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 MSB
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.
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.
- 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 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

**Clients by Gender**  
- 51.2% Male  
- 48.7% Female  
- 0.1% Trans-Gender
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 McBreairty, 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]
AMHC’s mission is to provide integrated healthcare services that maximize an individual’s potential to recover and improve their quality of life.