

Recent Events

- UCP's 17th annual Pumpkins In The Park was our best fundraiser to date that drew thousands of attendants and raised a little over \$11,000!
- UCP's Annual Pie Sale was a huge success. We had over 180 pies and raised just over \$1,500!
- ELC held their annual Holiday Party for staff, residents and their families on December 5th at the Bangor Elks Club, featuring horderves and dancing!
- Management Staff hosted Pancake Breakfasts for staff in our main office and ELC during the holiday season.
- UCP's annual Holiday Door Decorating and Ugly Sweater Contests were held in December with amazing staff participation!

Upcoming Events

- Rehabilitation and Community Support (RCS), Home and Community Treatment (HCT), and Outpatient Services Recognition Month: January
- Camp Capella's Polar Dip: February 29

UCP Hires New Outpatient Clinician, Sarah Marks LCPC

UCP of Maine is growing and recently hired a new Outpatient Clinician, Sarah Marks, Licensed Clinical Professional Counselor (LCPC) from Massachusetts. Sarah has a Masters of Arts in Mental Health Counseling from The University of New Hampshire and has worked in the mental health field for nine years providing services for children, adolescents and families in the central Massachusetts area. She has worked in a variety of settings including for a community mental health clinic providing both in-home and outpatient services and as a group home clinician providing individual and family counseling. Sarah shared that, "during this time I also provided supervision for the treatment coordinator to ensure continuation of treatment for all youth residents. I have also been involved with the Wraparound model as an Intensive Care Coordinator for several years. Over the course of my career, I obtained extensive training and experience in both Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Dialectical Behavior Therapy (DBT)."



Sarah continues to provide treatment for individuals needing assistance with such challenges as mood disorders, anxiety disorders, ADHD, relationship conflicts or concerns, complications from divorce, difficulties in school related to behaviors or learning deficits, grief and loss, and suicidal ideation/self-harm. Evidence based treatment is incorporated as appropriate as well as other modalities such as art or play therapy.

Sarah aims to have a client-centered relationship with both the youth and families she works with. This involves clear and transparent communication and going at a pace that is comfortable for those involved. Sarah also values honesty, creativity and a sense of humor. She aims to show compassion for each individual she works with as well as provide inspiration and a partnership towards change.

UCP of Maine is currently accepting referrals for Sarah, if interested or for more information contact Jared Dolley, Intake Coordinator for UCP of Maine, at 207-941-2952 ext. 333 or jared.dolley@ucpofmaine.org.

Morrison Center & UCP of Maine Plan to Merge: Expand Services for Maine People with Disabilities

We are excited to announce that The Morrison Center in Scarborough and UCP of Maine in have signed an agreement to merge their two community non-profits. The strategic decision was made earlier this month by these two leading organizations which provide essential services to people with disabilities in Maine.

Mark Ryder, Executive Director of Morrison Center commented, "Both of our organizations and Boards of Directors are very excited about this merger. We have a similar history and provide services in two very different geographic regions, and it will be of tremendous benefit to be able to tap into state-wide expertise and collaboration. This is extremely good news for the people we serve, all of our staff and for the state of Maine."

The two organizations have similar missions and share common goals, in fact Morrison Center was once known as UCP of Southern Maine. Both regions of the state have seen an increase in the

demand for services and the leadership of the two organizations believes that coming together as one will allow for strategic growth and long term viability of the exceptional services they provide.

Scott Tash, Chief Executive Officer of UCP of Maine also commented, "Neither organization is coming at this from a position of weakness. Instead, we are both strong, and are committed to best practices when it comes to providing essential services to children and adults who live with developmental, intellectual, medical, behavioral/mental health and physical disabilities.

Both Ryder and Tash applaud their staff and credit the care they provide in the excellent reputation both Morrison Center and UCP of Maine enjoy. Ryder said, "Our Boards are extremely enthusiastic about this merger, see it as a real

Merger Announcement!




Spring 2020

opportunity to further provide value to our clients and their families, and recognize that by coming together, we can not only combine resources, but also achieve more expansive goals."

The merger is not expected to result in any staff cuts. Instead, there will be increased professional development opportunity and the chance to attract and retain highly skilled providers. The merger is expected to be finalized in the Spring of 2020 pending all regulatory approvals. We look forward to the future and will have more announcements to come as things progress!

Behavioral Health Home Success Story: Chloe Palmer



and did not have any educational supports or in-home therapies during this time, and by way of a developmental evaluation, she was also diagnosed with Autism Spectrum Disorder.

When Chloe was admitted to the hospital, she was very nervous of people other than her family. She would hide behind her father for comfort. Chloe was only able to say a handful of words at this time. Interestingly enough, Chloe soon blossomed even as she underwent her intensive treatments. She was no longer afraid of strangers being around her at all times, and she learned how to communicate her needs, wants, and feelings. She was able to carry on a conversation with others like never before. She enjoyed her time at Pediatric Cancer Care even though some days certainly were rougher than others.

Chloe made the transition from Case Management to the BHH program at UCP during this difficult time, which meant in addition to receiving traditional case management services (called Health Home Coordination in BHH), her family was offered the added benefits of Nurse Care Management and Family Support services. Nurse Care Management was critical in helping our team understand what Chloe was experiencing medically and supported the family in meetings at Cancer Care. Family

Support was introduced in the early stages of treatment and continued clear up to discharge, which provided a listening ear and validation for Chloe and her father. It allowed Chloe to expand on her social skills and for her father to process through his challenges as a single father to a little girl who endured so much in her young life. BHH also referred Chloe to receive Section 28 RCS services from UCP, which offered even more behavioral support hours and accelerated her developmental growth.

With regards to her education, Chloe needed an Individual Educational Plan (IEP) for her first year in elementary school to address her speech and fine motor skills. After the school year was over, she met all of her goals and no longer needed an IEP, and was finding success in a mainstream classroom! Chloe loves going to school every day and is making significant progress as the days go by. She is also physically very strong and has an active social life!

We are honored to have created such a great relationship with Chloe and her father. We are sad to say goodbye to them, but we remain in awe of Chloe's strength and courage, and are extremely proud to have been a part of her growth and success throughout these past four years!

Chloe Palmer received a number of services from UCP, and was a Children's Case Management and Behavioral Health Home (BHH) client at UCP of Maine for over four medically challenging years. Treatment with UCP began when she was referred to Children's Case Management due to behavioral challenges such as delayed verbal communication and struggles with frustration tolerance. Then, just a few days before her fourth birthday, Chloe was diagnosed with Stage 4 Wilms tumor. As a result, she spent her birthday in the hospital undergoing many tests and procedures, but remained cheerful thanks to the support of family. Sadly, the news was not promising. Her cancer had metastasized to her heart, lungs, and other kidney, which led to an aggressive course of treatment – Chloe subsequently went through chemotherapy, radiation therapy, and a surgery to remove one of her kidneys. Chloe missed a full school year

UCP of Maine Plant 100 Tulips in Support of the Yellow Tulip Project



On October 11, UCP of Maine hosted a small planting ceremony in support of the Yellow Tulip Project at the Elizabeth Levinson Center located at 158 Hogan Road in Bangor. The Yellow Tulip Project is a Maine based non-profit organization that is trying to diminish the stigma surrounding mental illness while building a supportive community combining youth and community leaders. Julia Hansen founded the project when she was just a sophomore in high school. Bonny Dodson, Director of Clinical Services for UCP of Maine recently shared "UCP of Maine is very excited to be participating in this great effort. We will be hosting a small planting ceremony with refreshments and give a chance for community members and staff to write hopeful messages all in an effort to go in conjunction with our own mission statement of affirming our commitment to advancing the independence, productivity and full citizenship of people with disabilities who have multiple needs."



FIND LITTLE AL!

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



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