

PROVIDING HOUSING AND SUPPORTIVE SERVICES IN NORTHERN VIRGINIA FOR 39 YEARS

Pathway Homes, Inc.

ANNUAL REPORT 2019



Partnering for Change

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, affordable housing, and services to enable them to realize their individual potential.

President's Message

Pathway Homes is a great value. The cost of our services is significantly lower than alternative services which often provide temporary and less effective care. Pathway Homes can provide services to those we serve at only \$25 per day, with subsidies, compared to \$800 per day at psychiatric institutions. Also, did you know that 93% of those we serve remain housed annually, and less than 10% are re-hospitalized? These are amazing outcomes, but more important than the numbers are the individual testimonies of those we serve:

"I appreciate very much all services that Pathway Homes provides to me. Without their help, I would be a homeless person."

"I love how Pathways has helped me live life and helped me to love myself and know/learn I am an important person and life is worth living every day. Pathways is my miracle and a program that will never be forgotten."

"I'm grateful for my housing. I feel respected. It's an honor to work with Pathway Homes."

Fall brings in a new season. Every year we mark the beginning of the new season with our Help the Homeless Walk and this year, we celebrated our 20th year of walking to help homeless individuals in our community. We appreciate the many new partners and longtime supporters who walked with us to eradicate homelessness. It is with your help, that we were instrumental in decreasing the number of chronically homeless individuals in our community, with mental illnesses and substance use challenges, by more than 10% this past year!

I have always believed that we could not have achieved

our many successes without the support of our partners and friends. Whether it is volunteering your time, attending fundraising events, sponsoring or donating, you have been invaluable contributors to Pathways' growth in size and stature, and you continue to be essential

to our future success. As we seek to build a "Culture of Excellence" our services continue to grow with excellent performance outcomes. Our commitment is to realize even greater outcomes by providing all services through an equity lens.

We ask that you join us in this effort. If you know of an individual or business that has not heard about us, encourage them to visit our website at www.pathwayhomes.org, share their contact information and become a part of our mission of recovery. We also ask that you make a habit of visiting the site, so you can learn about upcoming events that might interest and inspire you. I look forward to you partnering with us to serve over 400 individuals currently on our wait list.

On behalf of all of us at Pathway Homes, I thank you for your support. When we unite our efforts, recovery can, and does happen!



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



“Out of the Woods” by Nichole

My name is Nichole, I'm 44 and was born and raised in Fairfax County in the Mount Vernon area. Both of my parents were active alcoholics and addicts when I was growing up. They were abusive physically and mentally to each other and my mom was abusive to my sister and me. Mental illness and addiction run rampant on both sides of my family, yet when I was growing up it was never talked about. I was into everything. To keep me calm and quiet, my mother fed me alcohol. I remember drinking chocolate milk at home and wanting to go to sleep. I noticed when I drank chocolate milk at my grandma's house it tasted different and didn't make me sleepy. I found out when I was in high school that my Mom's chocolate milk was Kahlua and Vodka.

I remember feeling different all through elementary school and into high school. I felt very nervous, scared and, at times, angry, but never knew why. It didn't help that I was surrounded by chaos. My mother had me smoke cannabis with her starting in 6th grade. She dragged me with her to see her boyfriends who she would meet at the bars.

In high school, I started dating the doorman from a bar I went to with my mom. This was the start of my abusive relationships and daily drug use. He rode in a motorcycle club and I wore a “property patch” and was subject to all the conditions required of someone who is “property”. It took me five years to escape from him and his friends. Unfortunately, I ran from him straight into the arms of another abuser.

At this point, I'd had enough. I started my sobriety journey and learned more about mental illness. The journey has been a long one with many stops and starts. When I first sought help in 1997, I learned I was bi-polar with post-traumatic stress disorder, severe depression and social anxiety disorder. I entered substance rehab in March of 1998 and moved into Oxford House, a communal rehabilitation home. While this was a first step, I still wanted to just be “normal”. For the next seventeen years, I went on and off my medications, was in and out of psychiatric facilities, and in and out of abusive relationships. Each time learning more and more, but still not ready to fully accept the truth.

Sadly after a series of traumatic experiences, in January 2010 with 18 inches of snow on the ground, I became homeless. It was just me and a tent in the

woods in Woodbridge VA. I held onto my sobriety for about 90 days and then lost it. I spent the next five years homeless in snow, ice, hurricanes, and with abusive men. I wanted to try to get help, however, was too embarrassed to follow through. In 2013, I came back to Fairfax County, still homeless, still actively using and met another abusive man. My physical health also began to decline. I had been a physically healthy child growing up and in my early adulthood. After being homeless, I developed asthma, learned I had fibromyalgia and tested positive for Hepatitis C. I had come to accept that I would die in the woods.

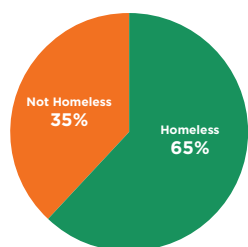


Thankfully, in January of 2015, I met with a volunteer with FACETs who connected me with Pathway Homes. I met with a Pathways' supervisor in February and two weeks later I met with the supervisor and counselor to look at what may be my new apartment. I was very nervous. The apartment was clear and bright when I walked in. There was a foyer which I just felt too nervous to step away from to look at the entire place. The Pathways folks encouraged me to come all the way in and look around. I accepted the apartment and had to wait until March 1st to move in as it needed a new carpet. Until I moved in, I stayed in a hotel hidden away from everyone. I moved into my new apartment on March 12, 2015.

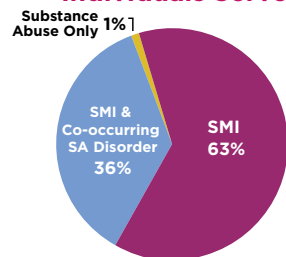
Looking back, I don't know how much longer I would have survived on the streets. I was mentally and spiritually broken. I prayed often to not wake up when I went to sleep. Being given this opportunity restored so much of my faith. Having a clean environment, a real bathroom I can use whenever I want, a working kitchen, a place to store my groceries and a bed to sleep in has been a blessing.

Pathways helped me manage my mental and physical health. The counselor comes weekly and helps me with my tools such as breathing, mindfulness and my gratitude list. I have an orange tabby cat which helps so much with my anxiety. I have gone through the Hepatitis C treatments and manage my medications in support of my mental and physical health. I feel like a simple thank you will never be enough for all Pathway Homes has done for me.

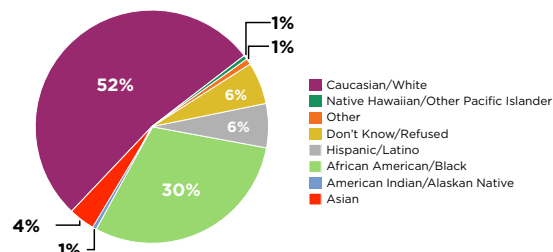
History of Homelessness



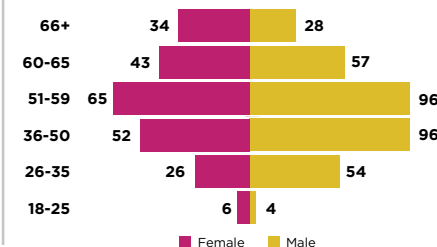
Diagnoses of Individuals Served



Race and Ethnicity

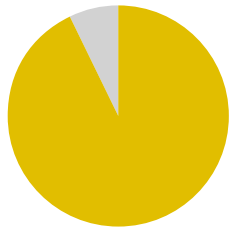


Gender and Age Distribution

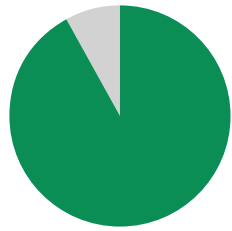


FY 2019 Consumer Outcomes

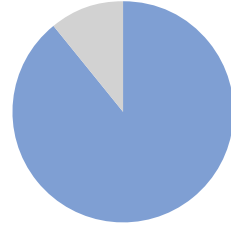
Measuring outcomes show how our services make a difference in the lives of people we serve.



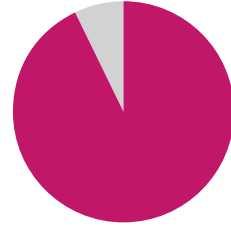
93%
remained in
permanent
housing



92%
remained out
of psychiatric
hospital



89%
remained out
of medical
hospital beds



93%
reported
overall satis-
faction with
the services
they received

Pathways' FY 19 Financial Summary

July 1, 2018 – June 30, 2019

CohnReznick a national Certified Public Accounting firm, performed audits as of June 30, 2019, for Pathway Homes, Inc. A summary of the audited Financial Statement is presented here.

SUPPORT AND REVENUE

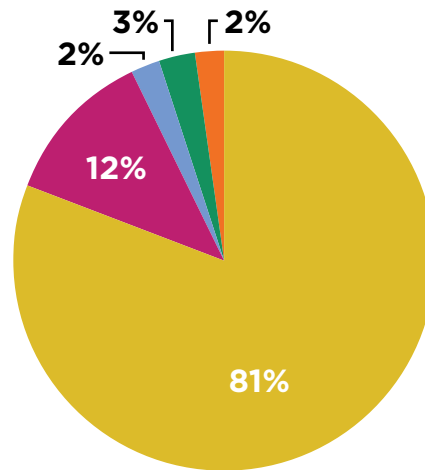
Government Grants and Contracts	11,736,018
Fees and Rents	1,690,970
Private Grants	299,500
Contributions	271,486
Other Income	473,282
Total Support and Revenue	\$14,471,256

EXPENSES

Program Services	
24 Hour Residential Facilities	1,983,473
Supported Residential Facilities	9,180,819
Total Program Services	\$11,164,292
Management and General	1,518,989
Contributions and Grants	122,663
Fund-raising and Development	49,010,710
Total Expenses	\$12,854,954

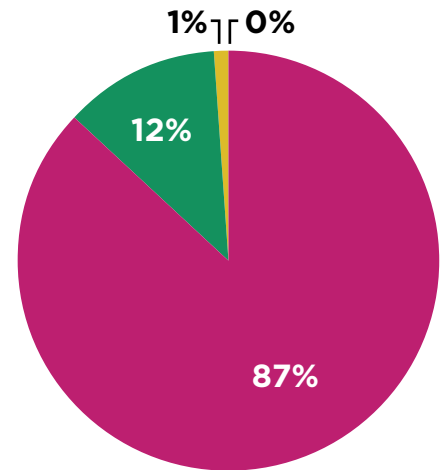
Change in net assets

Net Assets, Beginning of Year	11,849,966
Net Assets, End of Year	\$13,466,268



SUPPORT AND REVENUE

Government Fees & Grants	81%
Client Fees and Rent.....	12%
Contributions	2%
Sublease and Other Income.....	3%
Private Grants.....	2%



EXPENSES

Program Services	87%
Management & General.....	12%
Contributions and Grants.....	1%
Fund Raising	0%



345
Permanent Supportive
Housing Units



90
Units owned



255
Units leased



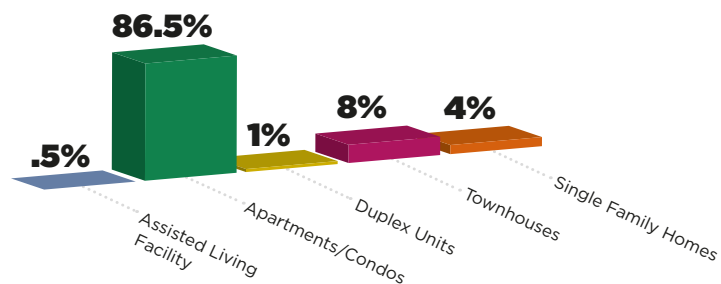
568
Residents

Pathway Housing Story

Founded in 1980, we began as one leased property, with 2 residents and 1 live-in counselor. In FY2019, we have grown into a network of 345 owned, leased, or managed properties. From our two assisted-living facilities to apartments, condos, townhouses, and single-family dwellings, 1280 men and women went to bed at night during the past year in a place they can call “home.”

Where Pathways Residents Live

Percent of Pathways Residents



Total Properties in Inventory

345

Properties Owned By Pathway Homes

Apartment Units/Condos	57
Duplex Units	4
Townhouses	17
Single Family Homes	11
Assisted Living Facility (SFH)	1
Total Owned	90

Additional Properties Served By Pathway Homes

Apartment Units/Condos	242
Townhouses	10
Single Family Homes	2
Assisted Living Facility	1
Total Managed	255

Our Model Works

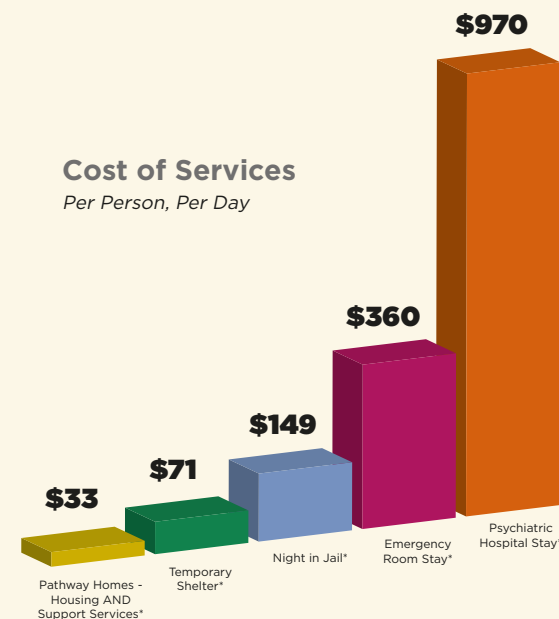
For 40 years, Pathway Homes has been providing permanent stable housing and supportive services for men and women with mental illness and co-occurring disorders, many of whom have experienced homelessness. Employing the Housing First model of care, Pathway Homes served 1268 men and women in the region in FY2019.

Pathway Homes' housing and services are also cost-effective for not only the individuals served, but for the community as well. Our costs represent a significant savings to the Northern Virginia region compared to the costs of incarceration or hospitalization, as represented in the “Cost of Services” chart.

In order for our permanent stable housing to continue being efficient and effective in the community, we need more affordable homes as well as funding for our services. Property acquisitions, and the funding to support such expansion, are the key factors to meeting the needs in our community. More people in need and limited government funding means we need critical funds to fill the gap. Therefore, while we at Pathway Homes serve the community, we also need the community's help to ensure those in need do not “fall through the cracks.”

Cost of Services

Per Person, Per Day



Sources: *Fairfax County Community Plan to Prevent and End Homelessness

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!

<p>SERVICES PROVIDED Psychoeducation</p> <p>SHORT-TERM IMPACT Increased understanding of, and management of illness and symptoms</p> <p>MEDIUM-TERM IMPACT Ability to manage stressors and increased levels of independence</p> <p>LONG-TERM OUTCOME Remain in permanent supported housing or move to other permanent housing Decreased need for hospitalization or risk of incarceration</p>	<p>SERVICES PROVIDED Teach activities of daily living skills</p> <p>SHORT-TERM IMPACT Increased self-efficacy Ability to meet basic daily needs with less support</p> <p>MEDIUM-TERM IMPACT Increased accessibility to stable housing opportunities</p> <p>LONG-TERM OUTCOME Remain in permanent supported housing or move to other permanent housing</p>	<p>SERVICES PROVIDED Provide social skills training</p> <p>SHORT-TERM IMPACT Development of new or improved interpersonal skills</p> <p>MEDIUM-TERM IMPACT Increased ability to manage personal and landlord-tenant relationships</p> <p>LONG-TERM OUTCOME Remain in permanent supported housing or move to other permanent housing</p>	<p>SERVICES PROVIDED Teach medication management skills</p> <p>SHORT-TERM IMPACT Increased understanding of medication effects and side effects</p> <p>MEDIUM-TERM IMPACT Increased motivation and ability to use medications appropriately</p> <p>LONG-TERM OUTCOME Management of symptoms in the community and decreased need for hospitalization or risk of incarceration</p>
<p>SERVICES PROVIDED Provide job readiness skills training</p> <p>SHORT-TERM IMPACT Increased knowledge, skills, and confidence</p> <p>MEDIUM-TERM IMPACT Ability and confidence to apply for jobs</p> <p>LONG-TERM OUTCOME Employment and decreased dependence on benefits</p>	<p>SERVICES PROVIDED Link with community resources</p> <p>SHORT-TERM IMPACT Improved access to community supports</p> <p>MEDIUM-TERM IMPACT Increased ability to manage health or financial challenges</p> <p>LONG-TERM OUTCOME Increased self-sufficiency and community integration</p>	<p>SERVICES PROVIDED Provide advocacy/teach self advocacy</p> <p>SHORT-TERM IMPACT Increased access to benefits/services</p> <p>MEDIUM-TERM IMPACT Continuity of healthcare</p> <p>LONG-TERM OUTCOME Improved quality of life Reduced stigma</p>	

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. For example, schizophrenia is associated with twice the risk of death from heart disease and three times the risk of death from respiratory disease (Mental Health Foundation, 2019). Also, studies have shown 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). This disparity in health outcomes is due, in part, to individuals with mental illnesses having less access to integrated healthcare including routine or preventative health checks, lifestyle choices, the long-term impact of psychotropic drugs, and social issues such as homelessness. 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.

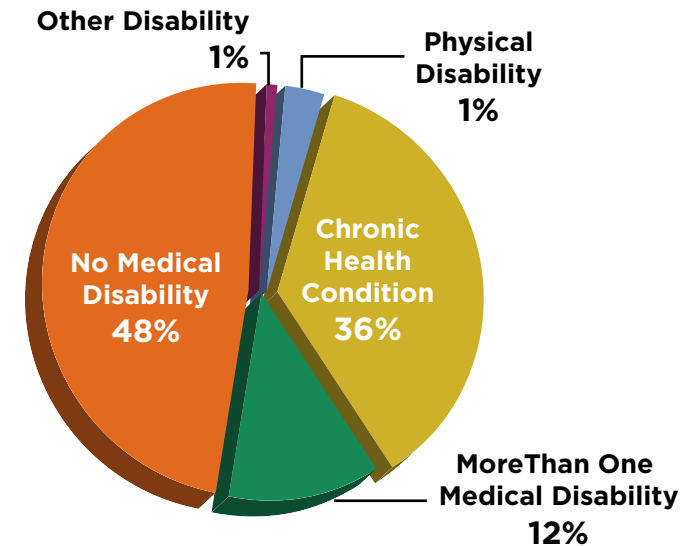
The individuals we serve are not only at higher risk of developing acute medical conditions, or having to deal with chronic medical conditions daily, they are also aging in place as more of them become housed and stay housed over time. Over a third (36%) of individuals Pathways served in FY 2019 had a diagnosis of at least one chronic medical condition in addition to a SMI; 12% had two or more medical conditions. Additionally, 52% of individuals hospitalized during the same time, 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 was in the 51-59 age range. 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. This is especially important given that stable housing has been shown to be a key social determinant of health. Due to these flexible and mobile supports, over 90% of these individuals were able to return home after hospitalization and continued to be supported in managing these co-occurring conditions in the community. Without this type and level of housing and support, fewer of these individuals would be able to maintain stable housing in the community, and more might even end up in institutions with diminished quality of life related to long-term institutionalized care.

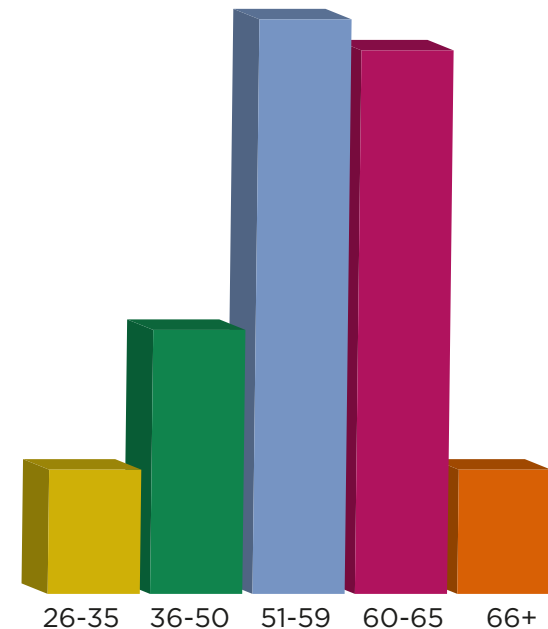
* Mental Health Foundation. (2019). Physical health and mental health. Available at <https://www.mentalhealth.org.uk/a-to-z/p/physical-health-and-mental-health>

* 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>

Medical Diagnoses Among Individuals Served



Medical Hospitalizations by Age Range



BRING YOUR TEAM OUT



Every year, Fannie Mae shows their support for Pathway Homes' mission by sending out a team to help renovate and rejuvenate one of our houses. Those pictured above spent the day repainting two levels of a house! Businesses, schools, and community groups partner with Pathway Homes to improve the quality of life of residents while fulfilling community service requirements. These volunteer work days demonstrate the spirit of giving, improve the grounds and homes, and ensure that limited funds are dedicated to providing direct services.

PROVIDE YOUR EXPERTISE



From pro-bono work to individual volunteering, we appreciate any person or business that takes the time to better the lives of those we serve! For instance, Kevin Vandernaald, pictured above with his sons, a life coach, gave back by facilitating a Pathway Homes Board retreat.

SERVE ON OUR BOARD



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

PROVIDE FINANCIAL SUPPORT



Thanks to financial contributions from individuals, businesses, corporations and businesses, we are able to do the good work we do. Your generous support is critical in our mission to serve individuals in need. For approximately 7 years, Signature Renovations has generously supported our annual Help the Homeless Walk, our biggest fundraising event of the year, as our platinum sponsor.

ADVOCATE



With Pathway Homes' Consumer Advisory Council, we are able to clearly hear the consumer voice and take into account what the individuals we serve need. This past year, the CAC traveled to Richmond, VA in order to educate local officials and government agencies about the impact their decisions have on the community as well as on the lives of individuals facing homelessness.

*You can make
a difference
too!*

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

PLATINUM LEVEL

Bank of America Foundation
Charles DeFilippo Trust
Mr. and Mrs. John J. and Mary Joyce Flynn

Northern Virginia Health Foundation
The Morris and Gwendolyn Cafritz Foundation
Potomac Health Foundation

Virginia Housing Development Authority

GOLD LEVEL

Anonymous
Bob's Discount Furniture
Catholic Campaign for Human Development
Diocese of Arlington, VA
International Brotherhood of Electrical Workers

International Union of Bricklayers
Jay Krafft - Krafft A/C Service Corp.
Laborers' International Union of NA
Mr. and Mrs. James A. and Miriam Ross
Mr. Raymond Schanemann, Jr.

Signature Renovations LLC
St. Mary of Sorrows Church
Suntrust Foundation
Wells Fargo Foundation

SILVER LEVEL

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Avalon Bay Communities
Benevity Community Impact Fund
Mr. Kenneth Bingham
Ms. Brenda Brennan
Ms. Ebony Brown
CareFirst BlueCross BlueShield
Mr. and Mrs. Patrick and Emma Chaing & Zayer-Chaing
Ms. Karen Cholko
Mr. and Mrs. Brian J. and Melvia E. Corcoran
Credible Behavioral Software
Anonymous
Mrs. Mary Driver-Downs

EM2 HVAC
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Fidelity Charitable
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Golden & Cohen, LLC
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International Brotherhood of Boilermakers
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Jean Schiro-Zavela & Vance Zavela
Kaiser Permanente
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Dr. Sylisa Lambert-Woodard
Mr. Martin Lichtenstein
Mrs. Jennifer McGarey
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Ms. Nicolette N. Mejia
Ms. Sherry Meyers
Mt. Vernon Nights of Columbus
Mr. and Mrs. Patrick and Anne Murphy
Northrop Grumman Corporation Charity Trust
Ourisman Fairfax Toyota
Mr. & Mrs. Eric Riddell
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Mrs. Libbie Rozofsky
Mr. Michael Sacks
Shoreshim, Inc.
Mr. and Mrs. Mark and Anna Smith
St. Luke Catholic Church
Dr. Theresa Tisdale
ULLICO Management Company
United Association of Journeymen and

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Ms. Nita Acey
Ms. Ayan Addou
Mr. Dean Aldridge
AmazonSmile Foundation
American Psychological Association
Ms. Aujinlee Amrine
Kraft And Associates
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Mr. David Choi
Ms. Kate Cisneros
Mr. Peter Clark
Clifton Community Woman's Club

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Ms. Carol Colza
Mrs. Lovena Conklin
Mrs. Arlette Constandy
Ms. Barbara Craig
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Mrs. Delores Davis
Ms. Stacie Davis
Mrs. Angie Delboy
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Mrs. Lynda J. Dendtler
Mr. and Mrs. Nick and Nancy Dickinson
Mr. Ronald D. Dietrich
Mr. and Mrs. Kim Do
Mrs. Bettie Dresser
Ms. Laura Dufrat

Pathway Homes wishes to thank the 152 individual volunteers and 7 groups who gave 2,214 hours of service in the past year. Using Independent Sector's valuation of \$25.43/hour, these volunteer hours are valued at just over \$100,180. We also greatly appreciate the skilled labor we received from members of HomeAid valued at over \$100,000.

Apprentices of the Plumbing and Pipe F
Venable Foundation
Dr. Eleanor Vincent
Mrs. Pam Wicksel-Zayer
Mr. and Mrs. Robert and Michelle M. and M. Worster III
Federal Home Loan Mortgage Corporation YourCause, LLC Trustee
Ms. Susan Zywokarte

Ms. Veronica Duggan
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Ms. Brenda Free
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 Ms. Elizabeth Lisa Goddard
 Mrs. Donna Goldbranson
 Mrs. Betty Gordon
 Ms. Wendy Gradison
 Mrs. Betsy Samuelson Greer
 Mr. Rob Grims
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 Ms. Beatrice Gurwitz
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 Ms. Ann L. Hamann
 Ms. Deborah C. Hayes
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 Ms. Judith Hoy
 Ms. Jie Huang
 Ms. Lisa Humes
 Ms. Leslie Hurdle
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 Mrs. Connie Jeremiah
 Mrs. Alexandra Johnson
 Mr. and Mrs. Dirk and Patsy Johnson
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 Mr. Evan Julian
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 Ms. Larysa Kautz
 Mr. and Mrs. Doug and Cathy Kellermann
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 Ms. Lenka Kneschke
 Mr. Robert Kotwicki
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 Mr. Frank Kyle
 Mr. Nicholas Lagos
 Mrs. Jill Landsman
 Mr. Gregory Langlois
 Mr. and Mrs. Bruce and Connie Lauther
 Ms. Jean LeForge
 Mr. Danni Leifer
 Ms. Hallie Leighton

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