

Going the distance, changing lives.

Spurwink

Spurwink
899 Riverside Street
Portland, Maine 04103
207-871-1200
1-888-889-3903
www.spurwink.org

A New Spurwink Residential Community: Spruce Point

As the largest provider of residential treatment in Maine, Spurwink currently operates over 60 homes for children, adolescents and adults with emotional, behavioral and developmental challenges. Many of these homes were created during the 1980's in response to the growing need for community-based residential services. But this spring, Spurwink launches the agency's first new major residential project in almost 20 years.



am excited to be part of this team," she said. "The leadership and staff have harnessed years of experience to providing care and growing as an organization. I am impressed with Spurwink's evidence-based practices usually found at academic or tertiary institutions and their ability to engage in thought-provoking research. Spurwink is an agile, responsive and productive

organization where the focus is the individuals and communities we serve."



Sonia Garcia, Ph.D., MBA,
Director of Clinical Business
Development

Spruce Point is an innovative private pay program providing residential services and offering community experiences to adults with Autism, Asperger's Syndrome and other developmental delays. Unique features of the program include customized family choices and tailored services and

activities designed to meet family members' needs and preferences. This type of program is available only among a handful of behavioral health organizations across the United States.

This new program is under the direction of Sonia Garcia, Ph.D., MBA, Spurwink's Director of Clinical Business Development. Sonia joined Spurwink in October 2008. Previously the Service Line Marketing Manager with the University of Maryland Medical System, Sonia will be focused on new initiatives designed to decrease Spurwink's reliance on state and federal funding and streamline the agency's practices to provide clients with a seamless approach to services.

Sonia is pleased to be a part of the Spurwink team. "The workforce at Spurwink is comprised of cutting-edge thinkers, and I

Spruce Point is Sonia's first major project at Spurwink. "At Spruce Point we will provide supportive services that enhance life," Sonia explained. "Our approach to care is the practice of using each human interaction as an opportunity for personal discovery and growth."

The professional staff at Spruce Point will help guide families through the process of selecting lifestyle and service options and develop an appropriate residential environment and service package.

Services at Spruce Point will include:

- 24 hour monitoring
- Assistance with activities of daily living
- Fresh meals cooked by staff (residents are encouraged to participate)
- Transportation
- Recreational activities supervised by staff
- Variety of social, cultural, recreational and spiritual programs
- Medical Record keeping
- Consistent communication with family members
- 24 hour facility maintenance services
- Housekeeping

For more information about Spruce Point, visit www.sprucepoint.org or call Sonia Garcia directly at 400-7501 or 871-1200, ext. 116. ■

Page 2. What Makes Spurwink Unique?

Page 3. The Blossoming of David Rees

Page 4. Spurwink Consultation Services

Page 5. Finding Family, Connection and Caring

Page 7. Autism Conference Features "J-Mac"

What Makes Spurwink Unique?

Dawn Stiles, LCSW, Spurwink Services President



Dawn Stiles, LCSW,
Spurwink President

I was asked the other day, “what makes Spurwink different from other mental health providers”? This question is one that I’m frequently asked, more so now that the economy is what it is and legislators, policy makers and other funders are looking at cutting costs. Those of you who know me know that I love to brag about Spurwink and all that makes us unique; listed below you will find just a few of the ways in which I think we are unique.

- Our leadership staff at every level in the organization have a *joie de vive* that lifts morale, permeates treatment and keeps us focused on the positive impact we have on individual lives today and on our growth and viability into the future.
- Would we trust Spurwink with the treatment and care of our own kids and family members? This question guides our treatment and makes us diligent in our pursuit of excellence.
- Spurwink is the place to be; many of our professional staff have taken pay cuts in order to work at Spurwink – because

of our reputation and the quality of programming.

- Our Research Department publishes in peer reviewed journals, presents at state and national conferences and designs, tracks and publishes our program outcomes quarterly and annually. This department conducts original research and has partners and research colleagues at many of the leading universities throughout the United States and Canada.
- Our treatment works; kids get better and move back to their families.
- Our administrative overhead rate is 7.5 %. Verified by our accounting firm – we are good stewards of the taxpayers’ and private donors’ funds.
- We work as a team, sharing responsibilities and successes.
- We are building a future that capitalizes on our expertise and expands our markets. Through this effort we will build on-going, sustainable revenue to insure that we are the masters of our destiny and not subject to fluctuating economies.

I’m finding it hard to stop at what I promised to be a short list. I invite each of you to forget your manners and brag about Spurwink to your friends, family members and colleagues. Let them know that you are one of our supporters and cheerleaders and why. And thank you for all that you have done for Spurwink – it’s truly appreciated. ■

Welcome to a New Spurwink Medical Team

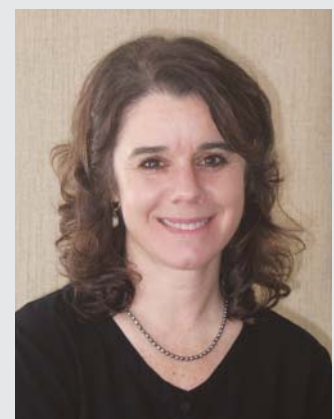
Spurwink Services is proud to welcome David Walter as Medical Director and Lisa Chase as Director of Nursing. The two will oversee the agency’s medical and psychiatric services.

David practiced psychiatry at Maine Medical Center and Sweetser before starting his own private practice. He was instrumental in developing Long Creek Youth Development Center in South Portland as an educational and rehabilitative resource within the state correctional setting.

Lisa comes to Spurwink from the SAD 61 school district where she was employed as the School Nurse for the past 10 years. She has also been employed as a per diem triage nurse in the Emergency Department at Bridgton Hospital since 2001.



David Walter, D.O.



Lisa Chase, RN, BSN

The Blossoming of David Rees

David Rees has been a familiar face at the Portland Help Center for the past 14 years. Diagnosed with major mental illness, David has relied on the professionals at Portland Help for medication management and ongoing support since 1994.

When David's mother passed away 10 years ago, he was forced to live on his own. At the time, he was very quiet and had little confidence in himself. He had difficulty maintaining his apartment and keeping up with his own personal hygiene.

But today David is like a different person. For the past two years, he has been working with Vicki Durrell, a Case Manager at Portland Help Center. "David has just blossomed," Vicki said. "He attends many of our groups and has a wonderful sense of humor."

Now described by Vicki as a "social butterfly," David can be seen around town, riding his new bicycle, stopping at Mr. Bagel or buying books at his favorite bookstore.

"David collects books on history and is a great historian on the Civil War," Vicki said.

For the first time in his adult life, David has also begun to write. His creative writing reflects his thoughts and experiences. "The writing really brings out the inside of David a lot more," Vicki said.

David stops in at Portland Help on a daily basis. He might meet with Vicki, one of the clinic's psychiatrists, or attend the Morning Coffee, Discussion or Healthy Lifestyles Groups. The clinic has become a lifeline for him, providing not only psychiatric care and support services, but a sense of community and safety.

David is fortunate to be eligible for services at Portland Help Center due to the high level of care his illness requires. He is also a special individual who has been willing to put trust in others and stay committed to his treatment.

Catherine Lorello Snow, R.N., Director of the Portland Help Center, believes it takes a special individual to be able to put trust in others and stay committed to his treatment. "David is one of our many patients who suffers from a major mental illness and has amazing resilience." ■



Vicki Durrell, a Case Manager with Portland Help Center, meets with David Rees.

My Leg

By David C. Rees

My leg is like a tree.

It stands tall and proud.

My legs remind me of furniture legs.

I am able to bend them & break them & fix them.

I am able to stretch them.

I can stand like a matchstick man.

I like being called Pretzel Pete or Pegleg Pete.

I like to bend over when the wind is pushing me around or blowing me over.

I like to walk or run or ride a bicycle.

I can perpetuate my every movement.

I can use rhythm and coordinate my muscles in a flexing position or movement.

I can move with the elements of time and synchronicity.

Time and space move with me.

I keep going like a clock and an old time piece.

An old clock on a mantelpiece or a Grandfather clock.

Time and elements,

Space all agree with time and me.

For the first time in his adult life, David has also begun to write. His creative writing reflects his thoughts and experiences. "The writing really brings out the inside of David a lot more," Vicki said.

Spurwink Consultation Services

Sharing Experience and Expertise



Eric Campbell, M.S., Spurwink's Special Education Program Consultant

Eric Campbell started his career at Spurwink nearly 10 years ago when he was hired as an Ed Tech for the agency's Cummings School in Portland. He was quickly promoted to special education teacher, a position he held for eight years. Eric's "Life Skills" classroom typically served the lowest functioning students in the school – adolescents with autism spectrum disorders and mental retardation.

As Eric developed strong skills in working with this challenging population, he was asked to join the Spurwink Consultation Team, a team of professionals from various disciplines with expertise in working with children with autism and other developmental disabilities. The team provides consultation and training to assist public schools with the development and implementation of best practices for students who are often facing a number of challenges.

"At Spurwink, our employees receive extensive training in addressing serious behavioral challenges," Eric said. "This is an area where many public schools are looking for help. They look to us for an 'outside eye,' and recommendations based on our experience."

Eric understands the challenges public schools face when serving the educational needs of children with very diverse needs. Today, he coordinates the Spurwink Consultation Team as the agency's Special Education Program Consultant. He enjoys sharing the knowledge and insights he has acquired while working at Spurwink.

"We learn to separate the behaviors from the student," he explained. "At Spurwink, we have clear expectations and consistency, but we also build relationships with each stu-

dent, striking a balance between nurturing and limit-setting. We are truly invested in their progress."

With the increased diagnoses of autism spectrum disorders, more school districts are calling on the Spurwink Consultation Team for support and advice. In addition to providing assessments and recommendations, the team can help implement recommendations, problem solve and even assist with the creation of new programming.

The team is comprised of 10 Spurwink professionals, who like Eric, are energized by the successes they have experienced with children and teens who face developmental and behavioral challenges.

The team members are:

Chris Abate, B.S., OTR/L, Occupational Therapist

Eric Campbell, M.S., Special Education Program Consultant

Jessica D'Angelis, B.S., Special Education Teacher

Elizabeth Davis, MA, CCC-SLP, Speech/Language Pathologist

Dave Jordan, M.S., OTR/L, Occupational Therapist

AnnElissa Levesque, B.S., Master Teacher

Sheri Sastre, M.Ed., Program Supervisor

Pam Sperry, M.Ed., Director of Educational Services

Mary Thornton Vogel, M.S., OTR/L, Senior Occupational Therapist

Heather Young, LCSW, Program Director

Despite the difficulty of the work and the behaviors they encounter, these Spurwink professionals have witnessed progress and success and are dedicated to sharing their experience with others in the field. ■

"At Spurwink, our employees receive extensive training in addressing serious behavioral challenges," Eric said. "This is an area where many public schools are looking for help. They look to us for an 'outside eye,' and recommendations based on our experience."

Finding Family, Connection and Caring at Spurwink

Dan Adams arrived at Spurwink's Casco Program in the early 1990's after bouncing from foster home to foster home. He recalls "misbehaving a lot" and receiving his first broken bone after punching a wall that had bricks behind it. As an adolescent who lacked any positive role models in his life, Dan had difficulty doing what he was told and spent the next six years struggling between the positive relationships he made at Spurwink and wanting to break away on his own. It wasn't until years later, when he was an adult himself, that Dan could look back and appreciate what he had learned while at Spurwink.

"I think about what I put the staff through," he said. "There were a lot of people I really hurt who were trying to help me out."

Mike Forkus, a former Spurwink Senior Child Care Worker who has since passed away, made a lasting impression on Dan. "He would get down on one knee and look you in the eye and say, 'You need to take responsibility for your own actions.'"

Mike, Mark Mercer and another Spurwink staffer, Andrew "Mitch" Mitchell, all had a profound impact on Dan's life. Since Dan lacked close family members, he frequently went home with one of the staffers during the holidays. "I got the kind of fatherly love I never had," Dan said. "The best thing I took from there was they showed me how to be a good parent."

Today, Dan is father to three girls, one son and two stepsons. He is bound and determined to create a good life for his children.

"Just because I didn't have a good life doesn't mean my family has to, too," he stated. "Why would I want my family to suffer the pain that I did?"

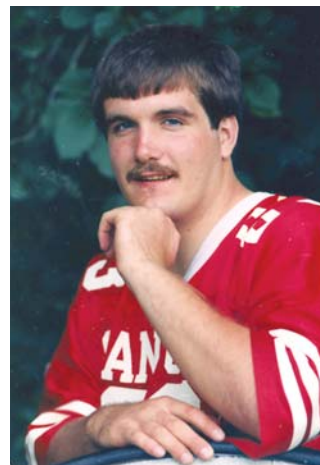
Dan also recalls how Dan Hibbs, his Spurwink Generalist who is now a Senior Program Director, was constantly there for him. "He told me, 'If you screw up, learn from it and move on,' Dan said. "He never gave up on me. Nobody in my life was always there and pushed me the way Dan Hibbs did."

As a Therapeutic Couple, John and Tina Cook were also an integral part of Dan's Treatment Team. "They showed us what a true family was like," Dan said. He holds on to many special memories of living with the Cooks and has carried on some of the traditions he established with them with his own children.

Dan values the many different people he got to know while at Spurwink. "There were a variety of people with different personalities who showed you different ways of doing things," he said. "They taught me there wasn't just one way to do anything."

Now age 31, Dan lives with his wife and children in Massachusetts and works for a towing company. "My life isn't perfect," he said, "but I've learned that you need to work for things you want in your life."

Dan traces his success today back to the myriad of caring people he encountered while in treatment at the Spurwink Casco Program and stays in touch with many of them. This is a testament to the cornerstone of Spurwink's services – the power of relationship in healing and creating change. ■



Dan Adams was a young teen when he came to Spurwink in the early 90s.

Spurwink Bequests

Have you considered making provisions for Spurwink in your will? For more information on bequests and planned giving, contact the Spurwink Development Department at giving@spurwink.org or 688-4652.

Jim Conlon of Bangor Savings Bank Honored as Humanitarian of the Year



Jim Conlon, Spurwink's 2008 Humanitarian of the Year accepts the award from Dawn Stiles, President of Spurwink Services.

On Saturday, November 15, business leaders, friends and family gathered to celebrate Jim Conlon, President and CEO of Bangor Savings Bank, as he received Spurwink's 2008 Humanitarian of the Year Award. A record crowd of 550 people attended the Humanitarian of the Year Dinner held at the Portland Marriott at Sable Oaks in South Portland.

Presented annually since 1987, the Humanitarian of the Year Award recognizes individuals or organizations that have made significant contributions to enrich the lives of others. Dawn Stiles, President of Spurwink Services, said Jim Conlon naturally came to mind in considering nominees for this year's award. "Not only has Bangor Savings Bank, under Jim's leadership and direction, made enormous investments in Maine's business community, but through the bank's Community Matters More program, dozens of non-profit agencies and thousands of Maine people have been impacted," said Stiles at the award presentation. "Individually, Jim's

involvement in numerous civic and charitable organizations illustrated to us his commitment to community, to helping others, and to improving the lives of people throughout the state. Once Jim accepted our invitation to be honored as this year's Humanitarian, we immediately started to understand his huge heart, compassion for others, and strong commitment to supporting Spurwink."

Under Conlon's leadership, Bangor Savings Bank has continued its longstanding commitment to giving back to the communities it serves. Together the Bank and its Foundation invest more than a million dollars per year into the community in the form of nonprofit sponsorships, grants and partnership initiatives.

During the Humanitarian event, Conlon was commended and congratulated by several colleagues and friends. Yellow Light Breen, Senior Vice President and Chief Strategic Officer at Bangor Savings Bank, served as the evening's Master of Ceremonies. Chuck Hewett, Chief Operating Officer of The Jackson Laboratory and Bill Beardsley, President of Husson University, praised Conlon for his strong, yet modest, leadership of Bangor Savings Bank. George Campbell, 2005 Humanitarian of the Year, led the crowd in a champagne toast to Jim Conlon before presenting him with this year's award.

The Humanitarian of the Year event not only honors community leaders such as Jim Conlon, but also serves as a major fundraiser for Spurwink and has brought significant community recognition to the organization's work and mission as one of Maine's leading providers of behavioral health and educational services. This year's efforts raised more than \$333,000 for Spurwink – a cash

fundraising record in the award's 22 year history. **Bangor Savings Bank** served as Lead Sponsor of the gala event, while **FairPoint Communications** and **Sandler O'Neill + Partners** co-sponsored the Reception. Patron level sponsors included: **Accume Partners, Bangor Daily News, Cayer Security Services, Inc., Cianbro Corporation, Curtis Thaxter, Epstein Commercial Real Estate, EMHS, FORGE Worldwide, Gateway Title, George Giovanis, Husson University, MaineBiz, Martin's Point Health Care, MEMIC, Snowman Printing & Presort Express, Residential Mortgage Services, Inc., The Louis Berger Group, The McGoldrick Family Fund of the Maine Community Foundation, and The Wishcamper Companies, Inc.** ■



Matthew Winch, Chair of the Spurwink Institute Board, attended the event with his wife, Jennifer Garrett



One of the highlights of the Humanitarian Dinner was a special presentation by Betsey Davis, a Spurwink Speech/Language Pathologist and Aaron Stubbs, a young man with autism.

Jesse Patkus, A Friend to Augusta Teens



James Lawson, Junior Staff Member, is joined by Jesse Patkus, Program Coordinator of the Augusta Boys & Girls Club for Teens.

Jesse Patkus is a break-dancer at heart. It is this interest that led him to volunteer at the first incarnation of the Augusta Teen Center in the spring of 2000.

"I was working with a competitive dance team and needed a place to practice," Jesse said. "I offered lessons in exchange for the practice space."

Eventually, Jesse was offered a part-time job and for the next five years he could be found at the Teen Center, then known as "The Edge," teaching both breakdancing and art to teens. When the center's doors temporarily closed, Jesse moved to the Portland area to attend classes at Southern Maine Community College.

In 2006, Kathi Wall, Executive Director of the Teen Center, was preparing to move to a new space at the Buker Center in Augusta. She called Jesse to offer him a year-long opportunity to work at the center as a VISTA Volunteer and he jumped at the chance to work with teens once again.

Today, Jesse is the Program Coordinator for the Augusta Boys & Girls Club for Teens. He relates to the teen population well and says, "I like being part of an after-school program where kids can gain experiences that they otherwise wouldn't have had." Jesse has helped build collaborative relationships with other area organizations in order to offer a variety of activities and programs at the Teen Center. He continues to teach breakdancing, both at a local dance studio in Augusta and at the city's public schools.

For now, Jesse has taken time off from pursuing his college degree, but plans to return to obtain a degree in business. "I want to stay involved in working with youth," he said, "and I want to continue to play an active role in the community." ■

Augusta Boys & Girls Club for Teens
a division of spurwink
The Buker Center
22 Armory Street
Augusta, Maine 04330
P 207-622-0452 / F 207-622-0453

Autism Conference Features "J-Mac"



Jason McElwain

More than 325 parents, caregivers and educators attended the first annual Southern Maine Autism Conference, presented by Spurwink Services and Pine Tree Society, on March 28th in South Portland. In addition to 12 break-out sessions on a wide variety of topics and displays by more than 25 exhibitors, the conference featured special guest Jason McElwain, or J-Mac, a young man with Autism who was thrown into the spotlight while managing his high school's varsity basketball team in Rochester, New York in 2006.

At Greece Athena High School's last home game of the season, Jason's coach added him to the team roster so he could be given a jersey and sit on the bench. Although the game was for a division title, the coach planned to allow Jason to play a few minutes if Greece Athena got a comfortable lead. With four minutes left in the game, Greece Athena had a double-digit lead, so the coach let Jason play out the last minutes of the game. After missing several attempts to score for his team, Jason went on a winning streak shooting six three-pointers and one two-point shot before the game ended. When the final buzzer rang, fans from the stands stormed the court in celebration.

A video of Jason's incredible performance circulated on YouTube and in no time everyone was talking about his triumph. He has been a guest on numerous talk shows and co-authored his memoir, "The Game of My Life: A True Story of Challenge, Triumph and Growing Up Autistic." Columbia Pictures has purchased the rights to produce a film about Jason's story.

Conference attendees found Jason's presentation touching and inspirational. He recalled for the audience how he was "hot as a pistol" during his brief but memorable performance on the court and reminded them to "never give up on our dreams." Today, Jason works in the bakery of his local grocery store and continues to assist the basketball coaches at his high school. He hopes to one day be a coach in a private high school.

A BIG thank you to the following businesses and organizations for their generous support of the Southern Maine Autism Conference:

Time Warner	Spectrum Medical Group
Bath Savings Bank	Bernstein Shur
Spring Harbor Hospital	Waste Management
TD Banknorth Insurance	Working Words and Graphics
Autism Society of Maine	Digital Goat Consulting
Shad's Advertising	Maine Coast Marketing ■

New Presence on the Web

More than a year ago, Spurwink approached Digital Goat Consulting, Inc. in Bath with a mammoth project: create a comprehensive website that effectively communicates and promotes the agency's core competencies, reflects our brand and key messages and makes our services, products and information easily accessible. With 25 programs, 80 locations and 900 employees, Spurwink needed a website that was not only wide-ranging, but also simple to navigate.

To that end, Spurwink was pleased to launch a new website this month. The new site features several ways to search our extensive list of services. Directly from the home page, visitors can access a program list or search by eight major program categories:

- Residential and Educational Services for Youth
- Special Purpose Schools for Youth
- Specialized Intensive Residential Services for Youth
- Autism Spectrum Services
- Evidence-based Community Practices
- Residential and Community Support Services for Adults
- Outpatient Services
- Consultation Services

As a Center of Excellence in behavioral health and special education services, Spurwink also uses the new website to share the agency's vast expertise and knowledge. The Home Page contains a link to a "Healthy Families Library," a collection of helpful articles written by Cynthia Dodge, Ph.D., Spurwink's Director of Clinical Services. The Resources section includes publications and presentations of Spurwink professionals and a glossary of terms and acronyms used in our field. The Research page describes how Spurwink uniquely uses outcome measurement and research to improve existing services and plan for new programs to meet community needs.

Visit the website at www.spurwink.org. We welcome your comments and suggestions – contact Donna Murphy, Director of Communications and Marketing, at dmurphy@spurwink.org or 207-871-1200. ■



Newsletter Editor: Donna Murphy, Director of Communications & Marketing
Graphic Design: Elizabeth Margolis-Pineo

Non-profit Org.
U.S. Postage
PAID
Permit No. 260
Portland, ME

spurwink

899 Riverside Street
Portland, Maine 04103