

How to Manage New Years Resolutions



New Years resolutions can be daunting and stressful, especially if they don't progress as planned (and we all know they almost never do). In order to set more realistic goals and avoid unwanted stress, try some of these tips below from the American Psychological Association.

"Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1st can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. The APA offers these tips when planning your News Year's resolutions:

Start small—rather than vowing to go to the gym every weekday, try sticking to any 3 days of the week that work best with your schedule.

Change one behavior at a time—trying to change everything at once just sets you up for failure. Choose one or two bad habits and work to change them into positive habits.

Talk about it—Share your goals with someone who will encourage you and hold you accountable. It's even better if you find a friend that shares the same resolution.

Don't beat yourself up—Perfection is unattainable. Don't beat yourself up if you miss a day at the gym, or eat that brownie you are trying to stay away from. Simply move on and keep striving towards your goals.

Ask for support—Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

Read full article [here](#).

New Collection Procedure in Place

With the new behavioral health redesign on our hands, Portage Path is focusing their attention on collecting ADM sliding scale fees up front and working more with past due accounts to set up monthly payments through new collection procedures.

"We are focusing more on past due accounts in the last 6 months. We used to send out one letter from a collection agency when an account was past due and then one letter from us," explains Billing Manager Allison Steiner, "but we now send a personalized letter from us first, then a letter from the collection agency, and a final letter again from us with a phone call. Our goal is to send less to collections and work out payment arrangements with clients. We are collecting fee's upfront, too, that clients are able to pay at the time of service for their monthly liability whether it is a co-pay for being out of county or a sliding fee scale based on the ADM boards fee's."

In addition to the new collection procedure, an additional financial representative has been added to help clients as well.

To continue working on getting self pay numbers up, clinical staff support is important in referring clients to the financial aid department and encouraging them to ask questions and get more information.

If you are a client in need of billing help or payment options, visit our [Financial Page](#).

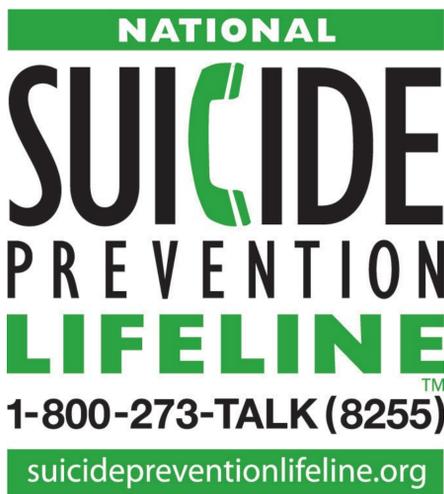


Support for Survivors of Suicide Loss

Portage Path has offered the Survivors of Suicide Loss Support Group for decades. Twice a month, people who have lost someone to suicide gather to support one another. Families are sent group information and other resources when we learn about a suicide death in Summit county. The group is well attended and includes people with recent losses, those whose readiness for a group came later and those who return to the group from time to time for support. Many have come to rely on Portage Path's group due to the lack of consistency in other local suicide groups.

The group has been led by Andrea Denton almost since it's inception. Andrea is an exceptional facilitator bringing a welcoming warmth and acceptance. With an eye to sustaining the group for the future, our goal is to train additional facilitators to assist Andrea and maintain this valued resource.

So many have experienced suicide loss. If you or someone you know personally or professionally needs this kind of support, the group meets on the 2nd and 4th Tuesday of each month at 6:30 PM at Portage Path's main clinic. Another source for survivors is the American Foundation for Suicide Prevention's website at www.afsp.org.



CARS- A New Way to Donate

Portage Path has partnered with **CARS** — a 501(c)(3) nonprofit organization founded in 2003 as a means to provide additional funding to the programs and services of Jewish Family Service, CARS soon began accepting vehicle donations to help other nonprofits raise extra revenue. What began as a company of just a few employees accepting around 3 vehicle donations per day, has grown into a well- respected leader in the car donation industry. Today, they are partnered with over 3,500 nonprofits with the vision of expanding our fundraising efforts so that they can continue to provide additional revenue to organizations like Portage Path.

DONATE YOUR VEHICLE & HELP PORTAGE PATH

Donate your car, truck, motorcycle, RV, or boat to Portage Path by simply completing the [online form](#) and CARS will reach out to you to arrange the pick-up of your vehicle donation, at no cost to you. You may qualify for a **tax deduction** while supporting the services that Portage Path works tirelessly to provide your community.



CHOOSE A NONPROFIT TO DONATE TO.



WE'LL PICK UP YOUR CAR, AT NO COST TO YOU



WE HANDLE THE REST, FROM SELLING YOUR VEHICLE TO GENERATING TAX RECEIPTS.

Vehicle donation **pick-up is always free** to you and most vehicles can be picked up within 24-72 hours. You'll receive an initial car donation receipt upon pick-up and then our team will work to turn your car into cash to support our cause. Once your vehicle is sold, we will provide you proper tax forms in time to file. Our friendly Customer Service Representatives are here 7 days a week to assist throughout the process.

Call 855-500-7433 for more information or to donate a vehicle, OR

Visit <https://www.careasy.org/nonprofit/portage-path-behavioral-health> to complete the online donation form.