# Pathway Homes, Inc.

ANNUAL REPORT 2018



### Our Mission:

Pathway Homes embodies the spirit of recovery: embracing an attitude of hope, self-determination and partnering with each individual on their personal journey toward achieving self-fulfillment and realizing their dreams. We fulfill our mission by making available to individuals with mental illness and co-occurring disabilities a variety of non-time-limited housing and services to enable them to realize their individual potential.



# President's Message

Helping individuals get into stable housing and stay stable in housing is a goal that is vital to Pathway Homes' mission and vision. As a premier provider of Permanent Supportive Housing (PSH) in Northern Virginia and Central Florida, we recognize that safe, decent and permanent stable housing is a basic need. We believe that housing is a right, not a privilege and we are committed to using our culture of excellence to open pathways to stable housing and long-term recovery. We also know that for some of our most vulnerable neighbors- individuals with mental illnesses, co-occurring substance use, chronic health conditions, histories of trauma and other cooccurring conditions — getting a home is the first and most impactful milestone on their path toward that recovery.

Pathways Homes provides housing using a Housing First model where housing is not contingent on the individual accepting services. In that respect, all potential residents are considered "housing ready" and the focus is on ensuring that we remain "consumer ready." At Pathway Homes, our ability to be consumer ready is the reason why 97% of those we serve choose to engage in some level of services and remained housed last year. It is also the reason we were able to successfully serve 25 new individuals this past year through SAMHSA's Cooperative Agreements to Benefit Homeless Individuals (CABHI) even though the funding was time-limited. Through our housing expansion strategy, those individuals will remain permanently and stably housed long after the CABHI funds end.

Permanent Supportive Housing results in significant cost saving to communities. That is why we continue to pursue collaborative partnerships at the local, state

and national levels that promote the development of new sustainable permanent housing, and support service dollars that help individuals remain housed. Policymakers, administrators, and managed care organizations are increasingly aware that a



lack of stable housing can interfere with health goals, and that integrating health care with affordable stable housing can produce better outcomes. With this realization, Medicaid expansion, and funding from the Northern Virginia Health Foundation to pilot a PSH waiver project, we are hopeful that the Pathway Homes model will expand throughout Virginia and beyond. We look forward to advancing our model and sharing an approach that integrates the voice of the consumer with excellent services resulting in positive outcomes, and which provides the greatest return on investment for our vulnerable neighbors, and our supporters.

On behalf of Pathways, I thank you for your unwavering support of the work we do and ask you to continue to partner with us on this journey.

Sylisa Lambert-Woodard, EdD, LCSW, LSATP, MAC President and Chief Executive Officer



# In My Own Backyard by Marti Kelly

I have served on Pathway Homes Consumer Advisory Council for many years. Over the last couple of years, the members of the Council have been working on developing our voice and

how to share our journey to help others who suffer from mental illnesses. We have met with several local officials in Richmond and DC, with the leaders of the Community Services Board and with many members of the community at various events in the region. Our purpose was to educate them on the positive impact of permanent supportive housing and how program changes impact those receiving services. Recently, I had the opportunity to share my voice in my own backyard as well.

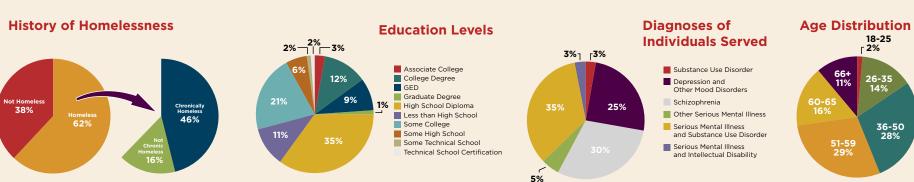
I grew up in the Mount Vernon area of Alexandria. My father was very active in the Mount Vernon Knights of Columbus and I have very fond memories of holiday parties and other social events I attended as a child. As I grew up, I became a weekly bingo regular and met my husband there who later also became a leader in this branch of the Knights of Columbus. As an adult married woman, I continued to be active supporting the activities of the club.

Unfortunately, my husband passed away and I became disconnected from my family and friends. The symptoms of my mental illness made it difficult for me to focus on positive thoughts and my selfesteem. My bank account and ability to live independently spiraled downward to the point where I was homeless and living in a shelter. During this period, I attempted suicide and ended up in the hospital emergency room. In short, I needed help.

Thankfully, I was connected to Pathway Homes which found me a wonderful affordable apartment in my Mount Vernon neighborhood where I only pay thirty percent of my monthly income in rent and receive counseling services. I still struggle with thoughts of suicide, face multiple health issues and I get down on myself. However, I then think of the many people that need my help and need to hear my story. They need to know there is help for them as well. I have a purpose.

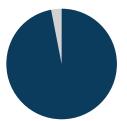
Since living in a Pathways' home, I have returned to my bingo at the Mount Vernon Knights of Columbus and remembered that they give the bingo proceeds to nonprofits in the community helping people in need. As Pathway Homes had helped me, I wanted to ask the Knights to give some of those funds to Pathway Homes. They invited me to speak in September during Suicide Prevention Month and share my journey and how Pathways has helped me. I spoke, along with a psychologist who gave a presentation to attendees interested in learning more about how to detect the signs of suicide, different treatments, and interventions. Despite the fact I had known many people in the room since I was a child, most folks did not know that I had suffered from depression or that I had been homeless.

Before I spoke, I was very nervous about sharing what had happened to me and worried about the reaction of the folks I had known for so long. It was one thing to speak to strangers, but it was even more nerve wracking speaking to folks I know. Fortunately, my fears were unfounded. Many people came up to me after my remarks and continue to come up to me when I attend bingo night letting me know how much they appreciated me telling my story and how it helped them. I felt an overwhelming feeling of warmth and acceptance in my own backyard.

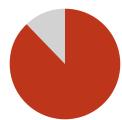


### FY 2018 Consumer Outcomes

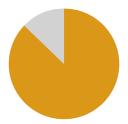
Measuring outcomes show how our services make a difference in the lives of people we serve.



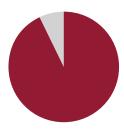
**97%** remained in permanent housing



**88%** remained out of psychiatric hospital



**87%** remained out of medical hospital beds



93% reported overall satisfaction with the services they received

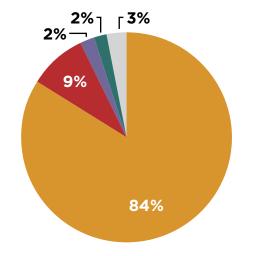
# Pathways' 2018 Financial Summary

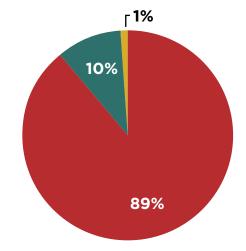
July 1, 2017 - June 30, 2018

CohnReznick a national Certified Public Accounting firm, performed audits as of June 30, 2018, for Pathway Homes, Inc. A summary of the audited Financial Statement is presented here.

SUPPORT AND REVENUE	
Government Grants and Contracts	10,862,164
Fees and Rents	1,609,172
Private Grants	357,412
Contributions	244,392
Other Income	106,592
Total Support and Revenue	\$13,179,732

EXPENSES	
Program Services	
24 Hour Residential Facilities	2,135,552
Supported Residential Facilities	8,592,122
Total Program Services	\$10,727,674
Management and General	1,254,234
Fund-raising and Development	42,710
Total Expenses	\$12,024,618
Change in net assets	
Net Assets, Beginning of Year	10,694,852
Net Assets, End of Year	\$11,849,966





#### SUPPORT AND REVENUE

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Government Fees & Grants8	34%
Client Fees and Rent	.9%
Private Grants	3%
Contributions	2%
Sublease and Other Income	2%

#### **EXPENSES**

Program Services 8	9%
Management & General 1	0%
Fund Raising	.1%

# OUR IMPACT: Fiscal Year 2018





338
Permanent Supportive
Housing Units





81
Units owned

Pathway Homes believes in a Housing First model of care. As such, we work from the understanding that a homeless individual's first and most pressing need is to obtain stable housing, and that other issues that may affect the individual can be addressed after housing is obtained. This is because the need for housing and other safety needs rank right along other basic physiological needs for food, water, warmth, and rest.

Last year, Pathway Homes continued to address the housing need in our community through the strategic addition of units. We expanded our housing inventory by adding 21 one-bedroom units in Fairfax and Prince William counties. Ten of these were funded through the Virginia Department of Behavioral Health and Developmental Services Permanent Supportive Housing Project to serve an additional 10 individuals in Prince William County. The remaining eleven one-bedroom units were funded through Fairfax County Department of Housing and Community Development grants and used to house eleven adults with co-occurring mental illnesses and substance use disorders. Also, last year, The Potomac Health Foundation continued to support our service expansion into Prince William County. The Potomac Health Foundation awards grants to support community health initiatives.

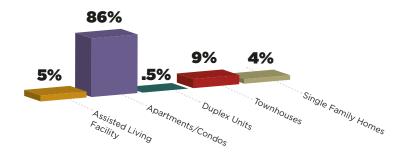
Consistently over the years, 97% of the individuals that we serve remain in stable housing. Often, these are individuals who have previously lived in shelters, on the streets or in other places not meant for human habitation for many years. Others still were living with elderly parents who could no longer provide the support needed to help them sustain in the community long-term. Individuals living with elderly parents are, for the most part, considered unstably housed as they are at high risk of ending up in hospitals, jails, shelters, or on the streets. Often, moving into a Pathways unit with access to quality supportive services, if desired, makes all the difference for homeless or unstably housed individuals. No longer focused on obtaining safe, secure shelter, these men and women can set other goals, and continue their personal journey toward achieving self-fulfillment and realizing their dreams. Many of them did just that and are not only surviving but thriving.

# Pathway Housing Story

From the very beginning, our work focused on the healing benefits of having a place to call home. What started out as one leased property, with two residents and one live-in counselor, has grown into a network of 338 owned, leased, or managed properties. From our two assisted-living facilities to apartments, condos, townhouses, and single-family dwellings, 1241 men and women went to bed at night during the past year in a place they call "home".

#### Where Pathways Residents Live

Percent of Pathways Residents



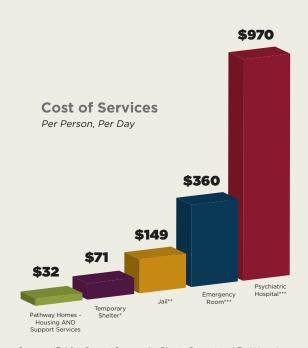
Total Properties in Inventory	338
Properties Owned by Pathways	
Condos	49
Duplex Units	4
Townhouses	17
Single Family Homes	10
Assisted Living Facility (SFH)	1
Additional Properties Served by Pathways	
Apartment Units	242
Townhouses	12
Single Family Homes	2
Assisted Living Facility	1

# Our Model Works

Our client outcomes measurements over the years document the success of our model. Plain and simple, it works for the people we serve, and it's cost-efficient for the community. Since 1980, Pathway Homes has been providing non-time limited housing and supportive services for men and women with mental illness and co-occurring disorders. Employing the Housing First model of care, Pathway Homes served 1241 men and women in the region in FY2018.

Pathway Homes' service delivery methods are also the model of cost-effectiveness and efficient use of community funds. Our costs represent a significant savings to the community compared to the costs of incarceration or hospitalization, as the chart indicates.

The unique challenge of providing non-time-limited housing is that in order to serve more people we need more homes. Property acquisitions, and the funding to support such expansion, are the key factors to meeting the needs in our community. Simply put, more people in need, with limited government funding, means we need to help to fill the gap. No one should "fall through the cracks."



Our continuum of services makes it possible for individuals to move from highly intensive to highly independent settings as their needs change. Our services result in measurable results over time!

#### **SERVICES PROVIDED**

Psychoeducation

#### SHORT-TERM IMPACT

Increased understanding of, and management of illness and symptoms

#### MEDIUM-TERM IMPACT

Ability to manage stressors and increased levels of independence

#### LONG-TERM OUTCOME

Remain in permanent supported housing or move to other permanent housing

Decreased need for hospitalization or risk of incarceration

#### **SERVICES PROVIDED**

Teach activities of daily living skills

#### SHORT-TERM IMPACT

Increased self-efficacy

Ability to meet basic daily needs with less support

#### MEDIUM-TERM IMPACT

Increased accessibility to stable housing opportunities

#### LONG-TERM OUTCOME

Remain in permanent supported housing or move to other permanent housing

#### **SERVICES PROVIDED**

Provide social skills training

#### SHORT-TERM IMPACT

Development of new or improved interpersonal skills

#### MEDIUM-TERM IMPACT

Increased ability to manage personal and landlord-tenant relationships

#### LONG-TERM OUTCOME

Remain in permanent supported housing or move to other permanent housing

#### **SERVICES PROVIDED**

Teach medication management skills

#### SHORT-TERM IMPACT

Increased understanding of medication effects and side effects

#### MEDIUM-TERM IMPACT

Increased motivation and ability to use medications appropriately

#### LONG-TERM OUTCOME

Management of symptoms in the community and decreased need for hospitalization or risk of incarceration

#### SERVICES PROVIDED

Provide job readiness skills training

#### SHORT-TERM IMPACT

Increased knowledge, skills, and confidence

#### MEDIUM-TERM IMPACT

Ability and confidence to apply for jobs

#### LONG-TERM OUTCOME

Employment and decreased dependence on benefits

#### SERVICES PROVIDED

Link with community resources

#### SHORT-TERM IMPACT

Improved access to community supports

#### MEDIUM-TERM IMPACT

Increased ability to manage health or finanical challenges

#### LONG-TERM OUTCOME

Increased self-sufficiency and community integration

#### **SERVICES PROVIDED**

Provide advocacy/ teach self advocacy

#### SHORT-TERM IMPACT

Increased access to benefits/ services

#### MEDIUM-TERM IMPACT

Continuity of healthcare

#### LONG-TERM OUTCOME

Improved quality of life Reduced stigma



# Addressing Medical Challenges in Permanent Supportive Housing

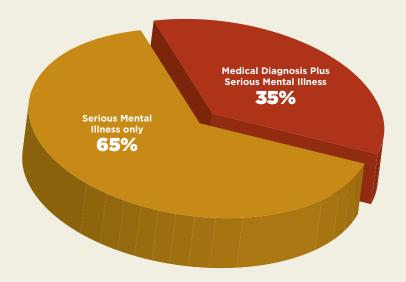
Research has shown that people with severe mental illnesses (SMI), such as schizophrenia, bipolar disorder, schizoaffective disorder, and major depressive disorder, have a mortality rate that is two to three times higher than the general population (De Hert et al., 2011). Specifically, these studies show that adults with schizophrenia are 3.5 times more likely to die in a follow-up period as adults in the general population (Olfson et al., 2015). The factors that impact this discrepancy include lifestyle choices, the long-term impact of psychotropic drugs, and the disparity in the availability and affordability of health care for individuals with SMI compared to the general population. Additionally, medical conditions such as cardiovascular disease, cancer, chronic obstructive pulmonary disease, and pneumonia were also factors, with the most deaths resulting from cardiovascular disease.

The individuals we serve are not only at higher risk of developing acute medical conditions, or having to deal with chronic medical conditions daily, they are also aging in place as more of them become housed and stay housed over time. Over a third (35%) of individuals Pathways served in FY 2018 had a diagnosis of at least one chronic medical condition in addition to a SMI; 15% had two or more medical conditions. Additionally, of the 117 individuals hospitalized during the same time, 68 (58%) were hospitalized for medical reasons.

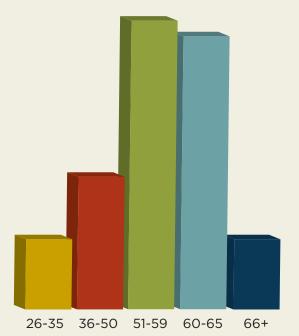
As these individuals age, their medical conditions become more challenging to manage and require more specialized services and skillsets to meet individual needs. For example, during the year, the highest number of medical hospitalizations (35%) was in the 51-59 age range. This is 6% lower than the previous year for the same age range and can be attributed to the flexible nature of Pathways' supportive services. Often, the supports provided to individuals have to be adjusted to meet these medical and age-related needs so that individuals can stay in their homes as long as possible. Due to these flexible and mobile supports, 92% of these individuals were able to return home after hospitalization and continued to be supported in managing these co-occurring conditions in the community. This is 29% higher than last year. Without this type and level of support, fewer of these individuals would be able to maintain stable housing in the community, and more might even end up in institutions long-term.

# \* De Hert et al., (2011). Physical illness in patients with severe mental disorders: Prevalence, impact of medications and disparities in health care. World Psychiatry, 10(1), 52-77. Available https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3048500/

#### **Medical Diagnoses Among Individuals Served**



#### **Medical Hospitalizations by Age Range**



<sup>\*</sup> Olfson, M., Gerhard, T., Huang, C., Crystal, S., & Stroup, T. (2015). Premature mortality among adults with schizophrenia in the United States. JAMA Psychiatry, 72(12), 1172-81. Available https://www.ncbi.nlm.nih.gov/pubmed/26509694

#### **BRING YOUR TEAM OUT**



Fannie Mae supported our mission by bringing out a team of volunteers for painting, creating, building and serving at four projects in honor of 7 Days to Serve. Businesses, schools, and community groups partner with Pathway Homes to improve the quality of life of residents while fulfilling community service requirements. Involvement in our events, whether it be to fundraise or volunteer, displays the spirit of giving, improves the grounds and homes, and ensures that limited funds are devoted to providing direct services.

#### PROVIDE YOUR EXPERTISE



From business practices to staff development, from plumbing and heating to landscaping, Pathway Homes benefits from pro-bono work provided by generous members of the local business community. The HomeAid Foundation's members M/I Homes, Inc. and P [Four] Design, are just a couple of the businesses that provided their expertise in the past year. M/I Homes, Inc. and P [Four] Design renovated a 70s era house into a beautifully remodeled home for our residents living in it.

#### **SERVE ON OUR BOARD**



Pathway Homes' Board members come from diverse fields and backgrounds and support the agency's growing capacity to meet the needs of those with mental illness in our community. Their passion and drive make a difference every day.

# You can make a difference too!

Contact Anna Smith,
Director of Development at
703.876.0390
or visit our website
www.pathwayhomes.org

#### PROVIDE FINANCIAL SUPPORT



Financial contributions greatly enhance our ability to provide services and maintain our properties. Private funding from individuals, businesses, corporations, and foundations is essential to meeting the increasing needs of those seeking services who are not eligible for public-sector-funded programs. Your generous support is critical to our mission to serve individuals in need. Signature Renovations generously chose to be a Platinum Sponsor at our 19th annual Help the Homeless Walk, our biggest fundraising event of the year.

#### **ADVOCATE**



Pathway Homes values the consumer voices and knows when our consumers share their voice people listen. This past year members of the Pathway Homes Consumer Advisory Council traveled to the Fairfax County Government Center to attend and speak at the Wellness Conference in order to educate others affected by mental illness on how they can share their voice to make a difference.

#### PLATINUM LEVEL

The Morris and Gwendolyn Cafritz Foundation Catholic Campaign for Human Development Diocese of Arlington, VA Charles Defilippis Trust

Fannie Mae Employee Help the Homeless Fund Mr. and Mrs. John J. and Joyce Flynn Northern Virginia Health Foundation Philip L. Graham Fund

Potomac Health Foundation Signature Renovations LLC Suntrust Foundation

#### **GOLD LEVEL**

Bob's Discount Furniture Mylestone Plans

Mr. and Mrs. James A. and Miriam Ross Mr. Raymond Schanamann. Jr.

St. Mary of Sorrows Church Virginia Housing Development Authority

#### SILVER LEVEL

Mr. and Mrs. Patrick and Emma Chaing & Zayer-Chaing Kaiser Permanente

Jay Krafft - Krafft A/C Service Corp.

Mr. Martin Lichtenstein Mrs. Jennifer McGarey

Mr. and Mrs. Alan and Amy Meltzer

Northrop Grumman Corporation Charity Trust

United HealthCare Svs. Inc. United Way/CFC of the Nat. Capitol

#### **BRONZE LEVEL**

Mr. Silvestre Acedillo

Ms. Ayan Addou

Ms. Dara Aldridge

Mr. Dean Aldridge

AmazonSmile Foundation

Ms. Dawn A Amore

Ms. Melissa Anderson

Elks Auxiliary Arlington/Fairfax BPO Elks 2188

Ms. Louise Armitage

Ms. Maiko C. Ashby

Avalon Bay Communities

Mr. Adam Barenfeld-Engel

Ms. Sondra Barksdale

Ms. Amanda Bates

Ms. Indre Bauza

J. Lamar and Jannette Beasley

Mr. and Mrs. Fred and Vivienne Becchetti

Mrs. Jennifer Becker-Pollet

Ms. Winell Belfonte

Emelia Beltran Trust

Benevity Community Impact Fund

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Ms. Donna Bent

Ms. Shari Berman

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Mr. Chris Finta

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Mr.and Mrs. James and Ann Fisher

Mr. Greg Franks

Freddie Mac

Ms. Brenda Free

Ms. Karen Freeman

Mrs. Teresa Freeman Mr. and Mrs. Harry & Pam Freer

Mrs. Leslie Gallahan

Ms. Chava Gal-Or

Mr. and Mrs. Wayne L. and Pilar Gardella

Pathway Homes wishes to

thank the 242 individual

volunteers and 13 groups

who gave 4,057 hours of service in the past year.

Using Independent Sector's

valued at just over \$100,180.

the skilled labor we received

from members of HomeAid

valued at over \$100.000.

We also greatly appreciate

valuation of \$24.69/hour. these volunteer hours are

Ms. Wanda Garrett

Mr. and Mrs. Steven and Joyce Gibson

Ms. Tamara Gifford Ms. Judy Ginsburgh

Mr. and Mrs. Andy and Yvette Gluck

Mr. and Mrs. Robert and Michie Gluck

Mrs. Donna Goldbranson

Ms. Betty Gordon

Ms. Wendy Gradison

Mr. and Mrs. Daniel and Kristin Gray Esquire

Ms. Heather Gray

Ms. Molly Grimsley

Ms. Suzanne E. Grimsley

Mr. Bob Grisetti

Mr. Michael Grossman Ms. Mary Jo H Robinson

Ms. Deborah Haines

Ms. Cenith Hall-Tibbs

Ms. Ann L. Hamann

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Mr. Jeffery Hayward

Mr. and Mrs. Dixon F. and June A. Hemphill

Mr. James M Henderson

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Mr. and Mrs. Brian J. and Melvia E. Corcoran Ms. Deborah Corwin

Ms. Monica Craven

CST Group, CPAs PC

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Ms. Laura Dufrat

Ms. Katherine Eager

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Mr. Robert Fontana Ms. Michelle Forlini Mr. James H. Foster Mr. Emil Franks

Mr. David Houghtaling Mrs. Meredith Hovan Ms. Jerilynn B. Hoy Ms. Jie Huang Ms. Lisa Humes Ms. Leslie Hurdle Mr. Ronald Imbach Mr. and Mrs. William and Deborah Iwig Ms. Barbara Jamborsky Jean Schiro-Zavela & Vance Zavela Foundation Mr. Frederick Jefferson Mrs. Kathryn Jensen Ms. Connie Jeremiah Mr. and Mrs. Dirk and Patsy Johnson Mr. Kenneth Johnson Mr. Thomas Johnson Ms. Isabel Jones Mrs. Anne Judelsohn Mrs. Jennifer Judelsohn LCSW Ms. Donna Jung Ms. Mary Jo Kaczmarek Mr. Bruce Kaplan Mr. and Mrs. Takehiko and Linda Kato Mr. Mark Keam Mr. and Mrs. Doug and Cathy Kellermann

Mr. Mark Keam
Mr. and Mrs. Doug and Cathy Kellermann
Mr. Paul A Kelly
Ms. Judi Kern
Ms. Leah Kim
Mrs. Joyce King-Strickler
Ms. Susan Kousek
Ms. Kristen Kugel
L&G Drain Cleaning and Plumbing Repair
Dr. Sylisa Lambert-Woodard EdD, LCSW, LSATP,
MAC

Mr. Gregory Langlois
Mr. and Mrs. Bruce and Connie Lauther
Mr. David Lax
Mrs. Judith Lee
Ms. Susie Lee
Ms. Jean LeForge

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Mr. and Mrs. Patrick and Anne Murphy

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Mr. and Mrs. Andrew and Angela Nguyen NOVEC Northern Virginia Electric Cooperative

Ms. Megan O'Connor Mr. Henry Opoku Ms. Patricia Orlowski Mrs. Regina O'Shaughnessy Ms. Anne Paroulek Ms. Leslie Pasquali

Ms. Leslie Pasquali Ms. Jennifer Passey Ms. Presha Patel Ms. Sharon Patton Mr. John Payne

Mr. and Dr. Antonio F. and Carol B. Perez Mr. and Mrs. Thomas and Sharen Peters Mr. and Mrs. Joseph and Mary Pettit Mr. and Mrs. Alex and Lynne Phillips

Mr. Daniel Pollard Mr. Adam Pollet Mr. Dean Pollet Ms. Teryl Pomeroy Mr. and Mrs. Donald

Mr. and Mrs. Donald and Susan Poretz Mr. and Mrs. Edward Preston

Mr. Eric Prostejovsky Ms. Carole Puglisi Mr. Christopher Purcell Ms. Martha H. Ragagli Ms. Linda Ramo

Mr. and Mrs. Victor and Susan Ransom

Mr. Mark Raschuss

Mr. and Mrs. Dave M. and Lorraine C. Redman

Mr. and Mrs. Tom and Ann Repczynski

Ms. Jennie Reynolds

Col. and Mrs. Celeste T. Richardson

Mr. & Mrs. Eric Riddell
Mr. Karl P Ritchey
Ms. Anita Robinson
Mr. Douglas Robinson
Mr. Dwight Robinson
Mrs. Ellen P. Roche
Mrs. Pamela Rodgers
Ms. Danica Roem
Dr. John Rogers
Ms. Kristin K Romero
Mr. Jeffrey Root
Mr. Barbara Rosch
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We express our sincere appreciation to the members of the Pathway Homes Giving Society. These special donors have committed to five years of financial support. This long-term commitment gives the agency better flexibility and planning capabilities to make a difference in the lives of those we serve.



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- Consolidated Community Funding Pool (CCFP)
- Department of Behavioral Health and Disability Services (DBHDS)
- Department of Medical Assistance Services (DMAS)
- Department of Social Services (DSS)
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