

Pathways Behavioral Services

2007 Annual Report

Winter 2007

By: Vicki Mueller

It's beginning to look a lot like Christmas... As I write this, snow is falling, yet again, and you can almost here the children's shouts of "Hurray!" as they are told school will be getting out early due to weather. The snow reminds me of a wonderful quote by Vesta M. Kelly "Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together."



Pathways has many "snowflakes" in the form of staff, volunteers, donors, sponsors, and community partners who work together to support all of Pathways successful programs. An example of this is our recent 5K event.

Pathways hosted our 4th Annual "Run, Walk, and Roll for a Drug Free Community" 5K. We had over 150 volunteers and participants. Special thank you(s) go out to Carol Luce, Mary Pat Tubb, and Columbus High school for their efforts recruiting runners/walkers and volunteers.

Pathways is always in need of more "flakes" in their effort to help people with their substance abuse and

mental health needs. Please consider volunteering, sponsoring, or donating to Pathways. A brief summary of the number of people we serve and what we do is on the following page.

And remember - "a snowflake never falls in the wrong place" (Zen Proverb). The efforts of our many contributors help people and that's what Pathways is all about, helping people.

Happy Holidays from Pathways Behavioral Services!



Columbus high school had close to 50 parents and students who either participated or volunteered and won the award for most participants from an agency or school.

Commentary by Pathways Executive Director Chris Hoffman

Seasons Greetings from the staff at Pathways. I recently found myself reflecting on the increasing level of support Pathways receives from the communities we serve. In the last year we held our first annual PEDAL Power bike ride for mental health in Butler County and set a new record for participation in our 4th annual "Run, Walk, and Roll for a Drug Free Community" 5K. The involvement in these special events as well as the work volunteers do on our behalf every day is something we are ever grateful for.



There are many ways in which you can show your support for Pathways mission. Some choose to run a 5K or ride a bike. Others help by serving on the Board of Directors or spending time with clients at our transitional housing program. For many of us, time is something we don't have enough of. For those of us who would like to support Pathways but are unable to donate time, Pathways has an endowment fund with the Community Foundation of Waterloo/Cedar Falls and Northeast Iowa to which you may choose to contribute. Volunteering of time and resources are appreciated and valued. Thank you for your continued support.

2007 Annual Review of Programming

Substance Abuse Treatment

During FY07 4174 number of clients were seen at Pathways for substance abuse services, 2871 were men and 1303 were women. The top three drugs of choice for both men and women were: 1- alcohol, 2-marijuana, and 3-methamphetamine. The average length of stay for residential was 16 days. The number of O.W.I. (operating while intoxicated) evaluations was 794.

Prevention Department

The Prevention Department also had a very busy year. The prevention team presented to over 35,000 people. There were close to 4,000 hours of prevention services conducted throughout the course of last fiscal year. Prevention services include school-based, community-based, and workplace substance abuse programs, trainings, media campaigns, drinking drivers education classes, trainings and consultations.

Junkman/Knoebel Center

The Junkman/Knoebel Center, a supervised transitional housing unit for people with alcohol and/or drug addictions, utilizes collaborative efforts of the medical, social service, and law enforcement communities. During the fiscal year 2007, 91 individuals resided at Junkman/Knoebel with an average length of stay of three months. Thirty were from prison, 30 were probation or jail referrals, and 31 were referrals from non-correctional settings.

Mental Health Department

Our mental health staff serve clients of all ages with varied problems including but not limited to: marriage and family problems, childhood problems, depression, anxiety, and anger management issues. The Cedar Valley Mental Health Center, a division of Pathways, saw 1600 clients in fiscal year 2007. Our Mental Health Center staff distributed over \$80,000 worth of medication for the Indigent Patient Medication Program.

Donor/Sponsor Recognition

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

Al Klinger
Yunkers
David Duncan
Tuesday Club
Stephen Riley
Shirley King
Paul Storm
Pamela Edwards
First Presbyterian Church of Waterloo
Butler County Abstract
Universal Communication of Allison
Bob and Shirley Roof
Amvets Ladies Auxiliary
First Security Bank
Iowa State Bank
Allison Farmers Feed and Grain
Northern Iowa Therapy
Meyer Healthmart and Pharmacy
The Larabee Center, Inc.
Nazareth Women of the ELCA
Dumont Horseshoe
Dumont Hi-way Cafe
Midwest One Bank and Trust
Panera
Miller and Sons Tractor Service
First Insurance Services
Brian Powers

Joy Quigley
Allen Hospital
Peter Goulet
Huff Construction
Timothy Sullivan
ME & V
Advance Systems, Inc.
John Kane
United Way
Nooren Realtors
CBE Group
Wells Fargo Bank
Warren Transport
The Mudd Group
David Ottavionelli
M& B Spa Sales Inc.
Brad Jacobson, State Farm Insurance
Community Motors
Kesley Lumber
GMT Corporation
Carla Janssen
John Deere
Dumont Implement
Grandparents of Teryn, Carsyn, Alisyn, and Indy
MIX 96
Dickey's Printing
Office Concepts

Fundraising Opportunities – Mark Your Calendars

May 3, 2008

Pathway 2nd Annual "PEDAL
(Promoting Emotionally Desirable
Activities & Lifestyles) Power Bike Ride
from Clarksville to Allison and back.

October 25th, 2008

Pathways 5th Annual "Run, Walk, and Roll for a
Drug Free Community" 5K – Start getting your
teams together now!

Mission Statement: The mission of Pathways Behavioral Services is 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. Pathways offers prevention, treatment, and counseling services to people of all ages, genders, and ethnic backgrounds.

And The Last Word Goes To?

By: Shirley and Bob Roof

“Caring Knows No Boundaries”

This title is borrowed from the theme of Pathways, “Addiction Knows No Boundaries” When we look around the Cedar Valley Community, the places where “caring” happens are legion. A quick reference to the Cedar Valley United Way gives demonstration to the out-pouring of care through numerous agencies. One of those that we feel deserves priority attention is “Pathways Behavioral Services.



Have you ever thought of the significance of the word, “Pathways”? Pathways are trails, door-openers...trails to healing and health! Yes that’s what our Community partner “Pathways Behavioral Services” offers to the people of Northeast Iowa, and they make a difference in people’s lives.

We have enjoyed seeing the excitement displayed each October at the 5K “Run, Walk, and Roll for a Drug-Free Community”. (This shows ‘care’ in the name...some of us don’t run!) People from all areas and ages participate; some to set timing records, some to rev up their exercise routine, but for **all**...to contribute in a fun way, to the on-going, life-saving service so ably carried on by those dedicated to sharing and caring in an atmosphere of abiding respect for all those looking for a new direction in life!

When it comes to helping so many in living a new life, Pathways is always there! They provide prevention measures, treatment in a variety of ways, all kinds of outreach with advocacy & education, plus filling the need for transitional housing. Remarkable!

We hope you, as readers & volunteers will continue supporting this wonderful agency that lives out that time tested injunction:

“Do for others what you want others to do for you”!

Yes, Caring Knows No Boundaries!