in growing up. Making friends was not easy because I moved from place to place due to hospitalizations related to my mental illness. At a young age, I was beaten and then abandoned by those I loved, and then ended up in foster care. I've been in over 30 different facilities and hospitalized in three continents; Europe, U.S. and Africa. There are permanent scars on both my arms from surgery to repair nerve damage due to hospital restraints.

Shortly after arriving back in the U.S. after ten years living abroad in the UK and Nigeria, I went to live with my old foster parents Wendy and Jerry. Within days of my arrival, I had a bi-polar episode and ended up on the seventh floor of Charlotte Hungerford Hospital; it was my first time there. I was there for three weeks, went to partial hospital for another three, and then somebody recommended Prime Time House. They said it was better than sitting at home all day. I was skeptical at first and didn't know what to expect when I walked through those red front doors.

After many low points in life, I found a high point at Prime Time House. For the first time, I experienced an inner peace and would eventually call it my sanctuary for years to come. I will never forget my first visit to the dining room, and seeing the high ceilings while enjoying lunch at the nice mahogany wood tables. There is just

something about it, a special place where I have friends that I will always cherish. I found myself and made peace with the world thanks to Prime Time House.

The holidays are something I look forward to every year; the Halloween dance, Thanksgiving dinners and all the fixings, the trips to the Christmas Tree Shop every year. Prime Time has become a very big part of my life and I missed it during the pandemic.

Even during the crisis, Prime Time continued to support me. They delivered food to me every week and staff called me daily. The employees are wonderful and they do

what they do not just for the money, but because they have big hearts and I wouldn't be where I am today without all of them. Prime Time saved me from almost being homeless twice. I now have my own apartment and I am doing well.

I have come a long way in seven years and it is because of Prime Time. I normally am hospitalized three times a year, but I managed to stay home for an entire year and even during a pandemic! I am doing it! Prime Time will always have a special place in my heart, no matter how old I get, no matter where I go in the world, Prime Time will always matter.

Althea Mabayoje, Member



Support from our Generous Donors

\$5,000.00 or more

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Connecticut Community Foundation,
Give Local 2020
COVID Rapid Response Fund of the CT
Community Foundation
Draper Foundation Fund of the
Northwest CT Community
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Estate of Lynn Hoopes
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Emily Eisen
Helen Ellsworth Scoville
Christina & Jason Emery



*Since coming to Prime Time, I have been able to work on both my goals and things that matter to the running of the clubhouse which help me with my anxiety and depression. **With help from staff, I have been able to access stable housing, supplement my food situation, and build both my self-esteem and sense of self-worth.** Now I am working towards employment so I can become more self-sustaining and stand on my own two feet. Without Prime Time House and other non-profits in the area, I honestly don't know where I would be today.*

- Sherry

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Louis Zbavitel
Curtiss & Sandra Miles

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IN-KIND GIFTS

We are grateful to the following for their contributions of goods and services during the 2019/20 fiscal year to Prime Time House, Prime Finds Home for the Holidays, and Prime Time Boutique.

Jay & Sylvia Abbott
Judi Armstrong
Bees Fleas & Trees
Tina Bernacki
Robert & Martha Bernstein
Charles Beyer & Katherine Marchand-Beyer
Nancy Bird
Timothy Breslin & Susan Clarkin
Kim Brown
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Clifford A. Cooper, Architecture
Congregational Church of Burlington
Connecticut Business and Industry Association
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Bibby Veerman
Kathi Weinstein
Wisdom House Retreat & Conference Center
Ed & Sandra Zielinski

Donors who contributed between July 1, 2019 and June 30, 2020 are included in our Gratitude Report. We have made every effort to list all names correctly and sincerely apologize for any errors.

GIVE LOCAL



Because 129 of you answered our call-to-action, we raised **\$35,268** in the 36 hour Give Local Greater Waterbury and Litchfield Hills, April 21-22, 2020. Be assured that every penny of every dollar you donated

supported some of Litchfield Hill's most vulnerable adults providing for them the life sustaining services they most needed as they faced the COVID crisis. Thank you to the **Connecticut Community Foundation** for coordinating this campaign.



Support from our Community

INVESTING IN THE FUTURE

Prime Time House is taking steps to ensure that our buildings remain safe, accessible, and comfortable for members for years to come. A grant award from CHEFA allowed us to replace outdated HVAC systems in the Career Services and Clubhouse buildings with new energy efficient units. Funding set aside by the Board of Directors, matched by a grant from the Draper Foundation Fund of the Northwest CT Community Foundation, allowed us to complete much needed improvements to the exterior of the Clubhouse building, including new roofing and efficient windows. In addition, when the Clubhouse was closed to in-person programs due to COVID, we replaced old carpeting, refinished wood floors and professionally sanitized the building.



*Clubhouse improvements by
Burlington Construction*



*If I had not found the clubhouse when I did, I believe I might be dead. My suicidal thoughts were at an all-time high, and the plans were getting more detailed and real to me. **Now, I am part of a larger community and I feel safe and wanted.** I cannot tell you what these two things mean to me.*

With support from staff, I earned my pharmacy technician certificate. I am currently employed in a Transitional Employment position through the clubhouse, helping rebuild my ability to work independently in the community.

Prime Time has literally helped save my life.

- Steven

NORTHWEST CORNER GIVES

On June 15th, more than 50 Northwest Connecticut nonprofits, including Prime Time House, posted giving campaigns to raise funds to meet the challenges of operating amid social distancing and remote work requirements created by the COVID-19 pandemic.

Thanks to the support of 22 donors, we met our fundraising goal of \$5,000 and received our full dollar-for-dollar match of an additional \$5,000.

Northwest Corner Gives is a gift-matching crowdfunding platform of the Northwest CT Community Foundation.



Support from our Community



Rep. Michelle Cook recognizes Norman's accomplishments

GARDEN PARTY

On July 18, 2019 Prime Time House celebrated the accomplishments and contributions of Norman Mellk and David Woodworth, two individuals who have gone above and beyond to improve the quality of life for our friends struggling with mental illness.

Norman has a long history of giving back to the community and has volunteered with the NW CT AIDS Project, Chapman House, and the Greater Washington Coalition for Jewish Life. We are grateful that he has become a member of our family, frequently volunteering in the clubhouse and as a member of our Advisory Committee.

Our second honoree is a member of Prime Time House whose story of success is in his long term recovery. David Woodworth started his own business, returned to college, and has become a strong advocate on behalf of individuals with mental illness. He is a former Rehabilitation Counselor in our Clubhouse, a certified Recovery Support Specialist, and completed Legislative Advocacy training from Keep the Promise Coalition.



AI & Chris Woodworth accept the award on David's behalf

IN TRIBUTE



Betsy Smith (left) hugs Julia Scott (right) at 2014 Garden Party

Prime Time House has lost two of its long-time supporters within months of each other. **Julia Scott** died peacefully at Geer Village on Nov. 30, 2020 and on Jan. 12, 2021 **Elizabeth (Betsy) Smith** passed away at her home in Salisbury.

Julia was instrumental in the incorporation of Prime Time House, the move and renovation of the current facility at 810 Main Street, Torrington in 1996, and in assuring that it follow the International Center Clubhouse Development model. She was honored at our 2013 Garden Party for her service.

Betsy volunteered several terms on our board, bringing with her a passion for mental health. She had served a two-year term as President of National Alliance of Mental Illness (NAMI) CT chapter in the late 1990's, was elected to NAMI's International Board of Directors in June 2000, served as Second Vice-President and was also President of NAMI's Mind of America Foundation. Betsy also served as a Governor's Appointee on CT's State Board of Mental Health and Addiction Services.

These two ladies, who represented the pillars of generosity, compassion, support and advocacy for members of Prime Time House, will be deeply missed.

Support from our Community

PRIME FINDS *HOME FOR THE HOLIDAYS*

Between November 15 - December 29, 2019, *Prime Finds Home for the Holidays* was a tremendous success, raising over \$44,000 to support our mental health programs. We are grateful for the donation of the former Murphy's Pharmacy, ideally located off the Litchfield Green. The store's vintage wooden and glass cases made the perfect displays for the donated home goods and holiday décor items. Storage space for staging the hundreds of goods that needed to be unboxed, inventoried and priced was generously offered by The United Methodist Church of Litchfield & Bantam.



Full house on opening night

OUR DEDICATED VOLUNTEERS:

Sylvia Abbott
Judi Armstrong
Charlene Barbacci
Doreen Bellmay
Judy Bennett
Tina Bernacki
Martha Bernstein
Colette Boyd
Maggie Bucklin
Laura Cardello
Crystal Carminati
Jean Chapin
Samantha Carroll
Dianne Cicchetti
Susan Clarkin
Maureen Cleary
Kathy Donohue
Anne Dranginis

Laura Dunn
Deborah Foord
Rosie Furniss
Nancy Gandolfo
Sara & Jerry Gault
Bette & Jerry Geci
Jeff Geddes
Carol Gibney
Martha Green
Lucie Guernsey
Anna Heys
Gene Horrigan
Luce Jakimetz
Arlene Janssen
Karen Johnson
Bill Jones
Carol Jones
Lynette Kyasky

Jaime LaMere
Laura Lasker &
Tom Curran
Karen Maddox
Katherine Marchand -
Beyer
Kerry Mayer
Pucci McGill
Sue McGowan
Laurelee McKiernan
Jane McMahon
Maryanne McNeill
Kathy Minck
Jackie Miller
Marjorie Morris
Nancy Newton
Katherine Oneglia
Wendy Parkin

Lisa Partrick
Susan Pasquiarello
Meredith Penfield
Susan Pollock
Nancy Post
Rosamond Quay
Sue Rea
Diana Ripley
Maggie Robinson
Nancy Rogers
Paula & Humphrey
Rolleston
Louisa Roraback
Diane Ryan
Ellen Savoia
Victoria Sansing
Maggie Selby
Lois Shafir

Brenda Sherman
Elena Simoes
Julith Sink
Laura Stancs
Laura Sweetman
Cindy Swope
Karen Terhaar
Kathy Thompson
Bibby Veerman
Margot Wick
Mary Winslow
Lainie Witherspoon
Roberta Witty
Bette Wu
Sandra & Ed Zielinski

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Tree Sponsor: Daley Moving & Storage

Ornament Sponsor: BD, Carol Gibney Thomaston Savings Bank, United Methodist Church of Litchfield & Bantam

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Wreath Sponsors: Brooks, Todd & McNeil, Carmody, Torrance, Sandak & Hennessey LLP, Northwest Hill Credit Union, Turning Point Realty, Union Savings Bank, William Pitt Sotheby's

Friends of Prime Time House: Anonymous, Clifford A. Cooper, Architecture, Deborah Foord, Doyle's Medical Supply, Eastside Electric, Jerry & Bette Geci, Jeff & Peggy Geddes, Judi Armstrong, Marrin Santore Realty, LLC, Thurston Rowe Funeral Home





Prime Time House

Offering Hope, Choice & Opportunity

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