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All Outpatient Clinics are Scheduling in-person Appointments

With strict safety guidelines for staff and clients, we are finally able to schedule in-person appointments at all three outpatient locations! Services are still being offered through telehealth, but if you prefer to see your provider in person, or your treatment requires it, we are able to schedule those appointments.

All will be screened upon entry and required to wear a mask. We ask that all follow social distancing guidelines. Staff are diligently sanitizing throughout the day, and between each and every client. Group services are still on hold as we work on the logistics to keep all safe, and we are not yet seeing walk-ins.

For questions regarding our safety policies or to schedule an appointment, please call us:

Akron: 330-253-3100
 Barberton: 330-745-0081
 North Summit: 330-928-2324



Get in Touch

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

330-253-3100
www.portagepath.org

Don't forget about our online resources!



Video Resources Library



Coping Skills Library



July is Minority Mental Health Month



Please Donate to Portage Path during Minority Mental Health Awareness Month

It is a heartbreaking time. Violent deaths of minorities, protests, riots and unrest in the midst of a worldwide pandemic and economic pressures are tugging at the seams that hold us together as a human family.

Portage Path Behavioral Health has always been—and will always be—inclusive and supportive of diversity in all its forms, every day of every month. There is no place or tolerance for racism or division within our walls. Our vision is Access to Quality Behavioral Healthcare for All.

In times like these, we double down to ensure we live by our core values of Welcoming, Client-Centered Care, Teamwork, and Recovery. We acknowledge that there are disparities in healthcare, and we will continue our work to eliminate those disparities. For example, the Agency for Healthcare Research and Quality reports that racial and ethnic minority groups in the U.S. are:

- less likely to have access to mental health services;
- less likely to use community mental health services;
- more likely to use emergency departments; and
- more likely to receive lower quality care.



People from all races and minority groups can and do recover from mental illness with proper treatment. Portage Path is committed to inclusion and creating an atmosphere where we work as a team to address racial discrimination and disparities. During National Minority Mental Health Awareness Month, we are re-affirming our pledge to inclusion, and are raising money to reach out to people of color to ensure they know that care is available when needed. We are also committing to supplement the training of our entire team by providing cultural competency training designed for those who work in health care.



In addition to our full range of behavioral health services, Portage Path actively removes barriers to treatment through providing on-site pharmacy, primary care, tele-health, free, confidential 24 hour Support Hotline, and our Psychiatric Emergency Services facility, which is open 24 hours a day. We have always been and will always be inclusive in our care, and turn no one away, regardless of their ability to pay.

Your contribution toward the goal of \$10,000 by July 31 will allow us to increase outreach to at risk minorities, and to enhance the training of our professional staff in cultural sensitivity and counseling those who have experienced racism and other discrimination.

 [Donate](#)



Portage Path's Dr. Gabriela Feier Voted Teacher of the Year

Congratulations to Dr. Gabriela Feier, a Psychiatrist at our Psychiatric Emergency Services facility (PES) for being awarded Teacher of the Year for the 2019-2020 academic year by Summa NEOMED and Cleveland Clinic Akron General. Unfortunately, the graduation party and ceremonies for the residents could not happen this year due to COVID-19, but Dr. Feier was presented with her award by Dr. David Deckert and Wanda Jones from Summa Health. Thank you for all that you do Dr. Feier!



Top: Dr. Feier with her two awards at Psychiatric Emergency Services (PES)

Bottom: Dr. David Deckert and Wanda Jones from Summa Health, who presented Dr. Feier with the award at PES. Also pictured is Dr. Leilani Mahi, Psychiatry Resident, who is currently doing clinical rotation with Dr. Feier. (Middle left)

PES (Psychiatric Emergency Services) is located at 10 Penfield Avenue in Akron.
330-762-6110



"I am honored to receive the teacher of the year award from Summa/CCAG/NEOMED psychiatry residency program. PES is a unique teaching site, where all trainees, even those not going into the psychiatric field, find it fascinating. We have requests to accommodate even more trainees than we have now and we are looking to expand our teachings in order to reach more medical specialties and training programs. We are welcoming NEOMED students, psychiatry residents and family medicine residents on a daily basis. PES' team approach teaches them valuable skills for their future career.

Teaching at PES is very rewarding, especially when you see how passionate the trainees are about helping the patients. They learn that a patient's mental health can affect their overall health and this knowledge can help them approach patients in any specialty they will chose. I could have not achieved what I have without my amazing coworkers at PES. Despite their challenging work day, they are receiving trainees with open arms. They share their experiences and provide inside to how they approach their work and are understanding when teaching someone may delay clinical tasks. I am grateful for the continuous support from PPBH, for the trainees who stimulate me to keep my medical knowledge up to date and for my PES team. I love my job!"

Dr. Phil's Lighthouse

Tensions Heat Up : Time for Cooler Heads to Prevail

Looking around today, we see and hear about tensions and unrest on both national and local levels. The amount of stress people are under is severe. While being distracted with stories of stressful situations, it is key not forget basic mental health maintenance. This includes doing a daily inventory of:

1. **Feelings** - How am I feeling today? For example, are there unresolved resentments I need to deal with? Can I let go of them?
2. **Thoughts** - Are my thoughts positive today? That is, am I grateful for what I have or am I upset that "someone else" has it better than me?
3. **Caring for the body** - Have I taken medication that is prescribed me? Have I exercised? Have I observed healthy eating? How about sleep patterns?
4. **Social** - Have I reached out to a friend or family member – just to say "hi"?