

The background of the cover is a stylized illustration of a coastal landscape. It features several small, rocky islands or peninsulas with green coniferous trees. A lighthouse is visible on the leftmost island, and a small white sailboat is on the water. The sky is a clear, light blue. Large, stylized green leaves are scattered throughout the scene, some appearing to float in the air. The overall color palette is dominated by greens and blues, with a warm yellowish-gold at the bottom representing a sandy shore.

# Annual Report

*Spring Harbor Hospital*

**2003**

*The MaineHealth® Family*



# Spring Harbor HOSPITAL

*Maine's Mental Health Network*

## OUR MISSION

*Spring Harbor, in collaboration with Maine Medical Center's Department of Psychiatry, offers Maine's most complete range of clinically distinguished and innovative treatment programs for people of all ages who experience mental illness and dual disorders.*

## OUR CARE PHILOSOPHY

*Spring Harbor's compassionate, respectful care honors the privacy, dignity, and recovery needs of each person and is continuously enhanced by professional training and clinical research.*

## FROM THE CHAIRMAN

What a year it has been for Spring Harbor and *Maine's Mental Health Network*. In all of our mission areas—treatment, research, and training—we celebrated major achievements.

In addition to increasing appointment opportunities at our Portland outpatient clinics by 30%, we opened an attractive and highly functional new inpatient treatment center. Patients, visitors, and staff agree that our spectacular new hospital is a much-enhanced recovery environment for persons of all ages who experience mental illness and dual disorders. Within this setting, our new Developmental Disorders Treatment Program offers both short-term hospitalization as well as a three- to five-day intensive evaluation service, the combination of which is found nowhere else in our state.

The past year also saw *Maine's Mental Health Network* continuing to change the face of mental health treatment through clinical research and physician training programs. Our innovative approaches to early intervention and assertive community treatment for youth and adults were nationally recognized, and our Child Psychiatry Fellowship and General Residency training programs were expanded to our new inpatient treatment facility.

Through it all, the board of trustees has been more involved than ever in ensuring that Spring Harbor meets the needs of Maine's people. I am proud of their dedication and support of this organization, and grateful for the opportunity to serve with them to make mental health services more accessible, patient-focused, and of higher clinical quality for individuals throughout our state.



Sincerely,

A handwritten signature in cursive script that reads "Richard D. Aronson".

Richard D. Aronson

## FROM THE CHIEF EXECUTIVE OFFICER

The past year has been the proudest in our history. Only five years after establishing ourselves in southern Maine, Spring Harbor Hospital has built and opened an exquisite new treatment center where patients experiencing severe mental illness can focus on resuming optimum health and productive lives in their communities. We earned the Gold Seal of Approval from the Joint Commission on the Accreditation of Healthcare Organizations for our superior patient care. And we worked with Maine Medical Center on a nationally recognized effort to increase the timeliness of treatment for psychiatric patients in the emergency room.

Our success is all the more sweet because neighbors and friends have stood behind our efforts with generous donations to our capital campaign, southern Maine's first for inpatient mental healthcare. With half of our \$2 million campaign goal raised in 2003, we welcome generous-minded individuals and organizations to embrace our important work in greater numbers. Indeed, mental illness will affect one in four of us at some point in our lives, so an investment in Spring Harbor is truly an investment in the future of quality, respectful mental healthcare in southern Maine.

Spring Harbor owes the successes of the past year to its staff, community partners, regional businesses, local and national foundations, friends and volunteers, and board of trustees. Without their vision, support, and compassion, we would not have the dignified, therapeutic new hospital that our patients deserve, nor the ability to adequately assist the nearly 3,000 Maine residents who partner with us for their recovery each year.

I thank all who have helped us make a concrete commitment to the delivery of high-quality mental healthcare in our state. With your support, our new hospital will be the region's center of excellence in treatment, clinical research, and professional training for many decades to come.



Respectfully submitted,

A handwritten signature in cursive script that reads "Dennis P. King".

Dennis P. King

## *New programs for every age group...*



### DEVELOPMENTAL DISORDERS TREATMENT PROGRAM FOR YOUTH

Spring Harbor is Maine's only hospital treating youth who have serious psychiatric symptoms and co-occurring Developmental Disorders that prevent successful functioning in the home or residential treatment setting. Now, in addition to **short-term hospitalization**, Spring Harbor offers a three- to five-day **intensive evaluation service**. This new level of care is designed for youth with developmental disabilities who have behavioral or psychiatric treatment plans already in place, but who require an **immediate re-assessment of behaviors and symptoms** to prevent a hospitalization. Both programs employ the expertise of psychiatric, behavioral, speech/language, occupational therapy, and special education professionals, and both strive to help patients achieve their highest levels of independence within their homes and communities.



### CO-OCCURRING DISORDERS TREATMENT PROGRAM FOR ADOLESCENTS

Our treatment now includes both **individual and group therapy sessions on teen substance abuse** as well as **hospital- and community-based Alcoholics Anonymous Support Groups**, all of which help teens learn how to accept and recover from chemical dependency. The community-based AA Support Group for teens is one of only a few such groups in Greater Portland. It is open to the public and is held Monday evenings at 216 Vaughan Street in Portland. Another improvement to our teen programming begins in late 2004, when gender-specific treatment will be offered on separate 14-bed units for our male and female patients. These new settings aim to enhance the recovery process by maximizing involvement in group therapy and fostering greater understanding and support among patients.



### SHORT-TERM TREATMENT PROGRAM FOR ADULTS

The goal of this new program is to enable those who suffer from episodic acute mental illness to begin their transition back to home, school, or work in as few as three to five days. **Our evidence-based program delivers the most sophisticated strategies currently available** to return these patients to normal functioning more quickly than in any other setting. Treatment emphasizes return-to-work strategies and cognitive therapies to help patients make the smoothest possible transition from the hospital in the shortest possible time. Look for additional program details in the Fall of 2004.

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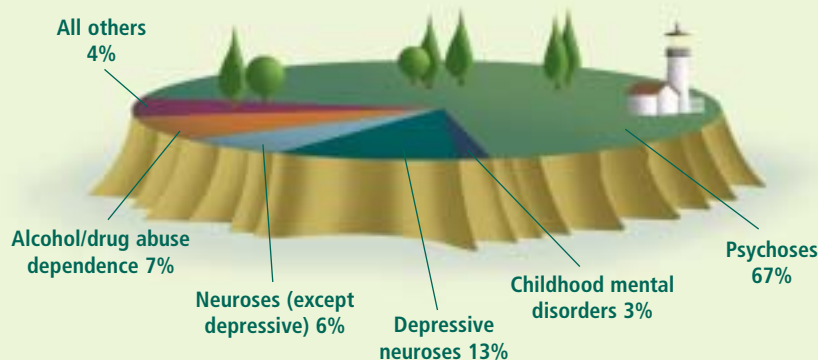
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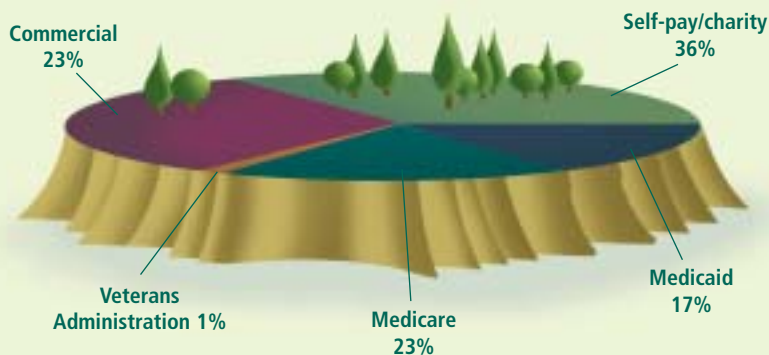
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