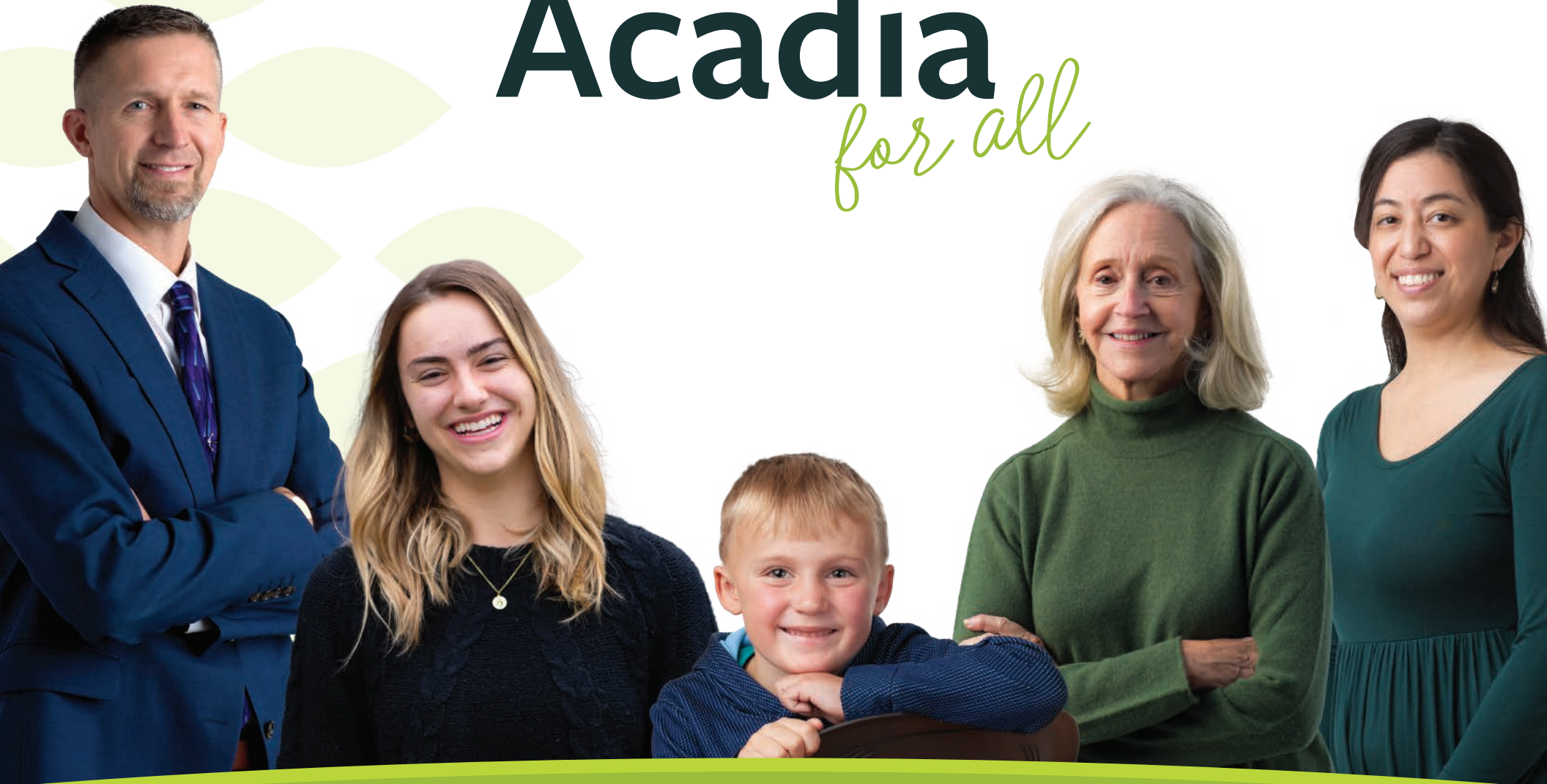




Northern LightSM Acadia Hospital

Acadia

for all



The Campaign for Acadia Hospital

Whether it's a friend, family member, or co-worker, chances are someone you know is living with a behavioral health condition. Sadly, only about 55 percent of affected Mainers receive any form of treatment in part due to overburdened facilities. A critical lack of inpatient behavioral health beds across Maine means treatment remains elusive for many while others, including children, languish in emergency rooms for days, weeks, and sometimes months waiting for a bed at Northern Light Acadia Hospital or another facility. Concerns about behavioral health issues, including substance use, have grown during the COVID-19 pandemic, and the effects will outlast the pandemic itself. We must address these growing needs now to ensure a healthier future for everyone in the state.

Timely care for behavioral health conditions can improve, and even save lives. Standardizing coordinated services across our ten-member hospital system through the Northern Light Behavioral Health service line is one way we're addressing the crisis. The other is through enhanced inpatient access through the addition of a new pediatric wing and renovated rooms in the existing hospital to provide greater privacy for adults. Together, through the Acadia for All campaign, we can expand behavioral health services for Mainers of all ages, in all areas of the state.



Acadia For All campaign addresses four areas

- 1.** The significant lack of access to inpatient care for behavioral health services in Maine through the construction of a new pediatric wing and the renovation of current spaces, providing private, single occupancy rooms for all patients.
- 2.** The long wait times for our aging population to receive vital care through expanded access to outpatient geriatric care and accelerated research, shortening the path to treatment.
- 3.** The need for innovative and informative methods of working with youth managing mental health issues, through the strengthening of our adventure-based and complementary therapies, improved educational outreach, to increase awareness and improve outcomes.
- 4.** The shortage of clinically trained staff, through expanded caregiver support and future clinicians trained to care for mental health concerns for Mainers of all ages, backgrounds, and needs.

With your support, we will chart a new course for behavioral healthcare in Maine, improving access to care and outcomes for thousands of our friends and neighbors.

Emerald's Story

An adventurous spirit in her twenties, Emerald had been living in Bali when introspection of past trauma, combined with the lack of mental health resources on the island, created a perfect storm. She recalls, “I was in the middle of paradise having a significant mental breakdown.” As suicidal ideation took hold of her, Emerald knew she needed to seek help.


Thankfully, Emerald was able to get the help she needed through an inpatient program in the States and came out with a well-managed medication plan. Emerald was thriving.

After moving back to her home state of Maine, Emerald was only eight weeks away from the end of the year and the end of her insurance coverage. She hit several roadblocks over many months in an attempt to refill her medications before it lapsed. Lost, and unable to find outpatient support, Emerald knew that she could not afford to go back to the dark places she had been before treatment.

By New Year's Eve, after weeks of effort, she still did not have a way to refill her medication and the clock was ticking – quite literally. “I went from the calm, polite patient asking for help to a panicked, hysterical patient begging for someone to hear me.” That night, she sat in the emergency department mid-crisis where she was once again told they couldn't help her.

At the eleventh hour, through her own commitment and determination, as well as a series of events she calls pure luck, Emerald would get the prescriptions she needed. However, this would be a turning point for her, as she experienced first-hand the lack of emergency psychiatric services in Maine.

Since this experience, Emerald has become a wife, a mother, and an entrepreneur - raising two children and running two successful businesses. She's also become an established patient of outpatient behavioral healthcare provided by Acadia Hospital and a mental health advocate, sharing her story whenever the opportunity presents itself. Reflecting on her experience and why she's supporting the Acadia For All campaign, Emerald states, “It's imperative that when someone reaches that critical point of asking for help, they aren't turned away. We have to improve access to ensure everyone can get help when they need it.”



“I went from the calm, polite patient asking for help to a panicked, hysterical patient begging for someone to hear me.”

Emerald Forcier
Current Patient

Acadia for all of Maine

Our Mission: To empower people to improve their lives

Our Vision: To be the psychiatric provider of choice

Our Values: Compassion, accountability, integrity, respect

Northern Light Acadia Hospital's story began three decades ago when community members and Eastern Maine Healthcare (now Northern Light Health) imagined a new, freestanding psychiatric hospital in Bangor to meet the growing demand for behavioral health and substance use disorder treatment.

Today, Acadia Hospital is one of only two private, nonprofit psychiatric hospitals in Maine. We provide comprehensive inpatient and outpatient services in several locations, including 19 Maine emergency rooms, and oversee seamless, integrated, and compassionate care delivered through the Northern Light Behavioral Health service line. We serve children, teens, and adults of all ages from Maine's 16 counties.

The demand for our services has increased dramatically over the years, and our waitlist for outpatient care grows larger every day. While Acadia Hospital alone cannot solve Maine's behavioral health crisis, we will lead the way toward expanding access to services that will improve the lives of thousands of Mainers.



“As the need for behavioral health services is rapidly exceeding existing resources, we must grow to improve access to safe, compassionate care that can change lives. Our patients deserve nothing less.”

Scott Oxley, MBA

President

Northern Light Acadia Hospital



Working on tomorrow's treatments, today

Northern Light Acadia Hospital is proud to partner on research with universities, research institutions, healthcare organizations, and corporate biomedical neuroscience companies to improve the lives of Mainers with memory and neurocognitive disorders such as Alzheimer's disease, Parkinson's disease, and dementia. Our research partners include:

- ▶ Alzheimer's Clinical and Translational Research Unit at Massachusetts General Hospital
- ▶ The Jackson Laboratory
- ▶ The University of Maine Department of Psychology and Institute of Medicine
- ▶ Alzheimer's Disease Cooperative Study, University of California, San Diego
- ▶ Alzheimer's Therapeutic Research Institute, University of Southern California
- ▶ Industry Sponsored Trials from Eli Lilly, Biogen, Athira Pharma, Novo Nordisk, and others
- ▶ Northern Light Eastern Maine Medical Center Clinical Research Center

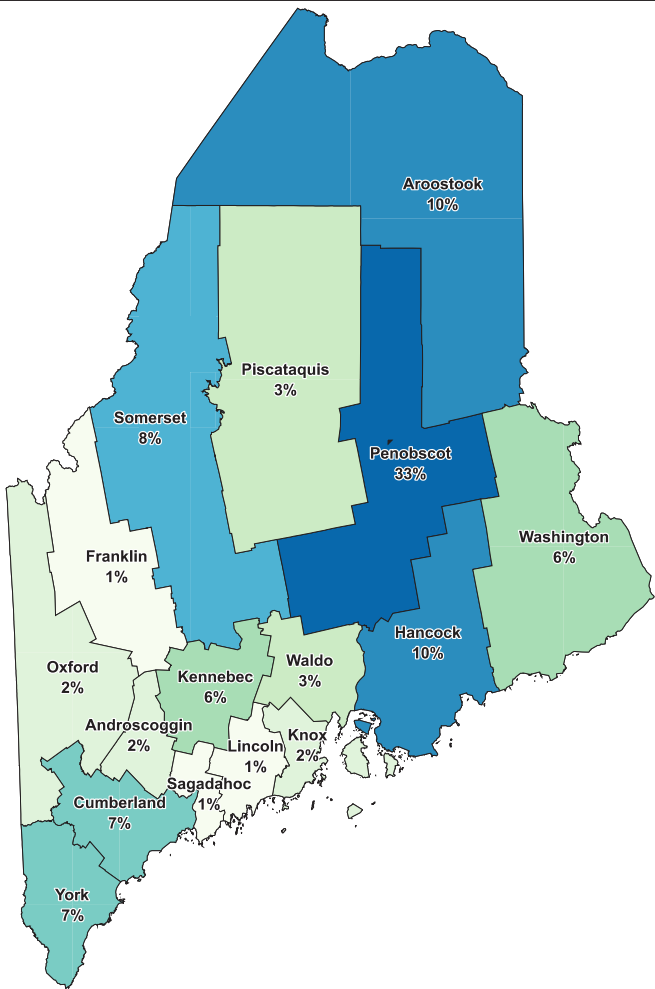
Inpatient Care

The challenge: too few beds, extended wait times in emergency rooms

On a typical day, dozens of Mainers are waiting in hospital emergency rooms for a bed at a psychiatric hospital. For some patients the wait can be days, weeks, or even months. While hospital emergency rooms provide care, they are not set up to provide the behavioral health services needed to help patients recover as quickly and comfortably as possible.

Acadia Hospital is licensed for 100 beds but current resources can only serve about 60 patients at a time. Every room in the hospital was built for double-occupancy (shared) patient rooms, which was the norm when Acadia opened 30 years ago. Now, many of our patients have symptoms that require treatment in a single-occupancy room, often for privacy and safety reasons. Today, private, single rooms are the standard of care for all patients and promote improved treatment and recovery

Every person who is in need of care deserves to have a bed available for them when it is needed, as close to home as possible.



Northern Light Acadia Hospital serves Mainers from all 16 counties. In fact, two-thirds of hospitalized patients at Acadia live outside of Penobscot County.

Paul’s Story

Paul has struggled with depression for most of his life. He was first hospitalized at Northern Light Acadia Hospital at age 10.

Throughout his journey, Paul has found that access to the help he needed wasn’t always readily available. “There were times when I was a teenager that I needed to be hospitalized but beds weren’t available. I’d spend days, sometimes weeks, in the emergency department waiting for an open bed. The staff would make sure I was safe and physically took great care of me, but it was very frustrating to know that I wasn’t getting the mental health services I needed. The sooner you can get help the sooner you can begin healing and move forward with life,” Paul recalls.

Paul is grateful for the care he has received from Acadia through the years. “Acadia became like a second home for me in many ways. As serious as my situation was, it was actually quite a wonderful experience. I wouldn’t be where I am today without their help.” Today, Paul is working towards a career in healthcare. Paul explains, “I grew up in the healthcare system and I’m thankful for the help I received. I want to be able to give back if I can.”

Unfortunately, Paul’s story isn’t unique. Every day, children, teens and adults across the state of Maine are housed in emergency departments waiting for access to mental health services. The Acadia For All campaign will directly improve access, and reduce the number of children waiting in emergency departments for mental health services.

Paul Stewart
Current Patient



The challenge: harmful delays in care for children, adolescents, and teens

A national emergency in children's mental health has been declared by the American Academy of Pediatrics and two other organizations, and the crisis is hitting close to home.

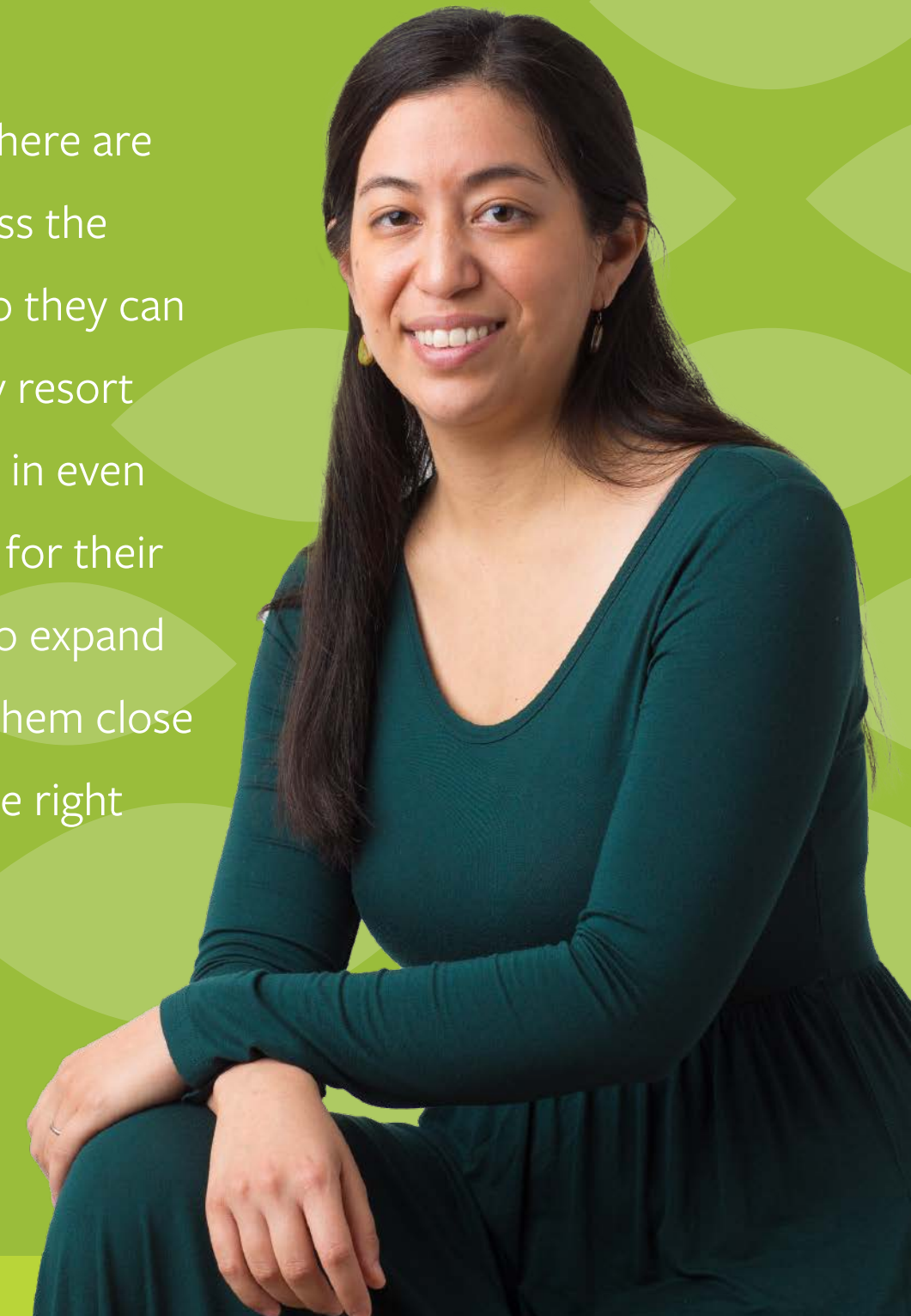
The shortage of psychiatric hospital beds in Maine doesn't just affect adults, it affects some of the youngest and most vulnerable in our communities. Nearly half of those waiting in emergency rooms for psychiatric hospital beds are children. Many children are in out-of-state treatment centers because beds are not available in Maine.

Our pediatric inpatient program faces unique logistical challenges in addition to the need for private rooms. Since the hospital was built, inpatient care has evolved. There is not enough space for group therapy meetings, occupational therapy, and other activities important to each child's individual care plan.

Right now, too many pediatric patients are waiting for beds in emergency rooms instead of receiving the care they need to start their journey to recovery.

“It's devastating to know that every day there are children in emergency departments across the state waiting for us to have an opening so they can get the help they desperately need. Many resort to seeking services out of state, resulting in even greater financial and logistical challenges for their families. We have a unique opportunity to expand access to help even more kids and keep them close to home. It's the right thing to do, and the right time to do it.”

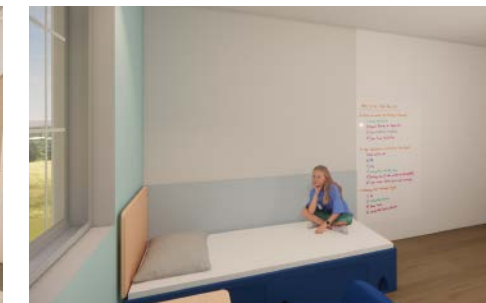
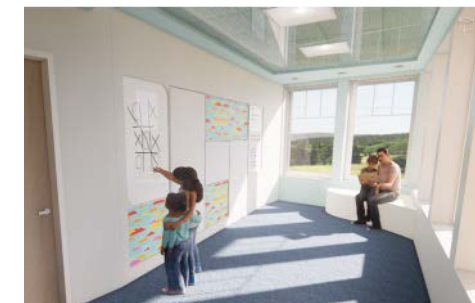
Nadia Mendiola, MD
Physician, Pediatric Psychiatry
Northern Light Acadia Hospital



The solution: modernize patient rooms, build a new unit just for children and adolescents

To address the growing need for inpatient behavioral health care, especially for our younger community members, we need to accommodate more patients and reduce wait times for care. Acadia Hospital will construct a new pediatric inpatient building with modern, single-occupancy patient rooms. This new wing will include space for group activities and therapy services, important and necessary elements of any treatment plan. The patient rooms currently used by children and adolescents in the existing hospital building will be renovated to become single rooms for adult patients, expanding the total number of available beds to 100. These changes will allow us to care for 40 additional patients per day, reducing extended emergency room stays for some of our most vulnerable patients and helping them take the next steps in their treatment as quickly as possible.

The new and revitalized patient rooms will focus on privacy and safety and enhance the compassion and dignity with which we care for patients. This project, the focus of the Acadia for All Campaign, will set the tone for the programming we will develop to support the guiding mission of our organization. Acadia Hospital will focus on delivering accessible behavioral healthcare through innovative and modern therapies and programs designed to create a foundation of support for Maine residents throughout their lifetime.







“By getting the right care, many patients can experience a higher quality of life, for a longer period. Today, the need simply out measures our resources and care can be delayed, wasting precious time. We have the tools; we just need to expand access to more people in need.”

Clifford Singer, MD
Director, Geriatrics Psychiatry
Northern Light Acadia Hospital

Outpatient Care

Geriatric Services

The challenge: [an aging population, long wait times for care](#)

Maine’s population is the oldest in the nation, and Maine’s 60 and older age group is growing more rapidly than any other segment. Geriatric mental and cognitive health issues affect thousands of older adults living in Maine. Older men have a higher rate of suicide than any other group. Older women have high rates of depression, anxiety, and insomnia.

But there is hope. Treatment, especially early treatment, can significantly improve quality of life. Acadia’s Center for Geriatric Cognitive and Mental Health is a unique program combining expert outpatient care and a clinical research program for adults with mental health, memory, and cognitive disorders.

Mood & Memory Clinic

Our geriatric outpatient treatment center, known as the Mood & Memory Clinic, is the only service of its type in northern, central, and eastern Maine. At any given time, we are providing care for nearly 1,000 people with a wide range of mental health and cognitive disorders.

Treatment helps with cognitive changes and memory symptoms, but in many cases, **patients may wait months or longer for an appointment due to limited office space and small size of the Mood & Memory Clinic team.** These delays occur when care can make the greatest difference.

Telemedicine visits provide convenience for our patients, especially those living a distance away. But growing the highly specialized team and expanding the treatment space are key to meeting the needs of our patients today and in the future, both in the clinic and with telemedicine. Our patients are deeply grateful to have access to this specialty program and there is a pressing need to expand to meet the rapidly growing demand

Living life to the fullest

“Bob loved life. He looked at life as if it were a playground,” says Camilla Cochrane, best friend and partner of Robert (Bob) Strauss, who lost his life to frontotemporal dementia, a rare neurodegenerative disease, in 2018.

After learning of the diagnosis, Bob and Camilla committed to living full lives for as long as possible while enjoying their beautiful home in Brooksville, Maine. They turned to Clifford Singer, MD and the team at Northern Light Acadia Hospital’s Mood & Memory Clinic to access treatment and a clinical trial to slow the course of the disease.

“I just wanted to keep the ‘he’ of him there, and I think that we did, with the help at everyone at Acadia,” says Camilla.

“When we received Bob’s diagnosis we were overwhelmed with fear. We didn’t know what life would look like for us. From the minute I walked into Acadia, I had hope for the first time. Knowing that many wait months in that state of fear before they too can find hope inspired me to help.”

Camilla Cochrane
Grateful Family Member



Robert C. Strauss Neurocognitive Research Program

We are committed to giving Mainers access to the latest and most promising research therapies without requiring travel to the large academic centers in Boston. Participating in these trials not only gives our patients and families access to potentially game-changing treatments but offers them hope, not only for their own future, but their children’s futures. Our research program is the largest of its type in Maine and has a national reputation for high quality clinical research. Finding new treatments for Alzheimer’s disease is our primary mission, but we have expanded our focus to include other disorders affecting cognition and behavior. Our research program collaborates with the Clinical Research Center at Northern Light Eastern Maine Medical Center and we have key research partnerships with experts in cognitive aging and dementia at Massachusetts General Hospital, The Jackson Laboratory, and the University of Maine.

Maine Initiative for Neurologic Aging and Health (MAINAH)

MAINAH is both our research registry and a way to reach Mainers to promote healthy brain aging. With more than 800 enrollees, we work with people from all over Maine, of all ages, who are eager to learn how to keep their memory sharp and advance research promoting active, healthy minds into old age. Since Maine has the oldest population in the country, it is particularly important that we bring the latest research knowledge in prevention of cognitive decline to our communities. MAINAH has the potential to positively impact the mental and cognitive health of Mainers for years to come.

As the pace of research increases, our research program must grow to ensure that Mainers who can benefit from groundbreaking therapies are not left behind. Currently, both of these programs are just scratching the surface of possibilities and more funding is needed to accelerate research and develop innovative treatment protocols. With our research partners, we seek to fuel Maine-based advancements in research to provide our patients with hope for the future and a higher quality of life.



Acadia’s Neurocognitive Research Program is named for Robert C. Strauss, pictured here with his wife Camilla Cochrane.



Consistent with our vision to ensure care through Mainer's lives and experiences, Acadia aims to ensure programs and facilities are available to serve the changing needs of all our residents. Supported by philanthropy, Acadia for All will help to educate our community about the importance of closing the gap between currently available care and access to care to ensure our senior population receives the treatment they need to have a higher quality of life.

The solution: expand access to outpatient geriatric care, accelerate research

Our programs for aging Mainers have come a long way since our modest start in 2010, and have gained both statewide and national recognition for excellence, but face several challenges that affect our ability to meet current community needs. With the rapidly increasing number of seniors in Maine, the future needs of our state for specialty services that we provide will not be met unless we expand our program. Within this area of the campaign, and to support the overall vision for Acadia Hospital, our funding priorities include:

- **Create the Center for Healthy Brain Aging.** We will develop our program into a new center of excellence, recognizing the need for preventive brain healthcare as well as treatment for clinical disorders of memory, thinking, and emotion.
- **Director's Endowment.** The center needs a director to replace Dr. Singer as he transitions to retirement. The new director must be a multi-talented person capable of running the clinical and research programs and competing effectively for federal grants. Qualified people are rare clinical scientists who are in high demand nationally and who typically want to be at major, academic medical centers. To be competitive, Acadia must offer a whole or partially endowed position and the potential of a joint appointment with The Jackson Laboratory, our partner in the recruitment effort.
- **Working space.** The demands on our clinical service from the rapidly increasing number of Mainers with age-related mental health and neurocognitive disorders has resulted in an unacceptably long wait list for services. Thousands of people rely on Acadia Hospital as a statewide resource for clinical care and access to clinical trials. Reimbursement from Medicare doesn't meet the costs of the time-intensive service we provide in the clinic. Increasing our office space is essential for us to meet current and future clinical and research needs of Maine.
- **Aging Brain Wellness and Dementia Care Specialist.** To better meet the needs of our patients and families with Alzheimer's disease and related dementias, Acadia seeks to recruit a specialized nurse care manager to help guide people through the difficult choices and tasks they face. Equally important, we need to expand our efforts at slowing cognitive decline in our clinic patients and MAINAH enrollees through coaching evidence-based activities and healthy-brain behaviors.

Momentum is building toward advancing brain health treatment and research capabilities in the nation's oldest state. With additional funding, we can realize this vision and set a standard for Maine that could become a national model for rural healthy brain aging programs.

Outpatient care for children and adolescents

The challenge: **high demand for innovative therapies, a growing need for education and awareness**

One in four Maine children has at least one behavioral health condition such as anxiety, depression, or attention deficit hyperactivity disorder (ADHD), according to a study in the Journal of the American Medical Association. We know that children and adolescents who have timely access to outpatient care are less likely to be hospitalized and more likely to function well in their daily lives.

Acadia Hospital's continuum of behavioral health outpatient services provides a good foundation for our pediatric patients. Increasing access to complementary and adventure-based therapy takes treatment to the next level, improving the chances of long-term success. These leading-edge treatments include a ropes course, outdoor garden, yoga, and music therapy. The demand for these services exceeds what we currently provide.

Innovative, forward-thinking approaches, many of which are not covered by insurance, have been proven to be highly successful. Our vision is to make these services available to every child and adolescent in Maine who is living with a behavioral health condition.

Adelaide's Story

In April of 2019, Adelaide Valley reached a breaking point. Just shy of her eighteenth birthday, she isolated herself from family and friends and restricted her food intake. Frightened and unsure of what was happening to her body, Adelaide's family reached out to Northern Light Acadia Hospital.

Adelaide was diagnosed with an eating disorder, the first step in what would become a months-long journey that included outpatient treatment at Acadia's Eating Disorders Program. Adelaide benefitted from one-on-one therapy with a licensed clinical social worker, group therapy, and consultation with a dietitian.

"I'm so thankful for the connections I've made and for the people who have helped me to get to where I am," she says. "If not for Acadia Hospital, I would not be here today."

Today, Adelaide is a thriving student at College of the Holy Cross in Massachusetts where she is majoring in English and psychology.

Adelaide Valley
Former Patient, Eating Disorders Program

The solution: strengthen adventure-based and complementary therapies, develop new educational programming for schools and communities

Acadia's pioneering therapies are highly successful in adding to the patient experience and improving outcomes. With outside support, we can build our programs to serve children and adolescents who do not currently have access to these services and improve outreach to schools and communities.

Therapeutic Garden:

From planting and harvesting vegetables to birdwatching and scavenger hunts, the garden is an important part of the therapeutic process and is a highlight of our pediatric program. The purchase of a greenhouse and additional raised beds will allow patients to experience the therapeutic benefits of gardening later into the fall and earlier in the spring.

Ropes Course:

A vital part of Acadia's therapeutic interventions, the ropes course offers an adventure-based opportunity for teambuilding, conquering fears, and improving self-assurance. Expanding the ropes course will allow more patients to take advantage of this resource and to overcome new challenges that an expanded course would offer.

Acadia CARES (Child-Adolescent Resource and Educational Series):

Whether because of stigma or lack of awareness, children and adolescents may experience signs and symptoms of behavioral health issues long before they are able to access help. Funding will support new CARES programming to further expand the positive outcomes of the series in 2022 and beyond.

Transportation:

For many patients and families, especially in rural communities, transportation is a major barrier to accessing complementary and adventure-based services provided in our outpatient program. A van dedicated to transporting children and teens who have no other transportation options would help ensure that patients do not miss critically important therapy time.



The Workforce

The challenge: a shortage of highly trained clinical staff

Maine faces a critical shortage of psychiatrists, psychiatric nurses, social workers, licensed counselors, and other professionals as demand for services continues to increase. We know there are challenges ahead: limited resources for training and development, too few new graduates to fill open positions, young professionals leaving the state for higher paying jobs, and caregiver burnout.

Acadia Hospital is committed to strengthening our recruitment and retention efforts, as we know that our team is the single most important resource we have to help our patients achieve their greatest potential. The workforce shortage we're facing could affect access to psychiatric care in the future, but we can take steps now to retain staff and build the team of tomorrow. Investing in the workforce today will help us ensure that when a skilled, experienced behavioral health caregiver is needed, one will always be available.



The solution: maximize caregiver support, train the team of tomorrow

Acadia Hospital is committed to training and educating the caregivers of tomorrow and preparing our team for the future of healthcare. Funding priorities include:

- ▶ Removing barriers to pursuing education by creating scholarship programs.
- ▶ Improving recruitment and retention by providing tuition reimbursement and subsidizing tuition loan repayment for clinical employees.
- ▶ Pursuing innovative technologies including virtual reality, video creation, and hybrid work spaces to provide some of the most advanced training opportunities in Maine.
- ▶ Establishing a fund to support professional development to include training with state, regional, and national experts.

Investing in Acadia's workforce has a multiplier effect that influences nearly every aspect of life in our communities, and philanthropy fuels our ability to make an even bigger difference.

“Maine is facing a critical shortage of behavioral healthcare professionals while the need for these services is growing exponentially. We must invest in developing this work force to ensure a strong future for behavioral health services in Maine.”

John Campbell, MD, FANPA

Senior Physician Executive
Northern Light Acadia Hospital



Giving with gratitude

With gratitude for the care that the Acadia team provides to our region, Carla and Danny Lafayette have generously supported research and patient care at Acadia Hospital to help patients and families affected by behavioral health issues.

“Acadia Hospital has made a huge difference in many families’ lives. That is why we have been proud to support care to help those affected by behavioral health issues, and we strongly encourage others to join us in investing in this special resource. We are so lucky to have Northern Light Acadia Hospital available for the people of Maine.”

Carla and Danny Lafayette
Philanthropists



The Acadia For All Campaign

Today, too many people experience delays in getting critically needed behavioral healthcare services or do not receive care at all. With your support, we can help Mainers from every corner of the Pine Tree State get the care they need to thrive, and deliver on our promise to make healthcare work for you.

The Acadia for All campaign is the pathway to increased access to behavioral healthcare in Maine. An investment in the Acadia for All campaign will ensure that more individuals and families that are affected by behavioral health issues and substance use disorder can receive timely, effective care that can make a lifechanging difference.

Naming opportunities are available to recognize the support of individuals, families, foundations, and businesses and can honor or remember loved ones. Every gift will directly support Acadia Hospital's growth through the Acadia for All campaign.

On behalf of every patient and family that your generosity will touch, thank you for considering a gift that will touch the lives of thousands of Mainers who are affected by behavioral health conditions.

To learn more and pledge your support visit

NorthernLight.org/AcadiaForAll

or contact:

Nichole Trainor

Philanthropy Officer

207.973.6113

ntrainor@northernlight.org

Acadia
for all



“Acadia Hospital is a strong partner in helping students navigate mental health challenges. I support their work to strengthen these services to reach even more teens.”

Bill Tracy
School Principal / Community Partner
Hampden Academy

“The children of Maine are asking for help: to live their lives free from the chaos of untreated mental illness, but capacity across the state is grossly inadequate. Let us build this refuge to help strengthen our children and the future of Maine.”

Katherine Ozarowski, DO, FAAP
Pediatrician
Dr. Harry E. Davis Pediatric Center
Northern Light Mercy Hospital



“I wish our community could come in here and see what their contribution does for our patients. To me it’s mind-boggling. They are changing thousands of lives for the better.”

Shane “Mack” McPherson
Psychiatric Technician II
Northern Light Acadia Hospital



“Acadia Hospital serves not only the Bangor region, but a significant rural population. For children in particular, this is the only place to receive these services in northern and eastern Maine. We support Acadia Hospital because we know that it makes a significant difference in the lives of some of the most vulnerable in our community. We invite others to join us in strengthening the future of behavioral healthcare in Maine.”

Ralph and Joan Leonard,
Founding Board Member (Ralph)
Northern Light Acadia Hospital



NorthernLight.org/AcadiaForAll