

# TOP OF MIND

News from Portage Path Behavioral Health

## PPBH RECIEVES GRANT FROM KENNETH L. CALHOUN CHARITABLE TRUST

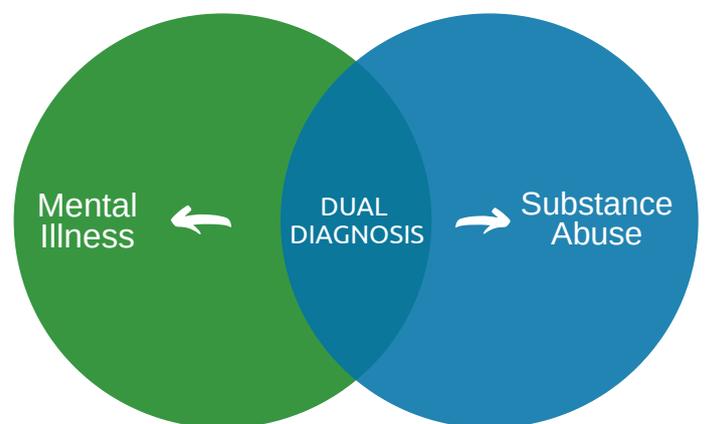
Portage Path was recently awarded a \$15,000 grant from the Kenneth L. Calhoun Charitable Trust, KeyBank, Trustee. The grant will allow us to strengthen our already successful and innovative Dual Diagnosis Programs.

There is strong evidence suggesting that when people experiencing both mental illness and substance use disorders receive the support they need to fight both problems at once, they achieve recovery sooner, and experience fewer and less severe relapses. Portage Path's Dual Diagnosis Programs assemble highly credentialed and specialized clinicians into a team that guides Dual Diagnosis clients on the path to recovery by integrating the care of both conditions, and through a range of options that can be tailored to individual clients.

The Program consists of daily Bridges Program, Crossroads Intensive Outpatient Treatment, a weekly group called Two-Track, Medication Assisted Treatment (MAT) and individual therapy. These different components ensure that clients receive the clinical support they need at every step along the path to recovery, whether they are at the very beginning, are backsliding, or just need support to keep on the successful track they are already on.

While Portage Path is fortunate to receive core funding from the Summit County ADM Board, much of our operation is funded through reimbursements from Medicaid. Until recently, those reimbursement rates had not been changed since the 1990's. In the last two years Ohio has redesigned its Behavioral Health Medicaid system, which has meant decreased funding for vital services.

With Ohio and the country both in the midst of an opiate epidemic and with rates of suicide that have not been seen since the 1930s, financial support for mental illness and substance use disorders is needed more now than ever. Without the investment of strong private charitable partners, essential programs which help 10,000 people every year would be cut, rather than strengthened. Portage Path, its trustees, staff and clients thank Brian Cherkala at Key Private Banks, and the Kenneth L. Calhoun Charitable Trust for its generous support. We could not do the work we do without donors like you!



# SHOWING STRENGTH WITH A TEAM

The Third Annual KJ's 5K is fast approaching! This event is a walk/run for suicide awareness and prevention as well as animal rescue. It is a family and dog friendly event! The event will be held at Portage Lakes State Park on October 5th, 2019. This year, we are hoping to see more teams showing their strength in numbers. Register your company, family, church or group of friends as a team and show us what you've got!

[REGISTER HERE](#)



Radius Hospitality's Team pose for a team photo at our 2018 KJ's 5K

# STAFF REPRESENT PPBH AT STEPS OF CHANGE EVENT



On Saturday, May 18th, several PPBH staff members attended Steps of Change: A Substance Use Awareness Event.

The event was held from 12-5 PM in Cuyahoga Falls. The event included other vendors and educational tables, speakers, a shoe memorial, a basket raffle and Narcan Training, which a few of our staff members participated in.

Pictured above left to right are Tina Pangolas, Andrea Rosen and Matt Montagner, LISW. Also in attendance was Chris Gossard. Thank you to our wonderful staff for spending your Saturday providing resources to the community!

# PPBH CLIENT SHARES HER STORY WITH BOARD OF TRUSTEES

Portage Path client and president of The Final Farewell Project, Dorene, stopped by our Board of Trustees Retreat on May 17th to share her story and experiences with Portage Path. Dorene also created a beautiful piece of art to gift to PPBH as a thank you token. Dorene wrote a note on the back of her pieces reading: *Portage Path, thank you for helping me to learn how to "Grow As I Go". I am learning how to live the 5 core beliefs! I still have a long way to go, but I am on that journey because I have been given a safe place to explore, trust and grow!*

Thank you Dorene for your support of Portage Path!





## DR. PHIL'S LIGHTHOUSE



MMPI Study at Portage Path

The Minnesota Multiphasic Personality Inventory (MMPI) is a psychological test that assesses personality traits and psychopathology. It is primarily intended to test people who are suspected of having mental health or other clinical issues

Portage Path Behavioral Health has partnered with Kent State University again to collect data on a community mental health sample in preparation for the creation of the Minnesota Multiphasic Personality Inventory-3 (MMPI-3). PPBH had previously joined with KSU in 1999 to collect the same data when creating the current version of the test, the Minnesota Multiphasic Personality Inventory-2-Restructured Form (MMPI-2-RF).

For this month's Lighthouse feature, Dr. Phil has asked Brooke Fusco to help give us an update on the MMPI project at PPBH. Brooke is the lead researcher from Kent State University. She is currently a Ph.D. Psychology Candidate and is part of a team headed by Dr. Y. Ben-Porath who is the author of the current MMPI:

*This past year, over 500 PPBH clients have been asked to take the MMPI (Minnesota Multi-phasic Personality Inventory). This testing is in an effort to help with the re-norming of the new MMPI III.*

*So what is re-norming? Every valid personality test is based on norms derived from a population of participants who actually took the test. In order for a test to stay relevant, it needs to be re-normed on a current population of test takers. Over time, trends and psycho-social stressors change.*

*How do clients benefit from the testing? Clients are able to get an individualized report which is an interpretation of their MMPI results. The report is reviewed by a psychologist, and then discussed with their therapist and used in treatment.*

*The test is also helpful as it provides more and deeper information than what would be gathered from only a clinical interview.*



## DONATE YOUR CAR TO PPBH!

Looking to donate to portage Path but don't have the extra money? Perhaps you have an older car you need to get rid of or sell? You can donate your car through the CARS Program, and give Portage Path a percentage of the cars value!

Visit our CARS page [HERE](#) and enter your cars information and you'll be on your way to donating to Portage Path and clearing out some space in your garage!