



PortagePath
BEHAVIORAL HEALTH

November 2019

Newsletter



Issue 14 Passed! Thank you!

Because of your support of our services and Issue 14, we, along with all other ADM Board agencies can continue to provide much needed care to our community members. You have helped secure treatment services, prevention and education efforts to thousands of people throughout Summit County and beyond and we greatly appreciate it, THANK YOU!

“On behalf of our board of directors, staff, contract agencies, volunteers and the thousands of people we serve, THANK YOU Summit County for supporting addiction and mental health services for our community!”

County of Summit Alcohol, Drug Addiction & Mental Health Services Board

Inside

Thank you Summit County!

Giving to PPBH

Donate your Car!

New Group at PPBH

Dr. Phil's Lighthouse



Get in Touch

Portage Path Behavioral Health
340 S. Broadway St.
Akron, OH 44221

330-253-3100
www.portagepath.org



THANK YOU!



'Tis the Season for Giving

You very likely know a person experiencing mental health or substance use challenges. Your support of Portage Path Behavioral Health helps fund the facilities, resources and professionals that people need to recover and live their best lives. Portage Path Behavioral Health provides life-changing services to more than 10,000 people in northeast Ohio every year. Your help is especially meaningful around the holidays when many people feel depressed or anxious. You can help us help them in three main ways.

Connect

Connect us with people who need help or people who can help. Be an advocate to those who need our services but don't know where to turn. We can help them – or direct them toward those who can.

Connect us with people and organizations who have the means to make a difference. Since 1971, we have grown from a small, regional provider to a comprehensive agency with three outpatient locations and an emergency services facility open around-the-clock. We always welcome new relationships with community leaders, clergy, law enforcement, physicians, and others who may be able to refer people to our services or accept referrals from us. Please contact Sean Blake, LPCC-S for Outpatient Services at 330-253-3100 ext. 1275 or Candy Pallante, RN, LSW for Emergency Services (PES) at 330-762-6110 ext. 1113.

Collaborate

Collaborate with us. We partner with businesses in many creative ways: From corporate wellness programs, consulting, awareness talks, employee charitable and matching contributions, to sponsorship events, we love to partner with like-minded companies and people.

You can also collaborate with us as a trained volunteer on our Support Hotline, and experience firsthand the positive change Portage Path Behavioral Health can make in the community.

Contribute

Portage Path turns no one away, regardless of ability to pay. We are a safety net for the community, so that no one has to walk the Path to Recovery alone. You can play an important role by contributing funds: cash, stock, IRA rollovers, donor advised funds, and bequests are all great ways to support our mission. The easiest way to give is to donate online with a credit card at <http://portagepath.org/give>. You may also send a check made out to Portage Path Behavioral Health, Development Office, 340 S. Broadway Street, Akron, OH 44308. You can also donate your vehicle as described below.

If you would like to learn more about donating securities or planned giving, or if you would like to volunteer, please contact our Director of Development, Eddie Dengg, at 330.253.3100 x 1115, or edengg@portagepath.org

Donate Your Old Car to PPBH



When the trade-in value's too low
Let it go, Let it go, Let it go!

Donate Your Vehicle

Through the CARS program, you can donate your old vehicle as a donation to Portage Path! The process is easy, simply click "Donate you Vehicle" to start the process, and someone will pick up your vehicle!



New Group for Women in Recovery

Portage Path is proud to offer a new group started by PPBH therapist Melissa Elbert, LSW.

Avenues of Hope is a women's trauma informed, dual diagnosis group that helps address substance use and other addictive disorders while working to reduce the symptoms of trauma that impact a person's ability to function.

This group offers a safe place to process unhealthy thoughts and behavioral patterns while learning how these are linked to both experienced traumas and unhealthy coping skills.

If you are a client interested in this group, ask your provider if it is right for you. The group is offered on Tuesdays from 12:15-1:15.

Dr. Phil's Lighthouse

The Stress of the Holidays

By Dr. Phil Scozzaro

This time of year, people are flooded with reminders of holidays and images of families getting together and having a magically great time together. There is even a station that plays nothing but holiday films. The plots are not hard to figure out. A person has been away from the home (family) for several years. They then decide to return home – that is where they will find the answer - through some magic – they do find and resolve his old issues and everyone is happy again.

For clients suffering from mental illness, holidays can be stressful due to the fact that they had dysfunctional or abusive families and holidays only highlighted that stress. Holidays can also bring sadness due to grief of not having a loved on around this year as in the past.

With these barriers, it is important to recall that it is important to have realistic expectations of the holidays. Spend time with people who are supportive. People find it helpful to volunteer at a food pantry or soup kitchen. Some have found solace in attending a service in the community.

For those having grief it has been found helpful for the person to carry on a tradition the deceased family member cherished. In my family, it is Dad's corny joke he told every Thanksgiving. For some families, it is a beloved story, memory or recipe. Some people decide to try a new tradition while holding on the some classic ones from the past.

Through it all, experts note that it is important to not ignore healthy routines during the holidays. These include healthy eating, sleeping and work- life balance. By keeping a good self-care routine, a person avoids having holiday stress and "burn out."

