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Experiential Education Offers "Hands-On" Learning

The School at Sweetser provides students, 12 to 18, with classes that are tailored to their needs. One unique component of the school is the "Experiential Learning Program," which includes farm sciences, engine repair, woodworking and culinary arts.

This "hands-on" method of teaching is effective because students enrolled in Experiential Learning have difficulty in traditional classroom settings. The students learn responsibility, work skills and valuable communication skills.

For example, after caring for Sweetser's Ricker Farm animals, one student landed a part-time farm job in her home community. Other students have mastered auto mechanics and now work in that industry. Woodworking students built a boat to sell as

a fundraiser.

Culinary

arts students have gone on to technical schools or to work in kitchens of local restaurants.



Teachers Nat Bailey, top, and Mark Perry, left, give hands-on help to students. Above right, a student checks maple syrup color quality.



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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.

Vision

Helping people find promising futures.

2008 - 2009 Board of Directors

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Staying Strong During Difficult Times

*Carlton Pendleton
President & CEO*

The world in which we live has become a very different place than we are accustomed. Job losses, credit crunch, foreclosures, deficits and business closings are all too often the topic and sound bites of the day. In the smaller world in which Sweetser finds itself, these topics exasperate an all-too-often difficult situation. Homelessness, unemployment and hopelessness just compound the difficulties children, adults and families confront on a daily basis.

It is with great admiration that I watch my staff and our consumers negotiate these very troubling times. All of them feel at risk and all need whatever assurances we can offer. We have faith that these times will pass, but the needs of many require immediate attention. We are doing all that we can and will always aspire to fulfill the organization's mission.

I am reminded of my earlier years and time spent in our country's military, where our motto was "service above self." So many of the folks I work with embody that slogan.

Likewise, we are encouraged and sustained by you, our very loyal and generous friends. The need has never been greater for charitable giving, and we thank you for supporting Sweetser.

Sweetser Events

17th Sold on Kids Auction & Dinner

Friday, May 8, 6 p.m.

Marriott at Sable Oaks
South Portland, Maine

20th Annual Prime Motor/Sweetser Golf Tournament

Monday, June 22, 9 a.m.

Sable Oaks
South Portland, Maine

Contact Jennifer Steele, development officer, at 207.294.4485 or jsteele@sweetser.org for more information.

Jennifer Dondero Wins 2008 Garland Award

Jennifer Dondero, program liaison for health information services, was named recipient of the 2008 Garland Award. Laurence “Bud” Garland, Jr. served on Sweetser’s Board of Directors for more than 33 years. In his honor, a fund was created to establish the annual Garland Award to recognize an employee who “gives above and beyond” at work and in the community.

Jen was nominated by her peers for her exceptional work at Sweetser and in the community. She began her Sweetser career as a Youth and Family Counselor and also has served as a mobile crisis worker, school-based clinician and clinical supervisor. While working in the field, Jen earned a graduate degree in social work.



In addition to her existing responsibilities, Jen makes herself available to college-level social work students, serves on the Sweetser Volunteer Committee, Utilization Review Team and chairs the Clinical Council. Jen volunteers for several charities, including a leadership role with the American Cancer Society’s Relay for Life.

“Grammy Searle”, a 25 Year Volunteer

Sylvia “Grammy” Searle, who organized Sweetser’s first group of volunteers 25 years ago, was recognized at the annual Sweetser Volunteer Awards Dinner in April. Sylvia has supported Sweetser as a board member, a participant on many committees and through countless fundraising events. Sweetser students still consider “Grammy Searle” their favorite volunteer reader. Other agencies benefit from her volunteer time through the Retired Senior Volunteer Program (RSVP).

More than 400 volunteers each year serve many Sweetser roles, including mentorships, peer respite supports, activity leaders and reading partners. They send a message to children and adults in the community that they care enough to give their time and expertise without expecting monetary compensation.

Linda Danielson, manager of volunteer services, presented Governor’s Service Roll Call of Honor Volunteer awards to ten individuals, who have each contributed more than 500 hours to Sweetser in the past year. Honorees include: Nancy



Campbell, Noreen Cohen, MJ Grant, Diana Ohmacht, Carol Smith, Mary Trafton, Pamela Davis, Linda Cooper, Linda Blanton and Valerie Herrick. Milestone pins were given to 70 other volunteers who have donated up to 25 years of service to Sweetser. Sweetser congratulates these dedicated individuals.

To become a volunteer, contact Linda Danielson at 207.294.4458 or 207.373.3006.

Sweetser Joins Forces with Affiliate Networks

Sweetser recently teamed with two Maine agencies to better serve our families and clients. Phoenix Mental Health Services of Bangor and Transitions Counseling of Portland came together with Sweetser to give clients immediate access to mental health care in their home communities. This arrangement prevents families from having to travel to seek appropriate services. Sweetser now has over 300 affiliates in our network. Mainers struggling with emotional issues or substance abuse are better served because they can be seen in affiliated local offices, near where they live.

Sweetser's statewide Affiliate Network includes psychiatrists, psychologists, clinical social workers, clinical professional counselors, alcohol and drug counselors and advanced practice registered nurses.

Affiliate Office Locations

Alfred	Edgecomb	Lyman	Saco
Auburn	Eliot	Madison	Sanford
Augusta	Ellsworth	Mexico	Sangerville
Bangor	Falmouth	Montville	Scarborough
Bath	Farmington	Newcastle	Skowhegan
Belfast	Freeport	Newport	South Portland
Berwick	Fryeburg	Northeast Harbor	Springvale
Bethel	Gardiner	North Hampton	Standish
Biddeford	Glen Cove	Norway	Topsham
Brunswick	Gouldsboro	Old Town	Verona
Calais	Hallowell	Pittsfield	Waterville
Castine	Hollis	Portland	Westbrook
Cutler	Kittery	Presque Isle	West Rockport
Damariscotta	Lewiston	Rangeley	Wilton
Dover Foxcroft	Livermore Falls	Rockland	Yarmouth
Eddington	Lovell	Rumford	

Maine Children's Trust Honors Wabanaki

Wabanaki Mental Health Services, a division of Sweetser, was named "Best Community Organization in Maine," dedicated to preventing child abuse and neglect, according to Dr. Richard Aronson of the Maine Children's Trust (MCT).

"We're excited to honor a worthy organization such as Wabanaki," said Dr. Aronson, who is a member of the MCT board of directors. MCT is a non-profit organization that evaluates the state's needs for child abuse and neglect prevention and advocates for increased services. MCT is supported by federal grants and private donations.

Wabanaki offers targeted children's case management services to Native American children, among other programs and services. Sharon Tomah, program manager for Wabanaki, will accept the award on behalf of Sweetser.

Ongoing Work of Crisis Services: Rachel's Story

Last fall, Rachel reached the depths of despair. She did not want to exist. Her husband was away on a business trip and she was alone in the house.

“I guess people who are thinking of committing suicide,” she said, “just do it. They don’t talk about it.”

But talk Rachel did. She emailed her husband and told him how she felt. He immediately contacted Rachel’s father, and soon police were at her door escorting her to an emergency room.

“My dad had lost another family member to suicide,” Rachel explained, “and he wasn’t taking any chances. He’s the one who called 911.” She was involuntarily committed for her own safety and Sweetser Crisis Services intervened on her behalf.

“When I got to the hospital, the Peer Services representative was there,” Rachel said.

Sweetser Crisis Services personnel assured Rachel that she was safe.

“The care and concern that I received from Sweetser made me believe that I deserved to stay on this earth,” she added.

“Sweetser Outpatient staff saw me right away,”

Rachel added. “I got out of the hospital on a Thursday, and my first appointment in Outpatient was on a Monday with Mary Toof.”

Mary helped Rachel work on coping strategies and get assigned to a medications manager. “What’s

been really wonderful is that Dr. Michael Price has been extremely sensitive to me as far as medication,” Rachel said. “I’m thinking so much more clearly. I’m more cognitive. I feel like I’ve been asleep for the last five years.”

“I know that I’ve had issues since I was a teenager, but I’ve never had this kind of amazing professional support. I still feel that way. I want to advocate for others and let them know that they can come out of their houses, that there is a place to go. They don’t have to stare out the window. Sweetser is a very accessible facility.”

The Crisis Services team at Sweetser can be reached through Maine’s state crisis response telephone number at 1.888.568.1112.



Cabin Fever Art Show Helps Consumer-Artists

This year’s Assertive Community Treatment (ACT)-sponsored Art Show at Sweetser’s Brunswick facility generated \$1,100 for consumer-artists and drew 150 visitors. Donations of art supplies are always welcome.

Sweetser Seeks Alternative Energy Solutions

Five members of Sweetser’s Board of Directors’ Facilities Subcommittee volunteered to serve on an Alternative Energy Task Force, along with Senior Director of Facilities, Jon Mistos, to study needs of agency-wide buildings. Two energy engineering consulting firms presented a variety of methods for a feasibility study on renewable energy installations and retrofitting of Sweetser buildings.

The Development office will pursue grant funding opportunities for the feasibility and implementation phases. Ultimately, this project will help the organization be more energy efficient and cost effective.

Janssen Grant Supports Employee Training Efforts

Janssen, a division of Ortho-McNeil-Janssen Pharmaceuticals, Inc., has awarded Sweetser a \$2,000 training grant for a web-based teleconference called, “From Surviving to Thriving.” These funds will help Sweetser’s direct service providers have access to customized instruction by a nationally-recognized consultant, David R. Lloyd. The statewide training will focus on helping employees maintain productivity targets while preserving a healthy and balanced work life. This is Sweetser’s first award from Janssen.



New members were recently elected to four-year terms on the Sweetser Board of Directors. From left, Tammy White of Scarborough, Sarah “Surrey” Hardcastle of Bailey Island and Mary Turgeon of Saco.

Sweetser Gift Annuities: A nice giving option

With the combination of low bank interest rates for savings accounts and a volatile stock market, a Sweetser Charitable Gift Annuity is a nice alternative for donors to provide a generous gift to Sweetser, receive significant tax benefits AND an attractive fixed income for life (see chart below).

If you would like a personal illustration or need additional information, please contact Development Director, Todd Henry at 207.294.4484 or thenry@sweetser.org.

Benefits of a \$10,000 Charitable Gift Annuity

Age	Annuity Rate	Annuity Payment	Tax Free Income	Taxable Income	Charitable Deduction
65	5.7%	570	380	190	2,448
70	6.1%	610	428	182	3,202
75	6.7%	670	493	177	3,883
80	7.6%	760	584	176	4,514
85	8.9%	890	723	167	5,085
90+	10.5%	1,050	878	172	5,700

This illustration assumes an IRS discount rate of 2.6%

Program Updates

Newest Residential Program Opens in Waterville - As a response to the need for intensive family treatment in central Maine, Sweetser opened its sixth residential Family Focus Program in February in Waterville.



Clinical Coordinator Tom Riddell with a Waterville police officer.

Many professionals and guests toured the four-bed facility, during an open house in March. Among them were special education directors, area hospital discharge planners, crisis specialists, counseling professionals and law enforcement personnel.

“Sweetser’s successful track record managing five other Family Focus programs - in Saco, Lewiston, Plymouth, Belfast and Sanford, was a factor in the State of Maine supporting the opening of Sweetser’s sixth program,” said Clinical Coordinator Tom Riddell.

The Family Focus Program arranges daily family participation in the treatment process and requires that parents or guardians actively work with Sweetser clinicians to develop treatment goals. Families are scheduled for parent support groups and team meetings to help children through difficult periods. Guardians or parents are required to be involved in all decision-making with their children and are supported by several Sweetser staff.

Sanford Outpatient Office Moves - In an effort to consolidate and reduce expenses, Sweetser moved its Sanford personnel to 890 Main Street, in Suite 118, located in the lower level of the Midtown Mall. Sanford staff members provide outpatient, medication management and child case management services.

Community-based Services Offices Relocate - Sweetser recently relocated the office of Community-based Services in Lewiston. Adult and child case managers are now located at 689 Sabattus Street. Also, child case managers located at the Bridgton Community-based Services office have moved to 2 Elm Street.

School-based Services Reach 62 Public Schools - School-based clinical services have expanded to eight more school districts, bringing the number to 62 public schools under contract with Sweetser. Nearly 40 therapists provide clinical services to students and their families.

Maine Community Foundation Grant Benefits Crisis Unit

The Edward H. Daveis Benevolent Fund, managed by the Maine Community Foundation, awarded \$2,500 to the Portland Crisis Stabilization Unit to support family involvement with youth. According to Leslie Mulhearn, senior director for crisis services, the money will be used for transportation and special activities.



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Sweetser's New Camp Endeavor: *"There is no other camp quite like this one! For the first time, we had a productive summer and peace of mind, knowing our son was in capable hands."*

Camp Endeavor is an extraordinary summer program for children with behavioral needs. For families whose children have struggled with participation in a summer camp experience, or who need a little extra support, Sweetser provides an opportunity for them to engage in unique, recreational "adapted" fun.

Camp Endeavor is now accepting applications for the 2009 summer season. Youngsters in grades 1-8, are offered a positive summer experience and recreational fun on the Sweetser 400-acre campus in Saco. Activities include cooking, ropes courses, team-building skills, dramatic play, sports, jewelry making, arts and crafts, photography, a BMX dirt bike course and hiking.

The seven-week schedule runs June 29 through August 14 from 8:30 a.m. to 3 p.m. Specialized remedial literacy instruction will be available during one week in July and one week in



August. The next open house for families is set for Saturday, May 30, from 10:30 a.m. to noon at the Sweetser school in Saco.

For more information, contact Kate Winant at 207.294.4758 or kwinant@sweetser.org.

Would you like to sponsor a child? If you are interested in sponsoring a child for \$130 per camp week, please designate your gift on the attached envelope.

Sweetser Keeps Its Promise



Sweetser PromiseLine
Call 1.800.434.3000

Sweetser promises to do whatever it takes to connect adults and children to the mental health care and related services they need.