

# PATHWAY HOME

2019 May Newsletter | Volume # 5 | Issue# 11



## PH May Motto:

“The past cannot be changed, however the future is in your hands and all it takes is courage and putting one foot in the door” (pg. 12)

## Coming Soon

Private screening for upcoming PH film

## Things to Do

- iChoose
- All Staff Retreat







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# Barry's Message



Barry Granek,  
Senior Program  
Director

My first counseling position was in supported employment, helping people with SMI gain competitive employment. This formative experience taught me early about human potential. That “symptoms” are not barriers to living a productive and meaningful life, symptoms are merely something that some individuals experience as they journey through life. I knew the individuals on my roster had a mental health diagnosis, still our conversations consisted of employment interests (“what type of job do you want”), career skill building (“here is how you count payment to determine change”) and social skill training (“here is how to professionally answer a customer’s question”).

At times, over a cup of coffee or sitting in the mall food court, I would listen intently, hearing about a squabble with a girlfriend or how they were feeling down. My role temporarily switched to therapist until the person felt okay to return to goal at hand, employment. (BTW 80% were employed.) Yes, at times someone became withdrawn on the job, told a supervisor the FBI bugged the phones, or arrived

un-groomed and un-showered. This is where I would step in and typically resolve the issue.

When I arrived in New York and began working in the community behavioral healthcare system, I was astonished and a bit shocked when I started hearing helping professionals doubting someone’s ability to work, drive a vehicle, have a romantic relationship, or the most egregious of all....ability to live in a decent apartment by themselves! I had always been surrounded with colleagues and work environment that expected recovery for people with SMI. In [HousingFirst](#), we understood that if the goal is for the individuals to live independently in the community, the optimal setting to learn the necessary skills is the community. Most tenants desired independence and privacy, when their housing had those elements housing retention remained high.

At PH, the last phase called Graduation, is when the team works to complete services, indeed with a secured support network and observed independent functioning. As a time-limited nine-month program, the timing of movement through phases is defined by the program model and not participant readiness. PH begins with intensive visits and over the course of 9 months, slowly reduce face to face visits and mix in calls, texts, and collateral contacts in between.

Psychiatrist and writer Irvin Yalom has found “that steering a termination date at the outset generally increases the efficiency of treatment and plunges patients more quickly into the work.” Otto rank, one of Freud’s early disciples, had observed this as well. So, at commencement, when optimism about potential is high, a graduation date is set. Having a timetable has been the key when aiming to accomplish a goal over a time period. The energy is set and one is able to hold oneself and others accountable. Promptly we encourage participants to take on more responsibility so self-efficacy is high 9 months later.

During trainings, when reviewing the PH model’s time limited nature and graduation, we receive the most questions as people struggle to conceptualize how the program can graduate that many people. (In 2018, 217 graduated compared to 22 who returned to hospital.)

To me, setting an end date implies the belief that an end date is possible. My answer to the inquiries is that the PH model is characterized by energy & renewed sense of hope, we know and believe recovery is achievable. As a result, participants are in positions where they can integrate into their communities, develop supportive networks, be held accountable for own care, and build self-efficacy.

There is scientific evidence that interventions like PH can create actual changes to the brain’s biology, affecting behavior and emotions. In attachment theory, a core tenant is that “attention” leads to security, a developmental stage of being able to do things on one’s own. Joan McCord’s extensive research on the predictors of criminal activity, found that better than social, economic, substance use, educational level, physical and verbal love and attention could predict later criminal activity at a resounding 92.9% accuracy. [Richard Davidson and his research on Neuroplasticity](#) reports adverse structural and functional changes in the brain with stress and positive changes with therapy, leading to suggest that wellbeing and prosocial traits can be enhanced through training. While skills can erode over time, new behaviors can be learned again. This scientific evidence, that brain changes are possible (in these cases through love and attention) emphasizes how institutionalization impairs cognitive functioning and behavior and improvement occurs upon return to community living. The solution therefore is not more hospital time, but entering the community, living life, being productive, socializing, and pushing the brain and body to work as it was naturally meant to.

People are dynamic, have tough failures, overcome hurdles, and for people with SMI - can recover. While there may not always be a quick rescue, the long persistence of a caring relationship creates an atmosphere of optimism and positivity, where someone is giving the opportunity to learn the skills to be independent within the community. This can lead to the necessary biological and behavioral changes that have the potential to reach one’s goals and for PH – graduation!





Director Don Decker discussing person center techniques

# Speciality Meeting: Person Center Techniques for Case Managers

What do you get when you have a room full of Pathway Home Case Managers and CBC's very own Director of Training, Don Decker?...a great meeting about Person Centered Engagement and Motivational Interviewing ! During the month of May, Pathway Home Case Managers, Angelo Barberio, and Don Decker gathered together for their periodic specialty meeting. This month's meeting topic explored various modes of engagement, Motivational interviewing

techniques, as well as a vibrant discussion about member choice in care vs. Team pressure into treatment/community resources. The verdicts out - empowering participants to make their own choices promotes self-recovery and voluntary involvement in treatment or community resources as well as taking a more active overall role in their health! Great meeting Everyone! Looking forward to our next one!



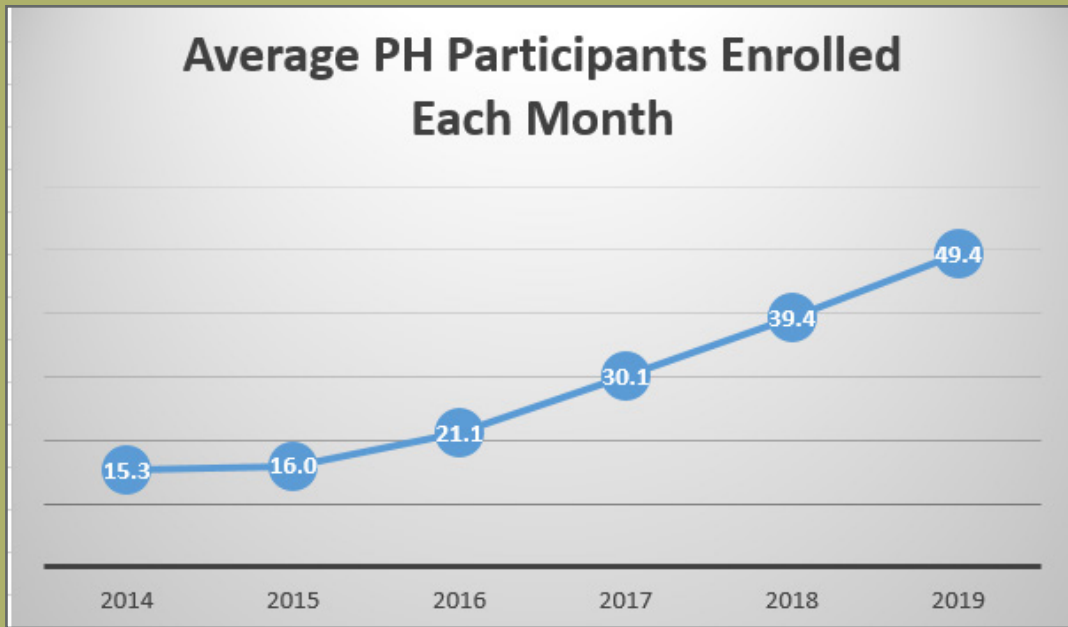
# SPECIALITY MEETING: PEERS AND HOLISTIC HEALTH



*Left to Right: Peer Specialists Edward O'Dowd, Angela Buono, Nyasia Forde & Gerald Washington*

The Peer Meeting took place on Tuesday, May 14th at CBC. The first item on the agenda was a presentation by Intake Coordinator, Elizabeth Carmen on Holistic Health. Her presentation covered an overview of holistic health methods and how to integrate a holistic health approach with participants. Discussion ranged from how to help pick healthier food choices to getting involved in

opportunities for physical activity. Yoga was a hot topic as one of our Peers, Edward O'Dowd, recently received his yoga teaching certificate (see article in this month's newsletter on pg. 13). The Peer Meeting ended with an hour of group supervision and brainstorming for other topic ideas for future meetings. The next Peer Meeting will take place on Tuesday, June 18th, 10am at CBC. Topic is TBD!



## OUTCOMES

By Jackie Boenisch

# Journey of the Enrolled Climb

The Pathway Home Program began enrolling participants in October of 2014 and since then has continued to grow and expand with each passing year. In 2015, the first full year of operation, Pathway Home was enrolling on average 16.0 new participants each month who worked with the 2 original community teams, ICL and SUS in Manhattan, Brooklyn, and the Bronx. In April of 2016 Pathway Home shifted from the BIP grant to an OMH grant and in the Fall added the CCNS team to service the borough of Queens. In the summer of 2017 Pathway Home added 2 additional teams with SUS, an embedded team designated to work with the 730.40 population at Metropolitan Hospital and an embedded team to work with participants at BPC and BPC-TLR. In January of 2019 Pathway Home expanded further and added 2 teams designated to work with individuals transitioning out of the Adult Homes with Queens being serviced by WellLife and Brooklyn being serviced by PostGraduate. In February of 2019 the fourth community based team, Community Access, began enrolling participants from article 28 hospitals bringing 2019 enrollment up to an average of 49.4 new participants each month! Looking toward 2020 Pathway Home continues to grow with plans to introduce more teams to meet the needs of individuals living with severe mental illness in New York City.





*Left to right: Mark Blonshteyn and Particia Barbiero*

# FINDING IDENTITY IN FRIENDS

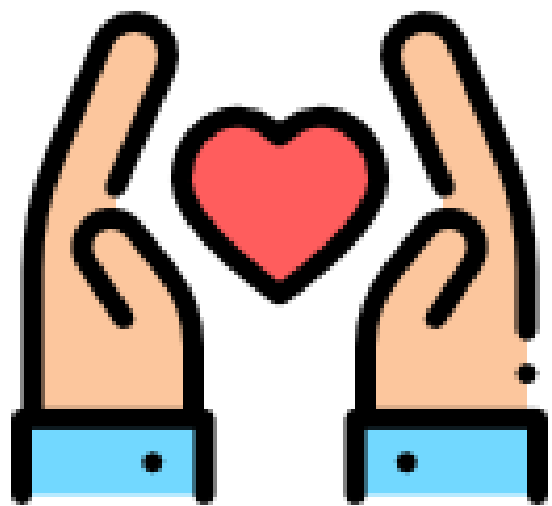
By Arianna Metz

Both Mark and Patricia have been residing in a Brooklyn Adult home for many years. Many individuals residing at the adult home do not have basic forms of ID, which is imperative to begin the moving out process. While both Mark and Patricia were eager to move out, they were struggling to coordinate making the trip to the HRA building in downtown Brooklyn. Although getting IDs seems like a simple task, not having the proper motivation and supports can make even the simplest task difficult to complete. Both Mark and Patricia have been on the waiting list for housing for a while, and the inability to obtain the ID was prolonging the process.

Once Pathway Home stepped in, we took action immediately. With the help of Uber Health, clinician Arianna Metz was able to safely accompany Mark and Patricia on a beautiful sunny day in May. Not only were the ID's obtained, but Mark

and Patricia (who have both lived in the same residence for several years) never had the chance to socialize with each other. This trip allowed that to happen. The two laughed about the ID pictures and enjoyed eating lunch with Arianna.

While the process to obtaining housing is lengthy, the two are one step closer to independent living!







# A Class Act: Amy's Triumph

By Jessica Myers

One of Amy's biggest challenges was facing feelings of being overwhelmed by completing her college courses and what that could mean for her future. Amy had taken a break from school, which she attended for graphic design, and was working towards completing class work from a previous semester to remove the incomplete status on her transcript.

Jessica (CCNS Clinician) and Amy worked together to help Amy prioritize her school work. They would meet in the community together and Jessica would encourage Amy when she was feeling frustrated about her coursework. Jessica secured PH step down funds to purchase

art supplies for Amy that she required for her projects. Jessica also provided Amy with an MetroCard that she could use to access her school library as often as she needed.

Amy continued to work on her projects while meeting with Jessica and the PH team. Amy successfully removed two of the three incompletes on her transcripts and received an "A" in one of her courses!

Amy reports that her confidence has grown. She is working on her portfolio and has submitted the paperwork to re-enroll full time in school.

By Steven Doobin

# The Good in Good-Bye

**L**ove is strong. It is 9 long months. It is being heartbroken by notes, stories, the presentation of someone defeated with all the hope for change.

Meeting in a white room with bright lights, two chairs and a table, we talked about what he's good at. He would emphatically tell me he didn't know. "What are you interested in". "I don't know". "What keeps you going" I asked. He said "I feel like I am floating".

Yet he knew coffee better than anyone I know, would find treasures of local coffee shops, and talk about his dream of being a local independent coffee shop manager. He was the star of his unit, a conversationalist, with a empathetic heart.

Not long before I met him he had held a gun to his head. Trauma, being told his whole life that something was wrong with him. For months, I watched this man believe he was less than, malfunctioning, didn't deserve to belong.

But our team told him the truth. We sat with him, argued with him about his worth, encouraged him. Over lunches, walks, coffees, home visits, we watched him change.

Less worthlessness, more about what is next. Less of good for nothing and more of good for something. He returned to school. When a medication would fail he'd ask "what do we try next."

Tragedy struck one evening. His twin brother had overdosed on opioids. I remember rushing to him the next morning as I and his providers gathered to build a bridge of support. We shared tears with his family, remained on call, braced for a relapse in his symptoms.

It would be a hard few months, but he would reach out to us, talk with us, and never stopped communicating. He overcame the loss of his brother by focusing on his health and ability overcome. While he would say he will be working through the loss of his brother for years to come, he attributed his ability to move forward from the support of his providers.

“Maybe I’m going to be fine if I just believe in myself, stand up for myself.”

A few weeks ago we had our last meeting. What he said still gives me chills. “Maybe I’ve been told lies and believed them, maybe I’m really capable, intelligent, and just introverted? Maybe I’m going to be fine if I just believe in myself, stand up for myself.”

Probably one of the hardest parts of working at Pathway Home is we put people on their journey and we say goodbye. So as we say goodbye to this man, capable of a great life ahead, I’m reflective on the beautiful resilience of the human soul to overcome.

**Courage  
is found  
in  
unlikely  
places.  
- J.R.R.  
Tolkien**







*SMHC Natasha and Rick going over half fare metrocard application in Rick's apartment.*

## HARD PART MAINTAINING

By Natasha Persaud

"...it was easy getting the apartment, but the hard part will be learning how to keep it".

"I used to always look for ways to go against the people whom were trying to help me". Rick was once apprenhsive and against receiving any types of supports. Rick is 67 and has struggled with depression, opioid addiction, and staying out of correctional facilities for most

of his adult life. Being bound to different institutionalized systems for the past 30 years Rick has been living a life of constant and continuous supervision. Most recently he had been living in an Adult Home since October 2015. So naturally when he moved into his own apartment in March 2019 in Queens, NY he was little fearful of living in the community. Rick got introduced to Pathway Home right during his transition into the community and after two months of working with his Clinician, Natasha he now expresses how blessed he feels to finally be able to move forward in a positive way. Rick states, "I never thought I would have the life I have now, it is truly a blessing". Rick is now 2 months stable living in his own apartment and is even a better advocate for himself. He continues to attend his Methadone day program which takes place Monday through Saturday and wakes up at 6:30AM every morning to get dressed. He has attended all of his medical and mental health appointments to date and as a participant in the Wellth App has a 100% adherence.



In addition, Rick has all of his benefits. Rick states, "it was easy getting the apartment, but the hard part will be learning how to keep it". Rick expressed he is grateful for the PH team in assisting him and following through on their word of being there every step of the way.

*"The past cannot be changed, however the future is in your hands and all it takes is courage and putting one foot in the door"* - SMHC Natasha Persaud




**HEALTH & SPIRITUAL  
BALANCE**

# Living as a New Yorker & The Importance of Yoga



By Elizabeth Carmen



We are so proud to announce that our own Community Access Peer, Edward O'Dowd, is now a Certified Yoga Instructor. We continue to be impressed by the finesse he has in integrating his own interests and holistic approaches into creating a warm, supportive environment for our participants. We have watched his clinical skills sharpen firsthand and look forward to watching them grow even further as he integrates yoga as an additional asset.

Many people may be seeing this article and wondering: “Don’t we deal with more pressing things than taking participants to yoga?”

The answer is yes. We deal with urgent matters daily- as Pathway Home staff, our inboxes are flooded with critical event emails. These emails detail arrests, hospitalizations, missing person alerts, and potentially even more grave emergencies.

Our participants have extensive histories, encompassing the mental health system, homelessness, and often the criminal justice system. These factors can create a perfect storm of emotional distress, socioeconomic issues, and intense trauma.

One clear goal of PH is to mitigate these issues by helping our participants tackle these issues by connecting them to resources, settling them into the community, and helping them create coping skills to increase their resilience and ultimately, independence.

As an eating disorders therapist by training, holistic treatment is a passion of mine and one I believe can be extremely beneficial to our population as an add on

to our teams existing work. Living in New York can make people extremely cynical and I imagine many people saying, “That’s great, but these participants have no food, no place to live, they have more pressing issues than finding the perfect yoga class.” Which is 100% true. The basis of PH is to address our client’s needs, and with every client, we thoroughly assess what they may need, we complete an “Immediate Needs Assessment” and see to it that they receive what they need in a timely manner.

Holistic practitioners believe that intense emotions and traumatic experiences reside in the tissues and nervous system- therefore, they employ body-based interventions to fully release said trauma. Bessel van der Kolk, a psychiatrist and trauma specialist, points out the importance of body awareness in this quote, and his entire book centers around the idea that trauma and stress is held in a person’s body.

Yoga, as anyone who has practiced it can attest, is clinically proven to strengthen the vagus nerve, which is critical to physiological functioning, as well as being a significant marker of resilience. In addition, yoga may:

- Foster self-observation- this gives

individuals the tools to change habitual responses and learn to compassionately observe themselves. Learning this in yoga may help them to subsequently bring this self-compassion to their daily lives.

- Develop the brain- yoga develops the part of the brain that regulates impulse control. This is huge with our population, as it impacts how we react to stress and emotions, react, and make decisions.
- Promotes the mind-body connection- the practice of synchronizing breath and movement leads to awareness of one’s internal state. Thus, this translates into an ability to listen. This allows awareness to respond to the messages the body sends to the mind.
- Provides tools for stress relief- yoga provides the nervous system with tools to calm down via breathing exercises as well as other conscious exercises learned through regular practice.

At CBC, we strongly believe that holistic health is an important factor in our participants’ recovery and could not be more excited to watch Edward continue to thrive in his work.





# BOOTS ON THE GROUND

By Angelo Barberio

Spring is in the air! This month I got a chance to sit down with Nicole Manza! Nicole is a Senior Mental Health Clinician with the Community Access Pathway Home Team working with individuals from article 28 Hospitals. We talked all things Pathway Home as well as about her background and interests.



## DID YOU KNOW!?

Nicole is a 2nd year doctoral student at the New School for Social Research cognitive and developmental program studying to get her Ph.D!

**Strengths:** “Compassionate, non-judgmental, and patient”

**Weakness:** “meeting people where there at and putting my personal goals for them aside.”

**Outside of work:** loves hanging out with family and friends and enjoys traveling as well as painting. She mediates daily and loves running. She’s signed up for a half marathon in 8/2019! (Good Luck!)

**Greatest Achievement:** “I believe I have helped a lot of people achieve a higher quality of life.”

**Me: So, Nicole How long have you been working for Community Access? Pathway Home?**

**Nicole:** “I’ve been working with Community Access and their Pathway Home team since 1/2019. Prior to this I had been working with families with Alzheimer’s and prior to that I was living and working in Arizona for office of Refugee Resettlement helping families gain asylum and providing therapy as well.”

**Me: That’s Incredible! So why did you decide to join the Pathway Team?**

**Nicole:** “Before I moved to Arizona I actually worked in Care Coordination with ACMH. Two of my former ACMH colleagues who are now currently working with Pathway Home teams (Ariane & Kristen) told me about the PH program. When I returned from Arizona I had started working with families with Alzheimer’s, but I missed being in the field and working in a case management type position. PH seemed like a good fit.”

**Me: How do you like working for the Pathway Team?**

**Nicole:** “I love the work I’m doing. I love community work and Advocacy. Over the last 5 years I have been very passionate about working with marginalized-underserved communities and PH has allowed me to continue helping this population.”

**Me: How do you like working for the Pathway Team?**

**Nicole:** “Putting my agenda to the side and keeping in mind what the participant’s goals are.”

**Me: One lesson you’d give to new pathway members?**

**Nicole:** “Be supportive, don’t give up on participants. Be consistent even with your support and allow people to lean on your strengths.”

# WHO INSPIRED YOU THIS MONTH?



My entire team inspires me!

Working with this amazing group of people, they are more than co-workers. They take the time out to help me with paperwork. How to write better and always telling me to go back to school. They push me in a good way, that my own family doesn't even take the time out to say encouraging words. When working with people that have a degree in mental health, coming from a different perspective, we sit and talk which helps me see things in a different light. They always tell me that I do the same thing for them, that is why I'm still here on this team and don't plan to leave. Even when it come to my wellness as a peer they will stop and talk with me. If they feel that I'm doing too much they stop me from working too much. They know when something is on my mind that has me pre-occupied and are there to listen.

When I first started on this team, Kristen (BPC team) and I spent a lot of time together and I learned so much from her. I watched her go back to school.

When I'm at BPC, Monisa always helps me. I get to discuss situations with her and she always finds the time to answer my questions.

LaCharm is so helpful at the office. Even though she is not in mental health, her patience is amazing.

Peers: Angela, Dustin, Nyasia and Edward; words can't express how I feel about them. They are always there, not only for work issues but in my personal life. This is an amazing group of people that I have come to love and respect.

- Gerald Washington, Peer Specialist

Dear Ariane,  
 You have been one of the biggest supports I've ever had in my entire life! I appreciate you more than you'll probably ever realize! I couldn't have stayed out of the hospital for this long without you. Goodbyes SUCK, I hate them so much! However, I can promise you that I'll never forget the work we've done together! It shall remind me that there's always hope no matter how chaotic things seem. I'm going to really miss you! You truly are an amazing person and an even more amazing social worker!  
 Thanks for helping me heal and grow!!! Wishing you a lifetime of love, peace, joy, and many granted wishes!  
 Best, ☺ ☺ ☺



Congrats!

We would like to congratulate Alison Haan on her engagement. She is a spectacular clinician and supervisor. She is sought after by staff inside and outside the program for ideas and interventions. She is a master at organization and prioritizing work and client needs. As a team leader she makes my job easier every day. - Joan Sass





# Things to Do: June Events



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## June Peer Meeting

Stay tune for more details from Sarah!



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## June iChoose Event

CBC is sponsoring the iChoose event focusing on new leading tech innovation live demos for consumers. Consumer will choose which platform they enjoy.

**iChoose event**  
Your vote matters  
*The consumers choice*

Raffle prizes \$50 Amazon gift cards

LIVE DEMOS of Healthcare apps  
Clients choose the app they want to pilot

Communication  
Empowerment  
Engagement  
Access

Food and Drinks

Grammy winning Trumpet artist

**Event Information**  
Wednesday, June 19, 2019  
3:00pm - 5:30pm  
Hostos Community College,  
150 Grand Concourse, 3<sup>rd</sup> floor  
Bronx, NY 0451

Registration:  
<https://www.eventbrite.com/e/ichoose-tickets-61692073653>

BRONX PARTNERS FOR HEALTHY COMMUNITIES  
 The Jewish Board  
 COORDINATED BEHAVIORAL CARE

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## June Nurses' Meeting

Our extraordinary team nurses will be meeting to discuss current methods, day to day enhancement and resources.



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## June All Staff Retreat

Join us for our 3rd annual all staff Pathway Home retreat! This year we will be at a Harlem location. Goodies and Prizes to be awarded.





# PH ORIENTATION HIGHLIGHTS





# Knowledge for Your Soul

May is Mental Health Awareness Month!



The ICL Pathway Home team took part in their annual walk with the American Foundation for Suicide Prevention. They joined thousands of people walking in hundreds of cities across the country in support of the AFSP's mission to save lives and reduce the suicide rate 20% by 2025. ICL was among the top fundraisers for the second year in a row in NYC's Out of the Darkness Campus Walk. ICL also joined the AFSP's #realconvo campaign on social media, creating posts to promote mental health awareness, including a Public Service Announcement video which can be viewed using the link below.

Donations are being accepted through June to help those affected by suicide.

To donate, please visit <https://afsp.donordrive.com/index.cfm?fuseaction=donordrive>.



# Sprinkle: Sirina's Surprise Baby Shower

**Congrats for mom to be Sirinal Wishing you a healthy delivery and babygirl!**







Coming soon Summer 2019