

Community Services Programs

Pathways Inc. "Mental Health for Life"

Pathways Mission Statement

"We promote the mental, emotional, and physical well-being of the individual, especially the marginalized and vulnerable through the shared exploration of pathways to healthy living."



Community Services Program Overview

Pathways recognizes that a person with a mental illness faces certain obstacles in community living. Pathways provides three categories of PRP (Psychiatric Rehabilitation Program) services: Community Support, Support Center (Day Program) and IHIP-A (In Home Intervention Program for Adults). We offer:

- Wide range of comprehensive mental health services
- Goal-oriented, person centered planning
- Evidence-Based Practices that produce outcomes. Research has demonstrated an effective model with proven consistent outcomes
- Since 2006, the IHIP-A programming meets fidelity for Dartmouth's Illness Management and Recovery Model (IMR) evidence-based standards.
- The Day Program monthly schedule incorporates Dartmouth's Integrated IMR wellness modules in addition to those of IMR.
- Services are confidential
- Services are flexible to meet individual needs
- Emergency Services are available 24 hours

Pathways Community Services Program's goal is to bring in 6 new referrals every month throughout Calvert, Charles and St. Mary's Counties. These referrals come to us by working closely with governmental agencies, local hospitals, physician's offices, mental health providers and other community resources.

Service Eligibility Criteria

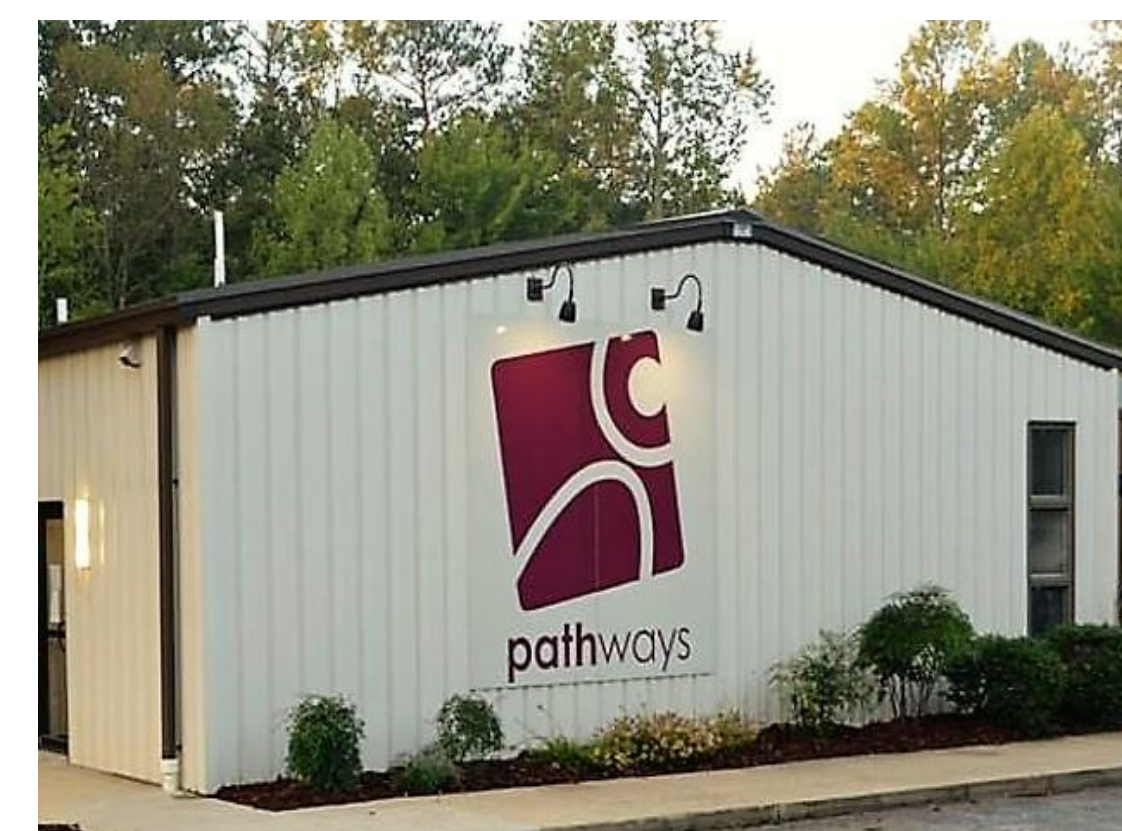
To be qualified for services you must meet the following criteria:

- Be at least 18 years of age
- A resident of St. Mary's or Charles Counties
- Have a current, eligible mental health diagnosis
- Have an active form of Federal/State funded insurance (i.e. Medical Assistance or EID)

Support Center

Pathways Support Center provides structured psycho-educational group based illness management, community living and interpersonal skills recovery services to adults from the tri-county area. Groups are scheduled on a monthly cycle with a rotation of topics designed to cover areas concerning:

- Medication management
- Health and Fitness
- Leisure and
- Other independent living skills while offering...
- Increased opportunity for social interaction
- Recreational activities
- Nutritious breakfast and lunch
- Monday through Friday programming



Community Support

Community Support is the most flexible model of Community Service offered by Pathways. This service type includes psychiatric rehabilitation services that are delivered to consumers independent of any fixed site. Our treatment team works with consumers to identify individual recovery goals and resources available to meet those goals. Mobile direct-service staff travels throughout St. Mary's and Charles Counties to provide support and appropriate interventions to facilitate individual recovery. Support is available to address:

- Symptom management/medication management
- Community resource education
- Advocacy
- Benefits counseling/entitlement support
- Somatic care referrals/health promotions
- Wellness self-management
- Housing development
- Activities of daily living
- Mobility skill development
- Hygiene/grooming skill development
- Home management skill development
- Nutritional skill development
- Time management/organizational skill development
- Interpersonal/communication skill development

IHIP-A

(In Home Intervention Program for Adults)

In Home Intervention Prevention (IHIP-A) is an intensive community based treatment approach for individuals with chronic and severe mental illnesses. Often times, less intensive outpatient treatment has been ineffective with stabilizing these individuals or has failed to meet the needs of these individuals.

The IHIP-A team uses the Illness Management and Recovery (IMR) curriculum to help consumers increase knowledge about mental illness and the role of medications, develop coping skills, increase social support and manage symptoms to increase the individual's ability to maintain themselves in the community.

Service is provided by a multidisciplinary team and is provided in the individual's natural environment (e.g. home, street, shelters). Team members coordinate care between other treatment providers, psychiatrists, and primary care physicians.

Who would benefit from IHIP-A?

Individuals with:

- High use of acute psychiatric hospitals
- High use of psychiatric emergency or crisis services
- Severe and persistent mental illness that seriously impair their functioning in the community
- An inability to consistently perform practical daily living tasks
- An inability to maintain a safe living situation (e.g. repeated evictions or loss of housing)
- An inability to participate or succeed in traditional, office-based services or case management
- Persistent severe major symptoms (e.g. affective, psychotic, suicidal, or significant impulse control issues)
- Co-existing substance abuse disorder
- History of criminal justice involvement



What is Recovery?

Mental health recovery is a journey of healing and transformation enabling a person with a mental health diagnosis to live a meaningful life in a community of their choice while striving to achieve his or her full potential.



Contact Information

For more information on how to submit a referral or questions about our Community Services Programs please contact our Community Services Outreach Specialist for Calvert, Charles and St. Mary's counties;

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