

Our Journey CONTINUES

ANNUAL REPORT 2022



PREFERRED
BEHAVIORAL HEALTH GROUP

An Oaks Integrated Care Affiliate

OUR MESSAGES TO YOU

A Message from Grace Hanlon



As Chair of the Board of Trustees for Preferred Behavioral Health Group (PBHG), it is my honor to recognize and thank Mary Pat Angelini, CEO, as she retires

from PBHG. Mary Pat is a true leader and a powerful visionary. She is the consummate professional who leaves behind an incredible legacy for PBHG, as she has played a critical role in building an organization that has provided compassionate support, assistance, and treatment to the most vulnerable in our local community.

As an inspiration and a mentor to many, we will miss Mary Pat's passion in everything she does. On behalf of the Board of Trustees, we extend to her our sincere congratulations on a standout career and wish her the best of everything for her next journey!

Congratulations to Dr. Tara A. Chalakani – Our New CEO



On January 1, 2023, Dr. Tara A. Chalakani will assume the leadership as our new Chief Executive Officer. Currently working as the

organization's Deputy CEO, Dr. Chalakani brings 30 years of diverse experience in the healthcare fields of nursing, behavioral health, and organizational leadership.

Dr. Chalakani has undergraduate degrees in Nursing and Psychology, a Masters in Mental Health Counseling, a Doctoral degree in Psychology, with a concentration in Behavioral Healthcare Leadership, and a certificate in Non-Profit Leadership. She was recently appointed Assistant Professor, Department of Psychiatry and Behavioral Health Medicine at Hackensack Meridian School of Medicine. Dr. Chalakani is a sought after public speaker and educator, and she frequently serves as an expert panelist at academic conferences and seminars across the state.

Dr. Chalakani has proudly served PBHG for many years and has developed meaningful and successful programming that continues to enhance the lives of Ocean and Monmouth County residents.

A Message from Mary Pat Angelini



Serving as the CEO of Preferred Behavioral Health Group (PBHG) over the last nine and a half years has been a special honor and an amazing journey which ends this year

with my retirement. My appreciation for our incredible staff of over 400 professionals cannot be understated. They work daily to provide critical behavioral health care services to those we serve. Having had the opportunity to work with such a talented and dedicated group of people is something I will cherish forever.

To be in the position to lead PBHG's extraordinary evolution and growth has been the highlight of my career. Over my years, I'm most proud of our budget increasing by \$8 million, our multiple programs becoming CARF accredited, adopting a Trauma Informed Care philosophy, and increasing the number of individuals we serve exponentially. For over 45 years, PBHG has been an integral and trusted community partner, and I am very proud to have been associated with such a well-respected organization.



Please accept my deepest gratitude to the staff, board members, funders, donors, and the community for giving me the opportunity to serve as CEO of this remarkable organization. I leave PBHG with fond memories and with relationships that will continue forever. Changes that were instituted under my leadership leave this organization well-positioned to continue and grow to meet the future opportunities and challenges of being the premier behavioral health organization in Monmouth and Ocean Counties. It has been a privilege to serve you!

With sincere appreciation,

Mary Pat Angelini

OUR JOURNEY CONTINUES... BECAUSE OF YOU!

The need for mental health assistance and treatment has never been greater, and we are grateful to have a compassionate community that responds with generosity and kindness. As our journey continues, your support gives us the confidence to boldly take the lead in providing more help to more people in our communities. We extend our heartfelt thanks to our donors, community groups, foundations, businesses, partner organizations, and all of the individuals who offered time, talent, and treasures this year. We are grateful to be part of such a caring community.



Our annual golf outing honoring GLI – Gaming Labs International – was a tremendous success, and we thank all of the golfers and sponsors!

Grants and donations from foundations and community partners helped us stock up on needed health and safety items, food, clothing, practical items, toys, and more.



**Your continuing support is appreciated.
Use this convenient QR code to make your donation now!**



OUR JOURNEY CONTINUES

It was great to be able to get out more this year, meeting with people in person, sharing resources in the community, and bringing mental health wellness to those in need.



Offering time, empathy, education, and support, we began our journey in 2022 to be a tobacco-free organization in 2023!



We often partner with other providers, like JBJ Soul Kitchen here, to share resources and outreach to the community.

Our Substance Use Services teams partnered with other community and nonprofit organizations throughout the year to draw attention to services available for those struggling with addiction.



Our professional clinical staff are continually exploring and learning new and evolving therapeutic tools and practices.



Crisis Intervention Training partners law enforcement with mental health professional to appropriately intervene and support individuals in mental health crisis situations. PBHG works in partnership with both the Monmouth County and Ocean County Prosecutors' departments.



Congratulations to Anna Kline, our Director of Integrated Case Management Services, who was awarded "Supervisor of the Year" from the New Jersey Psychiatric Rehabilitation Association.



We are grateful for our relationships with local law enforcement (Toms River Police Department shown here) that help and support those with mental health and substance use challenges.



A first annual "Scare Away Stigma Trunk or Treat" event in Toms River was a huge success. It was coordinated by the Ocean County Human Services Department in partnership with a committee of county and non-profit organizations, including PBHG, to share resources in a fun and engaging way.



Managing the Prevention Coalition of Monmouth County involves extensive collaboration, education, and training. This year our Prevention First staff and the Coalition coordinated multiple Overdose Awareness Day activities.



Our recently renovated training center in Lakewood was named the Joseph A. Miller, Ph.D., FACHE Training Center in honor of our beloved friend, mentor, and Board member.

Outreach to our diverse communities is part of our mission.



Every year our Partial Care program staff provide a homecooked Thanksgiving meal with turkey and lots of fixings!



Our Peer Recovery Specialists provide first-hand experience and guidance in many of our programs. We are now partnering with Brookdale Community College to offer Peer Recovery Specialist Certification training.



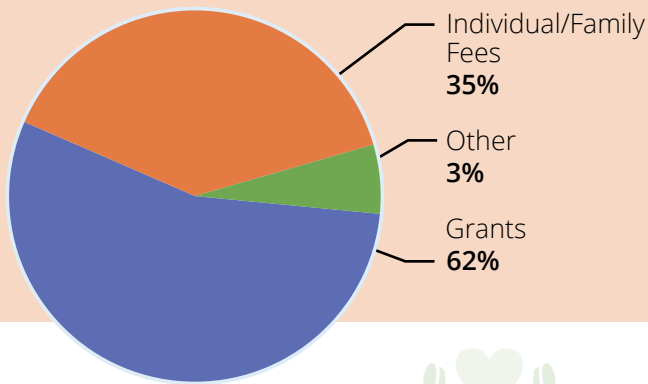
Our Prevention First programs empower children to successfully handle everyday life situations and extraordinary challenges such as substance use, harassment, intimidation and bullying.

FISCAL YEAR 2022

Revenue

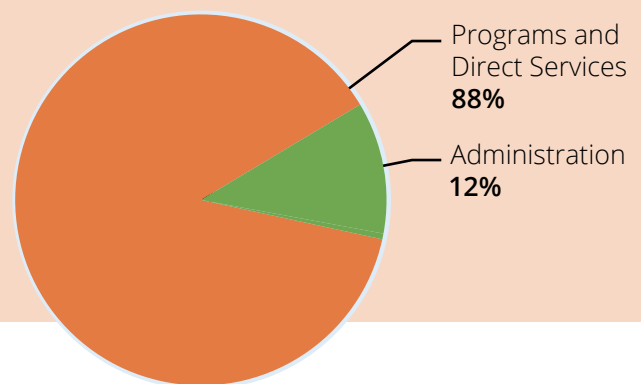
\$29,764,454

FY 2022 Revenue by Sources of Funding



Expense

FY 2022 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, **88¢** goes directly to those we are serving.



Mission Statement

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

Vision

To be a center of excellence that focuses on innovation and integrated health through compassionate care.

Values

Compassion, honesty, accountability, integrity, respect, transparency, safety, diversity, and inclusion.

Promise

To change lives and save lives through a strengths-based approach, partnering with individuals to help achieve their full potential.

Certifications and Accreditations

We are proud to be certified by the prestigious Commission on Accreditation of Rehabilitation Facilities, to reach the top platinum seal of transparency from Candid, and to be designated a Healthy Business Certification from the New Jersey Business and Industry Association.



CHANGING LIVES...SAVING LIVES



Grace's Road to Security

Grace, a senior from southern Ocean County, was struggling financially and emotionally. She was overrun with bills and challenged with debilitating anxiety. While she was being served a summons for shoplifting less than \$50 worth of food, the local police recognized she needed help and directed her to our Justice Involved Services Program. The first priority was resolving the court issue, and her case manager went with her to court, met with the Prosecutor and helped her set up a payment plan to repay her fine. Then, other challenges were tackled including applying for emergency rental assistance, securing food benefits, receiving regular mental health treatment, and more. In her words: "I am so grateful; if I didn't have Preferred in my life, I don't know where I'd be. Everyone has hearts of gold."



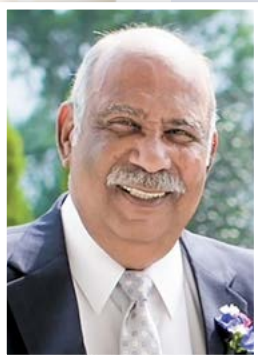
Maya's Road to Healing

Following an attempt to end her own life due to severe depression, Maya joined the SAIL program. SAIL is a 5-day a week, structured, intensive after-school program. In her words: "My therapist Julie is my favorite person in the world; she validated my traumas and broke them down for me to help me understand; she did everything in her power to make me feel safe, and she will always be a role model for me as she changed my life in just a span of a year." Maya graduated from SAIL in July and is thriving as a junior in high school in Ocean County. She is volunteering as a Teen Advisor for a mental health text line and plans to attend college for Criminal Psychology. Maya's story is not over, and the best is yet to come!



Stephen's Road to Independence

"In 2019, I didn't have a life; I was a hermit and recluse. I didn't go out, I became depressed and started drinking and even my family didn't want to see me. I met Shannon and she brought me hope." Shannon is Stephen's case manager with our Integrated Case Management Services program. Together, they worked on finding a better apartment, financial planning, applying for food and health benefits, and finding a job. Today, Stephen continues to receive mental health treatment and other supports, and is much happier. He sees his family a few times a month and goes out regularly with friends. "I appreciate getting the extra support from PBHG for the last few years during the pandemic; it has helped me so much. Thank you!"



In Memoriam

Webster Trammell, 1947-2022

The PBHG family lost a trusted friend and advisor this year with the passing of Dr. Webster Trammell. Dr. Trammell served on our Board of Trustees for many years, most recently as our Vice Chair. His vision was key to expanding our programs and services for those most in need. We will miss his wisdom and kindness.



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Join Our Journey!

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Mary Pat Angelini
Chief Executive Officer

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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 and Preferred Employment Services.

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