

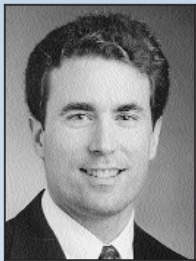
# Along The Path

Vol. 2, No. 1

www.centrahealth.com

**G**reetings...

As I peer out my window at Pathways and see the fresh green leaves and newly budding flowers, I'm reminded that spring is a time of rebirth. I hope that spring provides a time of renewal for each of you.



**Brent McCraw**

Welcome to the third issue of *Along The Path*, a newsletter for friends and alumni of Pathways Treatment Center.

Please mark your calendars for the second alumni Summer Festival, June 19 at Virginia Baptist Hospital. Last year, we enjoyed ice cream and watermelon, a recovery speaker and games on the lawn. We look forward to an afternoon of celebration with you.

In this issue, you'll find an article by Robert Smith on service. His article reflects the 12-step wisdom, and service is one of the keys to recovery. Robert's professional life exemplifies this value, and I'm grateful for his service to Pathways.

Also read about some of the changes at Pathways this year.

I am hoping to hear from you, and I wish you peace.

Brent A. McCraw, M.Ed.  
Director

## "No labor, however humble, is dishonoring" A path to recovery through service

By Robert Smith, M.Ed., C.S.A.C., Counselor  
Pathways Treatment Center

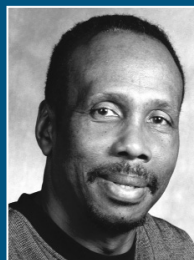
Both Alcoholics Anonymous and Narcotics Anonymous are sustained by the legacy of service. Without the dedicated service work of their members, neither fellowship would exist to provide the invaluable contributions to society, members and family of those in recovery.

One recovery paradox states that "you can't keep it unless you give it away." One way to enhance one's own recovery is to make recovery available to others. I salute the Pathways alumni who are not only engaged in service work in central Virginia and elsewhere, but who have been instrumental in founding several support groups.

Home group participation is an excellent way to become involved in service work. When smoking was the norm at recovery meetings, the adage that sobriety/recovery could be found under every ashtray indicated how the simplest of tasks were highly correlated to continuous sobriety/recovery.

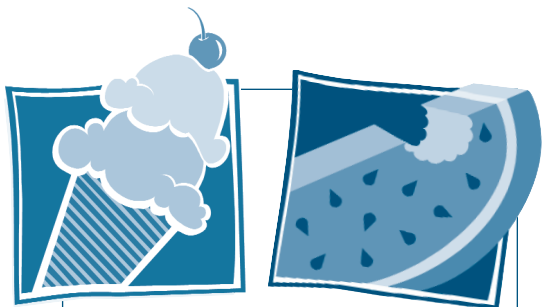
The April 13 meditation in *Keep It Simple* (the daily meditation book at

*Continued on the back*



**Robert Smith**

Robert Smith is outpatient counselor with Pathways Treatment Center. A certified substance abuse counselor, he holds two associate's degrees from Central Virginia Community College as well as a bachelor of arts in history and a master of education from Lynchburg College. In addition, Robert was presented the Outstanding Alumnus Award by Central Virginia Community College and the Citizen Achievement Award by the NAACP for his service to the community and academic excellence.



# New program at Pathways

Pathways made some significant changes related to its business model, effective January 2004.

Because of declining insurance reimbursement, Pathways has officially closed its residential program. Keeping with its history of changing with the times, the center has re-engineered its services to meet the needs of patients.

“Overall, the changes lower the cost of treatment and ensure Pathways financial viability for the future, while preserving high standards of care,” said Brent McCraw, director. “From the patient’s perspective, very little has changed.”

Services are now delivered in day treatment and intensive outpatient levels of care. In conjunction with these formal levels of care, Pathways offers onsite hotel services, which enable patients to live in the treatment center for a small boarding fee. Insurance covers day treatment and intensive outpatient clinical services. With the new hotel services, Pathways continues to accept patients from outside central Virginia.

Additionally, Pathways has expanded the use of ambulatory (outpatient) detoxification services. Clinical care provided by Pathways counselors has not changed, and gender specific treatment and the family and continuing care programs are still available.

“Pathways is grateful to its alumni for the many referrals they make to the treatment center each year,” said McCraw. “I wish to thank each and every one of them for their support.”

*Mark your calendars!*

## The Alumni Summer Festival

*Saturday, June 19*

*Virginia Baptist Hospital*

- 1:45 p.m. . Registration  
Daytime Center/  
Barker Cowling  
Second Floor
- 2:00 . . . . . Speakers
- 3:00 . . . . . Fellowship and  
games on the lawn
- 4:30 . . . . . Adjourn

Join us for an afternoon of celebration. We anticipate good food, music, horseshoes, badminton, frisbee golf and lots of fun. We'll move inside in the event of rain. RSVP by June 15 at (434) 947-4455.

## A path to recovery through service

*Continued from the front*

Pathways) reads: “No labor, however humble, is dishonoring.” The home group is that special group where recovering persons feel acceptance. With this acceptance comes the freedom from the isolation and secrecy associated with alcoholism/addiction. As their addictions progressed, many became isolated from family and real friends. The home group allows members to initiate healthy relationships with others interested in recovery.

It is usually the fellow home group member who encourages by example newcomers to become involved in service work. Service work is good for the heart and mind, enabling a recovering person the opportunity to participate in his or her own recovery. Home group members participate in decisions about the group’s spending, responsibilities, meetings and activities.

I am reminded of the reading from *Living Sober* that states you can sit in the henhouse all day, but it won’t make you a chicken. You can attend Alcoholics Anonymous and Narcotic Anonymous meetings, but until you get involved in service, you are merely a spectator in your own recovery.

The spirit and mindset of recovery are captured in the essence of an old African proverb that exhorts us to move our feet when we pray. Praying for recovery is great, but the greatest recovery is attained by those who embrace the spiritual principles of service.

Once again, I salute our Pathways alumni, and I invite all of you to attend alumni panel meetings on Wednesdays at 6:30 p.m.

### *Along The Path*

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For more information about the Mental Health Services division, please call (434) 947-4447.

For referrals or admissions, call Pathways Treatment Center at (434) 947-4455 or toll-free, (866) 749-4455.

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