



# SPURWINK

going the distance

## IMMEDIATE RELEASE

September 28, 2015

### Spurwink Opens River House

**Portland, ME** - Spurwink Services has opened a new River House residential treatment program to work with children and their families struggling with complex trauma at its 899 Riverside Street headquarter campus in Portland.

*"The impact of complex trauma exposures, such as physical abuse, sexual abuse, emotional abuse, neglect, and domestic violence, has far reaching consequences and needs a specialized treatment plan,"* states Heather Young, Spurwink Program Director Southern Region. *"Spurwink has developed a clinical model designed to guide treatment within all of our day and residential sites, including the newly opened River House."*

Over the past several years there has been an increase in complex trauma in children referred to the Spurwink Residential Programs. In response, Spurwink has designed its new River House program to provide up to 12 residents with all the benefits of a trauma informed system of care, including:

- Helping affected youth regain their sense of self-empowerment, trust, and safety.
- Helping in the development of better emotional regulation and healthier physical and emotional responses to stress in individuals.
- Helping youth discover their unique strengths and build on their resiliency.
- Providing youth and families with services that are more effective and potentially more cost effective.
- Helping increase caregiver competencies to appropriately care for the trauma needs of their children.
- Increasing the success and satisfaction of our staff by addressing secondary trauma by providing ongoing training and creating a supportive and well supervised environment.

*"Spurwink recognizes that long term quality-of-life is at stake for these young people affected by complex trauma who will now receive 24-7 support and treatment at the new River House,"* notes Spurwink President and CEO Eric Meyer, LCSW, MBA. *"Our treatment model is grounded in CARE principles and practices."*

Spurwink is a nationally accredited non-profit organization that provides a broad range of behavioral health and educational services across Maine. In Portland, it also operates the special-purpose school Glickman Academy at 587 Ocean Avenue, as well as administrative and clinical services at 901 Washington Ave.

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Media Contact:  
Meg Handlin  
207-415-0480  
meg@meghandlin.com