



2025 ANNUAL REPORT

Serving Aroostook, Hancock, and Washington Counties



Page 4
Leadership for Continued
Growth

Page 7
Connecting Across
Communities

Page 8
Strengthening System
for Integrated Care

Page 10
Impact Through Partnership
& Community Support



For more than six decades, AMHC has maintained an unwavering commitment to the communities of Aroostook, Hancock, and Washington counties. Our mission to provide accessible, compassionate behavioral health services remains the same today as when we first opened our doors in 1964. What has changed is our capacity to meet growing community needs while staying rooted in the connections that make rural Maine resilient.

As the largest behavioral healthcare provider in the region, AMHC operates 27 service locations delivering a comprehensive range of services in mental health, substance use, crisis intervention, sexual assault support, prevention, brain injury care, and programs for adults with developmental disabilities. Serving up to 5,500 clients annually with more than 350 dedicated staff members, we continue to evolve not by abandoning our foundation, but by strengthening it.

This past year reinforced what we have always known: behavioral health thrives through connection. As a Certified Community Behavioral Health Clinic (CCBHC), AMHC provides patient-centered care with the client at the center of all services, but our reach extends far beyond the clinical walls.

The stories throughout this report illustrate the power of showing up where people are. From community events and youth leadership development to education and training initiatives, each program reflects partnerships with people who care deeply about their neighbors. This year, AMHC welcomed three leaders to our executive team and implemented a new electronic health record system designed with client feedback at its center. We expanded training opportunities through federal grants, celebrated staff milestones, and participated in health fairs, schools, and town gatherings. Connection happens in these everyday moments of shared purpose.

Town appropriations, foundation grants, individual donors, and countless volunteers demonstrate that behavioral health is our community's shared commitment. Like the enduring structures that anchor rural communities through every season, AMHC remains a constant presence across our region. The cover image, photographed by Christopher A. Mills Photography, reflects this shared commitment and the resilience of the communities we serve. These connections strengthen all of us.



Table of Contents

Building Connection.....	2
<i>A Letter from the CEO on Progress, Legacy, and Care</i>	
Three Decades of Service and Gratitude.....	3
<i>Board Member's Commitment Shaped Behavioral Health Services</i>	
Leadership for Continued Growth.....	4
<i>Three Leaders Complete AMHC's Executive Team</i>	
Building Recovery Capital Together.....	5
<i>Support Centers Offer Hope and Practical Support</i>	
Breaking Barriers to Opioid Recovery.....	6
<i>AMHC and UR Medicine Train Community Facilitators</i>	
<i>HRSA Grants Provide Education and Training to 200+</i>	
Connecting Across Communities.....	7
<i>AMHC Brings Behavioral Health Education to the Community</i>	
<i>World-Class Concerts in Rural Maine Communities</i>	
<i>Event Celebrates Compassion and Community Care</i>	
Strengthening Systems for Integrated Care.....	8
<i>ARIZE Platform Streamlines Healthcare Navigation</i>	
<i>Person-Centered Model Services 4,500 Clients</i>	
Impact Through Partnership & Community Support.....	9
<i>Ellsworth Partnership Connects Officers to Crisis Care</i>	
<i>Foundation Supports AMHC's National Conference Attendance</i>	
<i>Collaboration Creates Healing Outdoor Space</i>	
<i>Local Philanthropist Supports Workforce Development</i>	
<i>Partnership with UMFK Builds Leadership Skills</i>	
<i>Knights of Columbus State Council Supports SJVA and MGH</i>	
<i>Multi-Agency Alliance for Youth Prevention</i>	
Service That Make a Difference.....	11
<i>Pauline Charette: 45 Years of Dedication</i>	
<i>Karen Dube: 45 Years of Commitment</i>	
<i>Staff Service Awards</i>	
2025 Impact & Financial Reports.....	13

Building Connection

A Letter from the CEO on Progress, Legacy, and Care

Dear Friends and Partners,

This year has been one of transformation and growth for AMHC. As one of Maine's four Certified Community Behavioral Health Clinics (CCBHCs), we are proud to be part of a statewide effort to expand access to high-quality, coordinated behavioral health and substance use treatment. In partnership with the State of Maine, we launched Year One of our CCBHC transformation in March 2025, a milestone that reflects both our commitment to the people we serve and the dedication of every AMHC team member.

We also broke ground on a new expansion of our Calais facility, which will enhance care for both adults and children. This project represents our investment in the future, ensuring that families in Washington County have access to the care and support they deserve, close to home. In addition, we welcomed new therapists and a child psychiatrist to our team, expanding our ability to meet the growing needs of our communities.

In the broader landscape of behavioral health and substance use treatment, we are encouraged by signs of progress: nationally, drug overdose deaths have continued to decline, and Maine saw a similar reduction in fatal overdoses. These encouraging trends reflect the ongoing, collaborative efforts of agencies nationwide. While there is still much work to do, we take heart in knowing that change is possible and happening.

At the center of all this progress are the individuals whose lives are touched by AMHC's programs. People engaged in our CCBHC services are reporting meaningful reductions in loneliness and crisis events, a testament to the power of connection and care. Every day, we witness transformations in people's lives: human resilience, individuals moving from homelessness and substance use to being housed, employed, and reunited with their children. These stories remind us why our work matters and why it must continue.

None of this happened by accident. AMHC's selection as a CCBHC stands on the foundation built by those who came before us, visionary leaders and dedicated staff who believed that behavioral health services should be available to everyone, regardless of geography. They began this work at a time when there were no mental health services north of Bangor, and their persistence created the agency we are privileged to steward today.

As we look ahead, we remain committed to that legacy: providing compassionate, expert care across northern and Downeast Maine, and ensuring that hope, healing, and help are always within reach.

Sincerely,



Christy Daggett, MPP
Chief Executive Officer (CEO)



Three Decades of Service and Gratitude

Board Member's Commitment Shaped Behavioral Health Services

AMHC would like to congratulate board member Dick Marston on his retirement from the AMHC board after 31 years of service. Dick Marston's first introduction to AMHC was in the late 70's while he was employed at Fraser Paper Mill in Madawaska as Safety and Employment Supervisor. AMHC had just begun a contract with Fraser Paper to manage an employee assistance program to aid employees struggling with alcohol and or drug use. AMHC professionals provided Fraser employees with a great deal of training related to identifying and developing strategies for eradicating problems with alcohol and drug use as they affected work reliability and safety.

Dick recalls, "As the employee assistance plan continued helping employees be successful in dealing with alcohol and drug issues, I, along with other management employees, was receiving valuable education regarding how to detect the signs of alcohol and drug use in employees. This continued throughout the 1980s. As a result of what I learned, in 1989 I attended my first AA meeting."

Dick went on to utilize an AMHC program called "Quitting Time" and work with the AA program. He was able to share his experience and provide strength and hope for others who were struggling.

He continues, "AMHC has been an important part of my life both personally and professionally. My service on the Board has allowed me to meet some great people and make some fabulous friends. I know the agency is in good hands as I depart. I have much gratitude for what this experience has given me."

"Dick, thank you for 30 years of extraordinary service on our Board of Directors. Your voice has shaped policy, inspired innovation, and ensured that the company's mission remains rooted in empathy and excellence," said fellow board member Shawn Babin. "Your dedication makes a real difference every day in the lives that you have touched through your personal outreach and the work you have done in the various roles you have had on the Board. We celebrate your legacy of compassion and courage."



Board of Directors

Shawn Babin, Chair
Human Resources Manager,
Twin Rivers Paper Company
Madawaska, Maine

Daryl Boucher, EdD, RN, NRP
Vice President, Operations, AR Gould Hospital
Presque Isle, Maine

Greg Disy
Businessman, Social Worker (retired)
Caribou, Maine

Joshua Grass
Educator, Calais School Department
Calais, Maine

Chris Hayes
Chief, Presque Isle Police Department
Presque Isle, Maine

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

Traci Rogers, RN, BSN
Chief Nursing and Operating Officer,
Pines Health Services
Woodland, Maine

Peter Sirois
Businessman (retired), Fort Kent, Maine

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

Timothy Vernon
Businessman (retired)
Presque Isle, Maine

Beverly Wagner, EdD, MSW, LCSW
Social Work Program Director,
University of Maine at Presque Isle
Presque Isle, Maine

Leadership for Continued Growth

Three Leaders Complete AMHC's Executive Team

AMHC's leadership for continued growth includes three key appointments in 2025 that bring complementary expertise in policy, finance, and operations to the executive team, supporting the organization's work to meet growing community demand for behavioral health services.

The leadership additions reflect AMHC's commitment to building organizational capacity during a period of significant growth. With services expanding across Aroostook, Hancock, and Washington counties, the organization has added to its executive team to support 350+ staff members and ensure sustainable delivery of integrated behavioral health care to the communities that depend on these services.

In April 2025, the AMHC Board of Directors appointed Christy Daggett, MPP, as Chief Executive Officer, recognizing a leader who had already proven her capacity to guide the organization through growth and change. Daggett had been serving as Chief Financial and Administrative Officer and Interim CEO, giving her deep knowledge of AMHC's operations, culture, and strategic direction. Board Chair Traci Peabody emphasized this, noting, "Christy is well-versed and knowledgeable about AMHC's mission and vision for the future. We are excited and look forward to working with her and her team to move AMHC forward and grow in the behavioral health industry."

With a Master of Public Policy and Management from the Edmund S. Muskie School of Public Service and nearly a decade in Maine public service before joining AMHC, Daggett brings policy expertise that addresses the complex intersection of healthcare funding, workforce development, and community needs. As CEO, she focuses on AMHC's people as the foundation for delivering the mission. "I am honored to have been asked to fill this role and to be able to work every day with the 350+ staff of AMHC," said Daggett. "Our committed, altruistic staff are truly the greatest asset the agency has to offer our communities."

Building on this foundation, AMHC welcomed Kennard Brown as Chief Financial Officer in July 2025, adding depth to the organization's financial leadership and administrative capacity. "Kennard brings a great deal of financial and administrative experience to this role," Daggett said upon his appointment. "We are very pleased to have him join the AMHC team."

Brown brings nearly a decade of progressive leadership from Career Systems Development Corporation/Loring Job Corps, where he most recently served as Director of Finance and Administration, overseeing finance, purchasing, operations, information technology, and facilities management. He also serves as an Adjunct Professor of Economics at the University



From left to right: Lori Deschaine, LCSW, Chief Operating Officer; Christy Daggett, MPP, Chief Executive Officer; and Kennard Brown, Chief Financial Officer

of Maine at Presque Isle. Brown holds a Bachelor of Science in Business Management, a Master of Arts in Educational Leadership, and a Master of Business Administration from the University of Maine. He resides in Caribou with his family.

Completing the executive team, AMHC named Lori Deschaine as Chief Operating Officer in September 2025, elevating a leader whose 27-year tenure with the organization brings invaluable institutional knowledge and proven operational excellence. Her career at AMHC has grown from frontline roles to program leadership, most notably guiding the Children's Advocacy Centers in Aroostook County and Downeast Maine to national accreditation. This achievement demonstrates her ability to lead teams toward excellence and ensure services meet the highest standards for children and families experiencing trauma. As COO, she brings this commitment to operational quality across all AMHC programs, providing steady leadership grounded in deep knowledge of the communities AMHC serves.

Together, these three leaders form an executive team equipped to guide AMHC's continued growth and mission impact. Daggett's policy expertise and strategic vision, Brown's financial acumen, and Deschaine's operational excellence create a strong foundation for expanding access to behavioral health services across Aroostook, Hancock, and Washington counties. As a Certified Community Behavioral Health Clinic serving up to 4,500 clients annually, AMHC's investment in executive leadership capacity reflects the organization's commitment to supporting 350+ staff members who deliver compassionate, person-centered care every day while building on its legacy as a trusted community partner in rural Maine.



Building Recovery Capital Together

Support Centers Offer Hope and Practical Support

The Downeast Recovery Support Center in Calais hosted a painting event on July 31 that brought together community members of all ages and skill levels. Participants spent the evening creating art at the center’s Main Street location, sharing snacks, and connecting in a relaxed, welcoming environment. When people gather to paint, cook, or share a meal, conversations naturally flow and connections form organically. Creative activities offer a unique form of expression, especially in a peer-led setting where facilitators understand the recovery journey firsthand.

This event was part of a summer of community gatherings across AMHC’s peer recovery centers. Roads to Recovery in Caribou welcomed 15 people to a Peer Day Barbecue on June 27, while the Aroostook Recovery Center of Hope in Houlton hosted 30 community members at a Community Open House on July 26. These events offered people an opportunity to learn about available services and experience peer recovery support in action.

AMHC’s peer recovery support centers are staffed by individuals in long-term recovery who now help others facing similar circumstances. All four centers (Roads to Recovery in Caribou, Aroostook Recovery Center of Hope in Houlton, and the Downeast Recovery Support Centers in Calais and Machias) offer welcoming spaces where people can drop in, connect with a recovery coach, learn about harm reduction, or pick up naloxone. All services are completely free. Peer recovery coaches meet people wherever they are on their journey, without judgment, creating customized recovery plans built on each person’s strengths, needs, and goals.

Events like the painting session in Calais, the barbecue in Caribou, and the open house in Houlton serve an essential purpose beyond simply introducing people to available services. They combat the isolation and stigma that often accompany substance use disorder, creating welcoming spaces for people who may have felt unwelcome elsewhere.



Together, these four centers form a vital safety net across rural Maine. Each takes an active role in harm reduction and overdose prevention, providing free naloxone training and kits. Staff connect people to AMHC’s broader network of services, including outpatient counseling, intensive group treatment, medication for opioid use disorder, and residential treatment. The centers build recovery capital by helping people establish connections to community supports, recovery meetings, employment resources, and social activities. ARCH’s partnership with Link for Hope demonstrates how effective peer recovery can be when community members support their neighbors.

As participants left the painting event in Calais that evening, they carried more than artwork. They left with connections, a sense of belonging, and knowledge that if they or someone they loved needed support, there was a place to turn where they would be met with understanding rather than judgment.

All center services are free and open to anyone seeking recovery, in recovery, or affected by substance use disorder. Each center offers drop-in support, recovery coaches, and naloxone. Whether someone is taking their first step or supporting a loved one, peer recovery staff are ready to help. For more information about locations in Houlton, Caribou, Calais, and Machias, or to contact any center directly, visit amhc.org/substanceuse.

Breaking Barriers to Opioid Recovery

AMHC and UR Medicine Train Community Facilitators

AMHC, in collaboration with University of Rochester Medicine Recovery Center of Excellence, presented the “Community Conversations on Opioid Use Disorder & Train the Trainer Workshops” in October 2024. The workshops were attended by nearly 25 community members in three locations across Aroostook County and focused on reducing stigma surrounding substance use disorder in rural communities; stigma is a significant barrier to recovery by improving access to support and treatment. The morning workshop engaged participants in discussions that go beyond traditional academic approaches, bringing the issue of substance use disorder to life through portraits and videos of individuals who have experienced it firsthand. In the afternoon, attendees immersed themselves in the Community Conversations on Opioid Disorder curriculum, honing their facilitation skills and learning how to deliver the workshop effectively in their communities.



HRSA Grants Provide Education and Training to 200+

Participants Gain Valuable Skills in Behavioral Health and Prevention

More than 238 individuals participated in the following opportunities made available through HRSA RCORP Implementation III and Behavioral Health Support grants*:

- ✓ 24 community members and AMHC staff participated in one of three Community Conversations for Opioid Use Disorder (CCOUD) workshops focused on stigma reduction and shared understanding for those challenged with a substance use disorder.
- ✓ 9 individuals received stipends while interning at AMHC. Internships in behavioral health are traditionally unpaid positions, creating financial barriers and reducing the potential number of students who select this field.
- ✓ 54 Aroostook County youth and adult leaders participated in SUD Prevention/Resiliency trainings at Aroostook Teen Leadership Camp.
- ✓ 14 AMHC staff attended a first-ever Peer Retreat Day.
- ✓ 332 Aroostook and Hancock County students received evidenced-based prevention education through Botvin Leadership Skills Training during the 2024/2025 school year, provided by AMHC Prevention Specialists.
- ✓ 9 AMHC staff received Mental Health First Aid (MHFA) training. As a result, AMHC now offers the MHFA curriculum to youth and adults in schools, social service programs, and other local venues.
- ✓ 78 students at Jonesport Beals and 50 students at Calais schools in Washington County benefited from school-based community health navigators. As trained public health workers, they serve as a bridge between providers and individuals to promote health, reduce disparities, improve service delivery, and advocate for individual and community needs.
- ✓ Since its launch in September 2023, Share Facts Save Lives (SFSL) has reached thousands through its website and social media channels about substance use disorder. Material is accessed through ShareFactsSaveLives.org.

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Connecting Across Communities



AMHC Brings Behavioral Health Education to the Community

AMHC staff participated in numerous outreach activities and tabling events at health fairs, recruitment events, and school-based informational sessions throughout 2025. Educating our communities on the behavioral health services provided locally is essential, and the number of requests to participate in outreach events continues to increase as awareness grows about the comprehensive range of services AMHC offers across Aroostook, Hancock, and Washington counties.

As the largest behavioral healthcare provider in the region with nearly 30 service locations, AMHC's outreach efforts reflect the breadth of programs available to community members. Staff representing multiple programs set up informational tables at community events, creating accessible touchpoints where residents could learn about mental health services, substance use treatment, crisis support, sexual assault advocacy, and recovery resources.



At the University of Maine at Presque Isle Convocation and Community Block Party, Karessa Greiner represented CCBHC, Tessa O'Donnell shared information about the Aroostook Recovery Center of Hope (ARCH), Justin Martin provided education on OPTIONS, and Ceaira Orr connected with students about Sexual Assault Services. Staff engaged with students, faculty, and community members throughout the event, answering questions and distributing educational materials.



By participating in community events across three counties, staff create low-barrier opportunities for residents to learn about services in familiar, comfortable settings. These face-to-face connections help reduce stigma, answer questions, and demonstrate that help is available locally. Each interaction represents a potential pathway to support for someone who needs it, whether they're facing a mental health challenge, seeking substance use treatment, or looking for recovery support services.

World-Class Concerts in Rural Maine Communities

AMHC hosted Boston-based concert pianist Miki Sawada in Presque Isle and Calais for her Gather Hear Maine Tour last October. Miki tours communities nationwide, focusing on rural areas, traveling with her piano to deliver world-class concerts in neighborhood gathering spaces, and connecting with Americans everywhere. The concert program, titled "Maine the Beautiful," featured music inspired by the woods and the ocean, as well as music that offers commentary on America's past and present. More than 100 individuals attended the events, which would not have been possible without our local partners. They helped bring together community members who may not otherwise have had access to a concert like this.



Event Celebrates Compassion and Community Care

AMHC held a first-ever Community Appreciation Day on August 8, 2025 at the Caribou Wellness & Recreation Center. Approximately 300 community members attended the free event which included food, a bouncy house, dunking booth, family activities, and prizes throughout the day, along with a resource booth to share information about the programs and services that AMHC offers for adults, children, and families. "A strong community is built on compassion, connection and care," shared Christine Lapointe, AMHC Therapist and event organizer. "This day was about celebrating the power of coming together to uplift, to heal, and to give back."

Strengthening Systems for Integrated Care



ARIZE Platform Streamlines Healthcare Navigation

AMHC is implementing a new electronic health record system designed with client needs at its center. The platform, known as ARIZE by Cantata, reflects months of careful planning and collaboration to improve how clients access care and how staff deliver services. The new system offers features clients have requested: one-click access to telehealth appointments, clear appointment reminders with rescheduling options, secure messaging between clients and providers, electronic signatures, and a client portal for accessing health records.



In early 2024, AMHC formed an EHR Committee with representatives from multiple departments to identify what a new platform needed to accomplish. The committee interviewed six vendors before selecting the system that best meets the needs of clients, staff, and the organization. The new platform is scheduled to launch in February 2026, reflecting AMHC's commitment to building infrastructure that supports accessible, person-centered care across three counties. Committee members guiding this work include Jennette Hitchcock (Project Lead), Lori Deschaine (COO), Jason Cyr (Systems Analyst/IT Manager), Cheryl Johndro (Billing Manager), Judith Feibus (Quality Department Manager), and Michele Fitzpatrick (Electronic Health Record Coordinator).

Person-Centered Model Serves 4,500 Clients

In 2021, AMHC was designated as a Certified Community Behavioral Health Clinic (CCBHC), a recognition that reflects the organization's commitment to integrated, person-centered care. This designation supports AMHC's ability to provide comprehensive behavioral health services while ensuring that no one is denied access due to inability to pay.

The CCBHC model brings together mental health and substance use treatment in a coordinated approach that puts the client at the center of all services. It emphasizes collaboration among community partners, health professionals, and clients themselves to address the whole person rather than treating concerns in isolation. This integrated approach allows AMHC to connect individuals and families with the full range of services they need, from counseling and crisis support to care coordination and community-based programs.

A key component of the CCBHC model is Care Coordination, a service designed to help individuals and families navigate the behavioral health system. AMHC's Care Coordinators work closely with clients, their families, and their providers to ensure that care is organized, goals are clear, and no one feels alone in their journey. Whether someone is managing mental health concerns, substance use challenges, or both, Care Coordinators offer tailored support, consistent communication, and connec-



tions to resources across Aroostook, Hancock, and Washington counties. The service is particularly valuable for people with co-occurring mental health and substance use disorders, those transitioning between care settings, and families supporting loved ones with complex needs.

AMHC's CCBHC designation strengthens the organization's ability to serve up to 4,500 clients across three County locations. In just one year, AMHC expanded access to CCBHC services to more than 625 clients, tripling the original goal of 175. It ensures that individuals receive comprehensive, coordinated care built around their unique needs and goals. This model reflects AMHC's mission to provide integrated healthcare services that empower individuals to recover and enhance their overall quality of life, while building stronger connections between people and the care they need.

Impact Through Partnership & Community Support



Ellsworth Partnership Connects Officers to Crisis Care

In Ellsworth, a new partnership between the local police department and AMHC is changing how the community responds to mental health crises. Officers were responding to hundreds of mental health calls each year without specialized training to connect people to ongoing care. Now, when someone calls 911 for a mental health concern, they receive an immediate response from both an officer and a trained crisis worker.

Olivia Brown (left) joined the Ellsworth Police Department as their first embedded social worker in January 2025, followed by Amber-Rae Pesek (right) in July. Once scenes are secure, they conduct assessments and connect individuals to appropriate resources while officers return to other calls. They work with the department to identify case types and build their co-response presence. “We see people at really low points in their lives,” Brown said. “To be able to support them and connect them with things to help them feel better is a really good thing.” Ashley Pesek, AMHC’s mobile crisis services manager, notes the growing demand makes this partnership essential for efficient access to care.

Foundation Supports National Conference Attendance

A generous gift of \$3,500 from the Celia Lipton Farris and Victor W. Farris Foundation Home Community Fund provided AMHC an opportunity to send two individuals to this year’s National Council for Behavioral Health’s 2025 national conference. The foundation supported several colleagues from Maine Coalition for Behavioral Health partner organizations to attend and then facilitated a networking and planning session post-conference to support shared learning and collaboration among the state’s behavioral health leaders. The conference offered attendees access to the latest evidence-based practices, policy developments, and innovative approaches to behavioral health care delivery.



Collaboration Creates Healing Outdoor Space

The Central Aroostook Chamber of Commerce held a ribbon cutting on Monday, August 18 to celebrate a new gazebo for Skyhaven, AMHC’s residential home in Presque Isle. This project was made possible by community partners, including Presque Isle Kiwanis Club who donated \$2,500 for the project; S.W. Collins who offered a discount on the price of materials; and Frank Pytlak, who designed and built the gazebo. Skyhaven offers a 24/7 structured and supportive living environment for adults 18 and older with serious mental illness. Residents now have an opportunity to step outside and enjoy nature; be it rain or shine. The gazebo contributes to their well-being and recovery by offering an outside space that is under cover to reflect, read a book, and socialize.



Local Philanthropist Supports Workforce Development

In April 2025, Christy Daggett, CEO, accepted a \$5,000 donation from local philanthropist Karen St. Peter. Her generous gift is providing matching funds to staff who are advancing their educational pursuits in behavioral health. Recognizing that our service area is in a mental health workforce shortage, Karen approached AMHC to see how she can help, and we are grateful for her thoughtful support!



Partnership with UMFK Builds Youth Leadership Skills

54 campers and student staff members attended ATLC at the University of Maine Fort Kent. 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 to youth.

ATLC is only possible with the generosity of its major funding sources. Major donors (\$1,000-\$30,000) include Maine Youth Action Network, Elmina Sewall Foundation Legacy, HRSA Behavioral Health Support grant, Harold Alford Foundation, 1st District Masters & Wardens Association, Center Transportation, Center Farms, and Garfield Royal ARCH Chapter #48. Another two dozen organizations and businesses provided monetary and in-kind donations. All funds raised focus on positively promoting youth to inspire leadership potential and substance-free living.

Knights of Columbus Council Supports SJVA & MGH

AMHC thanks the Knights of Columbus State Council for its ongoing support of St. John Valley Associates (SJVA) and Madawaska Group Home (MGH). The council provided \$400 to each program to support the work they do for individuals with intellectual disabilities and individuals with serious mental illness.

Multi-Agency Alliance for Youth Prevention

AMHC was pleased to be one of the many partners who supported the "Every 15 Minutes" program at Houlton High School on May 7-8, 2025. The Link for Hope Coalition, in conjunction with Houlton Jr. Sr. High School, conducted a simulated drunk driving traffic collision as part of the nationwide "Every 15 Minutes" program. This two-day event demonstrates to high school students the impact drinking/drugging and driving has on friends, families, and their community.

"Every 15-minute segment of the program was an experience that highlighted the community's deep support and its willingness to engage in difficult but necessary conversations with adolescents," said Julia Macek. "Hearing students share what they felt as the event unfolded, seeing their classmates portrayed as victims even though they knew they were not truly gone, was profoundly moving. The emotions expressed, the shock of the visuals, and the honesty of the discussions created a powerful atmosphere. This experience left a lasting impression, and it is clear that students will carry forward the lessons learned about choices, consequences, and the value of life."

The event included emergency responses from police, fire, ambulance, and the coroner, as would an actual collision. Additional partners included Region Two School of Technology, Houlton Police and Fire Departments, Houlton Regional Hospital, Maine State Police, the Aroostook Sheriff's Office, Bowers Funeral Home, and community volunteers too numerous to name.



Service That Makes a Difference

Staff Members Reach Milestone Service Anniversaries

AMHC is proud to recognize **34** staff members for their milestone anniversaries in 2025. Together, they represent **540** years of dedicated service to AMHC, its clients, and the communities we serve across Aroostook, Hancock, and Washington counties. As the region's largest behavioral healthcare provider and a Certified Community Behavioral Health Clinic (CCBHC), AMHC depends on the commitment, compassion, and expertise of its team. We celebrate their tremendous contributions and extend our sincere thanks for all they do to support recovery, resilience, and hope.

Pauline Charette: 45 Years of Dedication



Pauline started her career with AMHC in 1975 as an Administrative Support Specialist in Fort Kent, a position she still holds today. In her career, she states, "I recall getting the phone call informing me that I was hired to work with the Aroostook Mental Health Center. It felt like a privilege working for the one and only Mental Health Center in the St. John Valley at that time. After working for AMHC for a total of 45 full-time years and five part-time years, it is still an honor to be associated with AMHC. I have worked with several top-notch leadership staff who have dedicated their careers to helping others. My experience working at AMHC has been a blessing. I have had many opportunities to expand on my knowledge base and skill sets. This allowed me to work in several capacities, which has kept me motivated to do more. There has never been a dull moment at AMHC. I am thankful to have been afforded the opportunity to

work with a diverse group of exceptional individuals who are ready to dedicate themselves to helping others. It has been a pleasure and continues to be so!"

Her close collaborator, Fort Kent Office Manager and Clinical Consultant, Louise Nadeau, says, "Pauline's remarkable dedication to our agency over the past 50 years is truly inspiring. She has a gift for fostering collaboration, lifting others up, and finding solutions that support everyone. Her steady presence and positive influence have shaped the caring, connected culture we are so proud of today. I appreciate her upbeat energy that lifts everyone around her. She is a shining example of teamwork and dedication, and we are grateful for all she brings to our agency every day."

Karen Dube: 45 Years of Commitment



Karen started with AMHC as per diem Administrative Support staff at the St. John Valley offices in 1980. She went on to provide administrative services part-time in Fort Kent and Madawaska before transitioning to full-time at the Madawaska Outpatient office. During her time with the organization, she says, "Throughout my years at AMHC, one of the things that resonates with me is the positive impact that we have on our clients. It is very rewarding and gratifying to see people blossom and thrive. It never ceases to amaze me to see the change that is created. I am blessed to have been provided with the opportunities that I was granted by this agency, and I have been blessed to come to work every day to be part of such a strong, dynamic team."

Her close collaborator, Fort Kent Office Manager and Clinical Consultant, Louise Nadeau, states, "Karen's cheerful disposition, unwavering dedication, and willingness to always go the extra mile have made a lasting impact on everyone around her. I appreciate her readiness to help others, her positive spirit, and her 45-year commitment to our agency, which is truly remarkable. She brings warmth and encouragement, helping others feel valued and supported. She is an inspiration to us all, and we are deeply grateful for her years of service, kindness, and support."

5-Year Service Awards

Kelly Allen, MHRT-1
Residential Counselor, Skyhaven

Kala Chandler, MHRT-C
Adult BHH/Community Integration Specialist, Machias Outpatient

Megan Doody, LCSW
Therapist-Consultant, Caribou Outpatient

Diane Gendreau
Administrative Support Specialist (EAP), Madawaska Outpatient

Gene Johnston
Residential Counselor, Skyhaven

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

Julia Miller
Director of Sexual Assault & Prevention Services, Ellsworth Outpatient

Theresa Shaw
Quality Assurance Specialist II, Presque Isle Outpatient

Nicholas Silver, MHRT-CSP
Crisis Services Manager, Caribou Outpatient

Sarah Deschene
Family Visitation Worker, Caribou Outpatient

10-Year Service Awards

Melanie Tompkins, LCSW
HCT Therapist-Consultant, Caribou Outpatient

Gina (Clark) Beach, BHP
School-Based Behavioral Health Professional, Calais Alternative School

Julie Crocker Cramer
Administrative Support Specialist (Psychological Services), Calais Outpatient Offices

Marion Donahue
Administrative Support Specialist (Outpatient), Presque Isle Outpatient Offices

Charlotte (Charlie) Hanning, MHRT-1
Mobile Crisis Services Provider, Presque Isle Outpatient Offices

Judith-Eve Moulton, MHRT-CSP
Mobile Emergency Services Specialist, Fort Kent Outpatient Offices

Pamela Searles, OTR/L, CBIS
Neuro-Rehabilitation Services Manager, Center for Integrated Neuro-Rehab (CINR)

Diane Vo, Psy.D.
Psychologist, Caribou Outpatient Offices

15-Year Service Awards

Christina Wall, LCSW
Therapist-Consultant/Service Site Coordinator, Adult Crisis Stabilization Unit

Amanda Brown, BHP
School-Based Behavioral Health Professional, Calais Outpatient Offices

Michele Fitzpatrick
Electronic Service Record Coordinator, Houlton Outpatient Offices

David Kneeland, BHP, OQMHP-C, PNMI, MHRT-1
Residential Shift Lead, Calais Residential Offices

Ashley Pesek, LCSW, MHRT-CSP
Mobile Crisis Services Manager, Ellsworth Outpatient Offices



20-Year Service Awards

Amber (Fitzpatrick) Rouse, OQMHP-PNMI, MHRT-CSP
Call Center Specialist, MHRT-CSP, Call Center, Presque Isle

Jason Cyr
Systems Analyst/IT Manager, Central Administrative Offices

25-Year Service Awards

Christopher Ramsey, MHRT-CSP, MHRT-1
Adult Crisis Stabilization Counselor, ACSU - Presque Isle

Christine Brown, LCSW, CCS
Program Director, Community Integration Services, Central Administrative Offices

Maria DuBois, MHRT-I, MHRT-C, MHRT-CSP
Medical Assistant, Caribou Outpatient Offices

30-Year Service Awards

Dale Saucier, LCSW
Therapist-Consultant, Presque Isle Outpatient Offices

Kelly Scott, LADC, CCS, OQMHP-C
Adult Program Manager, Caribou Outpatient Offices

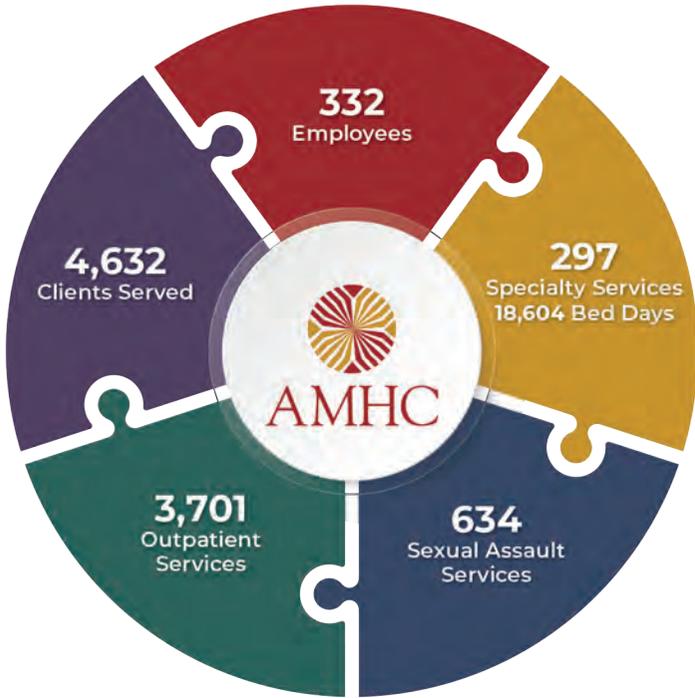
35-Year Service Awards

Michael Yarema, LADC
Substance Use Counselor, Residential Treatment Facility (RTF)

David Harlan, LCSW
Therapist-Consultant (Outpatient), Ellsworth Outpatient Offices

Al Whitten, OQMHP-CR, LSW, MHRT-CSP, MHRT-C
Residential Counselor, Skyhaven

2025 Impact Report



60%
ADULTS
OF THE 4,632 CLIENTS SERVED



24%
CHILDREN
OF THE 4,632 CLIENTS SERVED



16% NOT DISCLOSED OF THE 4,632 CLIENTS SERVED

47%



MEN
OF THE 4,632 CLIENTS SERVED

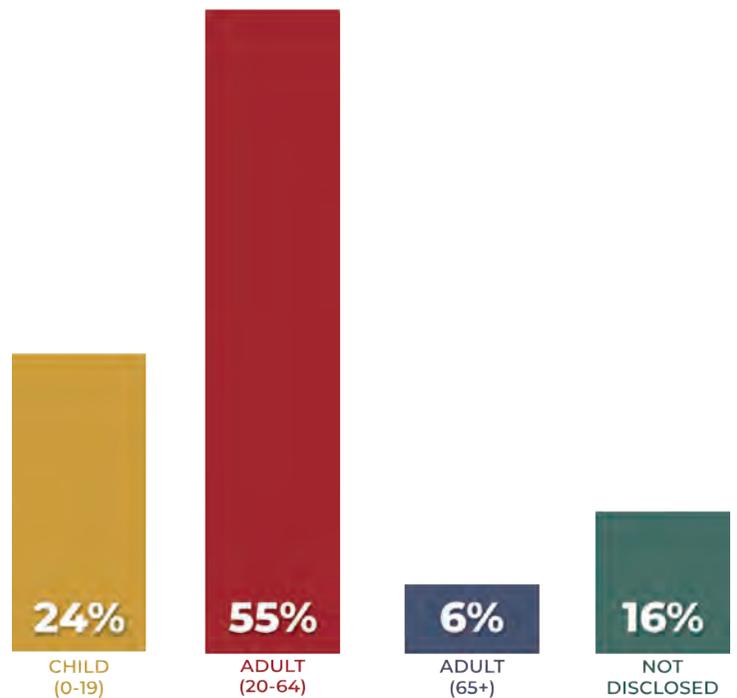
47%



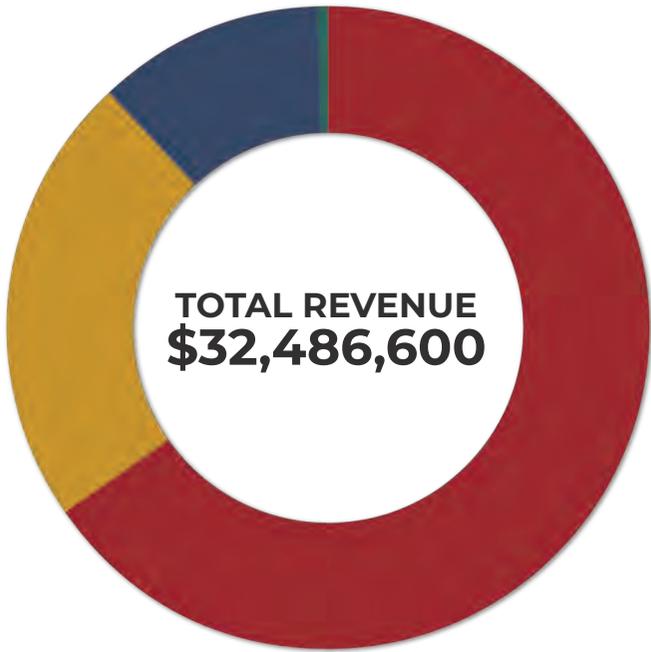
WOMEN
OF THE 4,632 CLIENTS SERVED

6%

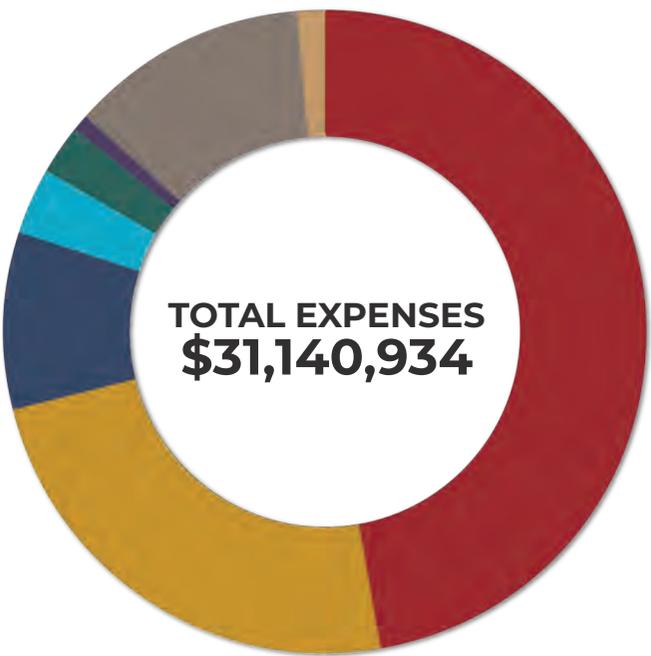
OTHER/UNKNOWN
OF THE 4,632 CLIENTS SERVED



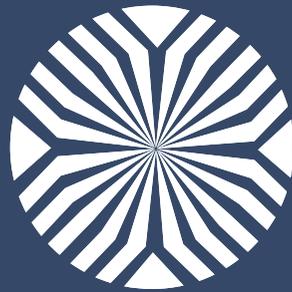
2025 Financial Report



●	Direct Revenue.....	\$21,241,418
●	Grant Revenue.....	\$7,371,936
●	Other Income.....	\$3,714,094
●	Interest Income.....	\$159,152



●	Outpatient Services.....	\$14,760,041
●	Residential Services.....	\$7,461,201
●	Crisis Services.....	\$2,725,393
●	Sexual Assault & Prevention Services.....	\$1,086,308
●	Community Integration.....	\$736,000
●	CINR/Rehab Services.....	\$280,417
	Total Program Service Expenses	\$27,052,360
●	Administration and General.....	\$3,742,008
●	Construction Project.....	\$346,566



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