



AMHC

2016 ANNUAL REPORT

## Board of Directors

*AMHC's board of directors is responsible for advising the Chief Executive Officer and leadership on the development of programs and policies for the agency. Board members live and work in the communities that AMHC serves.*

**President Ellen Bemis**

Businesswoman  
Presque Isle, Maine

**Vice President Athill Hebert**

Businessman (retired)  
Caribou, Maine

**Treasurer Tanya Sleeper**

Assistant Professor of Nursing  
University of Fort Kent  
Caribou, Maine

**Secretary Lee Cyr**

Customer Service  
Twin Rivers Paper  
Madawaska, Maine

**Rev. Kevin Kinsey**

The Aroostook Episcopal Cluster  
Fort Fairfield, Maine

**Richard Marston**

Businessman (retired)  
St. Agatha, Maine

**Frank McElwain**

Educator (retired)  
Caribou, Maine

**Ryan Pelletier**

Town Manager  
Madawaska, Maine

**Peter Sirois**

Chief Executive Officer  
Northern Maine Medical Center  
Fort Kent, Maine

## Senior Leadership Team

*AMHC's leadership team is dedicated to ensuring that corporate strategy, operations and finance are aligned to meet the organization's service and sustainability goals in pursuit of its mission, vision and values.*

**Gregory P. Disy LCSW**

Chief Executive Officer

**Jennette Hitchcock LCSW**

Chief Operations Officer

**Lorraine Chamberlain LCSW**

Director of Integration and  
Emergency Services

**Christine Y. Brown LCSW**

Program Director  
Community Support Services

**Peter G. McCorison LCSW, LADC**

Program Director  
Behavioral Health Services-Aroostook

**Clement Deveau LCSW**

Program Director  
Behavioral Health Services

**Jamie D. Owens MSW**

Director of Marketing  
and Development

**Robyn Bonville**

Chief Financial Officer

“ We have been working hard to achieve our strategic plan objectives and activities to further our mission by enhancing and expanding our current services and identifying new services to improve the health and well-being of our community. ”



## From the Board President and Chief Executive Officer

2016 was a busy and productive year for AMHC. On behalf of the Board of Directors and Senior Leadership team, we are pleased to report that AMHC staff has, once again, provided an exemplary level of service across our expansive 3-county service area—Aroostook, Hancock and Washington Counties. Over the course of the year, AMHC staff provided face-to-face service to 5,469 clients—with a good percentage of them receiving multiple services across our services continuum. Our emergency services staff alone answered 24,109 crisis-related calls at our 24/7 HELPLine, an outstanding level of service to our community.

In 2016, we recognized 20 staff members for length of service; together these individuals provided 225 years of service to AMHC. We also want to recognize the staff who retired from AMHC in 2016 with a combined 100 years of service. What a worthy achievement by all! Thank you.

Over the course of the past year, the Senior Leadership Team has been working hard to achieve our strategic plan objectives and activities to further our mission by enhancing and expanding our current services and identifying new services to improve the health and well-being of our community. Below is a report on the activities that we have successfully implemented and look to build upon in the coming months:

- In Aroostook County, we established a Behavioral Health Home service for adults who have a serious mental illness and Mainecare insurance coverage. This service provides enhanced care coordination and integrated physical and behavioral health services in partnership with primary care MaineCare Health Homes.
- To better meet the community's needs in general, and to respond to the opioid and heroin public health epidemic, we have expanded our Medication Assisted Treatment and recovery services in partnership with Pines Health Services in Caribou; and we have improved our substance abuse counseling treatment services to include intensive outpatient group services in Caribou, Presque Isle, Machias and Calais.



*Gregory P. Disy, LCSW, CEO and Ellen Bemis, Board President*

- We expanded our Targeted Case Management Services for children and families with Mainecare from its base of operations in Aroostook to include our Washington County operations.
- In Presque Isle, we implemented tele-psychiatry medication management services for adults with Mainecare, Medicare and private insurance under contract with Iris Telehealth.
- To advance and improve the joint delivery of health and social services to the residents in our service area, we worked collaboratively to develop new and enhanced service delivery partnerships with the Aroostook County Action Program, Aroostook Area Agency on Aging, the Aroostook County Jail, the Maine Department of Corrections, NAMI Maine, the Sunrise Economic Council, Wellspring, Community Health & Counseling Services, The Aroostook Medical Center, and Pines Health Services.

- We piloted web-based text messaging to confirm outpatient appointments to help improve client outreach and decrease appointment no shows and cancellations.
- Restructured central administrative operations and improved efficiency and effectiveness in our Finance and Information Technology Departments.

In closing, thank you to all of our direct service and administrative staff in our many client service site locations for their commitment to meeting the treatment and social service needs of our clients every day. And, to all of the many staff less visible and working diligently behind the scenes conducting important business functions, for your dedication and support. We are grateful to have each and every one of you on our team!



**Ellen Bemis**  
Board President



**Gregory P. Disy, LCSW**  
Chief Executive Officer

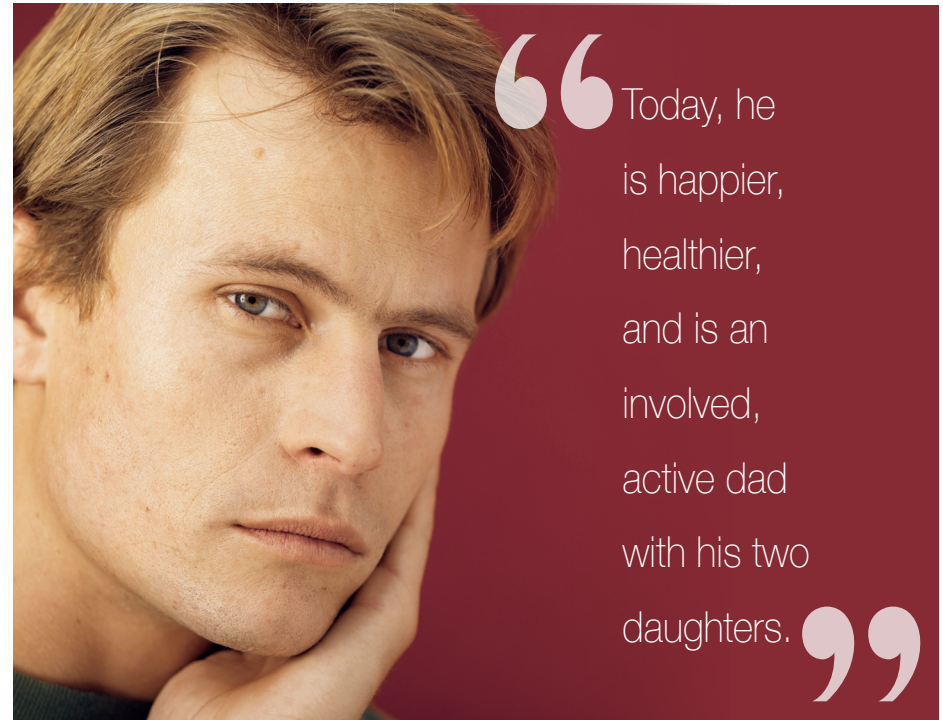


## Drug Court Saved My Life

AMHC is the Drug Court treatment provider in Washington County. The Drug Court provides a highly effective alternative to incarceration for individuals whose involvement in the criminal justice system is rooted in serious addiction to drugs and alcohol. By keeping drug-addicted offenders out of jail and in treatment Drug Courts have been proven to reduce drug abuse and crime while saving money. Devon is a Drug Court success and this is his story.

Devon started experimenting with alcohol and marijuana at age 14. By age 20, he spent most of his time partying and was addicted to cocaine, ecstasy, and alcohol. He was abusive and assaulted his girlfriend, resulting in a domestic violence charge, but only received probation. Devon had periods of self-induced sobriety, but over the next four years, his use progressed to prescription drugs and heroin. He was unable to hold a job, felt demoralized and a burden to his family. One night, he lashed out in a rage at his girlfriend, the mother of his two young children, and was arrested and charged with domestic violence again. Devon was faced with a Class C felony for a violent crime. During his jail intake, he admitted during the screening that he was a drug addict and decided to attend the jail based Alcoholics Anonymous (AA) meeting. After the meeting, he resolved to make a change and wanted to commit to living a sober life; he made bail with his father's help. He found an AA sponsor and began attending meetings; but soon he relapsed. Still facing jail time, and knowing he was powerless to overcome his addiction on his own without real help, he advocated to his lawyer and the judge approved his admission to Drug Court for substance abuse treatment and case management.

Over the next year, Devon successfully moved through the Drug Court outpatient treatment program encompassing structured group and individual counseling led by AMHC Substance Abuse Counselor, Abby Frutchey. He also worked with an assigned Maine Pretrial Services case manager who administered mandatory drug tests and worked with Devon to access employment, stable housing, and social services for him and his family. Throughout the course of the Drug Court program, Devon began



*Stock photo*

“Today, he is happier, healthier, and is an involved, active dad with his two daughters.”

supplementing treatment by attending peer support groups, which he still participates in regularly.

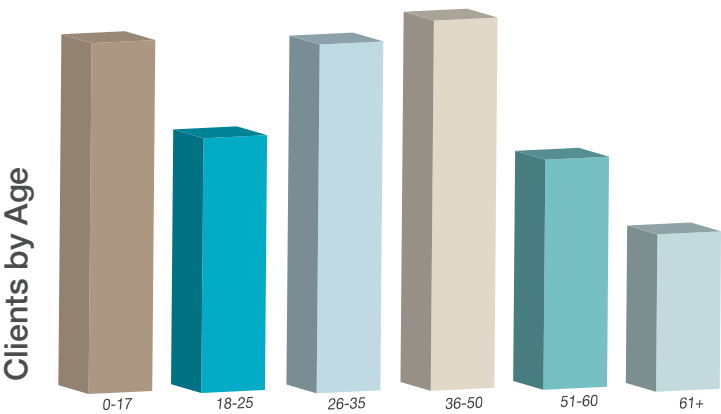
Now 27 years old, Devon walks the recovery path every day. He is a respected mentor and role model for others embarking on the road to recovery and lifelong sobriety. Today, he is happier, healthier and lives in his own home; and he is an involved, active Dad with his two daughters. He says, “Drug Court helped me to deal with my emotions. I identified my emotions, which had manifested as anger, but I was fearful. When you grow up in an alcoholic home, you don’t talk about your feelings – you are afraid to show your feelings. (Today) I wouldn’t take anything back because it had to happen to me in order to seek help.”

# 2015-2016 Client Services

**Total Individual Clients Served**      **4,167**

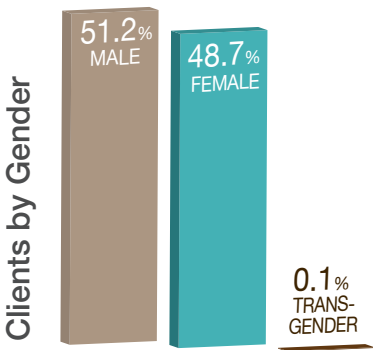
**Clients by Age**

0 to 17 .....	854
18 to 25 .....	620
26 to 35 .....	849
36 to 50 .....	901
51 to 60 .....	560
61 and over .....	383



**Clients by Gender**

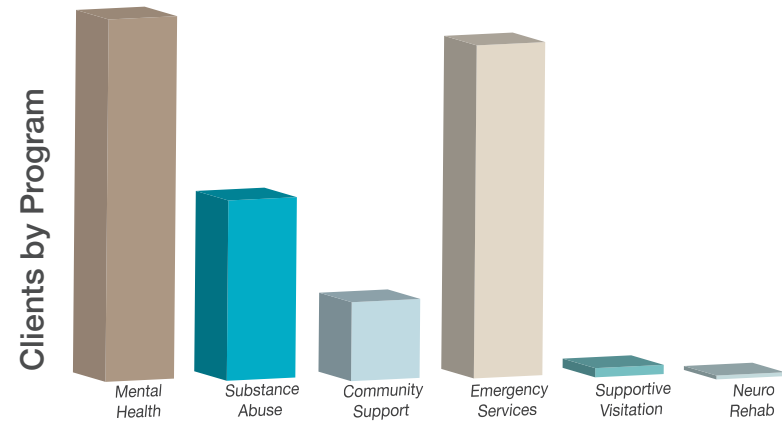
Female .....	2,027
Male .....	2,135
Male .....	5



**Total Clients for all Programs\* 5,469**

Mental Health.....	2,048
Substance Abuse.....	1,019
Community Support.....	446
Emergency Services.....	1,882
Supportive Visitation.....	52
Center for Integrated Neuro-Rehab.....	22

*\*Reflects clients receiving duplicate services.*



“AMHC staff has once again provided an exemplary level of service across our expansive 3-county service area—Aroostook, Hancock and Washington Counties.”



# Staff Recognition

## 5-YEAR SERVICE AWARDS

**Vicki Flannery, MHRT-1, MHRT-CSP**  
HELPLine Crisis Counselor  
HELPLine/ACSU

**Anita Hubert**  
Administrative Support Specialist  
and OP-Service Site Coordinator  
Houlton Outpatient Office

**Anna McFarland, LCSW, CADC, MHRT-CSP**  
Therapist-Consultant  
Houlton Outpatient Office

**Rebecca McBreairey, CADC**  
Substance Abuse Counselor  
Residential Treatment Facility

**Kim McGillicuddy, MHRT-C, CIPSS**  
Community Integration Specialist  
PATH, Houlton Outpatient Office

**Nicole Newcomb**  
Administrative Support Specialist, Service Site Coordinator  
HELPLine/ACSU

**Arlene Ouellette, MHRT-CSP, MHRT-1**  
HELPLine Crisis Counselor  
HELPLine/ACSU

**Wendy Page**  
Sexual Assault Community Educator/Advocate  
Caribou Outpatient Office

**Tricia Perrault, MHRT-C, LSX**  
Community Integration Counselor (Mental Health)  
Madawaska Outpatient Office

**Nikki Reed**  
Accounts Receivable Specialist  
Machias Outpatient Office

**Tabitha Stanley, BHP**  
Children's Crisis Counselor  
Calais Children's Crisis Unit

## 10-YEAR SERVICE AWARDS

**Sarah Bell, MHRT-C, OQMHP-C, CADC**  
Community Integration Specialist  
Presque Isle Outpatient Office

**Michelle Ferris, LCSW, MHRT-CSP**  
Emergency Services Supervisor  
Presque Isle Outpatient Office

**Rebecca Fournier, LADC**  
Substance Abuse Counselor  
Residential Treatment Facility

**Terry Mitchell, MHRT-CSP**  
Emergency Services Specialist  
Presque Isle Outpatient Office

## 15-YEAR SERVICE AWARDS

**Theresa Blachura, LCSW, MHRT-CSP**  
Therapist-Consultant  
Houlton Outpatient Office

**Debra Shaw, MHRT-C, CADC**  
Substance Abuse Counselor  
Houlton Outpatient Office

## 25-YEAR SERVICE AWARD

**Jim Lovely, MHRT-CSP**  
Emergency Services Specialist  
Presque Isle Outpatient Office

## 35-YEAR SERVICE AWARD

**Kim Becker, LCSW, MHRT II, OQMHP, BHP**  
Visit Support Supervisor  
Presque Isle Outpatient Office

## 40-YEAR SERVICE AWARD

**Barbara Faye**  
Information Technology Specialist  
Central Administrative Office

“Thank you to all of  
our direct service and  
administrative staff  
in our many client  
service site locations  
for their commitment  
to meeting the  
treatment and social  
service needs of our  
clients every day.”



# Staff Retirees



**Sylvio Dubois**  
Substance Abuse  
Counselor, Residential  
Treatment Facility  
31 years



**Jack Foster**  
Prevention Specialist  
Aroostook Teen  
Leadership Camp  
30 years



**Dr. Dinah Tungol**  
Staff Psychiatrist  
20 years



**Annie Beckham, LCSW**  
Therapist-Consultant  
6 years



**Steven Dawson, PhD**  
Psychologist  
6 years

**Melodie Greene, PhD**  
Calais School-Based Services  
7 years  
[NO PHOTO AVAILABLE]

# MISSION

*AMHC's mission is to  
provide integrated healthcare  
services that maximize an  
individual's potential to  
recover and improve their  
quality of life.*

Executive Editor/Writer

Jamie Owens, MSB

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AMHC

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