

Spring 2018

HEARTS & MINDS

Latest News,
Announcements &
Updates from
Kennebec Behavioral
Health



SOMERSET EXPANSION OF ADDICTION CARE COLLABORATIVE PUSHES ON IN YEAR TWO

Patricia McKenzie, Administrator of Outpatient and Substance Abuse Services

According to the Maine Attorney General's Office there were 378 drug overdose deaths in 2016, and opioid related deaths continue to climb across our state at a staggering rate. Kennebec Behavioral Health, Skowhegan Family Medicine and Somerset Primary Care of Redington-Fairview General Hospital have partnered over the last year to build the clinical and community infrastructure necessary to support persons seeking long-term recovery from opioid misuse disorder.

Our organizations continue to step up to the challenges of this epidemic through the Somerset Expansion of Addiction Care Collaborative (SEACC). SEACC is the creation of KBH Outpatient Services and Primary Care Providers of Redington-Fairview General Hospital. In 2017, SEACC convened a group of community stakeholders who have joined together to create a plan that will expand Medication Assisted Therapy (MAT) and other critical community services for individuals and families living with opioid use disorders. Our aim is to increase access to local and appropriate treatment that is paramount in saving lives and turning the tide of this epidemic in Somerset County. Dr. Ann Dorney of Skowhegan Family Medicine and a project leader speaks to the critical need, "We have a growing issue with opiate addiction in our community and it is important to have coordination between patient's doctors and mental health/substance abuse providers to help our patients."

What is MAT? For opioid treatment programs, it is an evidence-based approach in the use of medication such as methadone, buprenorphine, or naltrexone in combination with counseling and other social/behavioral supports to assist individuals in recovery from opioid use disorder and dependency. Our aim is to build a more integrated

system of care across primary care, specialty care, consumers, and other critical stakeholders to promote long-term recovery for individuals and their families.

Our approach has been an intentional and collaborative planning process that addresses barriers to care. In this way, SEACC Workgroups are creating a sustainable infrastructure for improved access to addiction care and ongoing recovery supports. Kennebec Behavioral Health, Skowhegan Family Medicine and Somerset Primary Care are hard at work to implement a pilot project of an integrated MAT model to serve 20 individuals by late fall of this year. Rob Rogers, Prevention Specialist at KBH and SEACC Stakeholder, speaks to our common vision; "I'm hopeful that through the work of the SEACC that the Somerset community will increase access to and willingness of people to accept substance use treatment. I also hope to change community norms about recovery

and prevent discrimination towards people in recovery and their families."

SEACC has made significant progress in designing a "whole person, whole family, whole community" approach to treatment and community supports that is focused on long-term recovery. The almost daily reports of preventable opioid related deaths and the suffering of the many friends and family who have lost someone to the chronic illness of addiction can create a feeling of helplessness in the face of this epidemic. However, Kathe Dumont, Substance Use Disorder Treatment Specialist at KBH and a SEACC Leader, continues to share with anyone who will listen, "Treatment works and recovery happens." In Kathe's wisdom and experience, we remain hopeful in our efforts to make a positive difference in the lives of individuals and families affected by opioid dependency and our communities.



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

Thomas J. McAdam, MBA
Chief Executive Officer



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.



Elizabeth Keane, Communications Specialist

On November 10, 2017, Kennebec Behavioral Health hosted its second annual community fundraising event, A Night Out. Taking place at the Calumet Club in Augusta, the event included a fun night of comedy featuring comedians Dawn Hartill, Mark Turcotte and Kyron, 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, Substance Use Disorder Services were that recipient. The Substance Use and Co-occurring Disorders Program helps adults, adolescents and families whose lives have been disrupted by harmful relationships with abused substances.

The program also provides integrated services for people

who have mental health concerns co-occurring with substance use problems.

Staff also assist people in creating a lifestyle of personal freedom from the harmful effects of substance misuse, abuse and dependence.

The event wouldn't have been a success without our sponsors and the staff who coordinated and donated to the event. KBH had over 25 baskets that were raffled as well as a 50/50 raffle for those who wanted to win cash. The winner of the 50/50 donated the money back to the event, and we cannot thank that individual enough!

Also this year, different departments at KBH donated baskets for the basket raffle. The winning basket, or the basket that received the most raffle tickets, would win a prize. So which basket won? It was our Patriots Basket!! Overall, the raffles raised nearly \$2,500!

KBH had a blast hosting this event and can't wait for next year's event, which will be held on November 3, 2018, so mark your calendars (more information will be coming soon).

So how did this year's event do?

This year, A Night Out raised **over \$9,000**, a 15 percent increase over last year!

KBH has to thank those who attended, staff and our sponsors including our Basket Sponsors, Giggle Sponsors, Tee-Hee Sponsors, Food Sponsor, Chuckle and Side-Splitter Sponsors.

SIDE-SPLITTER SPONSORS

The logo for 'The Mix 107.9 FM' features the word 'The Mix' in a stylized, bubbly font with '107.9' to its right. Below it is a yellow banner with 'LISTEN LIVE' and 'at MixMaine.com'. To the right, it says 'Classic Hits and the Best of Today' and 'WFMX 107.9FM'.

The logo for 'townsquare' features the word 'townsquare' in a bold, lowercase font. Below it are logos for '92 MOOSE', '898.5 COUNTRY', and 'Kool 104.5'. At the bottom, it says '(207) 623-4735' and 'www.92moose.fm'.

CHUCKLE SPONSORS

The logo for 'HEALEY & ASSOCIATES' features a stylized 'HA' monogram and the text 'HEALEY & ASSOCIATES' with the tagline 'progressive integrity financial security'.

The logo for 'TRI-COUNTY MENTAL HEALTH SERVICES' features a stylized 'X' icon and the text 'TRI-COUNTY MENTAL HEALTH SERVICES'.

The logo for 'VANNAH' features the name 'VANNAH' in large, bold, black letters with a green shadow effect. Below it is the text 'Mowing • Mulching • Pruning'.

The logo for 'Law Offices of Ronald A. Ducharme' features a portrait of Ronald A. Ducharme and the text 'Law Offices of Ronald A. Ducharme' and '27 Temple Street Waterville, ME 04901'.



11 CALDWELL ROAD

As KBH continues to grow in scope and service two factors are regularly assessed - available physical space within the organization and even more importantly, the overall customer experience. Kennebec Behavioral Health is now the largest non-hospital provider of Medication Management Services in Maine. Our existing space for the majority of services in Augusta, 66 Stone Street can no longer accommodate the number of clients we serve and the associated staff to provide the service. To better serve clients in the Augusta area, Kennebec Behavioral Health has recently purchased property at 11 Caldwell Rd.

This space, found behind 66 Stone Street, will be transformed into a new Center for Recovery and Wellbeing Center and will accommodate KBH's Augusta Medication Clinic in a highly professional and comfortable environment.

NEW MEDICAL DIRECTOR & ASSISTANT DIRECTOR

Dr. Janine Taylor has been promoted to Medical Director for the Kennebec Behavioral Health after Dr. Robert Anderson retired in December of 2017 after working at KBH for over 17 years. Additionally, Dr. Arlene Almazan has been promoted to Assistant Medical Director. Both Dr. Taylor and Dr. Almazan have extensive experience with Kennebec Behavioral Health and providing psychiatric care to the people KBH serves.

Dr. Janine Taylor earned her undergraduate degree at Mount Holyoke College and her medical degree at the University Of Vermont College Of Medicine. Dr. Taylor completed pediatric residency training at Maine Medical Center in Portland and then joined the U.S. Air Force. Dr. Taylor next served as Chief of Psychiatry at the Malcolm Grow Medical Center at Andrews Air Force Base near Washington, D.C. After eleven years of military service, Dr. Taylor returned to Maine, where she grew up, to take a position at KBH. Dr. Taylor has worked at KBH for nearly fifteen years, providing psychiatric evaluation and treatment for children. In



PAYEE SERVICES AVAILABLE

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.

2011, Dr. Taylor has maintained board certification in Child and Adolescent Psychiatry since 2001.

Dr. Almazan graduated from the University of the Philippines College of Medicine-Philippine General Hospital and did her Psychiatry Residency at The Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine at the Texas Medical Center in Houston, Texas. She has been with Kennebec Behavioral Health at the Skowhegan clinic for 14 years. She is a graduate of the Leadership for Physician Executives course of The Levinson Institute, and is a cofounder of Health Assistance and Network Development (HAND) Philippines, a 503c registered non-profit organization whose mission is to help close the gap in health care and public health access for the Filipino poor in communities torn by natural disasters. She has been board-certified by the American Board of Psychiatry and Neurology since 2004.

PLANNED GIVING

Tina Chapman, Director of Communications and Development

Have you ever thought about Planned Giving?

You don't have to be wealthy to make a transformational gift that costs you absolutely nothing today. It also can be very easy to do! But what exactly is a planned gift anyway? A planned gift is simply a gift (donation) that is planned now and realized at a future date.

Most planned gifts are made as part of a person's overall financial planning. If you are thinking about a planned gift, the best place to start is by having a conversation with your financial advisor, accountant or attorney. They will be able to guide you and provide advice around financial matters and estate planning.

Bequests are the most common type of planned gift and are made

through a will or living trust. This is a great option for giving because it allows you to make a meaningful legacy gift to a cause that you strongly believe in, and it costs nothing during your lifetime. It is also revocable, so you are not locked into a decision that cannot be changed. Sample bequest language and a sample codicil (a form that adds to or changes an already existing will) are available on KBH's website www.kbhmaine.org/give.

Other types of planned gifts include beneficiary designations (such as a gift of retirement assets), gifts of stock, remainder gifts, and real estate.

Planned gifts make a difference for KBH and the people we serve! And, you can decide how your gift is used. It can be unrestricted (which means that KBH can decide how

best to use the funds), restricted to a specific program or service, population, or location. It could also be permanently restricted to KBH's Endowment whereby KBH would only use the interest gained and leave the corpus (original amount of money) in our investment account.

All gifts are managed through Kennebec Mental Health Association's Foundation, the federal tax ID for this corporation is 61-1419904. If you have any questions about planned giving, please contact Tina Chapman, Development & Communications Director at KBH, tchapman@kbhmaine.org.

Visit www.kbhmaine.org/give for samples of bequests and codicils as well as more information about Planned Giving.

CREATING A CULTURE OF WELLNESS AT KBH

Tina Chapman, Director of Communications and Development

At KBH, our mission is to promote the well-being of children, adults and families who experience mental illness, emotional difficulties or behavioral challenges. Our staff members, whether they are clinical, administrative or support staff, work diligently so that as an agency we can provide the best possible care to the people we serve. KBH supports our staff in a multitude of ways including on-going training, peer support, competitive pay and benefits, a strong organizational structure and a professional/enjoyable atmosphere. Most recently, the agency has made a commitment to creating a culture of wellness for both clients and staff.

In 2017, KBH's senior management team participated in a "Culture of Wellness Organizational Self-Assessment," which highlighted areas where we could strengthen our organization around promoting

and supporting a culture of wellness. A wellness team was formed which articulated the program's mission – "to proactively encourage and support our staff and clients to optimize their well-being". The team decided to focus first on staff and coordinated a baseline survey around a variety of health and wellness related activities and perceptions. They then used that information to plan the agency's new Wellness Program which kicked-off in January 2018.

Just a few of the activities that have happened since include: weekly wellness messages, financial literacy workshops, a "Feel Like a Million" physical activity competition, healthier food at meetings, nutrition lunch 'n learns, seated massages, tobacco-free environment promotion, and a 5K team. You may have also heard our Wednesday Wellness tips on the radio! In July

we will be launching our newest endeavor, a health and wellness incentive program through which staff members can earn points to turn sick time into well time.

Creating a culture of wellness at KBH provides multiple benefits, to the individual, his/her family, the people we serve and our organization as a whole. And our work is not done! Wellness is a dynamic process of change and growth. We look forward to the coming months and years as we continue to grow our culture of wellness here at KBH.



THE FIGHT AGAINST MENTAL HEALTH STIGMA

Elizabeth Keane, Communications Specialist

Stigma exists. Even today, there are still attitudes within our society that view certain illnesses and their accompanying symptoms as uncomfortable. While stigma may seem harmless, it can fan foster discrimination and false images of individuals facing health issues. Mental health stigma in particular can be detrimental to a person's wellbeing as they seek treatment or understanding.

Stigma has social effects that promote exclusion, poor social support, poorer quality of life and low self-esteem. As individuals face or see others face discrimination or stereotypes that label their illnesses as threatening, they are less likely to admit a mental health problem and seek. Many have been blamed for their mental illness or have blamed themselves. Incorrect information can lead to ideas of what mental illnesses look like.

While stigma has reduced, there is still much to be done. Kennebec Behavioral Health endeavors to continue fighting back against stigma in an effort to improve access to mental health care and provide Maine residents the services they need to live healthier lives. So how does KBH do this? Within the agency, KBH talks openly about stigma and its harmful consequences. This may be done between a provider and client, amongst staff or through communications the community. Staff are continuously educating themselves about stigma and what they can do to alleviate the effects on people in our communities.

Social media is one important platform which the agency utilizes in the effort to promote accurate information and awareness about mental illness. One might see KBH sharing articles about mental illness, personal and success stories and facts about the different types of

mental illnesses and treatment options. By increasing knowledge about what mental health illness look like and how common it is, we can help drive away stereotypes and have honest discussions about illnesses that affect millions of children, adults and families.

Further, KBH remains dedicated to raising awareness about mental health and stigma through radio ads, including our Wednesday Wellness ads, in news articles and at community events. Members of KBH's Vocational Clubhouses are at the forefront of educating and being a face of this fight as they work in the community and have open discussions about mental health.

These conversations can also be found in the partnerships KBH has formed with primary care providers, schools and police departments. Providers often work with primary care providers to ensure clients are receiving the necessary mental and physical care they need for their overall wellbeing. Clinicians work in schools to offer services to in need students who face obstacles, such as stigma, in receiving mental health services in clinics. KBH also works with police departments to promote a better understanding of mental illness in the community.

All of these strategies help define a movement for better understanding. KBH's mission is to promote the wellbeing of children, adults and families who experience mental illness and behavioral challenges, and part of that mission means that the agency must fight barriers to treatment and recovery, such as stigma.

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

72 Winthrop Street
Augusta, ME 04330

37 Stone Street
Augusta, ME 04330

5 Commerce modular
Skowhegan, ME 04976

116 Narrow Gauge Sq., Ste. 101
Farmington, ME 04938

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