

## *Please Help Community Care Assist Those in Need*

Community Care is fortunate to receive funds from Department of Health & Human Services contracts to provide services in our many programs. There are, however, multiple needs that are not covered by the funds that we receive. If you are in a position to contribute tax-deductible monetary donations, we would love to talk with you.

Community Care puts approximately 90 percent of the funds that we receive from state contracts to actual service delivery. Only approximately 10 percent of our contract funds are utilized for necessary administrative overhead. To help with those expenses and needs that are not covered by contract funds, we have established two donation funds:

### **The Care Fund**

A restricted fund that is exclusively used to fund urgent basic needs for our clients who live in extreme poverty and do not have another resource to meet this need. Many of the Care Fund donations come directly from Community Care staff. The Care Fund has been used to provide food, infant items, emergency housing in motel rooms, fuel, car parts so a parent can keep a job, etc.

### **The Community Fund.**

This funding supports Care programs and initiatives that are not fully funded through state contracts such as: start-up funds for new programs, special recognition for staff, and flowers and/or cards when there are milestones in our staff and foster parents' lives that we would like to acknowledge.

To learn more about making a tax deductible donation for either Fund, visit [comcareme.org](http://comcareme.org); email Kate Davis at [kdavis@comcareme.org](mailto:kdavis@comcareme.org); or send a check or money order directly to Community Care at PO Box 936 Bangor, ME 04402.

Home and Community Based Treatment (HCT) is an intensive family-based therapy program that provides children and parents with a Licensed Clinician and a Behavioral Health Professional (BHP) in order to assist in managing mental health and behavioral needs of a child, and increasing the caregiver's confidence and skill set. The focus of the work is multifaceted and allows any member living in the home to participate in generating progress toward goals identified by the family. For example, if your child is experiencing day-to-day difficulties with calming, following directions, staying focused, or staying safe, a Clinical Therapist and BHP can create a plan that addresses each need and then work with the child, siblings, and you to implement the plan. The HCT Clinician and BHP work intensively, providing therapy and skills building sessions each week for a defined time period. Community Care's staff are trained in several approaches and treatment modalities. A combination of parenting curriculums and individual treatment modalities are used, depending on the identified goals and age of the child.

HCT is typically a three to six month service. HCT is intensive and is often in the home for 4-10 hours a week. The Clinician will provide both individual and family therapy. The BHP will teach the child a multitude of skills, and share parenting ideas that are specific to each child. Community Care provides these services with a focus on Unconditional Positive Regard and the philosophical belief that entering a family's home is an honor and privilege.

## *Community Care offers in-home family therapy and support*

The story of "Tommy" is just one of many.

At 6 months old, "Tommy" was taken into state custody as a result of significant conflict between his parents, and continued concerns around potential neglect. Community Care was asked to support the family in working toward reunification with the mother, step-father, and father. Utilizing a curriculum called Nurturing Parenting, the team focused treatment on increasing attachment and parenting skills, creating routine, and increasing

safety. Tommy's mother faced many challenges in her life and didn't have the opportunity to develop the skill set needed to protect her children. When she lost custody of Tommy, she committed herself to make the changes necessary in order to keep Tommy with her. Over the next 14 months, the mother participated in therapy and created a healthy bond with Tommy. His mom, dad and step-dad participated in shared sessions with HCT providers to be sure that co-parenting was consistent, and they developed effective and productive

lines of communication that would increase Tommy's wellbeing. In the end, Tommy was returned to his mother's custody and Community Care's providers witnessed Tommy learn to walk, talk, and start preschool. Tommy is now surrounded by love, consistency, and a team of parents who work together to keep him safe.



## *Partnership, Respect, and Caring - How We Support People*

We have all needed help at some point. We may not have asked for it, but we knew that it would have been easier if we hadn't tried to go it alone. Asking for help can be hard because we place value on our independence. Somewhere along the line in our history, reaching out for help became a sign of weakness, despite the fact that throughout history, people came together to support one another. Individuals assisted others, parents assisted other parents, families supported one another, and communities rallied to support those who would otherwise be left behind. We often hear from people who call and ask for our services that it was so hard for them to make that first call to ask for help.

However, people who have reached out have reached remarkable milestones. While they shared with their Community Care provider where they wanted to be, or what they wanted to be different, speaking those goals seemed lofty and unreachable. As they progressed through their journey, they reported that things gradually became easier and their goals seemed more

attainable. They began struggling a little less each day. At Community Care, we have learned that it is not necessarily the services that we offer that are most appealing to our clients, it's the people who provide them.

How is Community Care different? A sizeable percentage of our referrals come from those who are seeking services because a loved one, friend, neighbor, or relative have told them about their experiences with us. We hold an unconditional positive regard for those we support. A person is not defined by what their experiences have been or decisions that have been made in the past or present. We do not hold judgement. We will answer questions to the best of our ability, and work diligently to seek answers on your behalf. We will share resources with you and provide you with a menu of options that you can choose from to help you manage your situation. We do not lecture, shame, or blame. Instead, WE LEARN FROM YOU. We learn where you want to be and what your barriers are in getting there. We then help you find the solutions within yourself. Even though the

view may be foggy at times and we are uncertain and faced with ambiguity on what to do or how to handle a situation, potential solutions are there. We all just need help finding them with the help of someone who knows not only how to listen but how to HEAR.

That's why the word on street is that "Community Care is different." The services Community Care offers cover a broad spectrum. However, the same essential philosophical tenets serve as our guiding principles. From programs that range from case management for adults and children, to office-based and in-home clinical support services, to foster parent support, to responding to allegations of child abuse and neglect in our Alternative Response Program — people who receive our support feel that we are walking beside them and not ahead of them. They feel supported. They see positive change. They feel valued. They feel heard. They begin to believe in themselves. And most importantly, they see hope as their vision becomes more clear.