



Pathways

SERVICE GUIDE

STRENGTHENING INDIVIDUALS
SUPPORTING FAMILIES
SERVING COMMUNITIES

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 Landsdowne Comprehensive Care Center, and in 1982, Landsdowne merged with the Cave Run Comprehensive Care Center to become Pathways, Inc. (hereinafter, Pathways). Five more counties – Bath, Menifee, Montgomery, Morgan, and Rowan – were added to the catchment area following the merger.



Over sixty years from its inception, Pathways employs more than 650 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 12,000 community members receive Pathways' services.

VISION

Pathways is the trusted behavioral healthcare provider.

MISSION

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

OUR 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.

CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINIC

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 under-served, have low incomes, are insured, uninsured, or on Medicaid, and those who are active duty military or veterans.

Addressing Financial 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.

CARF Accreditation

In addition to our designation as a CCBHC, Pathways is also proud to be the region's only CARF accredited Certified Community Behavioral Health Clinic - but what does that mean for our community? It means that Pathways has made the commitment to put our consumers at the center of everything that we do. This commendation from CARF (Commission on Accreditation of Rehabilitation Facilities) represents years of dedication to giving the highest quality of care to everyone we serve, and we are honored to continue offering our community the services it needs.



MAKING A REFERRAL IS EASY

- Call the Pathways Scheduling Center at (866) 233-1955 or a local Outpatient office (see pages 22-23 for office numbers). The Scheduling Center hours are 8:00am 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, Crisis and Residential Recovery Unit staff can be reached at (606) 324-1141, (800) 562-8909, and 988.
- 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 (606) 329-8850.

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

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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 1-(866)233-1955.

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 wellness. 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 (606) 329-8588 Ext. 4679 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 transportation.

CRISIS/EMERGENCY AND RESIDENTIAL SERVICES

Pathways has two lines for individual to call if they are experiencing a crisis. The Help Line number is (606) 324-1141 or (800) 562-8909. 988 Suicide and Crisis Lifeline can be reached by dialing 988. Staff 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 one of the crisis lines, they are immediately put in contact with a professional who can provide crisis counseling by phone. They will provide support, resources and link consumers to appropriate services. If a face-to-face consultation is determined to be needed, the call center staff will activate Mobile Crisis Services



*Rebecca Bauder, MA, LPCC
Director of Emergency Services
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Mobile crisis services are available to agreeable individuals and are provided in the community, which can include homes, schools, etc. The team will respond onsite and provide assessment, support and referral to services based on needed level of care. Pathways may refer to Outpatient Services, Crisis and Residential Recovery 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 (East and West):

Pathways Crisis and Residential Recovery Units (CRRU) welcome referrals from hospitals, emergency rooms, behavioral health units, law enforcement, judicial systems, counselors, 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.**

The Journey:

The Journey is a 25-bed transitional residential facility for any woman, including adult pregnant and parenting mothers seeking recovery from substance use disorders. The program is a minimum of six to nine months,



depending upon the specific needs of each resident. The Journey offers four phases which incorporate treatment starting at ASAM level 3.1 to ASAM level 1.0. The women receive Specialized intensive outpatient services including group and individual counseling, peer support services, case management, including housing and other basic needs, mental health services, 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 adapted for mothers and will permit mothers to bring one child under the age of twenty-four months to reside with them while receiving their services. For more information or to complete a pre-screen assessment, contact The Journey at (606)420-0126. **The Journey is located at 6417 US RT 60 Ashland, KY 41102. 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 provide support and linkage to resources and/or substance use treatment. **QRT Services are available in Boyd and Greenup counties. Pathways also participates in QRTs in Carter, Montgomery, and Morgan counties.**



Remote Crisis Services:

Remote Crisis Services consist of providing risk assessment, interventions, and referral to appropriate levels of care. The Remote Crisis Services team provide all services via telehealth. The team consists of QMHP's (Qualified Mental Health Professionals) and non-QMHP's and provide around-the-clock availability. Some of the locations where services are provided are Emergency Rooms (UK Saint Claire, Three Rivers Medical Center, Morgan County Appalachian Regional Hospital), police departments, Pathways crisis and residential programs, etc. They provide involuntary assessments (202a) in all counties. The ultimate goal is to decrease the need for hospitalization whenever possible by linking/referring to appropriate supports/services. **To access Remote Crisis Services, call: (606) 324-1141 or (800) 562-8909. Remote Crisis Services are available in all ten counties served by Pathways.**

Walk-In Crisis Services:

All individuals of any age are able to present to 201 22nd Street, Ashland, Kentucky, or 209 Davis Road, Mt. Sterling, Kentucky, for emergency walk-in service. Walk-in services offer emergency psychotherapy, assessment, and referral to consumers in high acuity that do not have access to another form of emergent assessment through a local office or staff. Consumers may be greeted by Peer Support Specialist (PSS) staff. Therapeutic staff then triage severity, prioritize response

order, and assess cases in that order. Often PSS are used to engage consumers before, during, or after assessment. The therapy staff provide risk assessment, disposition, and therapeutic service as needed to resolve the imminent crisis in ways that prevent the requirement for Emergency Room visits where possible.

Often a walk-in service is a one-time service occurring between a therapist and a client. Appropriate staffing of a referral can make a tremendous difference in the quality of care and assessments.

CRRU walk-in services are located in Boyd and Montgomery counties and available to individuals in all Pathways counties.

CRRU WEST

CRISIS & RESIDENTIAL RECOVERY UNIT

(859)-498-6574

**209 DAVIS ROAD
MT. STERLING, KY**

CRRU EAST

CRISIS & RESIDENTIAL RECOVERY UNIT

(606)-324-1141

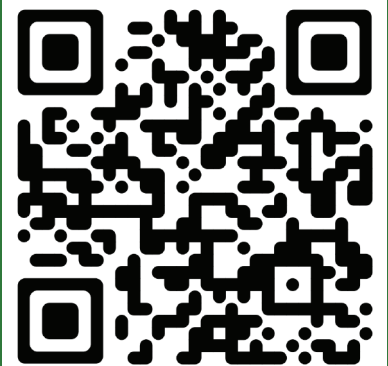
**201 22ND STREET
ASHLAND, KY**

24/7 HELP IS AVAILABLE DURING A CRISIS

**988 SUICIDE & CRISIS
LIFELINE**

As a trusted provider across our ten-county region, we offer a wide array of accredited services with a focus on access, coordination, and community impact. When a referral is received, we work quickly to assess needs, remove barriers, and guide each person to the level of care that they need.

SCAN THE CODE TO SUBMIT A REFERRAL TODAY!



INTELLECTUAL/DEVELOPMENTAL DISABILITIES SUPPORT (IDDS) 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 needed services and supports. Case management involves comprehensive service planning that involves the individual and their family to ensure that needs are identified and appropriately met. **Services are available in all ten counties served by Pathways.**



Gregory L. Brown, MSW
Chief of IDDS Operations
(606) 329-8588, Ext. 4090

Crisis Response (IDDS):

Intellectual/Developmental Disabilities Services (IDDS) Crisis Response works in conjunction with Pathways Mobile Crisis in providing support to individuals with or suspected of having Intellectual/Developmental Disabilities (IDD), who are in need of crisis stabilization. **IDDS Crisis Response is on call and available 24/7 at (606) 207-1252. IDDS Crisis Response services are available in all ten counties.**

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 pre-vocational 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.**

Michelle P. Waiver Assessments (MPW):

The Michelle P. Waiver (MPW) is part of Kentucky's 1915(c) Home and Community-Based Services Medicaid waiver pro-gram. MPW provides assistance to individuals with intellectual or developmental disabilities to help them live in the home or community as independently as possible, instead of being institutionalized. MPW offers a variety of services to support each participant's goals and preferences. Services include but are not limited to: Behavioral supports, Day training, Environmental and minor home adaptation, Personal care, Respite.

Eligibility requires a documented intellectual disability prior to the age of 18 with an IQ of 70 or below with at least two deficits in adaptive functioning and/or a developmental disability prior to the age of 22 with at least three deficits in adaptive functioning. **MPW Assessment services are available in the ten counties served by Pathways.**

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.**

Pre-admission Screening & Resident Review (PASRR):

PASRR (Pre-admission Screening & Resident Review) Specialized Services (SS) exceed the services ordinarily provided by the nursing facility under its per diem rate. These services are provided in the nursing facility or off-site locations. Specialized services staff and a case manager work with the PASRR individual to identify areas where the specialized service can assist them to gain, or maintain, as much independence and self-direction as possible.

Specialized Services could include: habilitative services (independent skills training); behavior support (assessment and behavior support plan development); day services (to acquire skills, build positive social behavior and interpersonal competence, foster greater independence and personal choice); and miscellaneous services (any other identified service that will assist the individual in gaining skills towards achieving a more independent life in the community). PASRR Specialized Services recipients are identified through the completion of a PASRR Level II evaluation. Individuals who are entering a nursing facility and have a qualifying intellectual disability (onset prior to 18) or a related condition (onset prior to 22) are evaluated through the PASRR Level II evaluation to identify and validate the need for Specialized Services. **PASRR Specialized Services are available in all ten counties.**

Respite 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.**

Traditional Supported Employment:

Many individuals with Intellectual and Developmental Disabilities (IDD) are able to work. This may be part-time or full-time employment. IDD encompasses a broad range of functional limitations as well as a diverse set of abilities. Traditional supported employment provides a person-centered employment plan, job development, training, and follow-up support on the job site.

Employers of people with IDD report they are pleased with their employees' performance. The key to successful employment is to match an individual's interest, skills, and abilities with the job requirements. As with most people, individuals with IDD are motivated and perform their job functions well when they enjoy their work. The Office of Vocational Rehabilitation provides employment support and some individuals may have a job coach and be provided social skills training. To be eligible, consumers must be 18 years old and become a client of the Office of Vocational Rehabilitation. **Supported Employment services are available to consumers of Boyd, Carter, and Greenup counties. Other counties can be served on an as needed basis.**

NURSING & MEDICAL SERVICES

Care Coordination:

Care coordination synchronizes the delivery of a consumer's health care from multiple providers and specialists, both within Pathways and 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 lower 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 prescribers provide comprehensive evaluations to determine whether medication is an appropriate part of a consumer's treatment plan. While medication can be an effective component in addressing behavioral health concerns, care at Pathways is guided by a collaborative approach. 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, as well as Boyd, Carter, and Greenup County Outpatient.**

Center for Autism and Developmental Disabilities (CADD):

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. **The Center for Autism and Developmental Disabilities is located at 3701 Landsdowne Drive in Ashland, KY, and takes referrals from all ten counties served by Pathways.**

Occupational Therapy:

Occupational Therapists support individuals in developing the skills needed for daily living. Services focus on improving fine motor skills, sensory processing, emotional regulation, and adaptive functioning. Treatment is individualized and may include both sensory integration techniques and skill-building activities. **Occupational Therapy services are located in Boyd County and are available to individuals in all ten counties served by Pathways.**



Amanda Fry, MSN, RN, PMH-BC
Chief of Nursing & Medical Services
(606) 329-8588, Ext. 4411

Speech Therapy:

Speech Language Pathologists assess, diagnose, treat, and help prevent speech, language, social-communicative, voice, feeding, fluency, and other related difficulties. This includes focus in Articulation, Phonology, Fluency/Stuttering, Language Processing, and Receptive, Pragmatic & Expressive Language. Individuals may present for services with the presence of any communication or feeding delays that are suggestive of a neuro-developmental disorder. We also offer Pragmatic Groups! Group speech therapy provides learners with behavioral and cognitive strategies to understand and perform better in their home, school, and community with the opportunity to rehearse among their peers. **Speech Therapy services are located in Boyd County. Services are available to individuals in all ten counties.**

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.**



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Chief of Outpatient Operations
(606) 329-8588, Ext. 4208*

Assisted Outpatient Treatment (AOT):

Among Assisted Outpatient Treatment (AOT) is a civil legal procedure by which a court can order an individual with serious mental illness to follow a treatment plan in the community. One of the primary goals of AOT is to ensure individuals diagnosed with a Serious Mental Illness (SMI) do not experience a lapse in the continuity of their mental health care, thereby reducing the risk of incarceration or hospitalization while improving their health and well-being. AOT is not appropriate for all (or even most) individuals with SMI.

It is a less invasive intervention than psychiatric hospitalization, designed to interrupt the repeated hospitalization and release the decompensation cycle of the small subset who have demonstrated an inability to maintain treatment engagement on a voluntary basis. Regular court supervision and more intensive outpatient treatment are designed to support and assist the individual's success in the community. Ultimately, AOT is a partnership between individuals, communities, courts, service providers, and government agencies designed to improve the quality of life for individuals with SMI and reduce the use of financial and community resources.

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 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, group therapy, and other referrals as necessary. 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 county.**

Early Childhood Mental Health (ECMH):

ECMH 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. It is especially important to include the family system when working with children and adolescents. Pathways has clinicians trained in evidence-based family therapy practices. **For more information, contact the Scheduling Center at (866) 233-1955. Services are available in all ten counties served by Pathways.**

First Day Forward (FDF):

First Day Forward (FDF) is a Peer outreach program in which incarcerated individuals are paired with a person in long-term recovery who has personal experience with incarceration. They help them navigate the process of reintegrating into their community. While incarcerated, the PSS offers a curriculum to address issues such as criminal thinking and helps the inmate develop a case plan for success. The PSS helps those served to obtain necessary items such as birth certificates, IDs, and Social Security cards. Once released, the PSS helps to connect those served to resources such as Medicaid and SNAP benefits. They offer assistance with housing and job applications.



The PSS follows the individual 90 days post-release to ensure their needs are met, and they can achieve their case plan. This program has successfully reduced recidivism rates in those who complete the program post-release, and it is available based on the following criteria: Consumer self-identified with substance use disorder, has a willingness to participate in the program, does not have charges related to violent or sex offenses, and in the case of inmates, must be discharged to a participating county. **Services are available in Boyd, Carter, Greenup, or Montgomery counties.**

Group Therapy:

Group therapy is a form of psychotherapy involving one or more therapists/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 those suffering from substance abuse, depression, and traumatic stress. Pathways employs a variety of evidence-based practices when working with individuals in group settings, 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 has a HiFi Targeted Case Manager that currently serves Menifee, Elliott, and Rowan County. These case managers can have up to ten consumers each on their caseloads serving the most in-tense youth with serious and complex needs. **For more information, 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 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/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.**

InReach:

InReach provides engagement, education, and support by informing adults with SMI who are living in personal care homes, facilities, institutions, or are homeless about community-based mental health services and housing options. InReach activities in these settings include making and receiving referrals, completing documentation, educating, and working with the individual on life-skills, and referring the individual to the appropriate service. **InReach works to assist individuals and prepare them to move into the community.**

Intensive Outpatient Program (IOP):

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 three hours per day, three days per 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 Boyd and Rowan counties. Telehealth is an option from Carter, Montgomery, and Greenup County.**

KY-MOMS MATR (Maternal Assistance Towards Recovery) Outpatient Services:

KY-Moms MATR is a program designed to educate the public about the impact of substance abuse on pregnancy and child rearing. 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 and substance abuse services through the KSTEP program. **KSTEP services are available in all ten counties served by Pathways.**

Local Resource Coordinator (LRC):

Pathways has had a Local Resource Coordinator (LRC) for a long time but not many people, outside the children's department know the function of the LRC. The LRC role is to build bridges between the local system of care and provide a space where communities can coordinate, plan, and collaborate to enhance the available services and supports for youth and families. The LRC currently serves as the host for Gateway and FIVCO areas and convenes meetings each month. In these meetings, called Regional Interagency Councils (RIAC), members of Mental Health Centers, Administrative Office of the courts, Department for Community Based Services, Health Departments, and Juvenile Justice meet to identify and develop system of care expansion opportunities to increase access and availability of best practice services and supports. A variety of community partners can also attend these meetings including school, parent, or youth representatives. There are a total of 18 RIAC's across the Commonwealth.

The State Interagency Council for Services and Supports to Children and Transition-age Youth (SIAC) is a council comprised of state agency representatives, youth representatives, and parent representatives. The SIAC provides oversight for coordinated policy development, comprehensive planning, and collaborative budgeting for services and support to children and transition-age youth and their families with or at risk of developing behavioral health needs. The Gateway RIAC meets monthly on the last Thursday of the month, and the FIVCO RIAC meet on the first Monday of each month. Both of these meetings are open to the public. **LRC services are available in all ten counties.**

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 commitment to be a part of the solution by helping consumers gain sustainable recovery. **Services are available in all ten counties served by Pathways.**

Pathways to Prosperity Housing Program:

Pathways to Prosperity Housing Program is Permanent Supportive Housing that offers flexible supports to help people with Severe Mental Illness (SMI) or a Dual Diagnosis of SMI and Addiction, choose, get, and keep housing that is decent, safe, affordable, and part of their community. Allowing individuals to live independently in their community with the goal of long-term home stability. Pathways provides programs that can assist with individual skills training designed to reduce functional disabilities and restore an individual to their best possible functional level. These programs and services, such as case management, assistance with daily activities, conflict resolution, and crisis response, can assist individuals with keeping their homes. Pathways further offers individuals with an Interdisciplinary Team approach to assist in meeting life and housing goals.

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.**

Peer Support Specialist (PSS) Outreach Services:

Our Outreach Peer Support program continues to have the opportunity to be engaged in numerous exciting endeavors. We partnered with King's Daughter Medical Center (KDMC) and have had a peer embedded full-time in the hospital since July 2019. We now have six PSS offering a variety of support at UK-KDMC. Outreach Peer Support staff actively engage within the Behavioral Health Units, Medical floor, MOUD Bridge services, ER, (including weekend and evening coverage), and the Mother baby unit patients at UK King's Daughter Medical Center (UK-KDMC). Their roles include contact with patients, offering educational groups, offering support and connecting patients within those units to resources. The peers also conduct a group session every day on the Behavioral Health Unit, which includes anywhere from 3-20 individuals. Referrals to outpatient treatment other than Pathways have included Fresh Start, OVP, Shawnee Mental Health, Spectrum, Mended Reeds, Recovery Works, Riverside Recovery, Crossroads, Step Works, and Foundations in Ohio. The peers at KDMC also make referrals to our Quick Response Team (QRT) of any patient who has overdosed; this prompts a QRT peer to respond and further encourages treatment involvement. They have been able to reach out to several and to the families of those that experienced a fatal overdose. In compliance with the grant, the QRT advisory board must consist of 40% PSS, we have several peers that serve on that board and attend a once monthly conference call.

Through a Harm Reduction Grant obtained by the Montgomery County Health Department, we have an Outreach Peer in the Montgomery County Jails to offer gender specific groups and a combined SAP group for inmates in their DOC/SAP program. As a result of that involvement, we have been able to refer Needle Exchange participants to services such as Crisis Residential Recovery Unit for services, long-term treatment, MOUD programs, and outpatient services. **We currently have Outreach Peer Support Specialists in Syringe Services Programs as well as other harm reduction programs and various court systems in Bath, Boyd, Carter, Elliott, Greenup, and Rowan Counties.**

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. 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 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 with school counselors, Family Resource Center staff, teachers, and others to ensure successful educational outcomes. A minor may sign consent for treatment if presenting due to their own SUD, the effects of their family/legal guardian's SUD, or when in crisis; but parent/guardian 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 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. The Kentucky Department for Community Based Services is a primary START partner, with other key partners including 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 (TCM):

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 in 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 youth to use the skills they learn to give back to their communities and advocate on a local, state, and national level. In addition to The Drop, TAYLRD offers peer support services, case management services, and 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 #60 Professional Drive in Louisa and 300 Foxglove Drive in Mt. Sterling.**

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.**

Youth Substance Use Treatment Coordinator:

The Youth Substance Use Treatment Coordinator (YTC) oversees development and maintenance of evidence-based and developmentally appropriate services/supports within Pathways for children and young adults who are living with or are at-risk of having a substance use disorder or a co-occurring substance use disorder and mental health disorder. The YTC does this by providing indirect and direct services to the populations through outreach and education to pro-grams within Pathways, schools, Department of Community Based Services, courts, etc., for more appropriate referrals for treatment. The YTC can provide direct services such as Prime for Life, Teen Intervene, Catch My Breath, INDEPTH, and many more. These services have shown to reduce suspension from school, increase compliance for treatment, and better understanding of the impact addiction can have on children and young adults. To be eligible, consumers must be between the ages of 9-22 and have or be at-risk of having a substance use disorder or co occurring substance use disorder and mental health disorder. **Youth Substance Use Treatment Coordinator services are available in all ten counties served by Pathways.**

THE TRUSTED BEHAVIORAL HEALTHCARE PROVIDER

As a trusted provider across our ten-county region, we offer a wide array of accredited services with a focus on access, coordination, and community impact. When a referral is received, we work quickly to assess needs, remove barriers, and guide each person to the level of care that they need.

SCAN THE CODE TO SUBMIT A REFERRAL TODAY!



PREVENTION SERVICES

Adult Mental Health First Aid:

Mental Health First Aid for Adults teaches individuals how to recognize signs of mental health or substance use challenges in adults aged 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions. Employers, law enforcement personnel, healthcare workers, first responders, and caring individuals may find this course beneficial. **Adult Mental Health First Aid is available in all ten counties served by Pathways.**



*Amy Jeffers, MA, CPS
Director of RPC Services
(606) 329-8588, Ext. 4099*

Adult Prevention Services:

Pathways' Regional Prevention Center (RPC) provides education and training for adults regarding alcohol, tobacco, and other drug (ATOD) prevention, suicide prevention, and behavioral health promotion. Prevention services are offered at various locations, including worksites, churches, schools, and other community sites. 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.**

CODE RED - Universal Safety Plan Training:

CODE RED is an evidence-informed safety planning exercise suitable for both youth and adults. While a safety plan is a written prioritized list of coping strategies and sources of support for individuals who are at risk of self-harm or suicidal thoughts, a universal safety plan is a useful tool for everyone, as everyone can have difficult days. Discover the power of proactive mental health management with this one-hour CODE RED workshop, designed to equip individuals with a practical and effective crisis plan. **CODE RED training is 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 use and suicide prevention programs. **Services are available in all ten counties served by Pathways.**

Kentucky Agency for Substance Use 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, which encompasses prevention, treatment, and interdiction (involvement of law enforcement). The group has worked on various initiatives, including assisting with tobacco-free policies for schools and communities, developing prevention training and educational programs

for schools, and supporting treatment, recovery, and harm reduction efforts in multiple community agencies. Pathways serves as the fiscal agent for the Bath County KY-ASAP Local Board, the Elliott County KY-ASAP Local Board, the Lawrence County KY-ASAP Local Board, the Morgan 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) Prevention Services:

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 pre-treatment program specifically designed for individuals who may 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 encompasses both prevention and intervention content and is designed to serve universal, selective, and indicated audiences through program delivery options tailored to 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 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. *QPR training is available in all ten counties served by Pathways.*



Youth Mental Health First Aid:

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or additions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges faced by youth, reviews typical adolescent development, and teaches a 5-step action plan for helping young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders

in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. **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). Youth are screened and provided with 12 hours of education using the Prime for Life lifestyle risk-reduction curriculum. **Zero Tolerance is provided virtually to offenders in all ten counties.**

GENESIS RECOVERY KENTUCKY CENTER



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.**



Lunch & 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:

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.

EMPLOYEE ASSISTANCE PROGRAM - WORKPLACE MENTAL HEALTH

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/supervisors can refer employees for counseling
- HR, managers, and supervisors can consult directly with behavioral healthcare professionals

What does the Pathways Employee Assistance Program Offer?

Pathways is a community behavioral health center with more than 60-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 EAP provides brief, solution-focused therapy for issues including, but not limited to:

In addition to a full array of solution-focused therapies, Pathways to Mental Wellness in the

- | | | |
|--|---------------------------|-----------------------------------|
| • Depression | • Anger Management | • Obsessive Compulsive Disorder |
| • Bereavement | • Stress Management | • Workplace Personality Conflicts |
| • Relationship Issues | • Substance Misuse | • Individual Counseling |
| • Anxiety | • Substance Use Disorders | • Referral Sources |
| • Adjustment Disorder | • Assessments | • "Value Added" Options |
| • Accredited Crisis services, including our 24/7 Help Line equipped with trained professionals | | |

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.

EAP - HOW TO GET STARTED

Whether it's an employer-paid, pay-per-use, or custom, we can design a program for any business. Reach our EAP representatives today at (606) 207-1327 or (606) 329-8588, extension 4109.

OUTPATIENT OFFICES BY COUNTY



Bath County

664 Slate Avenue
Owingsville, KY 40360
(606) 674-6690
Area Outpatient Director: Debi Share



Boyd County

3701 Landsdowne Drive
Ashland, KY 41102
(606) 324-3005
Area Outpatient Director: Roseann Robinette

OP Addiction Office:

330 25th Street
Ashland, KY 41101
(606) 324-1141



Carter County

840 Interstate Drive
Grayson, KY 41143
(606) 474-5151
Area Outpatient Director: Megan Shepherd



Elliott County

374 KY-7
Sandy Hook, KY 41171
(606) 738-6163
Area Outpatient Director: Megan Shepherd



Greenup County

57 Dora Lane
Greenup, KY 41144
(606) 473-7333
Area Outpatient Director: Roseann Robinette



Lawrence County

60 Professional Park Drive

Louisa, KY 41230

(606) 638-4332

Area Outpatient Director: Megan Shepherd



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: Megan Shepherd



Rowan County

321 East Main Street

Morehead, KY 40351

(606) 784-4161

Area Outpatient Director: Debi Share

MEET OUR EXECUTIVE TEAM MEMBERS



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



Rebecca Bauder, MA, LPCC
Chief of Emergency Services



Jill Bond, CPA
Chief Financial Officer



William F. Bottoms, JD, MHA
Chief Legal Officer



Gregory L. Brown, MSW
*Chief of Intellectual/Developmental
Disabilities Support Services*



Amanda Fry, MSN, RN, PMH-BC
*Director of Nursing
& Medical Services*



Tiffany Haney, LCSW
Director of Organizational Development



Chassidy Ison, MS, LPP
Chief of Outpatient Operations



Betsy Jackson, MS
Chief Compliance Officer



Jeff Justice, BA
Chief Information Officer



Ronne Nunley, MA, CPS
*Chief of Marketing
& Public Relations*



Samuel G. Welch
Medical Director



50-257
05/19

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

Referring Office:		
Referring Office Contact Name:		
Referring Office Email:		
Referring Office Phone Number:		
Name of Consumer Being Referred:		Consumer Phone #:
Is there a preferred location for this referral?		
OUTPATIENT: ☐ Bath County ☐ Boyd County ☐ Carter County	☐ Elliott County ☐ Greenup County ☐ Lawrence County ☐ Menifee County	☐ Montgomery County ☐ Morgan County ☐ Rowan County
RESIDENTIAL: ☐ A Mother's Journey ☐ Crisis Residential Recovery Unit ☐ Hillcrest Hall 30-Day Program ☐ Hillcrest Hall Long-Term Residential		
☐ Journey House ☐ Genesis Kentucky Recovery Center ☐ Morehead Inspiration Center (MIC) ☐ 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? ☐ Yes ☐ No		
Reason for Referral: _____		

OFFICE USE ONLY		
Date Received		Reference No.
Date Receipt Confirmed		
Confirmation by	☐ Email ☐ Phone Call	
Confirmed With		
Follow-up (optional)		

EXPERT CARE

BACKED BY EXPERIENCE

PATHWAYS

P.O. Box 790 | Ashland, KY 41105-0790

Executive Offices: (606) 329-8588

24/7 Help Line: (606) 324-1141 | (800) 562-8909

Scheduling Center: (866) 233-1955

www.pathways-ky.org

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