

HOPE

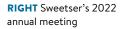






2023 SWEETSER REPORT Charting a New Promising Future







Dear Friends, The heart of Sweetser is about helping people.

We see it every day in our staff, in our clients, and in the reputation

Sweetser has cultivated since the 1800s. We can go home each day

knowing we moved the needle and made an impact on someone's

life. We're here during the most challenging moments of Mainers'

Last year, Sweetser's services reached over 15,000 children,

As we look at our suite of programs and initiatives, growth is on

lives-to lift them up and provide them hope and healing.

adults, and families. Our Intentional Warm Line fielded over

26,000 calls. Our impact is being felt in every corner of our

state. As an organization, we understand that hope is truly the

• Expanded our OPTIONS program into two counties to support

• Proactively engaged media outlets to share our collective

• Re-engaged with government officials around behavioral health

BOARD OF DIRECTORS

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Javne Van Bramer President & CEO



Jessica Demers Board Chair

• Set forth a new strategic plan & much more!

the horizon. This past year we:

substance use recovery.

impact and expertise.

system opportunities

seed for recovery.

We hope this Sweetser Report gives you a glimpse into an organization on the move towards sustainability. Inside this edition you will find a full breakdown of the number of individuals served by location and program area, a new statewide services map to visually show where our impact reaches, financial data and donor lists, and a number of key feature stories showcasing Sweetser's many initiatives.

• Created a new teen mental health podcast.

Together we have the tools needed to amplify Sweetser's collective impact and chart our own promising future as one of the leading behavioral health nonprofits in our state.

We're inspired by our potential and reach. The roadmap to Sweetser's next chapter may take twists and turns, but the path is clear. The revitalization strategies we are implementing reflect the need for our organization to best adapt to the challenges our clients face, powered by the dedication and passion of our staff and your continued support of our mission.

JESSICA DEMERS JAYNE VAN BRAMER President & CEO Board Chair



Scan here to watch a video message from Jayne.

Welcome New Board Members

Sweetser is beginning 2023 with two new additions to our Board of Directors-Craig Alie and Anna-Marie DiPasquale



Computershare. He earned a BA in economics at Colby College. Craig brings his experience drawn from board roles with Agassiz Village in Poland, ME (past VP & Chair of Development Committee), SEED in Dover, NH and as a Strategic Adviser to the CEO and board with Gather in Portsmouth, NH. Welcome, Craig!

ANNA-MARIE DIPASOUALE lives in Biddeford and comes to us with a background as a social worker. She earned a BA in Psychology from New England College and an MA in School of Social Service Administration from the University of Chicago. She is also an active volunteer with Foundation AHLE, an orphanage in Honduras. Welcome, Anna-Marie!

Shared Stories, **Visible Impact**

Sweetser welcomed various legislators to our Saco campus to see firsthand the impact we have on those we serve and to hear about the opportunities to improve our behavioral health system in Maine.

We appreciate their passion for service and interest in our shared mission of providing help and hope to more of their constituents. Our students even whipped up some delicious goodies for them as part of our culinary experiential learning program.

2

CRAIG ALIE lives in Portsmouth. NH and is Chief Revenue Officer at





RIGHT Rep. Lynn Copeland, Rep. Maggie O'Neil, Senator Donna Bailey, Rep. Drew Gattine, & Rep. Marc Malon.

Creating Promising Futures in 2022

15,368

children, adults, and families reached by our services

BY COUNTY

Androscoggin 1952		
Aroostook	595	
Cumberland	2693	
Franklin	61	
Hancock	280	
Kennebec	577	
Knox	610	
Lincoln	530	
Oxford	302	
Penobscot	1298	
Piscataquis	77	
Sagadahoc	855	
Somerset	239	
Waldo	819	
Washington	83	
York	4062	
Out of State	335	

26,049 Intentional Warm Line

24,495

calls answered

PromiseLine calls responded to



mobile crisis interventions supported

2,829

volunteer hours donated



children worked with Sweetser school-based clinicians

878

individuals received continuing education & mental health first aid training by our Training Institute

237

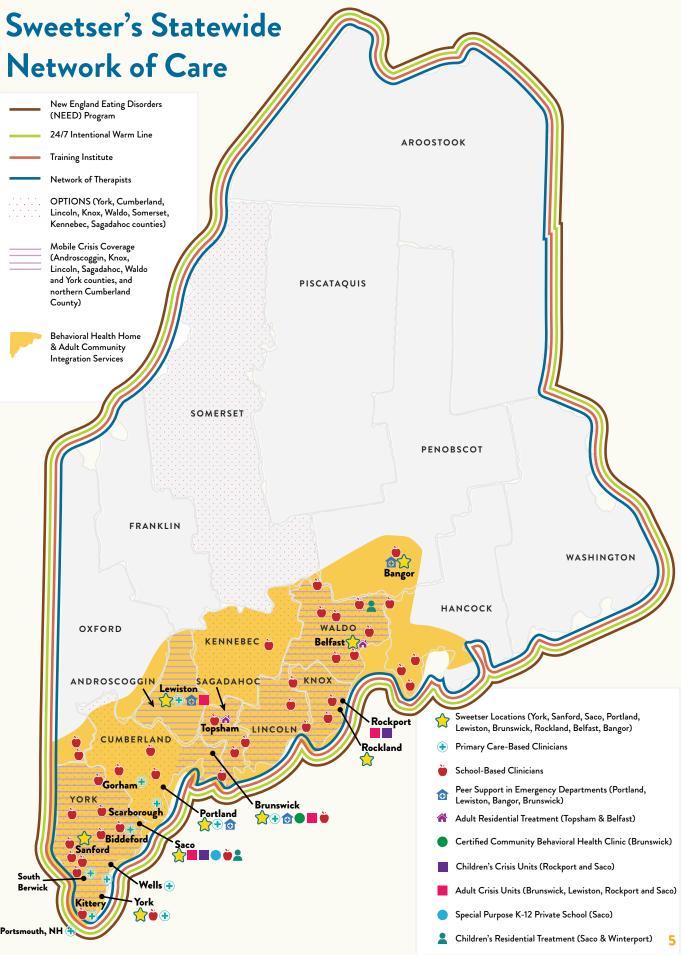
individuals served by our New England Eating Disorders program

76

children served at Saco Special **Purpose School**

65

children served in Sweetser's residential programs



CAMPUS CONNECTIONS

New Faces on the Farm

Meet Chrome, a 15-year-old Morgan horse who is an important teaching tool for our students. Students learn important skills



as they help to take care of the animals on our farm. Chrome is featured below with Angie Anders who has been with Sweetser for 12 years and is now an Ed Tech III and

our Assistant Farm Manager.

ABOVE One of the newest little lambs at our Saco campus farm. **BELOW** Angle and Chrome.



President & CEO Jayne Van Bramer with Garland Award Winner Heath Seeley

GARLAND AWARD WINNER

Congratulations to Heath Seeley, a Crisis Intervention Specialist, for being this year's recipient of our Garland Award! This award recognizes one staff member who personifies exceptional service to Sweetser and the greater community. We deeply appreciate Heath's strong commitment to helping those in need.



'Ruel Ricker' Day

Sweetser held its annual Ruel Ricker Day Fair. The event honors Sweetser's first farm manager, Ruel Ricker, who held the position from 1941 through the 1970s, and is the namesake for Ricker Farm. The fair gives kids at the Saco School a chance to play games, win prizes and enjoy a BBQ. Sweetser staff and board members volunteered at the event, running games and giving out prizes.

The Yellow Tulip Project

The Yellow Tulip Project is about smashing the stigma around mental illness - one tulip at a time. Yellow tulips are a sign



of hope. When groups and communities come together, plant a garden, get their hands dirty, and talk about mental illness, hope blooms. As part of our Zero Suicide Committee's efforts, our staff worked to plant gardens at various Sweetser locations.









SHOWING SWEETSER PRIDE





AROUND THE COMMUNITY

тор то воттом

Celebrating diversity & equality at PRIDE in Portland, Aroostook County; Saco Harvest Festival; American Foundation for Suicide Prevention 'Out of the Darkness' Walk in Portland.

Wear Your Sweetser Support on your Sleeve

We've launched a new and engaging way to order your favorite Sweetser branded attire like t-shirts, zip hoodies, and North Face outerwear. We have various accessories like mugs, tumblers, and backpacks, in addition to an entire Pride-themed collection. Together let's show off our Sweetser pride!



See all of the options and order your favorites at SweetserStore.org.









Beautifying Our Campus

Nearly 80 staff and family members from Tom's of Maine visited our Saco School to help beautify our campus. This annual Goodness Day is a reflection of their corporate values and commitment to giving back. We are deeply appreciative of their help and support for our students.

We are always looking for corporate and civic groups to help with volunteer projects around our Saco campus.







Let's Stay in touch!

You can stay up-to-date with Sweetser news by getting on our email list so we can send you our electronic newsletter, *Sweetser Spotlight*, in addition to information on events held throughout the year. **Please send your email address to communications@sweetser.org.** Thank you!

A Sweet Story

Did you know our students tap trees, boil the sap, and produce tasty maple syrup? Sweetser School student, Elijah, shows us the process of making maple syrup from start to finish. This is part of the experiential program right on our Saco campus.

ESLIE J.

Scan the QR code to watch the process from start to finish.



TE

PRESS & PUBLIC AFFAIRS

Media Clips

We are proactively pitching ourselves to the press around our collective expertise to elevate stories that matter.



Dr. Marc Kaplan, along with Age Friendly Saco, appeared in a news report about the impact that isolation has on the mental health of our seniors and what resources are available, so seniors feel more connected.

Reporter Zach Blanchard with Newscenter Maine did a story about the value of our school-based program

Rockland provides overdose reversal training Written by David Le



Sweetser's own **Will Bucklin**, and the OPTIONS liaison for Knox County, was interviewed by FOX Bangor for his role conducting a Narcan training with the Rockland Police Department.

Mental health first aid training is now freely available - let's access it

ABOUT THE AUTHOR

IF YOU NEED HELP

Our Director of Training Matt Robinson had an op-ed in the Press Herald (and appeared on 97.9) around how all Mainers can benefit from knowing strategies to help each other in crisis and non-crisis situations.

Volume 56 Number 70 • 26 Pages

ME addiction experts aim to reduce stigma Panel at Morse argued

education, empathy and harm-reduction could reverse troubling spike in drug-related deaths BY JOHN TERHUNE Times Record staff

Substance abuse in Maine spiked during the pandemic, but experts at an addiction awareness event in Bath Wednesday night argued reduc-ing the stigma around addiction and harm reduction tools like naloxone could help quell the rising threat of fentany!

Grant supports those with mental illness, substance use

Sweetser has been awarded funds from Maine Community Foundation.

SACO - The Main \$15,000 grant to s cople living with r se Fund to s



OPTIONS Expansion

Sweetser has expanded its participation in the OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone, and Safety) initiative, adding two counties-Somerset and Kennebec-to the list of those we serve. OPTIONS, which is a partnership with the Maine Office of Behavioral Health, aims to improve the health of



Mainers who use substances by using harm reduction strategies, supporting recovery, and providing referrals for services.

LEFT The Rotary Club of Saco Bay Sunset hosted a free Narcan training session at Old Orchard Beach High School with Lacev Bailey, a Sweetser Drug & Alcohol Clinician and OPTIONS York County liaison.



Our Director of Crisis Services, Alyssa Pelchat, sat down with WGME 13's Brad Rogers to talk about how Sweetser is literally helping hundreds of people get connected to the care they need as they navigate the loss of a provider.

NEW PODCAST

Not Now, Maybe Later is Sweetser's new podcast about teens for teens delving into various mental health topics. It's



a safe space for teens and those who engage with teens to understand how best to tackle issues Maine teens deal with like anxiety, social pressures, and more. Our host is Emily Ostrow, a licensed clinical social worker in Maine. She is currently working as a Sweetser affiliate. Our podcast is available on Spotify, Soundcloud and Youtube.

HELPING THE UNDER AND UNINSURED ACCESS SERVICES

- + Kennebunk Savings: \$10,000
- + Huntington Common Charitable Fund: \$10,000
- + Biddeford and Mechanics Savings **Charitable Foundation** (Maine Community Bank): \$10,000

LEFT Kennebunk Savings President Bradford C. Paige. **INSET** Maine Community Bank Executive Vice President Susan Mellon.

FEATURED EVENTS





FESTIVAL OF TREES

Sweetser was proud to be a sponsor of the Annual Festival of Trees at the Saco Museum.



TURKEY TALK

Thanksgiving at our Saco school campus involves delivering turkey grams to our staff to tell them why we are so thankful for them.





Sweetser Spirit

At Sweetser's Private Non-Medical Institution (PNMI) residential program at Waterfall Place in Topsham, our staff members Adele Bailey and Jennie Jacobs get in the holiday spirit.

Sold On Kids Auction

Presented by KeyBank (they have been by our side for all 30 years of this event!)

We appreciate the generosity and support of all the attendees, sponsors, staff, board members, and volunteers who made our largest fundraiser of the year possible. With your help we raised over \$115,000 to help Maine children and their families receive the mental health support and services they need and deserve.

SAVE THE DATE 31st Annual Sold on Kids Auction SEPT. 21, 2023 at River Winds Farm, Saco

SWEETSER / JACK CHEVROLET GOLF CLASSIC

Our 33rd year of hosting this tournament proved our most successful yet!

This annual event, held at Dunegrass Golf Club in Old Orchard Beach, raised more than \$64,000 toward providing mental and behavioral health services to Mainers in need. We are incredibly grateful to our sponsors and participants for their commitment to Sweetser. Once again, we had a full field with a total of 37 teams participating. This includes our new presenting sponsor, David Rosenberg, son of Ira Jack Rosenberg, whom this tournament is in memory of.











SAVE THE DATE

Sweetser Golf Classic at Dunegrass JUNE 12, 2023 Golf Club in Old Orchard Beach



OUR COMMUNITY SUPPORT





Sweetser is grateful for the valued support we receive from individuals, companies, and foundations. Donations and grants help us meet the rising needs of Sweetser clients and programs throughout Maine. Thank you for helping to create promising futures for those we serve.

Keep This Impact Going

We couldn't do this without you and your philanthropic support. A donation to Sweetser has great meaning and impact on your neighbors, family, friends and co-workers.

No one should be left alone in their behavioral health journey. Your gift shows them that YOU are there and that YOU are making a difference.

YOUR IMPACT IN ACTION

\$100

provides 1 hour of therapy to reduce emotional & behavioral challenges for a child & their family.

250

covers mobile crisis intervention when or wherever needed.

Sei

Promising Futures





Scan here or visit Sweetser.org/donate to make your gift

\$500

provides 2 days of integrated school-based therapy in school districts across the state.

\$1,750

covers one week of experiential & classroom learning with treatment for a student at our Special Purpose K-12 school.

\$10,000

creates & enhances safe and stable living environments for 50 children in our residential care to heal, cope, and receive treatment each month.





ABOVE Sold on Kids Auction; Sweetser/Jack Chevrolet Golf Classic.

LEFT American Foundation for Suicide Prevention 'Out of the Darkness' Walk in Bath.

RIGHT Celebrating diversity & equality at PRIDE in Brunswick.

OUR CORPORATORS

and the communities and people it serves.

Craig Alie Lisa Arnold Tom Arnold Donna A. Bailey Brian T. Ballute John S. Beliveau Laura J. Blanchette Blaine A. Boudreau Edward J. Bull James I. Cohen Erin Ehrlenbach Collins Robert E. Convery Allen Cornwall Joshua S. Cushman Robert M. Davis Michele C. Del Tergo Jessica A. Demers Tammy L. Dickinson Anna-Marie DiPasquale Diane M. Donaldson Dennis Eagleson Troy A. Ellsmore Christopher T. Emmet Roland M. Eon

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Stockings for Sweetser

For 13 years, Cassie Moon has helped brighten up the lives of kiddos on our Saco residential campus with her Christmas Stockings for Sweetser program. She has various volunteers help her produce over 30 hand sewn stockings, overflowing with holiday cheer and goodies. Our Development Office Manager Sara Towle has helped coordinate all these special deliveries with Cassie.

Sweetser Corporators have a unique role to not only elect the members of the Board of Directors but to serve as a key link between Sweetser's mission and values

Carolyn B. Noble James A. Nylund Kathy Pardi . Eslie J. Parquette Rob Pascale **Bradley Paul** Barbara R. Pendleton Carlton D. Pendleton Mark L. Peterson Donald E. Pilon Gregory R. Prince Kathleen A. Prior-Vaz Robert C. Quentin Melissa R. Richter Brynn K. Riley Gregg Ritter Louine H. Robbins Susan D. Rouillard Dr. Margaret A. Shepp Patricia A. Small Debra D. Taylor

Swaatcar

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THANK YOU TO OUR SWEETSER SUPPORTERS

Elizabeth & Paul Peck

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\$10.000+

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\$5.000-\$9.999

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UP TO \$249

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THANK YOU

2022 FINANCIAL REPORT

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+ Cornelius Sweetser Heritage Society Member # Sweetser Team Member

* Sweetser Board Member

Margaret & Peter Webster

Deborah & Michael Wessels

Kenneth M. Weymouth, in

Weirs Motor Sales Inc.

Leonard F. Westra, Jr.

Diane Weymouth

Hannah B. Williams#

memory of

Martin J. White

Arline E. Wilson

Kristin L. Wina#

Lvnne B. Wolfe

Woodbury+

Needs LLC

Katharine &

Judith & Douglas

Woodsome's Feeds and

George Woodwell+

Janet & Barry Zimmerman

FISCAL YEAR 2022

Revenue

Net Program Service Revenue	\$ 47,586,221
Contributions & Grants	\$ 2,743,468
Miscellaneous Income	\$ 1,523,719
Income on Investments	\$ 838,406

Expenditures by Operation Area

Outpatient Services	\$ 17,573,474
Crisis Services	\$ 9,949,957
Residential Services	\$ 8,246,146
Community-Based Services	\$ 6,316,527
Educational Services	\$ 5,268,730
Other	\$ 2,348,465
Total Expenditures	\$ 49,703,299



LEFT Sweetser marching in the Portland Pride Parade.

RIGHT Sweetser/Jack Chevrolet Golf Classic.

Consider the Cornelius Sweetser Heritage Society

The Cornelius Sweetser Heritage Society honors the founder of Sweetser and recognizes the generous support of individuals who have included Sweetser in their estate plans.

If you are interested in including Sweetser in your will or planned gift, or if you have already done so, **please give us a call.** We look forward to helping you leave your legacy.

Kelly Thayer, Director of Development kthayer@sweetser.org 207.294.4495 office 207.317.7597 cell



A Note from our Development Director

I feel lucky to have each of you as a valued member of our "Sweetser Family." We could not do what we do without your generosity, care, and support. Many of you have been a part of the Sweetser family for 20, 30, or even 40 years! Your dedication and longtime commitment inspire so many. I also want to welcome our new Sweetser supporters and am confident that together we can meet the rising mental health and substance use needs of our families, friends, neighbors, and coworkers.

Thank you again for supporting the critical behavioral health services needed for Maine families to live more promising futures.

I hope to get to meet or talk with you soon!

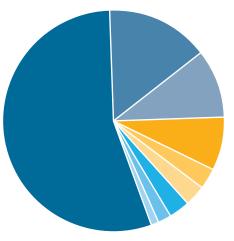
With Gratitude and Appreciation,

Kelly Thayn Kelly Thayer



Revenue Sources

- Maine Care 55% Federal Grants & Awards 15% State of Maine 10% Private Insurance 8%
- Local School Districts 3%
- Investment Income 3%
- Miscellaneous Income 3%
- Fundraising 2%
- Medicare 1%



MEET THE DEVELOPMENT TEAM

Questions about your gift or looking for additional ways to impact Sweetser? **Reach out to our Development Team:**

Kelly Thayer, Development Director 207.294.4495 kthayer@sweetser.org

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Sara Towle, Development Office Manager 207.294.4482 stowle@sweetser.org

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MISSION

Sweetser is a behavioral health nonprofit that provides evidence-based treatment, support and hope through a statewide network of community-based mental health, recovery, and educational services. Access our Services Call our PromiseLine 1.800.434.3000

or visit sweetser.org

Join our team!

Start a compassionate career with Sweetser. Visit sweetser.org/careers

f ◙ @sweetsermentalhealth ♥ @sweetsermaine



Scan. Call. Connect.

Publication produced by the Sweetser Communications team: Justin Chenette & Beth Randall