



Changes in Adult Admissions Unit

Due to changes in the Summit County Adult Mental Health System, the adult admission unit, which had been the front door to services for adults, has been disbanded. Effective March 2nd, 2020, Portage Path Behavioral Health and Community Support Services will be conducting their own intakes and directly admitting individuals to their respective agencies.

Even though admissions are now separate, Portage Path continues to have a fully staffed admissions team and will continue to offer the same quality care and services as before, including:

- Psychiatry & Medication Management
- Individual & Group Therapy
- Dual Diagnosis Program
- Medication-Assisted Treatment
- Mental Health Day Treatment
- Case Management
- On-Site Pharmacy & Primary Care Clinic
- Psychiatric Emergency Services

For more information about Portage Path services, and how to schedule an initial intake appointment, please visit our new website at www.portagepath.org. To contact the intake department, please call 330-253-3100.

Portage Path Outpatient Intakes take place at 340 S. Broadway Street, Akron, OH 44308. Psychiatric Emergency Services is located at 10 Penfield Avenue, Akron, OH 44310.

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Get in Touch

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

330-253-3100
www.portagepath.org



PPBH 2018-19 Annual Report Available



Portage Path would like to share our accomplishments and successes from January 2018 - June 2019 with you. Our 18 month annual report is available on our new website now.

In this edition you will find:

- Client Success stories
- Donor highlights
- Staff highlights
- Financial Summaries
- Our Board of Trustees
- A message from our President and Board Chair
- What Portage Path did in the community last year
• been doing in the community.

[View Annual Report](#)

Speakers Bureau

Do need a speaker to educate your company or group about a mental health topic? Portage Path has a large staff of M.D., Ph.D., and Masters level experts in all areas of mental health and substance use disorders. Presentations can be designed to fit your needs and your budget. Our popular topics include:

Mental Health 101 • 5 Signs of Mental Illness • Basic Stress Reduction
• Spirituality & Mental Health • Dual Diagnosis • Community Resources Available • Suicide Awareness & Prevention • Mental Health & Poverty • The Economic Impact of Mental Health • Living with Depression & Anxiety • Art Therapy • Understanding Trauma • Breaking Stigma • Mental Health in an Aging Population • Conflict Resolution & De-Escalation • Focus & Productivity • Emotional Intelligence • Work-Life Balance • Managing Grief & Loss • Burnout Prevention • Chemical Dependency in the Workplace

To schedule a presentation or to discuss arrangement of a more advanced topic, please contact:

Phil Scozzaro, PhD
330-253-3100 EXT. 1130
pscozzaro@portagepath.org

All presentations are tailored to fit your needs, and we would be happy to design a program just for you!



Thank You, Lehner Family Foundation!

In Early February, Portage Path was grateful to receive a \$10,000 grant from the Lehner Family Foundation. These much needed capital funds were provided to help keep our building and grounds safe, comfortable, and compliant with Trauma-informed care. Portage Path is committed to providing a safe, comfortable and welcoming environment for our clients so that they and our highly trained professional staff can guide people on the path to Recovery without distraction or impediments from the physical environment. Our team, clients, and Board of Trustees all thank the Lehner Family Foundation for supporting our efforts!



Dr. Phil's Lighthouse

Breaking the Cycle of Shame & Addiction

By Dr. Phil Scozzaro

One of my favorite authors back in the 1990's was John Bradshaw, Ph.D. He was an excellent writer and speaker who wrote the best-seller "Homecoming."

Many of our clients who come into treatment at PPBH have described the Shame Spiral Bradshaw wrote about. Simply put, a person has Guilt:

"I made a mistake", which moves to Shame:

"I am a mistake", the person starts having Distorted Thoughts:

"Maybe if I try a drug, illegal behavior, abusive relationship, I'll feel better"

This leads to Acting out on that thought - getting in trouble in many ways such as financially, with family, legally, or medically. These all bring us back to guilt and shame.

Our therapies here at Portage Path include more than 12 different types of groups and individual therapy. These therapies help to assist a client in getting out of this "spiral of shame" and return to self-acceptance, healthier thoughts and behaviors with a recovery of both mind and body.

Please take a minute to browse our new and updated PPBH website which helps explain programs, treatment options, and the many success stories here.

[View Services at Portage Path](#)