FY 2024
ANNUAL REPORT

JULY 1, 2023 TO JUNE 30, 2024

Kennebec
MENTAL HEALTH ASSOCIATES
& RELATED CORPORATIONS

A MESSAGE

FROM THE KMHA PARENT BOARD PRESIDENT & CEO

Dear friends and community members,

Our fiscal year 2024 saw Kennebec Behavioral Health provide services to a record number of Maine youth, adults and families. We served over 18,000 clients in our various programs during the year with large increases in our Certified Community Behavioral Health Clinic (CCBHC) and our Access Center. KBH continues to serve clients in every county of Maine, and a few outside of Maine, as seen on the map on page 10. It has been 64 years since KBH opened and the wealth of programs we have been able to provide can only show the great need for mental health care in our community.

In this year's annual report, we strive to highlight the many successes, challenges, and updates from just some of our many programs. In its third year, our CCBHC program continues to grow with its Expansion Grant in Somerset County, as seen on page three. As part of CCBHC's efforts, our Military & Veterans Liaison continued to make connections in Kennebec, Somerset and Franklin Counties.

Pages five to eight offer glimpses into the events that have taken place, awards KBH received and individual successes. One such highlight was KBH once again being voted as one of the Best Places to Work in Maine. Every year, we find this process extremely valuable as we learn more about how staff feel working here and what improvements need to be made. Our work is never complete when it comes to providing effective care or when it comes to adapting and meeting the needs of our clients.

We hope you find this annual report insightful. Looking forward, we see the mental health landscape changing and growing in major ways during the next fiscal year. Thank you for your interest and support of KBH, and, as we begin our 65th year, we look forward to working further with the communities we serve.

Sincerely,

Lisa A. Landry, Esq.
KMHA Parent Board President

Thomas J. McAdam
Chief Executive Officer

AFFILIATE BOARDS

JULY 1, 2023 TO JUNE 30, 2024

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Chelsea Hearth
Colleen Madigan
Leicia Thompson

IN HONOR OF LEON DUFF

In this annual report, we want to acknowledge the passing and the contributions of long time board member, Leon Duff. Lee was passionate about education and spent 17 years as superintendent of schools for Winslow, Vassalboro and China, and retired in 2001 after 44 years in education.

Lee spent much of his retirement volunteering his services to United Way, Kennebec Behavioral Health, and Hospice Volunteers of the Waterville Area.

Lee served on KBH's board for years and his quick wit and generous spirit will be greatly missed.

GIFTS RECEIVED *DURING FY 2024*

As Kennebec Behavioral Health has expanded its programs and services, funding efforts often follow themes related to such programs. During the 2024 fiscal year, fundraiser efforts largely focused on substance use disorder programs with a few exceptions.

Over $21,000 were raised for Recovery Programs, such as the Skowhegan Recovery Coaching Center, from individuals and organizations including the Heart of Maine United Way, Franklin County Commissioners Office and Franklin Savings Bank. Substance Use Prevention & Intervention programming also received special funding during the year, highlighting the need for substance use disorder and recovery services.

Additionally, CCBHC received funding from the Farris Foundation and Clubhouse Transportation Services received funding from the Catherine W. Guiles Fund.

CCBHC *DURING FY 2024*

Certified Community Behavioral Health Clinic (CCBHC) continued into FY 2024 with its Expansion Grant and our efforts during FY 2024 focused on Somerset County, where we identified targeted community needs. Our CCBHC Improvement & Advancement Grant, starting in September 2023, specifically supported and enhanced our work in this area. This grant allowed us to address critical behavioral health needs and improve outcomes for residents.

We have worked closely with the Maine Department of Health & Human Services (ME DHHS), MaineCare Services, and other state offices to inform the CCBHC certification process and a new reimbursement system. We also collaborate with the Maine Alliance for Addiction and Mental Health Services and the National Council for Mental Wellbeing (NCMW).

In March 2023, Maine received a CCBHC Planning Grant from SAMHSA, followed by selection for the CMS Medicaid CCBHC Demonstration in June 2024. KBH achieved Provisional CCBHC Certification in March 2024.

CCBHC SCOPE OF SERVICES

- Crisis Services
- Screening, Assessment and Diagnosis
- Person- and Family-Centered Treatment Planning
- Outpatient Mental Health & Substance Use Services
- Primary Care Screening and Monitoring
- Targeted Case Management Services
- Psychiatric Rehabilitation Services
- Peer and Family/Caregiver Supports
- Community Care for Uniformed Service Members and Veterans

MILITARY & VETERANS
LIAISON NEWS

Our Military Subcommittee successfully coordinated yet another Annual Veterans Day event titled, "Hope & Resiliency, Journey to Recovery." Excellent presentations were provided at the event depicting the treatments, modalities and support that our military clients receive for their behavioral health issues and the positive outcomes they experienced.

Two Veterans' Services Lunch & Learns that explored the journeys of service members through the treatment processes were presented in April and August.

In addition, the Liaison's field work continued to establish and reinforce partnerships through the Collaborative Outreach meetings in Kennebec, Somerset and Franklin Counties. This included the Liaison continuing to build professional relationships with military-connected organizations such as the VA, American Legion and VFW. These connections ensured strong resource bridges our staff and service-connected clients were able to receive assistance from throughout the fiscal year.

OPIOID HEALTH HOME
UPDATES

The OHH served 86 people in the fiscal year and hired a full-time Patient Navigator and full-time Substance Use Disorder Counselor allowing us to better meet the care coordination and recovery support needs of our clients.

The OHH maintained an excellent retention rate with a low three percent discharge rate. We continued to strengthen our relationship with the Bridge Clinic in which our Medication for Opioid Use Disorder (MOUD) provider also provide part-time coverage, making for more seamless transitions. Our relationship with the Bridge includes Redington Fairview's infusion clinic for Sublocade injections. This medication also allows for a more seamless transition for those coming from the jail.

Looking ahead, we have located a new building in Skowhegan that is a larger space to accommodate our growth. The OHH Team also hopes to expand to Waterville and/or Augusta to open satellite locations to advance support for KBH clients seeking MOUD Treatment in an OHH model of care.

NEW MEDICAL DIRECTOR

Dr. Janine Taylor stepped down as the medical director at Kennebec Behavioral Health and Dr. Arlene Almazan was promoted to the position during FY 2024. Dr. Theresa Hermida was promoted into the associate medical director role. We can't thank Dr. Taylor enough for her work as Medical Director.

FY 2024 HIGHLIGHTS

JULY 1, 2023 TO JUNE 30, 2024

SEPTEMBER 2023

THE RECOVERY COACHING CENTER

The Recovery Coaching Center in Skowhegan, Maine has achieved remarkable success, becoming a beacon of hope and transformation for countless individuals on their journey to recovery.

Through personalized support, compassionate guidance, and a community-centered approach, the center has empowered people to rebuild their lives with confidence and resilience.

A highlight of this success was the Recovery Rally on September 21, 2023 in Skowhegan, which brought together community members, advocates, and those in recovery to celebrate progress and raise awareness about the importance of recovery resources.

The rally, hosted by the ROAR team (Resources for Opioid Awareness & Recovery) not only fostered a sense of unity and inspiration but also showcased the profound impact the center has on transforming lives and fostering lasting change.

OCTOBER 2023

BEST PLACES TO WORK IN MAINE

KBH was once again named as one of the Best Places to Work in Maine in the fall of 2023. This was the third year in a row KBH was named a Best Place to Work. In October 2023, the Best Places to Work in Maine Conference revealed the placing of each organization by category.

KBH came in 13th place for the "large companies" category.

In order to be considered, KBH has to submit a detailed application form. Surveys are then sent out to hundreds of staff asking questions around job satisfaction, benefits and the work environment. Staff identities are kept anonymous. KBH's senior management team then analyzes the survey results in order to enact meaningful changes and improvements.

NIGHT OUT

NOVEMBER 2023

On November 4, 2023, KBH hosted its annual community fundraiser, A Night Out, at the Augusta Elks Lodge. The professional acting group, Mystery207, headlined the evening with their Maine horror author-themed mystery show.

Tickets went on sale in late August and sold out within a month. Over 150 people attended the event, nine businesses and organizations sponsored the event, 21 additional businesses donated raffle items and 10 KBH departments put together baskets. In total, there were 28 prizes as part of the raffle.

The evening also included appetizers, dinner and dessert catered by Rita's Catering. Attendees were invited to dress up as their favorite horror-related character, with costumes ranging from classic characters like Chucky to group costumes featuring Stephen King characters. The event benefitted KBH's College Scholarship Fund.

KBH could not have hosted such a successful event without the help of the KBH Connections & Wellness Team and its sponsors. A big thank you to the Faint Sponsor, Healey & Associates.

Amount Raised:

$14,745

MARCH 2024

BRAIN INJURY SCREENING PROGRAM

An estimated 10,000 Mainers experience brain injury every year, and the incidence of brain injury is particularly high among people seeking behavioral health services.

To address this area, in 2024 KBH began participating with the Maine chapter of the Brain Injury Association of America (BIAA-ME) to pilot the Online Brain Injury Screening and Support System (OBISSS), an online screening tool developed by Ohio State University. OBISSS helps determine lifetime exposure to brain injury risk, identify associated deficits that may be present for youth and adults, and link clients to local resources and support services. KBH is one of three Maine agencies participating in this pilot project.

The new screening tool is currently being piloted in KBH's Opioid Health Homes (OHH) and Substance Use Prevention and Intervention (SUPI) programs in Skowhegan. KBH and BIAA-ME are also providing extensive training for KBH staff training on brain injury and co-occurring disorders as part of the pilot project.

MAY 2024

COLLEGE SCHOLARSHIPS AWARDED

KBH announced the 2024 College Scholarship recipients at the end of the fiscal year. Students receiving a scholarship came from Cony High School, Erskine Academy, Maranacook High School, Mt. Blue High School, Waterville Senior High School, Messalonskee High School and Mount Abram Regional School. Each student received a $1,000 scholarship upon a successful completion of their first semester.

Recipients will be studying a behavioral health-related program at Thomas College, Kennebec Valley Community College, Central Maine Community College, Occidental College, University of New Hampshire, Southern Maine Community College and University of Southern Maine.

SUMMER 2024

CLUBHOUSE MEMBERS & DRIVERS' ED

Four Clubhouse members attended Carver's Driving School and were successful in getting their driving permits. Barbie, Zack, Lisa, Jeremy were offered this opportunity fully paid through a generous donation from the Catharine W. Giles Fund through the Maine Community Foundation. Each member received a full sponsorship and were able to take the classes via zoom in the Clubhouse. Members were able to get their 10 hours of driving time in being picked up at home or from the Clubhouse. Watching the entire group rally around each other to help each other study for the final permit exams was just 'AWESOME'. Ryan Carver and his employees did a great job to assist each member in achieving completion of the course and obtaining permits.

JUNE 2024
64TH ANNUAL MEETING

KBH celebrated its 64th Annual Meeting on Thursday, June 13, 2024 at the Senator Inn in Augusta. The evening began with a networking hour and then kicked off with the CEO, Tom McAdam, giving a presentation about KBH's successes and challenges during the fiscal year.

Glenn Mills, deputy director for the Center for Workforce Research of the Maine Department of Labor, shared about his work and the challenges facing the workforce in Maine as the evening's guest speaker.

KBH presented three awards to five recipients. TJ Maxx in Brunswick, Augusta, Waterville and Auburn received the James R. Schmidt Award for Clubhouse Services due to their dedication to creating and maintaining valuable partnerships with KBH's four Clubhouses. The City of Augusta received the Outstanding Community Partnership Award for their partnership on "Project Recovery" and its vision and leadership in their efforts to provide access to treatment and recovery supports for community members living with a substance use disorder.

Finally, Malory Otteson Shaughnessy received the KBH Recognition Award for her definable positive impact to improve mental health services in Maine.

FY 2024
CLIENTS BY SERVICE

CLINIC-BASED SERVICES

Access Center Intakes	**1,557**
Certified Community Behavioral Health Clinic (CCBHC):	**2,738**
Med Clinic (Adult):	**4,574**
Med Clinic (Youth):	**1,248**
Opioid Health Home:	**115**
Outpatient Counseling:	**2,626**
Substance Use Disorder:	**159**

RESIDENTIAL & REHABILITATION

Residential Rehabilitation:	**45**
High Hopes Clubhouse:	**203**
Capitol Clubhouse:	**222**
Looking Ahead Clubhouse:	**166**
Village Clubhouse:	**91**
Community Rehabilitation:	**169**
Developmental Services Case Management:	**113**

COMMUNITY-BASED SERVICES

Homeless Outreach:	**247**
Rental Services (BRAP, Shelter Plus Care & Independent Housing):	**439**
Adult Behavioral Health Home/ Case Management:	**1,387**
Youth Behavioral Health Home/ Case Management:	**836**
HeadStart Services:	**590**
Multisystemic Therapy:	**193**
Home & Community Treatment:	**36**
School-Based Counseling:	**542**

OTHER PROGRAM NUMBERS

Payeeship	**328**

PREVENTION SERVICES

Substance Use Prevention:	**51**
Number of Narcan, Harm Reduction & Other Trainings:	11
Training Attendees:	95

ACCESS CENTER

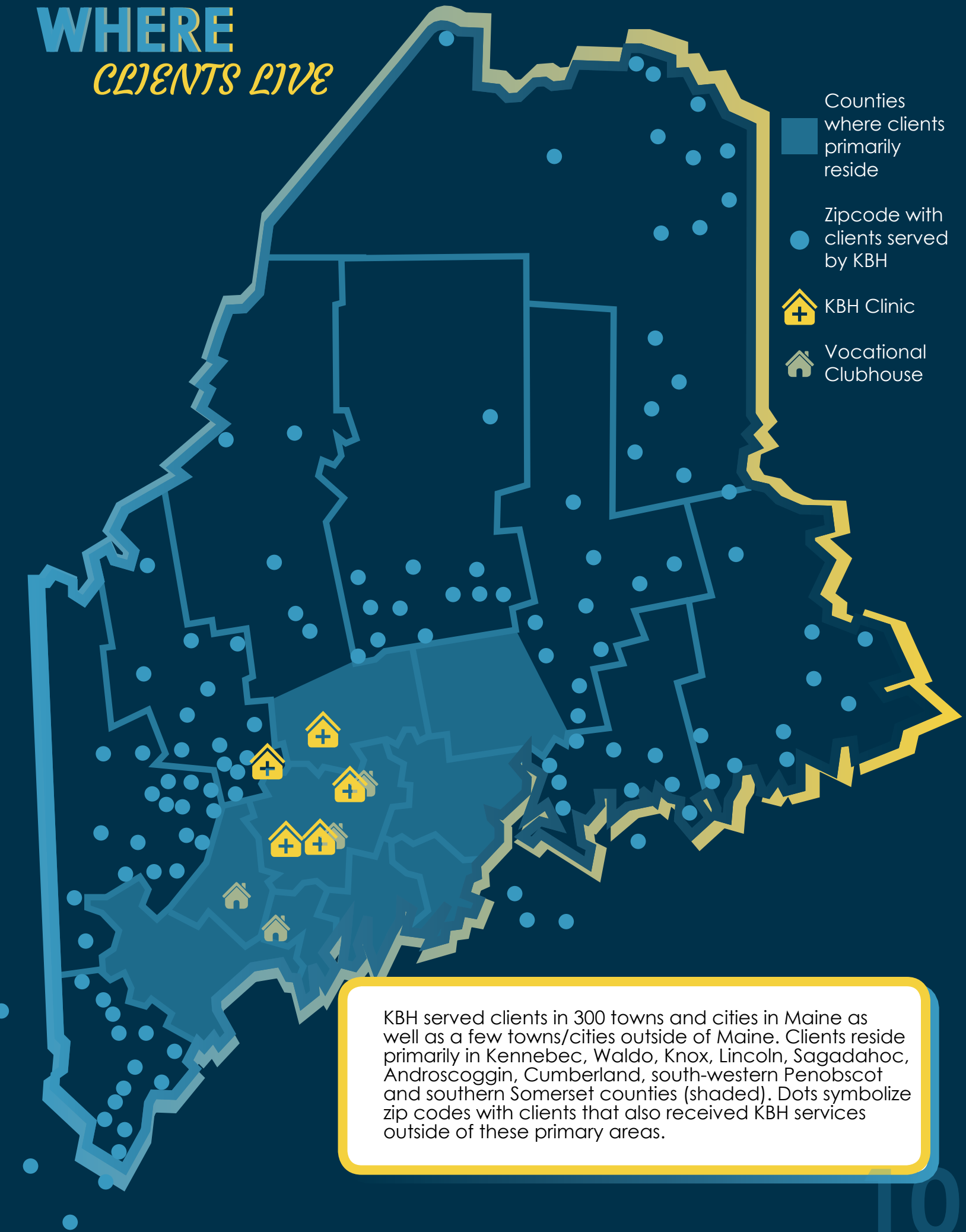
Incoming Calls:	14,760
Outgoing Calls:	41,399
Request for Services:	5,214

Total number of clients served in FY 24:

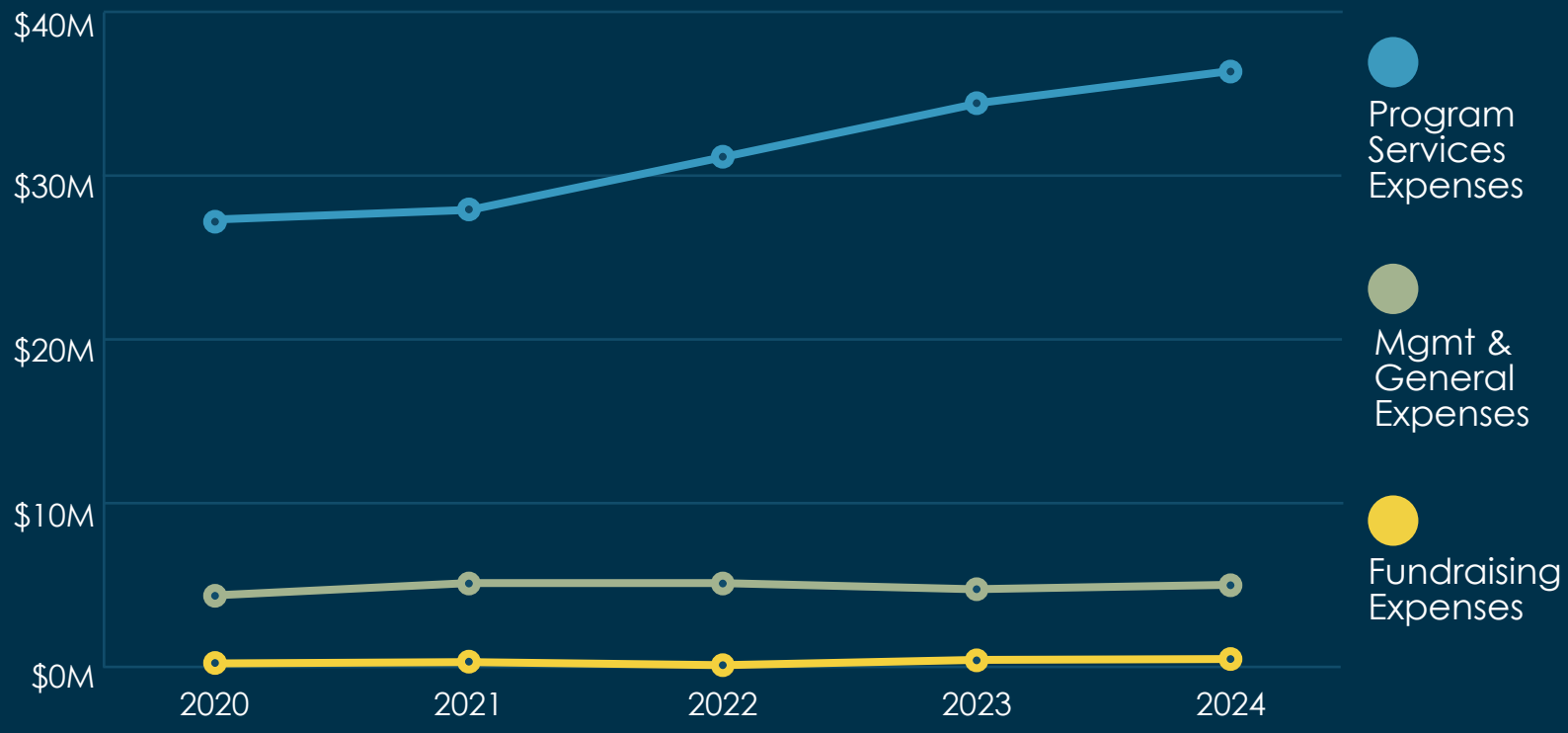
18,675*

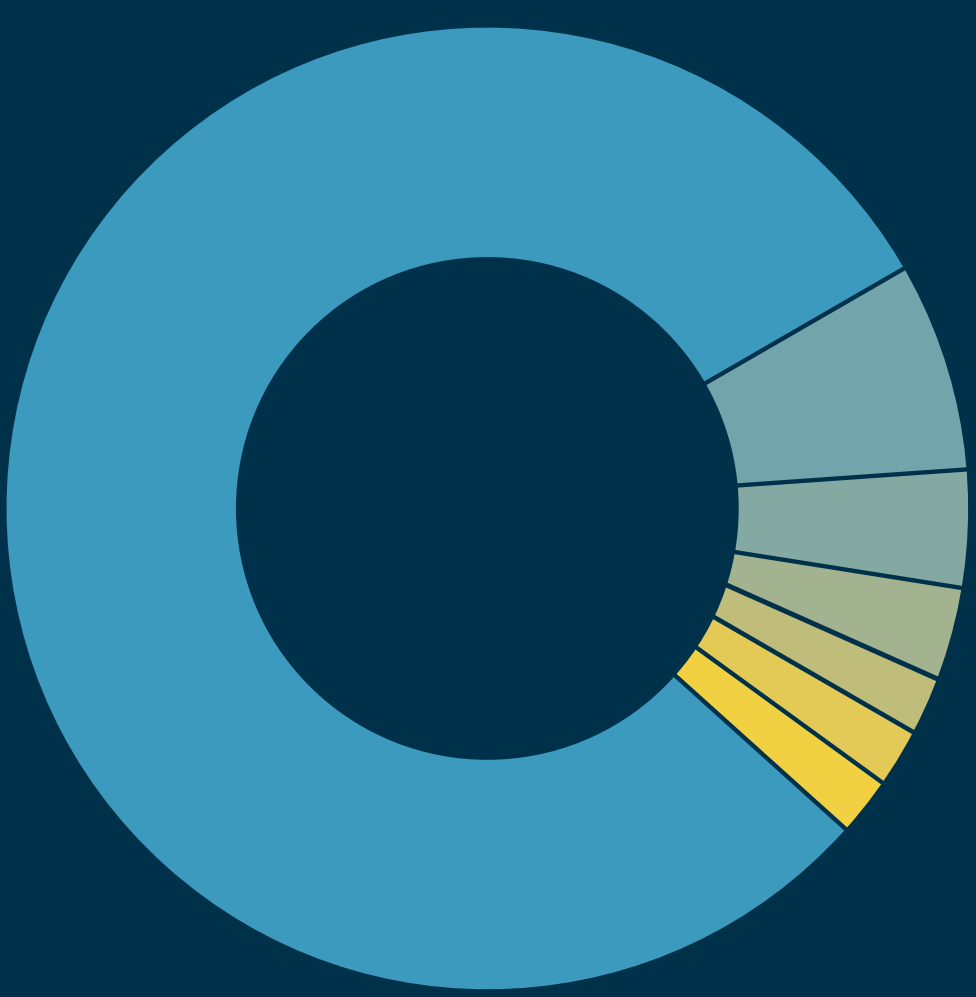
**Total only includes numbers in bold. This is a duplicate number as some clients may have utilized multiple services.*

WHERE CLIENTS LIVE



KBH served clients in 300 towns and cities in Maine as well as a few towns/cities outside of Maine. Clients reside primarily in Kennebec, Waldo, Knox, Lincoln, Sagadahoc, Androscoggin, Cumberland, south-western Penobscot and southern Somerset counties (shaded). Dots symbolize zip codes with clients that also received KBH services outside of these primary areas.





- Personnel: **80%**
- Other: **7%**
- Rental Assistance: **4%**
- Travel: **2%**
- R&M: **2%**
- Subcontracts: **2%**
- Supplies: **2%**

TOTAL:

$41,592,265

HOW TO SUPPORT KBH

GIVE BY CHECK

Make a one-time gift by check at any time to KBH or ask to be added to our annual appeal mailing list. Checks should be made payable to "Kennebec Behavioral Health" and mailed to the following location:

Kennebec Behavioral Health
Attn: Development Department
67 Eustis Parkway
Waterville, ME 04901

DONATE ONLINE

Donations can be made online with a card, direct debit or virtual wallet (when supported).

Visit **www.kbhmaine.org/give** and make a one-time gift or a recurring gift. Enter an amount and the frequency of giving (e.g. monthly, quarterly, annually), if making a recurring donation. A receipt will be emailed upon acceptance.

PARTICIPATE IN OUR EVENTS

Individuals and businesses can support our fundraising efforts by either attending our annual community fundraiser, A Night Out, every fall or donating an item to the event's raffle and/or auction.

KBH also regularly hosts online fundraising events. To be notified when an event takes place, contact the Development Team.

BECOME AN ADVOCATE

Help KBH spread its message about events, fundraising and news by following us on social media.

Facebook
@Kennebec.Behavioral.Health

Instagram
@kennebecbehavioralhealth

LinkedIn
@Kennebec Behavioral Health

FY 2024 DONORS

JULY 1, 2023 TO JUNE 30, 2024

$1-$99

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Smile Solutions, LLC
Waterville Opera House

$100-$499

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Sara and Matthew Towns
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Alcom LLC
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Fred's Coffee
Funtown Splashtown
Grossman Marketing Group
Hannaford
Korner Store & Deli
KVCAP
Law Offices of Ronald Ducharme
Lunder Foundation
Maine Forest Yurts
Maine Mariners
Margaritas Management Group
North Country Harley Davidson
North Country Rivers
Parsonage House
Quinn Hardware
R & B's Home Source
Senator Inn & Spa
SK Tours of Maine
Skowhegan Rotary Club
The Blackbaud Giving Fund
Turner Publishing

$500-$999

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Tina Chapman
Brandi Farrington
Karen Heck
Dr. Thomas and Mrs. Cynthia Longstaff
Thomas J. McAdam
Drs. Karen and Peter Mosher
Benjamin Murray
Dr. Charlie and Rebecca Ruff
Central Maine Power
Hospice Volunteers of Somerset County
Kennebec Savings Bank
Mainely Handrails, LLC
Old South Congregational Church
Pine State Trading
Redington Fairview General Hospital
Waterville Rotary Club

$1,000-$9,999

Matthew K. Arbo
Barbara Atkins
Laura and William Atlee
Diane Bowen
Lawrence Shore
Bangor Savings Bank
Bangor Savings Bank Foundation
Bracy Memorial Trust Fund
Cora & Everett Harris Trust c/o Bank of America
Franklin Savings Bank
Greater Washington Community Foundation
Healey & Associates
Heart of Maine United Way
Helen & George Ladd Charitable Corp.
Mid-State Foundation
Simmons Foundation
The Harold Alfond Foundation
Town Fair Tire Foundation, Inc
United Way of Tri-Valley Area
Vanguard Charitable

$10,000- $49,999

Jeannette Goddard
Catharine W Guiles Fund
Charles A. Dean Trust
Farris Foundation
Franklin County Commissioners Office
Maine Health Access Foundation
United Way of Kennebec Valley

KBH Municipal Partners

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Pleasant Ridge Plantation
Town of Bowdoin
Town of Burnham
Town of Canaan
Town of China
Town of Clinton
Town of Detroit
Town of Embden
Town of Farmingdale
Town of Freedom
Town of Hartford
Town of Jackman
Town of Litchfield
Town of Manchester
Town of Moscow
Town of Norridgewock
Town of Palermo
Town of Palmyra
Town of Pittston
Town of Randolph
Town of Readfield
Town of Rome
Town of Solon
Town of Somerville
Town of Starks
Town of Troy
Town of Vienna
Town of Wayne
Town of Whitefield
Town of Wilton
Town of Windsor
Town of Winslow

LOCATIONS

Augusta Clinic I
66 Stone Street
Augusta, ME 04330

Augusta Clinic II
10 Caldwell Road
Augusta, ME 04330

Augusta Psychiatric Services
11 Caldwell Road
Augusta, ME 04330

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

Skowhegan Clinic
5 Commerce Drive
Skowhegan, ME 04976

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

Finance & Development
12 Park Street
Waterville, ME 04901

Winthrop Clinic
736 Old Lewiston Road
Winthrop, ME 04364

Capitol Clubhouse
37 Stone Street
Augusta, ME 04330

High Hopes Clubhouse
26 College Avenue
Waterville, ME 04901

Looking Ahead Clubhouse
646 Main Street
Lewiston, ME 04240

Village Clubhouse
119 Main Street
Topsham, ME 04086

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