



We're here
to help!

Newsletter

July 2020



KJ's 5K Going Virtual!

The 4th Annual KJ's 5k for Mental Health and Animal Rescue will be VIRTUAL for 2020!

A virtual 5K means you can walk, run, bike, hike, however you want to complete your distance between September 1st and Oct 4th.

While no place medals will be awarded, you can track your distance and time on any running or exercise app. Post a screenshot of your time, distance and route, and any photos you may wish to share on our facebook page with the hashtag #KJS5K to let your friends and fellow participants know how you did! You will also be able to enter your time on the race page and print a personalized certificate.

Registration is \$20 for age 16 and up, and \$10.00 for anyone younger. All proceeds benefit Portage Path Behavioral Health, Summit County Animal Control, and Rubber City Rescue.

For more details and to register for the virtual event, visit <https://www.portagepath.org/support-our-mission/kjs-5k-2020/>

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Get in Touch

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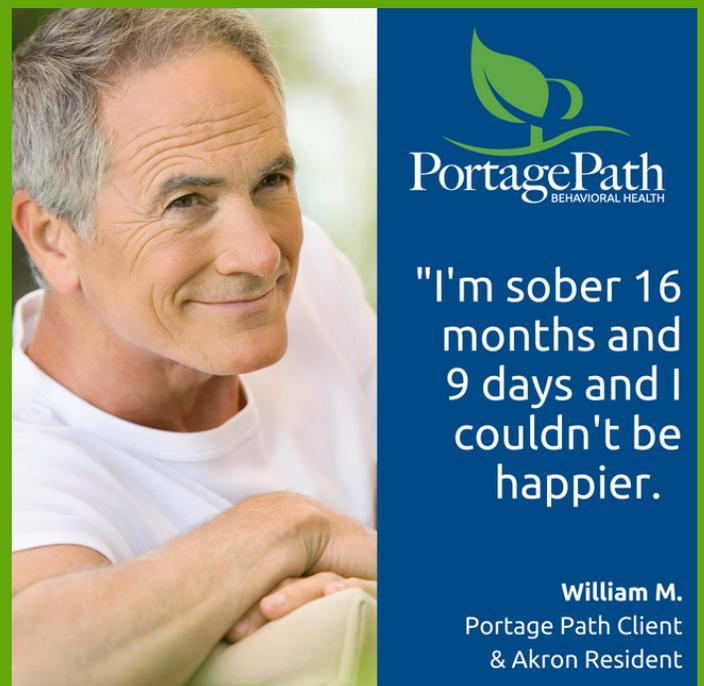


Addiction Recovery Education Campaign

Thanks to the City of Akron, Akron Community Foundation and their Beyond the Table grant, Portage Path is able to dedicate the month of August to educating the public about recovery from addiction. Throughout the month, you will see stories of recovery from Portage Path clients as we do our part to educate and eliminate the stigma behind addiction and recovery.

Roughly 70 percent of individuals with severe mental disorders are also affected by substance abuse. Portage Path's Dual Diagnosis program ensures that those recovering from mental health and addiction issues receive the most efficient, well-rounded care possible. We also take our efforts to eliminate the stigma surrounding addiction and recovery seriously with campaigns like this and continuing quality care no matter what.

This stigma keeps many from seeking the help they need to recover and live their life to the fullest. Thousands of your neighbors seek help for addiction at Portage Path each year, and not a single one of them is turned away.



Don't forget about our online resources!



[Video Resources Library](#)



[Coping Skills Library](#)

Portage Path Contributes to Newest MMPI-3 Personality Assessment Manual.

Portage Path and our own Phil Scozzaro, Ph.D. have been recognized in the acknowledgments of the newest MMPI-3 manual.

The MMPI-3® is a contemporary personality assessment for mental health, medical, forensic, and public safety settings. This newest version builds on the history and strengths of the MMPI instruments to provide an empirically validated, psychometrically up-to-date standard for psychological assessment. Updated for the first time since the mid-1980's and designed to match U.S. Census Bureau demographic projections for 2020, the MMPI-3 normative sample includes 1,620 individuals (810 men and 810 women) ages 18 and older from diverse communities throughout the United States.

Over the past two years, Portage Path Behavioral Health has worked with the authors of the MMPI 3 in collecting nearly 1,000 tests from our clients. Re-norming a test is important due to the fact that the norms and wording of any test needs to be updated every decade or so to remain relevant to today's population. The MMPI-3 is one of the most widely used and respected personality tests in the nation and world-wide.

For our contribution in having our site as an official test site, Portage Path has earned an official Acknowledgment in the MMPI-3 Manual which will be officially released in August of 2020! It is important to note that our clients have benefited from the testing results and will continue to benefit from the use of the new MMPI-3 in the future. Many thanks to the tests author, Yossef Ben-Porath, Ph.D. and his team of researchers from Kent State University for their collaboration with this landmark project!

Acknowledgments

We gratefully acknowledge the many individuals who generously contributed their expertise, experience, and data to this project.

The following professionals and organizations provided access to data sets used to develop and evaluate the psychometric properties of the MMPI-3:

| | | |
|-----------------------------------|---------------------------------------|-------------------------|
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| Memory and Psychological Services | Stone McElroy & Associates | |
| Memphis Police Training Academy | Texas Back Institute | |

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Portage Path Begins Replacing Signage

With a fresh new logo and branding, Portage Path has been making updates! One of the most exciting updates will be that of our signage. We are happy to show the community that our North Summit sign at our Cuyahoga Falls facility has been updated with new faces and a fresh coat of paint to match!

To follow will be a new building sign, our main sign and front awning at our Downtown Akron facility.

We hope that the new look and signage helps to warmly invite our clients in and show Portage Path as a leader in mental health services in the community!



COVID-19 Update

Portage Path is still offering services via telehealth (phone or video) as well as in-person appointments for those who need it and pass our front door screening.

All staff are required to wear masks and their temperatures are taken upon entry each morning. All touch points in the building are sanitized regularly.

To schedule an appointment, telehealth or in person, call us at 330253-3100.

Dr. Phil's Lighthouse

Hey Dr. Phil - "Can you die from boredom?"

Having worked in the field of mental health for over 30 years, I have been asked many questions. The one listed above was asked of me a few years ago.

What should a person do then? One road, the road of sadness and anger takes a person down a path of regret and resentment. That is, the person thinks about the past too much: "Why did that happen to me?", for example. The other road is future oriented where a person may obsess about the future – "What if thing A or B happens next week?"

Mindfulness allows us a third road, a road to simply enjoy and a road of describing one's experience without judgement. Thus, instead of being bored, a person is asked to simply describe their feelings. What are the feelings about? What can they tell me? At that point, a person is free to make behavioral changes without regret or stress about the future. The client mentioned above, then elected to start walking 30 minutes a day and he had then elected to clean out his garage – a task he had postponed for the past 7 years! Take the Mindful road!