



Life-Changing Behavioral Health Care



OUR MISSION....

“We promote the mental, emotional, and physical well-being of persons served, especially the marginalized and vulnerable, through person-centered, shared exploration of pathways to healthy living and strengthened support systems.”

A Few Facts

- Pathways is internationally accredited by the Council on Accreditation of Rehabilitation Facilities (CARF) - International
- Pathways has the longest-operating and largest outpatient mental health clinic in St. Mary's County with locations in Charles and Prince Georges counties
- Last year our agency served approximately 2,000 consumers
- We offer language services for non-English speakers in all our programs
- We also offer behavioral health services, community support, vocational services and housing to persons living in St. Mary's, Charles, Calvert and Prince George's counties
- We have offices in Hollywood, Lexington Park, Waldorf, and Upper Marlboro as well as housing sites throughout St. Mary's County

**Putting the
Puzzle Together:
Mental Health
Policy and
Community
Options**



Our Programs

- **Outpatient Mental Health Clinic**
 - 3 Clinic locations STM and Charles
 - Serving adults, adolescents, children, and the geriatric population: Psychiatric Treatment and Mental Health Therapies using evidence based treatment approaches.
- **Residential Rehabilitation**
 - Transitional Age Youth: Structured Housing and Supports for Youth
 - Adult Housing and Support with Daily Living
- **Psychiatric Rehabilitation**
 - Adults: Community Services (Mobile Support in the Home and Community)
 - Adult Day Programming
 - IHIP-A (In Home Intervention Program for Adults – focused outreach for adults with more challenging service needs)
- **Supported Employment**
 - Adults and TAY youth: Job placement and retention
 - Ticket to Work
 - Brain Injury Support and Vocational Rehabilitation
 - Benefits Counseling

Outpatient Mental Health Clinic

Our consumer surveys consistently show a high level of consumer satisfaction with both the physician's services as well as the ease of scheduling and appointment. Currently, we offer limited face to face services, as well as comprehensive telehealth for both psychiatric care and mental health therapies.

Our clinic serves adults, adolescents, children, and the geriatric population; including:

- Veterans
- Privately Insured
- Medicare
- Publicly Insured
- Uninsured (pending authorization by Local Behavioral Health Authority)

Outpatient Mental Health Clinic

Tele-psychiatrists and nurse practitioners have allowed us to reach a wider audience. They are able to provide care to adults, adolescents, the geriatric population, and children as well as consumers with co-occurring disorders. We currently employ four psychiatrists, including a child psychiatrist, and a psychiatric nurse practitioner.

The Spanish speaking community can seek help with our bilingual psychiatrist.

All therapists offer telehealth services, being able to serve our clients straight in their homes via computers, smartphones, and currently also phone sessions.



Outpatient Mental Health Clinic



Our Therapists participate in group sessions in our day program in Hollywood offering a variety of topics.

We are operating a TREM trauma group for women in Waldorf, with more TREM groups as well as other groups, including a Meditation Group. Groups are currently suspended due to COVID, but will return shortly.

Our staff includes 12 therapists who are all trained in evidence based treatment approaches. Four of our clinicians are trauma certified and several are working toward certification- highlighting our commitment to trauma treatment and trauma informed care.



Transitional-Age Youth Services

- Transitional-Age Youth programming is age-specific for persons sixteen to twenty-five years of age with a mental illness living in St. Mary's, Calvert, and Charles counties. Specialized services focus on the young person in the sensitive age of transition from youth to adulthood.
- These services include those dually-diagnosed with a mental health disorder and a history or risk of substance use
- Community support services and shared housing teach young people a variety of skills including health and symptom management, independent living, health and hygiene, and budgeting to successfully live in the community with minimal supports.
- This program stresses educational attainment: a GED or high school diploma, continuing education, college and obtaining a driving permit.
- Employment is equally stressed: supported employment to obtain and keep a job

Transitional-Age Youth Services

- Pathways initially received grant funds in 2000 to begin providing specialized services to 17-22 year old consumers with a mental health disorder.
- As of 2020 the Transitional Age Youth Program continues to service those 16 – 25 years of age with a mental health disorder in Calvert, Charles and St. Mary's Counties.
- MISA programming was added in 2011 to provide specialized services to 17-22 year old consumers dually diagnosed with a mental health disorder and a history or risk of Substance Abuse.
- Our MISA program now provides service for consumers
- 18-25 year old with dually diagnosed disorders.

Requirements for TAY Services

- Mental Health Diagnosis
- Resident of Calvert, Charles or St. Mary's County
- Active Medical Assistance to access services through the public mental health system (or eligible)
- Co-occurring Disorder (substance use), MISA only
- Deemed a medically necessary service by a licensed mental health professional



TAY Components

- TAY and MISA consumers have access to the array of treatment, rehabilitation, and limited housing services provided by Pathways
- Supported Education- regional high schools, GED programs, and Community Colleges
- Evidence-Based Supported Employment
- In-Home Intervention Services
- Case Management and Entitlement Support
- Scattered site housing, 4 Pathways-operated beds for our TAY Program and Mobile Housing Supports
- Six Pathways-operated beds for our MISA Program.
- Linkage to Substance Abuse providers and local support groups
- Independent Living Skill Workshop Curriculum
- Illness and Management Recovery Workshops

Residential Rehabilitation Program

Services Provided

- Housing options available in St. Mary's County
- 24-hour availability of crisis services
- Medication management/monitoring
- Case Management and Entitlement Support
- Social and recreational opportunities (both local and regional)
- Illness Management and Recovery workshops
- Independent Living Workshop curriculum
- Interpersonal and communication assistance



Community Services Programs

Community Services is Psychiatric Rehabilitation that is either site-based or mobile.

Our **Support Center (Day Program)**, located in St. Mary's County, is site-based programming primarily for socialization and group activity.

Daily structured groups focus on:

- social skills, managing symptoms, illness awareness, finding and utilizing natural supports and community resources.
- eligible participants also receive up to two nutritious meals and one snack per day through the Child and Adult Care Food Program. Pathways, Inc. is an equal opportunity provider.

Group services are scheduled on a monthly cycle with a rotation of topics designed to cover areas such as: medication management, health and fitness, leisure, and other independent living skills. Health sessions promote physical wellness as part of an integrated approach with mental health care.



Community Services Programs

Community Support is a mobile, highly flexible service delivery in St. Mary's and Charles counties independent of any fixed site. Our treatment team works with consumers to identify individual recovery goals and obtain resources to meet those goals.

Goals addressed:

Symptom management/medication management

Community resource linkage and education

Advocacy in the community

Benefits counseling/entitlement support

Somatic care referrals/health promotions

Wellness self-management

Housing development

Activities of daily living

Mobility

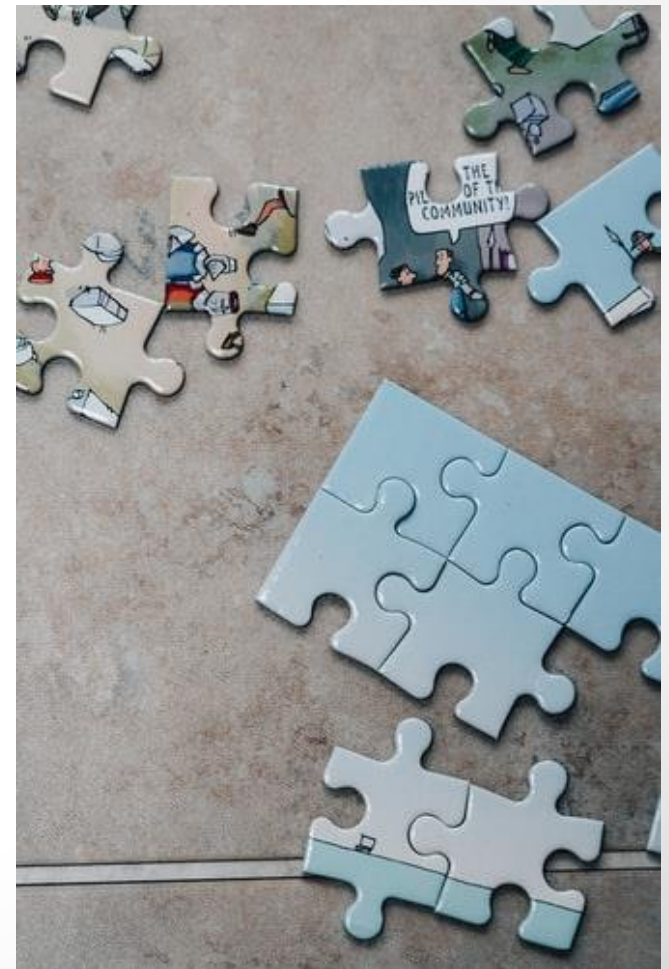
Hygiene/grooming

Home management

Nutritional skills

Time management

- Interpersonal/communication skills



Community Services Programs

Initiated in 2006, the **In Home Intervention Program for Adults (IHIP-A)** has met fidelity for Dartmouth's Illness Management and Recovery Model (IMR) evidence-based standards. A mobile team led by an LGSW, implements interventions based on IMR.

IHIP-A services are:

- Community-based, short-term, flexible and intensive
- Target population is those with little success in using other types of psychiatric treatment and/or rehabilitation
 - Multiple incarcerations, psychiatric hospitalizations, and substance use history
- Individuals who respond to IHIP-A may then decide to utilize long-term rehabilitation services.



Supported Employment

- Pathways delivers evidenced-based supported employment services to persons with mental illness and/or brain injury in all of the Southern Maryland/lower Prince George's areas.
- In collaboration with the University of Maryland's Center for Mental Health Services, the Maryland Division of Rehabilitation Services and Dartmouth University, our agency offers consumers a high quality supported employment program.
- Our evidence-based program offers the following services for job seekers: job development services, rapid job placement, job coaching, employer outreach, long-term support and clinical coordination services.



Supported Employment

- All job placement is in competitive employment positions (versus sheltered or other non-competitive employment).
- We are the largest evidence-based supported employment program in the Southern Maryland area.
- With an average job placement rate of 62% and consumer job retention rate close to 75% we consistently rank among the top 5 programs in the state.
- Our dedicated professionals serve approximately 500 consumers per year spanning St. Mary's, Charles and Prince George's counties.



Supported Employment

Eligibility Criteria

- Ages: 18 and up
- Targeted Diagnoses
- If available please provide copy of most recent psychological evaluation, or documentation stating diagnosis signed by treating physician/therapist
- State funded insurance/Medical Assistance. If the consumer does not have state funded insurance we may help him/her qualify for uninsured coverage.
- Eligibility for individuals with brain injury is determined by the Division of Rehabilitation Services (DORS)

Supported Employment

- Assists with the development of vocational goals
- Assists with resume writing, job applications, and interviewing skills
- Assistance with obtaining job interviews and attending job fairs
- Provides onsite and offsite job supports
- Assistance with obtaining accommodations and ongoing employer contact if needed
- Assists with resources like benefits, education, expungements and benefits counseling
- Helps with transportation training for Van Go/STS
- Provides referral to Division of Rehabilitation Services (DORS)

Facility Locations

St. Mary's County

Hollywood: Administration, Clinic, Community Support, IHIP-A, Residential, Support Center, TAY, Vocational/BIRS

44101 Airport View Drive

P.O Box 129

Hollywood, MD 20636

Lexington Park: Clinic

21155 Lexwood Drive C

Lexington Park, MD, 20653



Charles County

Waldorf: Clinic, Community Support, IHIP-A, TAY, Vocational/BIRS

Smallwood Building

2670 Crain Highway Suite 300

Waldorf MD 20601

Prince George's County

Upper Marlboro: Vocational/BIRS

6427 S.W Crain Hwy

Upper Marlboro, MD 20772

Calvert County

Prince Frederick: Clinic, Community Support, IHIP-A, TAY, Vocational/BIRS

501 Main Street, Suite #203

Prince Frederick, Maryland 20678



Contact Us

Call us at:

Clinic

STM: 301-373-3065 x241

CH: 301-373-3065 x310

Vocational Support

STM: 240-925-7341

CH: 240-572-9748

PG: 301-481-7935

Brain Injury Services

301-925-7341

Community Support/IHIP-A/Day Program

240-309-8242

Residential Services (STM only)

240-298-9666

Transitional Age Youth (16-25) Support

240-587-8047

Services in Spanish/Servicios en Español

240-298-1688

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