



Pathways to Wellness

Connecting you to healthcare
and social services.



Dignity Health®



Pathways to Wellness

Certified through Pathways Community HUB Institute

21 Pathways provide the ability to identify your unique needs and create an appropriate care plan.



Maternal Care

- Family Planning
- Pregnancy
- Postpartum



General Care

- Developmental Referral
- Health Coverage
- Immunization Referral
- Learning
- Medical Home
- Medical Referral
- Oral Health



Behavioral Health

- Mental Health
- Substance Abuse



Medication Management

- Medication Adherence
- Medication Reconciliation
- Medication Screening



Social Services

- Adult Education
- Employment
- Food Security
- Housing
- Transportation
- Social Service Referral



Pathways to Wellness

Pathways to Wellness is a free program available to Maricopa County residents who are 55+ years and experiencing congestive heart failure, chronic disease, and/or co-morbidities. As a participant, you will be paired with a culturally diverse Community Health Worker (CHW). CHWs inspire change and reduce health disparities in their communities by promoting social justice and helping to achieve health equity and well-being for all.

Our goal is for you to achieve independence and maintain successful connections to care and resources. All while gaining a trusted ally that is uniquely qualified to tackle community-based health problems.

How it Works

Enroll

To take advantage of this free program, speak with your provider or discharge coordinator.

Assess

You will be partnered with a community health worker who will work with you to address any cultural barriers and health needs that may be a factor in reducing your health and social risk(s).

Plan

Together, we will create a plan specific to you and your family's needs and begin connections to care and resources.

Meet

CHWs can reach community residents where they live, eat, work, play and worship. You and your community health worker will meet at least once a month.

Monitor and Progress

During your regular Pathways to Wellness check-ins the CHW will track and review your progress along with you, working with you to address any cultural barriers that may be a factor in reducing your health and social risk(s).

Community Resources

Access to resources 24/7 - Call 211

What is 2-1-1 Arizona?

2-1-1 Arizona Information and Referral Service operates 24 hours per day, seven days per week and every day of the year. Live-operator service is available at all times in English and Spanish and assistance is available in other languages via real-time interpreter services.

2-1-1 Arizona operators will help individuals and families find resources that are available to them locally, throughout the state, and provide connections to critical services that can improve – and save – lives, including: Supplemental Food and Nutrition Programs, Shelter and Housing Options, Utility Assistance and much more.

Suicide and Crisis Lifeline 24/7 - Call or Text 988

What is 988?

988 connects you directly to a trained mental health professional who is able to determine what response is appropriate for that specific situation. If for whatever reason that connection is not possible- the national crisis center is the backup response team.

"Alone we can do so little;
together we can do so much."

–Helen Keller

Contact Pathways to Wellness

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