

# Healthy Life Resources

Powered by  **Northern Light** Acadia Hospital

The mental and emotional well-being of your organization is critically important. Northern Light Acadia Hospital has expertise in helping people of all ages exposed to prolonged stress, anxiety, and trauma. Through Healthy Life Resources, we offer a comprehensive, coordinated, and actionable set of supports for your organization to promote mental and emotional well-being.

## Self-guided Support

Employees can access mental wellness resources on demand through MyStrength, a self-guided, digital, evidence-based platform that provides resources and interactive activities to help employees reduce stress and negative feelings. Those who use MyStrength will also have access to a personal and confidential mental wellness coach.

**How to access:**  
Contact Angela Fileccia, LCSW  
207.949.4634 or  
[afileccia@northernlight.org](mailto:afileccia@northernlight.org).

## Leadership Support

Web-based trainings focused on learning the signs and symptoms of stress in yourself and staff using a simple, three-step model to utilize during staff meetings and/or team huddles. This service also provides practical ways to prevent compassion fatigue and burnout, and provides on-going, live Q&A.

**How to access:**  
Contact Angela Fileccia, LCSW  
207.949.4634 or  
[afileccia@northernlight.org](mailto:afileccia@northernlight.org).

## Resiliency Training/Development

Resilience is the ability for individuals, teams, and organizations to adapt to change through a crisis with integrity, compassion, and respect. Organizations can access a comprehensive, evidence-based resiliency plan tailored for the unique needs of the individual organization.

**How to access:**  
Contact Angela Fileccia, LCSW  
207.949.4634 or  
[afileccia@northernlight.org](mailto:afileccia@northernlight.org).

## Critical Incident and Stress Management

This service is an on-demand virtual or in-person debriefing provided by Northern Light Acadia Hospital clinical experts when an organization experiences acute or persistent stress. This service focuses on minimizing anxiety, improving employee wellness, and increasing resiliency.

**How to access:**  
Contact Rick Redmond, LCSW  
207.973.6048 or  
[rredmond@northernlight.org](mailto:rredmond@northernlight.org).

## School-based Services

Our school-based services address the growing need for accessible mental healthcare in the school setting. Learn more about these service options, including our Student-Based Mental Health Center which provides a dedicated master's degree-licensed clinician in your school. This clinician is easily and readily accessible to students and their families, as well as provides support to district educators and staff members.

**How to access:**  
Contact Chris McLaughlin, LCSW  
207.973.6175 or  
[csmclaughlin@northernlight.org](mailto:csmclaughlin@northernlight.org).