

Aroostook Recovery Center of Hope to Host Community Screening of “The Anonymous People”

January 9, 2020
News



Aroostook Recovery Center of Hope (ARCH), a service of Aroostook Mental Health Center (AMHC) in collaboration with Link for Hope, will host a screening of “The Anonymous People” on Wednesday, January 22 at 6:00 p.m.

Opened in 2019, ARCH is located at 36 North Street in Houlton. It is a place where individuals can come and receive support for their recovery journey, connecting people to resources and also serve as a venue for various recovery meetings.

“The mark of a new year often represents a time to start fresh and make positive changes,” explains Eugene McLaughlin III, Peer Support Specialist and Volunteer Coordinator. “ARCH is hosting the screening of ‘The Anonymous People’ in order to offer hope for people struggling with or affected by substance use disorder. Our goal is to provide a safe place for those who are seeking, or are in recovery, the information they need to move forward.”

After viewing “The Anonymous People” there will be time for discussion and questions. For more information, please contact Eugene at 254-2213.

Roads to Recovery Adding New Activities in 2020

January 9, 2020
News



Roads to Recovery, a service of Aroostook Mental Health Center (AMHC) is announcing several new activities starting in January. Roads to Recovery is located at One Water Street in Caribou and is a place where individuals can come and receive support for their recovery journey, connect people to resources, and also serve as a venue for a variety of recovery meetings.

“Our peer center is growing in numbers and we’re pleased to expand our program offerings,” shared Erik Lamoreau, Substance Use Disorder Peer Recovery Center Manager. “When our community makes suggestions, we try hard to accommodate the need.”

Roads to Recovery will now host a weekly Nar-Anon meeting on Mondays at 6:30 p.m. Yoga and meditation have also been added to the schedule and will be held on Saturdays at 4:30 p.m. “We will also be conducting Naloxone training on Tuesday, January 21 at 6:00 p.m.,” said Erik. “Previous trainings have been well attended and we want to make sure everyone who wants to learn how to administer Naloxone has the opportunity to do so.”

For more information on the activities or resources offered at Roads to Recovery please contact Erik at 493-1278.

AMHC Opens Medication Assisted Treatment Clinic in Presque Isle

January 15, 2020
News



AMHC recently opened a Medication Assisted Treatment (MAT) Clinic in Presque Isle. AMHC team members who will work with individuals receiving treatment include Substance Use Disorder Counselors Tammy Barnhart, MHRT-1, LSW, CADC, and Greg Moody, MHRT-1, CADC; and Aileen Peterson, Administrative Support Assistant.

AMHC has announced the opening of a Medication Assisted Treatment (MAT) Clinic in Presque Isle. The clinics support individuals who are in detox and recovery from opiate drug use.

“MAT Clinics have become an important part of recovery for many individuals and creating access to those clinics is key to helping them,” explains Lorraine Chamberlain, Director of Integration and Behavioral Health in Aroostook County. “In addition, AMHC works with each person to develop a comprehensive treatment plan that includes group and individual substance use counseling as well as community contacts and resources. The combination seems to offer the best long-term success.”

AMHC is partnering with Pines Health Services to administer treatment. Potential clients will have access to the clinic based on their motivation and willingness to participate in all aspects of the program. AMHC places a significant focus on working with a person to develop positive natural support to promote behavioral change. Educational and clinical supports are also available to clients and their families to assist them in the recovery process. “Our staff is very conscientious of providing clients the treatment they need from the MAT Clinic,” shares Chamberlain. “At the same time, they are keeping in mind that our goal is to make this a temporary part of their treatment plan.”

Individuals seeking MAT Clinic treatment can speak with their individual counselors or call the Access Center at 1-800-244-6431 to get scheduled for a screening to determine if they are appropriate for the service. Once clients have been screened by a Substance Abuse Counselor and deemed appropriate for the program, they will be scheduled for induction into the clinic.

AMHC Recognized for Suicide Prevention Efforts

January 24, 2020
News



AMHC was recently congratulated by both the Maine and Federal Centers for Disease Control for the agency's work on an initiative referred to as Zero Suicide. A few of the staff members involved include (l to r): Sarah Wright, MHRT-CSP, Mobile Crisis Services Manager, Aroostook; Judith Feibus, LCSW, Quality Assurance Manager; and Michelle Ferris, LCSW, Director of Emergency Services.

Aroostook Mental Health Center (AMHC) recently received positive remarks by the Centers for Disease Control for its leadership in Suicide Prevention. AMHC is one of several organizations in five states that received a three-year grant to focus on suicide prevention efforts. Because one suicide is one too many, the initiative is called "Zero Suicide."

AMHC has implemented a series of questions that its direct care staff are now required to ask clients. The questions have assisted in several ways:

- Staff are more intentional about the issue of suicide among those individuals whom AMHC serves;
- The questions asked help reduce the stigma associated with suicide;
- Staff are more comfortable assessing for risk;
- AMHC is able to collect data specific to suicide and learn from that data to help our clientele.

"We are so pleased to have the Maine CDC and Federal CDC recognize our work in suicide prevention," said Michelle Ferris, Director of Emergency Services. "The CDC has indicated that the steps we have taken can have a significant impact on reducing suicide rates. I am proud of our staff in Aroostook, Washington and Hancock Counties and welcome the opportunity to share what we have done to help move this initiative forward." For more information on "Zero Suicide," please visit www.zerosuicide.com.

Michelle Ferris Named Facilitator for the Maine Crisis Network

January 30, 2020
News



Michelle Ferris, LCSW, AMHC Program Director of Emergency Services has been named the Maine Crisis Network Facilitator for 2020.

Aroostook Mental Health Center (AMHC) is pleased to announce that Michelle Ferris, LCSW, Program Director of Emergency Services for Aroostook, Washington and Hancock counties, has been named the facilitator for the Maine Crisis Network for 2020. The network is a statewide crisis intervention program available 24/7 for anyone experiencing mental health concerns.

“To be named facilitator for the Maine Crisis Network demonstrates the respect Michelle has garnered among her peers across the State,” said Ellen Bemis, AMHC CEO. “She is a strong advocate not only for those in crisis but for those who are charged with providing the emergency services needed. Michelle is most deserving of this recognition.”

Membership includes representatives from area mobile crisis intervention programs and the statewide telephone crisis response system. As the facilitator, Michelle will be responsible for leading meetings and attending to issues that affect crisis leaders across the State. Goals for the coming year include ensuring crisis providers are using current best practices, being a voice to advocate at the State level as it relates to the crisis system, and identifying opportunities for improvement in the delivery of crisis services.

Roads to Recovery to Host Recovery Coaching Training in April

February 27, 2020
News

Roads to Recovery, a service of Aroostook Mental Health Services (AMHC), will be hosting a Recovery Coaching Training from April 21-24, 2020. Roads to Recovery is located at One Water Street in Caribou and is a place where individuals can come and receive support for their recovery journey, connect people to resources, and also serve as a venue for a variety of recovery meetings.

“This training is one of the best I have ever attended,” said Erik Lamoreau, Substance Use Disorder Peer Recovery Center Manager. “I am so pleased we can bring this to Aroostook County and I encourage any person in recovery, an ally of recovery and/or a professional who works with individuals experiencing substance use disorder to participate. You won’t forget it!”

Known as CCAR Recovery Coach Academy, the four-day training is in collaboration with Portland Recovery Community Center. It will be held from 9 a.m. – 5 p.m. each day and lunch will be provided. The cost for all four days is \$20.00. The training offers professionals 30 CEUs (with the opportunity to attend a follow-up ethics training this summer and earn an additional 16 CEUs).

A limited number of seats are available. Please register by March 31, 2020, at <https://weblink.donorperfect.com/rcacaribouapril2020>. For more information about the training or Roads to Recovery services, please contact Erik Lamoreau by email at elamoreau@amhc.org or by phone at 207-493-1278.



Nar-Anon now held at Aroostook Recovery Center of Hope

March 4, 2020
News



Aroostook Recovery Center of Hope (ARCH) will now hold Nar-Anon meetings on Mondays at 7:00 p.m. Opened in 2019, ARCH is located at 36 North Street in Houlton. It is a place where individuals can come and receive support for their recovery journey, connecting people to resources and also serve as a venue for various recovery meetings.

“Nar-Anon is a 12-step support meeting for those affected by a loved one’s addiction,” explained Eugene McLaughlin III, Peer Support Specialist, and Volunteer Coordinator. “It is estimated that for each addicted person, 10 others are affected including spouses, children, parents, siblings, and co-workers. This is a safe space for people to give and receive support from those who understand.”

ARCH is a service of Aroostook Mental Health Services, Inc. (AMHC) in collaboration with Link for Hope. For more information on the activities or resources offered at ARCH, please contact Eugene McLaughlin at 254-2213.

Center for Integrated Neuro Rehab Celebrates Brain Injury Awareness Month

March 5, 2020
News



Center for Integrated Neuro Rehab (CINR), a program of AMHC, is highlighting Brain Injury Awareness Month during the month of March. CINR staff members include (seated l to r): Treska Berube and Teila Pimental and (standing l to r): Keely LeBlanc, Pam Searles and Betty Hendricksen.

Center for Integrated Neuro Rehab (CINR), a program of Aroostook Mental Health Services, Inc. (AMHC) is pleased to highlight Brain Injury Awareness Month during the month of March.

“Traumatic brain injuries are more common than many people think,” explained Pamela Searles, OTR/L, CBIS, Neuro-Rehabilitation Services Manager. “In Maine alone, on average every week, there are nearly 200 TBI-related hospital emergency department visits. At CINR, we work with individuals to assist them with gaining more skills in the areas of physical function, language/cognition, social/emotional wellbeing, and more independence with life skills. We want people to know that there is hope and help in overcoming the challenges associated with traumatic brain injury.”

Therapy at CINR includes artwork. “Our clients create beautiful paintings and other artwork,” explained Searles. As part of Brain Injury Awareness Month, artwork will be on display at the Caribou Public Library from March 16-31, 2020. “Our staff is excited to share the art created by our clients and we hope the community will stop by to enjoy their work.”

CINR will also host an open house at their facility at 159 Bennett Drive, Suite 1 in Caribou on March 18, 2020 from 10:30 a.m. -12:00. Clients will be sharing their stories of triumph in overcoming their injuries.

Brain injuries are most commonly sustained through falls, as well as strokes, and motor vehicle accidents. Since 2007, CINR has supported hundreds of individuals and their loved ones. They address intellectual, emotional and social functioning deficits to increase a brain injury survivor’s maximum recovery. Services may include psychological services, group therapy, family support groups, physical, occupational and speech therapy as well as community reintegration.

Fully accredited by the Commission on Accreditation of Rehabilitation Facilities, CINR is currently accepting client referrals. Please contact them at 207-498-3820 for more information and/or eligibility requirements.

Aroostook Teen Leadership Camp Extends Partnership with UMFK

March 11, 2020
News



Aroostook Teen Leadership Camp is pleased to partner with UMFK through 2024. It will hold its 34th camp this summer July 26-30, 2020. Campers from 2019 work on a team-building activity and include (l to r) Nicolette Martin, Sarah London, Gavin Plant, Taylor Coulombe, Cooper Saucier, and Samantha Shank. They are being led by staff member Emma Christie (background).

Aroostook Teen Leadership Camp (ATLC) is pleased to announce that it has extended its contract with UMFK through 2024. ATLC will hold its 34th camp from July 26-30, 2020. Focused on leadership development and drug prevention to teens currently in grades 6 – 8 in Aroostook County, ATLC is a program of the Aroostook Mental Health Services, Inc. (AMHC).

“UMFK began hosting ATLC’s summer camp in 2018 and we have found it to be a great fit,” shared Amber Stedt, Prevention Coordinator. “The campus provides the right amount of space – access to small and large classrooms and easy access to “the Quad” for all of our team building and outdoor activities. Campers stay in the college’s dormitories and eat meals in the cafeteria. The staff is great and willing to accommodate the many needs associated with a very busy week.”

Scott Voisine, UMFK’s Dean of Community Education states, “Our campus has fully enjoyed welcoming ATLC to UMFK for the past two summers and our new five-year contract will ensure a continued relationship with the program. Having so many young and energetic youth leaders from all over Aroostook County on our campus for such a stellar program is something everyone on campus looks forward to. These kids are our future leaders and we appreciate the opportunity to be part of their development.”

The deadline for this year’s camp registration is Thursday, April 9. Information is available in all Aroostook County middle schools with students in grades 6 – 8, or by calling 207-498-6431 or emailing Amber Stedt, Prevention Coordinator (astedt@amhc.org).

Since 1987, ATLC has mentored thousands of pre-teens and teens grades 6-12 in the process of social-emotional learning through a residential five-day summer camp augmented by a series of activities and programming through the school year. Pre-teens who attend as campers have the opportunity to become teen staff members who lead programming efforts. Goals include the prevention of early use of alcohol and other illegal drugs, leadership training to develop teen drug prevention leaders, and developing positive role models. For more information, connect with ATLC at www.atlc-camp.org.

April is Sexual Assault Awareness Month

April 9, 2020
News



April is Sexual Assault Awareness Month. AMHC Sexual Assault Client Advocates Amber Rankine and Jodi Leach are just two members of our team who continue to support victims of sexual assault even during COVID-19. Advocates can be reached by calling the 24-hour Sexual Assault Helpline at 1-800-871-7741. Text and chat are also available Monday – Friday from 8:00 a.m. – 11:00 p.m. Calls, texts and chats are free and confidential.

As part of the national 2020 “I Ask” Campaign Aroostook Mental Health Services, Inc. (AMHC) joins the National Sexual Violence Resource Center and Maine Coalition Against Sexual Assault (MECASA) in empowering individuals to put consent into practice.

AMHC is pleased to highlight Sexual Assault Awareness Month (SAAM). This year’s theme, “I Ask for Consent” builds on the idea that consent is a normal and necessary part of sex. The goal of the campaign is to empower all of us to put consent into practice.

“We all have a role to play in the prevention of sexual assault,” shared Michelle Ferris, Program Director for Emergency Services in Aroostook, Washington and Hancock counties. “AMHC Sexual Assault Services has provided services to individuals who have been affected by sexual violence since 1984. We not only advocate for victims and offer support to survivors 24/7, we provide prevention education for all ages on sexual violence, sexual harassment, internet safety, and personal body safety.”

AMHC Sexual Assault Services Advocates can be reached by calling the 24-hour Sexual Assault Helpline at 1-800-871-7741. Text and chat are also available Monday – Friday from 8:00 a.m. – 11:00 p.m. Calls, texts, and chats are free and confidential. For more information, visit AMHC Sexual Assault Services at <https://www.amhcsas.org/>.

Downeast Treatment Center Offers Virtual Services to Support Opioid Recovery

May 1, 2020
News

As a result of new virtual services, same-day access to anyone with opioid use disorder (OUD) who wishes to begin medication assisted treatment (MAT) is now available to anyone across Washington and Hancock counties. In response to the unfolding COVID-19 crisis, the Downeast Treatment Center (DTC) in Ellsworth has begun offering immediate, virtual, rapid access to MAT for all in the Downeast region.

“People in active use are finding it harder to access opioids during this time and some are experiencing opioid withdrawal,” says Clem Deveau, Program Director at Aroostook Mental Health Center. “As a result, individuals struggling with addiction may be more readily drawn to seek recovery support services. We want to be readily available to provide needed support. When they’re ready, treatment and support must be ready; therefore, we have expanded our virtual capacity to welcome all new individuals to the DTC from anywhere in the two-county region.”

Patients can expect a virtual intake over phone or Zoom, prescriptions called to pharmacies near them; ongoing, remote access to a medical provider, and access to virtual group or individual sessions with a behavioral health provider. Anyone who does not have insurance or who cannot afford their insurance deductibles or copays can apply for financial support from Healthy Acadia’s Treatment Fund.

“I am thrilled to learn about this development. The expansion of MAT services by the DTC to patients with a substance use disorder is a significant enhancement of the services in Downeast Maine,” noted Gordon Smith, the state’s Director of Opioid Response. “The establishment of low barrier access to MAT is a high priority in the Governor’s Opioid Response Strategic Plan and to be able to advance this program virtually allows patients in these two rural counties an opportunity for treatment without leaving their home. Congratulations to all involved in bringing it to fruition.”

The DTC opened in early 2018 and arose out of the work of the Downeast Treatment Substance Network (DSTN), a partnership of organizations and community members in Downeast, Maine, that has been meeting monthly since the fall of 2014. The DSTN and a parallel group focusing specifically in Washington County, the WC Substance Use Response Collaborative (WC SURC) have been convened by Healthy Acadia, a local nonprofit community health organization that is also responsible for managing multiple federal grants and multidisciplinary teams that support the DTC, recovery coaching services, and many other harm reduction and recovery-related initiatives.

“We are thrilled by this development and honored to be a part of it,” said Penny Guisinger, Recovery Programs Director at Healthy Acadia. “Many medical providers across this region are offering MAT, and the number is growing. Adding virtually-available treatment will make a huge difference for people who are ready to begin MAT but who don’t have access to a site that offers rapid access.”

The DTC provides a full-service MAT program that utilizes buprenorphine, medical management, and behavioral therapy. MAT is a best practice, state-of-the-art response to Opioid Use Disorder. According to the Substance Abuse and Mental Health Services Administration, “...these medications relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body. MAT programs provide a safe and controlled level of medication to overcome the use of an abused opioid. And research has shown that when provided at the proper dose, medications used in MAT have no adverse effects on a person’s intelligence, mental capability, physical functioning, or employability.”

To learn more, or to begin the process of participating in MAT, call the DTC at (207) 667-6890. To learn more about Healthy Acadia’s recovery programming, including recovery coaching, visit www.healthyacadia.org.

Healthy Acadia is a 501(c)(3) nonprofit organization that engages in a broad range of initiatives to build healthier communities and make it easier for people to lead healthy lives across Washington and Hancock counties, Maine. Learn more at www.healthyacadia.org.

AMHC Peer Recovery Centers Hosting Public Events throughout Aroostook

May 13, 2020
News



Roads to Recovery (R2R) and Aroostook Recovery Center of Hope (ARCH), substance use peer recovery service providers, are hosting several public events in May. Part of Aroostook Mental Health Services, Inc. (AMHC), the recovery centers provide individuals a place to come and receive support for their recovery journey, connect people to resources, and also serve as a venue for a variety of recovery meetings.

“COVID-19 has been very difficult for our recovery community,” shared Erik Lamoreau, Substance Use Disorder Peer Recovery Center Manager. “We are grateful for the technology that allows us to stay connected but we are excited to do some public events that will allow us to touch base in person, with proper social distancing, of course.”

The public is invited to stop by and learn more about peer recovery centers and all the services AMHC offers the recovery community. Free Naloxone kits will also be distributed. “We will offer Naloxone training during the event or if individuals prefer, they can learn about properly administering naloxone from the information provided in their kit,” said Lamoreau. For more information, please contact R2R at 207-493-1278 or ARCH at 207-254-2213.

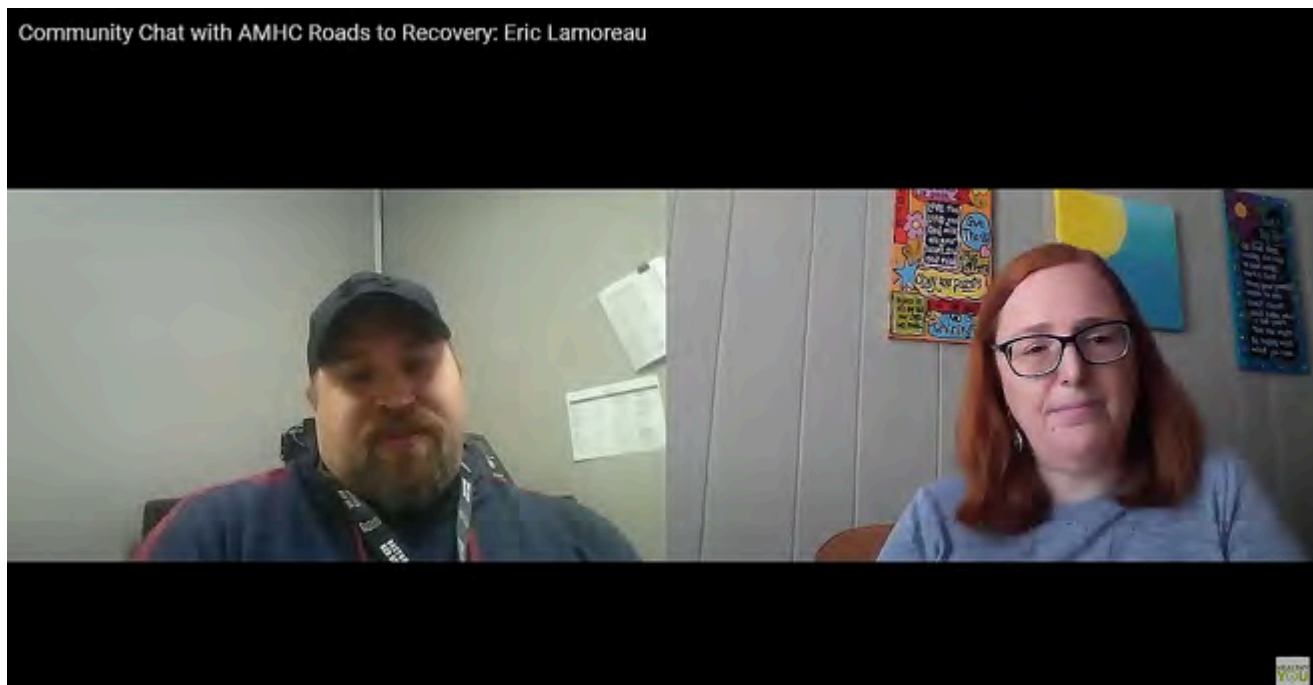
The events will be held at the following locations and times during the month of May:

- Mondays, 9:00 a.m. – 12:00 p.m., AMHC Fort Kent Outpatient Office, 104 East Main Street
- Mondays, 1:00 p.m. – 3:00 p.m., AMHC Madawaska Outpatient Office, 88 Fox Street
- Tuesdays, 9:00 a.m. – 12:00 p.m., Old Irving parking lot, 83 Main Street, Van Buren
- Tuesdays, 1:00 p.m. – 3:00 p.m., Riverside Park Pavilion, 49 Limestone Road, Fort Fairfield
- Wednesdays and Fridays, 1:00 p.m. – 4:00 p.m., Center for Integrated Neuro-Rehab, 159 Bennett Drive, Caribou
- Thursdays, 9:00 a.m. – 11:00 a.m., AMHC ACSU, 162 Main Street, Presque Isle
- Thursdays, 11 a.m. – 2:00 p.m., AMHC Presque Isle Outpatient Office, 1 Edgemont Drive
- Wednesdays and Fridays, 9:00 a.m. – 11:00 a.m., Aroostook Recovery Center of Hope, 36 North Street, Houlton
- Mondays, Wednesdays and Fridays, 12:00 p.m. – 4:00 p.m., Aroostook County Jail parking lot, 15 Broadway, Houlton

R2R and ARCH are pleased to partner with Maine Access Points, a mutual aid organization providing syringe access services, overdose prevention education, and naloxone distribution, peer support, and advocacy throughout rural Maine. For more information please visit <https://www.maineaccesspoints.org/>.

AMHC and Healthy You Highlight Mental Health Awareness Month

May 18, 2020
News



Healthy You is hosting an AMHC Community Chat video series during Mental Health Awareness Month in May. A wide variety of mental health topics will be covered and available on the Healthy You YouTube channel at carymedicalcenter.org/healthyyou and through Healthy You and AMHC social media. Bethany Zell, CWHC, Healthy You Program Director, interviews Erik Lamoreau, AMHC Substance Use Peer Recovery Center Manager about the resources available to those in recovery.

May is Mental Health Awareness Month and Aroostook Mental Health Services, Inc. (AMHC) is pleased to participate in a series of community conversations with Healthy You, a program of Cary Medical Center in Caribou, Maine. A wide variety of mental health topics will be addressed including segments focused on children, teens, seniors, pet therapy, suicide prevention, and individuals in recovery from substance use.

“During COVID-19, many of us are challenged by fear and isolation,” explains Ellen Bemis, AMHC CEO. “It is more important than ever to develop coping skills that can help us prioritize our mental health and build resiliency, as well as support others who may be struggling. We are grateful to have this opportunity to partner with Healthy You to raise awareness regarding the many tools and resources that are available to help people during this time.”

“When I planned our monthly Healthy You themes for 2020 back in December of last year, I had no idea how timely Mental Health Awareness Month information – and the choice to help amplify that message – would be once May rolled around,” shared Healthy You Program Director, Bethany Zell, CWHC. “I am thankful for the wealth of resources and information available from our community partners at AMHC and for their eagerness to participate in these discussions. In this time of physical distancing, it is imperative that people remain connected with tools and resources needed to address the mental health impacts we are experiencing in response to the COVID-19 pandemic. I am honored that Healthy You could facilitate getting this information out to our communities through the AMHC Community Chat video series.”

The AMHC Community Chats with Healthy You will continue to roll out through the remainder of Mental Health Awareness Month in May and released videos can be viewed on the Healthy You YouTube channel located at carymedicalcenter.org/healthyyou.

Healthy You, a community health and wellness program of Cary Medical Center, delivers programs and information on a monthly health and wellness theme. Through videos, social media, and interactive, community-based programs, we provide our communities with the tools and resources needed to make positive advancements in all aspects of their lives including their social, physical, emotional, occupational, intellectual, spiritual, and environmental health and wellness. For current event listings or to connect with Healthy You, please visit facebook.com/caryhealthyyou.

AMHC Peer Centers Announce Re-Opening to Public

June 10, 2020

News

AMHC Peer Centers in Aroostook County have announced their reopening dates:

- Roads to Recovery (R2R) in Caribou and Aroostook Recovery Center of Hope (ARCH) in Houlton will reopen their doors on Monday, June 15, 2020;
- DownEast Recovery Support Centers in Calais and Machias will also reopen on Monday, June 15, 2020;
- Valley Peer Center in Madawaska and Harvest Inn in Caribou will reopen to the public on Monday, June 22, 2020.

“Our teams are very excited to welcome back members of the community,” shared Christine Brown, AMHC Program Director of Community Integration. “As mental health and substance use peer support specialists they have done a great job doing virtual outreach to their communities but are looking forward to engaging face to face once again.”

Each center will follow these general guidelines, but please be sure to check with each center for any variances:

- Visitors will be limited;
- Staff and visitors must adhere to physical distancing of six feet;
- Staff and visitors will be asked to wear a mask if they are unable to maintain six feet of physical distancing;
- Other precautions will be attended to, such as hand sanitizers and screening questions prior to coming to the centers;
- Please do not go to the centers if you are not feeling physically well.

Roads to Recovery, Aroostook Recovery Center of Hope, and DownEast Recovery Support Centers provide individuals a place to come and receive support for their substance use recovery journey, connect people to resources, and also serve as a venue for a variety of recovery meetings.

Valley Peer Center and Harvest Inn Peer Center offer persons with mental health challenges the experience of giving and receiving peer supports in moving towards self-discovery. Peer-to-peer supports to empower individuals to address personal priorities and to grow their sense of self and purpose.

For more information, please contact the peer centers:

- Valley Peer Center (Madawaska) – 207-728-4806
- Harvest Inn Peer Center (Caribou) – 207-492-1386
- Roads to Recovery (Caribou) – 207-493-1278
- Aroostook Recovery Center of Hope (Houlton) – 207-254-2213
- DownEast Recovery Support Center (Calais) – 207- 952-9279
- DownEast Recovery Support Center (Machias) – 207-259-6238

AMHC's Residential Treatment Facility Celebrates 45 Years of Service

June 10, 2020
News



AMHC's Residential Treatment Facility (RTF) is celebrating its 45th anniversary. RTF is Maine's only 28-day substance use treatment facility that serves both men and women. Affectionately known as "The Farm" the RTF is located in Limestone, Maine. Staff members are planning special activities throughout the anniversary year including (l to r) Stacie Holton, Rebecca Fournier, Gabriel Brown, and Keith Trudel.

Residents learn about growth in recovery through gardening

Aroostook Mental Health Services, Inc. (AMHC) is proud to highlight the 45th anniversary of its Residential Treatment Facility (RTF), commonly referred to as "The Farm."

"We are very proud to reach this milestone anniversary," said Rebecca Fournier, RTF Site Coordinator. "RTF is special for many reasons including our tightly woven group of staff members. We work very hard to make our clients feel comfortable, safe, and hopeful. We want them to know they are not alone in their recovery journey."

During this anniversary year, residents will be involved in a gardening project. "The idea is that residents will have a chance to be invested in a task that correlates to growth in recovery," explains Fournier. "For example, our current residents are planting seeds and providing what the seeds need to grow. The care they provide helps them understand that they also need support such as personal care and surrounding themselves with others who provide light in their world. By being intentional, they will see themselves grow."

Depending on when they arrive, each resident will have a different experience during the growing season. Some residents will plant the seeds outside and then need to weed the garden on a regular basis. In recovery, it is important to pull or "weed" out all the negative messages, characteristics, and behaviors that can take over one's mind. Other residents will harvest the plants and reap the benefits of all the work. Not all residents will see the fruits of their labor. Similarly, in recovery, we may interact with a person and never know how much of an impact we have had on their life.

Opened in 1975, RTF is the only 28-day substance use treatment facility in the State of Maine that serves both men and women ages 18 and older. RTF is ADA accessible and serves up to 150 individuals per year. During its history, RTF has supported thousands of individuals in their recovery journey.

AMHC Stands with Black Lives Matter

June 17, 2020
News



AMHC

and healing we desperately need right now.

In the midst of a public health and social crisis, AMHC reaffirms our respect for mankind. Nearly 250 years after “all men are created equal” was first penned in the Declaration of Independence, we are still working to create a society that embraces those words. During these difficult days, AMHC joins others across the country and around the world to acknowledge those who are oppressed, discriminated against, treated unjustly, treated inhumanely, abused psychologically and/or physically, and worse. We do not tolerate racism. We share in the responsibility to end discrimination and the negative effects of stigma in all forms.

AMHC’s core values include integrity and respect. We believe in treating everyone consistently by the same set of sound, moral, and ethical principles and hold in high regard every individual’s rights, responsibilities, and abilities. We believe that having compassion for all and seeking to fully understand one another is an important step in improving the well-being of our society, and to inspire the hope

AMHC Successfully Uses Telemedicine during COVID-19

June 18, 2020
News



Dr. Thyanne Delima-Tokarz, DO has been providing telepsychiatry for Aroostook Mental Health Services, Inc. (AMHC) patients in Aroostook, Washington, and Hancock counties. Iris Telehealth works with psychiatrists including Dr. Delmia-Tokarz to provide services to residents in rural areas who may not otherwise have access to the services they need. Iris Telehealth recently asked AMHC for information on its best practices to share with other providers across the nation.

Community health clinics across the United States report a 43% drop in the number of client visits during the quarantine. However, Aroostook Mental Health Services, Inc. (AMHC) has ramped up the use of technology during the COVID-19 pandemic and increased the number of client visits by 20%.

In a recent article, the chief psychiatrist at Kaiser Permanente stated that over 90% of mental health visits in the U.S. are now happening virtually, which is a change for many practices.

However, AMHC was already an early adopter of telehealth and they were able to quickly expand their existing practice. While continuing to offer in-clinic appointments, telepsychiatry offers mental health services directly to the client through HIPAA-compliant video conferencing or telephone calls.

AMHC recognized the potential of telepsychiatry to solve mental health challenges years ago and found it ideally suited to serve the people of Aroostook, Hancock, and Washington counties in Northern and Downeast Maine. Telepsychiatry helps solve a critical shortage of psychiatric providers, especially in rural areas. Half of the counties in the U.S. do not have even one psychiatrist and it is estimated that 111 million people live in a mental health shortage area. Using technology, a provider can see clients anywhere there is a viable internet connection.

AMHC partners with Iris Telehealth, a telepsychiatry group, to provide psychiatrists. This has allowed AMHC to provide medication management services for adults and children. “It’s been an honor to work alongside AMHC over the past 3 years,” said Dr. Tarik Shaheen, CEO at Iris Telehealth. “Their deep commitment to patient care and the ability to adapt quickly during COVID-19 sets a wonderful example for other community health organizations in the northeast and the rest of the U.S.”

Recent events have encouraged many clients who previously came to AMHC in-person to use telehealth services. The clinics provide psychiatric evaluations, teletherapy—individual therapy, group therapy, family therapy—client education, and medication management, directly to the client who remains at home.

“AMHC appreciates its partnership with Iris Telehealth to provide psychiatrists for our clients who require medication management services,” said Ellen Bemis, AMHC CEO. “It can be a challenge to recruit psychiatrists to rural areas such as ours. By offering the service remotely we help ensure our community members receive the support they need. Iris Telehealth has been an important part of our ability to adapt quickly to the changes that occurred with the pandemic.”

Many clients, particularly the elderly and those at high-risk, appreciate the convenience of seeing their provider from the comfort of home. Providers report there are fewer cancellations now that travel is not required.

In a recent survey, 45% of respondents said events related to the coronavirus have affected their mental health. In response to the need for increased services, AMHC added 80 new Zoom accounts to boost their virtual service capacity and provide same-day access when needed.

A report from Meadows Mental Health Policy Institute, a nonpartisan, nonprofit organization, suggests that stress from COVID-19 may cause increased 'diseases of despair', including suicides and addiction. AMHC believes these issues are treatable and telepsychiatry can connect people with the care they need.

To connect with AMHC, please call their Access Center at 1-800-244-6431 or visit them on the web at <https://www.amhc.org> or <https://www.facebook.com/AMHC1964/>.

About AMHC

Celebrating more than 55 years, AMHC is a nonprofit organization supporting nearly 6,000 clients annually. The agency has 26 service sites and 325 employees located across Aroostook, Washington, and Hancock counties providing mental health, substance use, crisis, sexual assault services, and brain injury services (Aroostook County). For more information, connect with AMHC at www.amhc.org.

About Iris Telehealth

Iris Telehealth's mission is to help patients, providers, and healthcare organizations achieve their goals through clinically sound and financially sustainable psychiatry programs. With our clinical grounding and emphasis on human relationships, we identify best-fit providers for each unique organization and ensure a long-term commitment to meeting our partner's needs, allowing them to provide the highest quality care to their patients and community. For more information, please visit iristelehealth.com.

Center for Integrated Neuro Rehab Now Offering Services in Southern Aroostook

July 31, 2020
News



Center for Integrated Neuro Rehab (CINR), a program of AMHC, is now offering services in Houlton. The CINR team, including Pam Searles, Neuro-Rehabilitation Services Manager, is meeting with clients on Thursdays at AMHC's Houlton Outpatient Office at 11 Mill Street.

Center for Integrated Neuro Rehab (CINR), a program of Aroostook Mental Health Services, Inc. (AMHC), is pleased to announce that it now offers services in Houlton as well as Caribou.

"Traumatic brain injuries (TBI) are more common than many people think," explained Pamela Searles, OTR/L, CBIS, Neuro-Rehabilitation Services Manager. "In Maine alone, on average every week, there are nearly 200 TBI-related hospital emergency department visits. At CINR, we work with individuals to assist them with gaining more skills in the areas of physical function, language/cognition, social/emotional wellbeing, and more independence with life skills. We want people to know that there is hope and help in overcoming the challenges associated with traumatic brain injury."

Until recently, all CINR services have been offered at its facility located at 159 Bennett Drive in Caribou. Recognizing the transportation challenges for clients living in southern Aroostook, treatment is now offered at AMHC's Houlton Outpatient Office at 11 Mill Street on Thursdays from 9:30 a.m. – 12:30 p.m.

Brain injuries are most commonly sustained through falls, as well as strokes, and motor vehicle accidents. Since 2007, CINR has supported hundreds of individuals and their loved ones. They address intellectual, emotional, and social functioning deficits to increase a brain injury survivor's maximum recovery. Services may include psychological services, group therapy, family support groups, physical, occupational, and speech therapy as well as community reintegration.

Fully accredited by the Commission on Accreditation of Rehabilitation Facilities, CINR is currently accepting client referrals. Please contact them at 207-498-3820 for more information and/or to learn more about eligibility requirements.

Celebrating more than 55 years, AMHC is a nonprofit organization supporting nearly 6,000 clients annually. The agency has 26 service sites and 325 employees located across Aroostook, Washington, and Hancock counties providing mental health, substance use, crisis, sexual assault services, and brain injury services (Aroostook County). For more information, connect with AMHC at www.amhc.org.

AMHC Announces New Program Director

August 12, 2020
News

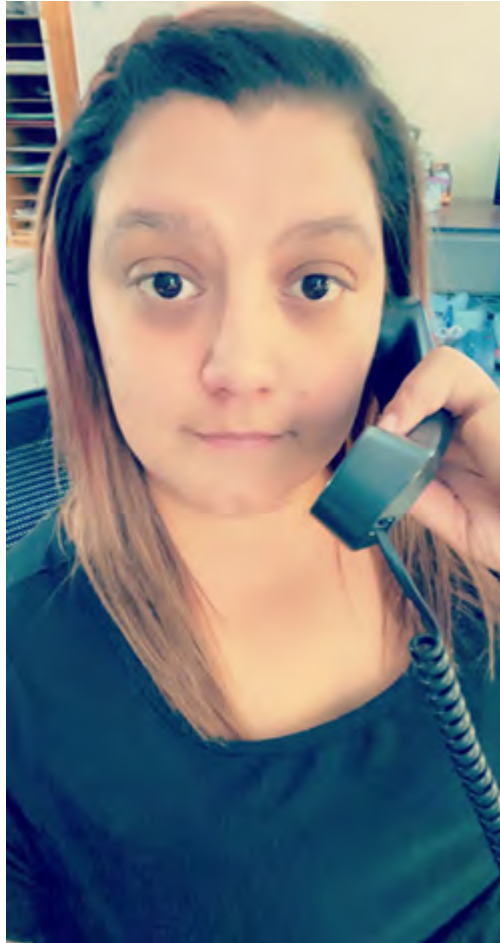


Ellen Bemis, CEO, Aroostook Mental Health Services, Inc. (AMHC) has announced that Julia Miller has joined the AMHC Senior Leadership Team. “We are very pleased to have Julia join us as the Program Director of Prevention and Sexual Assault Services,” said Bemis. “Due to the recent expansion of agency programs, the time was right to add an additional program director. Julia’s experience makes her a great asset to our team and the clients we serve.”

Julia oversees youth prevention and leadership initiatives provided by Aroostook Teen Leadership Camp (ATLC) and in partnership with Maine Youth Action Network. In addition, she manages Sexual Assault Services in Aroostook, Hancock, and Washington Counties, including the Children’s Advocacy Centers, which are committed to minimizing trauma and promoting healing for children and their families following the allegation of sexual abuse. Julia served the Aroostook Band of Micmacs for 25 years including as Tribal Clerk and most recently as Tribal Administrator. She is a trained advocate in both sexual assault and domestic violence and serves as a board member for the Wabanaki Women’s Coalition, which she helped create in 2012.

AMHC and State of Maine Partner on Information & Referral Line in Washington County

August 19, 2020
News



Arlene Ouellette, AMHC Emergency Service Specialist – Mobile Dispatch, is one of several staff members supporting the new 24/7 Information and Referral Line in Washington County. This six-month pilot project is intended to support individuals with substance use disorder.

Pilot Project Established to Save Lives and Support Individuals with Substance Use Disorder

Aroostook Mental Health Services, Inc. (AMHC), is pleased to announce its selection by the State of Maine to pilot an information and referral line in Washington County for those challenged by substance use disorder.

“To put it simply, we are trying to save lives,” explains Michelle Ferris, AMHC Program Director of Emergency Services for Aroostook, Washington and Hancock counties. “Washington County has the highest rate of death due to drug overdose in the State. By creating a central coordinating telephone system that is staffed 24/7 and available to law enforcement; medical and emergency personnel; public officials; education staff; and other members of the public, we hope to reduce the number of fatal overdoses.”

The pilot project is for six months and staff will connect callers with referral services to counseling, peer services, recovery coaching, and/or other related assistance. The project is intended to coordinate service needs that help bridge any gaps in services needed to support treatment and recovery services for those with substance use disorder. “Individuals can be seeking information about services for themselves or others,” said Ferris.

The phone line is now live and can be reached at 1-833-687-4887 (833-NVR-GVUP) or (207) 454-1999.

Volunteer Drivers Needed to Support Community Members

August 20, 2020
News



Theresa Shaw, AMHC Transportation Coordinator for County Ride, is seeking volunteer drivers to support eligible community members who need help with transportation. Drivers receive non-taxable mileage reimbursement for their service. Learn more by contacting Theresa at 207-492-1379.

County Ride, a program of Aroostook Mental Health Services, Inc. (AMHC), is seeking volunteer drivers to provide rides to eligible community members who require transportation to and from needed community resources and social activities.

“The most important qualifications we ask of our volunteer drivers is that they offer a safe, friendly, and respectable atmosphere while providing transportation in a reliable vehicle,” explains Theresa Shaw, AMHC Transportation Coordinator. “This is a perfect way for individuals who have a few hours of spare time each week to help others and make some extra income at the same time.”

Drivers receive income through non-taxable mileage reimbursement. They also have flexibility in the days and times they choose to help individuals like Helen who says, “County Ride is basically a lifesaver for me. I don’t have any other way to get rides and it helps me financially”; or Margaret who shares, “I use County Ride a lot. I very, very much appreciate having County Ride to rely on.”

You may contact Theresa Shaw at 207-492-1379 or by email at tshaw@amhc.org to learn more about how you can make a difference in your community.

Creating a Community that Celebrates Recovery

August 21, 2020
News



Recovery Aroostook and Roads to Recovery are partnering together to observe International Overdose Awareness Day on Monday, August 31. Luminary bags created in honor of loved ones will be on display at Lyndon Park in Caribou at 8:00 P.M., similar to this remembrance ceremony in 2019.

Recovery Aroostook in partnership with Roads to Recovery, a service of Aroostook Mental Health Services, Inc. (AMHC), are observing International Overdose Awareness Day on Monday, August 31.

“This annual event is a day to remember those who have lost their life to substance use disorder, explained Erik Lamoreau, Substance Use Disorder Peer Recovery Center Manager. “Now through August 31, community members are invited to stop by Roads to Recovery and create a luminary bag in remembrance and recognition of loved ones.”

Other activities on August 31 include Naloxone training and Naloxone distribution at Roads to Recovery. That evening, at 8:00 p.m., the luminary bags will be placed for public view at Lyndon Park, following a moment of silence. “We hope to see many community members supporting the vigil,” shared Keely LeBlanc, Recovery Aroostook.

For more information about International Overdose Awareness Day and local activities, please contact Erik Lamoreau at Roads to Recovery, 1 Water Street, Caribou, by phone at 207-493-1278 or email at elamoreau@amhc.org or Keely LeBlanc, Recovery Aroostook at recoveryaroostook@gmail.com.

About Recovery Aroostook

A grassroots, non-profit organization, which continues to fulfill their mission of: “providing sustainable resources and services to individuals seeking recovery, and anyone impacted by addiction,” by such endeavors as the recent opening of the Caribou Recovery House for Men. Recovery Aroostook is continuously looking to future undertakings, such as opening a Recovery Residence for women.

About Roads to Recovery

A service of AMHC, Roads to Recovery is a place where individuals can come and receive support for their recovery journey, connect people to resources, and also serve as a venue for a variety of recovery meetings. AMHC is a nonprofit organization supporting nearly 6,000 clients annually. The agency has 26 service sites across Aroostook, Washington, and Hancock counties providing mental health, substance use, crisis, sexual assault services.

AMHC Raises Awareness on Suicide

September 3, 2020
News



September is Suicide Prevention Awareness Month and AMHC is encouraging everyone to learn the signs of suicide and not be afraid to ask for help. AMHC is available to anyone experiencing a crisis. To access their Mobile Emergency Services team please call or text the Maine Crisis Line at 1-888-568-1112

September is Suicide Prevention Awareness Month

September is designated as National Suicide Prevention Awareness Month and Aroostook Mental Health Services, Inc. (AMHC) encourages everyone to Take 5 to Save Lives!

“Due to the pandemic, this year AMHC will be relying heavily on social media to raise awareness about suicide,” explains Michelle Ferris, Director of Emergency Services. “According to the Maine Centers for Disease Control, suicide is the second leading cause of death for Mainers ages 10-45. Our State’s suicide rate remains higher than the rest of the nation and more people die from suicide than from car accidents or breast cancer. AMHC is available to anyone experiencing a crisis. To access our Mobile Emergency Services team please call or text the Maine Crisis Line at 1-888-568-1112.”

Take 5 to Save Lives is a public awareness campaign run by the National Council for Suicide Prevention in support of World Suicide Prevention Day, to be held on Thursday, September 10, 2020. The goal of the campaign is to encourage everyone to take 5 simple actions steps that focus on preventing the tragedy of suicide. The steps include:

1. **LEARN THE SIGNS.** Although it may not always be obvious, individuals experiencing an emotional crisis usually exhibit one or more of the warning signs of suicide. Your ability to identify the signs will better prepare you to take action and could help save a life.
2. **KNOW HOW TO HELP.** You shouldn’t be afraid to ask your friend if they’re having thoughts of suicide. By knowing exactly what to say and do, you’ll be ready to act and keep your friends and family safe.
3. **PRACTICE SELF-CARE.** Research indicates that our mental fitness or wellness is crucial to our overall long-term health, and can even protect us from disease. Learn some tips for keeping mentally fit. Make it a priority!
4. **REACH OUT.** If you or someone you know is in emotional distress you must reach out for help. You are not alone. Learn about different help options and how to take that first step in seeking help and care.
5. **SPREAD THE WORD.** Let’s get people talking! By sharing the Take 5 campaign with 5 other people we can raise awareness of the problem of suicide and equip people with easy tools to help themselves and others. Together we can all make a difference!

By taking 5 minutes to learn about suicide, you will be making a difference in the world!

Aroostook Recovery Center of Hope Hosts One Year Anniversary Celebration

September 3, 2020
News



Chelsea Putnam, Peer Support Specialist and Volunteer Coordinator is preparing for a one-year anniversary celebration on Saturday, September 12 from 12:00 p.m. – 2:00 p.m.

Aroostook Recovery Center of Hope (ARCH) will host a one-year anniversary celebration on Saturday, September 12 from 12:00 p.m. – 2:00 p.m. ARCH is located at 36 North Street in Houlton and is a place where individuals can come and receive support for their recovery journey, connecting people to resources and also serve as a venue for various recovery meetings.

“A great deal has happened since ARCH opened its doors last September,” shared Chelsea Putnam, Peer Support Specialist and Volunteer Coordinator. “Although the pandemic has changed how we support our recovery community we are pleased to continue to be an important resource.” In the past year, ARCH has supported individuals in their recovery journey through in-person and telehealth meetings including SMART (Self Management and Recovery Training), Parents in Recovery, Relationships and Addiction, Narcotics Anonymous, Alcoholics Anonymous, and Probation and Recovery.

The anniversary celebration, known as “Fall into Recovery,” coincides with National Recovery Month, held each September. Community members are welcome and asked to wear masks and practice social distancing. “We will have some individually wrapped snacks to enjoy as well as an opportunity to share more about the services at ARCH,” said Putnam. “Narcan training will be provided and kits will be handed out. We will also have fun decorating masks that attendees can take home with them.”

ARCH is a service of Aroostook Mental Health Services, Inc. (AMHC) in collaboration with Link for Hope. For more information on the activities or resources offered at ARCH, please contact Putnam at 207-254-2213.

Roads to Recovery Hosts “Fall into Recovery” Picnic

September 4, 2020
News



Erik Lamoreau, Substance Use Disorder Peer Recovery Center Manager is preparing for a picnic at Roads to Recovery on Thursday, September 17 from 12:00 p.m. – 3:00 p.m. The event is part of National Recovery Month.

Roads to Recovery (R2R), a service of AMHC, will host a picnic on Thursday, September 17 from 12:00 p.m. – 3:00 p.m. R2R is located at One Water Street in Caribou and is a place where individuals can come and receive support for their recovery journey, connecting people to resources and also serve as a venue for various recovery meetings.

“We are looking forward to this event,” said Erik Lamoreau, Substance Use Disorder Peer Recovery Center Manager. “The pandemic has changed how we support our recovery community but our team has worked hard to keep people connected and engaged. We will continue to support individuals through in-person and telehealth meetings including SMART (Self Management and Recovery Training), Parents in Recovery, Relationships and Addiction, Narcotics Anonymous, Alcoholics Anonymous, and Probation and Recovery.”

The event is known as “Fall into Recovery,” and coincides with National Recovery Month, held each September. Community members are welcome and asked to wear masks and practice social distancing. “We will have some individually wrapped snacks to enjoy as well as an opportunity to share more about the services at R2R,” said Lamoreau. “Narcan training will be provided and kits will be handed out. We will also have fun decorating masks that attendees can take home with them.”

For more information on the activities or resources offered at Roads to Recovery please contact them at 207-493-1278.

Celebrating more than 55 years, AMHC is a nonprofit organization supporting nearly 6,000 clients annually. The agency has 26 service sites and 325 employees located across Aroostook, Washington, and Hancock counties providing mental health, substance use, crisis, and sexual assault services. For more information, connect with AMHC at www.amhc.org.

AMHC Receives 2020 Caring About Lives in Maine Award

October 21, 2020
News



The AMHC Zero Suicide Leadership Team was presented the 2020 Caring About Lives in Maine (CAL ME) Award by the Maine Suicide Prevention Program (MSPP). Accepting the award was Michelle Ferris, LCSW, AMHC Program Director of Emergency Services.

Aroostook Mental Health Services, Inc. (AMHC) is pleased to announce that the AMHC Zero Suicide Leadership Team was selected for the 2020 Caring About Lives in Maine (CAL ME) Award. Presented by the Maine Suicide Prevention Program (MSPP) and its Advisory Council, the award recognizes individuals and organizations promoting suicide prevention through education, stigma reduction, active intervention, and/or ongoing support of suicide survivors.

“At AMHC we believe that one suicide is one too many and we take the public health issue of suicide very seriously,” shared Michelle Ferris, AMHC Program Director of Emergency Services. “Thanks to the Zero Suicide initiative we have been able to advance our practices of screening, assessment, intervention, follow up, and community education and collaboration.”

Highlights include training all clinical staff in current best practices, enhancing AMHC’s electronic service record to capture more data related to suicidality, and reducing the stigma related to suicidality and help-seeking behavior. Thanks to organizations like the United Way of Aroostook, AMHC has also increased its capacity to offer more community-based trainings on this topic.

Sheila Nelson, MPH, MSW, and Program Manager for the State of Maine Department of Health and Human Services’ Maine Center for Disease Control, nominated AMHC for the award. The MSPP, led by the Maine CDC Adolescent Health and Injury Prevention Program, is committed to excellence in suicide prevention, intervention, and postvention. “We recognize that vibrant community partnerships are essential to preventing suicide, promoting resiliency, and supporting recovery and well-being,” said Nelson. “We thank AMHC for your hard work and are looking forward to recognizing your efforts on behalf of Mainers in your community.”

The award was presented on October 1, 2020, at the annual Beyond the Basics in Suicide Prevention conference, which was held virtually this year. For more information on “Zero Suicide,” please visit www.zerosuicide.com.

AMHC Seeks Community Feedback on Aroostook's Opioid Epidemic

November 17, 2020
News



Erik Lamoreau is the Project Coordinator for a Health Resources Services Administration (HRSA) Rural Community Opioid Response Planning (RCORP) grant which aims to reduce the morbidity and mortality of opioid use in Aroostook County.

Aroostook Mental Health Services, Inc. (AMHC) was the recent recipient of a Health Resources Services Administration (HRSA) Rural Community Opioid Response Planning (RCORP) grant, which aims to reduce the morbidity and mortality of substance use disorder (SUD), including opioid use disorder (OUD) in Aroostook County.

Community feedback is a critical part of the planning effort. "This 18-month planning grant provides the funding needed to conduct a thorough needs assessment, gap analysis, strategic plan, and action plan," said Erik Lamoreau, Project Coordinator. "Our goal is to obtain feedback from as many individuals as possible from northern, central, and southern Aroostook about what is working well and what is not working as we address the opioid crisis in our communities."

The agency is receiving support from its consortium members: Northern Maine Medical Center, Cary Medical Center, Northern Light A.R. Gould Hospital, Houlton Regional Hospital, Aroostook County Sheriff's Office, and Wabanaki Public Health. In addition, stakeholders from the recovery community, the Emergency Management System, municipalities, representatives of at-risk populations, community leaders, and more are being contacted for one-on-one interviews, focus groups, and/or participation in a community survey. "It's critical that we hear from a diverse group to ensure we develop the best path forward for addressing this epidemic," explained Lamoreau.

A community survey will be provided electronically and by hard copy. "Our goal is to make it as easy as possible for individuals to respond," shared Lamoreau. "The survey is posted on AMHC's Facebook page (<https://www.facebook.com/AMHC1964>), website (www.amhc.org) and will be widely distributed through community partners. The electronic version is mobile-friendly and we are happy to provide hard copies to individuals or organizations that prefer that method."

This 10-minute survey will conclude at 11:59 p.m. on Sunday, December 20, 2020. All individuals who include their name and a contact number will be entered into a drawing for one of four \$50 gift cards. Winners will be contacted on Monday, December 21, 2020. Please note: Prizes will only be awarded to individuals living in Aroostook County. If you would like to participate, please reach out to Lamoreau at elamoreau@amhc.org.

About HRSA

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$200,000 with 100% percent funded by

HRSA/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA/HHS, or the U.S. Government.

Aroostook Recovery Center of Hope Hosts Virtual Recovery Support Group

December 4, 2020
News



Chelsea Putnam, ARCH Peer Support Specialist, and Volunteer Coordinator recently started a virtual recovery support group. All community members are welcome.

Aroostook Recovery Center of Hope (ARCH) is now hosting a virtual Recovery Support Group every Friday from 5:30 p.m. – 6:30 p.m. ARCH is a place where individuals can come and receive support for their recovery journey, connecting people to resources and also serve as a venue for various recovery meetings.

“This support group is open to everyone including people in recovery, people struggling with substance/alcohol/opioid use disorder(s), affected others, allies, and community members,” said Chelsea Putnam, Peer Support Specialist, and Volunteer Coordinator. “I am excited about the participation we’ve had so far. I think this group will help many individuals find their path to recovery.”

Each week a special guest will be invited to the meeting to share their story and provide information. Guests will include peer support specialists, recovery coaches, community program leaders, recovery specialists, people in recovery, volunteers, advocates, etc. “We can learn a lot from each other,” shared Putnam. “This is a great way for people in our community to interact with one another from the comfort of their home, especially important as we head into the winter season and for those who may have transportation challenges.”

Located at 36 North Street in Houlton, ARCH is a service of Aroostook Mental Health Services, Inc. (AMHC) in collaboration with Link for Hope. To receive a link to the Recovery Support Group meeting or for more information about ARCH services please contact Putnam by email at cputnam@amhc.org or by phone at 254-2213.