



SENIOR SUPPORT SERVICES

We help seniors find healthier ways to cope with social, emotional and relationship issues.

Our early in-home or on-site intervention and referral program is FREE of charge, for persons 60 years and older who have medication/substance misuse or emotional difficulties. We specialize in providing our senior clients with counseling and care management, assistance in dealing with the struggles related to substance abuse (prescription, medications, alcohol, and illegal drugs) and monitoring of clients who may be at risk for a relapse due to health issues or environmental stresses.



Coastal Behavioral Healthcare, Inc. is a 501(c) 3 not-for-profit corporation.



Our Mission:

To provide behavioral healthcare services that exceed expectations for quality, availability and satisfaction.

PATHWAYS TO HEALTH ACT PROGRAM

**6919 Outreach Way
North Port, FL 34287**

(941) 429-3705

Fax: (941) 429-3706

www.coastalbh.org

Pathways to Health
ACT PROGRAM
"60 and Beyond"



Caring for our Community



**6919 Outreach Way
Northport, FL 34287
(941) 429-3705
www.coastalbh.org**

OUR MISSION

To promote, develop, and support high quality assertive community treatment services to members of the senior population who are experiencing mental health issues. We promote recovery and empowerment through partnering, self determination and acceptance of personal choices.

HEALTHY AGING

Difficulties with mental health are not a normal part of aging. A senior that shows signs of memory loss, seems depressed or begins to act out of character, may be struggling with medication or substance misuse. Through early detection and diagnosis, medication/substance misuse can be successfully treated with individualized programs and services.



The **Pathways to Health Act Program** is designed to work with seniors by providing assistance in their continued treatment ... in their communities and in their homes!

“We strive to keep our senior clients close to home for treatment ... they have developed many memories and relationships within their community and it’s important that they remain close to those personal ties.”



WE ARE HERE TO HELP

If you or a loved one answers “Yes” to any of the following questions, it may be time to call us for more information:

1. In the last year have you tried to cut down on the drugs or medications that you use (including tobacco)?
2. In the last year have you used prescription or other drugs more than you meant to?
3. During the last month, have you been bothered by feelings of depression or hopelessness or just felt “down”?
4. During the past month, have you experienced a decrease in interest or pleasure in daily activities?

SERVICES

The **Pathways to Health ACT Program** is dedicated to the assistance of seniors who are dealing with persistent mental illness and who do not respond well to the traditional services offered by many community programs including outpatient or day treatment. Our individualized care includes:

- Activities and life skills
- Case management
- Medication management, administration and monitoring
- Housing assistance
- Linkage to primary care and dental services
- Individual and group therapy
- Psychiatric services
- Time Management



GOALS

This program is designed to assist people to live as independently as possible within the community, while seeking treatment. The program’s main focus is on the rehabilitation and recovery of the client by using individualized treatment plans. Goals include:

- Advocating for greater satisfaction and personal choices in all aspects of daily living
- Fostering physical and mental well being
- Nurturing healthy social relationships
- Reducing the number of hospitalizations
- Facilitating a reduction of symptoms
- Educating family on the problems faced by their aging loved one