

BREAKING BARRIERS

Recent Events

- ELC hosted its annual Family and Friends Holiday Party on December 12th. Santa also paid a visit, courtesy of the Knights of Columbus.
- UCP implemented a new EMR
- UCP held its 13th annual Pumpkins in the Park, Oct 25, 2015 which saw over 4,000 people
- UCP had its annual Pie Sale November 25, 2015
- UCP held its annual Holiday Door Decorating Contest
- UCP held their annual Holiday Pancake Breakfast for all staff on 12/11 and 12/16

Upcoming Events

- United Way of Eastern Maine's Campaign Finale - February 2016
- UCP's Spring Dance – April 2016

Holiday Happenings



Christmas 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 Christmas related words

N	O	W	P
S	T	E	B
N	A	A	L
C	R	O	L
E	H	Y	J



Answers: Jolly, Holly, Joy, Santa, Peace, Bell, Carol, Snow, Star, Noel

UCP of Maine *SPOTLIGHT*

Two of UCP of Maine's home-based services offered to children ages birth through 20 years old are Home and Community Support Services (HCT) and Rehabilitative and Community Support Services (RCS).

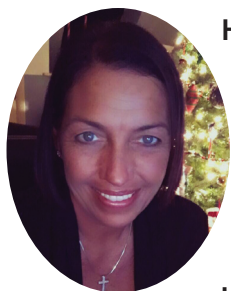
HCT services are a Mainecare mental/behavioral health, family and individual treatment service that is delivered in the home. It is a more intensive service than Outpatient therapy. Typically children are referred to HCT when Outpatient hasn't been effective or when stepping down from a higher level of care such as residential, hospitalization or day treatment. HCT treats a broad spectrum of mental health issues such as Trauma, Attention Deficit and Hyperactivity Disorder, Anxiety, Depression, family conflict, Complicated Grief, and Autism Spectrum Disorders. The HCT team includes a licensed clinician and bachelor's level Behavioral Health Specialist. Treatment focuses on such things as psychoeducation, coping/communication skills, behavioral management, parenting, to name a few. Parental participation is a foundational element of the service and improves the outcome and sustains positive changes after the service has ended.

RCS services are a Mainecare rehabilitative service for youth with delays in developmental milestones and functional abilities due to the effects from mental health issues, Autism Spectrum Disorder or medical conditions. Children are qualified through 1 of 3 approved standardized assessments or if they are under 5 years old approval is given with a doctor's note attesting to the medical necessity of this service. RCS services focuses on living skills: hygiene, social skills, problem-solving, community integration, self-care, etc. The RCS BHP works with the parents and the child in the home and community. Caregiver involvement is also a critical element in RCS services.

A couple common misconceptions are 1. RCS is a step down service from HCT. There is no clinician in the RCS service so it may seem less intensive. The real distinction is when there are family system issues and mental health issues that go beyond just addressing the delays and functional abilities. HCT is a more suitable service. 2. That there is less expectation for parental involvement in RCS. The Mainecare rules for parental participation are the same in both programs.

To make a referral or for more information on these or other programs please contact Jared Dolley at (207) 941-2952 ext 333 or jared.dolley@ucpofmaine.org. www.ucpofmaine.org

Note from Jodi Fadrigon, Director of Quality Assurance



Here at UCP of Maine client care is our number one priority.

One of the most important ways we do this is through our 238 employees who are dedicated and engaged every day in providing excellent service. The second is by our support staff who works tirelessly to provide our employees with the tools they need to do their jobs well. At UCP of Maine we strive for excellence in quality in everything that we do.

We recently implemented the use of a new EMR (Electronic Medical Record), ClaimTrak. This system will enhance client care, employee satisfaction and ensure the delivery of quality services that UCP of Maine is known for.

We are excited about the energy that this generated among our employees and the momentum it brings as UCP of Maine continues to provide the highest quality of care within the communities we serve.

Success at UCP of Maine

As part of being an Adult Community Case Manager here at UCP we work with clients on reaching goals that they set each year - sometimes all year long!

One of our clients in particular, Sabastian, had the dream of getting his state of Maine driver's license. After working hard and saving his money he was able to take a driving simulator that would look at his abilities of becoming a licensed driver. He waited weeks in anticipation for the results to see their suggestions; is he ready and prepared to drive? For this particular gentleman it wasn't what he had hoped it to be. With the support from his family and all his providers he was able to see this as a goal to work towards and complete. Driving takes courage, attention, responsibility, trust, practice, time and patience. Together with the exam test, which then led him to take driver's education, studying the manual, private driving lessons, and support from his team, he was working towards his goal.

On December 2nd, 2015 he became a state of Maine licensed driver; his GOAL! Congratulations on your hard work, dedication and never giving up on your dream.



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

Dear UCP of Maine

Dear UCP of Maine:

I'm trying to decide which agency to work with to get services for my child. When I look at the lists, it seems like a lot of behavioral health agencies are similar. What makes you stand out? What do the families you work with say about your services?

-Decision Making Mama

Dear Decision Making Mama:

Here at UCP of Maine, we believe very strongly in actively pursuing evidence-based trainings for our staff. That means these trainings have been shown to work effectively over time. Most of the families we work with are very happy with UCP of Maine's services. In fact, some of them remain clients for 10+ years (depending on the service being accessed). One recent comment in UCP of Maine's satisfaction survey said, "UCP of Maine has been an intricate part in keeping [the client] happy and healthy." We like to let the families speak for themselves!

-Sincerely, UCP of Maine

5 Things You Might Not Know About UCP of Maine

1. The ELC (Elizabeth Levinson Center) pool is open to the public. Please call 941-2952 ext. 660 for more information on how you can use the pool.
2. The Bridges early intervention program is not just for children with Autism. Bridges also serves children with speech and language disorders, cognitive, gross motor, fine motor, vision/hearing loss and social/emotional disabilities.
3. There are over 80 UCP locations in the US, Canada and Australia.
4. UCP of Maine BHP's are trained in a technique called Motivational Interviewing. This technique allows BHP's to engage clients in more productive conversations about making changes in their life.
5. UCP of Maine has 238 employees serving clients across 8 different counties.

Client Artwork



Pictured above is Tim with one of his many pieces of art work he created at Amicus's Penobscot Valley Industries.

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Be sure to follow us!