

Dear Friends of Pathways:

Greetings. With the holiday season near, the Pathways staff send good thoughts and wishes to you and your family.

Pathways continues its journey in the evolution of addiction treatment. We are excited about our new patient-centered approach to care in which patients are vested in changing their lives.

Through personalized care



Brent McCraw

for each patient, Pathways has opened the door for patients to become fully involved in their future and their reconnection with self and community.

I am pleased to introduce Brian Suchochi, our newest counselor at Pathways. Brian is already making an impact on our program. Welcome Brian.

Please mark your calendars and plan to attend our annual holiday party on Sunday, December 7. As always there will be good food, fun and fellowship as we celebrate recovery together.

I hope to see you all there, and I wish you peace.



Brent A. McCraw, M.Ed.
Director



Pathways Treatment Center: In the business of change

By Brent McCraw, M.Ed., Director, Pathways Treatment Center

In its continuing effort to improve the quality of care, Pathways Treatment Center is offering new avenues for persons to experience a new beginning in recovery.

Fundamentally based in the business of treating disease, Pathways historically has managed the disease of addiction through a traditional prescription of program-driven treatment, a 12-step philosophy, emphasis on rules and confrontation of denial.

As treatment has evolved, Pathways staff has rethought its process of addiction treatment. While still embracing the 12-step philosophy, Pathways staff has recognized it is essentially in the business of change—that the best addiction treatment comes from engaging patients in the process of change so that they can experience new beginnings in their lives. Now, treatment at Pathways encompasses motivational enhancement, patient-centered treatment, patient autonomy, eclectic therapies, an emphasis on the therapeutic community and staff innovation.

How do people change?

At the heart of the matter is the question, “How do people change?” The transtheoretical model of behavioral change by psychologists James



Alumni: You Are Cordially Invited

24th Annual
Holiday Party

Sunday
December 7

Registration
3:30 p.m.

Speaker
4 p.m.

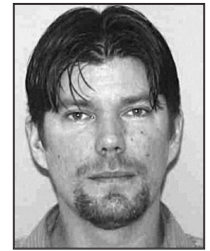
Hors d'oeuvres
& Reception
5 to 7 p.m.

Craddock Auditorium
Centra Virginia Baptist
Hospital

RSVP by December 2
434.200.4455

Suchocki joins Pathways as counselor

Brian Suchocki, M.Ed., is Pathways newest counselor. He holds a bachelor of arts degree in sociology from Bloomsburg University in Pennsylvania and received his master of education degree in counseling from Lynchburg College.



Brian Suchocki

Suchocki worked at an inpatient adolescent drug and alcohol treatment center in Pennsylvania prior to moving to Virginia. He then worked at Centra Rivermont School in Lynchburg before joining Pathways.

Suchocki is a member of Chi Sigma Iota and Alpha Kappa Delta, the international sociology honor society.

Change *continued*

Prochaska, Ph.D., and Carlo DiClemente, Ph.D., describes a model of change with five stages: precontemplation, contemplation, preparation, action and maintenance. As people move through these stages of change, their awareness of the need for change and commitment to change increases.

People naturally resist change. When persons with substance use disorders consider treatment or recovery, they typically resist—DENIAL, we say. Traditional addiction treatment sought to break denial through confrontation. Motivational enhancement views resistance as a defense mechanism reinforced by confrontation. In this approach, resistance to change is reduced by establishing collaborative relationships (staff and peers), building trust and safety rather than confrontation.

Pathways is moving from a programmatic form of treatment, in which every patient followed the same treatment plan, to treatment plans customized to each patient. Pathways considers each patient and situation, then delivers the appropriate care and services. Patient-centered care, the standard in mental health counseling, is being adopted in the field of addiction treatment.

Control issues

Issues of control are front and center in addiction, in families where addiction is present and, not surprisingly, in treatment centers.

Historically, treatment centers asserted control because the patient was assumed to be out of control. Patients are given more responsibility in the new approaches at Pathways. Patients are expected to meaningfully engage in their own treatment and to make positive contributions to the treatment of their peers. This is a radical change in the way in which Pathways services are offered, the difference between a program that exerts control to a program that respects patient autonomy.

The business of change is ever evolving. And so it is and will continue to be at Pathways. As we are able to engage patients in the process of change, provide individualized care and create a collaborative community, patients will learn disease management, will reconnect to self and others and will begin to experience the freedom of recovery.

Along The Path

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For more information about the Mental Health Services division, please call 434.200.4447.

For referrals or admissions, call Pathways Treatment Center, 434.200.4455, or toll-free, 866.749.4455.



C E N T R A

www.recoveratpathways.com