

## Recent Events

- UCP's annual Spring Dance held on May 13th was a fun time for all in attendance and a great success.
- Bridges employees participated in the annual Autism Walk. It was a good time meeting with past and current families that we serve. The walk raised approximately \$57,000 for the Maine Autism Society.
- ELC residents and staff hosted a Spring Fiesta for family and friends, featuring Mexican fare, games, pinatas and door prizes.
- ELC residents and staff participated in the Make-A-Wish Walk to fundraise for children with terminal diseases.
- ELC residents and staff teamed up to build and creatively showcase their model cars. Everyone got a chance to vote on their favorite, and the winning team took home bragging rights!
- ELC's recent renovations have included repainting and new cabinet doors in a resident dining room and repainting and new flooring in a resident bathroom.

## Upcoming Events

- ELC Fall Frolic - Sept. 2016
- ELC Camp Capella Trip - Sept. 2016
- Direct Support Professionals Week - Sept. 11-17
- Environmental Professionals Week - Sept. 11-17
- Food Services Professionals Week - Sept. 18-24

## Pumpkins in the Park Looking for Volunteers

The 14th annual trick-or-treating event is growing and we need some helping hands. Whether it's assisting with setup, selling tickets, supervising kids in the bounce house, painting faces, keeping traffic flowing, making popcorn, working the photo booth, and so on, Pumpkins in the Park is only possible with the kindness of our volunteers.

This year's event will be held on Sunday, October 23rd from Noon to 5pm at the Anah Shriners 1404 Broadway in Bangor, but your help would be appreciated at any point throughout the day.

If interested and available, please contact Jonathan Smith at 941-2952 ext. 218 to sign up and for more information.

## Featured Occupation: Direct Support Professionals

By Laurel Criss

As Direct Support Professionals, our main goal is to always make sure clients are given the care they need and that our clients are reaching their full potential.

One of the best ways to make sure that we reach our goal is by having strong relationships with our clients. We help them find their independence by teaching them personal hygiene, how to cook and how to clean. We educate our clients on how to have safe and healthy relationships with friends, family and significant others.

The other part of our job is less fun, the paperwork, the doctor appointments, the passing

of medications, and keeping ourselves up to date on our certification. Once a year, we refresh ourselves on how to diffuse conflict safely in our Safety Care class. Once every two years we re-certify ourselves through our CPR/First Aid classes, and our Certified Residential Medication Aid classes. These are all part and parcel of keeping our residents safe and healthy.

While our job is difficult at times and isn't always a basket of roses, we choose to come in everyday because we know that we are making a difference for our residents. Their goals can be reached because we care enough to help them, whether it's to be an open ear for them to express their concerns, or to be a shoulder to cry on because they're frustrated with a relationship.

## Providing a Home, Not Just a Place to Live

By Will Sewall

UCP of Maine operates 4 residential support homes in Bangor and Brewer for adults with intellectual disabilities and physical disabilities. The homes have been serving clients since 2004 and currently have capacity to serve 9 clients.

Developmental disability services have migrated over the years from large institutions to group homes built on a flexible model and dynamic system focused on the individual being fully integrated into their home community. At UCP our residential facilities offer a wide-range of living options – from living with minimal staff support to full range 24-hour a day dedicated staff. These include family-style homes, mini-apartments with a common area, and homes with a housemate(s) – each designed to meet the individual's need and offer a sense of security and well-being. The homes are staffed with qualified Direct Support Professionals/Certified Residential Medication Administrators.

Residents are assisted with medical, dental, and special care. Two of our homes are reviewed annually and licensed by the Department of Health of Human Services. Residential services include,



(David Adams, residential support home resident.)



but are not limited to training, and assistance in the following areas: personal care, medication administration, activities of daily living, independent living (including general practices to promote a healthy lifestyle and exposure to a variety of leisure activities), socialization, academic, and budgeting/banking skills.

Staff regularly offer community outings such as shopping, going to movies, and traveling to visit and attend family functions. We have recently transported a client to Portland to see a family member. It has become a tradition for staff to transport one of our clients to Mars Hill to attend his family reunions each summer.

# Suicide Awareness & Prevention

By Katie Mikowski, LMSWCC

## Did you know...

Suicide does not discriminate. It is a problem that cuts through every culture, social class, and income level. People of all genders, ages, and ethnicities are affected. Many people are uncomfortable with the topic of suicide. Too often, victims are blamed and their families and friends are left stigmatized. As a result, people rarely communicate openly about suicide. Thus, an important public health problem is left hidden in secrecy, which hinders effective prevention. Suicide is tragic, but is often preventable. Increased awareness and knowing the risk factors for suicide and who is at risk can help reduce the suicide rate.

## Who is at risk?

People most at risk tend to share certain characteristics. The main risk factors for suicide are:

- Depression, trauma, extreme stress, other mental disorders, or substance abuse disorders
- A prior suicide attempt
- Family history of a mental illness or substance abuse
- Family history of suicide
- Incarceration, being in prison or jail
- Family violence, including physical or sexual abuse
- Having access to pills, guns or other firearms, or other ways to kill oneself
- Being exposed to others' suicidal behavior, such as that of family members, peers, or media figures

## How do you know if someone is suicidal?

ASK!!! Many people worry that asking or talking about

suicide will give a suicidal person ideas or make the situation worse. In fact, the opposite is true! Bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do. While some suicides do occur without any outward warnings, most

people who are suicidal do give some sign that they are thinking about suicide. By knowing the signs, and what to do if you see them, you can help prevent a suicide. The most common signs are:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

## What can you do to make a difference?

Show the person that you care by being genuine and offering an empathetic, listening ear. Any of the following can be used to get the conversation started:

- 'I'm concerned'
- 'Tell me more about what's going on'
- 'I love you and want to help'
- 'Whatever it is, I'll help you through this. We'll work it out together'
- 'I care about you and how you're feeling'
- 'I'm here for you'

...And then listen carefully to what they have to say. Try not to pass judgement. Saying things like, "You would never do something stupid or crazy like commit suicide, would you?" might make it hard for the person to be really open and honest with you. Always take suicidal comments very seriously. If a suicide

attempt seems imminent, call a local crisis center, dial 911, or take the person to an emergency room. Remove guns, drugs, knives, and other potentially lethal objects from the vicinity, but do not, under any circumstances, leave a suicidal person alone.

## How does Maine compare to the rest of the United States?

### Nationally

- Suicide is the 10th leading cause of death in the United States, 2nd for 15-24 year olds (Homicide ranks 17th)
- Each year 42,773 Americans die by suicide
- On average, there are 117 suicides per day, 1 person every 12.3 minutes
- For every suicide there are 25 attempts
- There are 3.4 male deaths by suicide for each female death by suicide

### Maine

- Maine ranks 18th in the United States for deaths by suicide
- Suicide is the 10th leading cause of death in Maine
- Each year 220 people in Maine die by suicide
- On average in Maine, there is 1 suicide every 39.8 hours

\*Based on most recent 2014 data from the CDC

## Help is always available, you're never alone!

If you or someone you know is having thoughts of suicide, please contact the following support groups available 24 hours a day, 7 days a week:

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255) \*Press 1 for Veterans
- **National Hopeline Network:** 1-800-SUICIDE (2433)
- **The Trevor Project, for LGBTQ Youth:** 1-866-488-7386
- **SAMHSA's National Helpline:** 1-800-662-HELP (4357)
- **Maine Crisis Hotline:** 1-888-568-1112
- **Crisis Text Line:** Text 'HELP', 'START', or 'Go' to 741-741
- **National Suicide Prevention Lifeline Online Chat:** <http://www.suicidepreventionlifeline.org/>

\*Information for article gathered from the National Suicide Prevention Lifeline, Suicide Prevention Resource Center, the CDC, and the American Association of Suicidology.

## SUMMER 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 8 Summer related words

Y	B	S	M
L	G	U	I
J	U	A	W
N	T	S	H
E	R	I	F

June, July, August, Water, Swim, Sun, Bugs, Fish

## Dear UCP of Maine

Dear UCP,  
What is your mission statement?  
- Curious George

Dear Curious George,  
I'm so glad you asked. Our mission statement is: UCP of Maine affirms its commitment to advancing the independence, productivity and full citizenship of people with disabilities who have multiple needs. For more information regarding our mission visit [www.ucpofmaine.org](http://www.ucpofmaine.org).

Dear UCP,  
I'm interested in volunteering for an agency like yours. How would I go about that?  
- Wanting to make a difference

Dear Wanting to make a difference,  
Thank you for your interest in volunteering at UCP of Maine. There are many ways you can make a difference – from donations to volunteer work. We would truly appreciate you joining us in our mission. For more information on volunteering at UCP of Maine please contact: Renee Cunningham, Human Resources Specialist 700 Mt Hope Ave, Suite 320, Bangor, ME 04401 Phone: 207-941-2952 x220, Fax: 207-941-2955.



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[www.ucpofmaine.org](http://www.ucpofmaine.org)