



July 2022

## A Message from the President & CEO

We are in a time when mental health is finally being recognized, discussed, and normalized. This is great news given the years of silence, embarrassment, and oppression that people with behavioral health challenges have endured. As the stigma lessens, we must be vigilant not to allow every societal pain or bad day to be labeled a mental health issue. I am particularly concerned by the scourge of mass shootings and the quick reaction to label the shooters as people with mental health issues. The assumption jumps to conclusions and overlooks a key fact: people with behavioral health challenges are much more likely to be victims of crimes rather than the criminals and most crimes—including these heinous shootings—are not acts stemming from mental illnesses.



Rationalizing every bad deed as the result of a mental health condition erodes the gains we have made in supporting those facing mental health crises. Advocating for those individuals continues to be our focus. The good news is that we continue to grow our support, ensuring a broadening and deepening community safety net, and a growing understanding and acceptance of mental health conditions.

Recently, Pathway Homes was awarded a contract that expands permanent supportive housing services to serve more people with serious mental illnesses in Fairfax County, City of Alexandria, and Prince William County. Through this state contract, we will continue working with 140 very low-income individuals currently served across Northern Virginia in this permanent supportive housing program. As part of the expansion, Pathways is acquiring 60 additional one-bedroom units to serve 60 more clients for a total of 200 clients. In this regional role, Pathways secures and manages affordable housing and supplements the case management and other social services provided by the local Community Service Boards to help program participants attain housing stability and long-term self-sufficiency. The services are customized to meet each individual's specific needs.

Increasingly, we are also working to bring our effective and efficient permanent housing and services model to Washington DC. Through a new a three-year contract with DC's Department of Human Services, we are connecting homeless adults and families with permanent housing and support services. In collaboration with the District's Community Partnership for the Prevention of Homelessness, Pathways will serve homeless individuals and families throughout the city. Recognizing that this population is often transient, we are focusing on broad outreach and engagement of unsheltered or precariously housed individuals and families that meet the eligibility criteria for the city's Permanent Supportive Housing program.

This new contract expands on the outreach work we started earlier this year in DC through a Kaiser Permanente grant that helps locate and add homeless individuals into a centralized computer system so they can be considered for subsidized housing and services.

As our numbers reveal, our proven experience at providing these services is making it possible for more to receive these services. In fact, of the individuals receiving services in 2021:

- Only 15% required inpatient hospitalization to maintain stability or community placement
- 93% were able to successfully maintain housing in the community
- 86% reported a high level of satisfaction with these services
- 59% of individuals receiving services were consistently engaged in productive, structured activities
- 19% of individuals receiving services were employed at least part-time, in line with the national average for this population

Ensuring people struggling with behavioral health issues live their best lives is an investment in the health of the whole community. It starts with a stable home. It also starts with communities that don't fear or mislabel people struggling with these challenges.

Thank you for being part of this journey to embrace and change the outlook for people addressing mental health downs...and ups.



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.*

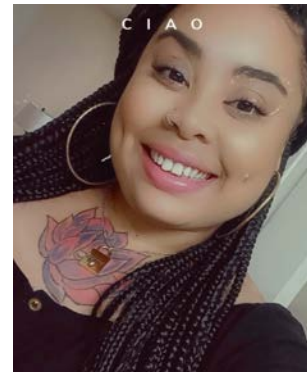
*We fulfill our mission by making available to individuals with mental illness and co-occurring disabilities a variety of non-time-limited, affordable housing, and services to enable them to realize their individual potential.”*

**- Pathway Homes Mission**

**Make a Gift Here!**

## **In Her Own Words: Persist to Better Days**

Prior to moving into a Pathways home in Manassas, VA, I grew up in Indianapolis, IN. I grew up as an only child until the age of 12, when my younger sister was born. My extended family attempted to stay in touch, but we were not as close as I would have liked. In high school, I would describe myself as a girly-girl. I participated in cheerleading and choir. Despite being an introvert, I always pushed myself to be social with my peers.



In high school, I aspired to become a plastic surgeon. I have always seemed to have an interest in cosmetology, and it also didn't hurt to know how comfortably a surgeon can live on their salary. I was accepted into Indiana State University but ended up dropping out. I refused to let this setback affect my pursuit toward my interests, and at 23, I graduated from cosmetology school. Out of everything I learned in school, I mostly enjoyed cutting people's hair and improving their confidence with a new style.

Unfortunately, the setbacks continued, which eventually led me to staying in a shelter. Once again, I found myself fighting against a major roadblock toward my goals. I persisted, and while weighing my options, I received a helpful tip about Pathway Homes, Inc. I was unfamiliar with Pathways at the time but immediately took the opportunity to put in an application. After 9 months of anticipation on the waitlist, I was contacted for the opportunity to move into single housing with Pathway Homes.

I had never had a place just to myself and was surprised at how easy Pathways made the moving process for me. I found myself feeling more relaxed and

happier with my situation. I met with my new Pathways counselor at orientation and would describe them as helpful toward my path and my confidence.

I continue to feel happy, comfortable, and stable in my new housing. I now work full-time at a barber shop, where I enjoy chatting with the customers as I help them find a new version of themselves that they love. I am currently saving up toward my goal of buying my very own car so that it can be easier to drive to work and hang out with my friends. I would describe myself as a foodie and recommend Jirani Coffee House for a place to grab a bite with friends. I especially recommend visiting on Thursdays when they host open mics. Although I prefer to observe, sometimes I'll feel brave and perform karaoke. My favorites include songs by Alicia Keys & Lauren Hill.

Thanks to Pathways' housing and services, I feel more confident and closer to my goals. My advice to those experiencing homelessness or any other roadblock in their path is, "Keep the faith. There will be better days."

## View the Artwork Created by Those We Serve!



**CLICK HERE to visit our virtual exhibit**

Pathway Homes, Inc. is hosting its 10th Annual Summer of the Arts Exhibition!

Our month-long in-person gallery just wrapped up and we thank Vienna Arts Society for hosting our exhibit again this year. Our virtual gallery is still available at [sota.pathwayhomes.org](https://sota.pathwayhomes.org) until August 29th!

The Summer of the Arts event allows Pathway Homes consumers to explore their creativity and display their art, crafts, and written work to the public. Art and creativity are an integral part of recovery for Pathway Homes' residents. The exhibit also honors Karen Free, a Pathway Homes resident and artist who passed away in 2011.

Some artists have made their art available for purchase and will receive 100% of the proceeds from this event. This is a great opportunity to add a conversation piece with inspiring backstories to your household while supporting the artist's recovery journey! You can purchase artwork at [sota.pathwayhomes.org/shop](https://sota.pathwayhomes.org/shop).

## Pathways Virginia Staff Wins Trip to Florida 2022 Duck Race



My name is Kristen Wheeler and I have been working with Pathways since November 2021. I was fortunate enough to win a trip to Orlando, FL to attend the 2nd Pathway Homes of Florida Annual Duck Race. I was born and raised in Florida, and I spent a lot of summers in Orlando. I was very excited to win this trip and to attend this fundraising event for the first time. I was also very happy to meet the Pathways Florida team.

The Duck Race was held at a local water park, Island H2O, which has supported Pathways with this event since the beginning. The event started with our CEO, Sylisa Lambert-Woodard greeting the audience and thanking all the sponsors and organizations that support Pathway Homes of Florida.

I was very moved to see all the organizations, counties, state leadership, school boards, and other non-profits that were involved in the work of Pathway Homes in Florida. It was amazing to see how much support these organizations give to Pathways and how passionate they are about our mission. It was great to hear from the Pathways of Florida board members as well as the sheriff's offices in various Florida counties about how they are 100% in support of Pathways and our mission.



After everyone was done speaking, the ducks raced around the lazy river and the winners, and their prizes were announced. Overall, this event was amazing, and it was a great way to see the impact that our Florida team is making in the lives of the homeless population in that area. I can't wait to tune in next year and to continue to support the Pathways mission!

## Pathway Homes at Built For Zero Cohort



Luis Franco (center in photo), Pathway Homes Housing Stabilization Team Lead, attended the Built for Zero Learning Session on May 10-12, 2022, in Chicago, IL.

[Built for Zero](#) (BFZ) is a national movement of communities ending homelessness one population at a time. BFZ communities share a vision to drive homelessness to zero by creating local homeless responses to address the structural and systemic barriers that make people vulnerable to the housing crisis. BFZ's mission is to achieve a milestone known as functional zero — an ongoing state where homelessness is continuously rare and brief. Together, they are proving that we can build a future where homelessness is rare overall and brief when it occurs.

Luis attended the conference with the Fairfax BFZ cohort from Shelter House; the Fairfax County Office to Prevent and End Homelessness; New Hope Housing; and the Lamb Center. The two days were filled with valuable takeaways and community goal setting for 2022. The BFZ Learning Session takeaways show that:

- Built for Zero communities have proven that achieving functional zero for veteran and chronic populations is possible – now communities that have achieved these milestones are working toward ending homelessness for all.
- Quality Improvement provides a critical discipline for understanding homelessness response systems, locating challenges, and testing solutions.
- The first step of solving a complex problem is setting shared aims.
- We must understand the racial disparities occurring within the homelessness response system and take action to address them.
- We all have a role in ending homelessness and delivering on the promise of an equitable society.
- We are always learning from one another.

*Thank you, Luis, for attending the conference and serving as an ambassador for Pathway Homes, Inc., and the broader Fairfax BFZ community.*

## Fannie Mae SERVE Impact Month at Pathway Homes Properties



Fannie Mae extended generosity and grace to Pathway Homes, Inc. during their SERVE Impact Month in May.

During the month of May, 150 volunteers across 12 shifts worked on beautification projects at four of our properties. These homes provide congregate housing for individuals with disabilities who have also experienced homelessness. These beautification projects help brighten their day and even provide potential hobbies for the residents!



The projects consisted of general landscaping such as power washing, mulching, clearing foliage, planting flora, and adding lawn furniture that included picnic benches. Two of the properties had enough room in their backyards for their very own community garden! These gardens can help residents reach healthy nutrition and sustainability goals as well as set the framework for a productive hobby and development of new skills in their very own backyard.



One of the four properties was our assisted living facility. This facility has a community patio in the backyard where residents can relax and spend time visiting loved ones. The beautification projects provided an update to the patio furniture, added new items, and stained/painted already existing items.

The completely paved patio was the perfect backdrop for the vegetables and herbs that now rest nicely in raised garden beds with a newly added hose and storage container for garden supplies.



We are so excited for the residents to enjoy their newly renovated, beautiful back yard as a place to garden, socialize, or simply relax.

Our heartfelt thanks to Fannie Mae staff for all their hard work in service to the residents at these properties!

**Save The Date: Steps to Pathways Breakfast**



**PATHWAY HOMES, INC.**  
Supportive Residential Mental Health Services

# SAVE THE DATE



## ANNUAL STEPS TO PATHWAYS BREAKFAST

**OCTOBER 27, 2022**

**STARTING AT 8:30 AM**

**CHANTILLY NATIONAL GOLF CLUB  
14901 BRADDOCK RD, CENTREVILLE, VA 20120**

**A VIRTUAL OPTION WILL ALSO BE AVAILABLE**

Enjoy a delicious breakfast while listening to our mission of providing mental health services—starting with safe, stable housing—to individuals marginalized by poverty and inequity. In addition, hear the personal stories of those we serve!

For over 42 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 illnesses and co-occurring disabilities a variety of non-time limited housing and services to enable them to realize their individual potential.

100% of the contributions raised will provide housing and supportive services to the individuals we serve! This includes contributions from our upcoming silent auction and raffles. Prizes to be announced!



**Thank you to our sponsors!**



# *Catherine Riddell*

## *Alloy Family Foundation*



*Sarah Haque, Realtor, Coldwell Banker*



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