Letter from Our Leadership

Dear Friends,

Fiscal Year 2022 has seen dramatic growth and enhancement of the continuum of mental health, suicide, and crisis intervention services – for PRS, the Commonwealth of Virginia, and the nation. We saw collaborative public and private partnerships across the Commonwealth allowing improved access to services to individuals in crisis to ensure those experiencing a mental health crisis receive a timely and appropriate mental health response. We saw the launch of 988, the nation’s new three-digit telephone number for people in crisis to connect with trained crisis counselors, resulting in more people than ever before reaching out and receiving help.

PRS appreciates our collaborative work with state agencies, local Community Services Boards (CSBs), 911 dispatch centers and the private provider community to deepen and increase access to the continuum of crisis services across the state. PRS is proud to be among the largest Network contact centers, handling calls, texts, and chats from individuals in crisis across the state and the nation, as part of the 988 Suicide and Crisis Lifeline Network.

Further, PRS has focused on the expansion of, and access to, our mental health services. Through a new partnership, we expanded our Outpatient Therapy program, emphasizing improved access to services for the uninsured or those facing other barriers to getting the help they need, when they need it. Our Community Support Services program is reaching an increasing number of individuals beyond the boundaries of Northern Virginia and continuing to grow. As we look forward to 2023, through another new partnership, a PRS team comprised of a mental health professional and a peer support specialist will offer skills-teaching and supports to persons recently discharged from a hospital behavioral health unit with the goal of reducing rehospitalization rates as individuals navigate the process of connecting to ongoing outpatient services.

In Fiscal Year 2022, we served nearly 1800 individuals and families through our mental health programs. CrisisLink, PRS’ contact center, handled over 140,000 calls, texts, and chats – the highest level ever, and with the launch of 988 and statewide expansion, we project that figure to grow to nearly 200,000 in 2023. PRS’ workforce has grown 170% in the past year to support our growing services and community need.

We are excited to share that PRS will be celebrating our 60th anniversary in the coming year! We look forward to sharing more information in 2023.

Thank you for your unwavering support for the benefit of the communities we serve.

Sincerely,

Joe Getch
Chief Executive Officer

Rob Sturm
Chair, PRS Board of Directors
Our Mission
PRS provides behavioral health, crisis intervention and suicide prevention services.

Our Vision
Our vision is to change and save lives in our community by empowering hope, safety, recovery, wellness, independence and community integration.

PRS holds the highest level of accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF).

PRS CrisisLink holds the highest level of accreditation from the American Association of Suicidology (AAS).

PRS CrisisLink is a proud member of and accredited by the International Council for Helplines.

About PRS
Founded in 1963, PRS is an award-winning nonprofit organization that has transformed the lives of thousands of individuals.

PRS services are funded by Medicaid, government contracts, foundation and corporate grants, private donations and private pay options.

Suicide and Crisis Intervention Services
PRS CrisisLink saves lives. Through our telephone hotline, textline and chatline, and outreach, training and education, we believe it is possible to develop and support a stronger, suicide-safer community through 24/7 crisis response. We provide vital support to those most vulnerable through a prevention, intervention and post-vention model, recognizing the value of human connection and an evidence-based approach to suicide crisis. PRS CrisisLink is a provider of the 988 Suicide and Crisis Lifeline, both locally and nationally, supporting communities across Virginia and the United States. PRS CrisisLink’s suicide and crisis intervention hotline, textline and chatline are available to anyone in our community that needs immediate emotional support for a mental health or life crisis. Trained Crisis Workers can connect callers, texters or chatters to local mental health or other crisis services and supports. Speak with a trained Crisis Worker any time of the day or night to help you or your loved one through life challenges.

Call or text: 988; Lifeline Chat: 988lifeline.org/chat

Behavioral Health Services
PRS provides a continuum of community-based behavioral health services. We promote recovery by supporting the individuals and families we serve to make informed decisions to overcome challenges, stay safe, build strengths and resiliency, improve health and wellness, as well as actively participate in their community. Our well-established role in the community enables us to provide innovative models of service and program delivery while maintaining close relationships with individuals and families served and the community at large. PRS’ experience shows that with person-centered services and supports, those we serve can and do increase independence and self-sufficiency. Critical steps are taken to lead to a strong and fulfilling life through a personal journey of recovery.

About Our Clients
Over the past 59 years, PRS results show that with appropriate treatment, medication, skill building and supports, individuals living with behavioral health conditions can moderate the dramatic impact of their illness or crisis on their lives, improve their overall wellness, develop meaningful connections to their communities, and live productive and satisfying lives. Individuals and families served are referred by public and private agencies such as the Virginia Community Services Boards, the Virginia Department for Aging and Rehabilitative Services, mental health professionals, self-referral or family members. PRS’ CrisisLink hotline, textline and chatline are available to all individuals in the community.

In April 2022, PRS was named one of the NonProfit Times 2022 Fifty Best Nonprofits to Work For in the U.S. for the tenth time.

RECOVERY ACADEMY DAY PROGRAM
“The Recovery Academy helped me in my recovery to be more stable and to learn more coping skills. I enjoy coming here for structure and meeting people who are going through what I’m going through. I really changed a lot being here. I feel really proud of myself. I became a better person than I was before.”

– PRS Recovery Academy Client
PRS Programs

**Recovery Academy Day Program and Community Readiness and Support Program (CRSP)**

Provides a curriculum-based day program that promotes movement into meaningful community alternatives such as work, volunteering and school. Co-occurring disorder services and assistance with transition to community-based activities are also offered. The Recovery Academy Day Program and an Intensive Psychosocial Rehabilitation Program, Community Readiness and Support, is offered in partnership with the Fairfax-Falls Church Community Services Board.

**Employment Services**

Provides support and training for clients who want to be competitively employed in the community to help them choose, get and keep jobs.

**Community Support Services**

Provides individualized, person-centered, community-based, intensive skill building and support services to meet each client’s unique needs, abilities and goals; helps clients maintain housing and maximize stability.

**Community Housing**

HUD funded non-time-limited housing and support to help clients live as independently as possible.

**PRS CrisisLink**

Brings immediate help, hope, and healing to empower individuals facing serious life challenges, suicidal thoughts, and emotional or situational problems through services including: 24/7 suicide and crisis intervention hotline, textline, chatline, CareRing (outbound calling support program), and community training and community education.

**BeWell**

Integrates primary health care and behavioral health settings, with the goal of improving the physical health of adults living with serious mental illnesses. The BeWell program is offered in partnership with the Fairfax-Falls Church Community Services Board.

**Linking Individuals & Navigating Care (LINC)**

Recovery-oriented treatment program for youth and young adults with first episode psychosis. LINC offers skill teaching, case management, supported employment, supported education, family education and support, peer support and psychiatric services. PRS partners with the Loudoun County Department of Mental Health, Substance Abuse and Developmental Services.

**Family Peer Support Partner Program (FPSP)**

Trained parents and caregivers who use their personal experience to offer support for parents and caregivers of youth diagnosed with mental health or substance use disorders.

**Outpatient Services**

Provides individualized, person-centered therapy to help individuals understand and manage mental health conditions, focus on changes to improve overall functioning at home, on the job and to address relationship issues.
90% of individuals served avoided psychiatric hospitalization.

70% of individuals served who wanted to work were employed. *(Industry Average: 15-20%)*

65% of individuals served with jobs were employed for 12 months or longer on the same job.

85% of individuals served demonstrated their ability to complete basic independent living tasks.

85% of individuals served use coping skills to manage psychiatric symptoms or behavioral challenges.

84,008 Calls Answered

2,584 Text Conversations

28,066 Chats Answered

26,774 Outbound & Follow-Up Contacts Made *(Phone and Text)*
Support & Revenue

Fiscal Year 2022

Government Grants & Contracts
$9,610,153
76%

Contributions & Other Grants
$2,080,952
16%

Donated Facilities & Services
$541,601
4%

Other Revenue
$487,370
4%

Revenue
$12,720,076 TOTAL

Expenses
$10,965,988 TOTAL

CrisisLink
$3,184,428
29%

Community Services (ES, CSS)
$2,315,305
21%

Psychosocial Rehabilitation (Recovery Academy)
$2,056,710
19%

Management & General
$1,514,279
14%

Other Programs (LINC and Community Housing)
$873,882
8%

Peer Services
$765,441
7%

Fundraising
$255,943
2%
Leadership Team

PRS’ Leadership Team is comprised of the senior management for the organization. Its purpose is to provide guidance and input to the Chief Executive Officer, give oversight to all operations of the organization, assess outcomes, develop and implement policies, and share information.

Laura Clark
PRS CrisisLink
Senior Director

Laura Fonner
Chief Clinical Officer

Joseph Getch
Chief Executive Officer

Kathleen Hammond
Director of Outpatient Services

Emily Hollidge
Director of Psychosocial Rehabilitation

Robert D. Sturm, Chair
Truist

Len Wolf, Vice Chair
The Wolf Group, P.C.

Paul Di Vito, Secretary
Marketing Consultant

Liz Clark, Past Chair
Department of Defense Suicide Prevention Office

Melissa Garcia
HCA Dominion Hospital

Jaime Moreus
Director of Human Resources

Lauren Padgett
Director of Resource Development

Brian Show
Chief Financial and Administrative Officer

Nova Washington
Regional Director of Employment Services

Brittney White
Director of Peer Services

Jenifer Liberi
Director of Compliance and Training

Board of Directors

As a private nonprofit 501(c)(3), PRS is governed by a Board of Directors.

Robert D. Sturm, Chair
Truist

Len Wolf, Vice Chair
The Wolf Group, P.C.

Paul Di Vito, Secretary
Marketing Consultant

Liz Clark, Past Chair
Department of Defense Suicide Prevention Office

Melissa Garcia
HCA Dominion Hospital

Brian Garner
FPAC, U.S. Department of Agriculture

Linda Lang
Inova Behavioral Health Services

Danni Leifer
Millennium Corporation

Paul McQuillan
Oceus Networks

Brian Meadows
The Alliance Group

Josh Montgomery
Lomaxis

Kate Robbins
Wolf Den Associates, LLC

Lauren Shields
Pinnacle Financial Partners

Traci Slivinski
Deltek
Donors

**Hope and Recovery Society Ambassadors**  
($10,000+)

Access Hope, Inc.
Mr. & Mrs. David and Marilyn Aldrich
Mr. Alexander Baker and Ms. Kristin Ramkey
Mr. & Mrs. Steve and Mary Cassaday Cassaday & Company, Inc.
Diamond Hill Capital Management, Inc.
Mr. Paul DiVito and Mr. John Silvia
Ms. Isabelle Evans
Rabaut Family Foundation
Shenny Tomato, LLC
TD Charitable Foundation
The Morris and Gwendolyn Cafritz Foundation
Washington Forrest Foundation

**Hope and Recovery Society**  
($5,000 - $9,999)

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Mr. & Mrs. Charles E. Davidow
Mr. & Mrs. Tom Eckert
Mr. Joseph Getch, III
Mr. Glenn Hediger
Mary Lincoln Johnson Charitable Foundation
Mr. Frank Palmer
Mr. and Mrs. Kevin and Kate Robbins
The Community Foundation for Northern Virginia
Victory Capital

**Platinum Level**  
($1,000 - $4,999)

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Mr. Robert Sturm
The Building People
The Truist Foundation
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Trinity Presbyterian Church
United Way of the National Capital Area
Mr. & Mrs. Chris K. Vest
Mr. & Mrs. Len Wolf
Mr. & Mrs. Vance Zavela

FY22 contributions from private donors and community partners
Cumberland Hospital for Children and Adolescents
Mr. Scott Dutton
Ms. Shauna A. Ensrud
Ms. Joan Fegan
Globalfoundries U.S. Inc.
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Mr. Wayne Wilkinson

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($100 - $499)
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Mr. Gary Ambrose
Mr. Michael Annessa
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Mr. Josh Assetin
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Mr. David Clark
Ms. Laura Clark
Brette Cox
Ms. Gail F. Crockett
Ms. Kristen Cutforth
Ms. Anne-Marie Daris
Mr. Will David

#CALLTEXTLIVE

PRS recognized Suicide Prevention and Awareness Month throughout the month of September with our #CallTextLive campaign. The annual campaign engages the community in discussing suicide, encouraging people to get help, and provides education, resources, and activities that you can do to show your support for suicide prevention and raise awareness in our community.
Daybreak LLC
Mr. John DiCamillo
Mr. Stephen Dolski
Mr. Robert G. Dowling
Mr. Bryan Duce
Ms. Lauren Duvall
Mr. Frank Edmondson
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Ms. Karen Ehrensaal
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Mrs. Nancy Scott
Mr. Tom Smith
Ms. Tylee Smith
Mr. Wade Smith
Mrs. Karen E. Smyth
Mr. & Mrs. Nigel S. Smyth
Mr. Brad Snyder
Ms. Judith Sokoll
Mr. Kevin Songster
Mr. & Mrs. Gary Squire
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Mr. Eric Thomas
Ms. Janet Thompson
Mr. Willard C. Thompson
Thrivent Financial
Ms. Michelle Tigani
Transform, Inc.
Mr. John Tribble
Ms. Evelyn A. Tucker
Mr. & Mrs. John Tuohy
USI Insurance Services LLC
FAMILY PEER SUPPORT PARTNER PROGRAM

“Before I met my Family Peer Support Partner (FPSP), I felt like no one could understand what I was going through. I felt like the only parent out there that was going through this. It wasn’t until my Family Peer Support Partner came in that she really understood. She navigated the system and had her own experience. Finally, somebody who had been in my shoes. She gave encouragement, and I didn’t feel so alone. My Family Peer Support Partner was there every step of the way.”

– Parent in the FPSP Program
We take pride in our public and private partnerships with the following agencies and organizations:

988 Suicide & Crisis Lifeline, Vibrant Emotional Health
Access Hope
Aetna Better Health
Alexandria City Public Schools
Alexandria Department of Community and Human Services
Alexandria Sexual and Domestic Violence Services
American Association of Suicidology
American Foundation for Suicide Prevention
Anthem HealthKeepers Plus
Arlington County Behavioral Health Care Division (CSB)
Arlington County Emergency Communications Center
Arlington County Public Schools
Arlington County Sheriff’s Office
Arlington Partnership for Children, Youth & Families
The Brain Foundation
Brain Injury Services
Carpenter’s Shelter
Center for Nonprofit Advancement
Children’s Services Act, Fairfax
Commission on Accreditation of Rehabilitation Facilities (CARF)
Cornerstones
The Elkington House, LLC
Eric Monday Foundation
FACETS
Fairfax County Department of Public Safety and Communications (911)
Fairfax County Department of Administration for Human Services
Fairfax County Department of Housing and Community Development
Fairfax County Health Department
Fairfax County Office for Women & Domestic and Sexual Violence Services
Fairfax County Office to Prevent and End Homelessness
Fairfax County Public Schools
Fairfax-Falls Church Community Services Board
Gateway Homes
George Mason University
Healthy Minds Fairfax
Health Planning Region 1 Community Services Boards
Health Planning Region 2 Community Services Boards
Health Planning Region 4 Community Services Boards
Health Planning Region 5 Community Services Boards
INOVA Health Care Systems
INOVA Pace
International Council for Helplines
Leadership Center for Excellence
Loudoun County Department of Mental Health, Substance Abuse and Developmental Services
Melwood
Molina
National Alliance on Mental Illness (NAMI)
NAMI Northern Virginia
National Council For Mental Wellbeing

MENTAL HEALTH AWARENESS MONTH

PRS recognized Mental Health Awareness Month throughout the month of May with a calendar of mental health tips, resources, and events. PRS hosted a free virtual Lunch & Learn, ‘Helping the Helpers: A Training for Caretakers in our Community’ to provide mental health support and resources to personal and professional caretakers.
During my time as a Crisis Worker, I have spoken to hundreds of callers. While no two calls are exactly alike, I find callers asking the same question again and again: “Will I be okay?”

It’s my most basic impulse as a helper to say: yes, yes you will. But the honest truth is that I can’t tell them when days will be bright again. What I can tell them is yes, one day, they will be okay, and this call is one step closer to breathing a sigh of relief. Together, we sit in that uncertainty and that pain, until they are empowered to seek longer term support and explore what life might look like around the corner.

When a caller tells me that they see a way forward, that’s when I know I’ve made a difference. Those calls get me through a shift. Our callers have taught me more about resilience and hope than I ever could have imagined.

– Crisis Worker, PRS CrisisLink

I tell my friends how grateful I am to have a therapist who regularly reminds me that continuing to have emotional reactions to situations that continue to exist doesn’t make me a bad person or a failure. It seems like common sense, but it makes a real difference to have a professional point out what “should” be obvious. Being able to talk about the coping mechanisms that are working and get professional feedback about it is a bigger deal than I would have expected before experiencing it.

– Outpatient Therapy Client
Volunteer Impact

PRS’ dedicated team of volunteers help to change and save lives in our community.

PRS volunteers invest their time and talent in our programs including PRS CrisisLink’s hotline, textline and chatline, CareRing outbound calling service and PRS’ Recovery Academies. Volunteers donate their time in our Administration office, help with PRS special events, organize donation drives, and participate in group and youth opportunities. PRS’ committees support the planning of our special events and other important functions such as finance and resource development. PRS’ Board of Directors provide oversight, support and governance of our organization.

PRS volunteers help meet the needs of our programs and those we serve. Volunteers can provide an important connection to the community for both clients and staff. After a two-year hiatus due to the pandemic, we were excited to welcome volunteers back onsite at our Recovery Academies to lead activities for clients. Group and youth volunteers supported PRS by creating care packages and encouragement cards for PRS’ clients, volunteers, and staff. We are grateful for our volunteers and supporters!

PRS VOLUNTEER NUMBERS

10,357 HOURS IN FY22

VOLUNTEER VALUE

$310,192.15

PRS LOVES OUR VOLUNTEERS!
Event Highlights

Imagine Hope Highlights

PRS’ annual signature event, Imagine Hope Benefit, was held virtually on Saturday, October 16, 2021 to raise critical funds for PRS. Virtual guests hosted at-home watch parties and enjoyed an evening of inspiring stories of hope, exciting silent and live auctions, and more!

Staff Appreciation Day

In May 2022, PRS celebrated its incredible staff with a Staff Appreciation Day. Staff enjoyed an outdoor picnic with lunch, games, raffle prizes, photo booth and more. We are so grateful to the staff at PRS who make a difference in the lives of those we serve every day!

2nd Annual Golf Tournament

PRS partnered with The Alliance Group, CBRE & Cassaday & Company to host its 2nd Annual Golf Tournament on May 9, 2022, to raise critical funds for PRS. Hosted at Westwood Country Club, over 100 golfers enjoyed 18 holes, exciting raffle prizes, cocktail reception, and more.
Get Involved

Make a difference in your community by helping PRS provide support and resources to individuals living with mental illness and anyone who faces life crises.

Involvement in PRS can be as simple as:

- Telling friends, family, colleagues and neighbors about PRS’ award-winning programs, services and outcomes so that people in need in the community can find us
- Volunteering to support PRS programs, administrative department, or committees such as fundraising or event support, either in-person or remotely
- Donating items off PRS’ wish list to support our programs: prsinc.org/donate
- Joining our Corporate Partner Program and participating in employee engagement opportunities: prsinc.org/corporate-partners
- Making a financial gift or an in-kind donation, prsinc.org/donate
- Following us on social media:
  - @PRSincorporated
  - @PRSincorporated
  - @PRS_MentalHealth

Make a Donation

Checks made payable to PRS can be mailed to: PRS; P.O. Box 791756, Baltimore, MD 21279-1756.

Secure online donations can be made at prsinc.org/donate.

Become a Volunteer

For volunteer opportunities, please visit prsinc.org/volunteer.

Learn more

For more information, please contact PRS at 703-536-9000 or prsinfo@prsinc.org.