



Pathfinder

*A road to independence
and a life worth living*



Menninger®





Pathfinder promotes the community integration model of mental health treatment that supports clients where they live, participate in the community, work or attend college. Clients pursue opportunities that allow them to take important steps in advancing on their own path that will bring them joy and greater stability with clarity of goals, values and personal identity.

Our aim is to provide therapy, coaching and structure to help our clients discover a better life for themselves and be able to achieve it.

Proven Approach

Pathfinder adheres to the Menninger tradition of individualized mental health care that supports well-being in all aspects of life. The team of mental health professionals is specially prepared to assist adults who are seeking to live on their own but are struggling by avoiding the stress and angst of real life as they adjust to managing their

depression, bipolar disorder, substance use, anxiety or personality disorders, symptoms of traumatic events or losses, or conditions such as Asperger's Syndrome and learning differences.



One of the team's strengths is its capacity and experience in working with a wide range of people and challenges with the attachment-based model, using the power of personal relationships to leverage change. The team and client collaborate on making positive changes over three months or more so the client will thrive in their community, education or career, and social network.

Supportive Community

Our intensive programming is located in one of Houston's most

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Social and fitness activities are vital components of Pathfinder's structured and self-guided rehabilitation for clients.

pleasant, walkable and safe neighborhoods at 6912 Stella Link. Pathfinder is proximate to the Texas Medical Center and The Menninger Clinic as well as the well-appointed apartment community at Camden Vanderbilt, 7171 Buffalo Speedway.

Both our offices and the apartments are within a short



Camden Vanderbilt Apartments

distance to coffee shops, restaurants, bookstores, personal services, groceries and other amenities. Pathfinder staff members provide transportation throughout its neighborhood and across Houston, provide bicycles for clients to use and allow clients to drive their own vehicle.

At the apartments, our highly trained resident advisors are located onsite, providing real-time supervision, coaching, camaraderie and support in times of stress, success and decisions.





The clinical team is comprised of psychologists, social workers, addictions counselors and peer recovery specialists, therapists, dietitians and vocational rehabilitation specialists. Our resident advisors have bachelor's or master's degrees in social sciences and serve as an extension of Pathfinder's clinical team when clients are outside our office. It's our belief that what takes place in the community is as much a part of the preparation for living independently as the therapeutic work that takes place at Pathfinder.

Interaction with other clients at Pathfinder provides vital encounters and feedback that prepare the client for independent living and healthy social relationships. Pathfinder clients also draw support from multiple health care professionals, including art and music therapists, yoga instructors, physicians and other specialists. The multi-layered support team guides clients' capacity and confidence for making strong, healthy decisions as they go through real-life experiences on their own.

In Jenny's Words

"Today is the first anniversary since I left Pathfinder. My first thought when I woke up this morning was "wow, how far I've come!" My first feeling was of gratitude to the team at Menninger who guided me, to the Hope and Pathfinder peers who supported me, to the friends who stood by me, to life for being so awe-inspiring when you believe in it and to myself for having found the strength to give birth to myself and flourish.



"The last few months have been the happiest in my life—happy beyond what I ever imagined possible ... Thank you for teaching me that life is worth living, that I am worth living the life I want and that nothing is out of reach when you know where to search for it and who to share it with."

Jenny started her Menninger care in Hope's inpatient program and transitioned to Pathfinder before returning home.





Typical furnished apartment living area at Camden Vanderbilt apartment community

Superb Value

The team works with each client to develop an individual plan for recovery. The pieces of the plan may change over time—at the pace appropriate for that client—as his or her priorities for recovery shift.

Our program allows us to work on an individual basis with clients when and where they need it, and it gives clients the opportunity to learn to navigate their social life and other aspects of living with their new recovery plan.

Phase 1 of Pathfinder includes supervised and supportive apartment living at a cost of \$9,100 per two-week period. Phase 2 of the program is designed for when the client and the team believe he or she is clinically prepared to begin living independently while continuing



to participate in the day programming. This rate is \$6,580 per two-week period. To ensure a successful treatment experience at Pathfinder, we ask that clients plan on participating at least three months. We have found that five months is the average combined length of stay for both phases.



Other personal costs may include a psychiatrist, medication, most meals, education tuition and leisure activity expenses.

Pathfinder Weekly Program Schedule (subject to change) ■ Addiction ■ Supported living, employment & education ■ Group therapy or education				
Time	Monday	Tuesday	Wednesday	Thursday
8 am	12-step meetings, gym, breakfast	At apartment: clean, laundry, breakfast	12-step meetings, gym, breakfast	At apartment: clean, laundry, breakfast
9 am	PATH: motivation, values & weekend review	Acceptance & commitment (ACT)	Professional Development, rounds	Narrative psychology
10 am	DBT	Group psychotherapy	DBT	Shame resilience, rounds
11 am	Healthy relationships group	Mentalizing & attachment group	Gender & LGBTQ issues group	Community meeting
Noon	Lunch	Lunch	Lunch Eating disorders group	Social integration, community lunch
1 pm	CD process group	Trauma group	CD psychoeducation	Therapeutic outing all clients & staff
2 pm	Volunteer at food bank	Volunteering at food bank	Volunteer at Friends for Life	
3 pm	Monday through Friday, 3 to 5 pm: Rounds, individual therapy, psychiatric rehabilitation appointment, off-site psychiatry appointment Supported employment or education, tutoring, study skills, career interests, resume development, job search, career maintenance SMART Recovery			
4 pm				
5 pm	All Recovery meeting, meal planning	Workout, cooking with apartment group	Workout, study, game night	Workout
6 pm	Refuge Recovery, dinner, workout	Apartment dinner	Independent dinner & errands	Independent dinner & errands
7 pm	12-step meetings, leisure exposure	12-step meetings, leisure practice	12-step meetings, leisure mastery	12-step meetings, leisure maintenance



Empowerment and Recovery

The sample schedule below includes DBT, ACT and CBT; mentalizing skills-building and process groups; harm reduction; weekly rounding with various members of the staff for developing treatment goals and addressing personal issues; as well as individual and family therapy. Structured activities and planned outings with staff—

individually and with other Pathfinder clients—offer ways of addressing treatment goals and managing real-life triggers and stressful situations.

Clients working on addiction recovery have access to Smart Recovery, Refuge Recovery and 12-step groups, peer recovery support and other evidence-based approaches.

Weekly Programming			
■ Individual programming ■ Wellness & recreation			
Friday	Saturday	Sunday	Time
12-step meetings gym, breakfast	Rest & relaxation	Rest & relaxation	8 am
PATH: measuring & reinforcement	At apartment: clean, empty refrigerator	Prepare for week	9 am
Group psychotherapy	Self-care group	Spiritual consultation with the Menninger Chaplain upon request	10 am
Leveraging strengths, CBT	Out and about: volunteer at food bank, bowling, zoo, aquarium, kickball, NASA, Houston Astros, Fine Arts Museum, rock climbing, gym, Discovery Green activity, roller skating, concert, day trip, pottery class, cooking class, painting class, leisure, etc.	Brunch/lunch, higher power hour	11 am
Lunch		Around town: pop-up cafe, farmers' market, parks, shopping, karaoke, etc.	Noon
Relapse prevention		12-step meetings at Menninger	1 pm
Volunteer and service work			2 pm
		Meal planning & grocery shopping, errands, calendar planning	3 pm
		TV or movie viewing, social media, reading, reconnect	4 pm
Workout		Week in review	5 pm
Independent dinner & errands	Dinner out	Group gratitude dinner	6 pm
12-step meetings, weekend kickoff	12-step meetings, night out with clients & friends	12-step meetings, leisure pursuits, reconnect with family & friends	7 pm

“My vocational counselor helped me figure out my core values, which led to my realization that I wanted to become a teacher. It was like a light went off in my head.”

Andrew came to Pathfinder from his outpatient provider.

Pathfinder Team Leaders



Mary Oxford, PhD
Program Director



Mychal Riley,
LCSW, LCDC-I
Clinical Program Manager



Elissa Bauer, MEd, LPC
Operations Program
Manager

Call today to learn more about our program or to take a tour.
713-275-5400

MenningerClinic.org

Pathfinder is located in its own facility at:
6912 Stella Link
Houston, Texas 77025



Menninger®