

Spring 2017

HEARTS & MINDS

Latest News,
Announcements &
Updates from
Kennebec Behavioral
Health



THE PLACE WHERE DREAMS COME TRUE

Tina Chapman, Development & Communications Director

It's not Disneyland, although we've all heard about or experienced the magic of Disneyland – it's actually a place far more impactful. It's the Clubhouse. No, it's not for golfers, sports teams or even a gaggle of giggling kids – it's a place where our community members shine. But more about the specifics of that later! During 2017, Kennebec Behavioral Health's three Clubhouses – High Hopes in Waterville, Capitol Clubhouse in Augusta and Looking Ahead Clubhouse in Lewiston are all celebrating benchmark anniversaries: 20, 15 and 5 years respectively. And we are more than just a little excited and proud.

Let's turn the clock back a bit and give a framework for what Clubhouse is all about. It's Waterville, mid-90's: Jim Schmidt was one of the world's leading proponents of employment focused rehabilitation for those experiencing mental illness. Jim's philosophy was that recovery could not be made without employment. He began to champion the idea of bringing the first employment based mental health program in Maine to Waterville. Better known as Clubhouse, the program is based on the Clubhouse International Model of Vocational Rehabilitation.

Anyone who knew Jim knows that he put his heart and soul into bringing his idea to fruition, and on December 1, 1997 with the help of local leaders like Mal and Barbara Wilson, community members and behavioral health consumers, KBH established the first Clubhouse in Maine – High Hopes in Waterville. Although the Clubhouse didn't have an actual physical location at the time, about 25 behavioral health consumers met at a local church 2-3 times a week for about a year until they found an ideal location at 26 College Avenue. Their very first member developed newsletter was called "Dreams Come True".

A signature part of Clubhouse is the Work Ordered Day. Members work side by side with staff to oversee the daily operations of the Clubhouse. This includes providing tours, event planning, budgeting, transportation services, food service and building maintenance. An in-house prevocational program (literacy skills, driver education) provides opportunities for members to strengthen their vocational, social and emotional skills. Through the Clubhouse Transitional Employment program, members have the opportunity to work at a paid part-time job and can stay on that job for six to nine months to gain experience

and skills in a real work environment. While this is occurring, the magic happens. Self-confidence builds. Pride ensues. Relationships form. Recovery begins. Hope for the future returns.

Over the next five years, the membership at the Clubhouse grew significantly. About half of the High Hopes members were being transported to and from the Augusta area. So in 2002 the creatively named "High Hopes Augusta" opened in the capital city. For seven years High Hopes Augusta, which later came to be called Capitol Clubhouse, was in the back portion of KBH's Visitation Center. Although it was less than perfect for services being provided, the members and staff felt it was home. If you are sensing that the Clubhouse members and staff are resilient and motivated, you are correct!

In 2009, Capitol Clubhouse moved to its current and charming location at 37 Stone Street in Augusta. By then, Clubhouse was becoming well known in the area and the significant outcomes for members, including the number of employment placements and earnings were indications of how effective and life-changing the program had become.

See DREAMS, Page 6



High Hopes, 26 College Ave., Waterville celebrating 20 years – Friday, December 1, 2017; 3-6 PM



Capitol Clubhouse, 37 Stone St., Augusta celebrating 15 years – Friday, July 21, 2017; 3-6 PM



Looking Ahead Clubhouse, 646 Main St., Lewiston celebrating 5 years – Tuesday, September 19, 2017; 3-6 PM

A MESSAGE FROM THE CEO



ACCESS TO MEANINGFUL HEALTH SERVICES

Over the past several months, we have seen the healthcare debate once again surface as the new Congress debates the Affordable Care Act. In Maine too, our Legislature has taken up the challenges of assuring access to mental health care in bill LD 1517. For us working at KBH, access to services is a preeminent consideration as we help our client's access resources, coordinate benefits and wind through the maze of different insurance bureaucracies. Even for those of us that work within the health system daily, the complication is challenging. For patients and clients it is confusing at best.

Medicaid in Rural States:

Our current system of funding mental healthcare in Maine, especially for nonprofit community providers, is heavily reliant on Medicaid (MaineCare). This reliance in not

dissimilar to other rural States especially states with limited urban areas.* This is particularly true for KBH as our primary area of services includes Somerset and Kennebec counties, as well as the perimeters of our other bordering counties. Our staff is very engaged coordinating services in rural Maine with transportation, education, employment and healthcare treatment.

The Big Three:

While we know that access to healthcare services, especially primary care, is very important, we also know that successful mental health treatment is particularly important in three critical areas:

1. Access and availability of treatment and providers,
2. Housing and
3. Employment.

Treatment and availability to mental health professionals can help begin to create a road to recovery through effective planning and engagement with our clients/patients. This availability depends upon adequate funding as well as reasonable and low barrier eligibility criteria. Many insurances, including some sections of MaineCare can have slightly differing eligibility requirements. These differences create barriers for people seeking treatment. Our job is to help policy makers understand how these differences help or hinder

treatment.

Safe and affordable housing is also critical to an effective system of care. The consistency that adequate housing provides cannot be overstated as it pertains to treatment and recovery. We know that some of our clients/patients rely on our Housing services and funding resources which help them to manage in the community, to navigate transportation and to assist with medication.

The opportunity to engage in meaningful activities and work are critical to improving recovery. For many of our clients, either circumstances or biology have created an impediment to successfully pursuing work. We know that meaningful work, combined with the right treatment, can help propel any of us to our potential and create independence.

So as the debate about the complexities of healthcare surrounds us, let's commit ourselves to working together to improving our systems, access and funding for the benefit of the individuals and the communities here in central Maine.

Thomas J. McAdam, MBA
Chief Executive Officer

ONE IN FIVE PEOPLE HAVE A MENTAL ILLNESS... YOU CAN BE THE ONE WHO HELPS



Kennebec Behavioral Health is a non-profit 501 (c)(3) corporation providing mental health care. KBH provides evidence-based care to children, families and adults with experienced practitioners. Help us support the people we serve by contributing to our mission and make a donation today! You can make a one-time gift, annual gifts, gifts in stocks or bonds or as part of planned giving. Gifts can also be restricted to a specific program or purpose.

Help us continue to provide care to the uninsured and underinsured. Please call Tina Chapman (873-2136 x 1905) or Elizabeth Keane (873-2136 x 1005) in the Communications Office or visit www.kbhmaine.org to learn how your gift can make a significant difference in a neighbor's life.



HOUSEHOLD ITEMS NEEDED

KBH's Supported Housing program is asking for donations of household items for clients who are without personal effects when they first arrive. Supported Housing apartment buildings are reserved for people with mental illness who need skills development and supports for successful community living. The program is currently looking for bedding and kitchen items.

If you have any of these items (pillows, sheets, blankets, pots and pans or kitchen utensils) that you would like to donate to the Supported Housing program, please contact Tracy Allen, Director of Supported Housing by calling (207) 629-8535 or email her at tallen@kbhmaine.org.



KBH WEBSITE UPGRADED

During January 2017, www.kbhmaine.org was updated to include a new, more user-friendly design including a slideshow, drop down menus and sharing links. This redesign is part of an effort to make information about mental health and KBH's programs more easily accessible.

Any forthcoming events or important news will also be shown on the main page for interested users to access. The past two years has seen changes in the agency's communications design and the website is one of the final elements to make the agency's mission clearer and more consistent.

Have any questions about the website? Please contact us at info@kbhmaine.org.



Elizabeth Keane, Communications Specialist

On November 11, 2016, Kennebec Behavioral Health hosted its inaugural community fundraising event, 'A Night Out'. Taking place at the Calumet Club in Augusta, the event included a fun night of comedy improv provided by the group, Teacher's Lounge Mafia, as well as a 50/50 raffle and a basket raffle.

The agency decided to begin hosting an annual fundraising event to bring more awareness to issues around mental health and to enhance connectedness between KBH and the community. The KBH Connections Team, a group of KBH employees dedicated to improving employee morale and connecting staff and the community together, coordinated and managed the event.

Every year, a program of KBH will be chosen to be the recipient of any funds raised from this event. This past year, the Clubhouse Employment Funds were that

recipient. The Vocational Clubhouses are an important and engaging program that includes three clubhouses: High Hopes Clubhouse in Waterville, Capitol Clubhouse in Augusta and Looking Ahead Clubhouse in Lewiston.

The days leading up to the event were filled with different organizations and KBH staff donating baskets to be part of the basket raffle. In total, 26 baskets were donated. The basket and 50/50 raffles raised over \$2,000 alone. The night was a success. The event was sold out with 250 purchased tickets! And the total amount raised... **over \$8,000!**

However, we couldn't have done this without our generous sponsors. These sponsors include:

Chuckle Sponsors:



Tee-Hee Sponsors: Clark Insurance, Gibson LeClair, LLC and Vannah Charest Yard Care.

Our next 'Night Out' will take place on November 10, 2017 so be on the lookout for more information!



YOUNG ADULT RESIDENTIAL

Kennebec Behavioral Health is pleased to announce that we now offer a residential treatment program just for young adults, those 18-24 years of age, who aspire to reach their greatest potential. Located at 86 Stone Street in Augusta, the Young Adult Treatment Program offers a home environment where young adults who are living with serious and persistent mental illness can focus on rehabilitation in a highly supportive environment. The program offers opportunities for residents to gain the skills necessary to live on their own after a period of two years and works hand-in-hand with other support programs such as case management and Clubhouse (vocational rehabilitation).

Upon walking into the 86 Stone Street residence, through its glassed in, bright and sunny front porch, one is met with two comfortable common areas for residents on

either side, with two old fashioned banister staircases heading up to the West and the East side. The staff and residents purposefully chose not to name the sides by gender out of respect for anyone who identifies themselves in another way. The bedrooms have a sweet, dorm-room feel, some messier than others, and are decorated with personal items. A homey kitchen area offers a space for staff and residents to prepare three meals a day. The residents all have tasks for which they are responsible (listed on the job board) and they recently set up an area in the house for recycling.

Additionally, the residents are generally busy during the day working on their employment and/or educational goals, or participating in volunteer activities. Jessica Turcotte, director of KBH's Supported Housing Program, wants to also offer a variety of recreational, educational and experiential activities for the residents. "The Young Adult PNMI (Private Non-Medical Institution) is a program developed to offer transition age youth with opportunities to help support the development of independent living skills as well as establishing increased opportunities for social connections and improved health and wellness. We are looking to our KBH friends and eventually community members to volunteer their time and make a difference in the lives of some of central Maine's most vulnerable youth."

Do you have talent or skill that helps you relax when feeling overwhelmed? Then we would love for you to come and teach our residents so that they have exposure to things they may not have ever experienced before. If so, please contact Jessica at jturcotte@kbhmaine.org.

PAYEE SERVICES OFFERED

Karena Carter, Representative Payee Coordinator

KBH has been approved by the Social Security Administration to become a fee for service agency, providing Representative Payee Services to those who have social security income and are in need of financial management.

A Payee Representative is provided to ensure that bills are paid in a timely fashion and ensures that all basic and financial needs are met and all remaining needs are budgeted each month by supporting clients with financial decision making. Further, the Payee Rep reports all changes to social security as well as completes all annual documents and reports to social security while keeping detailed accounting records of all transactions.

KBH charges a Payee Service Fee. The rates vary but cannot exceed \$41 per month and will not exceed ten percent of monthly income.

For more information visit <http://www.kbhmaine.org/representative-payee-services> or call (207) 873-2136 and ask for Payee Services.



**Do you or a loved one
experience anxiety when
paying bills?**

DREAMS

Continued from page 2

One of Maine's biggest proponents of Clubhouse is Governor Paul LePage who served for ten years on the Advisory Committee for High Hopes. In 2012, just after entering office Governor LePage approached KBH to discuss expanding Clubhouse once again. It didn't take long for those involved to determine that the Lewiston area was the place for the next Clubhouse – Looking Ahead Clubhouse. And we had learned a thing or two over the last fifteen years so this time, we found the perfect location first at 646 Main Street and five years later, it is thriving. According to Christine Berry, director of Looking Ahead, "in Clubhouse, we focus on 'first day forward' by enhancing member strengths, abilities and talents in preparation for future employment. It is a privilege working side by side with members who are passionate about achieving their employment goals."

Each Clubhouse has received full accreditation by Clubhouse

MULTISYSTEMIC THERAPY

Melissa Winchester LCPC, MST Director

Multisystemic Therapy: The ultimate goals of MST are to provide parents with the skills and resources that they need to address, independently, the difficulties that arise when rearing teenagers and to give youth the skills necessary to cope with family, school and neighborhood problems.

This is done, in part, by mobilizing individual, family and community resources that support and maintain the long-term behavioral changes that occur during MST treatment. MST is a pragmatic, goal-oriented treatment program that targets factors in the youth's social network that contribute to his or her antisocial behavior.

KBH is proud to share that our MST teams have recently been trained to

International, a rigorous endeavor to ensure that the Clubhouse is meeting the highest standards of service. All together Clubhouses now serve over 600 members annually, but the numbers are only a part of the equation. Just talk with one of our Clubhouse directors, staff or members and you'll hear about the magic that happens. Amy Kirkpatrick, director of Capitol Clubhouse shares "what amazes me is that Clubhouse is the only program where you can visibly see the person change in a matter of a few weeks – they stand taller". And the difference impacts more than just the member. "For every member in Clubhouse, you are actually affecting 10 more lives – their family, friends, landlords, employers and service providers," stated Lisa Soucie, director of High Hopes.

She adds, "Clubhouse is the cornerstone of mental health services for people – recovery needs to include employment". In fact Clubhouse is one of the only mental health programs where a person's mental health diagnosis is not the focus, the focus is on their strengths and abilities.

"Basically Clubhouse did not give up on me, I am living the best I ever have." Joe – a High Hopes member who has been working for the last 10 years full time. "Clubhouse gave me hope and independence. It's a place where I am not mentally ill, I am Ellen. I no longer have a case worker, and I no longer have a payee. I take care of myself and have dropped 100 pounds by gaining self-worth." Ellen, 15 year Capitol Clubhouse member. "The Clubhouse gives me an opportunity to be part of a community, so that I don't feel sheltered in my apartment. I have come a long ways with my mental health because of the support that I receive from the Clubhouse. I am more confident and I feel better about myself. I consider the Looking Ahead Clubhouse to be my second family." Judy, a 4 year member of Looking Ahead Clubhouse.

It's time to celebrate! Each Clubhouse will be hosting an open house from 3:00-6:00 pm in celebration of their upcoming anniversaries. We hope you will join us to visit the places where dreams come true.

provide Contingency Management interventions as part of the MST services to families where the primary referral behavior(s) is either substance use or other negative behaviors that result from substance use.

In MST enhanced with contingency



management, the therapist develops, with the caregivers, a specific written plan for the youth that the caregivers enforce. The plan

is designed to keep the youth from doing drugs and consuming alcohol excessively.

At every session, the therapist assists the caregivers in determining whether the adolescent is currently using drugs and/or drinking alcohol. If the answer is yes, the underlying reasons for the substance abuse (peer pressure and boredom, for example) are sought, and an intervention is built. If the answer is no, the factors that led to the youth stopping are leveraged to influence future behavior. These added interventions assist the Therapists to help families being impacted by substance use and increase likelihood that youth remain in the home.

WORKING TOGETHER TO FIGHT THE OPIOID CRISIS

Tina Chapman, Development & Communications Director

Our state's opioid crisis claimed 378 lives last year. The misuse of pharmaceutical opiates is pervasive and devastating - in fact nearly 90% of drug overdose deaths in Maine involved pharmaceuticals. Somerset and Kennebec counties have continually observed some of the highest rates for narcotics prescribed per person since 2008.

As medical providers more rigorously limit and monitor prescribing practices to help combat the opioid epidemic, illegal heroin use has intensified. In fact, the number of drug offense arrests due to heroin use has more than quadrupled since 2010.

Let's put the numbers aside for a minute though. We can't lose sight of the people - the individuals and families who are in harm's way due to their addiction. What are we as a community doing to help our neighbors and friends who are struggling with opioid use?

One of the most effective methods of treatment is a whole person approach known as Medication Assisted Therapy (MAT). MAT is the use of medication (Suboxone) in combination with counseling and other behavioral therapies including

peer-to-peer support to overcome acute addiction and manage the individual's substance use disorder over time.

Kennebec Behavioral Health is partnering with the Maine Health Access Foundation (MeHAF), Maine Quality Counts, Crisis & Counseling, Redington-Fairview General Hospital and Skowhegan Family Medicine as well as Somerset County emergency medical services, law enforcement and peer support groups on a capacity building project to support expanded access to MAT in primary care settings.

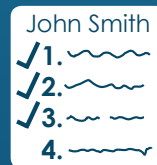
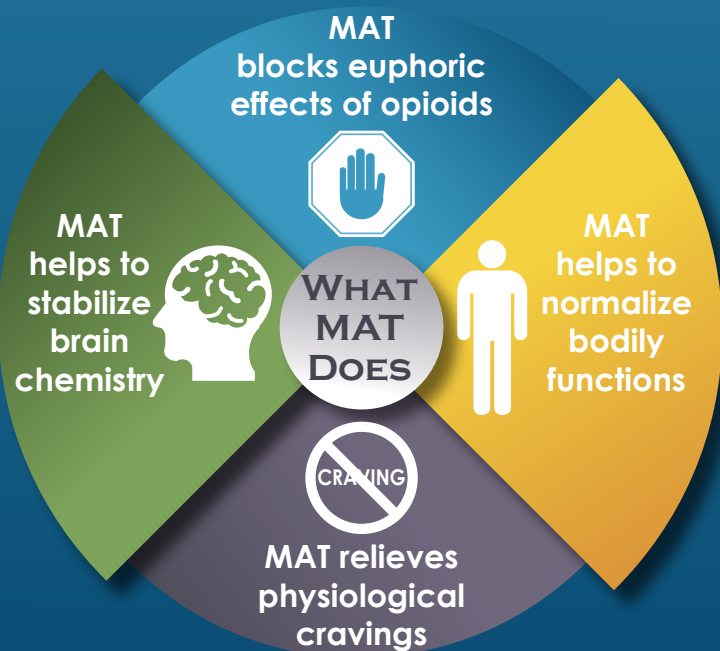
According to Pat McKenzie, Administrator of Outpatient and Substance Abuse Services at KBH, "there is so much to be done, but the low-hanging fruit is getting more coordinated and integrated treatment options in place. We are thrilled to finally have funding to build a real system of care among primary care, specialty care, consumers and critical stakeholders that can result in long-term recovery for individuals and their families."

MeHAF has partnered with ten organizations across the state to expand local capacity for addiction care and has identified affected

pregnant women, new mothers and infants as well as underserved rural areas as priority populations. KBH's project, called the Somerset Expansion of Addiction Care Collaborative, will focus on access to care in rural Somerset County.

Rob Rogers, KBH's Assistant Director for Substance Use Prevention and Grant Services, is looking forward to getting the project underway. "I am excited about the MeHAF funding. Somerset County has been vastly underserved related to Medication Assisted Treatment. Partnering with Redington-Fairview General Hospital and other providers throughout the area in the planning grant will help us put together a solid implementation plan to address the care of our substance using citizens and their affected family members," stated Rogers.

Bringing the community together in support of long term recovery and wellness is a critical part of making an effective impact on the state's opioid crisis. Recovery is so much more than treatment, it's the entire community rallying around our neighbors and friends to say - you matter to us.



Medication Assisted Therapy does NOT replace one addictive drug with another but provides a safe, controlled level of medication.

MAT provides a comprehensive, individually tailored program plan of medication and behavior therapy treatment.

MAT improves survival rates, promotes retention in treatment and increases ability to gain and maintain employment.

The **mission** of Kennebec Behavioral Health is to **promote** the well-being of children, adults and families in central **Maine** who experience mental illness, emotional difficulties or behavioral challenges.

To be added to the list for e-news, contact
ekeane@kbhmaine.org or
call (207) 873-2136, ext. 1005



LOCATIONS

Waterville Clinic & Administrative Offices
67 Eustis Parkway
Waterville, ME 04901

Augusta Clinic
66 Stone Street
Augusta, ME 04330

Skowhegan Clinic
5 Commerce Drive
Skowhegan, ME 04976

Winthrop Clinic
736 Old Lewiston Road
Winthrop, ME 04364

Family Visitation Center
66 Stone Street
Augusta, ME 04330

Community-Based Service Hubs
16 Caldwell Road
Augusta, ME 04330

37 Stone Street
Augusta, ME 04330

5 Commerce modular
Skowhegan, ME 04976

1-888-322-2136

High Hopes Clubhouse
26 College Avenue
Waterville, ME 04901
207-877-0038
www.highhopesclubhouse.org

Looking Ahead Clubhouse
646 Main Street
Lewiston, ME 04240
207-376-1711
www.lookingaheadclubhouse.org

Capitol Clubhouse
37 Stone Street
Augusta, ME 04330
207-629-9080
www.capitol-clubhouse.org



67 Eustis Parkway, Waterville, ME 04901
www.kbhmaine.org