



Newsletter

Our Fellowship
is Accredited!

October 2020

Portage Path Earns First Psychiatric APRN Fellowship Accreditation in Country

Portage Path Behavioral Health's innovative Nurse Practitioner Fellowship Program has been awarded Accreditation with Distinction - the highest recognition awarded by the American Nurses Credentialing Center's Accreditation Program. The American Nurses Credentialing Center's Commission on Accreditation in Practice Transition Programs awarded the accreditation on September 28th, 2020. There are 17 accredited APRN fellowships across the U.S. but none in community mental health or psychiatry, making this the first accreditation of its kind in the country.

The Integrated Community Psychiatry Nurse Practitioner Fellowship Program started in 2018 with initial seed funding from Peg's Foundation in Hudson, and has recently expanded from 2 to 4 fellows per year. Within 2 years, the program is expected to graduate 6 fellows per year, through the assistance of a \$1.5 million federal grant in partnership with Kent State University's College of Nursing.

The Fellowship 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 in Northeast Ohio and across the country. Our 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 busy community mental health center.

"The ANCC accreditation of our Fellowship is a testament to the great work of our committed staff, and the power of local philanthropy to make a difference. The program has already reduced wait time significantly for Portage Path clients, and has increased the quality of the care they receive. Our organization is proud to be the leader in Psychiatric APRN Fellowships. Ultimately, Portage Path's innovative fellowship will increase our regional workforce of highly trained, competent, confident advanced practice nurses, making it likely that community mental health clients across the region, regardless of where they seek help, will benefit from the investments that the community has made in our program," says Tracy Yaeger, Ph.D., President of Portage Path Behavioral Health.

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Akron, OH 44308

330-253-3100
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Portage Path's Virtual KJ's 5K a Success!

Following our month-long virtual 5k, and fundraising campaign, KJ's campaign raised \$115,000, far exceeding our goal of \$75,000! This year's virtual event included a fundraising campaign, virtual panel discussion and the virtual race itself.

These funds are used to provide training, education and outreach that our regular budget cannot cover, so every penny of this money is put to good use immediately, making a difference for the indigent and low to moderate income individuals that Portage Path Serves every day. Annually, a portion of proceeds will also benefit Rubber City Rescue, and Summit County Animal Control, who both do a tremendous job uniting pets of various kinds with loving families.

We would like to thank our generous sponsors, who supported the event even in a year when we could not hold the 5k in person. We were privileged to have Alan Seymour, Ph.D., president of Cleveland Electric Laboratories speak for a few minutes on our live panel about the importance of mental health and suicide prevention from the perspective of a business person who also has a background in social work. Cleveland Electric Laboratories was our Presenting Sponsor this year, and we are truly blessed to have friends like them, as well as the other great sponsors who stepped up to help in a tough year.

We are equally blessed to have the help and leadership of Portage Path Trustee and volunteer, Bob Cooper. In memory of his daughter Kathryn, who was lost to an overdose, Bob offered to match all sponsor donations on a 1:1 basis. Bob and his wonderful wife, Regina, then personally asked many community leaders and philanthropists to support our cause as well. We can't say enough about how the Cooper's leadership and personal commitment has helped to invigorate our work at Portage Path.

Since day one of our first KJ's 5k in 2017, we have been blessed with the dedication and energy of Shari Kennedy, who came to us to start KJ's 5k in honor of her son lost to suicide in 2016. Shari and her husband John own Kennedy Roofing, which has been a sponsor since the beginning as well. Shari has become an outspoken and powerful advocate for suicide awareness and prevention. Shari was an important part of our panel discussion on October 2nd, where she, Jerry Craig from the Summit County ADM Board; Sharon Geffken, the retired deputy director of Summit County Children's Services, Survivors group facilitator, and Support Hotline Volunteer; as well as Akron Fireman Mathew Askea talked about practical ways to prevent suicide, warning signs, and what help is available in the community. You can watch the panel discussion [HERE](#).

This year, we had 282 people register to participate in the virtual 5k - virtually the same number as last year! An incredible number of them were on teams from sponsor Radius Hospitality, who made this VIDEO about their experience; and O'Neill Insurance, who made sure that in addition to fielding the second largest team of the event, shared helpful information on their social media accounts. We appreciate all of their efforts as well as those of all 282 participants, our dedicated sponsors, and 140 individual donors. Together, we raised a phenomenal amount of money which will help Portage Path do an even greater job over the next year of educating people about suicide, providing help to those in need, and ensuring that more lives are saved.

We are humbled by the support the community has shown Portage Path through KJ's 5k and KJ's Campaign, and are committed to redoubling our efforts to guide local people on the path to recovery.



Beacon Journal Supports Portage Path Campaign

Portage Path would like to sincerely thank The Beacon Journal for their support and partnership on our current recovery campaign. As many struggle with their health - mentally and physically - Portage Path and The Beacon strive to spread the news that people can and do recover. Portage Path is here to help, no matter the world's circumstances and we meet our clients where they are at with what they need.

This series of ads shares pieces of our clients stories and how they found recovery, safety and hope with the help of our clinical professionals and support staff. We are extremely grateful to The Beacon Journal for choosing to help us spread this message and help those in our own community.

To the right are just a few of the ads that The Beacon has run for us in the recent weeks.



PortagePath
BEHAVIORAL HEALTH

"I was at a dead end in my life and when I came here, they got me the right medication and diagnosed me with Clinical Depression and PTSD. The changes were night and day. They understand me. It was a really humbling and grounding experience. I felt like I was in the right place."

Lance changed his life with the help of Portage Path. You can too! Schedule an appointment today:

330-253-3100
340 S. Broadway St.
Akron, OH 44308

#BeaconJournalSupports

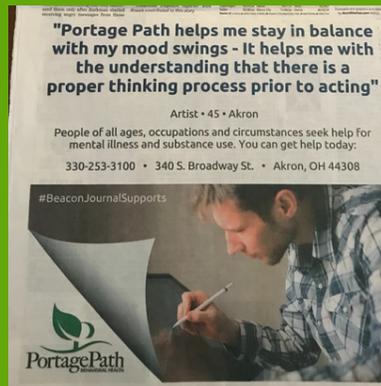


"I'm sober 16 months and 9 days and I couldn't be happier. Everything I need is literally a phone call away, and I am safe when I come to Portage Path!"

William found the right help at Portage Path and you can too.

330-253-3100
340 S. Broadway St.
Akron, OH 44308
#BeaconJournalSupports

PortagePath
BEHAVIORAL HEALTH



"Portage Path helps me stay in balance with my mood swings - It helps me with the understanding that there is a proper thinking process prior to acting"

Artist • 45 • Akron

People of all ages, occupations and circumstances seek help for mental illness and substance use. You can get help today:

330-253-3100 • 340 S. Broadway St. • Akron, OH 44308

#BeaconJournalSupports

PortagePath
BEHAVIORAL HEALTH



PortagePath
BEHAVIORAL HEALTH

"I have overcome drugs, I have overcome emotional depression, and now I am overcoming a stroke. I feel like I have a second chance at life. All of these things, and the people helping me at portage path make me feel more confident."

Alexis found the right help at Portage Path and you can too.

Make an appointment today:

330-253-3100
340 S. Broadway St.
Akron, OH 44308
#BeaconJournalSupports

Donate your old Vehicle to Portage Path!



**Fall Into The Season of Giving.
Donate Your Vehicle Today!**

The pick-up is free and your gift is tax-deductible.

Give Now

Fall into the season of giving by donating your classic car to Portage Path Behavioral Health. Your generous gift has the potential to bring hundreds and even thousands of dollars to Portage Path, allowing us to keep serving clients in your neighborhood. The trusted CARS vehicle donation program makes it easy with free pick-up and takes great care in finding the right buyer to get top dollar for it. Plus, CARS will handle all the paperwork, too! Whether your vehicle sells for \$500 or less, more than \$500, or more than \$5000, you will be provided with the proper paperwork and tax receipts for your donation.

Call 855-500-RIDE (855-500-7433) or submit the secure online form at <https://careasy.org/nonprofit/portage-path-behavioral-health>

Akron Clinic Adds a Corner Sign!

In addition to our updates and rebranding, Portage Path has added a lit corner sign to our Akron building! This will increase visibility of our building and add to the warm and inviting environment we are creating for our clients.



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 to share your recovery story with us!

[Share your Story!](#)



Dr. Phil's Lighthouse

A Great Book for Stress Relief: Habits of a Happy Brain – by Loretta Graziano Breuning

It is not easy to avoid the many sources of stress at this time of year. Instead of discussing COVID – related stressors, I would rather discuss a new book (referenced above) which offers some relief. It is a nicely organized and helpful book about the value of boosting mental health by understanding basic brain chemistry and how a person can increase the amount of hormones the brain can naturally produce and thus help us feel (have less anxiety and depression). Here are just two of the many hormones she discusses:

1. Dopamine: this hormone is sometimes call the “Joy” hormone due to the fact that it is released when the person comes into contact with something that is helpful (food, water, new information ...). One way to improve this chemical is to have things in life that are desirable to that person. For example, setting a small goal – and receiving a reward when that goal is reached.
2. Serotonin: this is called the “Confidence” hormone – due to the fact that the brain releases this chemical when the person finds encouragement. One recommendation was to get out of one’s “comfort zone” – by learning new skill, going for a long walk, taking a new route to work, helping a neighbor for example.

This is a helpful book due to the fact that it gives examples of activities to try. These activities are not expensive nor do they require traveling across country to do them. Some other helpful activities include meditation, stretching and exercise. The other benefit of her suggestions is that they can be accomplished even in the midst of current social distancing requirements. Please check out our videos on our [PPBH website](#) for more ideas.