

October 20, 2015



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## **Spurwink Portland Help Center Receives Maine Psychological Association *Psychologically Healthy Workplace Award***

**Portland, ME** – Spurwink, a nonprofit in Portland that provides behavioral health and educational services for children, adults, and families across Maine, announces that its Portland Help Center has been named by the Maine Psychological Association as one of the five workplaces in Maine recognized as having psychologically healthy work environments.

Spurwink Portland Help Center is an inner-city mental health clinic located in downtown Portland Maine. For 25 years this clinic has been providing integrated community-based outpatient psychiatric treatment, assertive community treatment and clinical community support to adults with serious mental illness and chemical dependencies.

*“As a place of work and as a psychiatric-treatment provider, Spurwink’s Portland Help Center promotes infectious enthusiasm, personal growth, a stable professional team and a healthy workplace,”* explains founding Director Catherine Lorello-Snow, PMHRN-BC. *“Our employees are held in very high regard. Each team member is empowered to practice good self-care and attend on-going trainings which results in a cohesive team spirit and a solid clinical practice with our patients.”*

The Maine Psychological Association evaluated workplace practices in the following areas: employee involvement, health and safety, employee growth and development, work-life-balance, and employee recognition. In a letter from the association, Chair, Ronald L. Breazeale, Ph.D. wrote: *“The review team felt strongly that your organization demonstrated a set of workplace practices that foster employee health and well-being while enhancing organizational performance.”*

The Psychologically Healthy Workplace Awards Program was developed by the American Psychological Association to recognize organizations that make a commitment to programs and policies that foster employee health and well being while enhancing organizational performance and productivity. The 2015 Awards Ceremony is on November 13<sup>th</sup> at the Regency Hotel in Portland.

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