



# Newsletter

September 2020

## KJ's 5k and Facebook Live Panel

If you're registered for our virtual KJ's 5K, don't forget to complete your distance before October 4th and post a pic with #kJs5k! If you aren't registered yet - what are you waiting for? Shirts, bibs and medals are being sent out!

Don't forget to mark your calendars for our Saving Lives on LIVE event THIS FRIDAY October 2nd at 12pm on Facebook Live. Our four panelists will be talking all things suicide awareness and prevention to help educate the public and bring awareness to the issue.

For those participating in the virtual 5k, don't forget to post a picture of your distance with #KJs5K to spread the word! We want to see pictures of your shirts, medals and pups too!

## Inside

KJ's 5K & Facebook Live

Fellowship Program  
\$1.3M Grant

PPE Donation to PES

Completion of MMPI-3

New Akron Awning

COVID-19 Update

Dr. Phil's Lighthouse

## Saving Lives on **LIVE**

A SUICIDE PREVENTION & AWARENESS VIRTUAL PANEL DISCUSSION

### Friday, October 2nd 12PM on Facebook Live

 @PortagePathBehavioralHealth



### Meet Our Panelists:



**Jerry Craig**

Executive Director of  
Summit County ADM Board



**Shari Kennedy**

Suicide Prevention  
& Awareness Advocate



**Sharon Geffken**

Retired Director of  
Social Services



**Matt Askea**

Akron Firefighter  
& Paramedic



## Get in Touch

Portage Path  
Behavioral Health  
340 S. Broadway St.  
Akron, OH 44308

330-253-3100  
[www.portagepath.org](http://www.portagepath.org)



# Portage Path & Partners Awarded \$1.5M Grant to Advance Nurse Practitioner Fellowship Program

The Health Resources & Services Administration (HRSA) has awarded \$1.5 million dollars to Kent State University College of Nursing, with \$1,325,700 of that award earmarked for Akron's Portage Path Behavioral Health. This year Portage Path will receive \$342,900.

Portage Path Behavioral Health Medication Clinic Coordinator and Kent State College of Nursing Researcher James Tudhope, DNP, APRN, PMHNP-BC, and his team, Wendy Umberger, Ph.D., RN, PMHCNS-BC, Associate Dean for Graduate Programs at Kent State College of Nursing and Drs. Jeffrey Moore, Medical Director of Portage Path and Vikil Girdhar of AxessPointe Community Health Centers, will educate and increase the number of new behavioral health nurse practitioners in northeast Ohio. The program, which previously was able to graduate two to three Fellows annually, will now have the capacity for four fellows this year, five the next and six in the final year of the grant.

This program improves access to, and the quality of, integrated, interprofessional community-based psychiatric nursing services in an underserved area. There has been a long-term shortage of psychiatric Nurse Practitioners and this program is designed to attract the best newly licensed professionals and support them while they gain confidence and competence to practice in the demanding atmosphere of a community mental health center.

"Portage Path is blessed with many resources that help our clients recover and stay well. Our Fellowship has garnered the financial support from local donors and foundations, as well as this new grant in partnership with Kent State University. We are making a difference and leading the way in recruiting, training and retaining advanced practice nurses in a very challenging field," said Portage Path President, Dr. Tracy D. Yaeger.

Portage Path's in-house partnerships with Genoa Pharmacy and AxessPointe's Community Health Center provide a multidisciplinary clinical environment that helps remove barriers to treatment and increase the quality of care received by clients.

"Much of our healthcare system is fragmented; making it difficult to provide high-quality care," Tudhope commented. "It's frustrating and difficult for our patients and community members who are trying to understand what's going on when they are facing chronic illness or health issues. At the core of this problem, healthcare professionals aren't always on the same page or working efficiently. Our program is changing that."

At the end of the three project years, the program will have trained and graduated a minimum of 15 new behavioral health NP fellows who will be committed to providing integrative community psychiatric care to northeast Ohio's underserved mental health population living within an epicenter of the opioid crisis.

Portage Path's Fellowship program started 2 years ago with initial seed funding from Hudson, Ohio based Peg's Foundation.



This year's fellowship graduates Julie Ashkar, MSN, APRN, PMHNP-BC and Mark Garrettson, MSN, APRN, PMHNP-BC pose with (center) pose with Portage Path Medical Director Jeffrey Moore, MD (L) and Fellowship Program Director James Tudhope, DNP, APRN, PMHNP-BC (R).

# Psychiatric Emergency Services Grateful for PPE Donation

Portage Path would like to thank the Manush Manshuer Jonyo (MMJ) Foundation for their generous donation of masks and gloves to our Psychiatric Emergency Services (PES). In times like these, we are grateful for any contributions we receive and appreciate your support!

'Manush Manshuer Jonyo (MMJ) Foundation' – a United States-based nonprofit (501(c)3) and non-political public charitable organization – is founded to extend a helping hand to unprivileged people and students primarily in Bangladesh.



# Portage Path Celebrates Completion of MMPI-3



Portage Path and our own Phil Scozzaro, Ph.D. have completed their work on 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 periodically 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 participation as an official test site, Portage Path has earned an official acknowledgment in the MMPI-3 Manual which was 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!

# Akron Awning Gets an Update

As we continue our new signage projects to match our new look, Portage Path's Akron Clinic welcomes you in with a fresh, new awning! More updates to our building signage are to come, but we hope this update makes you smile as much as it makes us smile!



## COVID-19 Update

Portage Path is still offering services via telehealth (phone or video) as well as in-person appointments for those who request it.

All staff, clients and visitors 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 330-253-3100.

## Don't forget about our online resources!



[Video Resources Library](#)



[Coping Skills Library](#)

## Dr. Phil's Lighthouse

### The Value of Unplugging from Stress: Take A Hike!

Looking around even casually, we can find people are becoming more and more stressed. There are obviously many things to be stressed about including but not limited to the election and our current pandemic. Some have even discussed fatigue from dealing with precautions from COVID -19.

In times like this is it vital to recall age-old remedies for stress management. I was asked recently what I do for stress relief. The first thing to come to mind is heading out on a brisk walk. Despite complaining about Northeast Ohio weather, we do have excellent hiking weather in the Fall!

Studies have shown that exercise walking can help with mood regulation, weight management, blood pressure, and stress management. Additionally, hiking can be a mindfulness activity at this time of year. Next time you are outside for a walk – take a minute to take in the beauty of the changing leaves – appreciate them as they won't be this exact color again – take time to appreciate the ability to be fully alive and fully able to enjoy such a sight. Hey, it sure beats Facebook!