



Mental Health
Recovery
Education



Photo by Amy Harmon

Sweetser is a nonprofit community mental health provider with a statewide network of care.

COMMUNITY-BASED SERVICES

- **Assertive Community Treatment** – A community-based total team approach in which a psychiatrist, nurse, employment specialist and counselor work to promote participants' independence, rehabilitation and recovery.
- **Behavioral Health Home** – An integrated team approach to reaching mental and physical health goals that includes a home health coordinator, nurse and clinical lead. For children, the team includes a family support specialist, and for adults a peer support specialist.
- **Community Integration** – Assists adults experiencing a serious mental illness with access to a range of support and treatment services in the community to aid in their journey towards wellness and recovery.
- **Primary Care Integration** – In partnership with primary care practices, behavioral health specialists are independently licensed clinicians who provide brief, solution-focused interventions to address challenges that are barriers to improved health.
- **School-based Services** – Licensed clinicians collaborate with school staff, primary care physicians and families to reduce emotional and behavioral challenges that are obstacles to school success and to work with children and families who are at risk.

CRISIS SERVICES (1-888-568-1112, available 24/7)

- **Crisis Stabilization Units** – Short-term, out of home, safe, professionally managed environment for a child or adult experiencing a severe destabilizing psychiatric crisis.
- **Mobile Crisis Intervention** – Provides a crisis stabilization specialist to meet a child, family or adult in their home, hospital emergency room, school or workplace to assess their imminent needs and institute a plan to safely stabilize their emotions and behavior.

DEVELOPMENTAL SERVICES

- Provides support for adults with intellectual and developmental disabilities living in homes in Bangor, Maine. The emphasis is on maximizing independence in a safe living environment in a community setting.



OUTPATIENT SERVICES

- **Affiliate Network** – Sweetser partners with independently licensed clinicians who are committed to working with Mainers struggling with a mental health and/or substance use disorder.
- **New England Eating Disorders Program (NEED)** – A range of treatment to best match the intensity of care required to meet patient needs. Physiological, psychological, social, and spiritual needs are assessed, and individualized treatment plans are developed and implemented.

PEER SERVICES (available 24/7)

- **Intentional Warm Line** – Call 1-866-771-9276 for peer to peer recovery-focused conversations.
- **Peer Training Network** – Peer-led recovery facilitator trainings for Certified Intentional Peer Support Specialists (CIPSS) and other peer practitioners throughout Maine.

RESIDENTIAL SERVICES for Adults

Located in Topsham, Waterfall Place is a 6-bed Private Non-Medical Institution (PNMI) that serves adults with major mental illness. This community-based housing is designed to build skills for a successful transition to independent and/or less supportive living environment.



RESIDENTIAL & EDUCATIONAL SERVICES for Children

- **Residential Treatment Services** – With a goal of returning children to their families and communities, Sweetser offers intensive, out-of-home treatment for youth experiencing a mental and/or behavioral health diagnosis.
- **Day Treatment Services** – Comprehensive family, individual and group therapy with individualized special education for students needing an out-of-district placement for serious emotional disturbances.
- **FOCUS Through Adventure** – Custom designed adventure-based and experiential education.
- **Special Purpose Private Schools** – Assist students to overcome learning, behavioral and emotional impairments so they can transition back into the mainstream of their public school and community, while simultaneously providing support and consultation for a successful reunification with their family and/or school.

The PromiseLine: 1-800-434-3000

Connecting adults, children and families with the services they need and deserve.

The Training Institute: training@sweetser.org

Professional development using evidence-based best practice that is recovery-focused and trauma-informed.

Careers at Sweetser: hr@sweetser.org

Pursue a passionate career at Maine's leading community mental health provider.

What did Sweetser do for Maine children, adults and families in the last year?

- ✓ The PromiseLine responded to 63,523 calls and completed 1,179 new intakes.
- ✓ As the state's largest mobile crisis service provider, Sweetser supported 2,456 mobile crisis interventions.
- ✓ The Intentional Warm Line answered a total of 23,477 calls, amounting to 7,736 hours of support time to callers from Maine's 16 counties.
- ✓ School-based Clinicians from York to Bangor, Maine area served 2,991 children.
- ✓ Sweetser Special Purpose Private Schools in Belfast and Saco (Esleie J. Parquette School) served 140 children.
- ✓ Served 292 children as one of Maine's largest Children's Residential Programs.
- ✓ The New England Eating Disorders (NEED) program served 360 people of all ages and genders.
- ✓ Sweetser Training Institute hosted courses for 780 mental health professionals and community members.
- ✓ Volunteers donated more than 18,000 hours of their time supporting Sweetser clients and services.
- ✓ Sweetser served 22,373 children and adults!

Serving Maine since 1828.
For more information visit sweetser.org



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