



Whole Health Recovery

Pathways Residential Addiction Treatment

In our safe, supportive and home-like setting, we respect and care for your whole self.

Addiction is an illness that affects your entire being. At Pathways, you'll learn how addiction works and how treatment helps you recover.

Residential program

Pathways offers intensive treatment lasting from 10 to 90 days, with:

- ▶ Physician consultation
- ▶ Counseling and treatment plan
- ▶ Education, recreation and nutrition
- ▶ 12-step facilitation
- ▶ Transport to related appointments
- ▶ Medication Assisted Treatment

Call us at 503-438-2183

New life skills

At Pathways, we help you learn skills to

- ▶ Prevent relapse
- ▶ Reduce stress
- ▶ Communicate better
- ▶ Recognize harmful thinking and behavior
- ▶ Manage your life

We also connect you to services so you have support after you leave.

Your journey starts here

Our staff believes in you and your recovery, and instills a sense of hope.

“Thank you, Pathways, for helping me cultivate my mind, body and spirit into something to be proud of.”

— *Pathways Client*

Pathways

185 N 4th St, St Helens, OR

Call: **503-438-2183** | Fax: 503-397-7988

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A program of
Columbia Community Mental Health



Our services are covered by the
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