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## Pathways Behavioral Services

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## Introduction

I monitor and supervise clients who are in recovery from chemical dependence.

I am there to help them in their recovery by encouraging and guiding them through the process.

The journey through recovery is not easy but it is worth it to restore and heal their lives.

## The Job

- Record client's behaviors
- Distribute medications
- Lead groups (Values & Goal Setting)
- Interact with clients
- Transport them various places
- Play games
- Room searches
- Conduct urinary analysis and breathalyzers
- Client intakes

## Schedule

### WEEKDAYS

- Morning: Intensive group therapy
- Lunch
- Groups → tech led
- Dinner
- Activities or group
- Bedtime

### WEEKENDS

- Morning: Activity
- Lunch
- Visiting Hours/Free Time
- Groups → Tech led
- Dinner
- Group/Free Time
- Bedtime

## Mission Statement

“We are all faced with struggles in our lives—for one in four of us, mental health or behavioral illness is our challenge.

Pathways offers support to those struggling with mental health or addiction. With tools for recovery and prevention,

Pathways is here to guide you on your path to recovery. Don't let mental illness or addiction prevent you from being you. Live better with Pathways.”

## Training

### 5 Days of Training

- Training to learn how to meet the responsibilities of everyday work tasks.

### Medication Management

- Training course at Hawkeye Community College
- Learned how to properly hand out medication to clients
- Took an exam to pass this class at the end
- Earned a certificate at the end of the training

## Applying Prior Knowledge

My knowledge of psychology was able to help me understand where a person with an addiction may be coming from. I know that they did not choose to become addicted and that there are many changes that occurred in their brain when using substances or drinking. I can process certain emotions and circumstances with our clients by listening and encouraging them. This experience has also enhanced my knowledge of psychology. There were many times when clients would let their emotions take over and have a meltdown. They would yell over the phone and even at each other. I learned how to settle conflict between clients and talk to them about alternative ways to handle situations.



My co-worker, Brandon, and I

## What I Learned

I gained new knowledge about people recovering from substance abuse. Seeing the reality of an addiction and how hard it can be to overcome has been eye opening.

I have seen how hard it can be for people to obtain a job if they have a felony or no license because of their addiction. It is difficult to rebuild a life for themselves, but it is possible, and they must believe in themselves.

## For the Future

Working at Pathways has given me an improved understanding of what I want in the future. I have enjoyed being able to talk to clients about their lives and problems. This advances my desire to become a mental health counselor in the future. I have considered becoming a substance abuse counselor but still feel that mental health is my passion.



Outside view of Pathways

## Favorite Part

The best part of this experience was being able to talk to clients and hear about stories from their lives. I am happy that I was able to be a part of their life when things were hard, but they were full of hope for a better future.

I enjoyed getting to know more about my co-workers and other staff. I had a lot of time to learn more about them and why they decided to work at Pathways.

## Acknowledgement

I would like to thank Carolyn Hildebrandt for encouraging me and helping me along the way of this internship.

I would also like to thank Pathways Behavioral Services for giving me the chance to have an internship and learning new skills.