



It is during times like this when I most appreciate our Sweetser family.

I have witnessed our staff rise to the challenge of continuing to serve the state's most vulnerable. Seemingly overnight:

- Our clinicians have adapted along with our clients to telehealth services, whenever possible. That includes our Mobile Crisis Services team that supports children and adults virtually or by whatever means are within the range of safety and comfort for our clients.
- Our Special Purpose Private Schools in Belfast and Saco are continuing studies for our residential students to preserve ever-important normalcy, and staff members are keeping in touch - virtually - with children and families that use our Day Treatment program.
- Our Developmental Services team in Bangor created a new kind of field trip - a fun scavenger hunt using the safe distance of cars to create an enjoyable activity for the adults we serve with developmental and intellectual disabilities.

As a community mental health provider, we are rooted in the towns and cities we serve. Our caring and compassionate staff that offer these important services are also encouraged to care for themselves and their families, including access to borrow earned time as needed.

We also encourage everyone to access the free and confidential online wellness tool, [myStrength](#) - the health club for your mind, where you can find tips and inspirations that can be particularly helpful in these times.

Sweetser is proud of our family of staff, volunteers and donors. We are dedicated to keeping our organization strong to serve many more generations of people who need and deserve our services.

If you or someone you care about would like to access Sweetser's services, please call our PromiseLine at 1-800-434-3000.

The Maine Crisis Line can be reached 24/7 for urgent mental health assistance by calling 1-888-568-1112.

The Intentional Warm Line is available for support provided by a trained peer by calling 1-866-771-9276.

And 211 is available to answer a wide variety of questions and point you in the direction of other types of support you may be needing.

Together we will all weather the challenges in front of us by taking care of one another.

My very best,
Deb

Debra Taylor
President and CEO