

Recent Events

- UCP's annual Spring Dance for the adult services community was held on April 13th and had over 100 in attendance!
- Bridges staff participated in the 16th annual Walk for Autism on April 29th. The walk raised \$55,744 for the Maine Autism Society.
- ELC held their annual Spring Fling for residents, families, and staff on June 2nd. This year's theme was Carnival.

Upcoming Events

- Bridges Graduation: August 17th
- ELC Fall Frolic: September 15th
- DSP Week: September 9th – 15th
- Environmental Pros Week: Sept 9th – 15th

Pumpkins in the Park Looking for Volunteers

Our 16th 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, or working the photo booth. Pumpkins in the Park is only possible with the kindness and support of our volunteers.

This year's event will be held on Sunday, October 21st from Noon to 5pm at the Anah Shriners on 1404 Broadway in Bangor. Your help would be appreciated at any point throughout the day.

If interested, please contact Jon Smith at 941-2952 ext. 218 to sign up and for more info.



FIND LITTLE AI!

Since AI Sowa is such a familiar face around UCP of Maine, we have this fun little game called: "Find Little AI" See if you can find him!

Children's Behavioral Health Home and Case Management Expand to Belfast

Andrew Lohman
Marketing & Community Relations Manager

UCP of Maine is excited to announce the expansion of its Children's Behavioral Health Home (BHH) and Case Management programs further into Waldo County, now serving Belfast and surrounding communities. These programs will allow children and families of this region to have improved access to services that address a variety of behavioral, developmental, educational, and medical needs. Jonathan Smith, UCP's Assistant Director of Case Management and BHH Services, said of the expansion, "This move makes perfect sense for UCP and the families of the Belfast area. BHH grew out of a movement in healthcare calling for greater emphasis on wellness, collaboration, and cooperation. Any time spent in and around Belfast makes it very clear these same principles are driving forces in the region."

The BHH program is a newer model of case management designed to help providers and families see physical and mental health as an integrated need and to empower children and families to take charge of their healthcare. The team includes case managers, a family support specialist, two clinical team leaders, a nurse care manager, and medical and psychiatric consultants. Our case managers work closely with children, their families, primary care providers, and all treatment providers to identify and address a range of needs. BHH thrives on a team approach to care and seeks to honor and develop the whole person, both mentally and physically. For children who are not eligible for BHH, or who do not want to enroll in BHH, UCP of Maine also offers Children's Case Management. In this program, our case managers link children and families to various community resources and help them access educational, medical and psychological services so they can meet their needs and achieve their goals.

Featured Department: Outpatient Therapy Services

Bonny Dodson, LCSW
Director of Clinical Services

Outpatient Services at UCP of Maine are primarily located at 38 Penn Plaza in Bangor. We currently have 2 full time clinicians, Diane Hall, LCPC and Christine Richard, LCSW. We are fortunate to have five additional adjunct clinicians: Andrea Richards, LCPC, BCBA; Bonny Dodson, LCSW; Jon Smith, LCPC and Lewis Snyder, LCPC. Diane brings a rich background in working with infants and early childhood clients in a preschool setting, treatment foster care and outpatient therapy settings. She has extensive experience in working with kinship, foster, adoptive and birth parents and children. Christine brings her individual and family therapy experience in Home and Community Treatment Services working with children and families with a variety of behavioral issues, trauma, recovery from addiction, domestic violence, anxiety and mood disorders. We recently began to provide Infant Mental Health Assessment that are focused on assessing attachment with their caregiver(s). We

plan to expand the scope of these assessments in the future.

We provide services to client's birth to 80 years old. Our expertise is in Trauma Work, Attachment, Anxiety, Depression and adjustments to life stressors and events. We provide individual and family therapy. Our staff are fully trained in key evidenced based practices such as Trauma-Focused Cognitive Behavioral Therapy, Child Parent Psychotherapy, Motivational Interviewing, Nurturing Parenting, and Developmental Dyadic Therapy. Adjunct clinicians provide additional expertise in Autism Spectrum and Developmental Disabilities and evidence based treatment interventions, such as Functional Behavioral Analysis and Applied Behavioral Analysis.

Referrals for Outpatient Therapy contact Jared Dolley at 941-2952 x333 or jared.dolley@ucpofmaine.org. If you have any questions about services please contact Bonny Dodson, LCSW, Director of Clinical Services 941-2952 x238 or e-mail bonny.dodson@ucpofmaine.org.

The Bridges Program is expanding services offered for individuals with Autism Spectrum Disorder

Andrea Richards, LCPC, BCBA
Director of Early Childhood Services

UCP of Maine's Early Childhood Education Program, Bridges, has 45-50 students enrolled each year. Bridges provides preschool programming that specializes in supporting children who require additional adult support in order to learn. While the types of support offered vary from academic to behavioral to communication, the largest number of referrals we receive are for children with Autism Spectrum Disorder. The Bridges teachers are trained in ABA (Applied Behavior Analysis), which means the program offers a high quality, evidence based learning environment. The Bridges program works with three BCBA's – masters level individuals who are board certified in behavior analysis!

What better team could there be to provide home and community services to people on the autism spectrum? With years of training and experience, our BCBA's and teachers bring a calm, knowledgeable energy to these services. UCP has opened 3 in-home clients this spring, and plan to slowly continue growing this service. What we refer to as "28 ABA" services (Mainecare's Home and Community Based section 28 specialized service) emphasizes supporting children with autism in their daily routines. This may include parent

coaching, creating behavior plans, or helping the client learn new skills, like communication or how to cope with frustration safely. "The wait for ABA services for children with autism can be really long," said Andrea Richards, Director of Early Childhood Services at UCP. "We're so pleased to be able to expand our services to the community in a way that can shorten these waits and also provide confidence and reassurance to parents who may really be looking for this type of specialized support."

Bowdoin Men's Ice Hockey Humanitarian Award Finalist Donation to UCP of Maine

Andrew Lohman
Marketing & Community Relations Manager

Back in February, UCP of Maine received a check donation of \$500 from Bowdoin College Senior Camil Blanchet of the men's ice hockey team. Camil had been named as one of five finalists for the 2018 Hockey Humanitarian Award. The award is presented annually to college hockey's finest citizen, a student-athlete who makes significant contributions not only to his or her team but also to the community-at-large through leadership in volunteerism. The donation comes on behalf of the Hockey Humanitarian Award Foundation which awards the five finalists a check of \$500 to donate to an organization of their choice.

Camil has taken the initiative on numerous service efforts including the recent Bowdoin College men's ice hockey Cerebral Palsy Fundraiser Game on December 9th. The team has a personal attachment to the fight against cerebral palsy, as the team adopted Lucien Hodell in 2013 through Team Impact, a non-profit organization that connects collegiate teams with children facing adverse or life-threatening conditions. Over the past five seasons, Lucien has been a crucial member of the team as he continues his fight against CP and the team honored his efforts by wearing custom Cerebral Palsy awareness jerseys at the fundraiser game. Fans had the ability to donate to the cause by purchasing their own jersey, which was on sale at the game and throughout the remainder of their season. Camil and the team raised \$1,380 with all proceeds going to UCP of Maine as well. Scott



(Bowdoin College Senior Camil Blanchet and UCP of Maine's Marketing Manager Andrew Lohman at the check presentation from the Hockey Humanitarian Award Foundation.)

Tash, CEO for UCP of Maine recently shared "It's individuals like Camil that give back to their local community and non-profit organizations that make receiving this donation so much more rewarding. We appreciate Camil and his teammates efforts with this wonderful donation in honor of their adopted team member Lucien Hodell."

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

L	I	Q	B
L	G	R	B
N	T	E	C
S	U	A	H
F	W	I	M

Swim, Water, Fun, Sun, Beach, Hat, Grill, BBQ



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