



ABOUT PATHWAYS

In 1966, a group of concerned citizens incorporated the Nineteenth Regional Mental Health/Mental Retardation Board in response to President Kennedy's initiative to drastically alter the delivery of behavioral health services. As a result, federal funds were issued to establish the Appalachian Comprehensive Care Center to provide behavioral health services in Boyd, Carter, Greenup, and Lawrence counties. Elliott County was added later when statewide districts were formed by the state/federal governments. In 1972, the name was changed to Lansdowne Comprehensive Care Center, and in 1982, Lansdowne merged with the Cave Run Comprehensive Care Center to become Pathways, Inc. (hereinafter, Pathways). Five additional counties – Bath, Menifee, Montgomery, Morgan, and Rowan – were added to the catchment area following the merger.

Over fifty years from its inception, Pathways employs more than 500 staff, and offers a wide array of behavioral health services, including intellectual and developmental disabilities support services, mental health, and substance use disorder (prevention, early intervention, treatment, and recovery) services. Annually, approximately 15,000 community members receive Pathways' services.

VISION

Pathways – the trusted behavioral healthcare provider.

MISSION

Pathways – strengthening individuals, serving families, and supporting communities.

PATHWAYS' CORE VALUES

RESPECT

Treat all consumers, staff, and community members with respect and dignity.

ACCESSIBILITY

Ensure consumer services are available, accessible, and provided in a timely manner.

EMPOWERMENT

Empower consumers to be full participants in their treatment in the least restrictive environment possible.

RESPONSIBILITY

Provide services in a fiscally responsible manner while balancing clinical needs and concerns.

COMPETENCY

Act with competency and knowledge of evidence-based services and best practices to provide efficient, effective, and results-oriented care.

TRUST

Maintain the public's trust and confidence in the services we provide.

SUPPORT

Provide a professional work environment that supports and empowers employees to reach their highest level of achievement.



Pathways, Inc. has been designated as a Certified Community Behavioral Health Clinic (CCBHC). This distinction will allow Pathways to meet the growing need for mental health and substance use disorder services in its ten-county catchment area.

WHAT IS A CCBHC?

The Excellence in Mental Health and Addiction Act demonstration established a federal definition and criteria for Certified Community Behavioral Health Clinics (CCBHCs). These entities, a new provider type in Medicaid, are designed to provide a comprehensive range of mental health and substance use disorder services to vulnerable individuals. In return, CCBHCs receive an enhanced Medicaid reimbursement rate based on their anticipated costs of expanding services to meet the needs of these complex populations.

CCBHCs are non-profit organizations or units of a local government behavioral health authority. They must directly provide (or contract with partner organizations to provide) nine types of services, with an emphasis on the provision of 24-hour crisis care, evidence-based practices, care coordination with local primary care and hospital partners, and integration with physical health care.

COMPREHENSIVE CARE IS KEY

The service selection is deliberate, expanding the range of care available. CCBHCs provide a comprehensive array of services needed to create access, stabilize people in crisis, and provide the necessary treatment for those with the most serious, complex mental illnesses and substance use disorders. CCBHCs integrate additional services to ensure an approach to health care that emphasizes recovery, wellness, trauma-informed care, and physical-behavioral health integration. These services include, but are not limited to:

- 24/7/365 crisis team services to help people stabilize in the most clinically appropriate, least restrictive, least traumatizing, and most cost-effective settings.
- Immediate screening and risk assessment for mental health, addictions, and basic primary care needs to ameliorate the chronic co-morbidities that drive poor health outcomes and high costs for those with behavioral health disorders.
- Easy access to care with criteria to assure a reduced wait time so those who need services can receive them when they need them, regardless of ability to pay or location of residence.
- Tailored care for active duty military and veterans to ensure they receive the unique health support essential to their treatment.
- Expanded care coordination with local primary care providers, hospitals, other health care providers, social service providers, and law enforcement, with a focus on whole health and comprehensive access to a full range of medical, behavioral, and supportive services.
- Commitment to peers and family, recognizing that their involvement is essential for recovery and should be fully integrated into care.



WHO IS SERVED BY CCBHCS?

CCBHCs are available to any individual in need of care, including (but not limited to) people with serious mental illness, serious emotional disturbance, long-term chronic addiction, mild or moderate mental illness and substance use disorders, and complex health profiles. CCBHCs will provide care regardless of ability to pay, caring for those who are underserved, have low incomes, are insured, uninsured, or on Medicaid, and those who are active duty military or veterans.

ADDRESSING FINANCING BARRIERS

Insufficient funding has long posed a barrier to increasing Americans' access to behavioral health care. The CCBHC model addresses financing shortfalls by paying clinics a Medicaid rate inclusive of their anticipated costs of expanding service lines and serving new consumers. Through a prospective payment system similar to one already in place for other safety net providers, the model supports:

- 24/7/365 crisis team services to help people stabilize in the most clinically appropriate, least restrictive, least traumatizing, and most cost-effective settings.
- Expanded access to care through an enhanced workforce. CCBHCs' Medicaid rates cover costs associated with hiring new staff such as licensed counselors or peer support specialists, paying employees a competitive wage in the local market, and training staff in required competencies such as care coordination and evidence-based practices.
- A stronger response to the addiction crisis. Addiction care is embedded throughout the CCBHC range of services, including screening for substance use disorders, detoxification, outpatient addiction services, peer support services, and other addiction recovery services at state discretion. Importantly, most states participating in the CCBHC program have also made medication-assisted treatment (MAT) a required service.
- Enhanced patient outreach, education and engagement. CCBHCs' Medicaid rates include the cost of activities that have traditionally been near-impossible to reimburse, yet play a critical role in behavioral health services.
- Care where people live, work, and play. CCBHCs may receive Medicaid payment for services provided outside the four walls of their clinic; for example, via mobile crisis teams, home visits, outreach workers, and emergency or jail diversion programs.
- Electronic exchange of health information for care coordination purposes. CCBHCs' Medicaid rates include the cost of purchasing or upgrading electronic systems to support electronic information exchange. The Excellence Act prioritizes improving the adoption of technological innovations for care, including data collection, quality reporting, and other activities that bolster providers' ability to care for individuals with co-occurring disorders.

EVOLUTIONARY, HOLISTIC HEALTHCARE!



MAKING A REFERRAL IS EASY

- Call the Pathways Scheduling Center at (606) 324-1141 or (800) 562-8909 or the local Out-patient office (see pages 20-21 for office numbers). The Scheduling Center hours are 8:30am to 5:00pm., Monday through Friday. Our friendly staff can schedule an appointment in any of the ten counties served by Pathways – Bath, Boyd, Carter, Elliott, Greenup, Lawrence, Menifee, Montgomery, Morgan, and Rowan counties.
- After business hours, and in the case of an emergency or a crisis, the (606) 324-1141 and (800) 562-8909 numbers are answered by the Crisis and Residential Recovery Unit staff.
- On the website you may also look to see if the “Live Chat” option is online – if it is, you can chat directly with one of our Scheduling Center staff.
- Go to the Pathways website, www.pathways-ky.org, and click on “Make a Referral.” You will be asked if you want to upload a file – we have included a Pathways General Referral Form for you to complete – or you can download the form, or just answer a few questions online:
 - Referring Office
 - Referring Office Contact Name
 - Referring Office Contact Email
 - Referring Office Contact Phone
 - Consumer Information
 - Name
 - Phone No.
 - Address
 - City, State, Zip
 - Social Security #
 - Date of Birth
 - Adult or Child? If Child, name of parent/guardian
 - Consumer is being referred for IDDS, Mental Health, and/or Substance Use Disorder
 - Is there a preferred location for this referral
 - Upload File (any information you feel is pertinent to the referral)
 - Does the consumer have insurance
 - If yes, type of insurance
 - Reason for Referral
- If you complete the form online, it will be routed to the Scheduling Center. You will receive confirmation the referral form is being processed.
- Complete the Pathways General Referral Form and fax it to the Scheduling Center at (606) 329-8850.

**THANK YOU FOR TRUSTING PATHWAYS WITH YOUR
BEHAVIORAL HEALTHCARE NEEDS!**

TABLE OF CONTENTS

	Page
Scheduling Center.....	1
Transportation Services	1
CRISIS/EMERGENCY AND RESIDENTIAL SERVICES	
A Mother's Journey.....	1
Crisis/Emergency and Residential Services.....	1
Crisis and Residential Recovery Unit (Adults) - East and West.....	2
Journey House.....	2
Quick Response Team (QRT).....	3
Walker House (Children's Crisis Stabilization).....	3
INTELLECTUAL AND DEVELOPMENTAL DISABILITIES SUPPORT SERVICES	
Case Management Services.....	3
Center for Autism and Developmental Disabilities.....	3
Day Training.....	4
Horizon Village.....	4
Participant Directed Services (PDS).....	4
Respite Care.....	4
Supported Employment (J.O.B.S.).....	4
NURSING AND MEDICAL SERVICES	
Care Coordination.....	5
Prescriber Program.....	5
Primary Care.....	5
OUTPATIENT SERVICES	
Assertive Community Treatment (ACT).....	5
Community Support Service.....	5
Dual Diagnosis Program.....	6
DUI (Driving Under the Influence) Program.....	6
Early Childhood Mental Health (ECMH).....	6
Family Therapy	6
Group Therapy.....	7
High Fidelity Wraparound (HiFi).....	7
iHOPE (Helping Others Pursue Excellence)	7
In Bloom.....	7
Individual Placement and Job Support (IPS).....	7
Individual Therapy	8
Intensive Outpatient Program.....	8
KY-Moms MATR (Maternal Assistance Towards Recovery).....	8
KSTEP (Kentucky Strengthening Ties and Empowering Parents).....	8
Medication for Opioid Use Disorder.....	8

Opportunities for Women.....	9
Parents United for Support and Help (PUSH).....	9
Peer Support (Family, Youth, and Adults).....	9
Rape Crisis Services.....	9
School-Based Services	10
SMVF (Service Members, Veterans, and their Families)	10
START (Sobriety Treatment And Recovery Teams).....	10
Supported Housing for the Seriously Mentally Ill.....	10
Targeted Case Management.....	11
Telehealth.....	11
Therapeutic Rehabilitation Program.....	11
Transition Age Youth Launching Realized Dreams (TAYLRD).....	11
Women’s Services.....	12

PREVENTION SERVICES

Adult Prevention Services	12
Community Prevention	12
Kentucky Agency for Substance Abuse Policy (KY-ASAP)	12
KY-Moms MATR (Maternal Assistance Towards Recovery).....	12
Prevention Resource and Information Services	13
Prime for Life.....	13
Suicide Prevention Training – Question, Persuade, Refer (QPR)	13
Youth Mental Health First Aid.....	13
Youth Prevention Services.....	14
Zero Tolerance (ZT).....	14

KENTUCKY RECOVERY CENTER

Genesis Recovery Kentucky Center.....	14
---------------------------------------	----

COMMUNITY-BASED OPPORTUNITIES

Lunch and Learn.....	14
Pathways to Bright Futures Foundation	15
Pathways To Go.....	15
Evidence Based Practices	15

EMPLOYEE ASSISTANCE PROGRAM

Pathways to Mental Wellness in the Workplace.....	17
Pathways Executive Team	19
Outpatient Offices	20

General Referral Form

For an updated copy or additional copies of
A GUIDE TO PATHWAYS SERVICES,
 call (606) 329-8588, ext. 4052.

SCHEDULING CENTER

The Scheduling Center provides quality, ten-county, electronic first time consumer and Prescriber scheduling including appointments via Telehealth or in-person with a “no wrong door” philosophy.

One call to the Scheduling Center enables a consumer or referral source to access care by scheduling appointments and locating the most appropriate credentialed provider and program services in the Pathways catchment area.

The Scheduling Center staff will obtain pre-authorizations from insurers and assist with triage of any call received.

The Scheduling Center is electronically networked through a sophisticated behavioral health information computer system which allows staff to identify the most appropriate providers and then schedule assessments during the initial call.

Services are provided Monday through Friday between 8:00am and 5:00pm. Individuals needing assistance may call (606) 324-1141 or (800) 562-8909.



TRANSPORTATION SERVICES



Non-eligible NEMT (Non-Emergency Medical Transportation) Recipients:

Pathways recognizes that lack of transportation in rural Kentucky may prevent individuals from receiving necessary health care. It is our intent to provide transportation in a safe, professional and caring manner for all consumers of Pathways who have no access to transportation to their Pathways, medical, dental, and other appointments needed for holistic well-

ness. Pathways Transportation Services accommodates all ambulatory, non-ambulatory persons requiring wheelchair accessible vehicles, as well as persons requiring door-to-door assistance from the driver. Contact Pathways' Director of Transportation, at 1-800-562-8909, extension for all questions regarding Pathways Transportation Services.

Eligible NEMT (Non-Emergency Medical Transportation) Recipients: All questions/concerns regarding eligibility, trip scheduling, doctor referrals, and changes to one's personal information (address, phone number, etc.) are processed by the regional broker.

Residents of the Kentucky counties of Bath, Boyd, Carter, Elliott, Greenup, Lawrence, Menifee, Morgan and Rowan must contact LKLP 1-800-245-2826 to arrange for transportation.

Residents of Montgomery County must contact FTSB at 1-888-848-0989 to arrange for transportation.

CRISIS/EMERGENCY AND RESIDENTIAL SERVICES

A MOTHER'S JOURNEY

A Mother's Journey Recovery Center is a six-bed transitional residential facility for adult pregnant and parenting mothers seeking recovery from substance use disorders. The program is a minimum of five months, depending upon the specific needs of each resident. A Mother's Journey offers four phases which incorporate the COR-12 Curriculum, individual counseling services, peer support services, case management, including housing and other basic needs, mental health services, group counseling, life skills, financial planning, parenting classes, Relapse Prevention, and 12-Step Recovery meetings to educate residents about their addiction. All residents are provided a safe, therapeutic, and structured environment that promotes recovery, hope, and healing. Eligibility criteria include: 18 years or older with a history of alcohol/substance use disorder, currently pregnant, or parenting mother. This facility is



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intended for mothers and will permit mothers to bring one child under the age of six months. For more information or to complete a pre-screen assessment, contact A Mother's Journey at (606) 475-0200. **A Mother's Journey is located in Grayson, Kentucky. Referrals are accepted from across the state.**

CRISIS/EMERGENCY SERVICES

The Help Line number is (606) 324-1141 or (800) 562-8909. Help Line operators are available 24 hours a day, 7 days a week, 365 days a year as are crisis services. Emergency services are available to adults and children who find themselves in need of immediate assistance. When consumers call the Help Line, they are immediately put in contact with a professional who can provide counseling by phone or arrange for a face-to-face consultation. If a face-to-face consultation is needed, a mobile crisis therapist will be contacted and will provide a telehealth consultation with the consumer. This may take place at one of the Crisis and Residential Recovery Units, hospitals, schools, etc. Mobile crisis therapists assess consumers and make appropriate referrals based on needed level of care. Pathways may refer to Outpatient Services, Crisis and Residential Recovery Unit or Walker House, i.e., the children's crisis stabilization unit, or to local hospitals as well as the state hospital, when necessary. **Crisis services are available in all ten counties served by Pathways.**



CRISIS AND RESIDENTIAL RECOVERY UNITS (ADULTS) - EAST AND WEST

The Pathways Crisis and Residential Recovery Units (CRRU) welcome referrals from hospitals, emergency rooms, behavioral health units, law enforcement, judicial systems, counselors, and other community systems and self-referrals. When an individual arrives at a CRRU during typical work hours (Monday through Friday, 8:30am-8:30pm), he/she will be assessed by a clinician immediately. After typical work hours, a clinician from the Pathways Crisis Team will be called to complete the assessment.

After the assessment is completed, consistent with person-centered treatment, the clinician and consumer will decide the primary issue – mental health, substance use disorder (SUD), or dual disorders. The CRRUs have a long history of serving individuals with dual diagnoses.

CRRU services can include a 3-10 day mental health crisis stay, or a 28-day residential substance use disorder program. The program is available to consumers with a mental health diagnosis and/or substance use disorder diagnosis. The 28-day Residential Recovery Services provided include: 15 hours of clinical therapy weekly, intensive individual counseling, group therapy, medication evaluation, peer support services, recreation/physical activity, social support group – Alcoholics Anonymous or Narcotics Anonymous (on-site), use of Evidence Based Practices, link to a sponsor, if desired, and referral to long-term treatment, if needed, or appropriate outpatient services.

The CRRU East is located at 201 22nd Street in Ashland, Kentucky. CRRU West is located at 209 Davis Rd, Mt Sterling, Kentucky. Both Units take referrals from all ten counties served by Pathways and from outside the Pathways Service Region.

JOURNEY HOUSE

Journey House Women's Recovery Center is an eight-bed transitional residential facility for adult women seeking recovery from substance use disorders. All women admitted need to have dependent children or are working with DCBS to regain custody of the children. The program is a minimum of five months depending upon the specific needs of each resident. The Journey House offers four phases which incorporate the COR-12 Curriculum, individual counseling services, peer support services, case management, including housing and other basic needs, mental health services, group counseling, life skills, financial planning, parenting classes, relapse prevention, and 12-Step Recovery meetings to educate the residents about their addiction.



All residents are provided a safe, therapeutic, and structured environment that promotes recovery, hope, and healing. Eligibility criteria include: females 18 years or older with a history of alcohol/substance use disorder. For more information or to complete a pre-screen assessment, contact Journey House at (606) 326-2873. **Journey House is located in Greenup, Kentucky, and referrals are accepted from across the state.**



QUICK RESPONSE TEAM (QRT)

The Quick Response Team (QRT) is a collaborative effort involving law enforcement, medical care providers, first responders, and mental health care providers. It's designed to provide support to individuals within 24 to 72 hours of experiencing a drug overdose, considered the "recovery window," a time when individuals with substance abuse disorder are thought to be more open to help. Pathways' QRT initiative helps link consumers to treatment right from their door step, by turning a crisis into an opportunity. During the recovery window, team members contact individuals either face-to-face or by phone call, email, or text, to encourage them to get into substance use disorder treatment. **QRT Services are available in Boyd and Greenup counties. Pathways also participates in QRTs in Carter, Montgomery, and Morgan counties.**

WALKER HOUSE (CHILDREN'S CRISIS STABILIZATION)

Walker House is a six-bed crisis stabilization unit for children ages 6-17 where short-term behavioral and mental health treatment is available 24 hours a day, 7 days a week. Services are provided in a structured, community-based, home-like therapeutic environment. The crisis stabilization unit is designed to prevent unnecessary hospitalization and quickly reunite children and adolescents with their families. The unit also functions as a therapeutic "step-down" from psychiatric hospitalization. Referral sources include any Pathways office, Department for Community Based Services, doctors, hospitals, schools, and other community agencies. Interested parties may call the Pathways 24-hour Help Line at (606) 324-1141 or (800) 562-8909. Admission is voluntary; consumers must agree to follow the rules of the program, must be able to contract with Pathways for safety for themselves and others, and must be medically stable. **Walker House is located at 411 Bishop Court in Morehead, Kentucky, and takes referrals from all ten counties served by Pathways and from outside the Pathways Service Region.**



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INTELLECTUAL AND DEVELOPMENTAL DISABILITIES SUPPORT SERVICES

CASE MANAGEMENT SERVICES

Case management is a collaborative process of planning, facilitation, care coordination, evaluation, and advocacy for options and services to meet an individual's needs. Case managers assist with accessing social, medical, educational, and other identified needed services and supports. Case management involves comprehensive service planning that involves the individual and family to ensure that needs are identified and appropriately met. **Services are available in all ten counties served by Pathways.**

CENTER FOR AUTISM AND DEVELOPMENTAL DISABILITIES

Pathways' Center for Autism and Developmental Disabilities (CADD) provides a continuum of treatment options for those consumers with Autism and related neuro-developmental disorders. Treatments available include occupational and speech therapies with the goal to soon integrate physical therapies as well. Trained and supervised behavioral health associates target behavioral interventions to develop intensive behavioral treatment programs



utilizing Applied Behavior Analysis. Diagnostic services in Ashland include a comprehensive psychological assessment and are offered as a means to achieve differential diagnoses when Autism Spectrum Disorder is suspected. **CADD is located at 3701 Lansdowne Drive in Ashland, Kentucky, and takes referrals from all ten counties served by Pathways.**

DAY TRAINING

Day Training is a program for adults with intellectual and developmental disabilities which provides support for these individuals during the day from 8am – 3pm. In Day Training, individuals are assisted in developing and honing the necessary skills to become more independent in the community. This service also offers prevocational skills to aid individuals in seeking and reaching employment. **Day Training services are offered in Grayson, Kentucky, at the Carter County Outpatient services location.**



HORIZON VILLAGE

Horizon Village is a HUD group living complex which consists of 15 individual apartments as well as a 15-bed group living unit in Morehead, Kentucky. Horizon Village specializes in providing housing for individuals with intellectual and developmental disabilities. Individuals must be able to live semi-independently and qualify for HUD housing. Contact the Homeland Property Management site supervisor at 606-780-0047 to start the application process. **Horizon Village is located at 100 Horizon Way, Morehead, Kentucky.**

PARTICIPANT DIRECTED SERVICES (PDS)

This service provides the participant and family with an opportunity to design and direct their self-identified community support needs. **Services are available in all ten counties served by Pathways.**

RESPIRE CARE

Respite care provides temporary care for a family member with intellectual or developmental disabilities. Respite care provides vital supportive services to help keep families together, giving families and caregivers relief from their daily routine. These services allow family members and caregivers to engage in activities outside the home without worrying about adequate, appropriate care for their loved ones. Respite care can be used in case of emergency, vacations, shopping, routine business, or to simply allow the family some time to visit friends or go out for the evening. Services can be provided for a few hours, a day, a week, or longer, if needed. If desired, families may choose to train their own personal respite provider for in-home respite services. Respite can be provided in the family's home or in the respite provider's home. **In-home respite services are available in all ten counties served by Pathways.**

SUPPORTED EMPLOYMENT (J.O.B.S.)

The Supported Employment program seeks to promote growth of individuals with developmental and intellectual disabilities toward higher levels of functioning, greater self-esteem, increased emotional maturity, development of greater general competence, and a sense of personal responsibility. The Supported Employment program seeks out paid positions in the community, in regular work settings, for persons with disabilities. The goal is to place and support individuals in competitive work settings. Some of the services offered are person-centered job selection, job development, job placement, on-site training, ongoing one-on-one employment support and follow-up, advocacy and training, employment counseling, social skills training, and other supports as appropriate. **Supported Employment opportunities for individuals with Intellectual and Developmental Disabilities are based in Boyd, Greenup and Rowan Counties. Services may also be available in other counties within the region as needed.**





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NURSING AND MEDICAL SERVICES

CARE COORDINATION

Care coordination synchronizes the delivery of a consumer's health care from multiple providers and specialists, both within Pathways and with external providers. The goals of care coordination are to improve health outcomes by ensuring that care from disparate providers is not delivered in silos, and to help reduce healthcare costs by reducing hospital admissions and emergency department visits. **Care Coordination services are provided in all ten counties served by Pathways.**

PRESCRIBER PROGRAM

Pathways prescribers provide consumers with an evaluation for medication. Medication is often helpful in the treatment of behavioral health problems; however, Pathways is not a medication-only clinic. Medication is only prescribed if a consumer is involved in other outpatient therapy services. If a prescriber makes a recommendation for medication, the consumer is also required to be involved in therapy services as recommended. **Prescriber Program services are provided in all ten counties served by Pathways.**

PRIMARY CARE

Pathways offers a variety of primary care services including: physicals (including sports physicals); treatment of cold or flu symptoms; treatment of chronic conditions like diabetes and high blood pressure; prescribing medications such as antibiotics, birth control, etc.; treatment of minor illnesses and injuries like seasonal flu, sinus infections, and sleep issues; and screening for common health problems. The benefits of utilizing Pathways primary care include management of chronic conditions, lower health costs, saving time, gaining a health advocate, and staying healthier. **Primary care services are available at the Crisis and Residential Recovery Units – East and West, Carter County Outpatient, and Greenup County Outpatient.**



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OUTPATIENT SERVICES

ASSERTIVE COMMUNITY TREATMENT (ACT)

Assertive Community Treatment is a team treatment approach designed to provide comprehensive, community-based psychiatric treatment, rehabilitation, and support to persons with serious mental illness. A team of professionals whose backgrounds and training include social work, rehabilitation, counseling, nursing, and psychiatry provide assertive community treatment services. Among the services ACT teams provide are case management, initial and ongoing assessments, psychiatric services, employment and housing assistance, family support and education, substance abuse services, and other services and supports that are critical to an individual's ability to live successfully in the community. ACT services are available 24 hours a day, 365 days a year. **ACT services are provided in all ten counties served by Pathways.**

COMMUNITY SUPPORT SERVICES

Community Support Services provide activities necessary to allow adults or children identified with a behavioral health disorder or co-occurring mental illness and substance use disorder to live with maximum independence in the community. These activities are intended to assure successful community living through utilization of skills training as identified in the individual's treatment plan. Community support is designed to reduce mental disability and restore a recipient to the highest possible level of functioning. Services are provided using a variety of psychiatric rehabilitation techniques to improve daily living skills, such as hygiene, meal preparation, and medication adherence as well as self-monitoring of symptoms and side effects. Consumers are

also helped to improve emotional regulation skills, crisis coping skills, and developing and enhancing interpersonal skills. All Community Support Services must be provided in the consumer's home or in the community. **Services are available in all ten counties served by Pathways.**

DUAL DIAGNOSIS PROGRAM

The Dual Diagnosis program is designed for adult individuals who have both an alcohol and/or drug problem and a behavioral health problem. Commonly occurring behavioral health problems for individuals with a dual diagnosis include depressive disorders (depression, bipolar disorder), anxiety disorders (panic disorder, obsessive-compulsive disorder, phobias), and other psychiatric disorders (schizophrenia, personality disorder). For an individual with a dual diagnosis, the first step in treatment is detoxification – a period of time during which the body is allowed to cleanse itself of alcohol or other drugs. Once detoxification is completed, the consumer will participate in individual and group therapy dealing with relapse prevention, cognitive distortions, illness management and recovery, skill building, emotional regulation, and contingency management. **Dual Diagnosis services are available in all ten counties served by Pathways.**

DUI (DRIVING UNDER THE INFLUENCE) PROGRAM

DUI services provide instructional programs for individuals convicted of driving under the influence of substances. The program is offered in accordance with Kentucky Revised Statutes and Kentucky Administrative Regulations to provide all convicted offenders within Pathways' ten-county area with an assessment by a certified assessor and specific treatment plans. Offerings include assessment, Crisis and Residential Recovery Unit services, case management, 20-hour educational classes, outpatient counseling, intensive outpatient counseling, and other referrals as necessary within the counties of Boyd and Rowan on a bi-weekly basis. Individuals in this program may self-refer or be referred through the legal system. **DUI assessments are available in all ten counties served by Pathways. The DUI 20-hour educational program is available in Boyd and Montgomery counties.**

EARLY CHILDHOOD MENTAL HEALTH (ECMH)

Early Childhood Mental Health is a specialized program that works in cooperation with local childcare centers and other early childhood providers to improve the childhood experience of children ages birth to five by addressing their cognitive, emotional, social, and relational needs. The program creates a seamless system that incorporates birth-to-five-year-old children with social and/or emotional issues through early identification, education, and treatment in order to prevent delayed intervention. Services include assessment of behavioral needs, therapeutic treatment services, case management, family supports, collaboration with other state, local, and private agencies, fostering community awareness of the need for behavioral services, and providing outreach and instructional programs to caregivers and families. ECMH referrals can be made by parents, childcare providers, physicians, and early educators. Services are available Monday through Friday from 8:30am until 5:00pm. **Early Childhood Mental Health services are available in all ten counties served by Pathways.**



FAMILY THERAPY

Family therapy is a type of counseling that helps family members improve communication, resolve conflicts, and enhance problem-solving skills. The most commonly used evidenced-based practice for family therapy is multi-dimensional family therapy and systemic family therapy. It is especially important to include the family system when working with children and adolescents. Pathways employs several certified Marriage and Family Therapists. For more information, contact the Scheduling Center at (606) 324-1141 or (800) 562-8909. **Services are available in all ten counties served by Pathways.**



GROUP THERAPY

Group therapy is a form of psychotherapy that involves one or more therapists or peer support specialists working with several people at the same time and is often integrated into a consumer's treatment plan coupled with individual or family therapy. Group therapy can be very effective, especially for individuals suffering from substance abuse, depression, and traumatic stress. Pathways employs a variety of evidence-based practices when working with individuals in a group setting, including dialectical behavioral therapy, mindfulness-based cognitive therapy, Matrix Model, and CORE.

Common groups include Illness Management and Recovery, Anger Management, Parenting, Substance Abuse, and gender-specific groups. Pathways offers groups at all outpatient locations. **Services are available in all ten counties served by Pathways.**

HIGH FIDELITY WRAPAROUND (HIFI)

High Fidelity, an evidence-based practice driven by the National Wraparound Initiative, is a youth-guided and family-driven planning process that follows a series of steps to help youth and their families realize their hopes and dreams. Pathways employs two HiFi case managers; one in the Gateway Region (Bath, Menifee, Montgomery, Morgan, and Rowan counties) and one in the FIVCO Region (Boyd, Carter, Elliott, Greenup, and Lawrence counties). These two case managers can have up to ten consumers each on their caseloads serving the most intense youth with serious and complex needs.



For more information on this service, call (606) 324-3005 in the FIVCO Region or (606) 784-4161 in the Gateway Region, toll free in Kentucky at (800) 562-8909. **Services are available in all ten counties served by Pathways.**

iHOPE (HELPING OTHERS PURSUE EXCELLENCE)

iHOPE is a collaborative effort between the Department of Behavioral Health and Pathways to identify and serve youth and young adults with symptoms of psychosis as early as possible and provide support and treatment based upon current research. To be eligible for iHOPE services, the consumer must be ages 15-30, at risk of experiencing a psychotic episode (prodromal symptoms), or have been diagnosed with a psychotic disorder within the last year. Confirmation is needed that symptoms are not caused by a medical condition or substance use disorder.

Services available in iHOPE are psycho-education, family education and support, medication evaluation and management, individual psychotherapy, supported employment, peer support, community support, case management, and safety planning. **State-recognized services are available in all ten counties served by Pathways.**



IN BLOOM

In Bloom offers Cognitive Behavioral Therapy to women who are pregnant or parenting a child under two years of age who are experiencing anxiety, depression, Post Traumatic Stress Disorder (PTSD), or substance use disorder (or in recovery). The program offers in-home therapy and attachment parenting sessions, peer groups for mothers, case management, and connects participants to educational and employment services and resources. **Services are available in all ten counties served by Pathways.**

INDIVIDUAL PLACEMENT AND JOB SUPPORT (IPS)

Individual Placement and Support is an evidence-based model of supported employment providing a high standard of service to individuals with disabilities who would like to obtain gainful employment. Services provided include exploration of person-centered employment interests, rapid job search, zero exclusion (i.e., all consumers are eligible for IPS services).

regardless of their progress or recovery status). IPS provides long-term individualized supports to ensure ongoing employment success. To make a referral, please call 606-324-3055, extension 4163, or ask for the IPS Supervisor. **Services are available in Bath, Boyd, Carter, Greenup, Lawrence, Montgomery, Morgan, and Rowan counties.**

INDIVIDUAL THERAPY

Individual therapy is a form of therapy in which the consumer is treated in a one-on-one basis. This treatment setting allows the therapist and consumer to focus on rapport building and working together to solve the presenting problem. Pathways utilizes evidenced-based models such as cognitive-behavioral therapy, reality therapy, rational-emotive therapy, acceptance commitment therapy, and brief therapy, among many others. Pathways offers individual treatment in all outpatient offices. **Services are available in all ten counties served by Pathways.**

INTENSIVE OUTPATIENT PROGRAM

Pathways' Intensive Outpatient Program (IOP) meets in a group setting and is therapeutic counseling for individuals in need of a more rigorous substance use disorder treatment program. IOP consumers meet with a therapist at least six hours each week and complete a minimum of 24 sessions. During the sessions, clients complete the Matrix Model curriculum which is an effective, evidence-based practice. The sessions focus on early recovery skills, relapse prevention, group therapy, and counseling. Group members are asked to read, complete handouts, and participate in activities. Before attending IOP, all consumers receive a comprehensive assessment with an individualized treatment plan. **IOP services are available in-person in Bath, Carter, Lawrence, Montgomery, and Rowan counties. Telehealth is an option from any county.**

KY-MOMS MATR (MATERNAL ASSISTANCE TOWARDS RECOVERY)

KY-Moms MATR is a program designed to educate the public about the impact of substance abuse on pregnancy and child rearing. The program emphasizes the importance of smoking cessation and positive lifestyle choices to help babies be born healthy and drug-free. It also links expectant mothers to services that will help them have healthier babies. Mothers seeking recovery assistance will receive preference for admission into recovery related programs.



The goal of the program is to help pregnant women get the services they need during and after pregnancy in an effort to foster a happier, healthier pregnancy and baby.

Case managers who understand family issues are available to help direct women to services for themselves and the baby. Expectant mothers can become involved at any time during the pregnancy, and case managers will follow up with the mother and baby for up to 60 days post-partum. **Services are available in all ten counties. Individuals interested in services may contact (606) 326-2875 to be linked with a provider.**

KSTEP (KENTUCKY STRENGTHENING TIES AND EMPOWERING PARENTS)

The KSTEP program integrates best practice in substance use disorder (SUD) treatment services, child welfare practice, and family preservation services into an approach to deliver services that address the special needs of SUD affected families involved with the Department of Community Based Services (DCBS). DCBS partners with Pathways to implement a continuum of care for adults and children that includes mental health services and substance abuse services through the KSTEP program. **KSTEP services are available in all ten counties served by Pathways.**

MEDICATION FOR OPIOID USE DISORDER (MOUD)

Pathways offers Vivitrol and Suboxone products for consumers who have been diagnosed with an Opioid Use Disorder and are agreeable to follow the treatment protocol including individual and group therapy, Case Management and Peer Support Services along with Care Coordination.

Pathways recognizes the need for quality Substance Use services and is committed to be a part of the solution by helping consumers gain sustainable recovery. **Services are available in all ten counties served by Pathways.**

OPPORTUNITIES FOR WOMEN

The Opportunities for Women program addresses the problems that keep women from providing for their families, such as holding down a job or going to school to get a certificate or degree. Case Managers may be able to assist in providing helpful resources which are needed for a better future for women and their children. Opportunities for Women offers assessment, education, and case management.



The program assesses for substance use disorder, domestic violence, co-dependency, sexual abuse, and other issues in order to make referrals to get the needed help. It also educates participants in ways that may help women end problems from the past. Support sources help change old habits, improve self-image, and address problems that may be preventing clients from becoming self-sufficient. Finally, the program also provides case management services by identifying help needed or linking participants with the necessary resources. Providers assist in applying for emergency protective orders, if warranted, and going to court for domestic violence order hearings.

Opportunities for Women services are available in Boyd, Carter, Greenup, and Lawrence counties. Providers offer free weekly parenting classes to interested participants in Boyd, Carter and Lawrence Counties, and a women's education class in Lawrence County. Individuals interested in services may contact (606) 326-2875 to be linked with a provider.



PARENTS UNITED FOR SUPPORT AND HELP (PUSH)

PUSH provides a support network for parents needing help with childhood behaviors, school issues, education laws, disability laws, the provision of local resources, and the skills to advocate, when needed. In particular, it provides support from other parents who understand the special issues surrounding children with disabilities. Discussions often focus upon techniques that have worked for others. Speakers are invited to present on various topics related to disability laws and educational laws regarding special education and 504 regulations. A lending library is also available to members. **PUSH support groups are available in Boyd County.**



PEER SUPPORT (FAMILY, YOUTH, AND ADULT)

Peer Support services are the social and emotional support provided by persons with lived experience of a mental health and/or substance abuse condition to others sharing a similar mental health and/or substance abuse condition to bring about a desired social or personal change. Peer support is an emerging evidence-based practice that helps people recover from mental illness or addiction with assistance from someone who has experienced mental illness or addiction and is in recovery. **Services are available in all ten counties served by Pathways.**

RAPE CRISIS SERVICES

The Rape Crisis Center provides victim advocacy support where volunteers come and sit with victims at the hospital and inform victims of their rights. Trauma specialists are available to provide education on preventing future incidents by identifying both helpful and harmful behaviors. **Services are available in all ten counties served by Pathways.**

Pathways' Victim Services is one of thirteen regional Rape Crisis Centers in Kentucky. Victim Services provides victim advocacy which includes: medical advocacy (volunteers sit at the hospital with individuals who have experienced sexual violence, providing support and informing individuals of their rights), legal advocacy (advocates can accompany individuals to meetings with attorneys, law enforcement, court proceedings, etc.), and accompaniment advocacy (advocates can assist individuals with landlords, employment, and other needed support regarding special requests following sexual violence). Trauma specialists provide trauma services to any individual who has experienced sexual violence, including coping skills, education, and therapy to meet each individual's healing. **Services are available in all ten counties, in addition to the 24-hour Help Line where individuals have the right to remain anonymous. Individuals interested in services may contact (606) 326-2875 to be linked with a provider.**

Victim Services also provides two prevention strategies, Green Dot and Shifting Boundaries, at no charge, that assist local schools with decreasing the amount of violence youth incur. The programs are designed to create culture shifts away from violence. Green Dot is available to local high schools and Shifting Boundaries is available to local middle schools. Schools interested in the prevention strategies may contact (606) 326-2875 to be linked with a provider. **Services are available in all ten counties served by Pathways.**



SCHOOL-BASED SERVICES

Pathways offers integrated behavioral health and substance abuse treatment for children and adolescents at every school in all ten counties served. School-based services offer individual therapy, group therapy, anger management, risk assessments, presentations on various topics (suicide prevention, dealing with bullies, etc.), professional development trainings (ADHD in the classroom, recognizing abuse, etc.), collateral services, and crisis management. School-based therapists work in conjunction with school counselors, Family Resource Center staff, teachers, and others to ensure successful educational outcomes. A minor may sign consent for treatment when in crisis, but a parent/guardian's authorization must be obtained once stable. **Services are available in all ten counties served by Pathways.**

SMVF (Service Members, Veterans, and their Families)

SMVF is a program designed to assist Veterans and their families who suffer from opiate or stimulant use disorders. **SMVF** Peer Support Services will provide support to **SMVF** populations in the Crisis Residential Recovery Unit (CRRU), linkage to aftercare, aid in connecting to CMHC Military Behavioral Health Coordinators, and share beneficial resources designed to assist Veterans and their families. **Services are available in all ten counties served by Pathways.**

START (SOBRIETY TREATMENT AND RECOVERY TEAMS)

START teams serve families with young children who have experienced child neglect or abuse due to parental substance use disorders, with a focus on helping parents overcome their substance use disorder and promoting parental capacity to care for their children. Highly-trained family mentors and child protective service workers assist families having children five years or younger, often including substance-exposed newborns with substantiated abuse or neglect and child safety risks. Key START partners include judges, foster parents, mental health providers, and substance abuse treatment providers. **START services are available in Boyd County.**



SUPPORTED HOUSING FOR THE SERIOUSLY MENTALLY ILL

Supported Housing involves the linking of affordable, permanent, community-based housing options with flexible services and supports. It also assumes that individuals have preferences and should be involved in choosing where and with whom they live.

Federal block grant funds from the Center for Mental Health Services have been critically important to the development of the Kentucky for Behavior Health's Department's housing initiative. This initiative focuses on affordable housing development while promoting linkages with housing-related supports such as skills training, assistance in securing subsidies, and housing search activities. **Services are available in all ten counties served by Pathways.**

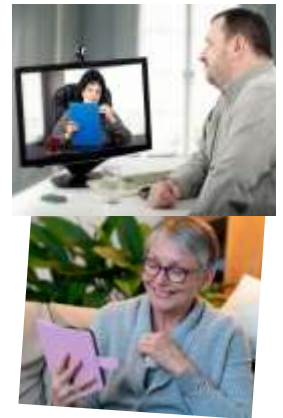
TARGETED CASE MANAGEMENT

Targeted Case Management (TCM) is a primary, direct service provided to adults or children with serious mental illness or emotional disorders who live in the community. TCM is designed to insure that individuals and their families gain access to needed medical, social, educational services as well as other agencies whose functions are to provide the support, training and assistance required for a stable, safe and healthy community life. Individuals with substance use disorders, co-occurring mental health disorders, severe emotional disability, or severe mental illness can request TCM services. **Targeted Case Management is available in all ten counties served by Pathways.**

TELEHEALTH

Pathways has adopted Telehealth services to increase access to care for the consumers of Pathways by delivering services through innovative, efficient, reliable, and cost effective HIPAA compliant technologies. Pathways delivers clinical and medical services to a variety of consumers to allow Specialty Care in rural locations.

Any consumer can receive services without leaving the comfort of their home. If an individual has an electronic device with a camera – phone, tablet, or computer – he/she can receive telehealth services. Pathways offers Individual Therapy, Group Therapy, and Prescriber Services via Telehealth. Any consumer, living in Kentucky, can receive services without leaving the comfort of their home. **Telehealth services are available in all ten counties served by Pathways.**



THERAPEUTIC REHABILITATION PROGRAM

The Therapeutic Rehabilitation Program provides rehabilitative services for adults with Serious Mental Illness (SMI) and children with Serious Emotional Disturbance (SED) that are designed to maximize reduction of mental disability and restoration of the recipient's best possible functional levels related to social, personal, and daily living skills. Component services are delivered using a variety of psychiatric rehabilitation techniques and focus on improving daily living skills, self-monitoring of symptoms and side effects, emotional regulation skills, crisis coping skills, and interpersonal skills. **Services may be provided individually or in a group setting in all ten counties served by Pathways.**

TRANSITION AGE YOUTH LAUNCHING REALIZED DREAMS (TAYLRD)

TAYLRD services are provided in Pathways' two The Drop youth centers. TAYLRD is a program funded by a 2014 grant awarded to Kentucky from the Substance Abuse and Mental Health Services Administration (SAMHSA). It is designed to encourage young adults to use the skills they learn to give back to their communities and advocate on the local, state, and national level. In addition to The Drop, TAYLRD offers peer support services, case management services, and, as appropriate, referral to behavioral health and substance abuse prevention, intervention, treatment, and recovery services. Program staff also assist and empower young adults as they work to navigate youth-serving systems such as juvenile justice, education, foster care, and child welfare. **The Drop Youth Center facilities are located at 2516 Carter Avenue in Ashland and at #60 Professional Drive in Louisa.**



WOMEN'S SERVICES

Women's Services provides individual and therapeutic groups to individuals who have experienced sexual, physical, and emotional violence, in addition to those with mental health and substance use disorders associated with traumatic violence. Counselors provide services to any individual seeking services, including coping skills, education, and therapy to promote each individual's healing. Women's

Services has a trained counselor who also provides services to individuals with eating and body image disturbances issues. **Services are available in all ten counties in addition to the 24 hour Help Line where individuals have the right to remain anonymous. Individuals interested in services may contact (606) 326-2875 to be linked with a provider.**



*Amy Jeffers, MA, CPS
Director of Regional
Prevention Center Services
(606) 329-8588, ext. 4099*

PREVENTION SERVICES

ADULT PREVENTION SERVICES

Pathways' Regional Prevention Center (RPC) provides education and training for adults on alcohol, tobacco, and other drug (ATOD) prevention, suicide prevention, and behavioral health promotion. Prevention services are provided at worksites, churches, schools, and other sites in the community. Emphasis is placed on training adults who are in positions to encourage and support youth in making healthy choices. **Services are available in all ten counties served by Pathways.**

COMMUNITY PREVENTION

Pathways' RPC facilitates and/or partners with prevention coalitions in the ten-county catchment area to increase public awareness and involvement in alcohol, tobacco, and other drug prevention, suicide prevention, and behavioral health promotion. The RPC's Certified Prevention Specialists provide consultation, technical assistance, and training to mobilize schools, community agencies, and community groups to plan, implement, and evaluate comprehensive, evidence-based substance abuse and suicide prevention programs. **Services are available in all ten counties served by Pathways.**

KENTUCKY AGENCY FOR SUBSTANCE ABUSE POLICY (KY-ASAP)

Pathways participates as a fiscal agent and provides facilitators for several Kentucky Agency for Substance Abuse Policy (KY-ASAP) local boards. KY-ASAP was created in 2000 to develop a strategic plan to reduce the prevalence of alcohol, tobacco, and other drug use among youth and adult populations in Kentucky. KY-ASAP also coordinates efforts among state and local agencies in the area of substance abuse prevention, treatment, and recovery. KY-ASAP local boards embrace and incorporate the three-pronged approach of the Office of Drug Control Policy that includes prevention, treatment, and interdiction (involvement of law enforcement). The group has worked with various initiatives, including assisting with smoke-free policies for schools and communities and training/educational programs regarding the dangers of using alcohol, tobacco, and other drugs. **Pathways serves as the fiscal agent for the Bath County KY-ASAP Local Board, Lawrence County KY-ASAP Local Board, and the Tri-County KY-ASAP Local Board (Boyd, Carter, and Greenup counties).**

KY-MOMS MATR (MATERNAL ASSISTANCE TOWARDS RECOVERY)

KY-Moms MATR is a program funded by the Early Childhood Development Authority using Tobacco Settlement funds to help identify and provide services for women at-risk for substance use during pregnancy. The RPC offers a community outreach program where women can learn the risks of alcohol, tobacco, and other drug use to the fetus during pregnancy. Participants are screened and offered additional prevention,



intervention, or treatment services. The RPC also offers selective and indicated prevention education programs involving basic information on reducing harm to the fetus from substance use during pregnancy, along with reducing risk for developing an alcohol or drug use problem across the lifespan. **Services are available in all ten counties served by Pathways.**

PREVENTION RESOURCE AND INFORMATION SERVICES

The RPC serves as a primary source of alcohol, tobacco, and other drug prevention, suicide prevention, and behavioral health promotion information for all communities in the region. Services include a resource library and the distribution of printed materials and audiovisuals. **Services are available in all ten counties served by Pathways.**

PRIME FOR LIFE



Prime for Life is an evidence-based motivational prevention, intervention, and pretreatment program specifically designed for people who might be making high-risk choices. It is designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations, and the knowledge of how to reduce risk of alcohol and drug related problems throughout a lifetime. Prime for Life includes both prevention and intervention content; it is also designed in a way that serves universal, selective, and indicated audiences with program delivery options for each. **Services are available in all ten counties served by Pathways.**

SUICIDE PREVENTION TRAINING – QUESTION, PERSUADE, REFER (QPR)

QPR is an educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) question the individual's desire or intent regarding suicide, (2) persuade the person to seek and accept help, and (3) refer the person to appropriate resources. **Services are available in all ten counties served by Pathways.**



YOUTH MENTAL HEALTH FIRST AID



Youth Mental Health First Aid is a curriculum focused on training adults to help youth (ages 12 - 18) who may be experiencing a mental health challenge or an emotional crisis. The training is a public education program which introduces participants to the unique adolescent risk factors and warning signs of mental health problems, builds understanding of the importance of early intervention, and teaches individuals how to help a youth in crisis or experiencing a mental health or substance use challenge. This program uses role-playing and simulations to demonstrate how to assess a mental health crisis, select interventions, provide initial help, and connect young people to professional, peer, social, and self-help. The course is designed for adults who regularly interact with adolescents, but may also be appropriate for older adolescents (16 and older) so as to encourage peer-to-peer interaction. Teachers, athletic coaches, mentors, youth ministers, Youth Service Center personnel, Family Resource personnel, and juvenile justice professionals may find the course content useful. Contact a Certified Youth Mental Health First Aid Instructor at (606) 329-8588, extension 4099 to schedule a training. **Youth Mental Health First Aid training is available in all ten counties served by Pathways.**

YOUTH PREVENTION SERVICES

The RPC provides an array of services aimed at preventing alcohol, tobacco, and other drug problems. Services for children and youth emphasize the development of healthy foundations for decisions regarding tobacco, alcohol, and other drug use. Consultation and training are provided for schools, agencies, and organizations that support healthy environments. Certified Prevention Specialists also provide technical assistance for evidence-based substance abuse prevention curricula. **Services are available in all ten counties served by Pathways.**

ZERO TOLERANCE PROGRAM (ZT)

The Zero Tolerance Program (ZT) is a legally-required program for youth/young adults under 21 who violate the Kentucky Under 21 DUI-Zero Tolerance law (driving with a blood-alcohol content of .02 to .08). Adolescents are screened and provided with 12 hours of education using the Prime for Life lifestyle risk-reduction curriculum. **Zero Tolerance is available to offenders in all ten counties, but mandatory educational classes are only offered in Boyd and Rowan counties on a bi-weekly basis.**



KENTUCKY RECOVERY CENTER

GENESIS RECOVERY KENTUCKY CENTER



*Todd Trumbore, MA
Director of Recovery
Kentucky Centers
(606) 329-8588, ext. 4080*

The Genesis Recovery Kentucky Center is a long-term recovery program for adult men seeking recovery from substance use disorders. The program is six to nine months in length, depending upon the specific needs of each client. This program is an affiliate of the Recovery Kentucky initiative. The Genesis Recovery Kentucky Center serves a population of 100 adult men and offers four phases which incorporate a social model of recovery, peer support, accountability, daily living skills, job responsibilities, and practical living experiences. Genesis incorporates the 12 steps with life skills classes to educate the client about his substance use disorder. Genesis is intended for males 18 years or older who may need non-medical alcohol/other drug withdrawal in a safe environment. Eligibility and intake criteria include: no history of sexual misconduct, no propensity for violence, and no uncontrolled mental illness. Individuals must be physically able to participate in the program and be capable of living in a group environment. **The Genesis Recovery Kentucky Center is located in Grayson, Kentucky. Statewide referrals may be made by calling (606) 898-2111.**



COMMUNITY-BASED OPPORTUNITIES

LUNCH AND LEARN If you would like to know more about Pathways – its history and services – our friendly staff can come on site and share Pathways' story and information about services. Gather your staff, associates, civic group, or friends – a group of 10-20 – we'll provide lunch, a presentation, and lots of resources. Staff will be available to answer questions and help with referrals. Call the Lunch and Learn Facilitator at (606) 329-8588, extension 4128.



PATHWAYS TO BRIGHT FUTURES FOUNDATION Pathways to Bright Futures is an operating foundation supporting the consumers and communities served by Pathways. The funds raised by the Pathways to Bright Futures Foundation are used to support activities in one of three areas: support of autism services, youth substance abuse prevention, or special projects. The Foundation Board is comprised of primarily community volunteers who are interested in seeing these causes funded. Samples of the Foundation's projects include, assisting in the educational development of persons serving in autistic treatment, provision of anti-substance abuse curricula in schools, and placement of tablets in special needs classrooms. For more information, call the Facilitator at (606) 329-8588, extension 4128.

PATHWAYS TO GO is a mobile behavioral health clinic that travels to remote and other designated locations to offer high-quality services to individuals who may be struggling to get services through traditional means. Lack of transportation or high-speed internet and/or family or cultural stigma may be reasons individuals don't seek services at a brick and mortar locations. Pathways can provide telehealth services on the mobile clinic and is partnering with healthcare providers, health departments, and organizations representing underserved populations.

EVIDENCE-BASED PRACTICES

Pathways is devoted to training all clinical staff in the most up-to-date, Evidenced Based and Promising Practices, as determined by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Acceptance Commitment Therapy (ACT) – ACT encourages people to embrace their thoughts and feelings rather than fighting or feeling guilty for them and is paired with mindfulness-based therapy. Medical conditions such as anxiety, depression, OCD, addictions, and substance abuse can all benefit from ACT and Mindfulness-Based Cognitive Therapy. ACT develops psychological flexibility and is a form of behavioral therapy that combines mindfulness skills with the practice of self-acceptance.

Individual Placement and Job Support is an evidence-based model of supported employment providing a high standard of service to individuals with disabilities who would like to obtain gainful employment. Services provided include exploration of person-centered employment interests, rapid job search, zero exclusion (i.e., all consumers are eligible for IPS services regardless of their progress or recovery status). IPS provides long-term individualized supports to ensure ongoing employment success.



Eye Movement Desensitization and Reprocessing (EMDR) is a fairly new, nontraditional, evidenced-based practice psychotherapy that works by using a patient's own rapid, rhythmic eye movements to dampen the power of emotionally-charged memories of past traumatic events. Research shows that EMDR is rapid, safe, effective, and does not involve the use of drugs or hypnosis. It has shown to be effective in the treatment of anxiety and panic disorders and has an 80 percent success rate in the treatment of Post-Traumatic Stress Disorder (PTSD). EMDR is an eight-phase treatment method: history taking, client preparation, assessment, desensitization, installation, body scan, closure, and reevaluation of treatment. It works by activating both hemispheres of the brain at the same time through "bilateral stimulation."

Parent-Child Interaction Therapy (PCIT) – PCIT is a treatment for young children with behavioral problems and is conducted through "coaching" sessions during which the parent and child are in a playroom while the therapist is in an observation room watching the interaction through a one-way mirror and/or live video feed. The parent wears a "bug-in-the-ear" device through which the therapist provides in-the-moment coaching skills to help parents learn to manage their child's behavior.

Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) – Trauma-focused cognitive behavioral therapy (TF-CBT) is an approach shown to help children, adolescents, and their parents

(or other caregivers) overcome trauma-related difficulties, including child maltreatment. TF-CBT helps children address distorted or upsetting beliefs and attributions and learn skills to help them cope with ordinary life stressors. It also helps parents who were not abusive to cope effectively with their own emotional distress and develop skills that support their children.

Motivational Interviewing (MI) – Motivational Interviewing is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. Compared with non-directive counseling, it is more focused and goal-directed, and departs from traditional Rogerian client-centered therapy through this use of direction, in which therapists attempt to influence clients to consider making changes, rather than engaging in non-directive therapeutic exploration. The examination and resolution of ambivalence is a central purpose, and the counselor is intentionally directive in pursuing this goal. MI is most centrally defined not by technique but by its spirit as a facilitative style for interpersonal relationships.

Race-Based Trauma – Race-Based Trauma is a promising practice related to the treatment of post-traumatic stress disorder where the traumatic response to stress follows a racial encounter. Race-based traumatic stress combines theories of stress, trauma, and race-based discrimination to describe a particular response to negative racial encounters.

Despite the limited race-based traumatic stress research, trauma research suggests that an individual's response to a stressor is highly dependent on that person's perception of the stressor; what one person may experience as traumatic, another person may not experience as such.

Child-Parent Psychotherapy (CPP) is an intervention for children aged 0-5 who have experienced at least one traumatic event and/or are experiencing mental health, attachment, and/or behavioral problems, including post-traumatic stress disorder. The treatment is based in attachment theory but also integrates psychodynamic, developmental, trauma, social learning, and cognitive behavioral theories. Therapeutic sessions include the child and parent or primary caregiver. The goal of CPP is to support and strengthen the relationship between a child and his/her caregiver as a vehicle for restoring the child's cognitive, behavioral, and social functioning. Treatment also focuses on contextual factors that affect the caregiver/child relationship.

Nurturing Parent – The Nurturing Parenting Programs target all families at risk for abuse and neglect with children birth to 18 years. The programs feature activities to foster positive parenting skills with nurturing behaviors, promote healthy physical and emotional development, and teach appropriate role and developmental expectations. Lessons can be delivered in a home-based setting, group-based setting, or combination of home and group settings.

Matrix Model – The Matrix Model is a structured, multi-component behavioral treatment model that consists of evidence-based practices, including relapse prevention, family therapy, group therapy, psycho-education, and self-help, delivered in a sequential and clinically coordinated manner. The model consists of 16 weeks of group sessions held 3 times per week, which combine cognitive behavioral therapy, family education, social support, individual counseling, and urine drug testing.

The Matrix Model is an easy-to-use manualized treatment protocol that gives patients the skills and understanding they need to overcome substance use disorder. It has been refined over the past 30 years to integrate cognitive behavioral therapy, contingency management, motivational interviewing, 12 Steps facilitation, family involvement, and other elements to successfully treat individuals struggling with substance use.

Play Therapy – While it may look like an ordinary playtime, play therapy can be much more than that. Play therapy is a form of therapy used primarily for children because of their inability to process their own emotions or articulate problems to parents or other adults.

A trained therapist can use playtime to observe and gain insights into a child's problems. The therapist can then help the child explore emotions and deal with unresolved trauma. Through play, children can learn new coping mechanisms and how to redirect inappropriate behaviors.

EMPLOYEE ASSISTANCE PROGRAM

Pathways to MENTAL WELLNESS in the WORKPLACE

WHAT IS A BEHAVIORAL HEALTH EMPLOYEE ASSISTANCE PROGRAM? An employee assistance program (EAP) is a work-based intervention program designed to assist employees in resolving personal problems that may be adversely affecting the employee's performance.

EAPs focusing on behavioral health issues assist workers with issues like substance use disorder (misuse of alcohol or other drugs), bereavement, depression, adjustment disorder, low self-esteem, anxiety, relationship problems, stress management, and traumatic events like workplace violence. Programs are delivered at no cost to employees by licensed behavioral healthcare providers. Services may be delivered face-to-face, via phone, or telehealth. If individuals have an electronic device with a camera – a phone, tablet, or computer, he/she can receive quality behavioral health services via telehealth.



Behavioral Health EAP services are typically made available not only to the employee but also to the employee's spouse/non-marital partner living in the same household as the employee, and the employee's children.

Behavioral Health EAPs usually offer direct counseling and treatment rather than just referrals for counseling and treatment.

WHY SHOULD EVERY COMPANY OFFER A BEHAVIORAL HEALTH EAP?

Employees are your most valuable asset. The U.S. Department of Labor estimates that at any given time, 20% of your employees are struggling with personal problems that negatively impact the workplace. In fact, one in five American adults struggles with a behavioral health issue. Some of the many reasons to offer a behavioral health EAP include:

- Reduction in absenteeism and employee turnover
- Reduction in work-related accidents
- Increase in employee productivity
- Reduction in workers' compensation claims and employee grievances
- Managers and supervisors can refer employees for counseling and reduce the time spent on staff problems
- Human resources, managers, and supervisors can consult directly with behavioral healthcare professionals



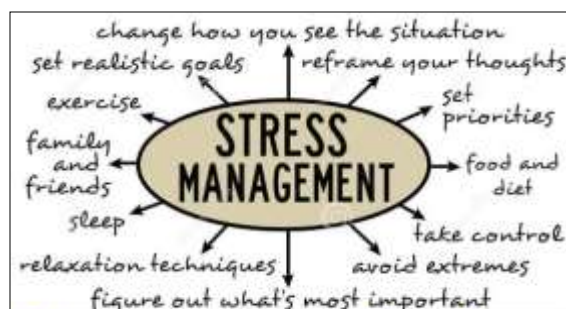
Ultimately, these benefits can help create a supportive company culture that will improve your bottom line.

WHAT DOES PATHWAYS TO MENTAL WELLNESS IN THE WORKPLACE OFFER?

Pathways is a community behavioral health center with more than 50-year history of experience providing a wide array of quality services including: mental health, intellectual and developmental disability support services, and substance use disorder (prevention, early intervention, treatment, and recovery). The Pathways to Mental Wellness in the Workplace EAP provides brief, solution-focused therapy for issues including, but not limited to:

- Depression
- Bereavement
- Obsessive compulsive disorder
- Crisis services including a 24/7 Help Line
- Relationship problems
- Workplace personality conflict
- Anxiety
- Adjustment disorder
- Anger management
- Stress management
- Substance misuse
- Substance use disorders
- Assessments
- Individual counseling
- Referral sources
- “Value Added” Options

In addition to a full array of solution-focused therapies, Pathways to Mental Wellness in the Workplace offers a variety of educational sessions. Sessions can be conducted as special trainings or as Lunch and Learns. Topics include, but are not limited to: Pathways’ services, depression, stress management, post-traumatic stress disorder, eating disorders, suicide awareness and prevention, youth substance abuse prevention, and other topics, as requested.



Pathways will also help you develop informational and marketing materials for your organization. Building awareness and educating your employees about the services available to them is one of the key factors in making sure you see a return on your investment. Providing accurate information will also help address any privacy concerns employees may have.

Finally, at Pathways, we are committed to addressing and reducing the stigma often associated with behavioral health services. Through the Lunch and Learns and other campaigns throughout the year, we believe we can help bring about a cultural change that supports mental wellness as an integral part of overall good health.

HOW TO GET STARTED

Whether it's an employer-paid, a pay-per-use, or a customized program, we can design a program for any size business. Contact one of our EAP representatives today by calling (606) 207-1327 or (606) 329-8588, extension 4109.

EXECUTIVE TEAM



Jennifer J. Willis, RN, PMH-BC
Chief Executive Officer



Rebecca Bauder, MA, LPCC
Director of Emergency
Services



Tiffany Haney, LCSW
Director of Outpatient
Operations



Jill Bond, CPA
Chief Financial Officer



Betsy Jackson, M.S.
Chief Compliance Officer



William F. Bottoms, Esq.
General Counsel/Director of
Human Resources



Jeff Justice, B.A.
Chief Information Officer



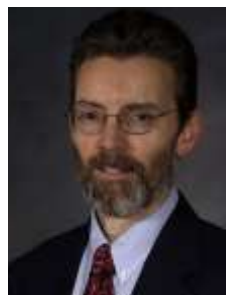
Gregory L. Brown, MSW
Director of Intellectual &
Developmental Disabilities
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Ronne Nunley, M.A.
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Amanda Fry, RN, BSN
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201 22nd Street • Ashland, KY 41101
(606) 324-1141

Area Outpatient Director: Chassidy Ison



CARTER COUNTY
840 Interstate Drive
Grayson, KY 41143
(606) 474-5151

Area Outpatient Director: Chassidy Ison



ELLIOTT COUNTY
Route 5
Sandy Hook, KY 41171
(606) 738-6163

Area Outpatient Director: Chassidy Ison



GREENUP COUNTY
57 Dora Lane
Greenup, KY 41144
(606) 473-7333

Area Outpatient Director: Debi Share



LAWRENCE COUNTY
 #60 Professional Park Drive
 Louisa, KY 41230
 (606) 638-4332

Area Outpatient Director: Chassidy Ison



MENIFEE COUNTY
 70 Main Street
 Frenchburg, KY 40322
 (606) 768-2131

Area Outpatient Director: Debi Share



MONTGOMERY COUNTY
 300 Foxglove Drive
 Mt. Sterling, KY 40353
 (859) 498-2135

Area Outpatient Director: Debi Share



MORGAN COUNTY
 767 North Main Street
 West Liberty, KY 41472
 (606) 743-3139

Area Outpatient Director: Chassidy Ison



ROWAN COUNTY
 321 East Main Street
 Morehead, KY 40351
 (606) 784-4161

Area Outpatient Director: Debi Share



GENERAL REFERRAL FORM

Complete form and fax to: 1-606-329-8850 or
Scan and upload to "Make A Referral" at www.pathways-ky.org

(Please duplicate as needed or call 1-606-329-8588, ext. 4079, for additional forms.)

Referring Office:		
Referring Office Contact Name:		
Referring Office Email:		
Referring Office Phone Number:		
CONSUMER INFORMATION		
Name:	Phone No.:	
Address:		
City:	State:	Zip
Social Security #:	Date of Birth:	
<input type="checkbox"/> Adult <input type="checkbox"/> Child If child, name of parent/guardian:		
Consumer is being referred for: <input type="checkbox"/> IDDS <input type="checkbox"/> Mental Health <input type="checkbox"/> Substance Use Disorder		
Is there a preferred location for this referral?		
OUTPATIENT: <input type="checkbox"/> Bath County <input type="checkbox"/> Elliott County <input type="checkbox"/> Montgomery County <input type="checkbox"/> Boyd County <input type="checkbox"/> Greenup County <input type="checkbox"/> Morgan County <input type="checkbox"/> Carter County <input type="checkbox"/> Lawrence County <input type="checkbox"/> Rowan County <input type="checkbox"/> Meniffee County		
RESIDENTIAL: <input type="checkbox"/> A Mother's Journey <input type="checkbox"/> Genesis Recovery Kentucky Center <input type="checkbox"/> Crisis Residential Recovery Unit <input type="checkbox"/> Morehead Inspiration Center (MIC) <input type="checkbox"/> Journey House <input type="checkbox"/> Walker House (Children's Crisis Unit)		
REMINDER: FOR IMMEDIATE EMERGENCY/CRISIS SERVICES CALL 1-606-324-1141 or 1-800-562-8909		
Does the consumer have insurance? <input type="checkbox"/> No <input type="checkbox"/> Yes		
If yes, type of insurance:		
Reason for Referral: _____		

OFFICE USE ONLY		
Date Received		Reference No.
Date Receipt Confirmed		
Confirmation by	<input type="checkbox"/> Email <input type="checkbox"/> Phone Call	
Confirmed With		
Follow-up (optional)		

