



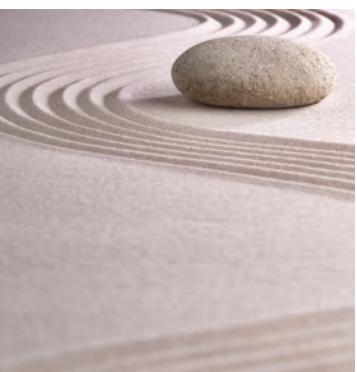
# Pathways

the power to change

[www.PathwaysRealLife.com](http://www.PathwaysRealLife.com)



**ALLOWING  
INDIVIDUALS &  
FAMILIES  
TO LIVE TO THEIR  
**FULL**  
POTENTIAL**





SPEAK WITH A COUNSELOR NOW  
**801.448.0168**

A photograph showing the lower half of a person's body from behind. They are wearing blue jeans and dark brown leather boots. They are walking on a grassy, slightly hilly terrain with some fallen leaves. The background is blurred.

# WHO WE ARE

## HEALING IS A CHOICE AND OPPORTUNITY

When you choose Pathways, you are choosing a new path to fully discover your greatness and live a life of meaning and freedom.

No matter what you struggle with, we will help you discover how you can live up to your full potential.

*OUR GREATNESS  
COMES FROM WITHIN.*

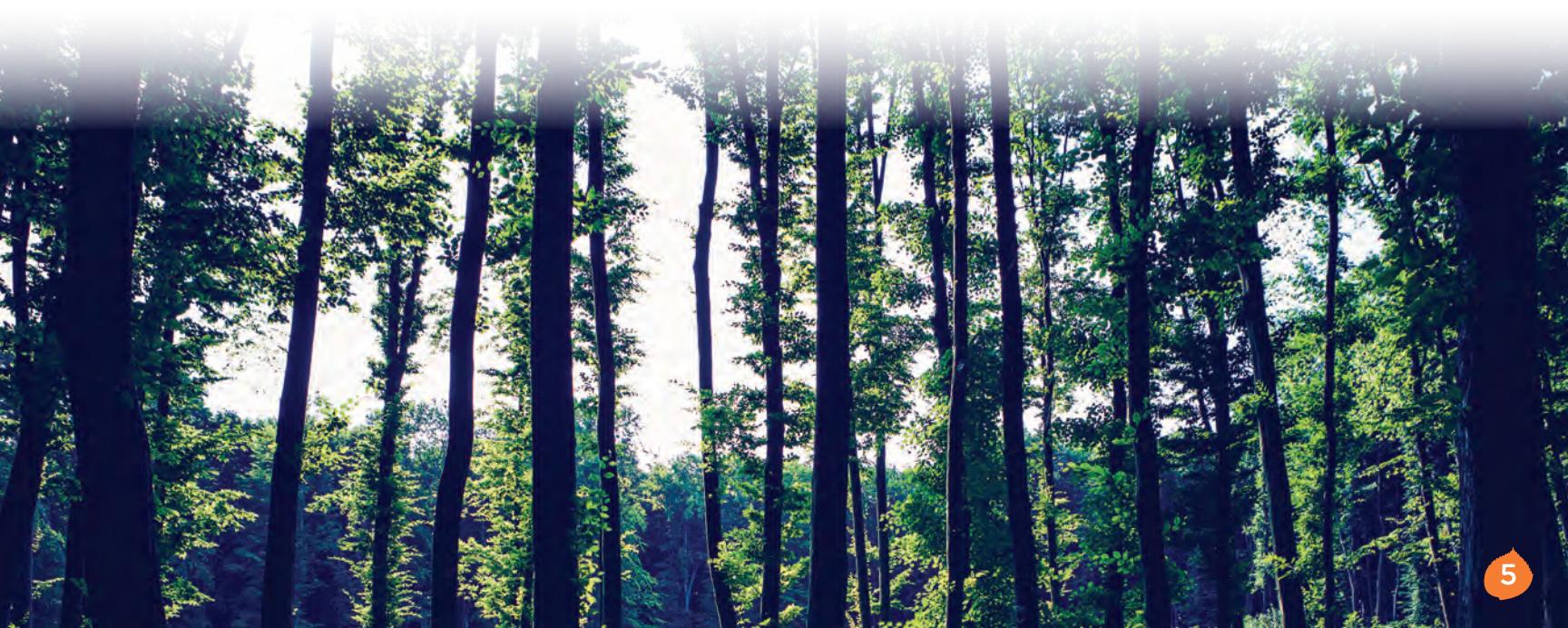
**CHOOSE FREEDOM**

# CUSTOMIZED TREATMENT

At Pathways, we build a program customized to your individual needs. This begins the moment you meet with our team and continues throughout your treatment. We get to know you and what you need to be successful in life during our FREE consultation.

# FAMILY SYSTEM INTEGRATION

Family Therapy can help your family improve relationships by strengthening the family. We help repair any past history that may limit you from living in the moment. We help you develop behavioral patterns that will help the family work together more effectively.





“ Pathways allows you to reach yourfull potential in all aspects of life. Yes, you may be struggling with drugs, alcohol, destructive behaviors, or mental health, but that doesn’t define you as a person.

When we get healthy and whole as a person from the inside out, those symptoms naturally dissipate. At Pathways, we don’t treat symptoms, we treat people.”

- Michelle Amerman,  
CEO/Founder of Pathways

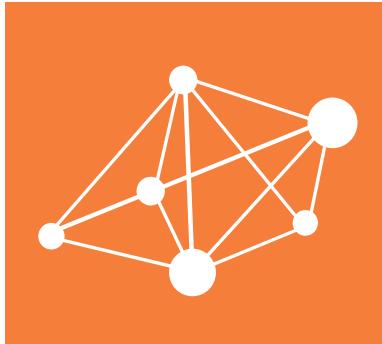


# YOUR PATH TO WHOLENESS





# PATHWAY PRINCIPLES



## AWARENESS & ABILITY

Pathways knows that in order to reach your goals you must gain and maintain a high level of awareness of what you're going through. This is only the beginning. Instead of simply giving you information and hoping for change, we will provide you with valuable knowledge, tools, skills, and abilities to understand how to use this information in your life.



## STRENGTHENING

Self-worth and value are the two ingredients that are imperative for long term change. As your self-worth increases, so does your natural expectations for your life. We've designed several processes to give you the opportunity to truly discover just how amazing you are! There are multiple reasons we focus on strengthening. First, we get you in a stronger mindset so that you realize that what you are currently experiencing is quite small in comparison to the fullness of who you are. Second, we want to make sure that you are ready and able to process the deeper root cause.



## COGNITIVE RESTRUCTURING

Unhealthy beliefs hold us hostage to our past, and create negative results in our lives. We assist our clients to identify and restructure those negative beliefs into positive ones. We help you change your beliefs and actions from destructive to constructive.

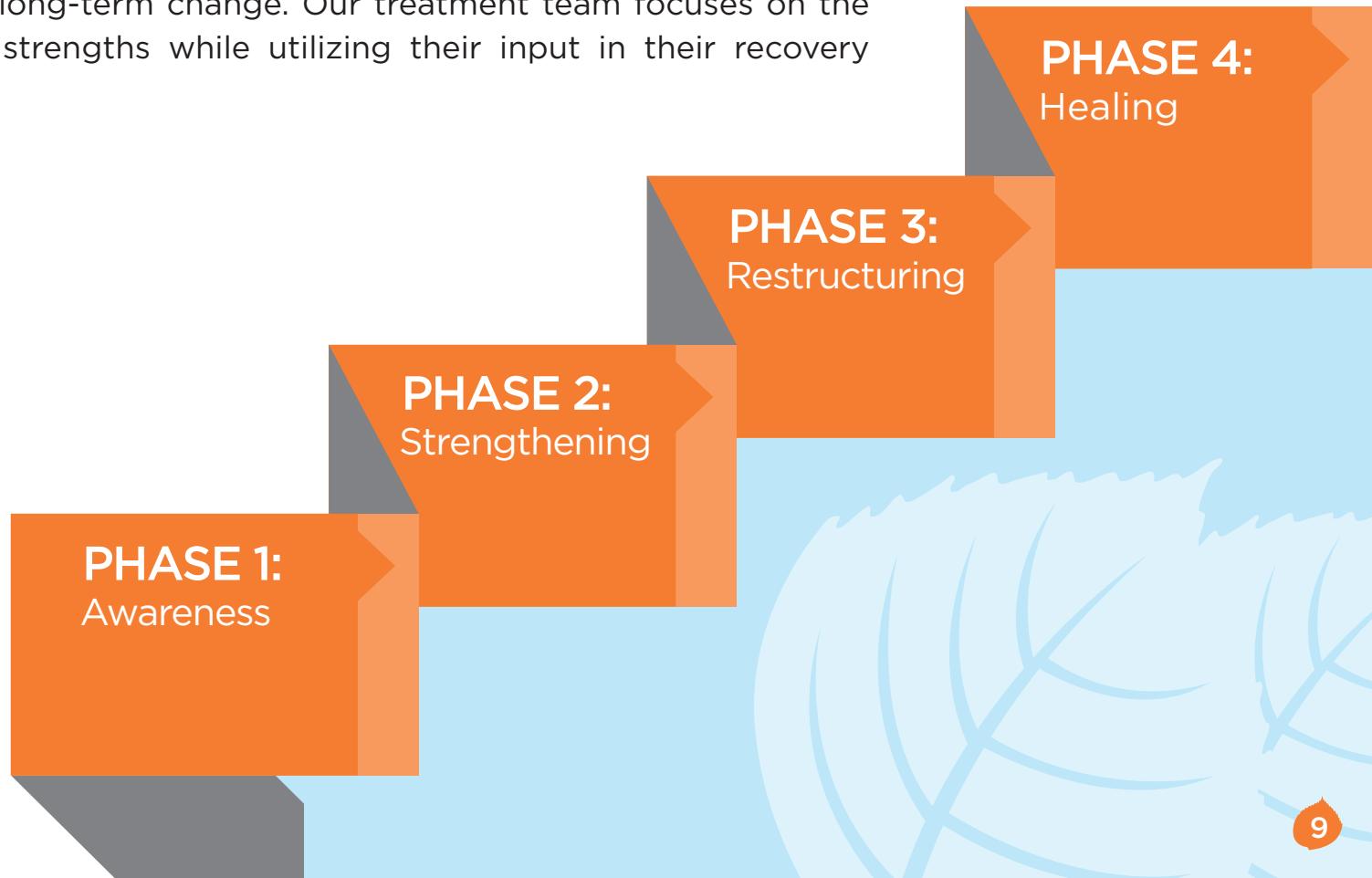


## HEALING

Emotional safety is very important to us. At this point in our program, you are more aware, stronger, and have healthier beliefs. We are safely able to look at the root cause, and help you process and heal. Our unique approach can help you and your loved ones make changes forever.

# WHAT MAKES PATHWAYS SO EFFECTIVE?

Pathways Real Life Recovery builds treatment programs unique to each client to help individuals and families overcome their unhealthy beliefs, which often interferes with their ability to sustain long-term change. Our treatment team focuses on the clients' strengths while utilizing their input in their recovery journey.



# PATHWAY SERVICES

We offer a wide range of services to assist you. All of these services are customized to your needs and delivered in a flexible manner.

## ADOLESCENT

Our adolescent services don't just treat addiction, but safely get to the root cause of your teen's behavior.

## ADULT PROGRAMS

Our Adult Programs meet clients where they are in their journey and teaches them new tools, skills, and abilities to make long lasting change.

## BEHAVIORAL HEALTH

Pathways provides comprehensive behavioral health services for individuals adolescent-aged through adulthood.

## DETOX CENTER

Pathways detox and treatment services are here to successfully guide you through the detoxification process and help you transition into a long-term rehabilitation program.

## MEDICAL SERVICES

At Pathways, we balance cutting edge medical support, such as hormone and genetic testing. We utilize medications, nutrition plans, and other holistic methods to support your needs.

## MARRIAGE THERAPY

Marriage therapy or couples counseling sessions bring the two of you together with the intention of fostering bonds of emotional closeness.

## SOBER COMPANION

Pathways' sober companions offer the high-level support you need to maintain your lasting recovery. We are able to provide this service anywhere in the world.



# PATHWAYS PROGRAMS

Because Pathways offers many different services and programs in a custom solution, we have made it easier to understand how we implement the services by creating the following programs. While many major insurances will work with our services, we've also designed our programs to deliver the highest quality care for you and your loved ones. Here are our main programs:

## RESIDENTIAL TREATMENT AND SOCIAL DETOX

Pathways Wholeness center is a live in health care facility that provides 24hr therapy for substance abuse, mental illness or other behavioral conditions. Residential treatment gives the client the ability to be removed from possible toxic environments that prevent them from becoming healthy and whole. Pathways wholeness center also has a social detox element that can assist in detoxing our clients off of harmful drugs or alcohol.

## DAY TREATMENT

Our Day treatment program is designed to give the maximum level of care to our clients in an effective way. Day treatment is a great transition for those coming from a residential program. It is also beneficial for an individual who may need more services on an outpatient basis. Our program typically entails 25 hours per week. These hours are facilitated in sessions that are one on one with a masters level clinician, a recovery specialist, and groups.

## INTENSIVE OUTPATIENT

Our Intensive outpatient program was designed to work around your personal schedule. We have after hours and weekend groups. We understand the need for flexibility when scheduling appointments. Our IOP program can range from 9 to 15 hours per week depending on your needs.

## RESIDENTIAL WHOLENESS CENTER

At Pathways Real Life Recovery, we strive to provide you with a conducive environment for your sobriety. Choosing to stay with us is the first step towards a successful recovery and a foundation upon which you can build your future on. You will be able to rely on our support and form meaningful friendships with other residents as you recover. At our residence you are surrounded by people just like you on a journey such as yours, this gives you much-needed structure.



# PATHWAYS WHOLENESS CENTER

A SPECIAL PLACE TO RECOVER IN THE  
HEART OF SOUTH-CENTRAL UTAH.

Pathways Wholeness Center uses research-based evidence life principals that assist clients to become healthy and whole in all aspects of life. We are a treatment program that differentiates from many programs. Our research-based system utilizes tools to move away from the symptoms and pathology of behavior. Our mission is to assist our clients to gain awareness, life skills, self-love and a healthy belief system to stop self-sabotaging behaviors. We specialize in treating adults 18 years and older in a co-ed population. Pathways Wholeness Center treats addictions for alcohol, opioids, benzodiazepines, amphetamines, cocaine, marijuana and designer drugs. We also offer treatment for internet and technology addictions, gambling and other process addictions that interfere with a healthy life. Our typical clients have a mental health diagnosis including depression, anxiety, bi-polar disorder, OCD, eating disorders, mild autism, PTSD, ADHD and other mood disorders. These disorders can lead to behavioral challenges as well as alcoholism and drug addiction.

# SOCIAL DETOX

Pathways Wholeness Center is licensed for social detox. The pain and discomfort caused by the withdrawal of drugs or alcohol can be extremely dangerous and/or possibly even lead to death with high levels of benzodiazepine or alcohol. In those cases, a full medical detox is required. The Social Detoxification Program is a short-term non-medical treatment service for those who are in an intoxicated stated or withdrawing from alcohol or drugs. At Pathways, social detoxification clients are assisted in easing their withdrawal symptoms in a drug free, safe and comfortable space with an emphasis on helping the individual obtain further care after detoxification through the continuum of care. If a higher level of detox is required, we will have available.

# RESIDENTIAL TREATMENT

Pathways offers a full continuum of care from residential, day treatment, intensive outpatient and general outpatient. We have housing available for clients transitioning to our day treatment program. Telehealth is available for clients who are returning home that live out of the area. Regardless of the difficulties our clients are facing within themselves, relationships or family units, Pathways finds a wholeness solution through research- based principles that integrate self-awareness, strengthening tools, belief restructuring and healing. With 30 hours of treatment per week, our clients will develop tool, skills and ability to integrate information into lifeskills that mitigate change with their patterns of behavior. We are committed to supporting and encouraging our clients and their loved ones throughout their individual journeys towards healing and change. We understand how over-whelming and scary addiction can be. Having someone to trust and who understands what you are going through will give you hope and peace of mind.



A photograph of a woman from behind, standing in a grassy field. She is wearing a long, textured coat and jeans, with her hair tied up in a bun. She is looking towards a bright, golden sunset or sunrise over a distant horizon. The sky is filled with soft, warm colors.

# TESTIMONIALS

“Pathways really helped me through a dark time in my life. Thanks to their personal touch, I was finally able to get clean, and have stayed that way for good.”

- Molly R.

**“Your program is so positive and uplifting. There is always cheerful encouragement and optimism.”**

- Marion F.

**“Pathways gave me the ability to be able to love myself enough to choose to be sober for my son who has just turned one. We have a bright future ahead of us...”**

- Melissa M.

**“After my wife and I divorced, we started to feel disconnected from our daughter. Eventually, our daughter started getting involved with drugs and our relationship struggled even more. Trying to help her we came to Pathways and actually received a lot of help ourselves. We were coached in how to talk with our daughter in a way that she felt helped her, instead of pushed her further away. I can’t say enough about the help we have received from Pathways.”**

- Molly R.

# HOW DO I PAY FOR SERVICES?

WE ARE HERE TO HELP.

We have teamed up with many insurance providers as well as financial assistance programs to help alleviate some of the pressure of paying for treatment. Here are some of the insurance providers we work with: Aetna, United Healthcare, Cigna, Blue Cross Blue Shield, UMR, Select Health, Select Med, University of Utah Health Care



A UnitedHealth Group Company



A UnitedHealthcare Company



\*If you do not see the name of your provider here, please call us directly as we are always adding new providers.



# WHAT IF I HAVE NO INSURANCE?

## WE HAVE OPTIONS FOR YOU.

No insurance? No problem. We accept cash payments, personal checks, credit and debit card, Flex Spending, Health Savings Accounts, and 3rd party lending. For your convenience, we have partnered with a financial lender that specializes in treatment and recovery. [MyTreatmentLender.com/Pathways](http://MyTreatmentLender.com/Pathways) offers you the ability to pay for services at affordable rates with and without great credit. Visit the link below and discover how easy it is to get the help you need.

*Visit [MyTreatmentLender.com/Pathways](http://MyTreatmentLender.com/Pathways) for more information on how we can help you start your journey.*





**Pathways**  
the power to change

To live a life of meaning  
and freedom,

**PLEASE CALL US TODAY**

**MAIN OFFICE**

**801.277.7591**

8706 S. 700 E., STE 205  
SANDY, UT 84070

**FREE CONSULTATION**

**801.448.0168**

CALL TO LEARN MORE  
ABOUT PATHWAYS



**Pathways**  
the power to change

“My life will never be the same.  
Pathways gave me my husband back,  
saved my marriage, helped my child through  
a very difficult time, and gave us all the tools  
to succeed in life.”

- Mary D.

[www.PathwaysRealLife.com](http://www.PathwaysRealLife.com)