

BREAKING BARRIERS

Recent Events

- ELC received a donation from the Knights of Columbus for pool upkeep
- UCP received a grant from Bangor Savings Bank for our NPP expansion in 2016
- UCP staff participated in the Hike for the Homeless on April 9th to support the Bangor Area Homeless Shelter
- UCP received donations from Hannaford on Broadway and Union during their bags4acause promotion
- UCP participated in a PB&J Fundraiser in conjunction with Bangor Savings Bank and our local food banks. We donated over 65 items!

Upcoming Events

- Autism Walk - April 24, 2016
- UCP's Spring Dance – May 13, 2016

Spring BOGGLE

- The letters in the words must be connected in the same order in the grid.
- The letters can be connected by an edge/corner
- The word doesn't have to appear in a straight line. It can be tangled around.
- Each letter in the word must uniquely appear in the grid. An example, if the word is ERASE, the letter E must appear twice in the grid. The word can't loop back and re-use the same E.
- Words must be at least 3 letters long
- Words cannot be a proper noun, such as a name or place.

Find 10 Spring related words

T	P	S	O
Y	A	R	E
M	I	L	W
U	N	F	O
S	D	G	R

Answers: Mud, Sun, Rain, Flower (s), Grow, May, Rose, Golf, Spring, April

UCP of Maine SPOTLIGHT

The Elizabeth Levinson Center (ELC) may be one of Bangor's best-kept secrets! ELC has been serving people with medical and intellectual disabilities at 159 Hogan Rd. since it opened in 1971. Since then, there have been many changes, including changes in leadership, and the addition of a heated, indoor pool, family room, and sensory room. What has remained the same is ELC's commitment to high quality care.

ELC is a 14 bed Intermediate Care Facility for individuals with Intellectual Disabilities (ICF/IID). Residents are children and adults from across the state of Maine who require ongoing medical and habilitation treatment. They receive 24 hour/day, 7 day/week nursing and personal care, as well as training in activities of daily living from skilled CNA/DTAs and nurses.

ELC's focus is to provide a warm, safe home environment, in which residents have the opportunity to reach their full potential and enjoy a high quality of life. Family involvement is encouraged through Skyping, phone calls, home visits and seasonal events. Residents attend school or day program, participate in community activities, and enjoy enrichment programs at ELC. The center provides onsite social services case management, person-centered plan development, and physician oversight. Residents also receive consultative services from physical, occupational and speech-language therapists, in addition to comprehensive medical care from contracted providers.

One common misconception is that ELC is a pediatric facility. When ELC was state-owned, residents were discharged to adult ICFs at the age of 21. When ELC became part of UCP in 2009, the decision was made to allow residents to age in place. Currently, 3 children and 11 adults live at ELC. Residents range from 8 to 33 years of age.

Individuals are qualified for admission to ELC through medical referral and psychological evaluation. A diagnosis of intellectual disability and the need for 8 hours of nursing care per day are verified by the Office of Aging and Disability Services. To make a referral, or for more information, please contact Sarah Taylor at 207-992-0665 or sarah.taylor@ucpofmaine.org. www.ucpofmaine.org

Nurturing Parenting Group for Fathers

UCP of Maine is now taking referrals for the Nurturing Parenting for Fathers group. This is a free 13 week education/support group for fathers of children birth through 18.

NPP for fathers explores the roots of fathering such as how we were raised, values, managing stress, problem-solving, resolving conflict and being an effective co-parent, balancing work and fathering, as well as discipline and nurturing strategies.

For more information about the program please go to our website: www.ucpofmaine.org or call Jared Dolley, Intake Coordinator at 207.941.2952 ext 333.

Note from Sadel Davis, Director of Behavioral Health Home and Case Management



For the last couple of years, UCP of Maine has been increasingly involved with a statewide healthcare information system called HealthInfoNet (HIN). HIN combines information from

separate healthcare sites to create a single electronic patient health record. This allows approved healthcare providers to quickly access the information they need to make better decisions about their patients' care, especially in an emergency. For mental health providers this can lead to more accurate diagnosing, and hopefully a closer working relationship with a client's medical team.

We've met many milestones recently in our work on this project, which has earned us a good portion of the \$70,000 grant we were awarded by HIN through the State Innovation Model. Some of these milestones included having an electronic medical record (EMR) that is compatible with HIN, and most recently managing a quality improvement project.

We're excited to continue down this health information technology path. It should improve the quality of information-sharing between providers, and help us to highlight the importance of behavioral health in discussions of integrated healthcare.



Share your UCP of Maine story:
office@ucpofmaine.org

5 Things You Might Not Know About Transitioning from Children's to Adult Case Management

1. Determining eligibility for Adult Case Management in Section 13 of MaineCare begins with Children's Case Management and the Office of Aging and Disability Services (OADS). Ask your Children's Case Manager about the "17-year old packet," and that should get the ball rolling. Your Case Manager will provide information to the folks at OADS about your child, and OADS will want a psychological evaluation stating that your child has either an Autism Spectrum Disorder or an Intellectual Disability. If your child has a different behavioral or medical diagnosis, they may be served under Section 17 or Section 19 of MaineCare.
2. Even if found eligible, your child can stay with Children's Case Management until he or she turns 21, and can continue with in-home services for families and minors such as Home and Community-Based Treatment (HCT) and Rehabilitative and Community Services (RCS).
3. Fear not! The adult world is full of support programming. These services focus on personal independence and community inclusion, and employment is also a big goal in the adult world. In fact, a person can access vocational rehabilitation with or without a case manager, and without being involved in any other programs. "Voc Rehab," as it's commonly referred to, is meant to help your child find and keep a job. Home, community, and work support programs abound, and there are other benefits to accessing adult programming – or Waivers – as they are commonly known. Some additional benefits might include adaptive equipment if your child has safety or mobility issues.
4. Having guardianship of an adult child or ward is a tricky thing for many families. As an adult, your child basically has all the rights and freedoms you do. There are protections in place to make sure your adult child is safe, but he or she also needs the space to make mistakes and learn from them. Making this adjustment can be difficult for parents as their child with special needs enters adulthood. The folks at Disability Rights Maine are helpful when trying to understand the rights of your adult child.
5. The adult world can be highly technical at times so really lean on your case manager as a resource in trying to understand the ins and outs of it all. The article found in the following link is also a helpful resource for the transition you are facing:
<http://www.gearparentnetwork.org/advice-for-transitioning-adult-child>

In March, UCP noticed that Bangor Savings Bank was holding their annual Peanut Butter and Jelly Drive to collect this yummy and nutritious treat for local food pantries. We wanted in on this noble cause, so we organized a PB&J Drive here at UCP and made one big donation from the UCP family to Bangor Savings Bank. Neighbors helping neighbors...It's what we do!

UCP OF MAINE
700 MOUNT HOPE AVE, SUITE 320
BANGOR, MAINE 04401
207.941.2952 • FAX: 207.941.2955

WWW.UCPOFMAINE.ORG



Be sure to follow us!