

WINTER 2006

# Sweetser REPORT

Empowering individuals, strengthening families,  
enriching lives.



*The new barn in Saco features a learning center as well as space for Sweetser's animals and supplies.*

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Sweetser opens  
Plymouth campus

Welcome new board members

Sweetser expands services,  
forms partnership in Sanford

Pendleton award  
recipients honored



## New Farm and Saco Campus Facilities Completed

Thanks to the many staff members and supporters who contributed to the construction of the new facilities on Sweetser's Saco campus, this major effort is now complete. Staff and students have been using the new barn, farm learning center and school addition since November.

When the former farm complex was destroyed by fire in June of 2004, the barn, tractors and all farm equipment were lost, and a nearby carriage house and farmhouse suffered extensive damage and subsequently had to be demolished.

As part of Sweetser's Experiential Learning Program, the farm is a hands-on learning program for students attending The School

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## Mission

*Sweetser's mission is to provide quality treatment, support and hope to children, adults and families through a network of mental health, behavioral health and educational services.*

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## 2005-2006

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## Changes Help Us Realize Integrated Network of Care

*Carlton Pendleton, President & CEO*

This edition of the SWEETSER REPORT reflects our many recent accomplishments, which have been critically important as both our staff and clients endure very turbulent times. As the state of Maine attempts to reduce taxes, structurally reorganize the Department of Health and Human Services, manage client care, reduce rates to providers and solve financial issues, the bottom line for Sweetser and those we serve is that costs are up and revenues are down. These issues are challenging nonprofits across the state. Their effects—staff reductions, service limitations and program closures—if not carefully thought out, have negative impacts on all involved.

Being mission-driven certainly helps us keep our collective eye on the prize, but “mission with a margin” is what will keep Sweetser the top provider of care that it has been for the past 178 years. We are staying focused on the good, the opportunities and the quality of our services. With the support of the wonderful citizens of Maine, we remain an organization in which our entire community can have pride and confidence.

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## Sweetser Expands Services, Forms Innovative Partnership in Sanford

As part of its commitment to increasing community access to a high quality, integrated network of care, Sweetser has expanded psychiatric services and formed a unique partnership with a pediatric office in Sanford.



Dr. Henry Altenberg recently joined Sweetser's staff as a child psychiatrist in the Kittery area, and now practices in Kittery one day per week and Springvale two days per week. Dr. Altenberg is a diplomate of the American Academy of Child and Adolescent

*Dr. Henry Altenberg*

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## Saco Campus Facilities *(continued from cover)*

at Sweetser who have difficulty in traditional academic settings. The other components of the program include wood technology, automotive, greenhouse and culinary arts.

In addition to the new farm facilities, school integration specialists and day treatment clinicians who lost their offices in the old farmhouse are settling into their new space in The School at Sweetser facility addition.

Jon Mistos, director of facilities and support

services, says there were very few construction problems thanks to attention to detail by Gawron Turgeon Architects and Allied/Cook Construction.

“All of the farm and clinical staff, who had been displaced for 17 months, are excited about the new barn, learning center and school addition—and so are the kids,” says Jon. “Be sure to stop by for a visit!”

Stay tuned for information about our Open House in May.



*Attendees of the June 1 groundbreaking ceremony for Sweetser's new Saco campus facilities included: Tom Perry, Allied/Cook Construction; Michael Dunning, Sweetser student; Dave Puff, farm manager; Daniel Deshaies, Sweetser volunteer; Jon Mistos, director of facilities and support services; Alan Cartwright, general manager of WGME 13; Katharine Meeker, board member; Judy Rosenberg; Ira Rosenberg, owner of Prime Motor Group; Carl Pendleton, Sweetser President & CEO; and Mary Turgeon, Gawron Turgeon Architects.*

## Upcoming Sweetser Events

### **14th Annual Sold on Kids Benefit Auction & Dinner**

April 1, 6 p.m.  
Portland Marriott at Sable Oaks, South Portland

### **2nd Annual Sweetser Miniature Golf Event**

July 31, 10 a.m.  
Long Shot Golf Center, Brunswick

### **17th Annual Sweetser/Prime Motor Group Golf Classic**

June 26, 10 a.m. shotgun start  
Sable Oaks Golf Club, South Portland

### **3rd Annual Sweetser Stroll for Kids Five-kilometer Walkathon**

September 30, 10 a.m.  
Sweetser's Belfast Campus

Events Contact: Kristen Crean • [kcrean@sweetser.org](mailto:kcrean@sweetser.org) • 207-294-4485

## Expanded Services, Partnership in Sanford *(continued from page 2)*

Psychiatry. He is former medical director of the New Britain Child Guidance Clinic in Connecticut, as well as former staff child psychiatrist of the Seacoast Mental Health Clinic in Portsmouth, NH, and the Strafford Guidance Center in Dover, NH.

In addition to hiring a new physician, Sweetser has formed an innovative partnership with Pediatric Associates of Southern Maine, a primary care practice with offices in Sanford, Biddeford and Kennebunk, with two Sweetser therapists based in the Sanford primary care office.

This partnership benefits both Sweetser and our clients—for the organization it means increased referrals, and for clients it means easy access to much needed services. In addition, the partnership helps the primary care practice meet its vision of providing access to behavioral and mental health care for its most underserved, complex clients.

“The partnership with Sweetser has been excellent,” says Dr. Denise Toshach of Pediatric Associates of Southern Maine. “The therapist who has been based in our offices for more than a year is the best I have ever worked with. Patients who are very much in need of therapy are able to easily access services right in their primary care office. Many children have made great strides since this partnership began.”

The partnership is a reflection of a national trend. Primary care and behavioral health care

providers continually point to the need for more interdisciplinary, collaborative work, and research shows that it benefits all involved.

A study published in the *Journal of General Internal Medicine* in 2003 found that primary care physicians face greater hurdles obtaining mental health services for their patients than other medical services. Primary care is an important entry point for mental health services, yet inadequate referral systems between medical and mental health services may be hampering access.

Sweetser’s partnership with Pediatric Associates of Southern Maine greatly increases community access to services—not only therapy but also the psychiatry, case management, and home-based services available in the area.

Other respected organizations, such as Columbia University’s Center for the Advancement of Children’s Mental Health, are taking steps to ensure that this innovative concept is accepted and implemented across the country. As one of its efforts to raise the bar for best practices in children’s therapies, the center works to form partnerships among parents, educators, primary care physicians and mental health professionals.

The success of this unique partnership and its enhancement of our integrated network of care has prompted Sweetser to use it as a model for other locations in the future.

### Online Store Now Available



Apparel and accessories featuring the Sweetser logo are now available for purchase from our new Online Store. Items include t-shirts, knit shirts, fleece shirts, sweatshirts, bags, briefcases, hats and more. Shop online at [www.sweetser.org](http://www.sweetser.org).

# Sweetser Welcomes New Board Members

Joann Beaudoin, chair of Sweetser’s Board of Directors, announced in October the addition of two new members, John Beliveau of Falmouth and Meredith Richardson of Kittery.



*John Beliveau*

John Beliveau is the director and portfolio manager for investments at H.M. Payson & Company of Portland. He holds an MBA from the University of Oregon and is active on Sweetser’s development and auction committees.

Meredith Richardson is a mediator and resolution attorney in Kittery. She holds a JD from the University of California’s Hastings College of Law and is a member of the Bar Associations for New Hampshire and Maine. She has been an active member of Sweetser’s advocacy and auction committees.



*Meredith Richardson*

## Successful Year for Holiday Gift Tag Program

Sweetser thanks local businesses and organizations for supporting our 2005 Holiday Gift Tag Program. Your partnership helped Sweetser provide gifts for children in our residential, case management, school-based and day treatment programs in southern, central and coastal Maine.

### Thank You for Your Contributions

- |                          |  |   |
|--------------------------|--|---|
| BOC Gases                | Great Works Internet                   | Securitas                                   |
| BCIA Portland Management | IDEXX                                  | St. Ignatius Social Justice Peace Committee |
| Cole Haan                | Maine Energy Recovery Company          | St. Joseph’s Church - Portland              |
| Downeast Energy          | Middle Street Management               | Systems Engineering                         |
| eCoast Solutions         | Norway Savings Bank                    | The Holden Agency                           |
| Five County Credit Union | Orthopaedic Associates of Portland, PA | Wal-Mart - Scarborough                      |
| Franklin Printing        | Pepperell Bank & Trust                 |   |
| General Dynamics         |  |   |



*Volunteers wrapped the many gifts donated by businesses and individuals at Sweetser’s Annual Gifts and Goodies wrap in December. Gifts were then distributed to children in Sweetser’s programs.*

# Pendleton Award Recipients Honored

Champions of behavioral healthcare in Maine were honored at Sweetser's annual meeting in Brunswick last October with the third annual Pendleton Awards. The late Irene and Carlton Pendleton were long-time residents of Saco. Committed to community service, children and family, they became house parents for a children's treatment home at Sweetser in their retirement.

Awards were given for three categories: public service, community service and community partners. Accompanying the award was a gift of \$500 to the recipient's charity of choice.

Receiving the award for public service was Congressman Tom Allen, who was recognized for his leadership and support of the commercial fishing families of Maine and the communities to which they are directly interconnected. He was also recognized for his fight against budget cuts that would directly impact Maine's children and the support services required to help build better lives for Maine families. Congressman Allen designated his award donation to the Maine Fisherman's Forum scholarship fund.

The award for community service was given to Harrison and Barbra Holman, who were recognized for their support of education



*Carl Pendleton (right) presents the community service award to Harrison Holman.*

through numerous scholarship funds at colleges and universities throughout New England and for their very generous support of Sweetser. Their support established the Prudence Holman Memorial Music Fund

at The School at Sweetser and helped support Sweetser's Gateway children's crisis unit in Portland. The Holmans designated their award to Xavier College in New Orleans.

The community partner award was given to Dr. Conner Moore, a Saco pediatrician who has devoted more than 36 years to caring for the children of southern Maine. Well known in the communities he serves, Dr. Moore is the school physician for the Saco and Biddeford school systems and previously worked for Sweetser for many years. He is also the founder of Jessie's Gift Foundation, an organization devoted to helping children and families with chronic illness. Dr. Moore designated his award donation to the Women and Infant Services program at Southern Maine Medical Center.

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## Sweetser Recognizes Generous Supporter



*Carl Pendleton (right) presents the CWLA New England Region Corporate Advocate award to Judy and Ira Rosenberg.*

Carl Pendleton, Sweetser's president & CEO, recently presented Ira Rosenberg, a Sweetser supporter and owner of Prime Motor Group, with the Child Welfare League of America New England Regional Corporate Advocate Award to recognize the company's outstanding commitment to children and families. Prime Motor Group was one of the key contributors to the successful construction of Sweetser's new Saco campus facilities, and the company sponsors Sweetser's annual golf tournament.

# Save the Date: April 1

## Sold on Kids Benefit Auction & Dinner

### “Under the Big Top!”



**KeyBank** presents Sweetser's 14th Annual Sold on Kids Benefit Auction &

Dinner on April 1 at 6 p.m. at the Portland Marriott at Sable Oaks. Hosted by Lee Goldberg of WCSH6, the event features live and silent auctions, dinner, raffles and entertainment. For tickets, more information, or to make a donation, contact Kristen Crean at [kcrean@sweetser.org](mailto:kcrean@sweetser.org) or 207-294-4485.



**Diamond Spotlight Raffle:** A unique raffle from Day's Fine Jewelers! Only 100 chances will be sold to win this 14k Two Tone Gold Invisible Set Diamond Pendant (1 Cttw), valued at \$2,395. Tickets are \$50 each, which includes a \$30 Day's gift certificate.

**New! Online Bidding:** Visit [www.sweetser.org](http://www.sweetser.org) for a full list of auction items, and bid on exclusive items before the event March 17 through 24.

## Mental Illness Awareness Week Partnerships

Sweetser teamed up with a group of mental health organizations to help bring attention to issues surrounding mental illness and local resources during Mental Illness Awareness Week October 2 through 8. Sweetser worked collaboratively with a group of ten other providers in the southern part of the state to develop a twelve-page newspaper supplement, “The Many Faces of Mental Illness,” that was distributed on September 30 to more than

400,000 readers of the state's six daily newspapers. The insert was funded in part by a \$2,000 grant from the Maine Health Access Foundation. It featured articles and resources about mental health in the workplace, in youth, with the elderly and more. Sweetser also partnered with Mid Coast Hospital to offer two free depression screenings in Brunswick in October.

## New Sweetser Services in Northern Maine

Sweetser recently received contract approval from the state to begin offering child and family community-based services and outpatient services in Region III, which covers the most northern part of the state from Bangor and Bucksport east to Washington County and north to Aroostook County. Sweetser's leadership team has begun

meeting with Department of Health and Human Services Region III staff to determine the specific needs of children and families in the area, and growth will be targeted to meet those needs. Sweetser will initially offer services in Hancock and Penobscot counties, which most closely border our current service area in Waldo County.

# Sweetser Opens Plymouth Campus



*The new campus features two children's residences as well as buildings for administration and training.*

On January 1, Sweetser assumed responsibility for operating two children's residences on a ten-acre campus in Plymouth, Maine. The facility currently provides behavioral health services for 10 children, ages 12 to 18. The campus was formerly run by Plymouth Group Homes, Inc. and has been in operation for more than five years.

The Plymouth campus was purchased by PROTEA Behavioral Health Services and is being leased to Sweetser on a long-term basis. Citing a need for more specialized services, the state had warned that the campus (under its previous owners) would be forced to close. PROTEA and Sweetser worked with the state to develop a plan that ensures continuity of services for current

residents, while transitioning to more specialized programming in the near future. Sweetser plans to continue to operate the group homes with the current staff, while also adding clinical resources. Collaborative relationships with other agencies and businesses in the community will continue.

“As the needs of Maine families change, there is a growing need for specialized treatment services for children,” said Paul Peterson, senior director of residential, educational and crisis services for Sweetser. “Our goal is to build on the tradition of quality care established by Plymouth Group Homes, while developing additional services that meet the needs of the community.”



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