

Dear Friends,

For 60 years, Spurwink has been at the forefront of behavioral health care needs and education in Maine. Every day, we go the distance for people in need, helping them live healthy, engaged lives in our communities.

Spurwink does this work through a wide array of outpatient clinical services in homes, public schools, and community-based settings; in four hubs throughout the state that offer special education schools and residential programs for children and youth; and multiple sites that provide residential programs for adults with developmental disabilities.

The therapeutic framework for all of our work is the CARE model. CARE was started at Cornell University, and we are the only organization in Maine to have fully embraced and implemented the CARE model. CARE is all about building personal relationships, developing an individualized treatment plan for each person, and offering children, adults, and families unconditional positive regard.

The need for quality behavioral health services in Maine is high, and Spurwink is committed to increasing access to care throughout our state. To do this effectively, we are creating efficiencies in service delivery; advocating for reasonable laws impacting mental health care at the state and federal levels; recruiting and retaining a highly trained workforce; and supporting our clients in becoming productive, independent members of their communities. We believe this makes good sense not only for the people we serve, but also for Maine.

We are grateful to the many partners who have joined us on this journey this year. Together, we can make Maine a healthier place to live and work.

Very truly yours,

Eric Meyer President & CEO Alistair Raymond, Esq. Chair, Board of Directors



Fiscal Year 2017

WHO WE ARE: IT ALL STARTED WITH EIGHT BOYS IN 1960

Spurwink began with one house serving eight boys on Riverside Street in Portland in 1960. The developmental needs of the boys could not be met at home or in public school, and the roots of Spurwink were planted.

Today Spurwink is much larger, serving 8,000 people each year through the good work of 900-plus employees throughout the state. Although Spurwink's reach is bigger, our mission remains the same: providing exceptional and evidence-based behavioral health and education services for children, adults, and families so that they can lead healthy, engaged lives in the community.

This vision is the cornerstone of what we do and how we deliver services: developing positive self-regard in those we serve by honoring and respecting who they are, and then building upon the strengths of the individual and the family.

Whether it's a preschooler with autism in Saco, a teen with a trauma history in Skowhegan, or an adult with developmental disabilities in Portland, Spurwink's clients are offered dignity, respect, and a chance to build a better future.

OUR LOGO: WHAT IT MEANS

The Spurwink logo represents our history and our work. The eight sections represent the original eight children we served in 1960. The tree is a symbol of longevity, health, and wisdom. It represents our presence throughout Maine and our deep roots in the community, while the upward motion represents the positive growth and development of Spurwink clients.



PROGRAM HIGHLIGHTS

Spurwink's therapeutic, evidence-based programs touch many different aspects of behavioral health care. As you will see in the highlights below, we are working with refugees and in foster care; increasing access to care for the under- and uninsured; and adopting new treatment models in our residential programs and behavioral health homes. Despite the wide range of clients and clinical settings, the common thread is our commitment to continuous improvement, best practices, and a personalized treatment plan for each individual. If you know someone who would benefit from the Spurwink approach, please call The Link at 1-888-889-3903.

ShifaME

Spurwink was awarded a \$2 million federal grant from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) to participate in the National Child Traumatic Stress Initiative: Community Treatment and Services program. Spurwink is the only agency in Northern New England awarded the competitive grant. The ShifaME Project utilizes Trauma Systems Therapy for Refugees (TST-R) to improve access to trauma-informed mental health services for approximately 2,000 Maine refugee children and adolescents who have experienced complex trauma. Partners include the Refugee Trauma and Resiliency Center at Boston Children's Hospital (BCH), The National Child Traumatic Stress Network, the Immigrant Resource Center of Maine, and partnering schools in Lewiston/Auburn, Biddeford, and Greater Portland.





A Family for ME

Spurwink was awarded the "A Family for ME" (AFfME) Foster Care Recruitment contract from the Maine Department of Health and Human Services (DHHS) to increase statewide recruitment of foster parents in Maine. The grant funds a four-year partnership between DHHS and Spurwink, with the goal of raising awareness of the urgent need and finding Maine families to parent children in foster care. Foster parents are needed to provide temporary care to babies and young children who are in the process of reunification with their birth families; for larger sibling groups to allow siblings to remain connected in the same home; and for older youth with challenging behaviors.

Clinical Team Intervention and Assistance for Foster and Kinship Families

Spurwink was awarded an important new program by the Maine DHHS to provide Clinical Team Intervention and Assistance for Foster and Kinship Families in Cumberland and York Counties. This five-year grant-funded program will provide critical clinical services to foster and kinship families who are fostering children in DHHS custody.

Sensory Integration & Training

Spurwink received grants from the Davis Family Foundation and KeyBank Foundation to create and implement therapeutic sensory and gross motor activities at our day treatment sites and one of our residential programs, which will help youth maintain the emotional regulation needed to engage in functional and meaningful life activities.

Spurwink Therapeutic Preschool

Spurwink received a grant from the Sam L. Cohen Foundation to support the Spurwink Therapeutic Preschool. Funds will support "Enhancing School Readiness for Children," providing classroom equipment, sensory materials, assistive technology & software, and curriculum materials to allow an expansion in service delivery. The funds will also support a parent/teacher education series.

Integrated Supports

The John T. Gorman Foundation approved a subgrant to Spurwink to coordinate the Integrated Supports program at Montello School in Lewiston. The grant embeds a Spurwink coordinator at Montello School to identify school and community supports for children and families to ensure children are ready and able to learn.

Building Assets, Reducing Risks (BARR)

Spurwink was awarded the U.S. Department of Education, Office of Investing in Innovation (i3) award for the Building Assets, Reducing Risks program. One of 15 grants announced, Spurwink will receive a 5-year scale-up grant to expand the model to at least 116 new schools in Maine. California. Minnesota. Tennessee, and Texas. Seventeen Maine schools have participated in the program to date through prior i3 funding, with four additional schools identified to date to participate in the scale-up project, including Auburn, Biddeford, Lewiston, and Oxford Hills. This funding will extend the powerful student achievement and social emotional outcomes demonstrated in our previous i3 Development and Validation grants. BARR's focus on relationships, data, and student strengths continues to produce amazing evidence, impacting all students and transforming school systems across the country.

Access to Care

Spurwink was awarded a grant from the Beim Foundation to provide behavioral health care to under- and uninsured youth in Cumberland County. The grant enables our Outpatient and Community Services team to provide access to care for young people in greater Portland who don't have access to critical behavioral health supports.

Immigrant & Refugee Girls' Groups

The Outpatient & Community Services teams in Cumberland and Androscoggin County completed their ShifaME girls' groups with Hall and Lincoln schools in Portland and McMahon Elementary in Lewiston. Twentyfour 3rd to 7th grade immigrant and refugee girls from Africa, Asia, Europe, and Central America, many of whom have experienced trauma, loss, and challenges navigating a new culture, participated in the groups. The Maine Women's Fund provided a grant to support the social and emotional needs of immigrant and refugee girls. In schools, bous are more often referred to services given their externalized reactions to trauma/stressors, resulting in disciplinary responses from the school, while girls are more likely to internalize the stress and disconnect from school/peers while not drawing the attention of the school for needed supports. The groups helped increase school attendance and helped girls engage socially with their peers, developing self-efficacy.





AGENCY RECOGNITION

Task Force on Maine's 21st Century Economy and Workforce

Spurwink's President & CEO, Eric Meyer, was appointed to the Task Force on Maine's 21st Century Economy and Workforce on March 30, 2017. He is one of 16 members, representing the interests of a Maine business that employs fewer than 1,000 workers. Spurwink employed nearly 900 employees in 14 of Maine's 16 counties, with recent refugees and immigrants making up 10% of the workforce. The task force is charged with strengthening Maine's economy by strengthening the workforce, particularly in areas most affected by the workforce shortage including health care. The group will submit their findings and recommendations, including suggested legislation, by March 1, 2018.

NEW APPROACHES TO CARE

Residential Redesign

To best meet the needs of our clients and invest strongly in the future of Maine's Children. Spurwink is redesigning and upgrading our children's residential services. Spurwink is growing our capacity to provide residential care to meet the statewide need for services. We also are expanding our educational day treatment services. We are transitioning our model of residential treatment from small homes to larger residential programs. There are several advantages in this redesigned approach: improved outcomes for children and youth; strong level of family engagement, clinically, socially and relationally; high level of clinical presence in the program; intensive clinical model training and supervision for all staff; strong supervisory presence at all times; and improved level of staff retention due to strong team support, training and supervision. Spurwink is financially strong and a leader in quality services in Maine. The residential redesign will increase our strength as an organization and keeps us focused on our key values.

Behavioral Health Homes for Children

Spurwink launched Behavioral Health Homes (BHH) for Children and Adults, a new and integrated approach to care, in our Outpatient Offices in Biddeford, Portland, Lewiston, and Randolph. The model offers a team-based approach to care coordination similar to targeted case management with the expanded supports of a Family Support Partner, peer supports, and clinical, medical, and psychiatric consultation.

BHH provides a partnership between behavioral health and primary care; an integrated approach to case management, including health promotion and prevention; coordination of all services involved in a child's treatment; help in identifying natural and community supports; and access to family support and education provided by a Family Support Partner, someone who has lived experience in navigating behavioral healthcare services.

Behavioral Health Homes help children and their families by creating individualized plans that address a child's whole health, including mental and physical health needs; making referrals, coordinating services, and finding resources; addressing chronic health concerns like asthma, diabetes, and obesity; and collaborating with medical providers to reduce unnecessary emergency room visits and hospitalizations.

Shared Living

Spurwink launched a Shared Living program, providing adults with intellectual disabilities or autism an opportunity to live in a supported home in the community. Shared Living offers individuals an opportunity to develop strong, supportive, often roommate- or family-like relationships with their shared living provider; become connected to and embraced by a community; foster unique interests and build new skills; and experience greater levels of independence.

Children and Residential Experiences: CARE model

Spurwink is the only Maine agency with a proven history of utilizing the CARE model (Children And Residential Experiences: Creating Conditions for Change) throughout all programs

- Started utilizing in 2014 with great success
- All staff trained in CARE model
- Designed to support safe environments, strong programmatic elements and a wide-variety of treatment programs and interventions that are trauma-sensitive and developmentally appropriate.

The California Evidence-based Clearinghouse for Child Welfare (CEBC) recently awarded the CARE program model a Scientific Rating of 3 (Promising Research Evidence) and a rating of High Relevance. Spurwink is pleased to contribute to the advancement of this clinical model.



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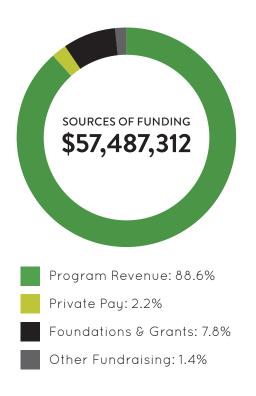
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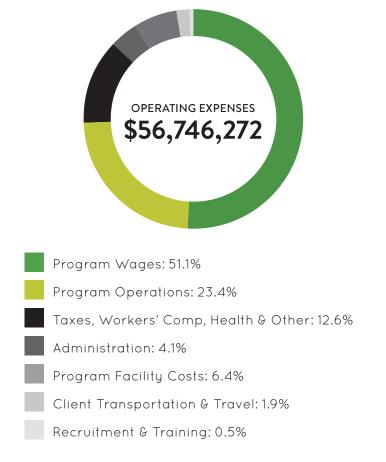
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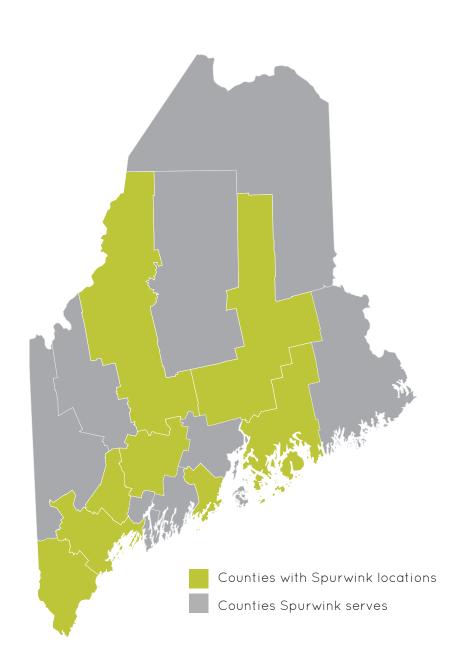
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Hancock Somerset

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Knox Washington

Lincoln York

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In 2015, Spurwink established its Corporate Partners Program. As part of the Spurwink community, these business leaders are making a difference for behavioral healthcare in Maine and are recognized as committed partners to the 8,000 children and adults served by Spurwink each year. We are delighted to recognize our 2017 Corporate Partners. Please contact Kristen Farnham, Vice President of Development, or Abby Peck, Director of Annual Giving & Special Events, to learn more about how your business can be a partner in creating a stronger Maine.

















By partnering with Spurwink, you can make Maine a healthier place to live and work. There are many ways to be involved.

Expand access to care by making a donation (www.spurwink.org)

Pay attention. Use the Spurwink Link (888-889-3903) to refer a friend or colleague in need to a trained clinician.

Collect books for children or organize a diaper drive for young mothers

Bring a friend to next year's Humanitarian gala!

Advocate for sensible health care policies with your state and federal legislators

Leave a legacy by including Spurwink in your will

Learn more about behavioral health care in Maine by following Spurwink on Facebook

OUR DONORS: MAKING A DIFFERENCE FOR BEHAVIORAL HEALTH IN MAINE

Spurwink is grateful top the many individuals, businesses, and foundations who support our mission every year. The following list represents charitable contributions made to Spurwink between July 1, 2016 and June 30, 2017.

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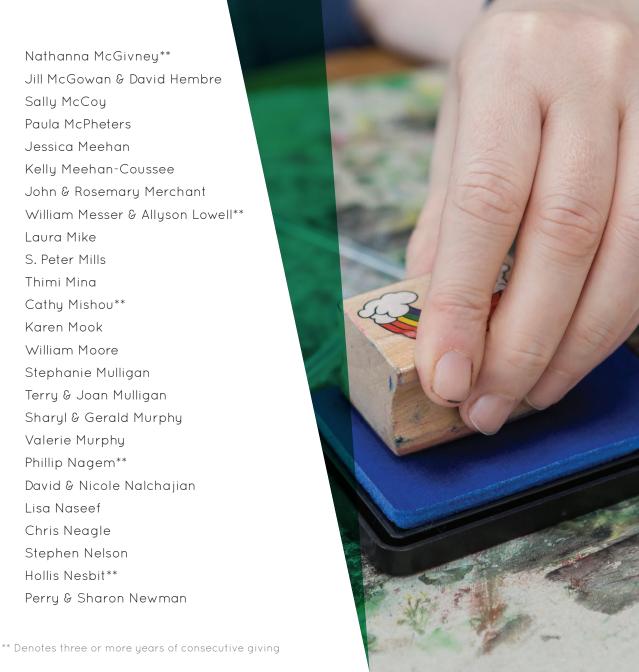
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In Honor of Harvey Berman Benjamin Berman & Heather Budd Andrew & Suzanne Offit

In Honor of Harvey Berman & In Memory of John Rosser Robert & Suzanne Atwood

In Honor of Daniel Fishbein Scott Beliveau

In Honor of Representative Patricia Hymanson Peter Bowman

In Honor of Robert Jamison Anonymous

In Honor of Catherine Liston Scott Beliveau

In Honor of Catherine Lorello-Snow Gregory Lorello & Amy Fuller

In Honor of Mary Melquist George Bozarth

In Honor of Abby Peck Saul & Beverly Marcus Abraham & Jean Peck

In Honor of Sheri Sastre Chori Braley

In Honor of Derek Volk Ken & Diane Volk

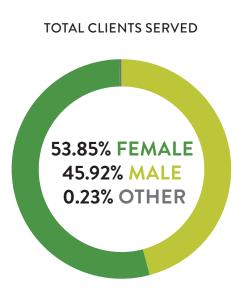
In Honor of Jennifer Wickes Chris & Cynthia Burger

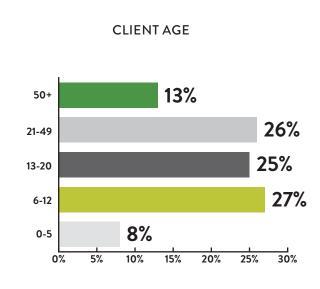
In Honor of Matthew Winch Cynthia Orcutt

Every effort has
been made to recognize
donors correctly. Please let us know of any
errors or omissions, or if you wish to be identified
differently going forward. Your satisfaction is important to us!

PROGRAM OUTCOMES

At Spurwink, we are committed to work that is evidence-based and centered on the human relationship. We monitor outcomes regularly and look to our data to confirm skilled, effective interventions. We continue to find that the children, adults, and families who receive services at Spurwink leave satisfied with that treatment and experience improved emotional health.





Spurwink serves individuals throughout Maine and beyond, though most clients in FY2017 were from Cumberland, York and Androscoggin Counties.

COUNTY	NUMBER	PERCENTAGE
Cumberland	3,547	42.1%
York	1,727	20.5%
Androscoggin	1,041	12.3%
Knox	610	7.2%
Kennebec	464	5.5%
Sagadahoc	164	1.9%
Oxford	136	1.6%
Penobscot	122	1.4%
Lincoln	121	1.4%
Waldo	97	1.2%
Somerset	85	1.0 %
Hancock	84	1.0 %
Aroostook	53	0.6%
Out of State	46	0.5%
Franklin	33	0.4%
Washington	30	0.4%
Piscataquis	17	0.2%

Overall, Spurwink served 8,432 individuals in FY17, distributed as follows. About 500 individuals received services from multiple Spurwink programs during the year.

PROGRAM	# SERVED FY17
Adult Day Programs	41
Adult Residential Programs	48
Adult Community Case Management	70
Licensed Affiliate Clinician Program	3,235
Child Abuse Program	1,103
Children's Behavioral Health Home	186
Functional Family Therapy	91
Home and Community Treatment	18
Integrated Behavioral Health Services	285
Community Integration/Adult Behavioral Health Home	42
Spurwink Mental Health Center	363
Outpatient Counseling Services	430
Public School Counseling Program	1,454
Targeted Case Management	1,019
Treatment Foster Care	58
Therapeutic Preschool Program	57
Children's Day Treatment Programs	216
Children's Residential Treatment	152

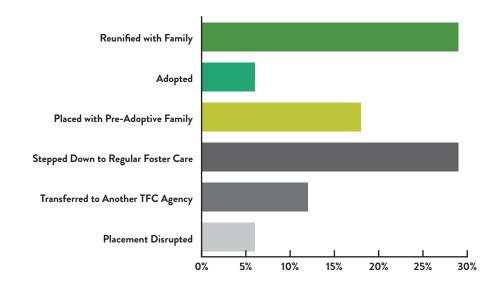
In FY17, Spurwink served 540 individuals with Autism Spectrum Disorder (ASD). Below are the programs that served the largest number of such consumers as a percentage of their client load:

PROGRAM	% W/ASD
Adult Community Case Management	48.57%
Adult Day Programs	63.41%
Adult Residential Programs	87.50%
Children's Behavioral Health Home	14.52%
Children's Day Treatment Services	28.24%
Children's Residential Treatment	38.16%
Spurwink Mental Health Center	13.50%
Targeted Case Management	13.84%
Therapeutic Preschool Program	33.33%
Treatment Foster Care	13.79%

DISCHARGES FROM TREATMENT FOSTER CARE

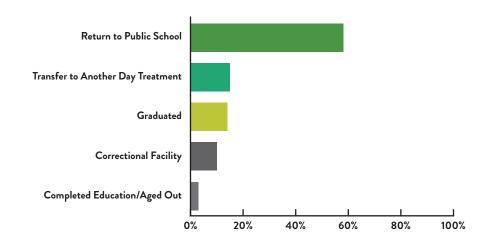
The length of a stay in Treatment Foster Care can vary, depending on the needs of the child and circumstances of the family of origin. Family reunification is typically the primary goal.

A positive outcome for children in Spurwink's Treatment Foster Care program occurs when they are reunified with their family or are adopted. Over half the children discharged from TFC were placed in permanent families. A second positive outcome occurs when children are stable enough that treatment level support from Spurwink is no longer necessary.

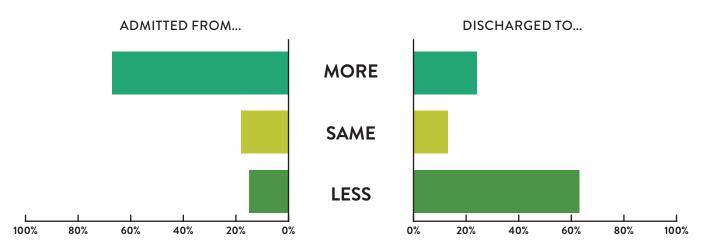


WHERE WERE DAY TREATMENT STUDENTS DISCHARGED TO?

Many of the students who attend Spurwink's day treatment programs complete treatment and return to public school. A number of others graduated or completed their education in other ways.

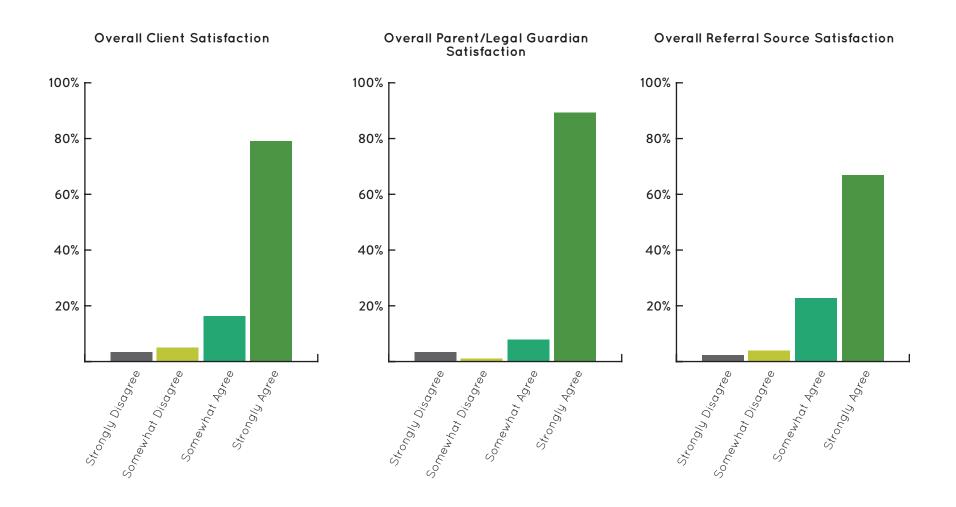


Two-thirds of the youth discharged from Residential Treatment in FY17 were discharged to less restrictive settings such as home, independent living, or foster care. Those same youth were primarily admitted to residential from more restrictive settings such as hospitals or correctional facilities.



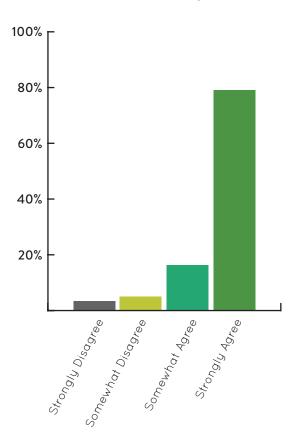
HOW ARE WE DOING?
FEEDBACK ON SPURWINK'S PROGRAMS
FROM OUR CLIENTS





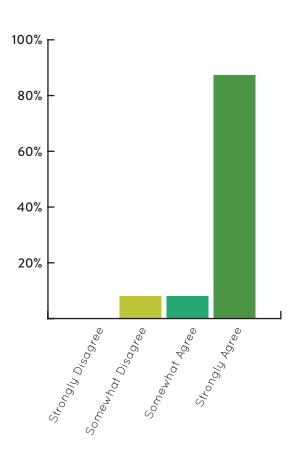
Parent/Guardian Survey

Overall, I am satisfied with the service my family receives and would recommend Spurwink Behavioral Health Home services to others.



"Our case manager has been amazing for our family. She always calls right back if I leave her a message and is always on top of medications, appointments, and referrals. She always has information to share to make things better and easier for our family. I can't say enough great things about her. Both kids have made HUGE progress."

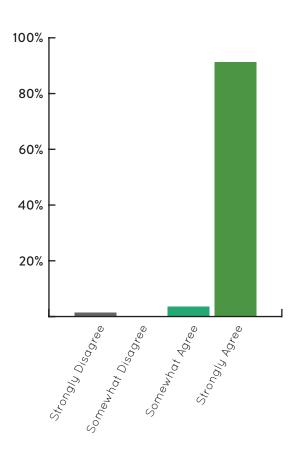
Youth Survey
I am happy with the support I am getting from my case coordinator.



"My case manager is awesome and I love working with her. She is very helpful and supports me through all my goals and transitions as well as any personal stuff that's going on."

Parent/Guardian Survey

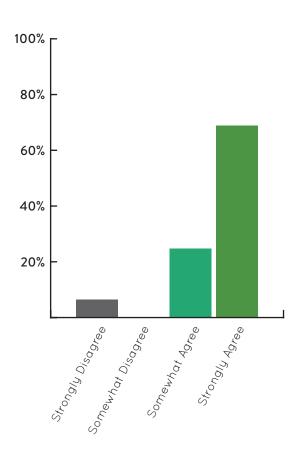
My child's case manager has the knowledge and resources they need to help my child.



"Our case manager is organized, professional, and competent. She meets our family needs in a kind, caring and appropriate manner."

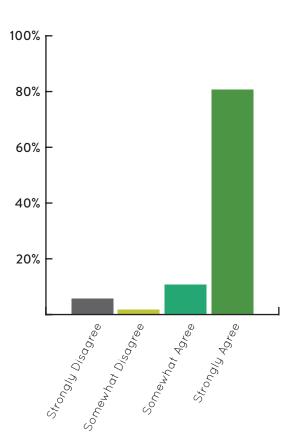
"Our case manager is an amazing person. We are very blessed to have her in our lives. She has helped us make our way out of a horrific domestic violence situation, and get services for the kids. She will never know the positive impact and light she gave us."

Youth Survey
I am happy with the support I am getting from my case manager.



Parent/Guardian Survey

My child's counselor works with school staff to help my child succeed.



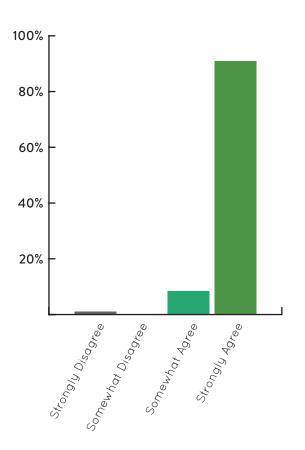
"My son's public school counselor is wonderful and he really adores her. He has become very comfortable with her and even looks forward to his time with her."

"Our counselor has been very helpful to the family and especially for my child. My child has come a long way with her help. We all have learned how to deal with my child's issues with her help. More families should be lucky enough to have someone like her."

"I am very grateful for the positive change in my son and have recommended Spurwink to friends and family!"

Youth Survey

My counselor really listens to what I have to say about things.



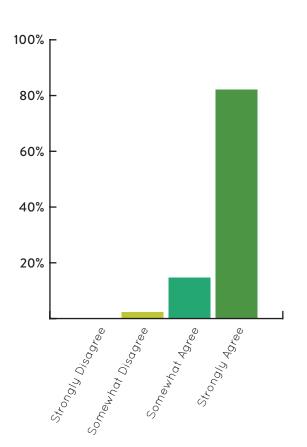
"I love that we have my counselor in my school. She has been a great help to me and makes me feel good about myself."

"My counselor's very funny and she makes me feel better about myself."

"My counselor has helped me a lot and I would like to thank her."

School Partner Survey

The counselor is knowledgeable about his/her work/profession.



"Our counselor is fantastic. She is excellent with the students, their families and the staff here at the middle school."

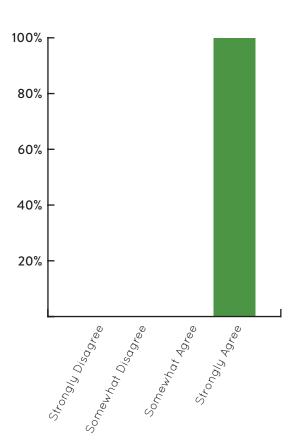
"The students and parents are fortunate to have Spurwink counselors available to them on a consistent basis. Having parents coming into the school to meet with the counselors provides another opportunity for staff to talk with parents."

"Very collaborative counselors. Extremely happy to work with them."

OUTPATIENT SERVICES

Adult Clinical Survey

My provider helps me learn new skills.



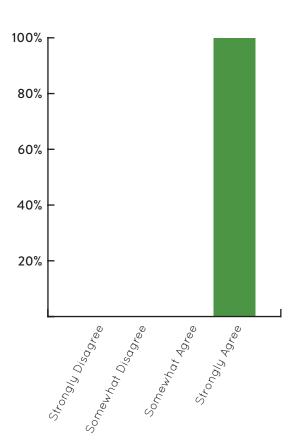
"The entire staff at Spurwink has helped me come so far in a comfortable environment since I started receiving therapy in September. I feel very at ease and ready to work on myself in the environment.

Everyone there is so welcoming and kind, and I always look forward to seeing my clinician."

"I honestly can't say enough good things about my therapist. She has helped me through some very stressful times and helped me to see myself the way others do. I never feel like a burden and always feel heard and understood! It means the world to me and you can always find me singing Spurwink's praises!"

Parent/Legal Guardian Survey

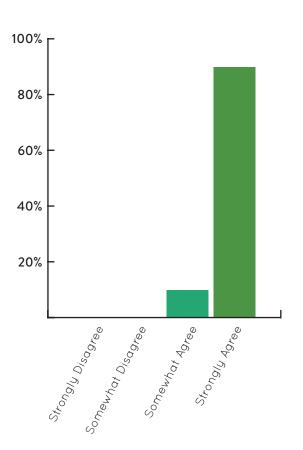
I feel confident that my child's provider is able to meet the needs of my child.



"I feel honored to have received such awesome treatment and support from my clinician. She has helped my daughter work on so many things and supported us as parents as well. She was able to see the specialness my daughter had and knows exactly how to reach in and help her cope with her big feelings in a way that was healthy. Any other families and children that get to work with her will be truly blessed.

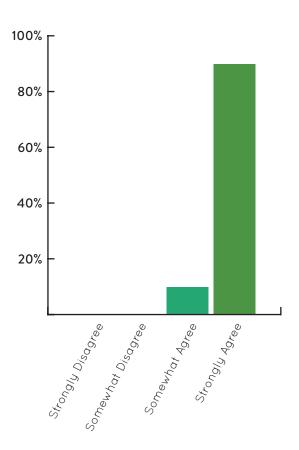
Thank you!"

Client Survey
My views/values are respected.



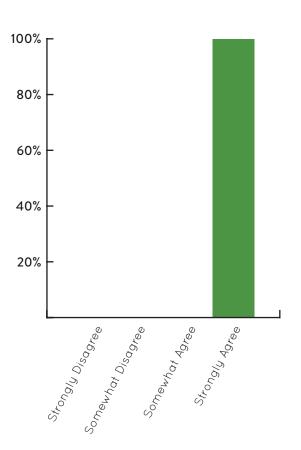
"Spurwink Mental Health Center is a terrific place. They are helpful. They all work together."

Foster Parent Survey
The case manager is knowledgeable about the child(ren) placed in my home.



"Our case manager is always willing to assist."

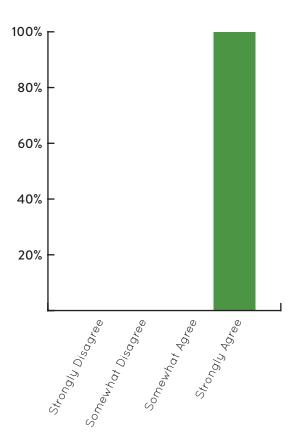
Referral Source/DHHS Caseworker Survey
I am pleased with the care that the foster parents have provided to the child(ren).



"Spurwink has amazing foster parents."

Parent/Guardian Survey

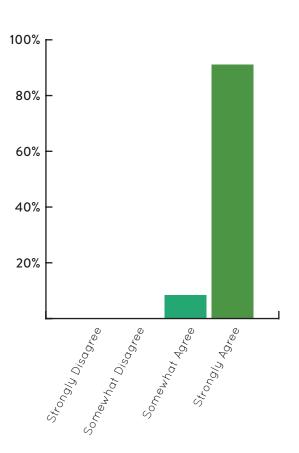
The preschool teachers and clinicians help my child learn new skills that are helpful in reaching his or her goals.



"I can already see a change in my child who has only been going to Spurwink for two months."

Parent/Guardian Survey

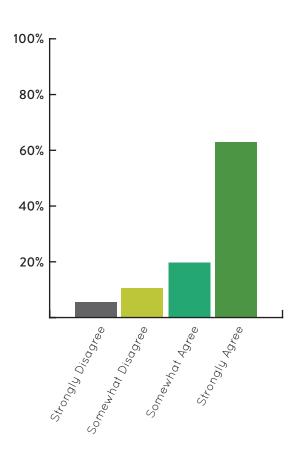
People at Spurwink really listen to what I have to say about things.



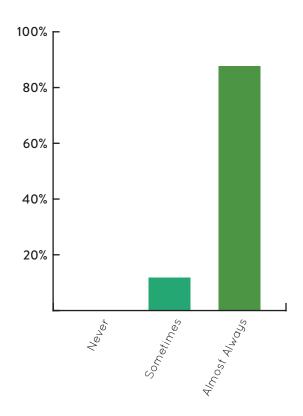
"I love the services my child receives.

I never thought he would come as far as he has. He's doing stuff in school that I thought he wouldn't be able to do. I would highly recommend Spurwink Services to anyone who needs it."

Youth Survey School staff help me feel safe.

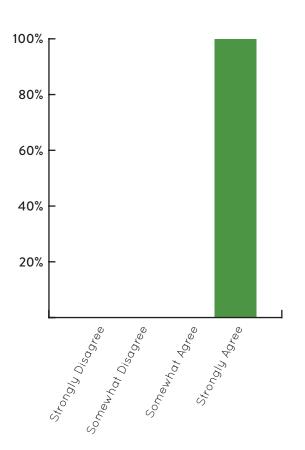


Person Served Survey
I am involved in my house and/or day program activities.



Parent/Family/Significant Other Survey

My person's needs are individually addressed.



"We have been very pleased with the services provided to our daughter. It has been so helpful to experience both the give and take between the staff and us. We recommend Spurwink and their services when talking to other parents, especially when a child is recently diagnosed. GOOD JOB, Spurwink folks, for all the hard work."



To learn more about Spurwink and how you can support our work across Maine, please contact a member of our Development Team.

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