Summer 2021

HEARTS & MINDS

Kennebec
BEHAVIORAL HEALTH

CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINIC

AN INTEGRATED AND SUSTAINABLY- FINANCED MODEL FOR CARE DELIVERY

We are very pleased to announce that Kennebec Behavioral Health has been awarded a Substance Abuse and Mental Health Services Administration (SAMHSA) grant to implement the Certified Community Behavioral Health Clinic (CCBHC) model for care delivery. KBH will be partnering with MaineGeneral and Crisis & Counseling to expand mental health, substance use treatment and other health care services in our catchment areas. Evaluation services will be provided by Hart Consulting based in Gardiner and technical assistance will be provided by the National Council for Mental Wellbeing.

The CCBHC model, which is quickly becoming the standard of care for behavioral health services across the country, ensures access to 24/7/365 crisis care, care coordination with hospitals, law enforcement and schools, and access to high-quality services including medication-assisted treatment (MAT) to help stop the overdose crisis, among other capabilities. Through the CCBHC, KBH and its partners will be focusing on:

1. Expanded access to care.
2. A stronger response to the addiction crisis.
3. Enhanced patient outreach, education and engagement.
4. Care where people live, work and play.
5. Electronic exchange of health information for care coordination purposes.

This is an innovative model that will increase access to mental health and substance use treatment throughout the communities we serve. To learn more about how the CCBHC model increases access to mental health and substance use treatment, visit the National Council's CCBHC Success Center at https://www.thenationalcouncil.org/ccbhc-success-center.

PATH PARTNERSHIPS

KBH's PATH (Projects for Assistance in Transition from Homelessness) program provides outreach to adults experiencing homelessness throughout central Maine and beyond. As one can imagine, the PATH program relies heavily on community partnerships for its success. While KBH provides PATH services in Kennebec, Somerset and Franklin counties, Tri County Mental Health Services and Crisis & Couseling cover other Maine counties.

Together, our agencies rely on our local partners for referrals and to spread the word about PATH services as well as the breadth of mental health services our agencies provide. We simply couldn't assist individuals experiencing homelessness without the support of our partners.

Partnerships with shelters, General Assistance, law enforcement and social service agencies were strengthened during the COVID-19 pandemic. There has been a collective effort to meet the unique needs of people in homelessness, and it is expected to become even more essential as the "pop-up shelters," prevalent during COVID, will be shutting down. We are so grateful, in particular, for the relationship with General Assistance (GA). GA offices not only provide direct support to individuals but due to strong relationships with PATH, have made it a routine part of their work to provide homeless individuals with our contact information, and have supported the connection to homeless individuals needing case management.

A MESSAGE FROM THE CEO

In this issue of Hearts and Minds, you can see that the nature of our work at KBH is centered around client services, and, collaboration and partnerships with other providers on many levels. We have come to understand that in order to provide optimal care, we must embrace and collaborate with our community partners.

KBH provides an array of mental health services, but we also help to coordinate and provide housing services, employment and vocational services, payee services, and transportation. We also work with our local hospital partners at Redington Fairview Hospital, Maine General, and Inland Hospital when emergency services are needed.

As part of the broader community of Central Maine we work with the crisis team and Crisis and Counseling services throughout Kennebec and Somerset counties. And, of course we work with folks in Law Enforcement both at the county level and the community level.

Our newest grant for systems transformation, becoming a Certified Community Behavioral Health Center, will further move us toward coordinated care with Primary Care and Specialty healthcare services because the best healthcare is coordinated care.

So, as you can see, we cannot do our work in isolation and the gold standard is effective information sharing and supportive collaboration. We are grateful for the strong partnerships and friendships we have earned over the years and believe that everyone wins when we work together.

All the best,
Tom

Thomas J. McAdam, MBA
Chief Executive Officer

Connect with Us

/Kennebec.Behavioral.Health @KBHMaine /company/kennebec-behavioral-health

HIGH HOPES CLUBHOUSE

A group site consisting of five members of High Hopes Clubhouse have been working at Pride Manufacturing in Burnham, Maine. Their job is hand inspect every single Lincoln Log that is sold worldwide! The group has broken the record of number of Lincoln Logs inspected in one day three times, with the greatest number being, 52,100! The Clubhouse members and staff picture now hangs on the Wall of Fame at Pride Manufacturing. Way to Go!

VILLAGE CLUBHOUSE

Village Clubhouse partnered with Goodwill in Topsham developing four Transitional Employment (TE) opportunities for Clubhouse members at the onset of the COVID-19 pandemic. Goodwill has provided work opportunities for four of our members in the TE program and two in a Supported Employment position. Melissa Smith-Blake, General Manager, has embraced the Clubhouse Model and has proven to be a true supporter for all of those seeking to build a better life. Melissa and her team have made everyone feel like part of the Goodwill family.

DIVERSITY, EQUITY AND INCLUSION AT KBH

Kennebec Behavioral Health (KBH) is one of the primary mental health care providers in central Maine, serving 8,000 non-duplicated people each year. KBH employs 400 staff members and partners with many local organizations to meet its mission. KBH recognizes the importance of enhancing our organization's culture around diversity, equity and inclusion (DEI).

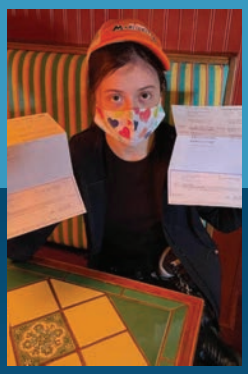
We want to be a supportive and empowering space for people who have been and still are treated differently due to some facet that has no bearing on their humanity. We want to lift up their voices and provide equitable opportunities with cultural humility. We have come to understand that integrating trauma-informed, resilience-oriented care throughout our organization is the foundation needed for meaningful, effective DEI work.

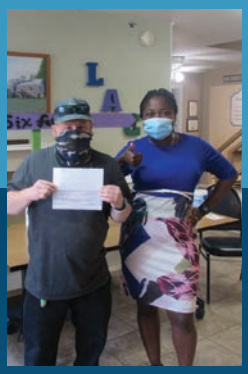
Trauma is a near universal experience of individuals who seek mental health care. It is equally vital that we understand and build resilience in conjunction with understanding the impact of trauma. The combination of an individual's experience of trauma and resilience impacts every area of human functioning — physical, mental, behavioral, social and spiritual.

Trauma is treatable and organizations can become trauma-informed and resilience-oriented in order to best meet the needs of the people they serve. During the next year, KBH is pleased to be partnering with the National Council for Mental Wellbeing to become a Trauma-Informed, Resilience-Oriented Equity "Community of Practice", which will be the cornerstone of KBH's diversity, equity and inclusion journey.

CAPITOL CLUBHOUSE

Capitol Clubhouse has been working with the Maine State Board of Medicine and Licensure for five years as part of our TE program. Our position as a receptionist consists of answering and transferring calls, processing the incoming mail, and scanning documents to the appropriate persons for processing. The Executive Director, Dennis Smith, Assistant Executive Director, Timothy Terranova, as well as the rest of the team have been incredibly supportive of our program from the very start. They continue to show their support by creating connections with other community members.





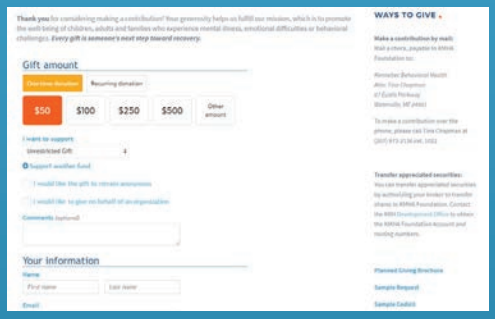
LOOKING AHEAD CLUBHOUSE

Looking Ahead Clubhouse's partnership with Margarita's in Auburn started in the fall of 2018 and they have stood by our Clubhouse with Transitional Employment positions that change to meet their business need and offered other colleagues Supported Employment. Mark, Rob and the rest of the team have embraced the Clubhouse Model. They are a true community partner.

COMMUNITY PARTNERSHIPS & VACCINATION CLINICS

Each year in the early fall, Kennebec Behavioral Health employees receive an email from the Agency's Wellness Coordinator, inviting them to participate in one of the upcoming on-site Flu Shot clinics. Kennebec Behavioral Health through MaineGeneral's Workplace Health program has traditionally offered these on site vaccination clinics as a way to encourage work site wellness and remove some of the barriers to access for busy employees.

The October 2020 Flu Clinics were especially important and well attended given the concern about preventing surging influenza cases during the global COVID-19 pandemic. These clinics also acted as a logistical practice run to prepare the agency to be able to provide on site COVID vaccination clinics once the vaccine became available to employees. Through a number of workplace clinics in coordination with both MaineGeneral's Workplace Health and Bedard's Pharmacy, many KBH employees were able to receive both doses of their COVID vaccine at their workplace. As the availability of vaccine opened up to the general population, KBH shifted focus to assisting our clients with finding access to vaccine appointments. Our community partners reached out to Kennebec Behavioral Health to offer assistance with accessing these valuable appointments. MaineGeneral offered to block a certain number of appointments at their Augusta Civic Center vaccination site to be scheduled specifically for clients of Kennebec Behavioral Health. Our staff then were able to directly contact our clients and offer them an appointment for the Augusta Civic Center clinic. This was well received by clients who had been struggling to try to access an appointment on their own. We were also able to work with Bedard's Pharmacy to hold on site clinics at our Clubhouses for the members of those clubhouses to attend.

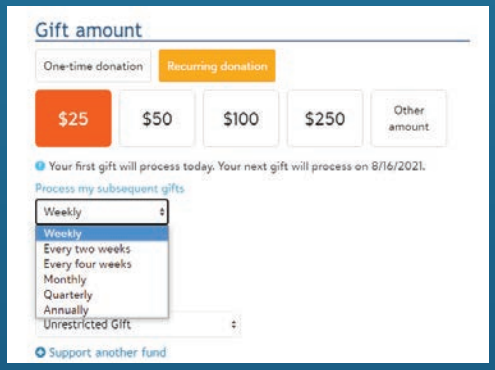


DONATING ONLINE

Supporting KBH is now easier than ever with our new online donation page.

To donate online, navigate to www.kbhmaine.org/give or find the 'Donate' button on the homepage. There you will have the option to give a one-time gift to any of our services (or more than one).

Recurring Donation:
You also have the option to give a recurring gift. This is a wonderful way to make regular, ongoing donations to KBH. You can have your donation be scheduled at different intervals, from weekly to annually.



Online donations can be made by credit card, digital wallet or using direct debit through a bank account.

Donations help us fulfill our mission and continue to serve Maine communities. Please consider giving to KBH today! Every gift is someone's next step toward recovery.

Kennebec
BEHAVIORAL HEALTH
Professional Development & Training

KBH TRAINING COLLABORATION

Co-Occurring Collaborative Serving Maine
ccsme

KBH launched a training collaboration with Co-Occurring Collaborative Serving Maine (CCSME) this past fiscal year offering Non-Academic training for individuals working to obtain the Mental Health Rehabilitation Technician Community (MHRTC) certification.

CCSME develops, designs and manages statewide training programs and grants.

The MHRTC certification is a standardized training and certification process that prepares students to meet the minimal requirements for employment in the field of adult community mental health and rehabilitation in the State of Maine

The Non-Academic courses are offered by trainers selected by the University of Souther Maine's Muskie School, who oversee the MHRTC program statewide, and who are trained in each of the eight Competency Domain areas required to complete the full certification.

During the past fiscal year, Georgana Prudhomme, LCSW, Clinical Training & Quality Manager, in collaboration with Catherine Chichester, APRN, Executive Director of CCSME, have trained together and offered three of the eight Domain courses.

Each training allows five KBH staff to attend and complete a required domain towards their certification at no cost to the staff member which, is a win-win for KBH and our staff. The KBH participants are able to obtain the MHRTC certification more quickly using the Non-Academic trainings which are 30 hours per domain as opposed to a full college/university semester.

A total of 14 KBH staff have completed at least one Domain training using this format. In July, a fourth Domain training will be completed and five KBH staff will complete the training helping each staff get closer to reaching the goal of a full MHRTC Certification.

MAINE YOUTH TRAUMA INITIATIVE

In May of 2020, MaineGeneral's Edmund N. Ervin Pediatric Center received a $399K award from The National Child Traumatic Stress Initiative to raise awareness about the impact of trauma on children and adolescents as a behavioral health concern. This award will support MaineGeneral in implementing a five-year project to expand evidence-based treatment (EBT) approaches.

The Central Maine Youth Trauma Initiative (CMYTI) will enable the Edmund N. Ervin Pediatric Center to provide training for up to 100 local mental health providers in well-researched, effective therapies for children who have experienced trauma or are in high-risk situations. The availability of this trio of evidence-based practices will provide all families in central Maine with the option of accessing high quality treatment for children ages zero to eighteen.

CMYTI Partnership

KBH was very fortunate in being invited to participate as partner in receiving training and ongoing consultation to advance effective trauma treatment for children and caregivers in our community. Over this first year of our partnership with CMTYI, nine clinicians have been training in an EBT for improving disruptive behaviors in children through "parent coaching."

Jordan Chigali, KBH School Based Counselor, has been one of the clinicians receiving this training and providing this very important service. "PCIT has been a pivotal and empowering model to work through with families. As I reflect on my experience facilitating the model, I feel so honored to witness the growth that takes

place between parent and child. The greater and long-term positive behavior changes in the parent/child relationship can be observed even in a single PCIT session." Jordan has been working closely with Educare in Waterville to bring this service to parents and caregivers struggling to support a child with disruptive and/or aggressive behaviors.

Continued Training

In this upcoming second year of CMYTI, 15 KBH clinicians will receive training and consultation in Trauma Focused Cognitive Behavioral Treatment (TF CBT) from national certified consultants.

Jacki Charity, Director of Outpatient & Substance Use Disorder Services

Jacki Charity, the Director of KBH Outpatient Therapy and Substance Use Disorder Services, explains TF CBT as an "evidence-based practice which involves a thorough assessment and the use of treatment models that focus on outcomes. With TF CBT, trained/certified clinicians use trauma rating scales to assess progress and symptom reduction.

"Throughout the treatment, children learn skills to identify emotions, cope with distress, and address cognitive distortions about traumatic events. The treatment includes close work with a parent/caregiver, with research demonstrating that they also show improvements in managing distress, and feel better able to support the child. When symptoms improve, children are more resilient and able to learn and experience improved relationships."

KBH truly appreciates the partnership and constant collaborative spirit of MaineGeneral and the amazing staff at the Edmund N. Ervin Pediatric Center. Together, we are making enormous strides in building the capacity of our behavioral health professionals to more effectively treat trauma through the CMTYI project.

ENHANCING OUR RELATIONSHIP WITH LAW ENFORCEMENT

KBH is pleased to be part of a collaboration among organizations around Somerset County to address substance use disorder by increasing access to prevention, treatment, and recovery services. The Pathways to Recovery Program is a result of the Somerset County RCORP (Rural Communities Opioid Response Planning) grant, and is coordinated by Somerset Public Health.

As part of the Pathways to Recovery program, Somerset County Sheriff's office partnered with Kennebec Behavioral Health to create, design, and support a case management position where a case manager will be assigned specifically to the Community Corrections program to help those with treatment and recovery needs.

The addition of KBH case manager McKenna Rogers not only enhances the numerous programs the Somerset County Jail offers to inmates who identify with substance use disorder/ opiate use disorder, but will enable individuals who are not participating in Somerset County's Alternative Sentencing and Addiction Program (Somerset County's customized drug court program) to connect with much needed treatment and services.

COMBATING THE OPIOID CRISIS

The opioid health crisis has greatly impacted rural communities across the nation. Increasing access to prevention, treatment and recovery services for individuals with opioid use disorder is critical to the communities that KBH serves. Between 2010 and 2019 in the state of Maine alone, almost 2,700 individuals died from an opioid-related overdose. It is now more important than ever to collaborate with our community partners in working toward the goal of ending this opioid epidemic.

The Health Resources and Services Administration (HRSA), an agency of the U.S. Department of Health and Human Services (HHS), provides health care to people who are geographically isolated, and/or economically or medically vulnerable. The Rural Communities Opioid Response Program (RCORP) is a multi-year initiative supported through HRSA's Federal Office of Rural Health Policy that addresses barriers to treatment for substance use disorder (SUD), including opioid use disorder (OUD).

RCORP Implementation aims to strengthen and expand substance use disorder (SUD), including opioid use disorder (OUD) prevention, treatment and recovery services in rural areas. RCORP has invested $298 million across over 1,420 counties since FY 2018 and Kennebec Behavioral Health has been fortunate to be a consortium member to three of the seven RCORP grants awarded to rural communities to date in the state of Maine.

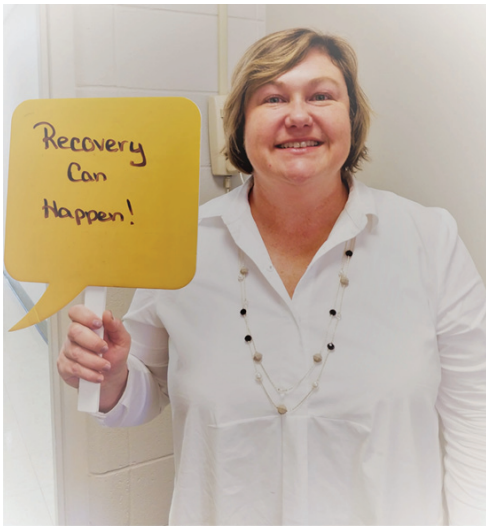
RCORP Implementation Grantees will receive up to $1 million each over a three-year period to implement a set of evidence-based interventions and promising practices that align with the U.S. Department of Health & Human Service's Five-Point Strategy to Combat the Opioid Crisis.

KBH and RCORP Implementation Grantees:

- Substance Use Prevention and Expanded Recover (SUPER) - Maine General Medical Center received funding for an implementation grant in FY 2019.
- Pathways to Recovery - Redington Fairview General Hospital received funding for an implementation grant in FY 2020 following a two- year RCORP Planning Grant.
- Sebasticook Valley Opioid Response Network (SVORN) - Eastern Maine Healthcare Systems / Northern Light Health received funding for an implementation grant in FY 2020.

Pathways to Recovery

The Redington-Fairview General Hospital (RFGH) RCORP, is a consortium of healthcare, behavioral health, social service, and law enforcement providers exploring ways to improve access to and use of opioid use disorder



Carla Stockdale, Clinical Director

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treatment and recovery services in Somerset County, Maine. RFGH is focusing on decreasing recidivism in the Somerset County Jail for substance use-related offenses, increasing provider education to improve capacity to provide medication-assisted treatment, and creating linkages among consortium members to improve referral services for treatment and recovery.

The Substance Use Prevention and Expanded Recovery (SUPER) Project

The Maine General Medical Center (MGMC) RCORP, seeks to strengthen and expand substance use disorder prevention, treatment and recovery services through the Central Public Health District. The district is composed of two rural counties (Kennebec and Somerset). The MGMC project team and technical experts work closely with an established Consortium to improve coordination and collaboration across the region, increase access to quality prevention, treatment, and recovery services, decrease infectious complications and overdoses by expanding harm reduction and recovery services; and Improve individual, family, caregiver and community support for recovery and treatment. Specific sub-populations of interest include: grandparents, individuals with substance use disorder, youth, and professionals providing services to at-risk individuals.

The Sebasticook Valley Opioid Response Network (SVORN), the Northern Light Health RCORP, goals are to create a supportive community in the Sebasticook Valley region of Maine for preventing, treating and recovering from SUD/OUD, ensure that all residents in the target service area who are at risk for or in treatment and recovery for SUD/OUD are engaged with a cohesive system among relevant providers and organizations, and that this project will significantly reduce the burden and impact of SUD/OUD on families and the community.

Kennebec Behavioral Health is pleased to be a part of RCORP-Implementation Grants to assist in advancing HRSA's overall goal by strengthening and expanding SUD/OUD prevention, treatment, and recovery service delivery in the high-risk rural communities that we serve. By expanding the options for SUD/OUD services across the care spectrum, RCORP-Implementation is helping rural residents access treatment and move towards recovery.

NIGHT IN OF COMEDY

KBH has been hosting a community fundraising event since 2016 to support our College Scholarship Program. Normally, this comedy and raffle event has taken place at the Calumet Club in Augusta. A single event has often included over 200 people who join us for laughs and to buy raffle tickets for our incredible baskets.

However, 2020 hit hard and the event had to be re-imagined. For the first time, KBH made the event virtual. The basket raffle was hosted on the online site RallyUp for a week leading up to the event and on December 5th, three stand-up comedians: Leonard Kimble, Sam Ike and Kyron Hobdy, gave great performances through Zoom.

While we missed seeing all of our staff and community members in person, the event was a success and raised over $8,000. We can't thank our staff and sponsors enough.

This event was a wonderful opportunity to learn new ways to stay connected with the community and we look forward to using online resources for future events. Our 2021 Night Out event is planned to be a hybrid virtual/ in-person event. Stay tuned!

YOUNG ADULTS FOCUSED ON SUBSTANCE USE PREVENTION

The Summary

In Fall 2019, Kennebec Behavioral Health applied for the FY20 Emerging Adult Initiative. The goal was the prevention of underage drinking and marijuana use for 18 to 20 years old's, and the high risk use of alcohol, marijuana, and prescription drugs for people 18-25. We knew it would be important to include input from young adults; more specifically, young adults who were attending our Clubhouses so we could target our work with a health disparate population. Their willingness to participate in this work made for a great collaboration.

The Need

- Central District Epidemiological Profile of 2018, alcohol remains the substance most often used by adults across the lifespan.
- One-fifth of 18-25 years old's reported binge drinking in the past month.
- Number of Naloxone administrations to residents of Central District nearly tripled since 2014.
- Nearly one in five Central District adults reported having an anxiety disorder and nearly a quarter reported having depression.
- Central District had the highest rate of suicide deaths among districts; in 2017 there were 45 suicide deaths.

The Approach

- Listening sessions conducted with Clubhouses to assess what they identified as substances being used by young adults, safety issues, root causes of substance use, and strategies.
- Capitol Clubhouse Young Adult Group identified substance use prevention as one of their key issues to address for the next year.
- Rob Rogers met regularly with the Young Adult group via Zoom when needed and in-person with masking and social distancing as needed.
- Reviewed data from Maine SEOW to help inform decisions related to workplan development.
- Young Adults identified issues based on severity as well as what they felt they could accomplish at Clubhouse.

The Impact

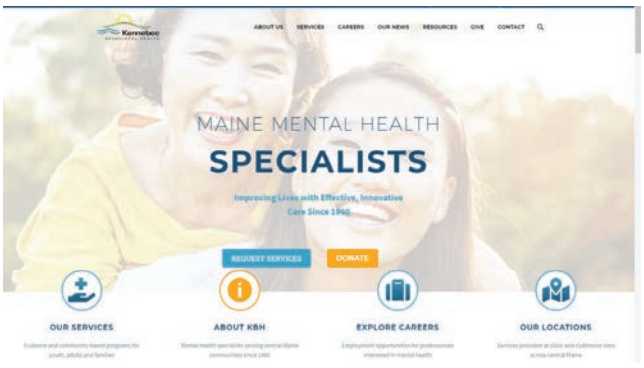
Overall feedback from Clubhouse members has been positive.

- Clubhouse hosts social events for their members and all events are "substance free."
- Members have expressed interest in having a Prime for Life training to examine their own use of substances.
- Started a discussion on the "culture" at Clubhouse and while they do a great job in addressing mental health, they want to look at how to address stigmatizing language for those that may have a history of substance use.

NEW KBH WEBSITE

In September of 2021, KBH will be implementing a new website design to improve user friendliness and accessibility. This has been an ongoing project to make the main KBH website more modern and adaptive for both computer and mobile use.

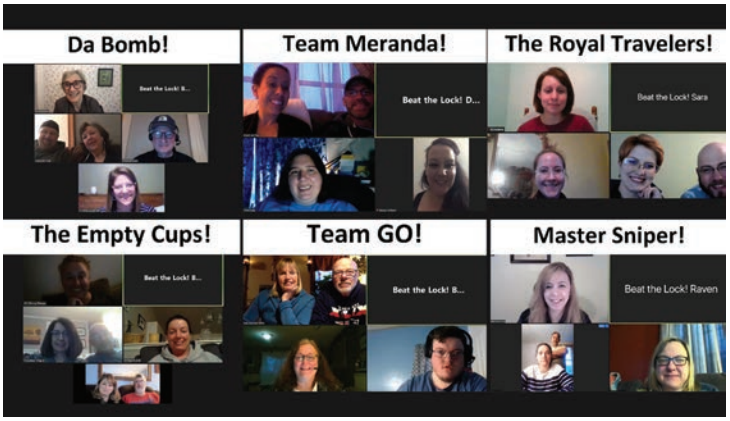
The *Services*, *Careers* and *Contact* pages were completely overhauled and reformatted to help users better find the information they need. If you have any questions about the new website, please contact ekeane@kbhmaine.org.



WHAT HAS BEEN GOING ON AT KBH?

HOLIDAY DOOR CONTEST

Every year, KBH hosts a staff Holiday Door Decorating Contest. During 2020, the agency decided to allow staff to decorate either a door at home (for staff working remotely) or a door at their work location. Over 30 doors were entered into the contest. Prizes were given to winners who were voted as the best door in certain themes.



VIRTUAL SPRING FLING

The staff appreciation Spring Fling is always a highlight of the year at KBH. However, this year was a little different. In March, KBH made the event virtual for the first time. The party included two parts: a virtual escape room with Beat the Lock and a Zoom after party. The virtual escape room was a great team building event and the winning team won a prize.

STAFF BBQS

After missing a year, the Senior Management Team at KBH was once again able to host the staff appreciation barbeques in August. Each clinic location had its own outdoors bbq with a variety of different food, drinks and desserts.

KBH DAY AT THE SEA DOGS

Another great event that KBH was able to plan again was the KBH Day at the Sea Dogs. Staff can purchase discounted tickets to a Portland Sea Dogs game and KBH would give each staff person gift certificates for food. This year, we had over 160 staff and family members join us for a day in Portland.

PHOTO SCAVENGER HUNT

A fun activity KBH added was a photo scavenger hunt. Staff could win a prize if they completed 10 out of 15 photo ideas of Maine places or activities.

CLINICS

67 Eustis Parkway
Waterville, ME 04901

11 Caldwell Road
Augusta, ME 04330

66 Stone Street
Augusta, ME 04330

5 Commerce Drive
Skowhegan, ME 04976

736 Old Lewiston Road
Winthrop, ME 04364

115 Mt Blue Circle
Farmington, ME 04938

CLUBHOUSES

High Hopes Clubhouse
26 College Avenue
Waterville, ME 04901

Looking Ahead Clubhouse
646 Main Street
Lewiston, ME 04240

Capitol Clubhouse
37 Stone Street
Augusta, ME 04330

Village Clubhouse
119 Main Street
Topsham, ME 04086

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BEHAVIORAL HEALTH

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