



Pathways Community Health Counselor Shares Compelling Testimony at Senate Committee Meeting in Jefferson City

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Glenda Walden is a recovering alcoholic as well as a substance abuse treatment provider for Pathways Community Health. She represented both aspects of her life as a speaker at the Senate Committee Tuesday, January 10, 2012 in Jefferson City.

“On December 26, 1988, a young military wife lay in bed while her two young children slept in the next room, and in desperation prayed that God would take her life. She could not imagine another day filled with drinking and she couldn’t imagine facing life without ever drinking again. I was that young woman and my road to recovery would be tenuous because of a lack of substance abuse services or community based services,” said Walden as she presented her testimony. With the support of a recovering community, Walden not only stayed sober, but became a productive, voting, tax-paying member of her community. Now, some 20 years later, as a Licensed Professional Counselor, she has dedicated her professional life to assisting others in recovering from addiction.

Unfortunately, substance abuse and addiction is even more prevalent across all age groups with a growing number of people who also suffer with both mental illness and substance abuse. “I am grateful today for community mental health centers like Pathways, who receive limited state funding to offer treatment programs to underserved populations.”

Along with community mental health centers, DWI/Drug Court programs also receive limited funding to promote recovery rather than incarceration. United Way also provides limited funding for mental health services to those who can’t afford care. But the key theme is LIMITED.

Not everyone is able to recover through a twelve step program, and as successful as these programs are at helping people remain abstinent, they are not structured to meet the multitude of needs that many newly recovered people have such as housing, parenting skills training and education.

“We are not just statistics, but real people with real stories, people who are strong, courageous, and responsible. It is my hope that others will be inspired by my story and consider what they can do personally and professionally to make a difference in the lives of people recovering here in Missouri, people who have the potential to change the lives of others someday, people who have a lot to offer this state, people like me,” said Walden as she ended her Senate Committee testimony.

About Pathways

Compass Health is the parent company of Pathways Community Health and Royal Oaks Hospital. Together, the non-profit community behavioral healthcare center with 34 offices throughout 36 counties in Missouri and the 41-bed behavioral health hospital located in Windsor, MO, 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 Compass Health 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.

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