## KMHA Parent Board
- Ronald A. Ducharme
- Leon A. Duff
- Lisa Gibson Landry
- Carol Axtell
- Walter “Winn” Price
- Rosalie Curtis Williams

## KMHA Foundation Board
- Alice Anderman
- Patrick S.A. Flood
- Marilyn E. Canavan
- Sandra L. Delano
- Marjorie J. Downing

## KMHA Real Estate Board
- Robert J. Ringer
- Bruce S. Harrington
- James E. Coffin
- Benjamin Murray

## Capitol Clubhouse Advisory Board
- Amy Kirkpatrick
- Jeremy Bouford
- Roxanne Zwaga
- Cheryl Davis
- Jeanie Coltart
- Kate Marshall
- Ryan Fitzgerald
- Leslie Heselton
- Branden Densmore
- Sarah Hafford
- Kerry Caron
- Joyce Gilbert
- Barbara Lunsford
- John Shattuck

## High Hopes Clubhouse Advisory Board
- Lisa Soucie
- Elizabeth Nitzel
- Cheryl Davis
- Dave Dawson
- Kim Croswell
- Mike Roy
- Maggie Black
- Susan Tuthill
- Anita Anderson
- Dr. Robert Croswell
- Hannah Bard
- Charles Rumsey IV
- Wendy Allen
- Racheal Merriam
- Duane Wheeler
- Kelly Winslow
- Fred Olsen
- Barbara Wilson
- Marissa Griffin

## Looking Ahead Clubhouse Advisory Board
- Christine Berry
- Jessica Guimond
- Jeff Baril
- Judith Binette
- Rose-Marie Charest
- Blaine Linton, LADC
- Samuel Mathis
- Rachel Dixon
- Les E. Stevens, CWS
- Eric Manson
- Noel Plourde

---

**Kennebec Behavioral Health**

**KBH Affiliate Boards**

**July 1, 2015 - June 30, 2016**
Dear Friends, Supporters and Community Members,

We are pleased to provide you with Kennebec Behavioral Health’s Annual Report for the fiscal year which ended on June 30, 2016. This report chronicles our successes over the past fiscal year as well as changes that were implemented to better serve persons in need of our services.

Kennebec Behavioral Health remains a leader in behavioral health services in the state of Maine. We have been challenged to meet the demands for clinical services and have successfully served a large number of clients within our service areas and across our comprehensive continuum of care.

We continued to be successful clinically, fiscally, and operationally in the face of challenging changes that presented themselves this past fiscal year. These changes included the State of Maine’s Department of Health and Human Services altering eligibility for Community Integration Services.

Kennebec Behavioral Health was able to transfer many of these clients who did not meet the new eligibility requirements for Community Integration Services into our Behavioral Health Home Services.

In conclusion, it is clear that healthcare is still evolving and will continue to do so during the next year and KBH believes in remaining an important provider in central Maine. Thank you for your help and support as we look to the future of our organization and of mental health care in Maine.

Sincerely,

Thomas J. McAdam
Chief Executive Officer

Ronald A Ducharme, Esq
KMHA Parent Board, President
Clients by Service

Clinic-Based Services
- Dialectical Behavior Therapy: 78
- Med Clinic (Adult): 3811
- Med Clinic (Youth): 1630
- Outpatient: 2428
- Substance Use Disorder: 332
- Community Reinforcement and Family Training (CRAFT): 12

Child & Family Services
- Children’s Case Management: 842
- Headstart Services: 3
- Home and Community Treatment (HCT): 273
- Multisystemic Therapy (MST): 191
- School-Based Services: 738

Adult Rehabilitation Services
- Adult Case Management: 1132
- Capitol Clubhouse: 214
- Community Living Services (CLS): 80
- Developmental Services Case Management: 124
- High Hopes Clubhouse: 238
- Looking Ahead Clubhouse: 185

Housing & Outreach Services
- Augusta House: 10
- Homeless Adult Outreach: 78
- Homeless Youth Outreach: 51
- Rental Services: 337
- Valley View: 8
- Walnut Street: 7
- Wilson Place: 9

Access Center (1-888-322-2136)
- (Adult/ youth): 689/221

Total People Served by KBH Programs: 13,721
Financial Statements

FY 2016 Revenues

Revenue

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<th>6/30/2016</th>
<th>6/30/2015</th>
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<td>$ 2,647,794</td>
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<td>Fees</td>
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<td>Fundraising</td>
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<td>Rent</td>
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<td>388,768</td>
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<td>Other</td>
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<td><strong>$26,607,266</strong></td>
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FY 2016 Expenses

Expenses

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<th>6/30/2015</th>
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<td>3,071,247</td>
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<td>Mgmt. &amp; General</td>
<td>97,403</td>
<td>162,501</td>
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<tr>
<td>Fundraising</td>
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<td></td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$25,837,044</strong></td>
<td><strong>$25,837,044</strong></td>
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Change in Net Assets

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<td><strong>$ 624,094</strong></td>
<td><strong>$ 515,287</strong></td>
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Audited by Gibson LeClair, LLC
Community Reinforcement and Family Training is a comprehensive behavioral program that focuses on the family members of those in harm’s way due to substance use. It teaches family members to optimize the positive impacts they have on their loved one about the substance use and avoid confrontation and detachment.

CRAFT methods are evidence-based and provide families with a hopeful, positive and more effective alternative to addressing substance problems as compared with other intervention programs. Kennebec Behavioral Health (KBH) offers CRAFT to family members of affected individuals who were not seeking treatment for their substance use.

During FY 2016, three KBH clinicians had the amazing opportunity to attend the national CRAFT Training at the Parents Translational Research Center at the Treatment Research Institute in Philadelphia, PA and offered by Robert J. Meyers, Ph.D. & Associates. This three-day foundational training provided our clinicians with instruction in the CRAFT model and was taught by Dr. Robert J. Meyers himself.

This opportunity has been invaluable for KBH’s CRAFT clinicians and the program as a whole, and is the first component of the certification process. Our three clinicians are now in the process of doing their clinical protocols for CRAFT certification. For each, 9 protocols must be passed to get certified as a CRAFT therapist. Each protocol includes taping and coding CRAFT sessions, having them reviewed by a CRAFT supervisor, and then participating in a conference call with the supervisor for feedback and coaching on each protocol.

The success of the CRAFT model has been widely documented. Across a number of clinical research studies, CRAFT consistently gets 64%-86% of cases into treatment, typically after only five sessions. In comparative studies, CRAFT treatment engagement is significantly higher than other types of intervention models.

CRAFT's efficacy has been shown with ethnically-diverse client populations and with other individuals in a variety of types of relationships with the substance abuse (spouse, parent, adult, child, sibling, partner, grandparent, etc.) Regardless of whether a family member’s loved one enters treatment, the family member typically feels less depressed, anxious, angry, and has fewer physical symptoms than before treatment.

Source: Robert J. Meyers, Ph.D. & Associates
Evidence Based Practices at KBH

Carla Stockdale, Clinical Director

Did you know that KBH provides a number of evidence based practices (EBP)? An evidence based practice is the integration of clinical expertise, patient values, and the best research evidence into the decision making process for patient care. Clinical expertise refers to the clinician’s cumulated experience, education and clinical skills.

The delivery of these evidence based practices also include specialized supervision both individual and group, clinical consultation to assist with meeting the evidence based practice’s clinical standards of care, and the utilization of data and clinical outcomes to inform the practice.

We have high clinical standards here at KBH and we are proud of the work we do with some of the most vulnerable people in our state who live with Severe and Persistent Mental Illness (SPMI), Substance Use Disorders, and Severe Emotional Disturbance (SED). Evidence based practice offers better outcomes and is guided by a scientifically based model of care.

The following are Evidence Based Practice’s that we currently are delivering here at KBH:

• ACRA – Adolescent Community Reinforcement Approach
• Clubhouse International
• CRAFT - Community Reinforcement and Family Training
• DBT – Dialectic Behavioral Therapy
• MATCH – The Modular Approach to Therapy for Children with Anxiety, Depression, Trauma or Conduct Problems
• MST – Multisystemic Therapy
• MST – PSB – MST, Problem Sexual Behaviors
• Prime for Life
• RESPECT ME
• SEEKING SAFETY
• TF-CBT – Trauma Focused Cognitive Behavioral Therapy

KBH is also exploring and expanding the promising practices of Motivational Interviewing and Critical Time Intervention Model in the coming year.

To learn more about Evidence-based Programs and Practices for mental health and substance abuse you can go to the Substance Abuse and Mental Health Services Administration (SAMHSA) website and review their system, designed to provide the public with reliable information on mental health and substance abuse interventions at SAMHSA’s National Registry of Evidence-based Programs and Practices (NREPP) which can be found at the following link: http://nrepp.samhsa.gov/02_about.aspx.
In November of 2015, an anonymous donor announced that they would match any gifts, up to $10,000, benefiting homeless youth outreach (HTO) from November until March 31, 2016. KBH initiated a campaign to meet this match, so how did it go?

KBH sent out appeal letters in November mentioning the matching gift and the response was phenomenal. Individual donors and businesses contributed over $13,000 to KBH’s Homeless Youth Outreach.

KBH employees also did their part to participate in the campaign for one of its agency’s least funded programs. A Penny Wars contest was announced to help raise money while generating a little well-meaning competition. Four teams were created and a game of sabotage and a lot of counting commenced. In just one month, the Penny Wars contest raised $3,000.

Every dollar counts with Homeless Youth Outreach, which receives little funding. The program finds youth who are homeless, couch surfing or who have managed to shelter themselves and provides individual support to meet the young person’s needs.

Sampling collaboratively with the youth, schools, doctors and family members, KBH and its Outreach team are able to provide homeless youth with more stability and the tools to become successful.

Every dollar of the donations and match would help fund this necessary program to help outreach workers properly connect youth with resources. So what was the total raised with the 1:1 match included?...

$26,528

**Improving Wellness**

Physical and mental health are crucial to one’s overall wellness so over the last fiscal year, KBH took steps to help improve the wellness of people served, the central Maine community and KBH staff.

Several initiatives to better inform people how to improve wellness included introducing a radio ad campaign throughout the year that included a ‘Wednesday Wellness Tip.’ Airing every Wednesday on 92 Moose and B98.5, KBH included easy tips that can help anyone with their health.

KBH also reintroduced the Community Learning Series. This series was made up of four, free workshops that highlighted topics such as depression, accessing mental health care, ADHD in children and helping children cope with significant events. Taking place during September and October of 2015, the workshops, open to the public, provided information and answered questions.

Another change was forming a KBH Connections Team that evolved out of an Employee Recognition Committee. This team works behind the scenes to improve employee satisfaction and wellness as well as improving community connections. The team introduced events, games, competitions and several forms of recognition to better connect staff with one another and with the community.

Wellness is important and KBH will continue to improve how the agency can help with healthier living.
KBH Awarded CARF Accreditation

Tina Chapman, Communications & Development Director

CARF International announced that Kennebec Behavioral Health has been accredited for a period of three years for all of its programs and services including the agency’s newest service – Behavioral Health Homes. The latest accreditation is the fifth consecutive Three-Year Accreditation that the international accrediting body, CARF, has awarded to Kennebec Behavioral Health.

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows the organization’s substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process. It has demonstrated to a team of surveyors during an on-site visit its commitment to offering programs and services that are measurable, accountable, and of the highest quality.

“It is an indication of our commitment to excellence in all areas of KBH, including care delivery, operations and finance,” says Thomas McAdam, CEO

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served.

Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, and now known as CARF International, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services. For more information about the accreditation process, please visit the CARF website at www.carf.org.

KBH Wins Big at PFBF CPAs 5K

Every year, PFBF CPAs hosts a Run the Numbers 5K and Kids Fun Run to benefit Maine charities. This year, the event on June 18th in Oakland, ME benefited Kennebec Behavioral Health.

Forming a team of over two dozen runners and volunteers, KBH members had a wonderful time participating in this generous event. The agency even designed race t-shirts for all employees that were involved.

Not only did the agency win the ‘Largest Team Award’ but the event brought in $9,000. This money would go towards agency programs and services for adults and children who experience mental illnesses or behavioral challenges.

PFBF CPAs was wonderful to work with and KBH looks forward to participating in future races to help raise awareness about services in Maine.
THANK YOU
FY 2016 DONORS (July 1, 2015- June 30, 2016)

$0-$99
Anonymous (3)
*Todd Achorn
Linda Ainsworth
David L. and Gloria S. Anderson
Christine Bemy
Vicky Bowman-Vickers
Thomas J. Brazier
Sandra L. Brown
Katharina and Rene Burdet
Tina Chapman
Claudine Chaput
James Coffin
Sheila Cotnoir
Patsy G. Crockett
Karen Cutter
Sandra Delano
Marion O. Donnell
Elizabeth Dovinsky
Marjorie Downing
Robert L. and Janet Ellis
Jon B. and Paula Eustis
Lori Fiandaca
Amanda Fitts
Kelsey Fourcaudot
Virginia B. Gallant
Kip Glidden
Leon and Dorothy Guerette
Karen Hamon
Bruce Harrington
Martha H. Hiebel
Annette Hood
Michael and Wanda Johnson
William Johnson
Amy Kirkpatrick
*Linda Lambert
Kelley Landry
Pamela Larsen
Candy Lessard
Ida Joyce Levine
Dianne Libby-Gilbert
Marcia Z Lincoln
Kimberly Lindlof
Patricia Lyford
Terri Macleod
Paul and Delia Manson
John L. and Holly L. Margolis
Michael Marino
Donna McEachem
Cheryl McFarland
Richard and Betty-Jane Meader
Dorothy Merchant
John and Alison Metcalfe
*Priscilla Milnes
Randy Moser
Benjamin Murray
Judy A. Nichols
Karen Normandin
Richard Pelton
Nancy Perkins
Rhaeto A. and Annabelle N. Pfister
Joseph Poplawski
William and Dorothy Randall
Judith Rice
Nancy Rines
Tina Rioux
Joan Rogers
George Shaler
Catherine Soden
Lisa Soucie
Walther S. Stephenson
Cynthia Stinson
Gordon and Susan Wark
Bebe D. Waterman
Barbara L. and Susan J. Wilson
Faith Wilson
Steven Woodside
Allen Insurance, Financial
Carpet Care of Maine
KVCAP
Longfellow’s Greenhouse
Rebecca’s Place
*The Liberal Cup
United Way of Greater Portland

Deirdre Boylan
William I. Branch
*Laurie Brewer
Miles Brookes
Marilyn E. Canavan
Helen Cianchette
Edward S. and May R. Coffin
Jill Cuestas
Ronald and Judy Ducharme
Gavin and Edvina Ducker
Leon A. Duff
Joan Dussault
Shirley Eskelund
Brandi Farrington
Charles and Lore Ferguson
Lynne M. Femands
Patrick S. A. and Marjorie Flood
Lori Fowle
Catherine Gallagher
Fernand T. Garland
Samuel N. and Jan Goddard
Jeremy S. and Cynthia J. Guiles
*Sarah Hafford
Arthur J. Haug
Karen Heck
Donna Kelley
John D. Koons, DMD
Lisa Gibson Landry
Penny Laplante
Fernand LaRochelle and Rae Ann French
Jane Leighton
Amy and Roger Line
Bemard and Ann McGowan
Karen and Peter Mosher, Ph.D
George Myers Jr.
Philip and Brooke Nixon
Rachel A. Nixon
Frederic T. and Crystal Olsen
Frank Rankin
Paige Ricciardo
Stephanie Rice
Robert J. Ringer, Jr.
Anne M. Rosenthal
Lyn and Joe Rowden
H. Allen and Dianne Ryan
Larry Savage II
Samuel D. Shapiro

$100-$499
Anonymous (2)
Alice and David Andeman
Carol Axtell
Susanne and James Barry
Diana Boivin
Judy E. Bolduc
Kathy Bourgeois
Lorraine Libby Bowdoin

*Sarah Hafford
Arthur J. Haug
Karen Heck
Donna Kelley
John D. Koons, DMD
Lisa Gibson Landry
Penny Laplante
Fernand LaRochelle and Rae Ann French
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Stephanie Rice
Robert J. Ringer, Jr.
Anne M. Rosenthal
Lyn and Joe Rowden
H. Allen and Dianne Ryan
Larry Savage II
Samuel D. Shapiro
Jeanne Shay
Josee L. Shelley
Leslie Soares
*Lucille Taylor
Gretchen and Tom Tietenberg
Alison J. Webb
Carol A. Welch
Rosalie Williams
Elizabeth Wood
Norms and Carlese Wood
Norman and Elaine Young
Associated Grocers of New England
Atkins Charitable Trust
Augusta Computer Copy Inc.
*Bernstein Shur Counselors at Law
Bilodeau Builders, Inc.
Cintas Corporation
Congregational Women’s Fellowship
Country Pride Cleaning Service, Inc.
Damariscotta Bank & Trust
Fred’s Coffee
Fully Found Inc.
G & E Roofing Co., Inc./China Dine-ah
Hannaford
James D. Julia Inc.
Kennebec Savings Bank
Komer Store & Deli
Law Offices of Joe Bornstein
Lunder Foundation
Maine State Council
McCormack Building Supply
*North Country Rivers
Old South Congregational Church
Pine Tree Veterinary Hospital
Panera Bread
Quinn Hardware
SBS Carbon Copy
Skowhegan Rotary Club
Smile Solutions, LLC
Vannah Yard Care, Inc.

$500-$999
Douglas and Tania Camrick
Teresa Hemida
Clifford A. Manchester
*Suzanne Murphy
Edward and Eileen Ringel
Walter Price
Susan Steele

First Congregational Church UCC
Kennebec Anesthesia Associates, P.A.

$1,000-$9,999
Laura and Ed Atlee
Donald Dubois and Annmarie Lieberman
Catherine Guiles
Thomas McAdam
Andrew Kaplan and Katherine Ervin
Abnaki Council Knights of Columbus #334
Bangor Savings Bank Foundation
Cora Harris Trust c/o Bank of America
Helen & George Ladd Charitable Corp.
Inland Hospital Foundation
Maine Community Foundation
Mid-State Machine Foundation
National Philanthropic Trust
*New Balance Shoes

KBH Municipal Partners
KBH provided over $600,000 in unfunded care to uninsured and underinsured residents. We would like to thank these municipalities for their generosity in allocating a portion of their funds to KBH during FY 2016.

City of Waterville
Pleasant Ridge Plantation
Town of Albion
Town of Anson
Town of Benton
Town of Bumham
Town of Canaan
Town of Caratunk
Town of China
Town of Detroit
Town of Embden
Town of Fairfield
Town of Farmingdale
Town of Freedom
Town of Islesboro
Town of Liberty
Town of Litchfield
Town of Manchester
Town of Moscow
Town of Norridgewock
Town of Oakland
Town of Palermo
Town of Palmyra
Town of Pittston
Town of Richmond
Town of Rome
Town of Searsmont
Town of Solon
Town of Somerville
Town of Starks
Town of Unity
Town of Vassalboro
Town of Vienna
Town of Wayne
Town of Whitefield
Town of Windsor
Town of Winslow

If there are any inaccuracies, please call (207) 873-2136 x 1005 or email ekeane@kbhmaine.org.

Make a secure online donation today by visiting www.kbhmaine.org/give.
### Clinics

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Address</th>
<th>Zip Code</th>
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<tbody>
<tr>
<td>Waterville Clinic</td>
<td>67 Eustis Parkway, Waterville, ME</td>
<td>04901</td>
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<tr>
<td>Augusta Clinic</td>
<td>66 Stone Street, Augusta, ME</td>
<td>04330</td>
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<tr>
<td>Skowhegan Clinic</td>
<td>5 Commerce Drive, Skowhegan, ME</td>
<td>04976</td>
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<tr>
<td>Winthrop Clinic</td>
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### Clubhouses

<table>
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<tr>
<td>High Hopes Clubhouse</td>
<td>26 College Avenue, Waterville, ME</td>
<td>04901</td>
<td>207-877-0038</td>
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<tr>
<td>Capitol Clubhouse</td>
<td>37 Stone Street, Augusta, ME</td>
<td>04330</td>
<td>207-629-9080</td>
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<tr>
<td>Looking Ahead Clubhouse</td>
<td>646 Main Street, Lewiston, ME</td>
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### Community-Based Service Hubs

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<td>16 Caldwell Road</td>
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<tr>
<td>72 Winthrop Street</td>
<td>Augusta, ME</td>
<td>04330</td>
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<tr>
<td>5 Commerce Modular</td>
<td>Skowhegan, ME</td>
<td>04976</td>
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<tr>
<td>Family Visitation Center</td>
<td>66 Stone Street, Augusta, ME</td>
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