



ANNUAL REPORT 2023

Making a difference in your community every day.



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RTF RELOCATES AFTER NEARLY 50 YEARS

After forty-eight years of delivering treatment services in Limestone, AMHC’s Residential Treatment Facility has relocated to 176 Academy Street in Presque Isle. “Our facility in Limestone, known as “The Farm” has served us well for nearly fifty years,” shared Ellen Bemis, CEO. “This move was prompted by a need to serve more clients and offer additional services; we are extremely grateful for the significant funding AMHC received through both federal and State of Maine grants.”

The new facility will allow bed capacity to increase from 12 to 18 beds. This project was made possible with a \$1,000,000 award through the 2022 Congressionally Delegated Services funding request supported by Senator Susan Collins, a \$600,000 award through the State of Maine Department of Health and Human Services, which contributed 34% of the funding, and a \$150,000 allocation from an award through the Health Resources Services Administration Rural Communities Opioid Response Program*. An open house is planned for December 1, 2023.

A recent graduate stated, “Greetings and salutations to everyone at the RTF. As I sit wondering what to write to express my gratitude for the farm, many words come to mind. The one that speaks for itself would be grateful. On May 2, 2023, I came to “The Farm” with expectations that were quite high, but little did I know this modest little farmhouse would forever change my life. For a month, this was my home. The difference between a house and a home are, without a doubt, its contents.

I knew I wanted my sobriety so desperately, but what did this place have to offer? What kinds of tools would they arm me with? Kayla, Stacey, and Ram. The hammers, drills, and screw guns. Power tools. Jax and Mike, aluminum screws and nails. They last long and never rust. Doug, Keith, Renee, and Sylvio, the saws, sandpaper, level, and concrete. Smoothness and a balanced foundation. This may sound weird, but they helped me to build myself. Individually, they taught me so many important things that together, I was able to rebuild myself into the sober me I still am. 159 days, guys. I’m doing it! Indeed! I’m very proud to have been a part of your housing development and even prouder to still be a standing structure. Withstanding storms and keeping a firm foundation. If I could give you five stars, I would. Kayla would get six because she tricked me into loving her style of counseling. You all played a part in bringing me back to the forefront of who I really am. Refurbished, refined, refinished, and renewed. Thank you, Rebecca, to you and all your wonderful staff.”



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LETTER FROM LEADERSHIP

We are honored to present the 2023 AMHC Annual Report. It is with gratitude that we share the impact AMHC programs and services have made in addressing the behavioral health needs of the individuals we serve in Aroostook, Hancock, and Washington counties.

First and foremost, AMHC's unwavering commitment to serving those in need has never been stronger. Despite the unprecedented challenges with demand for services at an all-time high, our dedicated team, in collaboration with our community partners, continues to develop creative approaches to increase accessibility to services. Despite the ongoing workforce challenges, our staff has shown remarkable resilience and dedication, going above and beyond to help individuals receive the care and attention they deserve.

We are particularly pleased to highlight the agency's ongoing investment in its facilities and infrastructure. The investments demonstrate our long-term commitment to offering services in a comfortable and supportive environment where employees can be proud to work. These state-of-the-art facilities have not only expanded our capacity but also improved the quality of care we can offer to our communities, and we look forward to doing even more in the future.

As we look to our 60th anniversary and beyond, we are more determined than ever to build on our successes and tackle the challenges that lie ahead. Last year, AMHC was designated as a Certified Community Behavioral Health Clinic (CCBHC), and we are excited to continue to build on this model of care; it is one of many reasons we remain steadfast in our mission to promote behavioral health and well-being in our communities. As we continue to grow, your belief in our mission fuels our determination to make a lasting impact on the lives of those we serve. We express our gratitude to the AMHC staff, volunteers, partners, and supporters who are the cornerstone of our success.

Thank you for being an essential part of our journey.



Ellen Bemis, CPA
Chief Executive Officer



Tanya Sleeper, RN
Board President



2022-2023 BOARD OF DIRECTORS

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

Traci Peabody, RN, Vice Chair
*Chief Nursing Officer, Houlton Regional Hospital
Houlton, Maine*

Rev. Kevin Kinsey, Executive Committee
*The Aroostook Episcopal Center
Fort Fairfield, Maine*

Shawn Babin
*Labor Relations Manager, Twin Rivers Paper Company
Madawaska, Maine*

Shawn Gillen
*Sheriff (retired), Aroostook County Sheriff's Office
Houlton, Maine*

Joshua Grass
*Mental Health Counselor, Calais School Department
Calais, Maine*

Richard Marston
*Businessman (retired)
St. Agatha, Maine*

Cheryl Robbins
*Director of Transportation, Downeast Community Partners
Sorrento, Maine*

Peter Sirois
*Former CEO, Northern Maine Medical Center (retired)
Fort Kent, Maine*

Timothy Vernon
*Businessman (retired)
Presque Isle, Maine*

CELEBRATING EXCELLENCE: HONORING THE SERVICE OF OUR BOARD OF DIRECTORS



A DECADE OF DEDICATION & LEADERSHIP

Dr. Tanya Sleeper is recognized for ten years of service on AMHC's Board of Directors. Since joining the board in 2013, Dr. Sleeper has served as Treasurer, Vice President, and most recently as President from 2021–2023. Regarding her time serving, Dr. Sleeper shared the following: "During my time on the AMHC board, I have been most impressed with AMHC's efforts to expand access to services across the State of Maine in forging collaborative relationships with other care organizations, expanding upon the services being offered, and strengthening their infrastructure to increase access to more comprehensive community-based services."

Dr. Sleeper, a UMFK Professor of Nursing since 2008, also served as Interim Vice President for Academic Affairs in 2016. Concurrently, she works as the Executive Director and Director of Nursing at Aroostook Home Health Services. Dr. Sleeper holds multiple roles, including adjunct faculty at Saint Joseph's College of Maine and Chair of the RSU 39 Board of Education. She's involved in various committees and boards. She has received several awards, including the UMFK Nurse Alumna Award in 2008, the UMFK Outstanding Faculty Award in 2019, and the Graduate Nursing Faculty Member of the Year from St. Joseph's College of Maine in 2013. She also contributes to nursing journals and has been a faculty associate at the University of Maine's Center on Aging since 2017. She has an extensive educational background in nursing and public policy, including a law degree with certifications in Health Care Law and Health Care Compliance in 2022.

THANK YOU FOR YOUR CONTRIBUTIONS

Shawn Gillen, Aroostook County Sheriff (retired 2023), began serving on the AMHC Board of Directors in 2021. When he joined the board, Sheriff Gillen shared, "I have a vested interest in mental health, substance use disorder, and rehabilitation. I believe treatment for mental health and substance use will help with recidivism at the jail. AMHC does outstanding work in the jail and makes a tremendous difference there. I have seen the devastation that these disorders cause to a person, family, and community. I'm extremely happy to be part of the work." Sheriff Gillen's input from a law enforcement perspective has been beneficial to the AMHC board of directors, and we wish him well as he retires from law enforcement and pursues new adventures.



AMHC WELCOMES NEW MEMBERS TO SENIOR LEADERSHIP



Dr. Henry Skinner, M.D., DFAPA, took on the role of Medical Director in March 2023 while also serving as the Medical Director at Tri-County Mental Health Services since 2018. Board-certified in child and adolescent psychiatry, he provides consultation, crisis care, and supports the System Quality Review Committee, collaborating closely with psychiatric teams. His extensive leadership includes presidencies at Family Psychiatry of Maine and key positions within psychiatric associations in Maine. Dr. Skinner's dedication spans back to 1988 when he began working in children's mental health. He arrived in Maine in 2008 as a fellow at Maine Medical Center and has since been deeply involved in the field.



Julia Macek, LCSW, has joined the agency as Program Director of Behavioral Health and Integration in Aroostook County. As Program Director, she oversees various substance use and mental health programs and services for adults, children, and families and leads in new program development, enhancement, and implementation. Macek has more than 30 years of behavioral health experience in hospitals, residential treatment, outpatient mental health, and, most recently, early care and education. She is a certified poverty coach, president of the board for Healthy Maine Families, and co-chair of the Aroostook Community Collaborative.

SENIOR LEADERSHIP TEAM

Ellen Bemis, CPA
Chief Executive Officer

Michelle Ferris, LCSW
Chief Operations Officer

Christy Daggett, MPP
Chief Financial & Administrative Officer

Henry Skinner, M.D., DFAPA
Acting Medical Director

Brittany Ballard
Director of Human Resources

Christine Brown, LCSW, CCS
Program Director of Community Integration

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

Shannon Gove, LSW, MHRT-C, OQMHP
Program Director of Residential/Crisis Units, Washington County

Debra Jacques
Director of Marketing & Development

Julia Macek, LCSW
Program Director of Behavioral Health & Integration, Aroostook County

Julia Miller
Program Director of Prevention & Sexual Assault Services

Sarah Wright, LMSW-CC
Program Director of Crisis Services

AMHC'S LEADERSHIP SPOTLIGHT

In both May and June, AMHC's Program Directors were actively engaged in outreach and advocacy efforts. Clem Deveau and Shannon Gove met with University of New England (UNE) students during a tour organized by Healthy Acadia in Washington County, providing valuable insights into AMHC's programs and services. Similarly, Sarah Wright and Christine Brown represented AMHC at NatCon23 in Los Angeles, CA, among a gathering of nearly 5,000 attendees convened by the National Council for Mental Wellbeing. They participated in workshops focused on crucial aspects of mental health and substance use treatment. These combined efforts reflect the dedication of AMHC's leadership team to promoting mental health awareness and fostering supportive networks within the community.

Top photo: Clem Deveau on the far left and Shannon Gove on the far right.
Bottom photo: Sarah Wright on the left and Christine Brown on the right.



RECOGNIZING AMHC STAFF & RETIREES



After 40 years of service, AMHC announces the retirement of Lorraine Chamberlain, LCSW, CCS, Program Director of Behavioral Health and Integration for Aroostook County. In 1982, Lorraine began her employment as a Community Support Worker. She completed her master's degree in social work in 1985 and was promoted to Supervisor for Substance Abuse Services. In 1988, Lorraine accepted the role of Office Director and, in 1996, was appointed Director of Outpatient Operations. She expanded her role to Director of Outpatient Operations and Emergency Services in 2013 and accepted her current position in 2019. Lorraine has represented AMHC in workgroups at the national, state, and local levels to tirelessly champion the integration of behavioral health services in various healthcare settings and the community. Although her passion, vision, and energy will be greatly missed, AMHC wishes Lorraine a healthy and happy retirement, and we thank her for 40 years of dedicated service.



Adeline McCarty has retired after 14 years with AMHC. She joined the agency in 2008 and served as a therapist-consultant for community integration and a group facilitator at the Center for Integrated Neuro Rehab (CINR). She provided consultation to the Children's Crisis Stabilization Unit and Targeted Case Management teams. In addition, she served AMHC as a team facilitator and team leader, supervised student interns from UNE from 2010-2013, and provided sexualized behavior treatment and aggression replacement therapy to juveniles. She has supported veterans experiencing trauma and supported integrated behavioral health services at Pines Women's and Children's Center. In 2018, Adeline assumed the role of Behavioral Health Home (BHH) clinical lead and, in 2019 transitioned to Adult BHH/Community Integration Manager for all of Aroostook County. Adeline was highly valued and respected for her talented professionalism and deep compassion throughout her career.



We are deeply saddened by the passing of Kim Becker, who recently retired after 42 years of dedicated service. Kim began her career at AMHC in 1981 as a Transitional Living Residence Counselor at Skyhaven. In 1985, she transitioned to Familybuilder Counselor in Caribou, a position Kim held for nearly 23 years before the program was discontinued. At that time, Kim assumed the role of a Children's Behavioral Health Professional in 2008, and in 2015, she relocated to Presque Isle Outpatient as a targeted case manager. In 2016, Kim began working as a visit support supervisor and two years later took a step back from supervision to work full time as a family support worker. During her tenure, Kim's work also included providing services to Therapeutic Foster Care and Maine Mother's Network. Kim deeply cared for the children and families she served, engaging them in skills training and advocating for their needs. She will be missed by her colleagues, and it is with gratitude that we honor her four decades of service.



AMHC SUD STAFF RETREAT

Nearly forty staff attended a day-long retreat for AMHC substance use disorder (SUD) providers from all three counties. Hosted at the University of Maine Presque Isle, the agenda offered team-building activities, networking opportunities and presentations on harm reduction, Xylazine, youth prevention, and supporting one's own wellness while caring for others.

We recognize **30** staff for their milestone anniversaries. Altogether these individuals have provided **335** years of service to AMHC, and we celebrate their tremendous accomplishments!

5-YEAR SERVICE AWARDS

Lindsey Beaupre
Accounts Receivable Specialist, Central Administration

Tammy Charette, MHRT-1
Residential Counselor, Madawaska Group Home

Justin Cool, MHRT-1, OQMHP-C-PNMI
Children's Residential Counselor, Calais Children's Residential Unit

Jamie Corbett, LADC, CCS
Therapist/Consultant, Machias Outpatient Office

Jody Fitzsimmons, OQMHP-C
Children's BHH/Outpatient Office Manager, Machias

Susan Hillegass, MHRT-C
4/5th BHH Coordinator/Community Support, Madawaska Outpatient Offices

Alice Hundley, OQMHP-C-PNMI, MHRT-1, Prov. BHP
Children's Residential Counselor, Calais Children's Residential Unit

Rebekah Hunt, LCSW
4/5th Therapist-Consultant (OP), Caribou Outpatient Offices

Kimberly Jacob
Caribou Apartments Coordinator, Caribou Apartments

Cheryl Johndro
Accounts Receivable Specialist, Central Administration

Helen McKinley
Administrative Support Specialist (OP), Caribou Outpatient Offices

Kimberly Murphy, MHRT-C, OQMHP-C, LSW
Children's Behavioral Home Health Coordinator, Houlton Outpatient Offices

Erica O'Donnell, OQMHP-C-PNMI, PMHRT-1, Prov. BHP
OP Office Manager, Administrative Support Specialist, Calais Outpatient Offices

Jean Severe, MHRT-1
4/5th Residential Counselor/Shift Lead, Madawaska Group Home

Tammy Violette
Staff Accountant, Central Administration Offices

10-YEAR SERVICE AWARDS

Teresa Huff
Administrative Support Specialist (OP), Calais Outpatient

Jodi Leach
Sexual Assault Services Client Advocate, Ellsworth Outpatient

Brian Levesque
Network Administrator, Central Administrative Office

Jessica Melhiser, MHRT-CSP, OQMHP
Children's Services Manager, Calais Outpatient

Kimberly Patterson
Accounts Receivable Specialist, AMHC Central Administrative Offices

Tanya Sleeper
Board Member, Assistant Professor of Adult Health Nursing, University of Maine at Fort Kent

15-YEAR SERVICE AWARDS

Brittany Ballard
Director of Human Resources, Central Administrative Offices

Monique Labbe, OQMHP-C, OQMHP-PNMI
Children's BHH, Madawaska Outpatient

Vanessa Sparks, MHRT-CSP
Call Specialist, MHRT-CSP, Presque Isle Outpatient

20-YEAR SERVICE AWARDS

Betty Hendricksen, CBIS
Certified Brain Injury Specialist, Center for Integrated Neuro-Rehab (CINR)

25-YEAR SERVICE AWARDS

Lori Deschaine, LCSW, MHRT-CSP
Forensic Interviewer/CAC Supervisor, Child Advocacy Center, Fort Fairfield

Judith Feibus, LCSW
Quality Assurance Manager, Houlton Outpatient Offices

Terry Guerrette
Administrative Assistant, Central Administrative Offices

30-YEAR SERVICE AWARDS

Mark Nelson, LADC, CCS
Substance Use Counselor, Houlton Outpatient Offices

Paula Perfitt, OQMHP-C, BHP
3/5th Children's BHH, Houlton Outpatient Offices

AMHC'S GROUNDBREAKING YEAR: CELEBRATING MILESTONES & ACCOMPLISHMENTS

ACAC EARNS PRESTIGIOUS ACCREDITATION

Aroostook Children's Advocacy Center (ACAC) was awarded accreditation by the National Children's Alliance following an extensive application and site review process. As the accrediting agency for Children's Advocacy Centers (CAC) across the country, accreditation is the highest membership level with the National Children's Alliance and denotes excellence in service provision. "It seems fitting that we should announce ACAC's accreditation during Child Abuse Awareness Month and Sexual Assault Awareness Month in April," explained Julia Miller, Program Director of Prevention and Sexual Assault Services. "We're extremely proud of our ACAC team and community partners who made this possible."

As an accredited member, ACAC has demonstrated its ability to provide comprehensive, coordinated, and compassionate services to victims of child abuse. AMHC Sexual Assault Services opened ACAC in 2018 and has assisted nearly 400 children and their families since then. "The closest Children's Advocacy Center used to be in Bangor," explained Miller. "A local program reduces barriers to services and connects a child and family with resources and supports in their community."

National Children's Alliance awards accredited membership based on a CAC's compliance with ten national accreditation standards to ensure effective, efficient, and consistent delivery of services to child abuse victims. According to these standards, which reflect the most recent evidence-based practices in child abuse intervention and prevention, accredited members must utilize a functioning and effective multidisciplinary team approach to work collaboratively in child abuse investigation, prosecution, and treatment. National Children's Alliance also considers standards regarding a center's cultural competency and diversity, forensic interviews, victim support and advocacy, medical evaluation, therapeutic intervention, and a child-focused setting.



Katherine Bartlett, Family Services Advocate, and Lori Deschaine, Forensic Interviewer, display the letter from the National Children's Alliance confirming the Aroostook Children's Advocacy Center has successfully achieved accreditation.



AMHC staff: Stacie Lamoreau, Gregg Spelta, and Link for Hope volunteers: Trudy Rairdon, and Mary Howland

LINK FOR HOPE BOOSTS ARCH'S RELOCATION

Aroostook Recovery Center of Hope (ARCH) moved to 106 Main Street in downtown Houlton. The Grand Re-Opening was held on Saturday, October 22, 2022. During that time, Link for Hope presented ARCH with a check for \$3,835. The funds are set aside to support the needs of ARCH, including helping individuals who may need financial assistance to purchase resource materials for programs provided at the center.

The Link for Hope Coalition is a community-based coalition whose vision and purpose is to promote the health, safety, and quality of life for all youth, families, and communities in Southern Aroostook. Their mission is to enhance the quality of life in Southern Aroostook by reducing problems related to alcohol and other drug use and teen suicide.

"We are grateful to Link for Hope for their partnership and also for our new location," shared Gregg Spelta, Volunteer Coordinator and Peer Support Specialist. "It is ideal for more individuals to seek our services. It's also within walking distance of many other amenities that Houlton has to offer." ARCH is open to everyone, including people in recovery, people struggling with substance/alcohol/opioid use disorder(s), affected others, allies, and community members.



Randy Sylvain, Brianna Boulter, Tammy Charrette, Katelyn Dufour, Jenna Cyr, Pierrette Dumond (absent: Verna Dechaine and John Gonneville).

TRANSFORMATIVE MERGER FOR ST. JOHN VALLEY ASSOCIATES

St. John Valley Associates (SJVA) and Aroostook Mental Health Services, Inc. (AMHC) merged on July 1, 2023. “The SJVA Board of Directors are focused on continuing the mission of SJVA as set forth by the founders, and in doing so recognized the business requirements to continue to meet the needs of our current and future clients,” explained Thomas Gerard, SJVA President. “Therefore, we sought a merger with a recognized leader in our geographic area that would provide the professional business and administrative background to allow SJVA not only to survive but to grow and prosper. We appreciate the enhanced benefits that AMHC provides our staff, clients, and the community of the greater St. John Valley area.”

SJVA has retained the same personnel and level of services in the community; AMHC provides leadership and administrative services. “We are pleased to have SJVA join AMHC,” shared Ellen Bemis, CEO. “AMHC has been a provider of behavioral health services to SJVA clients for many years. In our early discussions, it was clear that our organizational missions, which focus on community integration, align well.”

WASHINGTON COUNTY LEGISLATORS VISIT AMHC FACILITIES

Three Washington County Legislators, Tiffany Strout, Anne Perry, and Marianne Moore spent the day touring facilities and learning about the behavioral health services available in Washington County. The day began in Machias at Safe Harbor Women’s and Children’s Recovery Center, followed by the Washington County Jail and Sheriff’s Office presentations. Legislators then toured AMHC’s Children’s Residential Treatment, Children’s Crisis Stabilization, and Adult Crisis Stabilization Units in Calais. The tour ended at the Downeast Recovery Support Center in Calais, with several presenters speaking on workforce opportunities and challenges, community health workers, and Drug Court. “We were extremely pleased to spend the day with our local legislators,” said Clem Deveau, AMHC Program Director. “Each one commented on what a productive day it was to learn and engage with behavioral health providers and community stakeholders about our successes and challenges in delivering services.”



State of Maine Representatives Tiffany Strout and Anne Perry, and Senator Marianne Moore spent the day touring and learning about the behavioral health services in Washington County.

HRSA GRANTS PROVIDE SUD EDUCATION & SERVICES IN AROOSTOOK & WASHINGTON COUNTIES

HOPE STORIES: RECOVERY IS POSSIBLE

“Being in recovery means that I have learned to accept and love myself for who I am and to appreciate the beauty of life without the need for substances. I can give 100 percent to the things that matter most. I am responsible, reliable, and present for myself and my family. I know that I am capable of success, and I am no longer limited by my addiction. Bad days no longer seem like the end of the world, and good days are a blissful reminder of the progress I have made. I am grateful for the journey I am on and the life I have been able to create in sobriety.” – Tess



“After more than 30 years of active addiction, my head was down. In December 2021, I started my recovery journey, supported by recovery coaches and attending a residential treatment facility. After rehab, I moved into a sober living house, attended meetings, and met others in recovery. Many of these people worked in the recovery community, and I found myself wanting to use my experience to help others. As a peer support, I have the opportunity to help others find their way into long-term recovery. I’m living my most rewarding life working as a peer support specialist and a sober living house monitor. We do recover.” – Stephane

“Being in long-term recovery has brought me to a place of being present and living life again. It has shown me that I can succeed in all aspects of my life and reach any goal I set for myself with just a little hard work. I am currently a recovery coach, and with this position, I can help others on their recovery journey and use my experience and knowledge to show others it is possible. Being in recovery has brought my mind peace, my kids a better parent, my partner a better support, and myself a better way of living.” – Jillian

CHRIS HERREN: CHANGING THE CONVERSATION

Former Boston Celtic Player Chris Herren presented to nearly 400 community members on November 29, 2022, and more than 1,400 students from 13 Aroostook County schools on November 30, 2022, at the Caribou Performing Arts Center. Through Herren Talks, Chris has spoken to over one million students and community members about his recovery journey, sparking honest discussions about substance use disorder and wellness. “It was clear that Mr. Herren made an impact on the students that day,” said Deb Jacques, AMHC Director of Marketing and Development. “For many, it was a call to action to engage in healthy behaviors and avoid negative ones, like substance use, that can have a devastating impact on themselves and their loved ones.”

PARTNERSHIP DEVELOPS PAID INTERNSHIP

AMHC and the University of Maine at Presque Isle (UMPI) personnel worked to develop a first-ever paid internship program for behavioral health students seeking their BA and MA-level degree programs. Although internships in behavioral health are required, they have traditionally been unpaid positions, creating financial barriers for students and reducing the potential number of individuals who may otherwise select this field. AMHC and UMPI have developed a protocol for paid internships that will extend to students at UMPI and other schools in the State of Maine.

LIFE-SAVING SERVICES & SUPPORT

Recovery coaches are now available for individuals who enter the Aroostook County Jail and AMHC Residential Treatment Facility (RTF). Recovery coaches are critical to an individual’s journey and serve as a cheerleader, motivator, confidant, resources broker, and planner. They help remove personal and environmental obstacles to recovery and support individuals during and after their stay. In addition, all individuals at the Aroostook County Jail and the RTF are offered a naloxone kit upon discharge. Due to their vulnerability to overdose, this life-saving measure is crucial for individuals leaving these settings.



AMHC INTRODUCES: SHARE FACTS SAVE LIVES

On behalf of the Aroostook Rural Communities Opioid Response Program (ACORP), AMHC introduced Share Facts Save Lives. This comprehensive website and social media initiative are dedicated to disseminating crucial information and resources on substance use disorders. The platform covers harm reduction, prevention, treatment, recovery support, and ending stigma while firmly rooted in evidence-based practices. This digital space symbolizes a collective commitment to empower individuals, end stigma, and cultivate a compassionate understanding of substance use disorders. ACORP and AMHC lead in providing an accessible, informative, and supportive platform for individuals on their path to recovery. Visit ShareFactsSaveLives.org for more info.

MORE THAN 100 PARTICIPATE IN TRAINING

- » In partnership with MCD Global Health Rural Behavioral Workforce, 19 individuals received training on Medication for Opioid Use Disorder (MOUD), formerly known as Medication Assisted Treatment (MAT).
- » In partnership with the University of Vermont Center on Rural Addiction, 18 providers from the Mi'kmaq Health Center participated in "Identifying Bias and Addressing Stigma in a Clinical Setting" by Peter Jackson, MD.
- » 38 AMHC providers and staff members attended a retreat day, including education on Xylazine, Contingency Management, and Youth Prevention.
- » 36 Aroostook County youth, student leaders, and adults participated in SUD Prevention/Resiliency training at Aroostook Teen Leadership Camp.
- » During the 2022–2023 school year, AMHC's Prevention Specialist provided 170 Hancock and Washington County high school students with Prime For Life^[1] training, a judgment-free way of understanding how alcohol and drug-related problems develop, what can be done to prevent them, and why sometimes we need help.
- » To improve access to behavioral health services, three AMHC staff members obtained their Medical Assistant certification, one received Mental Health First Aid training, and one received Botvin Life Skills^[2] to support school youth prevention efforts.

[1] https://www.primeforlife.org/programs/prime_for_life_prevention; [2] <https://www.lifeskillstraining.com/>

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BRIDGING GAPS IN BEHAVIORAL HEALTH SERVICES

A community health worker (CHW) has been embedded in the Jonesport–Beals school system and provides facilitation and support to help students needing behavioral health services. The navigator does much of the footwork that is foundational to program success, such as distributing and collecting permission forms and releases for the students, finding an available provider promptly, arranging parental involvement in the behavioral health intake session, and then making sure the student is present for and successfully connects with the behavioral health provider. The navigator also facilitates access to providers through telehealth setups. Adding telehealth increases the number of potentially available providers and the potential for finding a good match between student and provider. The navigator is a year-round position to help students avoid a break in services over the summer and foster continuity of care. This also means that students can be connected with services without waiting for school to open in the fall.

AGENCY HIGHLIGHTS



ATLC CELEBRATES ANOTHER SUCCESSFUL YEAR

In July, a total of 22 campers attended ATLC at UMFK. The camp once again hosted national presenters Ed Gerety, Matt Bellace, and Harriet Turk. All three presented the value of living substance-free and offered realistic tools to stay focused on sobriety and being leaders in one's community. Former State Representative/State Senator Justin Chenette also presented on "leadership at any age" through service to one's community. In addition, various local leaders presented workshops on several topics of interest. Major sponsors who provided gifts in FY2023 include Harold Alfond Foundation, Maine Youth Access Network, Health Resource Services Administration (HRSA) Rural Community Opioid Response Program Implementation III grant, Garfield Royal Arch Chapter #48, District Masters & Warden's Association, Huber Engineered Woods, Fort Kent Lions Club, and Katahdin Trust. We are grateful to the two dozen local service organizations and businesses who provide donations, including camp scholarships and gifts in kind. All funds raised focus on promoting youth positively, hoping to inspire leadership and substance-free living.

CALAIS FACILITY EXPANSION SECURES SENATE COMMITTEE APPROVAL

AMHC submitted a Congressionally Delegated Spending (or CDS) request to the offices of Senators Collins and King for funding to support an addition to the Calais facility. If approved, the expansion will incorporate physical activity into the treatment plans of the children and adults who are residents of the Children's Residential Facility, Children's Crisis Stabilization Unit, and Adult Crisis Stabilization Unit. In early August, AMHC was informed by both senators that the 4.3 million dollar request was included in the fiscal year 2024 Labor, Health and Human Services, and Education Appropriations bill approved by the Senate Appropriations Committee. There are several more steps in the process before any appropriations bills are finalized and sent to the President for signature; however, this is an encouraging step in the approval process.

DOWNEAST YOUTH PREVENTION COLLABORATION TAKES SHAPE UNDER AMHC LEADERSHIP

Julia Miller, AMHC Program Director of Prevention and Sexual Assault Services, and Molly Baker, AMHC Prevention Specialist specializing in youth prevention education, supported establishing the Downeast Youth Prevention Collaboration (DYPC). This was initiated after Julia and Molly, in their work with Downeast Community Partners, a local community action agency, realized how their work intersects. Other agencies providing youth prevention education were invited to participate. The goal is to bring all youth prevention educators and programs together to streamline contact with schools as well as to build and strengthen relationships as community partners.

AMHC MOBILE CRISIS MAKES STRIDES IN CRISIS INTERVENTION AND PREVENTION

Mobile Crisis has worked this past year to expand its community presence; it has increased its partnerships with local law enforcement and strengthened relationships with local hospitals to support individuals in accessing crisis resources in the community before it escalates to a visit to the emergency department. In an effort toward preventive measures, AMHC Mobile Crisis has partnered with schools across Aroostook, Hancock, and Washington counties to meet with students in the least restrictive settings to decrease the need for higher-intensity crisis interventions. In Aroostook County, AMHC partnered with the National Association of Mental Illness (NAMI) to support crisis intervention training for law enforcement. In addition, AMHC continues to collaborate with other agencies across all three counties to provide services to individuals who are living with homelessness, recognizing that chronic and persistent mental health issues and substance use disorders are prevalent among this population, leading to high utilization of crisis and emergency department resources.

**MAINE HOUSING
AUTHORITY PROVIDES
TEMPORARY
WARMING CENTERS**

AMHC received \$71,736 from the Maine State Housing Authority to provide temporary warming centers at Downeast Recovery Support Center in Calais and Aroostook Recovery Center of Hope in Houlton. The centers offered a safe place overnight for unhoused individuals to rest and have a snack and hot drink. Staff also assisted visitors with connections to needed resources such as clothing, food, employment, and housing support.

**AMHC SELECTED BY
RUDERMAN FAMILY
FOUNDATION & RED
SOX FOUNDATION**

AMHC was selected by the Ruderman Family Foundation and Red Sox Foundation as a 2023 IMPACT Award Finalist for Maine. This allowed AMHC to participate in a community voting contest; the three organizations with the most votes received a donation of \$10,000, \$3,000, and \$2,000, respectively. AMHC placed second in the contest, securing a \$3,000 award to support its programs and services.

**FUNDRAISING
EFFORTS RAISE
NEARLY \$11,000**

The prevention and sexual assault services staff held several fundraisers in 2023 to support their community outreach and programming. Thanks to the support of community members in Aroostook, Hancock, and Washington counties, a total of \$10,920.67 was raised through raffles and a corn hole tournament event.

**POINT HARBOR
FUND SUPPORTS
BEHAVIORAL HEALTH
SERVICES**

Provided \$15,000 to support behavioral health services in Hancock and Washington counties. This is the third gift from Point Harbor Fund since 2020. Funds are being utilized to support greater access to services, including funds to help with the overnight warming center at Downeast Recovery Support Center in Calais.

**\$9,900 AWARDED BY
THE MAINE HEALTH
ACCESS FOUNDATION**

The Maine Health Access Foundation awarded \$9,900 for purchasing AED units at AMHC's six residential and crisis facilities in Aroostook and Washington counties. This award helps increase access to critical life-saving care for some of the most vulnerable individuals served by the agency.

IMPACT REPORT & FINANCIALS

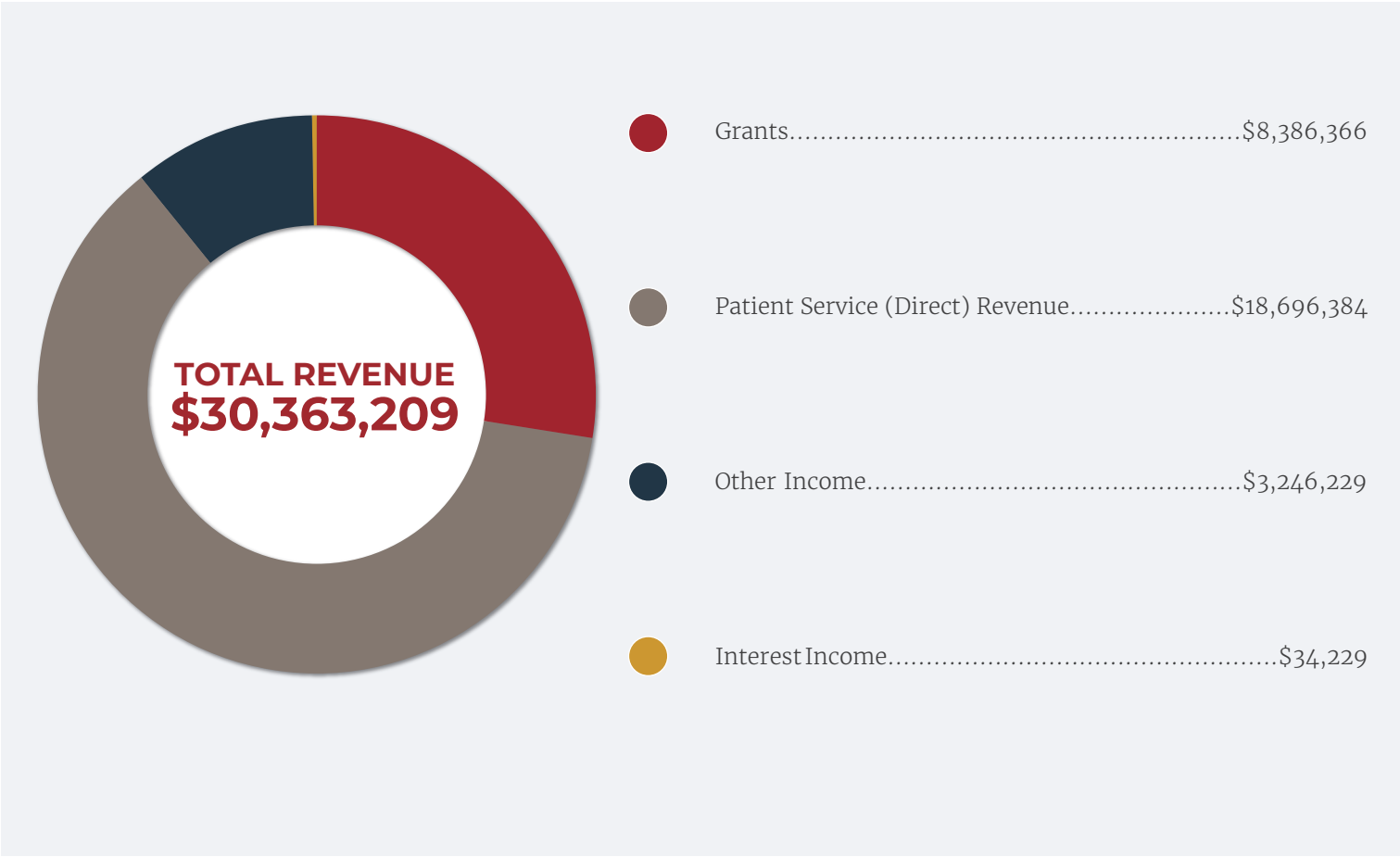
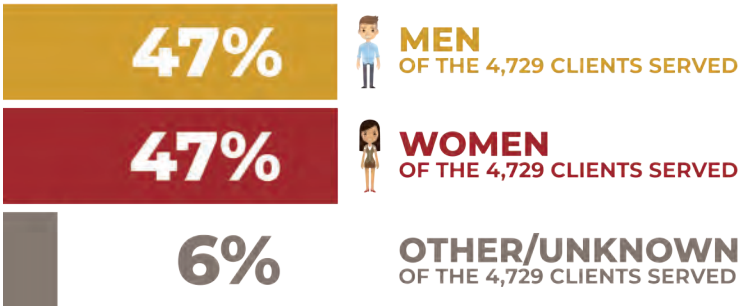


62% **ADULTS**
OF THE 4,729 CLIENTS SERVED

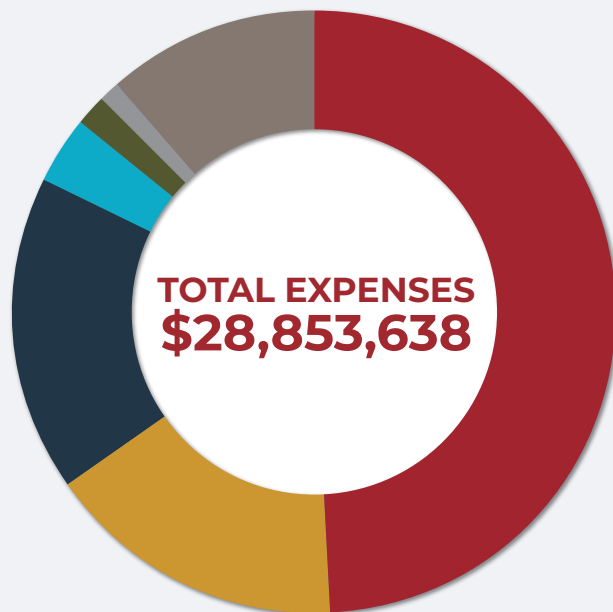
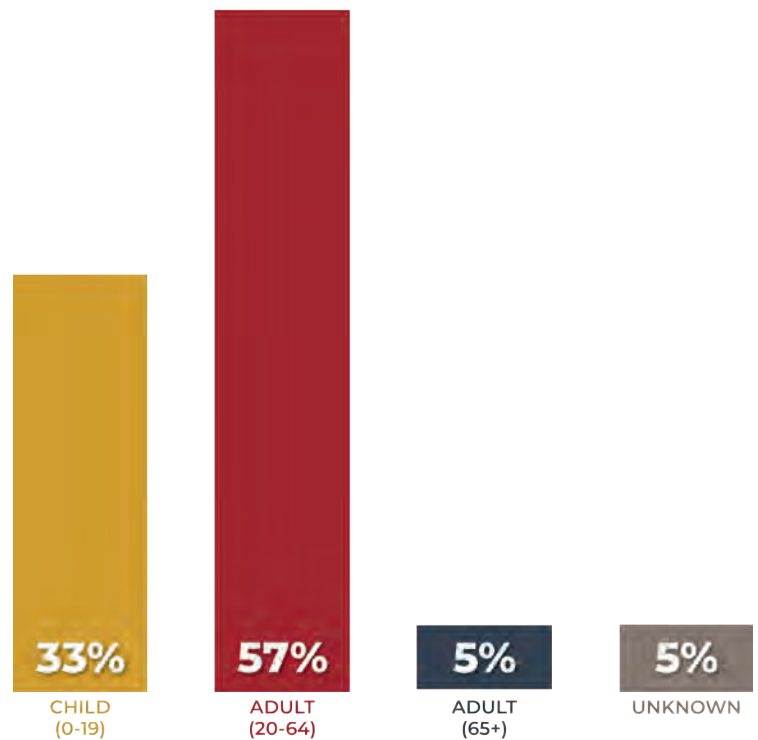
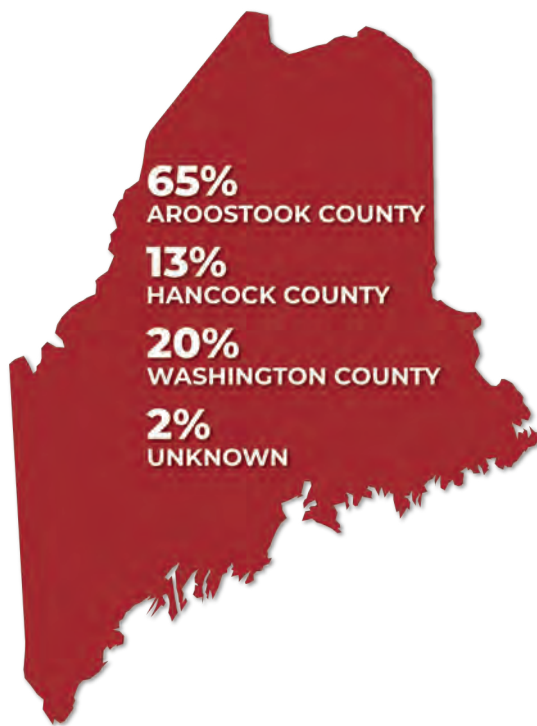
33% **CHILDREN**
OF THE 4,729 CLIENTS SERVED



5% UNKNOWN OF THE 4,729 CLIENTS SERVED



CLIENTS SERVED BY COUNTY & AGE



	Outpatient.....	\$14,247,588
	Residential.....	\$4,595,906
	Emergency/Crisis.....	\$4,918,182
	Prevention & Sexual Assault Services.....	\$1,021,055
	Community Integration.....	\$530,736
	Rehabilitation Services.....	\$305,191
	Total Program Service Expenses	\$25,618,658
	Administration and General.....	\$3,234,980

FY23 data represents unaudited financials.



AMHC

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