

2021

## GRATITUDE REPORT



# PRIME TIME HOUSE

Connections. Community. Mental Wellness.



FROM OUR EXECUTIVE DIRECTOR

## *A Year of Challenge, A Time of Gratitude*



Despite the many challenges of the past year, your support provides a community of hope, a network of connections, and opportunities for mental wellness at a time when they are most needed. And for that, we are extremely grateful.

Your generosity, combined with a caring and compassionate staff, met the needs of our members who are navigating a serious mental illness along with the critical increase in stress and anxiety due to the pandemic. At the same time, staff also accommodated those reaching out for help for the first time for themselves or loved ones. The number of members supported increased 25%, a trend we expect to continue due to the toll the pandemic is placing on our community's mental health.

Your ongoing support allows our members to form relationships, become employed, meet educational goals, and have access to basic human needs such as nutritious meals and

decent, affordable housing. A new program was added this past year to address the housing crisis brought on by financial hardship caused by the drastic economic changes.

In the coming year, we will continue to focus on social connections and overall wellness, while advocating for equal access to mental health services for *all* individuals. We are committed to helping young adults most at risk reach their personal goals and realize they have value.

Thank you for helping the Prime Time House community remain strong, resilient, and dedicated to improving quality of lives for our members. Together we continue to make a difference.

With our deepest gratitude,

*Christina*

Christina Emery,  
Executive Director





# Maintaining & Strengthening Services

*"We are providing a structured, safe environment for folks to come in and work on their talents, strengths, and abilities. We're providing somewhere for people to come in to volunteer and give back to something greater than themselves."*

*- Zak Ritchie, Clubhouse Program Manager*

The Prime Time Clubhouse assists adults with serious mental illness to improve mental wellness through engagement in a safe and supportive environment.

Our program participants are called "members" as the focus is on their strengths, talents and abilities, rather than their diagnosis or illness. They collaborate with staff to define their recovery goals and work activities. During our "work-ordered day" model, members run the Clubhouse to regain feelings of confidence and self-worth while forming friendships, and building employment skills.

The Clubhouse follows an evidence-based model that reduces costly hospitalizations and incarcerations, while increasing the employment rate for those living with a mental illness.

Prime Time House is proud to be part of a worldwide network of 300 programs accredited by Clubhouse International.

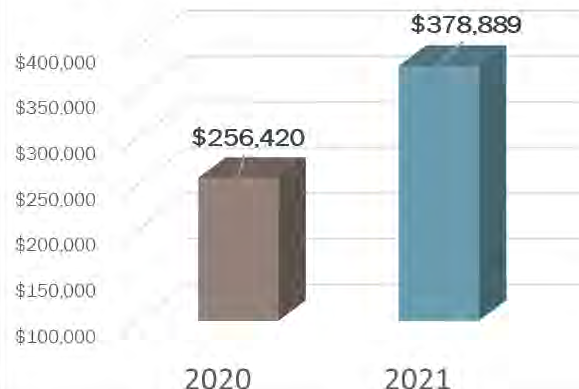


**Isolation is not the answer to mental illness. Clubhouses offer a community of hope.**

**Average Daily Attendance:  
32 members**

**Individuals Served:  
234 members**

Collective Earnings from Clubhouse Members from Transitional, Supported or Independent Employment Programs



*"Prime Time House is a second family to me."*

*- Tracey*

*"The Clubhouse is there no matter what. We have each other, staff and members, to rise up in hope with. We have a place that accepts us with compassion just as we are, always."*

*- Anne Marie*



### Meeting Needs Throughout Covid

#### Making Holidays Bright

Staff worked hard to meet the needs of our members throughout the Covid pandemic which included daily reach-out, virtual group meetings, access to the food bank, and keeping the holidays special.

#### Prime Time House Members Supported



148 Thanksgiving  
Meals Delivered



154 Christmas  
Meals Delivered



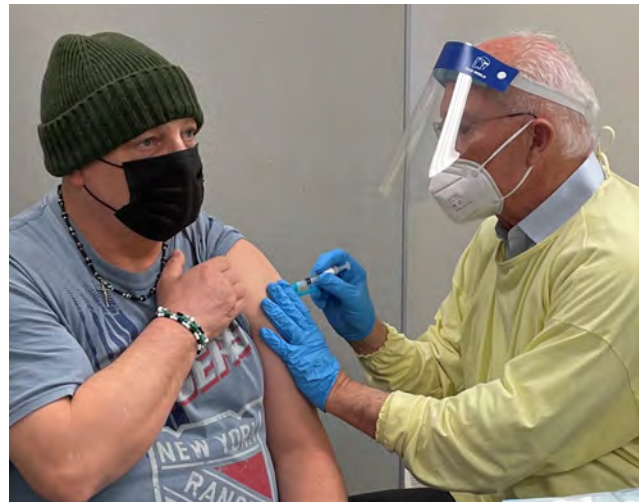
"Adopt a Family"  
Provided 50  
Children with  
Holiday Gifts



317 Members  
Received  
Holiday Gifts

#### Covid Relief Funds Received

Prime Time House received \$21,899 in federal Covid Relief Funds to assist with the purchase of personal protective equipment, improve air-handling systems, sanitize buildings, and other Covid-related expenditures. \$11,685 was directed for use in the Clubhouse and \$10,214 for Career Services Supported Employment.



Board member Dr. Michael Kovalchik and his wife Susan Vontell administered thousands of vaccines at the Torrington Area Health District. Six clinics were held for Prime Time House members vaccinating 90 members.

*"The most beneficial part during Covid was the online Clubhouse meetings. They were amazing! I really felt connected to other members; seeing faces and hearing voices sustained me. When I was home alone with Covid for two weeks, I got an even deeper understanding of how blessed I was to have my PTH community and my job through this past year."*

- Sarah



Linda and Rena are busy at work.



### All in a Day's Work

Our Career Services Supported Employment program assists adults with serious mental illness and co-occurring disorders find pathways to independence through employment.

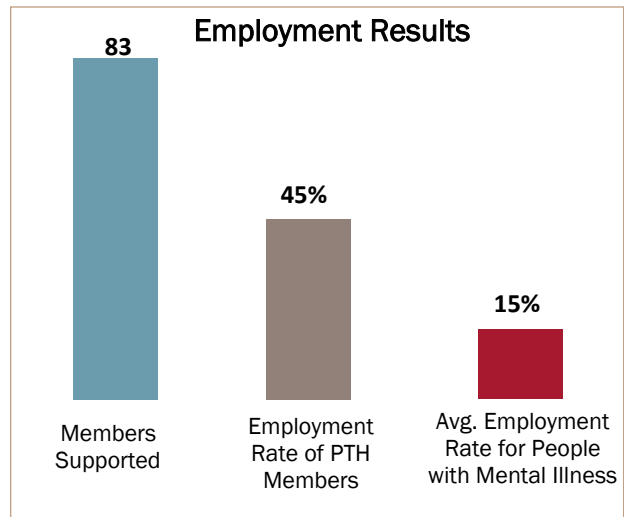
We believe all individuals deserve the same unlimited opportunities to access the world of employment. Holding a meaningful job is a critical component to recovery. It not only provides a paycheck, but also a sense of purpose, the chance to be part of the community, and opportunities for growth.

We use an evidence-based practice known as IPS (Individual Placement and Support). This model helps members obtain jobs that focus on their strengths.

Our Employment Specialists assist members through every step of the employment process, including identifying career opportunities, writing resumes, practicing interviews, and developing skills to maintain meaningful employment in the community.



Employment Specialist, Mahalia Anderson coaches Alexandria on job opportunities.



*"I'm not emotionally healthy without a job. When I'm not working, I'm an unstable mess, I'm not someone you want to be around. But when I'm working, it's a whole different experience. Working is like the light at the end of the tunnel. I feel confident that I have the skills to work, to make money, and provide for myself. If I'm worth something to other people, I must be worth something to myself."*

- Sarah



# Housing Crisis Necessitates Expansion of Services

We recognize that homelessness is a problem that particularly impacts individuals living with mental illness and/or substance use disorders. The housing crisis has been further exacerbated by the economic hardships caused by the pandemic, with a wave of evictions on the horizon for many local families.

While we already offered a Next Steps Supportive Housing program to provide intensive case management to ten individuals that were formerly homeless, the need to expand this program to meet the growing needs of the community was clear.

As a result, we partnered with Supportive Housing Works to offer case management services in the Torrington and Waterbury regions as part of the CT Homeless Prevention Program. Our goal is to provide targeted assistance to

reduce the number of individuals and families most at risk for becoming homeless due to Covid-related financial hardships.



45 received Homeless Prevention services



37 remained in existing homes



8 relocated to new housing



5 received financial aid to remain housed



10 Supported by Next Steps Housing



5 Individuals with Chronic Illness



7 Individuals with Co-Occurring Disorders



*“ Prime Time House has helped me tremendously in many different ways. They make me feel welcome and wanted. They have given me support in housing, advocacy and job training. I don’t know where I would be without them.”*  
- Mark

Housing Program Manager Adam Lytton pays a “Welcome” visit to Mark as he moved out of the Overflow Shelter and into an apartment of his own.



## HIGHLIGHTS & ACCOMPLISHMENTS

### *Outreach & Advocacy to Raise Awareness*



Although we talked about the need for a video for several years, that need became paramount during Covid when we could no longer showcase our services through tours and events held on campus. Through the connection of a board member and the financial assistance of a gracious donor, we were fortunate to hire Ed Beddingfield to produce a video which will help us raise awareness. In sharing the poignant stories of several members, Ed used digital storytelling as the platform for this video. The video highlights that together, we are lighting the way to a stronger community of support, connections, and resources for those striving to improve their mental wellness in Litchfield County. Please visit [www.primetimehouse.org](http://www.primetimehouse.org) to view the video.



The coronavirus pandemic changed almost every aspect of people's lives including some people's mental health. The number of people with anxiety disorders has tripled and the number experiencing depression has increased fourfold.

Since October is Emotional Wellness Month, Prime Time House raised awareness of important mental health issues throughout the month, as it continued to provide essential resources to the community.



The campaign reached the community in a variety of ways. We facilitated an online movie screening and panel discussion with author/director of *BEDLAM*, in partnership with the Torrington Public Library. We also hosted an online webinar, *Mental Health in the Workplace*, presented by a trainer from the Individual Placement and Support (IPS) program. This webinar was presented in partnership with the Northwest Connecticut Chamber of Commerce.

This call to action generated generous contributions from 33 businesses and 57 individuals, enabling us to raise over \$18,000 for our programs.



## HIGHLIGHTS & ACCOMPLISHMENTS

### Achievements of the Year

#### Merger Completed

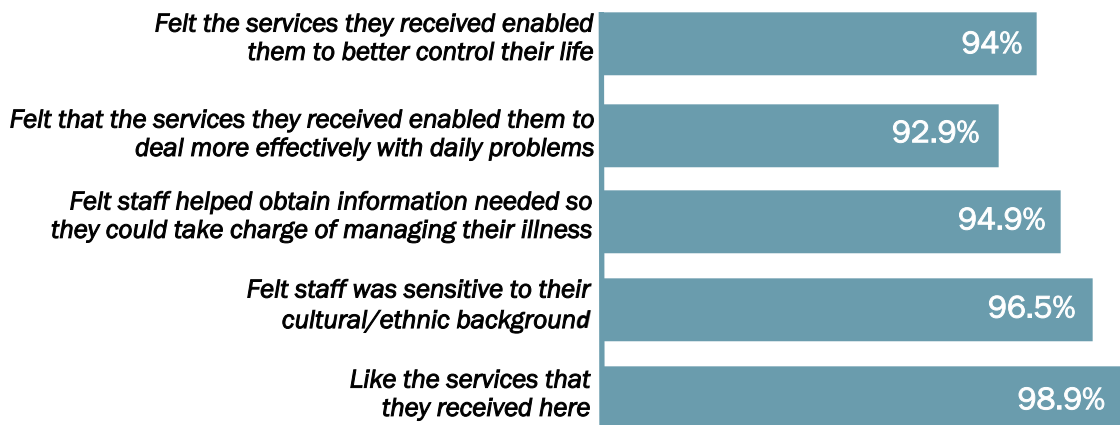
To increase efficiency and reduce overhead expenses, Friends of Prime Time House merged with Prime Time House, effective July 1, 2021. This change improves financial record keeping, increases transparency with donors and allows greater focus on our members and programs. We are grateful for the support of Pro Bono Partnership and Wiggins & Dana LLP for their assistance with this merger.

*"With the help from staff, I have been able to access stable housing, supplement my food situation, and build both my self-esteem and self-worth. Now I am working toward employment so I can become more self-sustaining and stand on my own two feet. Without Prime Time House I honestly don't know where I would be today."*

- Sherry

#### Consumer Satisfaction Reviews

The following consumer satisfaction survey results exemplify what our members value at Prime Time House:



#### Food Pantry Essential Component of Services Offered

With the number of Litchfield County residents experiencing food insecurity increasing by 38% during the pandemic, our members are especially grateful for access to healthy foods and personal care items from our food pantry.



24,546 meals provided  
by our food pantry

**CONNECTICUT**  
**FOOD BANK**

MEMBER OF  
FEEDING  
AMERICA



**FOOD  
RESCUE  
US**  
Northwest, CT



Clubhouse Program Manager Zak Ritchie accepts a weekly delivery from Kathy Mink of Food Rescue US.





## LOOKING AHEAD

### *Join us once again...*

**Our Members are Resilient Because of Your Support!**



## THANK YOU

**To our donors and the Connecticut Community Foundation.  
We met our goal and raised \$22,004 during the 2021 Give Local Campaign to support our members on their pathway to recovery.**

### **Foundation Grants Promotes Wellness, Safety and Accessibility**

#### ***Opportunities for Wellness***

In September 2020, Prime Time House hired an additional Rehabilitation Counselor to meet the heightened mental health needs brought about by Covid. This was made possible through the partnership of the Thomaston Savings Bank Foundation, the Foundation for Community Health, and the Margaret C. Tupper Fund and the Northwest CT Philanthropy Fund of the Northwest CT Community Foundation.

This addition allowed collaboration with members to expand our weekly wellness dinners and bring in community speakers to educate members regarding meal planning, incorporating health foods into their daily

diets, and how to add exercise and mindfulness activities to their routines. It also helped the Clubhouse in bringing holiday based dinners and additional activities to our members when we could not gather together.

#### ***Ensuring Safety & Accessibility***

Prime Time House was awarded \$50,000 from Seherr-Thoss Foundation and \$22,500 from the Draper Fund of the Northwest CT Community Foundation to ensure our Clubhouse remains safe, accessible and comfortable for years to come. These generous grants allowed Burlington Construction to replace the roof, windows, decking, rails, and wheelchair ramp as well as power wash and paint the exterior.

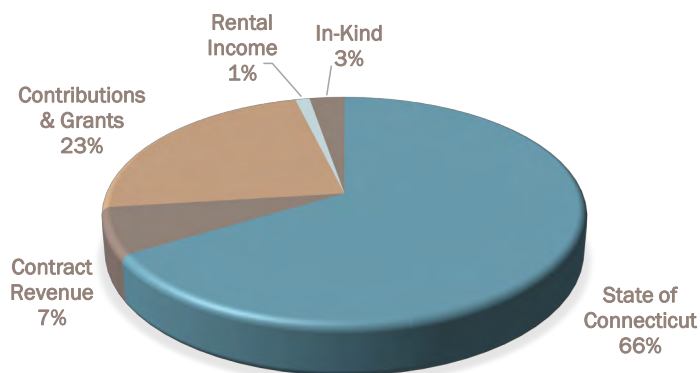


Wellness Program offered Tai-Chi in the gardens during the summer



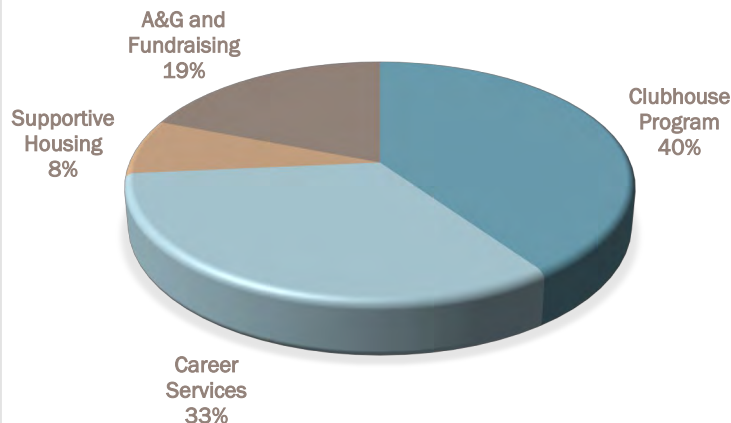
## FINANCIAL REVIEW

### SOURCE OF FUNDS



Source of Funds	
State of CT Contracts	860,470
Program Contract	86,271
Contributions & Foundation Grants	299,561
In-Kind Donations	35,289
Rental Income	14,400
Food Service and Other Income	1,615
Loss on Disposition of Fixed Assets	(3,007)
<b>TOTAL</b>	<b>\$1,294,599</b>

### USE OF FUNDS



Uses of Funds	
Clubhouse Program	489,120
Career Services	403,617
Supportive Housing	90,152
Administrative, General and Fundraising	231,073
<b>TOTAL</b>	<b>\$1,213,962</b>



The above data represents a consolidated financial statement for fiscal year 2020/21 for Prime Time House, Inc. and Friends of Prime Time House, Inc. At that time, Prime Time House provided programming while Friends of Prime Time House owned the campus and conducted fundraising. The two 501(c)3 entities merged as of July 1, 2021.





## GENEROUS SUPPORT

### \$5,000 or more

Anonymous  
 COVID 19 Rapid Response Fund,  
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### \$1,000 to \$1,999

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Monsignor Rev. Robert Tucker

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Adair Smith  
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Margaret Ferrelli  
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Frances Nagy  
Frances Lachance

### In-Kind Donations

We are grateful to the following  
for their contributions of goods  
and services during 2020/21  
fiscal year to Prime Time House.

Jay & Sylvia Abbott  
Judi Armstrong  
Doreen Bellmay  
Tina Bernacki  
Robert & Martha Bernstein  
Charles Beyer & Katherine Marchand-  
Beyer  
John & Colette Boyd  
Timothy & Susan Clarkin Breslin  
Jerry & Maryann Burns  
Terry Campion



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Laura Cardello  
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Melanie Hoopes  
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Dr. Michael Kovalchik &  
Mrs. Susan Vontell  
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Conference Center  
Ed & Sandra Zielinski

Donors who contributed between July 1, 2020 and June 30, 2021 are included in our Gratitude Report. We have made every effort to list all names correctly and sincerely apologize for omissions or errors.

*"Prime Time House is strength based. Nobody asks me what my diagnosis is, or what I can't do. It's about what I CAN do. So here I am, and I feel like a success. I go home knowing I've done something worth doing. Everybody in the world needs something worth doing. Everybody in the world needs other people. There are other people here who have their own problems, but we accept each other. We work together."*

- Willow

## Contents of Cornwall House Auctioned to Benefit Prime Time House



We are grateful for the generous gift from Kevin Wilson who donated furnishings from his beautiful country estate. Contents of the 3,281 SF colonial home were auctioned off on October 28, 2020 through Litchfield County Auctions.

Exquisite fine art, oriental rugs, home furnishings and antiques raised nearly \$25,000 to enable Prime Time House to improve the

quality of life for our members living with mental illness.

Other items were brought to Prime Time House. This allowed us to furnish an entire studio apartment for a member who was formerly homeless, and supplement items such as mattresses, TV's, kitchen items and bedding for members in need. In addition, boxes of goods were stored and sold at our 2021 pop-up store.





# COMMITTED LEADERSHIP

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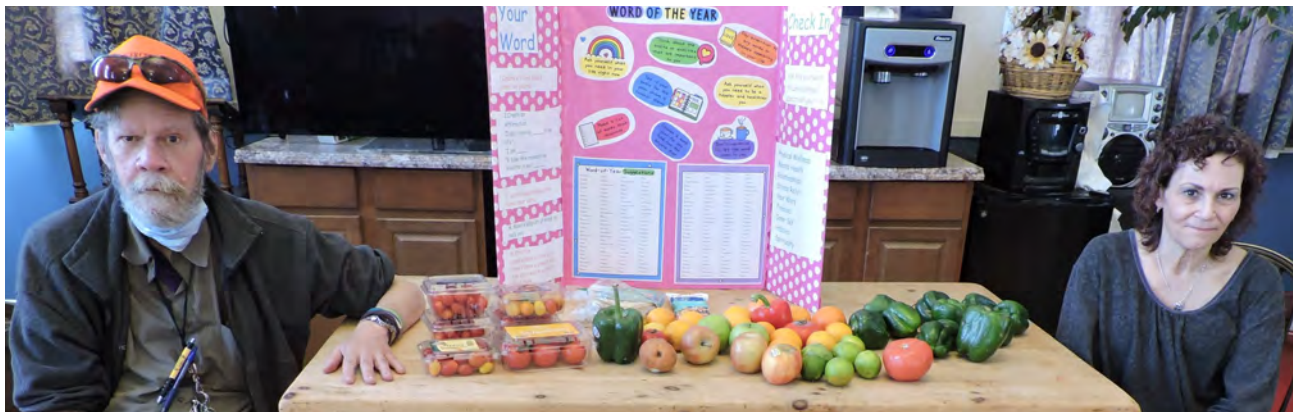
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*"I feel better when staff and members reach out to me. I appreciate it all."*

-Anna



Daryl & Anne Marie share displays from a recent Wellness Dinner. Members were encouraged to select from a bountiful sampling of vegetables to bring home with them to incorporate into their daily diet. There was also a stimulating discussion about creating their own mantra or "Word of the Year" to help guide their daily actions and become a better version of themselves. This is just a sampling of topics offered at our weekly Wellness Dinners offered every Wednesday evening at the Clubhouse.



## FROM OUR MEMBERS

*" PTH looks at you as a person, as an individual. It doesn't look at you as a statistic, or your mental illness, or even your addictions."*

- Althea



*" You know one thing people have to understand about our agency is that we all pitch in. We all help out, we all break bread, we laugh. I'm the person who barely smiles and when I am here I laugh."*

- Don

*"It's the best thing I ever did in my life, They are the world. This place is the World. When they first opened back up, I jumped for joy to be back. I'm glad I could say goodbye, see ya tomorrow. I get up for Prime Time."*

- Linda



Connections. Community. Mental Wellness.

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