

ANNUAL REPORT 2021 Making a difference in your community every day.

Making a anterence in your community every day.



Page 1 Inspiring Story of Recovery Introducing the report cover photographer.

Page 5 Increasing Services in Washington County

Expanding with a new Adult Crisis Stabilization Unit. Page 6 An Epidemic in Aroostook County

Supporting prevention, treatment, and recovery.

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Celebrating accreditation, grants, support, and funding.

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INSPIRING STORY OF RECOVERY



Earlier this year, Steve* came to AMHC's Residential Treatment Facility (RTF) in Limestone. He knew he needed treatment for his addiction, but it came at a huge cost: he had to take his beloved dog, Cody*, to the local shelter and risk having him adopted while he was away. For his sake and that of his family, he relinquished his pet and made the trip to northern Aroostook for an intense 28-day treatment program.

Steve graduated from RTF and returned home. He recently connected with the staff, sharing pictures of his children and grandchildren, and letting them know he had more work than he could handle as a boat repairman, saying: "Hi RTF crew, just thought I'd let you guys know that things are going great! I also wanted to thank all of you for all that you do. You really helped me, and I know you help a lot of others. You all should be very proud. I wanted to let you know that I got Cody back!"

Steve is living proof that recovery is possible. He continues to do well and enjoys being on the water with Cody.

*Name changed to protect privacy.

LETTER FROM LEADERSHIP

We are pleased to share that despite the challenges in 2021, AMHC has broadened services in Aroostook, Washington, and Hancock counties. During these difficult times, local, State, and Federal leaders recognized the need for expanded behavioral health care in rural areas. As a result, AMHC pursued additional funding opportunities to grow and advance services, support staff development, and enhance collaboration among our partners.

We are proud of our staff, who continues to persevere during the COVID-19 crisis. Their dedication to serving our clients is evidenced daily as they work together to solve staffing shortages, even as demand for services is on the rise, all while managing expectations around pandemic safety protocols. Because our staff is resilient, we are confident we will reflect on this period as a time when we became an even stronger team and agency.

In the pages that follow, you will learn more about our growth. In summary, we expanded our bed capacity for adult crisis stabilization services from five to thirteen, including opening the first-ever unit in Washington County. Also, in Washington County, our children's residential unit applied for and obtained first-time accreditation by the Commission on Accreditation of Rehabilitation Facilities, or CARF.

AMHC has added new resources for individuals challenged by substance use across our three-county area. For example, the agency improved access to services earlier this year by co-locating outpatient and adult crisis stabilization services in Presque Isle. Finally, these initiatives, among others, were supported by more than \$300,000 from local funders and another \$7.6 million from three federal grants that will support program work over the next five years.

On behalf of agency staff, we thank the AMHC Board of Directors for their support and guidance throughout 2021. Their leadership and vision are key to the agency's success.

Sum ken

Ellen Bemis, CPA, Chief Executive Officer

Ry Pulletes

Ryan Pelletier, Board Chairman



BOARD OF DIRECTORS

Ryan Pelletier, Chair Aroostook County Administrator, Caribou

Tanya Sleeper, RN, Vice Chair Assistant Professor of Nursing University of Maine at Fort Kent, Caribou

Rev. Kevin Kinsey, Secretary Clergy, Fort Fairfield

Tim Doak, Treasurer Superintendent of Schools RSU 39 and MSAD #20, Caribou

Athill Hebert Retired Banker, Caribou

Richard Marston Retired Businessman, St. Agatha

Al Martin Human Resources Manager Twin Rivers Paper Company, Madawaska

Peter Sirois Chief Executive Officer Northern Maine Medical Center, Fort Kent

Shawn Gillen Sheriff Aroostook County Sheriff's Office, Houlton

Traci Peabody, RN Chief Nursing Officer Houlton Regional Hospital, Houlton



HONORING 10 YEARS OF SERVICE

Ryan Pelletier became a member of the AMHC Board of Directors in 2011. He served as Vice-Chair from 2017-2019 and in that same year was appointed Board Chair, serving in this role from 2019-2021. In addition, Ryan is the County Administrator for the County of Aroostook. Before this, Ryan served as the Town Manager for Madawaska.

He also worked for five years at Northern Maine Development Commission (NMDC) as the Director of Economic & Workforce Development. While at NMDC, he held dual roles as Executive Director of the Aroostook–Washington Workforce Investment Board and Leaders Encouraging Aroostook Development (LEAD) Inc.

Early in his career, Ryan served as the Town Manager for St. Agatha and the Town Manager for Wallagrass. "Ryan has demonstrated a passion for public service," said Ellen Bemis, AMHC CEO. "We are grateful for his expertise and decadelong service to the agency."

THANK YOU FOR YOUR CONTRIBUTIONS

Athill Hebert joined the AMHC Board of Directors in 2003 and held several leadership roles for 11 of his 18 years of service, including Treasurer, Vice–Chair, and Chair. A retired businessman, Athill's career included being the County Supervisor at USDA Farmers Home Administration; Licensed Property & Casualty Insurance Sales for T.W. McLauchlan Agency; Licensed Real Estate Broker for Caribou Real Estate Agency; Vice President of Commercial Lending for Casco Northern Bank, formerly Northern National Bank; Senior Vice President, Commercial Lending Group Manager for Fleet Bank of Maine; and, Senior Vice President, Commercial Lending Group Manager for TD Bank.

Athill has held leadership roles and volunteered in numerous organizations, including the National Ski Patrol, Helen P. Knight School, Aroostook Home Care Agency, Inc., Caribou Development Corporation, United Way of Aroostook, Caribou Utilities District, and Caribou Rotary Club, where he received the Paul Harris Award. He is a resident of Caribou.

"We have had the benefit of Athill's business and community experience for nearly two decades," shared Bemis. "He is a strong advocate for the agency, and we appreciate everything he has done on behalf of AMHC."

Alton "Al" Martin has been a member of the AMHC Board of Directors since 2018. Al is currently the Director of Organizational Development for Twin Rivers Paper Company. Before that, he was the mill's Human Resources Manager from 2015–2019, overseeing the recruiting, hiring, benefits, and compensation for 500 employees. In addition, he served as the Human Resources Manager for Domtar Industries from 2004–2014. "We are thankful to have had Al on our board of directors," explains Bemis. "Employees are our most important asset, and the board members have counted on his voice and perspective when making important decisions."





Athill Hebert, Board Member

Alton Martin, Board Member

WELCOME NEW SENIOR LEADERSHIP TEAM MEMBERS



Brittany Ballard, Director of Human Resources

Brittany Ballard was promoted to Director of Human Resources in January 2021. "We are very pleased to have Brittany accept this promotion," said Ellen Bemis, AMHC CEO. "As we continue to expand programming across our region, her addition to the senior leadership team helps ensure the infrastructure is in place to serve our staff and clients well."

Brittany joined AMHC in 2008. She has been part of the human resources team for seven years, serving the last five as HR Manager. Before that, she worked as a crisis counselor in Emergency Services. Brittany is an active member of the Society of Human Resources Management.

Daniel Clements became a member of the senior leadership team in August 2021. In his role as Program Director of Adult and Children's Crisis/Residential Services in Washington County, Dan oversees the residential programs in Calais, including children's residential and both the children and adult crisis services units. "The expansion of services throughout our region precipitated the need for an additional program director in Washington County," explained Bemis. "Dan's experience with crisis and residential services make him a great asset to our team."



Daniel Clements, Program Director of Residential/Crisis Units in Washington County

Dan was most recently the program director for Gateway Mountain Center in Truckee, California, an outpatient and therapeutic rehabilitation center for youth and transitional age youth. Prior to this, Dan supported children's behavioral health programs in Nevada and Alaska.

Laurie Deerfield, D.O., joined AMHC as Medical Director/Psychiatrist in March 2021. "Dr. Deerfield brings a wealth of knowledge and experience to AMHC," said Bemis. "She is passionate about supporting individuals challenged by mental health and/or substance use, and we are grateful to have her as part of our team." Dr. Deerfield will be located at AMHC's Ellsworth Outpatient Office and connecting with clients and staff agencywide through telehealth.

Dr. Deerfield was most recently in private practice in New Jersey focused on general and addiction psychiatry, caring for patients diagnosed with various disorders including anger management, anxiety/ panic disorders, depression, chemical dependency/substance use, and more. In addition, she has served as a Medical Director and Provider for substance use treatment and recovery centers, as well as an independent contractor and medical consultant to multiple professional



Laurie Deerfield, D.O., Medical Director/Psychiatrist

boards and organizations, including the Professional Assistance Program of New Jersey, Board of Medicine, Board of Nursing, and other health, and legal boards.

SENIOR LEADERSHIP TEAM

Ellen Bemis, CPA Chief Executive Officer

Jennette Hitchcock, LCSW Chief Operations Officer

Christy Daggett, MPP Chief Financial & Administrative Officer

Laurie Deerfield, D.O. Medical Director/Psychiatrist

Christine Brown, LCSW Program Director of Community Integration Services

Lorraine Chamberlain, LCSW, CCS Program Director of Integration & Behavioral Health, Aroostook County

Clement Deveau, LCSW, CCS Program Director of Behavioral Health Services, Washington & Hancock Counties

Michelle Ferris, LCSW Program Director of Emergency Services

Debra Jacques Director of Marketing & Development

Julia Miller Program Director of Prevention & Sexual Assault Services

Daniel Clements Program Director of Residential/Crisis Units in Washington County

Brittany Ballard Director of Human Resources



AMHC is grateful to the Davis Family Foundation who provided a **\$100,000** gift to support the renovation efforts and soft good purchases for the program.



OUR NEW LOCATION IN PRESQUE ISLE

In 2020, AMHC was pleased to acquire the property at 180 Academy Street in Presque Isle. Situated along Presque Isle's healthcare corridor, the facility houses AMHC's Adult Crisis Stabilization Unit, Presque Isle Outpatient Office, and administrative services. Additionally, 55 of its 325 employees are at this location.

"For several years, the agency searched for a suitable property to expand our adult crisis stabilization services. When this property became available, our board of directors saw the potential to bring a number of services under one roof," explained Ellen Bemis, CEO. "This has made it possible for community members to more easily access the care they need."

On April 9, 2021, Senator Susan Collins toured the new facility remarking, "So I didn't realize [AMHC's] reach was so broad. I am also impressed to learn today that they have a 24-hour crisis line, and that is so important because a lot of times, despair and overdoses don't occur between eight and five, and the fact they have someone always handling their phone is really critical."

The new facility allowed for the expansion of AMHC's Adult Crisis Stabilization Unit (ACSU) from a five to eight-bed unit, increasing bed capacity by 60%. The new space offers private rooms, three bathrooms, and the facility is entirely handicap accessible. Clients now have access to private spaces for meeting with loved ones, and the open floor plan offers a large kitchen, dining, and living room spaces.



The opening of the ACSU is possible thanks to the grant funds provided through Davis Family Foundation for **\$100,000**, C.F. Adams Charitable Trust for **\$30,000**, and the Maine Community Foundation for **\$10,000**. Due to their generosity in start-up funding, AMHC anticipates providing services for up to **100** clients per year.

ACSU EXPANDS TO WASHINGTON COUNTY

AMHC expanded its adult crisis stabilization services to Washington County in June 2021. The adult crisis stabilization unit (ACSU) is located at 127 Palmer Street in Calais, where many other AMHC services are provided. Dan Clements, Glenn McNally (seated left to right), and Dave Hodgkins and Ricky Devoe are four of the ACSU team members supporting the program.

"Prior to the opening of this facility, individuals in Washington County in need of a crisis stabilization unit would be referred to Bangor or Presque Isle, up to 120 miles away," explained Michelle Ferris, LCSW, Program Director of Emergency Services. "This resulted in individuals having to wait in emergency departments or in the community while their crisis worsened. A local resource will have a significant impact on both the individuals in need of services as well as their family members."

The new space offers five private rooms, two bathrooms, and the facility is handicap accessible. In addition, clients will have a private space to visit with family, friends, or other supports. The open floor plan provides a kitchen, dining, and living room area.

A crisis stabilization unit (CSU) is for individuals experiencing a behavioral health crisis that would benefit from a short-term stay in a safe, residential-type environment. The CSU has trained crisis staff to offer support, intervention, safety planning, and connection to other services that may be needed.

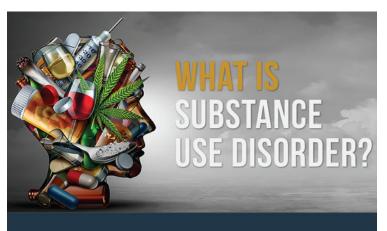
COMBATTING THE SUBSTANCE USE AND OPIOID EPIDEMIC IN AROOSTOOK COUNTY

In September 2020, AMHC was the recipient of an 18-month, \$200,000 Health Resources Services Administration (HRSA) Rural Community Opioid Response Program (RCORP) Planning grant, which aims to reduce the morbidity and mortality of substance use disorder (SUD), including opioid use disorder (OUD) in Aroostook County.

The agency is supported by the following consortium members, known as the Aroostook Community Opioid Response Program (ACORP): Aroostook County Sheriff's Office, Aroostook Band of MicMac Behavioral Health, Northern Maine Medical Center, Cary Medical Center, Northern Light A.R. Gould Hospital, and Houlton Regional Hospital. In addition, support has been provided by various stakeholders, including members from the recovery community, the Emergency Management System, representatives of at-risk populations, and community and nonprofit leaders.

A six-month effort resulted in the 2020 Aroostook Community Needs Assessment which outlines existing services, gaps in service, and more importantly, where Aroostook County needs to focus its attention in supporting evidence-based prevention, treatment, and recovery programs. From there, a strategic and action plan was developed and will serve as the road map for reducing the gaps in service.

In July 2021, AMHC learned that it is the recipient of a HRSA RCORP Implementation grant. This three-year \$1 million award will assist the consortium members in adopting critical initiatives, including reducing stigma through education and training and increasing access to prevention, treatment, and recovery services. Funding also allowed for an extensive social media campaign. #EndStigma provided education on services, local resources, and stories of recovery.



SUBSTANCE USE DISORDER is substance use that causes significant problems in someone's life, such as health issues, disability, and/or not meeting responsibilities at work, home, or school.



Americans are addicted to alcohol or drugs. 23.5 MILLION Americans are addicted to alcohol or drugs ONLY 11% receive the treatment they need.

SIGNS & SYMPTOMS



• Bloodshot eyes, pupils larger or smaller than usual.

- · Changes in appetite or sleep patterns.
- Deterioration of physical appearance and grooming habits. · Runny nose or sniffling.
- · Sudden weight loss or weight gain.
- Tremors, slurred speech, or impaired coordination.

AMHC #ENDSTIGMA

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% 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.



AGENCY HIGHLIGHTS

Over the past five decades, AMHC has grown and developed into an agency that offers a comprehensive range of behavioral health and social services in Aroostook, Hancock, and Washington Counties. Our greatest reward from the work that we do is helping others and being recognized as a trusted service provider made up of caring individuals working together to make a difference in the lives of others. The most reliable, consistent factor contributing to AMHC's success over these many years is the compassion and commitment to service exhibited by staff, leadership, board members, and community members.

AMHC SERVICES EARNS ACCREDITATION BY THE COMMISSION ON ACCREDITATION OF REHABILITATION FACILITIES (CARF)

The Center for Integrated Neuro Rehab (CINR) has been reissued a three-year accreditation by CARF, an independent, nonprofit accreditor of health and human services. In their letter, CARF shared that CINR's ability to achieve its highest level of accreditation indicates our organization's dedication and commitment to improving the quality of the lives of the individuals we serve. CINR first became CARF accredited in 2008. This is the fifth time the program has successfully received accreditation.

Children's Residential in Calais made its first-ever application and was issued a three-year CARF Accreditation in September 2021. In the letter, CARF shared that services, personnel, and documentation clearly designate an established pattern of conformance to standards. AMHC should take pride in achieving this high level of accreditation.



Pamela J. Searles, OTR/L, CBIS, Neuro-Rehabilitation Services Manager

AMHC RECEIVES CCBHC EXPANSION GRANT FROM SAMHSA

In July 2021, AMHC was awarded a two-year, \$4 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). The grant provides funding for AMHC to become a Certified Community Behavioral Health Clinic (CCBHC). It will increase access to services by expanding key program areas and strengthen infrastructure and training to enhance seamless, fully integrated behavioral healthcare.

AMHC AWARDED MAT EXPANSION GRANT FROM SAMHSA

In September 2021, AMHC received a five-year, \$2.6 million grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). The purpose of this grant is to expand medication-assisted treatment (MAT) in Aroostook, Washington, and Hancock counties over the next five years.

FUNDING FROM THE FCC RURAL HEALTH CARE DIVISION

AMHC received a \$147,772 multi-year grant from the Federal Communications Commission (FCC) to defray a portion of the agency's telecom expenses. The savings allow for additional resources to better serve our clients by enhancing voice and data services, telehealth capacity, and increased bandwidth to access AMHC's electronic health records quickly.

FARRIS FOUNDATION HOME COMMUNITY FUND SUPPORTS STAFF DEVELOPMENT INITIATIVE

In December 2021, a \$50,000 grant was provided by the Celia Lipton Farris and Victor W. Farris Foundation Home Community Fund of the Maine Community Foundation. The funds support training for frontline providers in outpatient and residential settings, focusing on the delivery of services through telehealth, motivational interviewing, and staff self-care.

COVID RESPONSE FUNDS PROVIDED BY THE MAINE COMMUNITY FOUNDATION

The Maine Community Foundation provided AMHC a \$5,000 grant in February 2021 to assist with organizational and programmatic expenses in response to COVID-19. It is the second COVID Response Fund donated by the foundation, which previously granted the agency \$10,000 in 2020 to support the delivery of substance use services during the pandemic.

MAINE HEALTH ACCESS FOUNDATION PROVIDES COVID RESPONSE FUNDS Maine Health Access Foundation (MeHAF) awarded \$8,000 to Roads to Recovery Community Center in July 2021 to support individuals in recovery during the pandemic. It is the third donation since 2020 that MeHAF provided in response to COVID-19. The first was \$40,000 to assist with mental health, substance use, and peer center services. The second was for \$10,907 from MeHAF's Rapid Relief Fund to assist in purchasing new technology to ensure our clients' access to services.

UNITED WAY OF AROOSTOOK SUPPORTS AMHC SUICIDE PREVENTION INITIATIVE

The United Way of Aroostook (UWA) awarded AMHC \$14,712.99 to provide suicide prevention education in Aroostook schools. Unfortunately, the pandemic did not allow for those activities to take place in 2020. We are grateful to UWA for extending our funding through 2021–2022.

MAINE COMMUNITY FOUNDATION BACKS DOWNEAST RECOVERY SUPPORT CENTERS The Belvedere General Charitable Grantmaking Fund of the Maine Community Foundation provided \$6,500 to Downeast Recovery Support Centers in Machias and Calais (DRSC) to fund the promotion of DRSC as host sites for Governor Mills' 3rd Annual Opioid Summit held on July 15, 2021. In addition, funds provided for advertising in local newspapers and radio stations. Also, they covered the summit registration fees for any individual in Washington County who wanted to attend but could not do so from the center.

MAINE HUMANITIES COUNCIL AWARD FOR AMHC SEXUAL ASSAULT SERVICES A grant provided by the Maine Humanities Council in June 2021 allowed AMHC Sexual Assault Services to host two virtual book clubs. The Learning, Healing, and Growing through Literature series was led by two sexual assault services advocates and brought together participants from the comfort of their own homes, creating a safe space to discuss and share. The \$977 in funds allowed participants to receive materials free of charge.

AROOSTOOK TEEN LEADERSHIP CAMP (ATLC) CONTINUES TO GARNER STATEWIDE SUPPORT Entering its 35th year, ATLC is a drug prevention and leadership development program for middle school youth grades five-nine. Its signature summer camp is combined with outreach activities throughout the school year involving approximately 200 youth county-wide. Local service organizations, businesses, and corporate sponsors provide funding, including Harold Alfond Foundation, Maine Youth Access Network, Hannaford, United Insurance-Madawaska, Fort Kent Lions Club, 1st Masonic District Masons, and Fort Kent, Garfield Royal Chapter #48, Versant, Huber, MMG Insurance, and Pelletier Florist Greenhouse and Garden Center.



STAFF RECOGNITION

We recognize **27** staff for the length for their milestone anniversaries. Altogether these individuals have provided **330** years of service to AMHC, and we celebrate their tremendous accomplishments!

5-YEAR SERVICE AWARDS

Merry Bragg, LCSW Clinical Consultant CCSU, Fort Fairfield

Jill Cooke, MHRT-CSP Mobile Emergency Services Specialist Calais Outpatient Office

RubyAnn Degenhart, MHRT-CSP Mobile Emergency Services Specialist Houlton Outpatient Office

Marguerite (Peggy) Grondin, MHRT-1 Residential Counselor Madawaska Group Home

William Hay, MHRT-1 Residential Counselor Skyhaven

Erin Madore, MHRT-C, MHRT-CSP BHH/Community Integration Specialist Fort Kent Outpatient Offices

Angela McCormick, Psy.D. Psychologist Houlton Outpatient Offices

Jillian McShane, OQMHP-PNMI Health Coach Machias Outpatient Office

Seth Morgan, MHRT-1, MHRT-CSP Mobile Emergency Services Specialist Fort Kent Outpatient Offices

Emily Pelletier, MHRT-1 Residential Counselor Shift Lead Madawaska Group Home/Skyhaven

Steven Shaw, MHRT-1 Quality Assurance Specialist I Presque Isle Outpatient Offices Keith Trudel, LADC, CCS Substance Use Counselor Residential Treatment Facility (RTF)

Joseph Winchester Children's Crisis Counselor Calais Children's Crisis Unit

Sarah Wright, MHRT-CSP Mobile Crisis Services Manager Houlton Outpatient Offices

Sabrina Zetterman, MHRT-C BHH/Community Integration Specialist Madawaska Outpatient Offices

10-YEAR SERVICE AWARDS

Bobbie Chasse, OQMHP-C, BHP Children's Services Manager Caribou Outpatient Offices

Anita Hubert Administrative Support Specialist OP-Service Site Coordinator Houlton Outpatient Offices

Rebecca McBreairty, LADC Substance Use Counselor Residential Treatment Facility (RTF)

Arlene Ouellette, MHRT-CSP, MHRT-1 Mobile Emergency Services Specialist-Dispatch ACSU

Wendy Page Sexual Assault Services Coordinator Caribou Outpatient Offices

15-YEAR SERVICE AWARDS

Amy Deprey, OQMHP-C BHH/Child & Family Administrative Manager Caribou Outpatient Offices Michelle Ferris, LCSW, MHRT-CSP Director of Emergency Services

Rebecca Fournier, LADC, CCS, LSW RTF Service Site Coordinator Residential Treatment Facility

30-YEAR SERVICE AWARDS

Jim Lovely, MHRT-CSP Mobile Crisis Services Specialist Presque Isle Outpatient

35-YEAR SERVICE AWARDS

Sylvio DuBois, LADC Substance Use Counselor Residential Treatment Facility

40-YEAR SERVICE AWARDS

Kim Becker, LSW, OQMHP, BHP Family Support Worker Presque Isle Outpatient Office

45-YEAR SERVICE AWARDS

Barbara Faye Information Technology Specialist Central Administrative Office

CONGRATULATIONS ON YOUR RETIREMENT



Marie Mai served as a residential counselor at Madawaska Group Home (MGH) for 19 years. She began her career at MGH in 2002 and quickly gained the affection of the residents who referred to her as Mimi. In 2011, Marie Mai was recognized by her peers for making a difference by overseeing staff shift schedules and rallying team members to ensure coverage of open shifts. She loved her 11:00 p.m. to 7:00 a.m. shift saying, "I love my overnights. Please don't take them away from me."

"Marie Mai has always been a true team player," shared Christine Brown, LCSW, CCS, Program Director of Community Integration. "She cared for the residents of MGH like her own family and was a mentor to many staff members through her nearly two decades with the agency. Although she is missed, we are happy she is enjoying her retirement."

AMHC LOCATIONS & SERVICES



1. FORT KENT Fort Kent Outpatient

2. MADAWASKA Madawaska Outpatient Madawaska Group Home Valley Peer Recovery Center

3. LIMESTONE Residential Treatment Facility (RTF)

4. CARIBOU

Caribou Outpatient Harvest Inn Peer Recovery Center Roads to Recovery Peer Community Center Center for Integrated Neuro Rehab Caribou Apartments

5. FORT FAIRFIELD Children's Crisis Stabilization Unit (CCSU) Children's Advocacy Center

6. PRESQUE ISLE Skyhaven Adult Crisis Stabilization Unit (ACSU) Presque Isle Outpatient Administration

7. HOULTON Houlton Outpatient Aroostook Recovery Center of Hope

8. CALAIS

Calais Outpatient Children's Residential Children's Crisis Stabilization Unit (CCSU) Adult Crisis Stabilization Unit (ACSU) Calais Alternative School Downeast Peer Recovery Center

9. MACHIAS

Machias Outpatient Children's Advocacy Center Downeast Peer Recovery Center

10. ELLSWORTH Ellsworth Outpatient

Downeast Treatment Center

MENTAL HEALTH SERVICES

AMHC offers mental health treatment and recovery-focused services for adults, children, and families. Service starts with a professional assessment of an individual's presenting problem, and treatment needs to determine which treatment course would be most appropriate to address their needs. AMHC sites offer the following Mental Health services:

Outpatient Mental Health Services

Fort Kent, Madawaska, Caribou, Presque Isle, Houlton, Calais, and Machias

- Individual Treatment for Adults and Children: Assessments, and Trauma Informed Care
- · Group Services: DBT/Cognitive Behavioral Treatment, and Family Therapy

Children Behavioral Health Services (BHH)

Fort Kent, Madawaska, Caribou, Presque Isle, Houlton, Calais, and Machias

- Case Management
- Parent Peer Recovery Services
- Medical Overview to Coordinate Care

Targeted Case Management

Therapeutic Foster Care

Children's Residential

Calais

Accredited by CARF (Commission on Accreditation of Rehabilitation Facilities)

Adult Residential

Presque Isle and Madawaska

Adult Behavioral Health Services (BHH)

Fort Kent, Madawaska, Caribou, Presque Isle, Houlton, Calais, and Machias

- Care Coordination
- Mental Health Peer Recovery
- Medical Overview to Coordinate Care Community Integration Services
- $\cdot\,$ Case Management to Adults with Severe Mental Illness who are uninsured

Community Care Teams (CCT)

- Aroostook and Washington counties
- Primary Care

Psychological Services

Medication Management Services

Transportation

• County Ride

Supportive Housing

Caribou, Presque Isle, and Houlton

Mental Health Peer Recovery Centers Caribou and Madawaska

SUBSTANCE USE

Substance use disorders occur when the recurrent use of alcohol and/or drugs cause clinically and functionally significant impairment, such as health problems, disability, and failure to meet primary responsibilities at work, school, or home. A substance use disorder can occur along with other mental illnesses and often interferes with treatment. If you can't stop using drugs or alcohol on your own, you need treatment. AMHC offers substance use treatment and recovery–focused services for individuals, families, and affected others. AMHC sites offer the following Substance Use services:

Assessment for Substance Use Disorder

OPTIONS

Access to Overdose Prevention Through Intensive Outreach Naloxone and Safety

Outpatient

Fort Kent, Madawaska, Caribou, Presque Isle, Houlton, Calais, and Machias

Individual and Intensive Group Counseling

Co-Occurring Mental Health Treatment Counseling

Medication Assisted Treatment (MAT) Madawaska, Caribou, Presque Isle, and Houlton

Opioid Health Home (OHH)

Driver Education and Evaluation Program (DEEP)

Residential Treatment

Detox Management Aroostook, Hancock, and Washington counties

Criminogenic

Substance Use Peer Recovery Services Caribou, Houlton, Calais, and Machias

SEXUAL ASSAULT SERVICES

The mission of AMHC Sexual Assault Services is to promote healing and justice to all who are affected by sexual violence through advocacy, education, and prevention. Sexual Assault Services for Victims in Aroostook, Hancock & Washington Counties, Maine, are available through AMHC, free and confidential 24/7. Call toll-free: 1-800-871-7741. AMHC sites offer the following Sexual Assault Services:

Services

Aroostook, Hancock, and Washington counties

- Medical/Legal/Law Enforcement Accompaniment
- Advocacy
- Prevention Based Education
- Helpline: 1–800–871–7741 (24/7 days a week) for victims/survivors, family and friends, and professionals

Children's Advocacy Centers Fort Fairfield and Machias

EMERGENCY SERVICES

AMHC's Emergency Services Program delivers mobile crisis response services 24/7, 365 days per year in Aroostook, Hancock, and Washington counties. These crisis intervention services are offered via telephone and face-to-face contact. There are also four 24/7 Crisis Stabilization Units which includes two for adults and two for children and adolescents. The units are supervised and highly supportive in short-term residential settings for individuals experiencing an acute emotional disturbance. AMHC sites offer the following Emergency Services:

Adult Crisis Stabilization Units Calais and Presque Isle

Children's Crisis Stabilization Units Calais and Fort Fairfield

Mental Health & Substance Use Assessment

Safety Planning

Suicide Prevention

Mobile Crisis 24/7

Maine Crisis Line: 1-888-568-1112

ADDITIONAL SERVICES

Center for Integrated Neuro Rehabilitation for Traumatic Brain Injury Caribou and Houlton

 Accredited by CARF (Commission on Accreditation of Rehabilitation Facilities)

Family Visitation

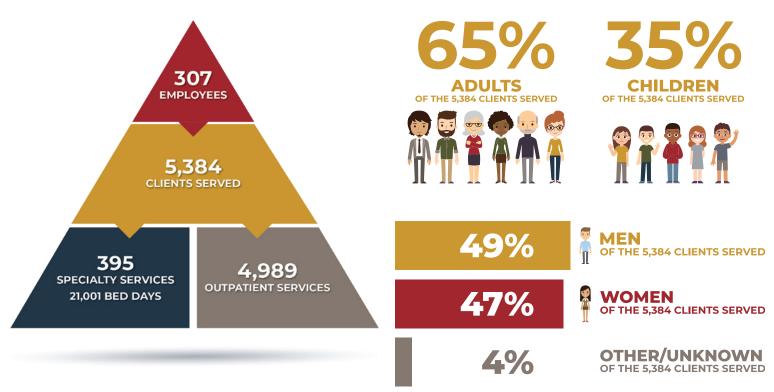
Aroostook and Washington counties

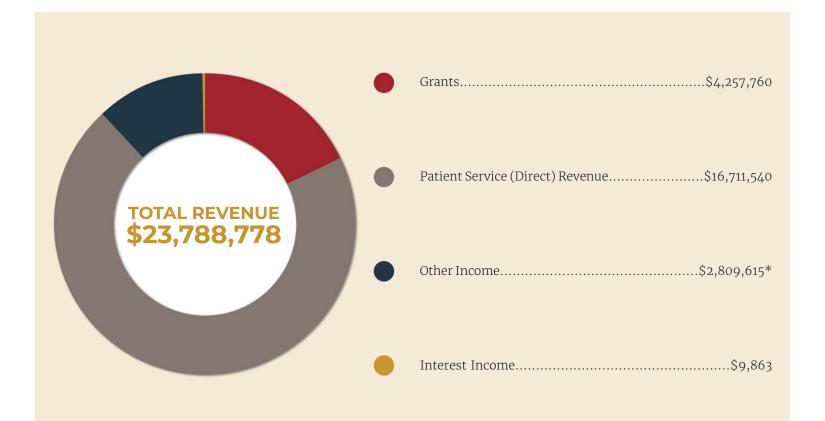
Youth Prevention

- Aroostook Teen Leadership Camp (ATLC)
- Maine Youth Action Network (MYAN)

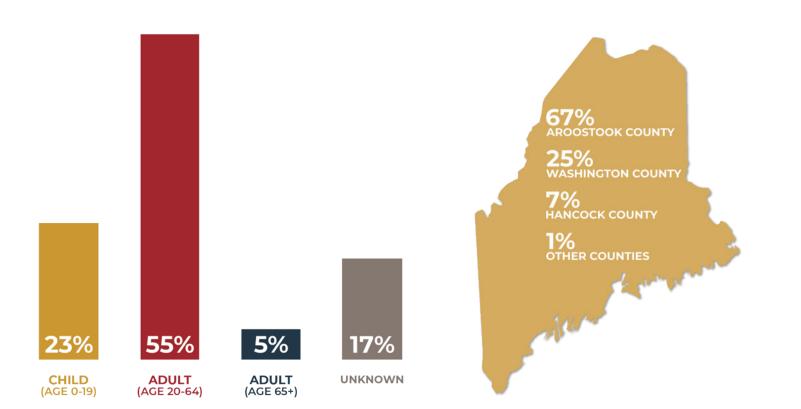
For more info on our services call: 1-800-244-6431 or visit www.amhc.org

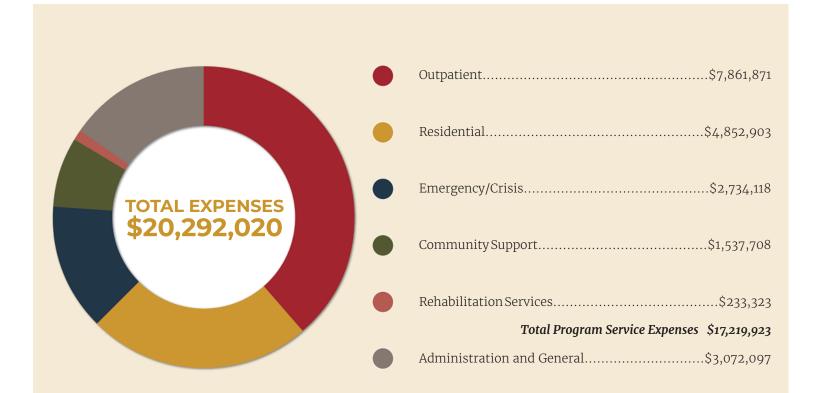
IMPACT REPORT & FINANCIALS





*Category "Other Income" for FY21 includes the agency's 2020 Payroll Protection Loan being recognized as a grant by the U.S Small Business Administration.





FY21 data represents unaudited financials.



Making a difference in your community every day.

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