

Pathway To Hope

**Out of the depths of darkness and fear,
despondent people are finding it's clear
there are others who care
and are willing to share
their time and experience in the
mental health field.**

**When you feel that your life has to yield
to the demands of the illness,
and you can't cope...**

Let us help you find your pathway to hope.

DONATIONS ACCEPTED

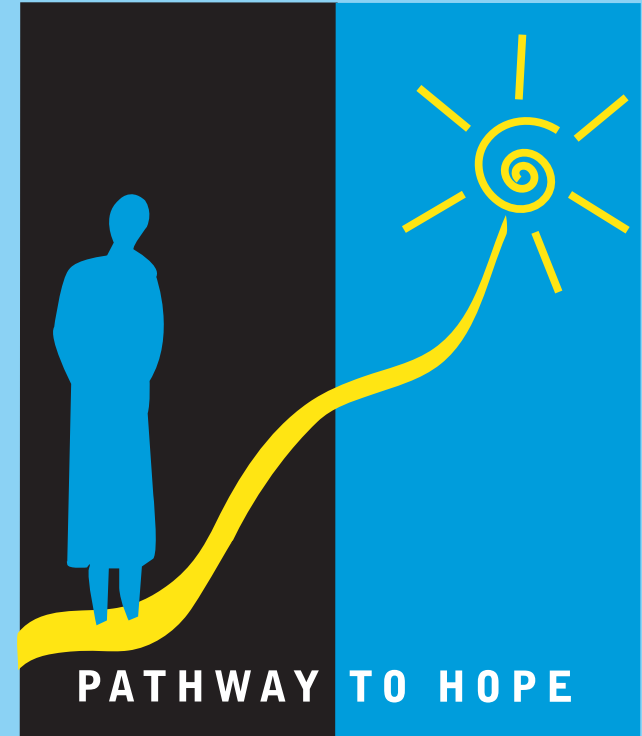


PATHWAY TO HOPE

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Pathway To Hope is a
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MENTAL ILLNESS... WHAT NOW?



PATHWAY TO HOPE

Transforming Lives
of the Mentally Ill

PATHWAY TO HOPE

encourages, educates,
and empowers
individuals and families
whose lives are affected
by mental illness.

- Schizophrenia
- Bipolar
- Depression
- Asperger Syndrome
- Pervasive Developmental Disorder
- Schizo-Affective Disorder
- Obsessive Compulsive Disorder
- Panic Anxiety Disorder
- Borderline Personality Disorder
- Self-Mutilation
- Eating Disorders
- Dual Diagnosis
- Mental Illness & Substance Abuse



Pathway to Hope is an invaluable organization providing a tremendous service to survivors, family members and the community. It changed my life.

Lynelle Vondergeest
Survivor Council President

PROGRAMS TO HELP YOU

Exists to **encourage, educate, and empower** those whose lives are affected by mental illness:

- **With Hope in Mind Class** - free
- **With Hope in Mind: Beginnings Class** - free
- **MANDT Support Training**
- **KANSASWORKS** - free
- **Suicide Support Group**
- **Advocacy & Advice**
- **On-Line Forums**

THE MANDT SYSTEM®

- Designed to help in de-escalating yourself & other people when either have difficulty in managing their behavior
- Goal is to reduce potential for injury to all people involved in an interaction by using a graded system of alternatives in working with others
- Teaches appropriate use of physical intervention skills, so when physical interaction is needed, it is used only for the purpose of protection from harm

EDUCATION

With Hope in Mind

For family members of adults who live with mental illness

- 8 week course provides information on:
- Major medical aspects of mental illness
How the brain works
Medications
 - Communication
Crisis coping skills
How symptoms relate to behavior
 - Recovery and rehabilitations
 - Collaboration with professionals
 - Self Care
Caregiver
Loved one with mental illness
 - Advocacy

With Hope In Mind-Beginnings

Light For family members of children & adolescents who live with mental illness

- 6 week course provides information on:
- What life is like in the beginning stages
 - Mood Disorders
 - Visions, Voices, Developmental, Anxieties, Attention and Focusing
 - Eating Disorders, Behavior and Self-injurious Behaviors, Suicide
 - Record Keeping, Self-Care, Boundary Setting
 - Getting Cooperation, Interacting with School Systems, Child Justice, Psychiatrists, & more

SUPPORT

ADVOCACY & ADVICE

- Court
- Schools
- Related Agencies
- Life Skills
- Job Seeking

GROUPS

Weekly meeting offered for families & individuals living with a mental illness:

- Empathy
- Confront Fears
- Validation
- Caring and Sharing
- Social interaction
- Networking
- Resource Library
- Information on community services

GOALS

- Breaking through the stigma of mental illness by collaborating with:
Public Agencies
Employers
Churches
Educational Institutions
- Providing transitional housing
- Staffing a 24-hour crisis line

TRANSFORMING LIVES OF THE MENTALLY ILL

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