

Pathways Behavioral Services

Monthly Feature: Love the Holidays

by Vicki Mueller

I was out and about

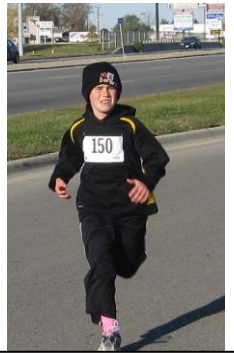


Christmas shopping with my husband this past weekend. The crowds were pretty intense, we couldn't find everything we needed, and the cashier at the last store we were in couldn't get our items to ring up right. As we were leaving the store my husband turned to me and said "This is why I hate the holidays". Really, hate the holidays!!!??? The commercialization can be a bit much, but this time of year is so much more than just buying the perfect presents. I went ahead and listed some reasons to love the holidays to help remind those of us, like my husband, why this time of year is so wonderful.

15 Reasons to Love the Holidays

1. Spending time with those we love
2. Reconnecting or strengthening our connection with God
3. The smiles on the children's faces
4. The holiday foods
5. The music (Does anyone else have "Grandma Got Run Over By a Reindeer" stuck in their head?)
6. The little bit of excitement we feel each time we receive a holiday card in the mail
7. Seriously, the holiday foods
8. The feeling we get from giving to those in need
9. Holiday classic movies and cartoons on TV
10. Snow- (o.k. I may be in the minority, but "I'm Dreaming of a White Christmas")
11. The beautiful twinkling lights.
12. Nothing smells like Christmas.
13. The knowledge that we made it through another year
14. The anticipation of a better year to come.
15. The hope the holidays inspires

2011 has been a great year for Pathways thanks to all our supporters. In October we had an awesome turnout for our 8th Annual Run, Walk, and Roll for a Drug Free Community. We would like to thank Networking Solutions, The MIX 93.5, Allen Hospital, Office Concepts, Advanced Systems Inc. , ME&V, MidWestOne Bank, Lincoln Savings Bank, Security Tax Service, Kruger Farms, Schumacher Elevator Company, Nicely Iced, and the Grandparents of Teryn, Carsyn, Alisyn, and Indy for their sponsorships. Without the support of our many sponsors and donors, Pathways couldn't continue to provide the quality care we offer to those in need in the counties we serve.



9 Year Old Jordan Newton, finishes Pathways' 5k in just under 25 minutes

If you would like to donate to Pathways, now is the time. For people struggling with a mental health problem and/or an addiction, this time of year can be tough. It is hard to find hope when your life seems to be crumbling. If you would like to help Pathways give people tools to bring hope back to their lives, consider donating money, resources, or time. For more information on donating check out www.pathwaysb.org or give us a call at 319-235-6571.

Have a blessed holiday season. From those of us at Pathways Behavioral Services-

Happy Holidays!

Holiday Challenge

During the holidays we all have so many things to do. How we fit in extra shopping or gathering with friends and coworkers during our already busy schedules is astounding. Our capacity for giving is also astounding. Pathways staff, for example, have established a tradition of setting up a table of treats for clients and visitors throughout the week of Christmas. Many of the treats are homemade and most staff participate. This type of giving is very personal and much appreciated by our clients and pretty much anyone who comes through our doors during the week.



Current reports indicate that the average person in the US will spend around \$750 this holiday season. I would like to challenge everyone to set aside \$75 or ten percent of their spending for your favorite cause or nonprofit such as Pathways. You could do this through the Community Foundation or a direct contribution to your chosen organization. You can even direct how you would like to see the money spent. You have the power to make positive changes in others lives through your giving. As Winston Churchill stated "We make a living by what we get. We make a life by what we give." Have a wonderful holiday!

Brief Annual Report Fiscal Year 2011

In reviewing previous economic reports they remind us that due to economic challenges outside of our control Pathways has developed a culture overcoming adversity. For example, a lack of expansion was predicted in the last report. What happened? The gambling services were added and Pathways became a licensed problem gambling treatment center; children's mental health services grew; Prevention has begun working with Chickasaw County on the SPF-SIG project; and Access to Recovery was renewed with Pathways having been consulted on how to write the new provider manual. The implication is for Pathways to continue to be realistic about our challenges and to be prepared to capitalize on any new opportunities which may come our way.

Substance Abuse Treatment

The last contracting cycle for our Substance Abuse Block Grant lasted 18 months and ended on June 30, 2011. In those 18 months, 274 clients attended residential treatment. 304 attended Intensive Outpatient Program. 1237 attended extended outpatient. 785 were assessment only. 986 completed an OWI assessment. 647 were Medicaid funded.

Substance Abuse Prevention

During FY11, the Prevention Department provided 1728 hours of service, saw 13,445 individuals and provided 947 presentations for the Comprehensive Grant. The three county Tobacco grants continued with all goals met or exceeded. The Drug Free Communities Support Program Grant (DFC) was continued short term with additional funding support for the Young Leaders in Action Conference, which Pathways also supported with staff time. The Strategic Prevention Framework/State Incentive Grant (SPFSIG) was awarded in February for Chickasaw County.

Mental Health Services

During FY11 the Mental Health Department saw 905 clients. With these 905 clients there were 5884 different contacts made over the fiscal year. The Community Support Services Program saw 85 clients and continues to grow. Clients residing in Butler and Chickasaw counties received over \$158,000 in free psychiatric medications with an additional \$58,945 given to clients from other surrounding counties.

Problem Gambling Prevention and Treatment

Pathways became a licensed problem gambling treatment center and was awarded funding through the state to serve 9 counties in Northeast Iowa.

Donor/Sponsor Recognition

We would like to take the opportunity again to thank our many granters, donors and sponsors. With your support, Pathways will continue to be successful.

Thank You!

♦**Allen Klinger♦Don Duncan Family Foundation♦Midwest One Bank and Trust♦Robert Kahler♦Advanced Systems♦Security Tax Service♦ ♦Robert Tabor♦Grandparents of Teryn, Carsyn, Alisyn, and Indy♦ Schumacher Elevator Company ♦Nicely Iced ♦The MIX 93.5♦Office Concepts♦First Insurance Services♦Kruger Farms ♦The CBE Group♦Lincoln Savings Bank♦Allen Hospital♦Networking Solutions♦United Way♦Wal-Mart♦Black Hawk Gaming Association♦The Community Foundation of Northeast Iowa♦The Junior League♦Iowa Department of Public Health♦Iowa Department of Human Services♦Department of Corrections♦Various city governments, ♦Various schools♦Many volunteers of time and other resources**

Consider giving to Pathways Behavioral Services

Donor(s) Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone (home) _____ (office) _____

I/we pledge a **TOTAL** of \$ _____

Enclosed please find \$ _____

I/we would like our gift to remain anonymous. _____

Signature(s) _____ Date: _____

_____ Date: _____

Make gift(s) payable to: **Pathways Behavioral Services**
3362 University Avenue
Waterloo, IA 50701

Contributions to Pathways Behavioral Services, a non-profit organization, are tax- deductible to the greatest extent of the law. A receipt of your contribution will be sent to you.

Pathways continues to offer support and services for many of the people in our area with the greatest needs. I visited Pathways many times since becoming a board member and I am truly impressed by the quality of care they offer and the compassion the staff show for those struggling to deal with an addiction or a mental health concern.

In the past year, not only have I served on the volunteer board of Pathways, but my company also sponsored their 5k event. I can really see how my sponsorship and donations are used to further Pathways mission "To provide the best possible behavioral health treatment and prevention services and other related services to individuals, families, and communities to improve the quality of life in Northeast Iowa."



So in this time of giving, please consider donating to this worthwhile organization. Your donations will be put to a great cause that truly makes a difference in our communities. Happy Holidays.

Wishing you a safe and happy holiday season from the staff at Pathways Behavioral Services!