



Maine Behavioral Healthcare

MaineHealth

October 17, 2023

Linda Morrell, Town Clerk
Town of Windham
8 School Road
Windham, ME 04062-4899

Dear Linda,

As the leading behavioral healthcare provider in Maine, Maine Behavioral Healthcare (MBH) annually serves over 52,000 clients from all corners of the state and New Hampshire. **In fiscal year 2022*, MBH provided 7,618 service hours to 114 adults and 50 children, including 9 adults and 1 child in crisis, from the Town of Windham, for an estimated cost of service of \$804,278.80.** And, while the COVID-19 pandemic brought unique challenges – including increased substance use and drug overdoses, resulting in fatalities and a higher demand for services – to an already overburdened behavioral health care system, MBH remains dedicated to tackling these complex and vital behavioral health issues facing our community.

Your most recent gift of **\$1,800 in August 2018** to benefit the Trauma Intervention Program (TIP) of Greater Portland, formerly part of MBH, helped make it possible for us to provide emotional and practical support to survivors of traumatic events and their families within the immediate aftermath of such an event. And, while TIP of Greater Portland transitioned to its founding organization, TIP National, in September 2020 to allow for better coordination and continuity among the TIP affiliate chapters throughout the country, MBH remains committed to decreasing wait times for those in mental health crisis at local emergency departments, increasing patient beds at Spring Harbor Hospital and across our footprint, as well as increasing access to MBH residential facilities. **We hope you'll partner with us again in FY24* so we can continue to be the go-to mental health resource for Windham residents, providing support for those in crisis and their families.**

In the coming weeks, you will hear from us to gather more information regarding your grant application process for social services funding. If your application for the upcoming year is currently available, we would be grateful if you sent it to Megan Bagdasarian via email at Megan.Bagdasarian@MaineHealth.org or by mail to Maine Behavioral Healthcare, Development Office, 78 Atlantic Place, South Portland, ME 04106. We look forward to the opportunity to apply for funding from the Town of Windham. It is an honor and a privilege to serve your residents.

In partnership,

Megan Bagdasarian
Annual Giving Officer
Maine Behavioral Healthcare

**Our fiscal year runs from October 1 to September 30.*

MAINE BEHAVIORAL HEALTHCARE SERVICES

MAINE BEHAVIORAL HEALTHCARE

TTY USERS: DIAL 711 (MAINE RELAY)

MAINEBEHAVIORALHEALTHCARE.ORG

1-844-292-0111


Maine Behavioral Healthcare
MaineHealth

OUR MISSION

Maine Behavioral Healthcare will provide a seamless and compassionate continuum of care through a community of providers collaborating to promote recovery and the overall mental and physical wellbeing of those we are privileged to serve.

OUR VISION

Working together so our communities are the healthiest in America, Maine Behavioral Healthcare will provide the highest quality integrated and compassionate behavioral healthcare through a collaborative and engaging workplace.

PSYCHIATRY

We are Maine's largest provider of psychiatric services, including medication treatment for all ages. Our staff includes expert physicians and advanced practice providers (nurse practitioners and physician assistants). We work collaboratively with natural support systems, therapists, counselors, case managers and treatment team members to provide coordinated care for people living with behavioral health and addictive disorders.

We provide comprehensive psychiatric services, including:

- Inpatient psychiatry.
- Intensive outpatient treatment.
- Partial hospital programs.
- Child, adolescent and adult outpatient psychiatry services in alliance with hospitals across the MaineHealth footprint.

COUNSELING

We offer high-quality individual, family and group therapy. We help children, adolescents, adults and seniors from all income levels and backgrounds.

We can offer help to those who are living with:

- Depression.
- Anxiety.
- Acute and chronic mental illness.
- Relationship and family issues.
- Family crisis (separation, divorce, death).
- Sexual or physical abuse.
- Post-traumatic stress disorder (PTSD).
- Loss of health and declining health that come with aging.
- Other emotional difficulties.

CARE IN YOUR DOCTOR'S OFFICE

In partnership with MaineHealth and its hospital members, Maine Behavioral Healthcare has more than 40 clinicians located in over 60 primary and specialty practices all over the state, from Waldo County to York County. Our behavioral health clinicians are fully integrated into the medical practices and can offer assessment and treatment right in your regular doctor's office. They can also refer to other levels of care, when needed.

BEHAVIORAL HEALTH HOME AND CASE MANAGEMENT

Behavioral Health Home and Case Management are MaineCare services that are designed to help people manage their mental and physical health. Our case managers work closely with individuals to learn about their strengths and needs. They will help identify and access local resources to help promote independence.

ASSERTIVE COMMUNITY TREATMENT (ACT)

ACT is an intensive community-based treatment program designed for adults who are eligible for MaineCare. This treatment helps people who have a major mental illness diagnosis, and often a cooccurring disorder. A multi-disciplinary team of providers works with individuals to make improvements to their daily lifestyle and help strengthen their relationships with family, work, school and community.

DEAF SERVICES

A highly specialized program for Deaf, hard of hearing, deaf-blind and late-deafened adults and children throughout the state of Maine. This program offers services to hearing children, siblings, parents and family members of Deaf and Hard of Hearing individuals. Services are provided by behavioral health clinicians and case managers who are skilled in American Sign Language (ASL) and familiar with Deaf culture. They also provide adult community integration services to Deaf and hard of hearing adults who have a behavioral health diagnosis.

TEAM-BASED CARE (TBC)

TBC serves children and adults in the Portland area. It is designed to serve individuals who may need a more intensive approach to their treatment than traditional outpatient psychiatry or therapy provides and who are transitioning from an inpatient stay or from other levels of care. The TBC offers both in-person and online appointments. The TBC is provided by a group of behavioral health specialists that

include psychiatrists, nurse practitioners, licensed therapists, registered nurses and case managers working together to offer personalized treatment. The TBC team provides the treatment and support needed to further stabilization. The team works closely with primary care to offer the continuity of care patients need prior to returning to their primary care provider for on-going care.

PARTIAL HOSPITAL PROGRAM FOR ADULTS

The Partial Hospitalization Program (PHP) provides an alternative to hospitalization for people with mental illness who require more intensive treatment than outpatient office visits, but less than 24-hour inpatient care.

Treatment is focused on group therapy activities and skills building. Patients are taught how to manage emotions, distorted thought patterns, and belief systems that contribute to their emotional distress. Wellness and stress relief are also addressed. The goal is to reduce psychiatric symptoms to prevent inpatient hospitalization.

SUBSTANCE USE TREATMENT

We offer several treatment options for substance use disorder, including:

Integrated Medicated-Assisted Treatment (IMAT)

Integrated Medicated-Assisted Treatment (IMAT) is very effective for people struggling with opioid use disorder. IMAT combines talk therapy (either individual or group counseling) with medicines that can control cravings and lessen withdrawal symptoms. The medicines help a person feel normal again so they can focus on therapy and help rebuild their life. This therapy can continue as medically needed. The medicines used are:

- Buprenorphine (pronounced byoo-pre-nor-feen), also called Suboxone
- Methadone (available only at a methadone clinic)
- Naltrexone (nal-trek-sohn)

Intensive Outpatient Treatment (IOP)

The Intensive Outpatient Program (IOP) provides outpatient treatment for chemically dependent people in a safe, secure, confidential, supportive and therapeutic environment designed to support recovery. The program meets three afternoons each week where patients take part in group treatment sessions with their treatment team.

We work with patients to develop an individualized treatment plan that provides the skills needed to reach sobriety and healthy integration within the family and community. Staffed by caring and expert providers, we are here to help you through the challenging transitions from illness to recovery.

CO-OCCURRING DISORDER PROGRAM

The Co-occurring Disorder Program provides treatment for those struggling with substance use disorders and mental health issues. It is designed to help the patient identify the connections within a co-occurring disorder. Patients learn to develop skills to avoid destructive behaviors and manage the emotions that trigger substance use. A Psychiatrist provides psychiatric evaluation and medication management overview.

RESIDENTIAL & SUPPORTED HOUSING SERVICES

We offer a variety of residential treatment options for adults with mental illness. Treatment options range from community rehabilitation services (least intensive option) to level 4 group home setting (most intense option).

CRISIS AND EMERGENCY SERVICES

Compassionate Crisis Response Workers are available at hospitals, either in person or via telehealth, throughout the MaineHealth system to provide crisis assessments upon admission. Crisis Response Workers are specially trained in crisis intervention and make every effort to help resolve any crisis situation in a timely manner. Hospital locations include: Mid Coast Hospital, Brunswick; Lincoln Health - Miles Campus, Damariscotta; Franklin Memorial Hospital, Farmington; Pen Bay Medical Center, Rockland; Southern Maine Health Care, Biddeford and Sanford; Waldo County General Hospital, Belfast.

PEER SUPPORT SERVICES

Our Peer Support staff members use their own personal experiences to support people in a variety of programs. These staff members are trained in Intentional peer support, recovery coach and/or parent peer support.

Peer support services include:

- 1-on-1 support.
- Peer-led groups through the Behavioral Health Home program.
- Assertive Community Treatment teams.
- Substance Use Treatment programs.

Continued

- Peer Support Centers.
- Learning and recreational activities for people with mental health challenges and people who are caring for a child with mental health concerns.

Youth Peer Support Statewide Network (YPSSN)

The YPSSN program is open to any eligible young person in Maine, not just MBH patients. Both people in the 1-1 relationship work to respect each other and communicate honestly and clearly. The YPSSN supports self-determination, compassion, respect and transparency in all its activities through:

- Youth peer support (online and in-person)
- Drop-in hours (online and in-person)
- Support groups (online and in-person)
- Outdoor activities
- Advocacy opportunities
- Youth advisory board

SPRING HARBOR HOSPITAL

A division of Maine Behavioral Healthcare, Spring Harbor Hospital is Southern Maine's only not-for-profit, free-standing private psychiatric hospital. Our 100-bed licensed facility is set on 50 private acres. Children, adolescents and adults experience a comfortable and pleasant setting for psychiatric treatment. As part of the MaineHealth system, Spring Harbor is clinically integrated with mental health providers, hospitals and primary care sites to make sure people can access care easily, safely and effectively. Through a unique collaboration with Maine Medical Center, Spring Harbor Hospital is able to offer the most complete array of psychiatric treatment, physician training and medical research programs north of Boston.

AUTISM & DEVELOPMENTAL DISORDERS SERVICES

We offer partial hospital and inpatient services for school age children at Spring Harbor Hospital in Westbrook and outpatient services at the Glickman Lauder Center of Excellence in Autism and Developmental Disorders (GLCOE), Portland. The GLCOE offers the following services:

- Adult and Child outpatient clinics
- K-12 Day treatment program
- Preschool Day treatment, 3-5 years
- Early intervention, children under 3

COMMUNITY TREATMENT LOCATIONS

Southern Maine

- 235 Main Street, a department of Spring Harbor Hospital, Biddeford, ME 04005
- 474 Main Street, Springvale, ME 04083
- 2 Springbrook Drive, Biddeford, ME 04005

Greater Portland

- 37 Andover Road, Glickman Lauder Center of Excellence in Autism and Developmental Disorders, Portland, ME 04101
- 165 Lancaster Street, Suite A, Portland, ME 04101
- 165 Lancaster Street, Suite C, a department of Spring Harbor Hospital, Portland, ME 04101
- 11 Medical Center Drive, Brunswick, ME 04011

Mid-Coast

- 24 Miles Center Way, Damariscotta, ME 04268
- 12 Union Street, Rockland, ME 04841
- 15 Mid-Coast Drive, Belfast, ME 04915

Western

- 131 Franklin Health Commons, Ste. A, Farmington, ME 04938
- 193 Main Street, Suite 14, Norway, ME 04268

HOSPITAL PSYCHIATRIC CARE

Spring Harbor Hospital

- • 123 Andover Road, Westbrook, ME 04092
- • 207-761-2200 / 1-888-524-0080

Affiliate Hospitals

- Maine Medical Center
- Southern Maine Health Care
- Pen Bay Medical Center
- Mid Coast Hospital

CONTACT US

1-844-292-0111

Learn more at MaineBehavioralHealthcare.org

MaineHealth does not discriminate on the basis of race, color, national origin, age, disability, or sex. MaineHealth provides free interpreter services. For more information: mainehealth.org/nondiscrimination