2023

HEARTS & MINDS

A KBH Community Newsletter

Kennebec
BEHAVIORAL HEALTH

CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINIC

KBH AWARDED CCBHC IMPROVEMENT & ADVANCEMENT GRANT

The past two years have seen many changes at KBH as a result of the Certified Community Behavioral Health Clinic (CCBHC) grant awarded by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA).

This two-year grant, which started in September, 2021, has supported new staff positions, the provision of 24/7 crisis care, expansion of peer support services, enhanced screening and intake programs, and other key work in KBH's service programs to provide a new standard of integrated, whole-person behavioral healthcare.

Concurrently, KBH is working with the Maine Department of Health & Human Services as it establishes a state certification process for CCBHCs and create rules for CCBHCs to be reimbursed within MaineCare for the expanded services they provide. MaineCare reimbursement is expected to start in July, 2024.

As KBH continues this process, a newly announced grant award will help support this transformative work going forward. In September, 2023, KBH was awarded a SAMHSA CCBHC Improvement & Advancement (IA) grant that will provide up to $4 million in additional funding over the next 4 years to expand KBH's CCBHC services.

The new IA grant will allow KBH to undertake a number of initiatives in the Somerset County area to address important community needs. Specific areas of focus will include enhanced access to care, new staffing and program expansion to improve mental health outcomes for children ages 0-18 with serious emotional disturbance or who are experiencing trauma or living in poverty, veterans and military-connected individuals, and individuals with justice system involvement.

PDO GRANT

Paige Ireland, Harm Reduction & Prevention Specialist

The Substance Abuse and Mental Health Services Administration (SAMHSA) created the PDO grant (Prevent Prescription Drug/Opioid Overdose-Related Deaths) to reduce the number of prescription drug/opioid overdose-related deaths and adverse events among individuals 18 years of age and older by training first responders and other key community sectors on the prevention of prescription drug/opioid overdose-related deaths and implementing secondary prevention strategies.

The PDO grant, focused in Somerset County, is reaching out to community members such as yourself to inquire about what needs to occur in the county to prevent overdose related deaths. In addition to hearing from you on what you feel needs to be developed in our community, there are some services that we are already equipped to offer you, your staff, and consumers.

They include:
1) training on substance use disorder and the associated stigma,
2) training on safe storage and proper disposal of prescription medications,
3) discussion of Harm Reduction methods,
4) how to administer Narcan to reverse an overdose, and
5) distribution of Narcan to those in need.

We hope to identify locations in towns throughout Somerset County that will have access to Narcan and in turn distribute to those in need; thus, creating connections and opportunities for support. You never know when someone is ready to stop their use of substances. Our overall goal is to reduce overdose-related deaths and have a formal Overdose Response Plan created for Somerset County.

WHERE WE ARE HEADED

A MESSAGE FROM THE CEO

As fall comes to an end and we enter winter, it's a time to review how we are doing, understand our opportunities, and be realistic about our challenges.

Over the past several years, we have been fortunate to be able to receive resources to help with the impact of COVID from the State of Maine, as well as SAMHSA. These resources have helped to mitigate our service delivery impact for our staff and their families being affected by COVID. These resources have been a lifeline to some of our programs and have allowed us to be consistent and stable and to serve our clients and patients. Yet, like most industries, we are challenged with matching the highest demand for our services we have ever seen, with adequate staffing levels. We have experienced a shift in our work force but Telehealth has been one of our tools that has helped us provide that stability. Our staff have been innovators as they have re-envisioned how to deliver personalized care by employing our state of the art technology. You will see more about this approach later in this publication.

You will also see that Kennebec Behavioral Health has again been selected as one of the Best Places to Work in Maine. Over the past 5 years, our organization has put a focused effort on understanding how to support and listen to staff ideas and use those ideas to build inclusion. Our Connections Team has done an outstanding job of bringing ideas forward around our benefits package, family activities, and work culture. We believe it has paid off.

Thank you for your interest and support for our agency. Glad we can be here.

All the best,
Tom

Thomas J. McAdam, MBA
Chief Executive Officer

Connect with Us

www.kbhmaine.org

@Kennebec.Behavioral.Health

1.888.322.2136

@kennebecbehavioralhealth

Join our E-newsletter

DONATING ONLINE

Supporting KBH is now easier than ever with our 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.

LEGISLATIVE TOUR

Elizabeth Keane, Marketing Communications Coordinator

On Tuesday, February 7th, the Maine legislature issued a proclamation declaring Friday, February 10, 2023, as Community Mental Health/Substance Use Awareness Day. It was expected that the majority from both parties of the House and Senate would support this first-ever focus on mental health/substance use disorder.

Every sitting legislator was invited to visit one of six statewide locations to interact with people on the front lines including consumers, family members, direct care workers, law enforcement, and health care administrators.

On February 10th, several Maine legislators met at Kennebec Behavioral Health's 66 Stone Street location to begin the legislative tour day. The morning began with an overview of services and the need for behavioral health care. Carla Stockdale, KBH's clinical director, and Tom McAdam, KBH's CEO, gave statistics and in general, spoke about the need for support from legislature.

Throughout the day, the group visited multiple locations to meet community members who are in the behavioral health world. Visits were made to KBH's young adult PNMI, LINC Wellness & Recovery Center with Motivational Services, MaineGeneral and Capitol Clubhouse.

The day ended back at KBH where Crisis & Counseling spoke about their work and two police chiefs in the area expanded on the collaboration between law enforcement and behavioral health professionals to more effectively respond to crises and meet the needs of the communities they serve.

Tom McAdam, Carla Stockdale and Tina Chapman of KBH give presentation to legislators at KBH's 66 Stone Street location.

Legislators visited Capitol Clubhouse in Augusta and received a tour of the program. Members cooked and served lunch during visit.

Legislators visited the LINC Wellness & Recovery Center. They toured the facility and met with staff and members of the center.

Outside of 66 Stone Street location before visiting other organizations during Community Mental Health Awareness Day.

RECOVERY PROJECTS

Pat McKenzie, OP & SUD Administrator

KBH continues to move forward in advancing recovery focused services and supports within the array of service we provide for people living with mental health and/or substance use challenges.

First, we want define "recovery" as it relates to the work with our partnership with the clients and communities we serve. At KBH, we use the definition put forth by SAMHSA, which defines recovery as a "a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." SAMSHA also identifies the focus of recovery supports is informed following ***Four Major Dimensions of Recovery*** when developing recovery services:

1. Health: Overcoming or managing one's disease(s) or symptoms, and making informed, healthy choices that support physical and emotional well-being.
2. Home: Having a stable and safe place to live.
3. Purpose: Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.
4. Community: Having relationships and social networks that provide support, friendship, love, and hope.

Current KBH Projects that are designed to support recovery efforts of individuals and communities aspiring to become more "recovery ready" in supporting the Four Dimensions of recovery:

- City of Augusta Project Recovery is designed to work closely with first responders and others in Augusta to support individuals in need of treatment and recovery supports to rapidly access those resources.

- Somerset and Franklin Counties Recovery Coaching Project is a partnership with Healthy Acadia's Recovery Coaching Program to expand trained volunteer Recovery Coaches to provide support to community members seeking recovery from a substance use disorder.

- ROAR, a Somerset County community group of persons in recovery, people affected by another's substance us, and allies in support of recovery. ROAR members come together to plan education and advocacy activities that promote recovery supports and reduce negative stigma around people living with the challenges of substance use.

- Somerset County Recovery Coaching Center is a new project of ROAR that is developing physical location in Skowhegan for individuals seeking recovery supports. This will be a place for people seeking recovery and a community to join together in their recovery efforts. Recovery Coaches will provide support groups, there will be access to resource and referral information for needed services and assistance, and opportunities to participate in wellness promoting activities at the Center.

KBH MAKES BEST PLACES TO WORK IN MAINE

KBH was once again named one of the Best Places to Work in Maine for 2023. Last year, KBH broke the top 10 for large companies and landed at the number 10 spot. KBH was the only non-profit organization to make the top 10 in large companies.

On October 11, 2023, KBH will attend the Best Places to Work Awards Celebration at the Augusta Civic Center.

At this event, the rankings of each company will be revealed. KBH hopes to break the top 10 again.

KBH is always grateful to the staff who fill out the anonymous survey These surveys are a valuable resource for the agency to improve the work environment. Staff can answer questions about benefits, leadership, communication and overall work experience. Full management can then look at the anonymous results to see in which categories the agency is doing well with staff and where improvements need to be made.

Best Places to Work in Maine is a research-driven program from Best Companies Group that examines a company's practices, programs and benefits and surveys employees for their perspective. Companies that meet certain criteria are considered the Best Places to Work in Maine.

HIGH HOPES CLUBHOUSE EMPLOYEE TO RUN IN BOSTON MARATHON

Leicia Thompson of High Hopes Clubhouse got accepted to run the Boston Marathon on April 15, 2024. Leicia has worked on applications, did interviews and worked over two months to be considered to run. There were over 5,000 applicants and Leicia was chosen as one of the runners. Leicia has worked incredibly hard to start running and has completed half marathons and a full marathon. Her dedication to run is amazing.

Leicia will be running to support The Gillian Reny Stepping Strong Center for Trauma Innovation.

"On April 15, 2013, Gillian Reny stood near the finish line of the Boston Marathon with her parents, Steven and Audrey Epstein Reny, waiting for her sister Danielle to finish the race. Then two bombs went off and a beautiful day turned to heartbreaking tragedy for the Renys and all of Boston.

When first responders rushed the Renys to Brigham and Women's Hospital, Audrey and Steven were treated for minor injuries while doctors and nurses

COLLEGE SCHOLARSHIP FUND

Kennebec Behavioral Health is pleased to announce its 2023 college scholarship recipients. This year, the following students will each receive a $1000 scholarship upon successful completion of their first semester at their chosen college or university. Each of these students will be pursuing a major in a field related to mental health.

- Haleigh Coukos - Cony High School (Augusta) attending Southern Maine Community College
- Ally Rodrigue - Erskine Academy (South China) attending Thomas College
- Brooklyn Allen, Lawrence High School (Fairfield) attending Thomas College
- Nathalie Deane, Maranacook High School (Readfield) attending Southern Maine Community College
- Reagan Pratt, Mt. Blue High School (Farmington) attending University of Southern Maine
- Ethan Hobart, Waterville Senior High School attending University of Southern Maine
- Noella Pepin, Winslow High School attending Colby College
- Aleah Childs, Winthrop High School attending University of Massachusetts Amherst

Interested students at partnering high schools were asked to submit an application which included an essay question around why she or he is interested in pursuing a career in the behavioral health field. This year, KBH also opened applications to home-schooled students, students of Hall-Dale, Messalonskee, Maine Central Institute and Waterville Alternative High School and students who live or go to school in Somerset and Kennebec counties.

The scholarships are made possible through KBH's College Scholarship program which was developed to invest in our future mental health professionals. Funds for the program are raised through donations as well as KBH's annual "A Night Out" community event and themed basket raffle.

worked heroically to save Gillian's life. In the process, they also saved both of her legs.

Inspired by Gillian's resilience—and forever grateful to the Brigham team that saved her life—the Reny family established the Gillian Reny Stepping Strong Fund in February 2014. Less than two years later, building on the incredible growth and momentum of the fund, Brigham President Betsy Nabel, MD, announced her intention to expand the fund from a virtual program into a physical hub dedicated to collaborative, multidisciplinary efforts in trauma research and recovery. The Gillian Reny Stepping Strong Center for Trauma Innovation opened officially in January 2017 in the Hale Building for Transformative Medicine.

Today, Stepping Strong is a vibrant physical center with renowned medical directors at two of Boston's most esteemed hospitals and talented innovators at multiple institutions across the city. While Gillian continues her journey toward recovery, she serves as a global ambassador for turning tragedy into hope. And many years after the devastating Boston Marathon bombings, the center is proud to make a significant impact on the lives of trauma survivors worldwide."

-https://steppingstrong.bwh.harvard.edu/

**Photo: Leicia Thompson*

The Gillian Reny
STEPPING STRONG
Center
BRIGHAM HEALTH
BWH BRIGHAM AND WOMEN'S HOSPITAL

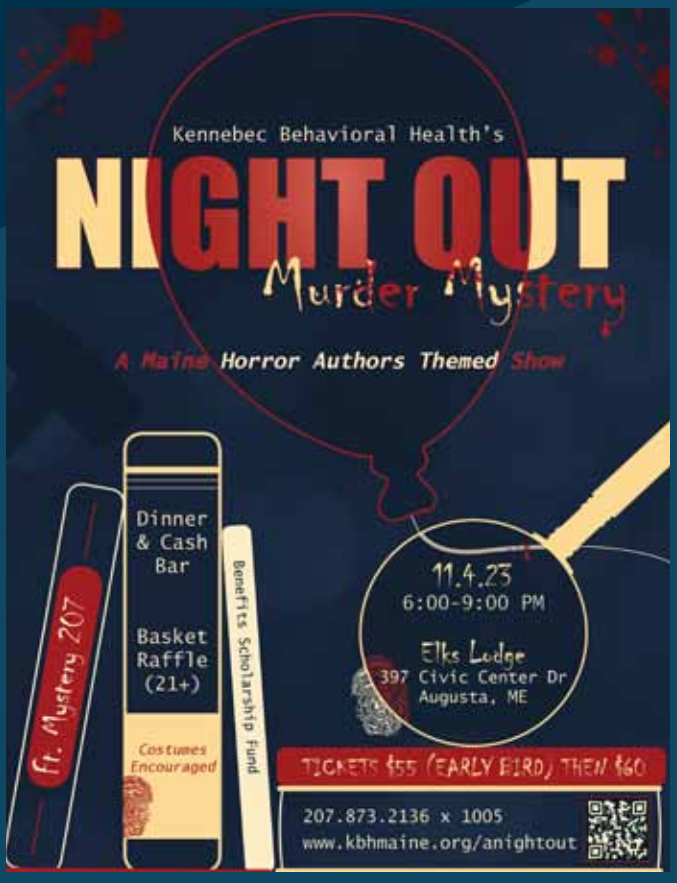
KBH TO HOST ANNUAL FUNDRAISER

On November 4, 2023, KBH will be hosting its annual community fundraiser, a Night Out, at the Augusta Elks Lodge. This year's event will feature a murder mystery show with Mystery 207. The theme? Maine Horror Authors. Attendees can dress up as their favorite horror character with extra points for Stephen King characters.

Mystery 207 will set the stage and give clues while attendees enjoy appetizers, a buffet dinner, dessert, cash bar and basket raffle. Catering will be provided by Rita's Catering. Baskets for the raffle are donated from local businesses, KBH departments and individuals in our community.

Last year's event sold out in three weeks, and KBH anticipates a sold out event again this year. Individuals can purchase tickets (starting at $55) by visiting www.kbhmaine.org/anightout/. Businesses interested in sponsoring the event should contact Elizabeth Keane at ekeane@kbhmaine.org.

All proceeds of the event benefit KBH's College Scholarship Fund which supports Maine high school students who will be studying behavioral health in college.



PUT THE NEIGHBOR BACK IN THE HOOD

Troy Henderson, Peer Services Coordinator

A year ago, KBH invested in Peer Support Services that are "Putting the Neighbor Back in the Hood" via one conversation at a time. You might be asking yourself, how are we doing that?

Peer Support Partners (PSPs) work collaboratively with the people in the community to explore how we can discover more about ourselves and find new ways of relating, where we can learn to own and speak our truth while having big feelings. We learn to be vulnerable and share power with each other when the relating isn't going well, so we can talk it through. We stay in observation, not easy when many of us have learned to be judgmental, evaluate or indicate the wrongness in others.

In these relationships, both parties step outside of the habit of faultfinding to build meaningful connections steeped in trust, by owning our feelings and the values that might be motivating us to feel what we are. In essence, we practice emotional self-regulation (Shery Mead PhD). Individuals work together on developing an emotional inventory and making a deeper connection to how physical responses can stifle or prevent maintaining friendships. They work together to find places to belong and getting or keeping employment.

PSPs work closely with interdisciplinary teams to connect with community members. They also bring another element to the teams work: one where we all practice having conversations that exclude diagnosis, symptoms or identifiers. One of the ethics of Intentional Peer Support (IPS) is "Nothing About Us Without Us" and when we talk about things, it is in the form of a situation or scenario.

This piece is the foundation of our work and it is something we practice because we value and long for it in our personal lives. What happens when this shift is incorporated into team meetings? We begin to share life experiences, build more compassion, see folks in a different way and the quality of all services improve while employee retention goes through the roof (Humanizing Health Care, Melanie Spears RN, MBA, PhD 2010).

We now have a full-time Peer Support Coordinator and part-time PSP in youth services, partnering with those ages14-30 years in Waterville. Two PSPs partner with adults in Augusta and a full-time PSP partners with adults in Waterville and Skowhegan. We have an opening for a Family PSP in the Augusta/Winthrop area and are currently interviewing for the Peer PATH Navigator in Outreach, working with community members that are unhoused. We hope to have that position filled by the end of the month.

The OHH has several Recovery Coaches that have also been trained in the practice of IPS, including their supervisor. PSPs have begun to reach into many areas of the Agency including the Access Center, ICM and CRS, all through the work being done with the CCBHC.

We are excited to see the impact Peer Support and Recovery Services will have as we move forward with "Putting the Neighbor Back in the Hood" one conversation at a time.

On May 17th, KBH staff attended the HOPE Conference at the Augusta Civic Center. KBH made a meaningful impression on the day as well. One of the breakout sessions was from our very own

Kevin Bush, peer support, Theresa Thorne, adult case management, and Trish Gagnon, medication clinic. The name of the presentation "Do I need Medication to be Well?".

KBH's resource table was hosted by Stacie Austin, Recovery Coach supervisor from our OHH in Skowhegan and Troy Henderson, the Peer Services Coordinator.

KBH VETERANS SERVICES UPDATE 2022-23

Michael Kane, Military & Veterans Services Liaison

For those whom I haven't had the pleasure of meeting yet, my name is Michael Kane, Military & Veterans Services Liaison here at KBH. I represent our military-connected client population as a point person for referrals to KBH, and as a resource specialist for the clients. The following is some of the work that has been done over the past few months:

1) We began a series of Veterans Services Lunch & Learn Workshops which were held in April and August of 2023 designed to help our staff develop a better understanding of Moral Injury/PTSD in order to promote more effective communication and treatment methodology for our Military-connected clients. The workshops were an extension of our first Annual Veteran's Day Training Event in 2022 which introduced the theme on understanding military culture to our KBH Staff.

2) Our second Annual Veteran's Day Event titled "Exploring the Intersectionality of Military Culture and Mental Wellbeing" for our KBH Staff training has been scheduled for November 10, 2023 at the Elks Club in Augusta with free breakfast and lunch options. The event will be an extension of the Lunch & Learn workshop series with a more detailed focus on moral injury vs. PTSD designed to enhance treatment modalities for our veterans and military-connected clients.

There will be a history and flag ceremonies kick-off with the singing of the national anthem. Two dignitaries from our state will present as keynote speakers, along with four presentations including an interactive workshop in which the staff will help solve a case study or two, along with Q&A opportunities for the attendees during and at the conclusions of each of the presentations.

3) My field work has included numerous collaborative outreach meetings for the development of a resource-bridge that our staff and military-connected clients can utilize for needed assistance. After canvassing Kennebec County for the first part of fiscal year 2022-23, I have recently begun focusing on collaborative efforts in Somerset County.

In addition, I continue to reach out to the military organizations, i.e. American Legions, VFW's, DAV's, etc. in each county to develop relations for referrals, resources events, and for resource assistance. As my outreach planning expands more community service-based organizations will be targeted during this fiscal year as well.

4) My memberships in organizations such as the MMCN's (Maine Military Community Networks) for Franklin, Kennebec, and Somerset Counties, The Re-Entry Program for Incarcerated Veterans Team, American Legion, VFW, and as a representative at major events such as the annual Hire-A-Vet Campaign, 100-Day Housing Event for Homeless Veterans, and the Maine Veterans Stand Down Events has given me the opportunities to proudly promote KBH as a loyal supporter of Veterans throughout the State of Maine, as well as serve our KBH Veteran clients and Military Members and their families in our catchment area.

MAINE'S HIRE-A-VET CAMPAIGN 2023

Many thanks to everyone who have had a hand in the success of our program throughout its inception, specifically to Amanda Fitts, our Military Subcommittee and to each of the staff members who have reached out to assist our military-connected clients. KBH is a great team and I am appreciative to everyone for all you do for our clients and this excellent organization! If you have any questions please feel free to contact me at 207-861-1134 (work cellphone), 207-626-3455 x-1412, or mkane@kbhmaine.org.

2023 ANNUAL MEETING

Kennebec Behavioral Health (KBH) hosted its 2023 annual meeting on June 22, 2023 at the Senator Inn in Augusta. The event included recognitions of area community partners for exceptional community service and partnership and a presentation from Gordon Smith.

Wicked Whoopies was presented with the 2023 James R. Schmidt Award, which is presented annually to a person or organization that best exemplifies the late Jim Schmidt's efforts to improve quality of life for adults who experience mental illness by providing them with social, education and employment opportunities. Amy Bouchard and Dawn West of Wicked Whoopies accepted this year's award.

Capitol and Village Clubhouses have been working with Isamax Snacks (Wicked Whoopies) Since 2021. Amy and Dawn have shared that when they heard about the Clubhouse Model and the Transitional Employment Program they knew it would be a perfect fit. Both Amy and Dawn are passionate about helping people and have greatly enjoyed being part of the lives of the many people that they have employed with Clubhouse.

The Outstanding Community Partnership Award was awarded to Healthy Acadia and its Maine Alliance for Recovery Coaching Program for its partnership with KBH. This award was for the vision and leadership of Denise Black and Terri Woodruff, Co-Directors of the Maine Alliance for Recovery Coaching of Healthy Acadia (Maine-ARC). The Maine-ARC focuses on providing training and consultation to promote Recovery Coaching Coordination for KBH and the Volunteer Recovery Coaches who support individuals seeking recovery from a substance use disorder. Maine-ARC, Healthy Acadia and KBH have collaborated with healthcare and treatment centers, jails, drug courts, pre-release sites, social service, and law enforcement agencies, and other community partners to implement a highly effective, community-based recovery coaching system to support those seeking recovery from substance use disorders, with an emphasis on opioid use disorders.

Finally, Gordon Smith, the Director of Opioid Response for the Office of Governor Janet Mills, presented an update about the State of Maine's and Governor Mills' efforts to battle the opioid crisis. Mr. Smith highlighted the efforts of Recovery Coaches and how the community has come together to create solutions.

Photos (L-R):
Outstanding Community Partnership Award Photo: Clubhouse members and staff with Amy Bourchard and Dawn West from Wicked Whoopies, Isamax Snacks

Transformational Clinical Collaboration Award Photo: From left – Stacy Austin of KBH, Denise Black, Terri Woodruff, Gordon Smith and Pat McKenzie of KBH

Photo (bottom):
Potted succulents from Sunset Greenhouses in Oakland which given as gifts to all attendees.

WHAT HAS BEEN GOING ON AT KBH?

DOOR DECORATING CONTEST

KBH loves to get creative during the holidays and has an annual holiday door decorating challenge. Staff could decorate their office door (or a door at home, if working remotely) in a theme of choice. Once all the doors were complete, staff then voted on their favorite doors for specific categories such as "best holiday song door," "most unique," and more. 37 individual and 10 group doors were submitted into the contest with winners in both categories.

KBH STAFF BBQS & SEA DOGS GAME

Senior Management put together staff BBQs for each KBH location. The management team served a delicious lunch to all staff. This year, there were seven BBQs. Additionally, the agency had a day at the Portland Sea Dogs with staff. Staff could purchase discounted tickets which included a free meal ticket to enjoy a Sea Dogs game together. The theme: Pirates & Princesses!

KBH WELLNESS WEEK

In the days leading up to July 4th, KBH held a wellness week for all staff. Each day of the week had a theme or activity including healthy recipes, meditation, office exercises, healthy snacks and a KBH coloring page. Staff were sent activities they could participate in and each staff person received a box of healthy snacks. On the last day, a handmade KBH-themed coloring page was sent out. Finally, KBH added July 3rd as a day off.

STAFF SUMMER FLING

KBH hosted its annual staff appreciation event in June of 2023. Same as last year, the agency decided to host an indoor-outdoor event. Taking place at the Augusta Elks, the event included two food trucks, an ice cream truck, a cornhole tournament, 90s trivia and prizes (including two weekend away packages). Even with rainy weather, the event has great participation.

UPCOMING EVENTS

NOV 1
November 1, 2023
KBH's fall/winter appeal

NOV 4
November 4, 2023
A Night Out of Murder Mystery

NOV 28
November 26, 2023
Giving Tuesday

LOCATIONS

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

Augusta Med Clinic
11 Caldwell Road
Augusta, ME 04330

Augusta Outpatient
66 Stone Street
Augusta, ME 04330

Skowhegan Clinic
5 Commerce Drive
Skowhegan, ME 04976

Winthrop Clinic
736 Old Lewiston Road
Winthrop, ME 04364

Farmington Clinic
115 Mt Blue Circle, Suite 3
Farmington, ME 04938

High Hopes Clubhouse
26 College Avenue
Waterville, ME 04901

Capitol Clubhouse
37 Stone Street
Augusta, ME 04330

Looking Ahead Clubhouse
646 Main Street
Lewiston, ME 04240

Village Clubhouse
119 Main Street
Topsham, ME 04086

Kennebec
BEHAVIORAL HEALTH

www.kbhmaine.org
1-888-322-2136