

## What is Pathways?

Pathways, Inc. is a private, nonprofit, community-based outpatient facility dedicated to providing quality mental health and emergency services to adults 18+ in Lake County.

It was started in 1986 to help individuals with mental illness live independently in the community and avoid hospitalization or institutionalization. At that time, the primary service was case management. Over time, valuable programs and services have been added to meet the mental health needs of Lake County residents and their families.

### Our Highly Trained and Experienced Staff includes:

- Psychiatrists
- Clinical Nurse Specialists
- Case Managers
- Crisis Intervention Specialists
- Licensed Independent Social Workers
- Senior Care Specialists

## Getting Better

Advancements in mental health treatments and new and improved medications are helping people get better and stay well. Pathways continually evaluates proven innovations in service delivery in order to provide the most effective mental health services to Lake County residents.

## Need Mental Health Services?

Not sure where to go?  
Let us help.  
**CALL or WALK IN.**

Unable to Come In?  
Pathways can provide an  
assessment in your home,  
a nursing home or hospital.

**A DOCTOR'S REFERRAL IS NOT  
NEEDED FOR SERVICES.**

**PATHWAYS, INC.**  
**7350 PALISADES PKWY.**  
**MENTOR, OH 44060**

**PHONE: 440.918.1000**  
**TOLL FREE: 888.854.0516**  
**FAX: 440.918.1029**

[www.PathwaysInc.com](http://www.PathwaysInc.com)

Office Hours  
Monday-Friday 8:30A-5:00P



Pathways, Inc. is certified by the Ohio Department of Mental Health and the Commission of Accreditation of Rehabilitation Facilities (CARF). We are primarily funded by ADAMHS, The Lake County Board of Alcohol, Drug Addiction and Mental Health Services, and also receive funds from Medicaid/Medicare, Donations and Fundraising.

More information is available at  
[www.HelpThatWorks.us](http://www.HelpThatWorks.us)



## Mental Health Services



*Helping Lake County  
Live a Better Life!*

## Our Services Help Keep People Healthy and Independent

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Problems are a part of life, but sometimes they overpower us, making living very difficult. It may be a friend, relative or neighbor. These are the times when we all need help.

### State-of-the-Art Psychiatric Treatment

Psychiatrists and Clinical Nurse Specialists help individuals function at their highest levels through the appropriate use of medication and medical support.

Central Pharmacy and Patient Assistance Programs assist qualified adults in receiving medications that are provided by participating drug companies at low or no cost.

### Individual Daily Living Support

For most of us, shopping and banking are routine errands. For many with severe mental illness, they are overwhelming challenges.

Pathways' case managers provide support and encouragement through home or hospital visits and phone calls. They teach daily living skills including shopping for necessities, meal preparation, medication management, meeting doctor appointments, socializing and maintaining hygiene.



### Transitional Residential Treatment

Pathways' North Coast House is a 14-bed transitional group home with round-the-clock staffing and support activities. Individuals who are severely mentally disabled are taught skills and confidence to survive in an independent living environment.

### Senior Independence

Lake County residents age 60 and older receive state-of-the-art psychiatry and medication monitoring while a senior care specialist provides in-home services and linkage to other supportive community services. A Doctor's Referral is NOT necessary.



### Connection to Community Resources

Case managers, through our Community Psychiatric Supportive Treatment (CPST) program, connect individuals to community resources and help them work through the necessary processes and paperwork for housing, employment, insurance, healthcare, medical treatment, and many other essentials and support.

## Health and Wellness

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We strongly support and promote a high quality of life that comes from living healthy both mentally and physically. This philosophy is integrated into all of our services. We see the "whole" person not only their mental health issues. Pathways' Health and Wellness Programs offer clients blood tests, diet/exercise, and healthy lifestyle education.

## Mental Health Emergency Response

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Pathways responds to people in crisis 24 hours a day everyday in a number of ways.

### In-Home or Walk-In

Individuals who are in psychiatric crisis are given prompt professional assistance in their home or in our offices. Our professionals are trained in all areas of crisis intervention.

### Lake County Crisis Hotline

Crisis intervention, suicide prevention and referral information to a wide range of community resources is available 24 hours a day, 365 days a year. The Lake County Crisis Hotline is staffed by mental health professionals and highly trained volunteers.

**Call for immediate assistance.**

### Counseling Services

Counseling services are designed to help persons discover underlying issues that negatively impact their mental health functioning, learn coping strategies and change their way of thinking about themselves. It works in conjunction with prescribed medications that address current symptoms. Case Managers can assist the person in counseling to apply the strategies and changed thinking patterns as they tackle their daily living challenges.

**LAKE COUNTY CRISIS HOTLINE**

**440.953.TALK(8255)**

**440.357.7300**

**800.411.0103**

**TTY: 440.953.8255**