

Here's The Scoop

Volume 2 Quarter 1
 2025

ON ALTERNATIVE PATHS, INC.

The Medina County Mental Health & Recovery Board (MHRB) is charged with ensuring a community-based continuum of care for mental health and substance use services that include prevention, intervention, crisis, treatment, and recovery services and support for the citizens of Medina County, as outlined in ORC 340.032. The MHRB does not deliver direct services, it contracts with a network of providers to deliver these services across the continuum of care. It



The Medina County Mental Health & Recovery Board works to meet local needs by Contracting for community services.

The Medina County MHRB enters into contracts with licensed and accredited community behavioral health providers for the provision of

is the responsibility of the MHRB to ensure the complete continuum of care is available as each provider may not deliver every service.

substance use and mental health prevention and treatment services, as well as recovery support. Within this contracting obligation, the MHRB is charged with considering cost-effectiveness as well as the quality of services and support. The MHRB also considers continu-



ity of care for clients when contracting with providers. Through this contracting process the MHRB remains accountable to the public and ensures that federal, state, and local funds are effectively utilized to provide access to critical mental health and substance use disorder services. Alternative Paths (AP) is the focus in this edition of The Scoop.

Alternative Paths, established in 1989, is a not-for-profit provider of community-based behav-

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ioral health services, whose main campus is in Medina. In addition to their Medina location, they have satellite offices in Lodi, Wadsworth, and as of FY2024, an additional satellite location in Brunswick. Alternative Paths is comprised of a multi-disciplinary team consisting of psychiatrists, psychologists, nurses, counselors, social workers, case managers, prevention staff, and community supportive psychiatric treatment professionals who work collaboratively to develop a plan of care appropriate to the needs of each individual they serve.

Alternative Paths is Medina County's agency for providing crisis services to residents through their 24/7 Crisis & Behavioral Health Helpline. The agency has traditionally specialized in treatment for adults and youth experiencing Serious Mental Illness (SMI), including schizophrenia, bipolar disorder, major depression, and other psychotic and personality disorders. AP also provides mental health and substance use services to individuals incarcerated in the Medina County Jail and Juvenile Detention Center. Alternative Paths has a full range of services for substance use disorders, which includes individual and group counseling, and a Medication-Assisted Treatment program. They provide counseling for youth with Serious Emotional Disturbances (SED) and child psychiatry services. New programming in FY2024 included the satellite expansion into

Brunswick, where counseling, case management, pharmacological management, nursing, and prevention services are offered. Additionally, in FY2024, Alternative Paths expanded their partnership with Hope Recovery Community, to offer peer support services to agency clients as well as individuals incarcerated at the Medina County Jail. Overall, in FY2024 Alternative Paths served 5,389 unique, unduplicated clients, and received 2,545 adult and 488 youth crisis calls.

The Medina County Mental Health & Recovery Board is grateful for the long-standing partnership with Alternative Paths. As you can see, AP plays an important role in the continuum of care that the MHRB has set up in Medina County.

Mental Health & Recovery Board Staff

Phillip Titterington, Executive Director

Tiffany Shelton-Kinney, Associate Director

Barbara Moxey, Office Manager

Kristen Hoffert-Leja, Finance Director

Kelley Domokos, Community Relations Director

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Services provided by Alternative Paths

- **Crisis Intervention Services:** Available 24 hours per day, 365 days per year by calling the **Medina County 24/7 Crisis & Behavioral Health Helpline at (330) 725-9195**. In addition, face-to-face crisis assessments for adults, adolescents, and children are conducted.
- **Adult and Youth Psychiatric Services:** AP's team of psychiatrists, advanced nurse practitioners, and psychiatric nurses are dedicated to each individual's diagnosis and treatment, including the purpose of any prescribed medications and possible side effects.
- **Adult and Youth Counseling Services:** Mental health counseling services are offered through individual or group sessions, using a variety of proven psychological methods.
- **Adult and Youth Substance Use Services:** Substance use counseling is offered through group or individual sessions. Case management is available for youth and adults, and

MHRB Board of Directors

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Medication Assisted Treatment (MAT) is available for adults.

- **Forensic Programming:** AP provides a wide array of services at the Medina County Jail and Juvenile Detention Center, in addition to being the provider for the Medina Juvenile Drug Court Program. Individuals are provided mental health and substance use screening and treatment. AP also provides court diversion services through Medina and Wadsworth Municipal Courts.
- **Community Outreach and Prevention:** AP provides prevention programming to county schools. They oversee the Medina County Coalition for Suicide Prevention, run the Medina County Opiate Response Team and the County's LOSS (Local Outreach of Suicide Survivor) Team.
- **Permanent Supportive Housing:** AP provides mental health services to permanent supportive housing units owned by the Medina County MHRB.
- **NEW! QbTest for ADHD:** Alternative Paths is the only behavioral health provider in the area certified to provide the QbTest to adults and youth, aged 6 to 60. This is the first FDA approved objective ADHD test. The test, created by Qbtech, will aid licensed providers when diagnosing and treating ADHD in children, adolescents, and adults. The data from the QbTest can be utilized to enable clinicians to determine treatment protocols more accurately and efficiently. This gives clients access to tailored treatment faster – an outcome that can increase the quality of life for clients.

Please call 330-725-9195 to schedule an appointment with Alternative Paths!

If you or someone you know is in crisis or needs behavioral health assistance, the Medina County MHRB wants to remind individuals they can contact:

Medina County's 24/7 Crisis & Behavioral Health Helpline at
330-725-9195 or call **988**

Additionally, if you are seeking recovery support, please call the 24/7 Hope Link peer line at **330-952-3559**



The Medina County Mental Health & Recovery Board's mission is to decrease stigma and provide hope for a better life by assuring the availability of high-quality services in the areas of mental health, substance use, and recovery support to all Medina County residents through planning, purchasing cost effective services to the extent resources are available, coordinating, and evaluating these services.