

Prospect House (PH)

Description

Established in 1956, Prospect House is the Mental Health Association's adult day partial care program serving individuals aged 18 and older with severe and persistent mental illness. PH provides person-centered services focused on psychiatric stabilization, recovery, and community reintegration. Members are empowered to pursue their life goals through group therapy, wellness activities, vocational support, and medical care. The program operates Monday through Friday from 8:30 a.m. to 5:00 p.m. and is committed to destigmatizing mental illness while fostering a culturally competent environment that supports recovery and resilience.

Personnel

Prospect House is staffed by a dedicated, multidisciplinary team committed to providing comprehensive support to its members. The team includes one Program Director, one Psychiatrist, one full-time and one part-time Advanced Practice Nurse (APN), one Registered Nurse (RN), two Program Coordinators, one Intake Coordinator, and eight Case Managers. Support staff consists of one Administrative Coordinator, one full-time and one part-time Billing Clerk, three full-time and four part-time Van Drivers, and one full-time Security Guard. The team reflects the cultural and linguistic diversity of the members served, with fluency in Spanish, Creole, and Yoruba.

Caseload

Prospect House served a total of 217 members, including 62 new admissions. The average daily attendance ranged between 90 and 108 members. The primary service areas include Newark, East Orange, Irvington, and other municipalities within Essex County.

Demographics

The age range of members served at Prospect House spans from 20 to 80 years. In terms of race and ethnicity, 70.7% identify as African American, 23.0% as White, 18.0% as Mixed Race, and 0.9% as Asian. Regarding gender identity, 56.7% of members identify as male, 40.6% as female, 0.5% as transgender, and 2.3% preferred not to disclose their gender.

Performance Outcomes

Prospect House provided a total of 2,005 medication monitoring appointments, along with 62 initial psychiatric evaluations and 258 updated psychiatric evaluations. Additionally, 474 injectable medication appointments were completed. All members (100%) received summer safety and medication education. Psychiatric services were fully accessible to members five days per week.

Consumer Satisfaction Surveys

A survey conducted with 76 participants revealed an overall satisfaction rate of 96.09%. The relationship with case managers received a high approval rating of 97.37%, and 93.33% of members reported improvements in daily living skills. Members praised the program's supportive environment and individualized services.

Program Highlights

Prospect House continued to offer a comprehensive array of services designed to enhance individual skills, promote overall health and well-being, and foster stronger connections within the community. These services were tailored to support personal development, facilitate access to healthcare resources, and encourage active participation in community life, ultimately empowering individuals to lead more independent and fulfilling lives. During this year, these additional highlighted services and activities included:

On-site mobile outreach programs, provided no out of pocket cost to all members, such as:

- The New Jersey Motor Vehicle Commission's (NJMVC) Mobile Unit, which offered services to obtain driver's licenses and non-driver state identification.
- Zufall, a community-based medical mobile outreach program that provided dental, medical, and women's health care. These services included community health screenings that establish linkages to primary care, blood pressure monitoring, glucose readings, and flu and COVID-19 vaccines. The program also assisted individuals with enrollment in medical insurance coverage. Additionally, Zufall operated a dental van offering comprehensive dental services such as cleanings, fillings, and denture fittings, as well as referrals for more extensive dental work.
- EDGE NJ, an LGBTQ+ social service organization that provided mobile rapid HIV testing and Hepatitis C screening. EDGE also offers education, counseling, and referral services.
- During fiscal year 2025, Prospect House continued to offer onsite Prospect Primary Care Services, which provide primary healthcare to members, supported by a navigator who assisted with appointment scheduling and referrals to specialists. The program also maintained an ongoing collaboration with Clarity Labs to provide onsite bloodwork.
- Social activities were organized to foster socialization, build community connections, and promote a sense of belonging among members. For example, this year, members participated in the MHA's annual boat trip, which took place in Brielle, aboard the "River Queen." In addition, members enjoyed the annual MHA Picnic held at Eagle Rock Reservation, providing an opportunity for outdoor relaxation and social interaction. Members also enjoyed a social outing by visiting a local restaurant for a meal and then to the movies. This activity provided an opportunity for everyone to relax, connect, and build stronger relationships in a friendly and supportive environment. Throughout the year, members took part in various celebratory (National Wear Red Day, Black History Month, Halloween, Thanksgiving and December Holiday events) that honored different seasons and traditions
- MHA held the Annual Member Awards, recognizing several members for their perseverance, leadership, and recovery.
- Prospect House groups continued to offer diverse activities such as art therapy, physical exercise, support groups, and vocational groups.
- Prospect House members cultivated a vegetable garden, carefully selecting and planting a variety of edible plants. They dedicated time and effort to preparing the soil, choosing different vegetable seeds, and tending to the garden regularly to ensure healthy growth. Over time, the garden

flourished, offering a sustainable source of vegetables and serving as an educational experience about agriculture and teamwork.

- The transitional employment program continued to play a vital role in supporting members' development of essential work readiness skills and facilitating successful job placements.

Advocacy Activities

Prospect House continues to prioritize stigma reduction through ongoing family and community education initiatives. Weekly member-led community meetings provide a platform for open dialogue and active engagement. The program fosters strong partnerships with local organizations and managed care plans to enhance services and support. Additionally, member voices are actively empowered and included in program development and decision-making processes.

FY 2026 Goals

Prospect House goals will continue to be centered around providing accessible, effective, and personalized support to individuals who require partial care treatment. These goals include to continue expanding access, enhancing the quality and responsiveness of services, and fostering collaboration among community providers to deliver comprehensive care. By developing individualized treatment plans, Prospect House aims to promote recovery, independence, and overall well-being. Additionally, increasing member engagement and education, along with continuously monitoring outcomes, will ensure ongoing improvement and positive results. Ultimately, Prospect House's goal is to continue to provide a supportive environment that empowers individuals to achieve stability and thrive within their communities.