

# TOP OF MIND

News from Portage Path Behavioral Health

## PPBH STAFF PARTICIPATE IN "FREEDOM FROM ADDICTION EVENT"

It was an honor to have our very own Dr. Jeff Moore and Dr. Chivonna Childs participate in the 4th Annual "Freedom From Addiction" Event held on Saturday, July 21st by the CSID (County of Summit Intercession for Dependency). Dr Moore, our Vice President and Medical Director spoke about Portage Path, and Dr. Childs manned our table of resources.

Other speakers at the event included Judges Oldfield and Croce from Summit County Court of Common Pleas and Sabrina Pittman, the Director and Coordinator of CSID. Other participants from the community included Community Health Center, Akron Pregnancy Services, Lidia's House, Rehab Ministries, Summit County Court of Common Pleas, Akron Police Department, Celebrate Recovery, Cocaine Anonymous, Opiates Anonymous, and more.

The group SOS (Sisters of Sobriety), a group of women in recovery, performed between speakers.



## PPBH NOW ON INSTAGRAM

Follow Us!

Portage Path is now on Instagram! Find us at [@portagepath\\_akron](https://www.instagram.com/portagepath_akron) and follow us there, or click the button above!

This page will consist of some mental health facts, motivational quotes, and announcements so you can stay updated on what Portage Path is up to, and get a little pick-me-up too.

If you have yet to follow us on Facebook, search us there and follow for more articles, videos and other educational and informative content.

## AUGUST PATHFINDER EVENT

Pathfinder is a quarterly event designed to educate the public about what we do at Portage Path. Each event highlights a specific program or service, staff, and client success stories.

Our August 29th event will focus on our Pathways day-treatment program. Pathways is a clinical day treatment program designed to help individuals reduce symptoms, gain stability, and build essential life and problem solving skills. Participants effectively make changes to positively impact their lives and regain a sense of hope for the future.

Pathfinder will be held from 4:45-5:45 and includes light hors d'oeuvres, networking, an optional brief tour, and a presentation with a brief video about the Pathways Program.

If you would like to attend the event, please RSVP to Denise Nash at [dnash@portagepath.org](mailto:dnash@portagepath.org) or 330-253-3100 ext. 1271 no later than August 22nd. Space is limited.

## DEVELOPMENT UPDATE

Portage Path's development program is designed to foster relationships, partnerships and increased funding to make sure that people in Summit County have access to high quality behavioral healthcare, regardless of their ability to pay. We started our efforts last year, and the community has responded generously with support of all kinds. A big part of this is making sure that you out in the community know what we are doing through opportunities to learn, such as our Pathfinder series described above. The more people that know the impact our work has on the community and on individuals and families here in Summit County, the more people will be able to tell others, and help get people to the right resources to get the right help at the right time.

In addition to Pathfinder, we kicked off an annual 5k last October with KJ's 5k for Mental Health and Animal Rescue. That tradition will continue with the second annual KJ's 5k on October 6, 2018. The event is a great opportunity to support mental health, as well as learning about the resources available to help prevent suicide, help people in crisis, and to help those left behind grieve and begin to heal. For more information about KJ's 5k, please visit: <http://www.portagepath.org/kjs5k>.



# CLIENT SUCCESS - PATHWAYS PROGRAM

Having grown up always feeling in the wrong, Curran developed a hard shell to protect himself. As he grew older, he developed an anger management problem that would negatively affect his life, career, and most importantly – his marriage. “I always just thought I was angry and full of rage. I’ve always been ready to explode at the drop of a hat.”

One of many instances of Curran’s anger was Halloween when he and his wife were preparing for a party. Curran was trying his best to peel eggs, but was struggling, causing his frustration to escalate to anger and then rage. His face flushed and Curran felt incapable of helping, unlovable, and unsafe due to his anger. In the midst of the argument with his wife, he went to stick a knife into the cutting board and cut right through his pinky.

This incident was Curran’s worst nightmare coming to life. Playing guitar was his career and passion. At the hospital, Curran repeatedly told the emergency room doctor that if he couldn’t fix his pinky, he would kill himself. Thankfully, just days later a hand surgeon was able to save Curran’s pinky.

Curran continued to struggle with anger and rage. Towards the end of 2017, Curran had a public “meltdown” at one of his band’s shows, leaving him in a deep depression.

“When my wife said ‘this isn’t the kind of marriage I want’, that was the red flag. I love my wife so much. It was in my wedding vows to her to be patient.”

Curran states he was never truly suicidal, he just wanted to be someone else. Curran wandered around Kenmore and entered a small family practice while having a mental crisis. That doctor’s office suggested Curran seek help at Portage Path Behavioral Health.

When Curran arrived at Portage Path, he could barely function and had to have staff complete his paperwork for him. He was evaluated and directly referred to the Pathways Program.

Pathways is a clinical day treatment program designed to help individuals reduce symptoms, gains stability, and build essential life and problem solving skills. Participants effectively make changes to positively impact their lives and regain a sense of hope for the future.

Curran came into Pathways very skeptical. “When I started Pathways, I was very controlling, like if I did things a certain way, everything will go exactly as I demand it to go.” He read the Pathways manual and thought it was a bunch of ‘mumbo jumbo’, then he realized he was reading about his own current actions and reactions.

Curran links his negative core belief system to the way in which he was raised in the Catholic Church and school system and the spiritual abuse he experienced as a child. Now he uses the positive 5 core beliefs taught in the program to turn his thinking around and change his behavior. He has rebuilt his life.

“They didn’t minimize anyone’s problems in Pathways. Just because I felt that someone else’s problems were worse than mine, didn’t mean mine weren’t important too. People started to notice a difference. My band would come up and say ‘you’re different, something is different.’”

“Pathways has absolutely changed my life – and saved it.”

