



July 2021

A Message from the President & CEO

Dear Pathway Homes Supporters,

It's a new season and Pathway Homes is excited to announce our urban gardening renaissance! Urban gardening has long been a strategy to reclaim communities in times of depression, but we see it as a new pathway to provide socialization, employment opportunities, and education about the importance of, and connection between, good nutrition and good mental health.



While we emerge from a long pandemic and civil unrest, many of the individuals we serve have been largely isolated from their families and social networks, including many congregate therapeutic activities. A garden normalizes our environment and provides new ways of creating positive outcomes for those we serve. Our urban gardening venture will teach individuals about the importance of nutrition in developing and sustaining good mental health and will also provide a healthier lifestyle in their quest to experience the good life.

James Settle is an individual Pathway Homes serves, who is anticipating the opportunity to work in the urban garden. James said recently, "I would like to grow spices. I really like to cook, and nothing would be better than fresh spices and vegetables that I could make. Gardening is something that can keep my mind occupied and I really do better when I have something to occupy my mind. I am really excited for this big event and to have the garden."

Nutrition is often devalued as a significant ingredient in recovery, because in general, when people think about nutrition they think about physical health. However, nutrition is a fundamental component of one's mental health as well. A healthy mind and body are essential elements in coping with mental health and substance use issues and physical and mental health are closely linked. Research also shows that mental health disorders are associated with the risk, management, and progression of diseases such as diabetes, hypertension, stroke, heart disease, and cancer. Mental health disorders often precede chronic

health issues, while chronic diseases intensify symptoms of mental health disorders. This cycle hinders the treatment and recovery from either challenge. At Pathway Homes, we recognize that addressing mental health should be an important component of all disease prevention and treatment efforts.

Thanks to the generous volunteers from Fannie Mae and Bernstein Management Corporation, Pathway Homes is installing raised home garden beds to be used by the individuals we serve. These raised garden beds address mobility challenges and provide added flexibility in crop decisions, including moving or removing certain herbs and plants depending on weather conditions, or other environmental factors.

When there is a harvest, it is a self-fulfilling reinforcement that increases self-efficacy and self-confidence. Through motivational engagement and by planting seeds of encouragement, we look forward to developing a garden-based nutritional opportunity that will significantly help those recovering from mental health conditions, and addiction. We envision using this venture to also contribute to our region as a reliable, healthy food source while promoting enhanced lifestyle choices, positive behavioral change, overall wellbeing, employment, and sustained recovery.

We could not offer these free services to those we serve without your generous support and dedication to our mission. We ask that you continue to identify Pathway Homes as one of your charitable priorities. We value your continued investment in our cause and encourage you to help us re-imagine a better path forward. Thank you for helping us grow something new and special...and healthy!



Sylisa Lambert-Woodard, EdD, LCSW, LSATP, MAC

“Pathway Homes embodies the spirit of recovery: embracing an attitude of hope, self-determination and partnering with each individual on their personal journey toward achieving self-fulfillment and realizing their dreams.

We fulfill our mission by making available to individuals with mental illness and co-occurring disabilities a variety of non-time-limited, affordable housing, and services to enable them to realize their individual potential.”

- Pathway Homes Mission

Make a Gift Here!

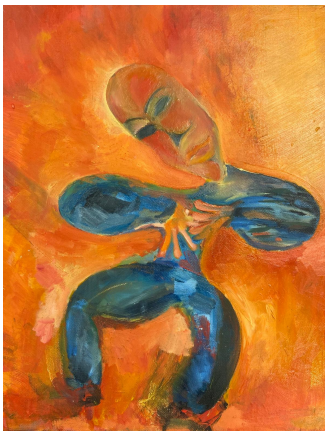
In His Own Words: Pathway Homes' Summer of the Arts 2021 Abstract and Expressionism Artist

by Alexander Botts

My name is Alexander Botts. I got involved with Pathway Homes two years ago when I was seeking out more therapy. I got referred to Traci who is my counselor. We started doing consultations together. I live in Ashburn, VA with my brother and parents.



I have been participating in Pathway Homes' Summer of the Arts for the last two years. In 2020, I put 3 pieces in the art show. This year, I entered four different pieces. I have been doing art for 15 years. My first art show was when I attended Briar Woods High school. It was held at the Dulles Town Center. I also studied art at Virginia Commonwealth University. My specialty is abstract and expressionism art. I typically paint on canvas with oil and acrylic paints. When I begin a piece, sometimes I have an idea and other times I create it from natural inspiration and impulses. My inspiration as an artist is modern art from the 1920's. I also listen to jazz which puts me in the right mood. I am influenced by certain African American artists, such as Mark Bradford and Jean-Michel Basquiat. Bradford is well-known for his modern abstract works that combine paint and collage. He is also a performance artist. Bradford's materials were often seen on the street. Basquiat was an influential artist who rose to success during the 1980s. Regarded as one of the most influential artists of the 20th century, he was part of the Neo-expressionism movement. Basquiat's paintings are largely responsible for elevating graffiti artists into the realm of the New York gallery scene.



My life is better now since receiving services from Pathway Homes. I volunteer and attend support groups. I am more active in the community and have made more friends. I create more art, write, and read. I produce art every couple of days. I draw in my sketch book and make designs. I am excited to see the Summer of the Arts exhibit at the Vienna Art Society gallery. As for my goals for the future, I want to travel, learn more about cooking, meet some new people and of course focus on my art by taking more art classes.

You can view and purchase Alexander's art at www.sota.pathwayhomes.org or at the Vienna Arts Society located at 513 Maple Ave. W #1. Vienna, VA 22180. The art show is free and open to the public Monday-Saturday, 9:00

am – 5:00 pm until July 28th.

Picture 1: Alexander Botts

Picture 2: "The Clown" by Alexander Botts. Available for purchase on sota.pathwayhomes.org

EVENT: 9th Annual Summer of the Arts



Calling all art lovers and supporters!

Pathway Homes' 9th Annual Summer of the Arts Exhibition is now open! This event showcases the raw talent and creativity of Pathways' residents and is on now through July 28th. On display are paintings, sketches, photographs, poems, bracelets, and other crafts. Please join us in supporting Pathways' residents.



Supporting the individuals who create these pieces contribute to making their dreams of stability and self-sufficiency a reality. This support also allows these individuals to express themselves freely. Designing these pieces of art allows the artists to be creative and channel their raw talent into making stunning displays of work. In addition, this creative process can be therapeutic in the process of recovery from mental illnesses. Creating meaningful pieces from one's ideas and vision, allows these individuals to increase their self-esteem and further enhance their resilience.



The Exhibition honors Karen Free, a long-time resident of Pathway Homes and an accomplished artist, who passed away in 2011. In memory of Karen's love of art and culture, the Free family established the Karen Free Art and Recreation Recovery Fund to spur cultural awareness and expand artistic opportunities for residents of Pathway Homes.

The canvases and framed pieces can be seen at the Vienna Arts Society's Village Green Gallery, located at 513 Maple Avenue West, Vienna, VA, 22180, Monday to Saturday from 9 am to 5 pm. Admission is free.

The crafts are on display at the Vienna Arts Society's gift shop located at 243 Church Street NW, Suite 100 LL, Vienna, VA 22180, open Wednesday to Saturday from 12 noon to 4 pm.

If you are interested in viewing or purchasing these pieces, please visit the art gallery or gift shop. All sales go directly to the artists and benefit them financially. COVID-19 restrictions limit two individuals in the gift shop at a time. Masks and social distancing are required.

If you are unable to visit the sites, we have provided a virtual gallery option. You can access the gallery by using this link:

<https://www.sota.pathwayhomes.org>.

We thank you for supporting Pathway Homes and your community! Your generous contribution truly makes a difference.

1st Pictured: "Still Life with Pears and Flowers" by Paula Weidmann

2nd Pictured: "Lion Pride" by Karen Free

3rd Pictured: "Spring Bouquet" by Patricia Fix



EVENT: Community Garden at a Pathway Residence

Join local officials, residents, and other friends of Pathway Homes, in a ribbon-cutting ceremony for our Community Garden.

We are excited to unveil our community garden at a Pathway Homes' site in Herndon and invite you to attend on Thursday, July 22nd from 10:00 a.m. to 10:30 a.m.

We are excited to show you an aspect of our work in supporting individuals experiencing mental illnesses. We hope you can join us to celebrate one of the many steps we take to promote healthy and quality living for those we are privileged to serve.

Contact Liz Susla at lsusla@pathwayhomes.org for more information.



EVENT: Annual Steps to Pathways Breakfast



PATHWAY HOMES, INC.
Supportive Residential Mental Health Services

Save the Date Annual Steps to Pathways Breakfast

Virtual option available

October 27, 2021

Starting at 8:30 am EST

Chantilly National Golf and Country Club

14901 Braddock Rd, Centreville, VA 20120

Registration link available on August 1st, 2021

Sponsored by



SIGNATURE
RENOVATIONS



For the past 41 years, Pathways has been committed to our mission of embodying the spirit of recovery embracing an attitude of hope, self-determination and partnering with each individual on their personal journey toward achieving self-fulfillment and realizing their dream. We fulfill our mission by making available to individuals with mental illness and co-occurring disabilities a variety of non-time limited housing and services to enable them to realize their individual potential.

Pathway Homes is a 501 (c)3 non-profit organization.

For sponsorship information or any questions,
please contact Leslie Wadler at
lwadler@epiphanyproductions.com
or call (703)683-7500

Thank You to Our Sponsors!

**As of 7/15/20201*

Click the flyer above or [HERE](#) to view sponsorship opportunities

Gold Sponsor



Silver Sponsor



Alloy Family Foundation





Bronze Sponsor



Friend of Pathways Sponsor



Jennifer McGarrey

Sarah Haque



Pathway Homes supports Diversity, Equity, Inclusion, and Justice (DEIJ)



Pathway Homes provides behavioral health services—starting with safe, stable housing—to individuals that are often marginalized by poverty and inequity. We utilize an equity lens to increase awareness about the systemic barriers encountered by the individuals we serve. This includes:

- Ensuring that our staff and leadership team mirror the racial diversity of our community
- Employing individuals with lived experience
- Developing a diverse board of directors
- Recruiting volunteers reflective of the community, including older adults
- Operationalizing our approach to Diversity, Equity, Inclusion and Justice (DEIJ) by incorporating into our strategic plan and developing a multi-stage DEIJ audit
- Identifying DEIJ as a core competency for all agency employees

- Supporting an active Consumer Advisory Council (CAC) that educates and advocates for the homeless and affordable housing
- Incorporate a DEIJ lens in identifying vendors
- Leading beyond our doors in support of social justice

As an agency committed to ending stigma and racism in housing and behavioral health, we continue to work with the Northern Virginia Affordable Housing Leadership Council, Virginia Association of Community Based Providers (VACBP), Fairfax-Falls Church and Prince William County Continuums of Care, Metropolitan Washington Council of Governments Analysis of Impediments Advisory Committee, and Chairman McKay's Task Force on Equity and Opportunity. Our involvement enables us to target areas that will have the greatest impact on creating equitable housing solutions, which is consistent with our support and compliance with ONE Fairfax.

By expanding our inventory of affordable housing, creating homes for individuals with mental health conditions, dismantling barriers that have historically denied housing to those in need, and remaining committed to a housing-first philosophy based on the conviction that housing is a right not a privilege, we are amplifying the voices of those that do not have a voice. We are also leveling the playing field for marginalized groups.

Learn more about our stance and work in social justice on our website at <https://www.pathwayhomes.org/social-justice/>

FOLLOW US

