



Pathstones Counseling Center

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

Galatians 6:2

Volume 2

September 2011

Inside this issue:

Call for Volunteers	2
January Event	2
Ask A Therapist	2
Studies Show	3
Pathstones Team	4

A Note from the Director

It's been a wild and wonderful few months since we released our 1st Newsletter back in April. Since then, we have conducted over 600 counseling sessions and helped more than a thousand people. We have been busy. In addition, we have begun planning a few events that you will want to put on your calendars as more information comes along. One of these events is described in more detail below. Make sure you check it out.

As always, I want to thank you for your prayers and support for the work that we are doing at Pathstones. Please read on to see what else we've got going on and to see how you can become more involved in this wonderful mission work. God bless.

Chris

Mark Your Calendars

Pathstones has teamed up with the Alpine Compassion Clinic and Alpine Church of Christ to host an evening of appreciation for the heroes of our community: our First Responders. Join us on Wednesday, September 14 from 6pm to 8pm for free food, drinks, games, a bounce house for the kids, entertainment for the family, and much more as we show our appreciation for our local Police Department, Fire Department, EMS, Military, etc.

Contact Information

Pathstones
Counseling Center

610 East Loop 281
Longview, TX 75605

Phone: (903) 248-2480
Fax: (903) 248-2481

Email:
connect@pathstones.org

Website:
www.pathstones.org



Honoring the First Responders of our Community
at the ten year anniversary of 9-11

September 14, 2011 at Alpine Church of Christ
610 East Loop 281, 6-8 p.m.



- ★ Essay/Art Contest
- ★ Prizes
- ★ Free Gourmet Hotdog Bar
- ★ Drinks
- ★ Snow Cones
- ★ Face Painting



Come join us as we celebrate community!



Pathstones Counseling Center needs **YOUR** help.

Read on to see how you can join in our ministry.

“What the caterpillar calls the end of the world, the master calls a butterfly.”
Richard Bach

Call for Volunteers

Here at Pathstones, we would be nothing without our amazing team of volunteers. Currently, volunteers serve in two positions. First, we have a group of volunteer counselors, all of whom are licensed to counsel in the state of Texas. Second, we have a group of volunteers who work at the reception desk in the evenings and in the absence of our Office Manager.

We are always looking for additional volunteers in both categories, but right now, we are urgently looking for volunteer receptionists. We have recently expanded our operating hours, and we are in need of individuals to cover the reception desk. Right now, we are looking for someone who could volunteer an our or two of their time every other Monday evening from about 5pm until about 6:30 or 7pm. In addition, we need someone who can volunteer every other Tuesday evening from 5pm until about 7:30pm. The work in the evenings is not very difficult, but it is very important. If you could spare a couple of hours twice a month, please let us know! Our contact information is on Page 1.

And of course, we are always looking for people who are willing to volunteer “as needed.” So again, if you are passionate about the work that we are doing at Pathstones and would like to serve with us, give us a call or send us an email, and we will find a way for you to help. Thank you in advance, and thank you to all of those who are already serving. (See Page 4 for a list of our current volunteers.)

January Dinner and Silent Auction

In April of 2010, Pathstones hosted an elegant evening of wonderful cuisine, live music, a great guest speaker, and a fantastic silent auction. The event was such a success and so much fun for everyone who attended that we have decided that it is almost time for another such event.

Currently, we are in the planning stages of another enchanted evening that is slated for January 2012. Be on the lookout for more information regarding this event in the near future. It promises to be a wonderful evening for everyone.

In the meantime, if you have ideas about what you would like to see or experience at our next fundraiser, please let us know. Your suggestions are always welcomed. And if you would like to help coordinate or volunteer at our next function, don't hesitate to contact us. We could always use your help.

Ask A Therapist

We would like to offer you the opportunity to ask questions of the therapists at Pathstones. Send us your questions, and the most commonly asked questions will be answered in future Newsletters.

Question:

My husband and I have many problems. I have suggested counseling, but he refuses. What can I do?

Anonymous

Answer:

There is no way to force another person to go to counseling. However, you should still go. You can learn ways to improve what you personally say and do. Perhaps, he will see changes in you and decide to make changes in himself as well. But even if he does not, at least one of you can seek a greater level of adjustment and emotional wellbeing.

Therapist



Feel free to send us your questions. Turn to Page 1 for our contact information.

Studies Show

The mental health services provided at Pathstones are constructed on evidence-based and statistically sound approaches to counseling. Research is important to us, and we believe that it may be important to you too. Therefore, from time to time, we would like to provide you with a bit of information pulled from recent research in the field of mental health.

Study Suggests Exercise Can Substitute Effectively as Second 'Medication' for People With Depression

UT Southwestern Medical Center scientists involved in the investigation, recently published in the *Journal of Clinical Psychiatry*, found that both moderate and intense levels of daily exercise can work as well as administering a second antidepressant drug, which is often used when initial medications don't move patients to remission. The type of exercise needed, however, depends on the characteristics of patients, including their gender.

These findings are the result of a four-year study conducted by UT Southwestern's psychiatry department in conjunction with the Cooper Institute in Dallas. The National Institute of Mental Health-funded study, begun in 2003, is one of the first controlled investigations in the U.S. to suggest that adding a regular exercise routine, combined with targeted medications, actually can relieve fully the symptoms of major depressive disorder.

"Many people who start on an antidepressant medication feel better after they begin treatment, but they still don't feel completely well or as good as they did before they became depressed," said Dr. Madhukar Trivedi, professor of psychiatry and the study's lead author. "This study shows that exercise can be as effective as adding another medication. Many people would rather use exercise than add another drug, particularly as exercise has a proven positive effect on a person's overall health and well-being."

Study participants diagnosed with depression, who ranged in age from 18 to 70 and who had not remitted with treatment using a selective serotonin reuptake inhibitor antidepressant medication, were divided into two groups. Each group received a different level of exercise intensity for 12 weeks. Sessions were supervised by trained staff at the Cooper Institute and augmented by home-based sessions.

Participants -- whose average depression length was seven years -- exercised on treadmills, cycle ergometers or both, kept an online diary of frequency and length of sessions, and wore a heart-rate monitor while exercising at home. They also met with a psychiatrist during the study.

By the end of the investigation, almost 30 percent of patients in both groups achieved full remission from their depression, and another 20 percent significant displayed improvement, based on standardized psychiatric measurements. Moderate exercise was more effective for women with a family history of mental illness, whereas intense exercise was more effective with women whose families did not have a history of the disease. For men, the higher rate of exercise was more effective regardless of other characteristics.

"This is an important result in that we found that the type of exercise that is needed depends on specific characteristics of the patient, illustrating that treatments may need to be tailored to the individual," said Dr. Trivedi, director of the Mood Disorders Research Program and Clinic at UT Southwestern. "It also points to a new direction in trying to determine factors that tell us which treatment may be the most effective."



Donations are always helpful and appreciated. Call us or go to www.pathstones.org and visit our support page for more information about donating.

"And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another - and all the more as you see the Day approaching."
Hebrews 10:24-25



*“Do you not know?
Have you not heard?
The Lord is the
everlasting God, the
Creator of the ends of
the earth. He will not
grow tired or weary,
and his understanding
no one can fathom. He
gives strength to the
power of the weak.
Even youths grow tired
and weary, and young
men stumble and fall;
but those who hope in
the Lord will renew
their strength. They will
soar on wings like
eagles; they will run
and not grow weary,
they will walk and not
be faint.”
Isaiah 40:18-31*



In the End

We would like to take a moment to again thank all of those who help Pathstones Counseling Center to thrive.

We thank the members and elders of the Alpine Church of Christ not only for their financial support, but also for having the vision and commitment to the dream that has become Pathstones. Thousands of people have been helped because of your willingness to follow the Lord's calling.

Thank you also to our private donors whose generosity is invaluable to our ministry. Your donations make the work that we do possible, and your love and support remind us that we are blessed with an opportunity to be the Light in this community.

And of course, we want to thank everyone who gives their time and energy to the work at Pathstones on a regular basis. We have such a wonderful team of volunteers who tirelessly and selflessly serve the clients at Pathstones. Without the support of such individuals, all of our efforts would be in vain, and a tremendous need that we have in our community would go unmet. We are extremely grateful for every member of the Pathstones team. Thank you all for the work that you do, and may God bless you as you strive to be His hands and feet in our community.

The Pathstones Team

Volunteer Counselors

Allison Cooper
Candice Ramos, LMSW
Gayle Raif, LMSW
Darrell Smith, LPC
Althea Thompson, LPC
Babette Watson, LMSW
Melissa Woodson, Psy.D.
Arlis Wood, Ph.D.

Board of Directors

Paul Boorman, Chairman
Chuck Duvall
Steve Howard
Marc McWilliams
Arlis Wood, Ph.D.

Volunteers

Heidi Hipp
Gayle Liles
Jerry & Sharon Alexander
Gwen Butler
Rebecca Horton
Lacy LaLena
Sharon Sanders

Staff

Office Manager:
Denise Hillman

Executive Director:
Chris Cummings, LMFT