



**Pathways Greatly Impacts the Mental and Physical Health of its Patients with
Health Care Home Model**

Mental Health Providers and Primary Care Doctors Coordinate to Maximize Patient Outcomes

PRESS RELEASE

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Pathways Community Behavioral Healthcare, Inc., doesn't provide mental health services in a vacuum. Instead, the community mental health center integrates a coordinated system—the health care home—that treats the entire individual. The outcome is simple: impacting the overall health of the patient.

Individuals with mental illness are more likely to suffer from diabetes, obesity and other chronic illnesses that cause premature death at a rate of 25 years earlier than individuals without mental illness.

When psychiatrist and health care providers don't communicate, the consequences can be adverse for the patient. For example, side effects from certain antipsychotic drugs may cause weight gain and increase a patient's risk for diabetes and other metabolic disorders.

Conversely, when mentally ill patients have access to behavioral, social and medical services, incidences of repeat hospital visits by way of the ER, incarceration, homelessness, and mortality rates are reduced.

"We know that the predominant cause of death is not mental illness but co-existing medical conditions such as heart disease and diabetes, among others," said Mel Fetter, Pathways' CEO. "With the health care home model, which is supported by case management, we are able to provide comprehensive care for their mental and physical health."

The Health Care Home

The health care home model incorporates:

- Comprehensive care management

- Care coordination and health promotion
- Comprehensive transitional care which may consist of follow-ups from inpatient throughout outpatient care
- Patient and family support
- Community and support service referrals
- Health information technology to increase access to care

“The health care home enables us to improve health outcomes, reduce health care costs associated with ER use as the primary route for access to care, and reduce hospitalization,” Fetter said. “This coordinated approach allows us improve the patient’s overall health.”

-Pathways-

About Pathways

Midwest Behavioral Healthcare Management, Inc. is the parent company of Pathways Community Behavioral Healthcare, Inc., and Royal Oaks Hospital, located in Windsor, MO. Together, the non-profit community behavioral healthcare center with 32 offices throughout 36 counties in Missouri and the 41-bed behavioral health hospital, provide a full continuum of evidence-based behavioral health services for children, adolescents and adults. Services include comprehensive psychiatric treatment, addiction recovery, and crisis & prevention services. Pathways has been providing behavioral health services for over 30 years. For the Children Foundation, the primary funding-raising arm of Midwest Behavioral Healthcare Management, Inc., raises money for children who suffer with behavioral issues but have no way to pay for treatment. Funds raised by the Foundation help children receive needed services at Pathways and Royal Oaks.