

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 an 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 part-time Psychiatrist, one full-time and one part-time Advanced Practice Nurse (APN), one Registered Nurse (RN), two Program Coordinators, one Intake Coordinator, and ten Case Managers.

Caseload

Prospect House served a total of 210 members, including 66 new admissions. The average daily attendance was 98 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 19 to 82 years. In terms of race and ethnicity, 75% identify as African American, 20% as White, 4.5% as Mixed Race, and 0.5% as Asian. Regarding gender identity, 40.2% of members identify as male, 58.8% as female, 0.5% as transgender, and 0.5% preferred not to disclose their gender.

Performance Outcomes

Prospect House provided a total of 1409 medication monitoring appointments, along with 67 initial psychiatric evaluations and 216 updated psychiatric evaluations. Additionally, 491 injectable medication appointments were completed. All members received summer safety and medication education. Psychiatric services were fully accessible to members five days per week.

Consumer Satisfaction Surveys

A survey conducted with participants revealed an overall satisfaction rate of 95%. The relationship with case managers received a high approval rating of 95%, and 98% of members reported satisfaction with their relationship with their case manager. 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 the FY2026, additional highlighted services and activities included:

On-site mobile outreach programs, provided at 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, along with education, counseling, and referral services.
- Onsite Prospect Primary Care Services, which continued to provide primary healthcare to members throughout the fiscal year, supported by a navigator who assisted with appointment scheduling and referrals to specialists. The program also maintained an ongoing collaboration with LabCorp to provide offsite bloodwork.
- A full calendar of social activities designed to foster connection, build community, and promote a sense of belonging among members. Highlights included MHA's annual boat trip aboard the Spirit Cruise in Hudson, where members enjoyed views of the Statue of Liberty while dining across three decks, and the annual MHA Picnic at Eagle Rock Reservation, a favorite opportunity for outdoor relaxation and social interaction. Members also took part in community outings to local shops and a wellness walk through a park in East Orange, NJ. The program hosted its first Annual Wellness Day, welcoming community members and hospital staff to tour the facility with members serving as tour guides, as well as its first Breast Cancer Awareness event. A series of seasonal and cultural observances, including National Wear Red Day, Black History Month, Halloween, Thanksgiving, and December holiday celebrations, rounded out a year of meaningful community engagement.
- MHA held its Annual Member Awards, recognizing two members for their perseverance, leadership, and recovery.
- Prospect House groups continued to offer various activities such as art therapy, physical exercise, support groups, and vocational groups. In direct response to member feedback, the program introduced a new late-afternoon group held from 3:00 to 4:00 p.m., created for members who work earlier in the day and wish to attend program later, as well as for those interested in learning meal-preparation and other independent living skills after regular program hours.
- Members continued to cultivate the on-site vegetable garden, selecting and planting a variety of edible plants and dedicating time throughout the year to preparing the soil, choosing seeds, and tending the garden to support healthy growth. The garden has flourished into a sustainable source of fresh vegetables and a valued educational experience in agriculture and teamwork. In preparation for a successful CARF accreditation survey this year, members also replanted indoor greenery across all units. They welcomed new betta fish and goldfish to the program's common spaces.
- 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 through the program's Member Board, which will continue to guide new initiatives that strengthen services and advance the program's mission into the current fiscal year and beyond.

FY2027 Goals

Prospect House's goals will continue to be centered on providing accessible, effective, and personalized support to individuals who require partial care. These goals include continuing to expand 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. Key initiatives for the coming year include implementing a new sensory room and dedicated sensory unit to expand therapeutic offerings, opening a new café within the program space, adding outdoor seating for members to enjoy, and launching a bicycle initiative to promote physical health and wellness. Ultimately, Prospect House's goal is to continue providing a supportive environment that empowers individuals to achieve stability and thrive within their communities.