


# Family

Centered on Family



Spring Harbor Hospital  
MaineHealth

*A Member of Maine Mental Health Partners*



THE GLICKMAN  
FAMILY  
CENTER  
for Child & Adolescent Psychiatry at  
Spring Harbor Hospital

# Mission

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Spring Harbor Hospital offers people in mental health crisis high-quality, individualized treatment to support their ongoing recovery.

# Philosophy

## Care Philosophy

Our compassionate, respectful care honors the dignity, privacy, and recovery needs of each person, is available to families regardless of their ability to pay, and is continuously enhanced by professional training and clinical research.

# History

## History

In 2007, Spring Harbor Hospital in Westbrook received a \$1,000,000 gift from Judy and Al Glickman of Cape Elizabeth to establish *The Glickman Family Center for Child & Adolescent Psychiatry at Spring Harbor*. The *Center* comprises the nonprofit youth mental health programs of Spring Harbor and the Maine Medical Center Department of Psychiatry, all of which are overseen by a single Chief of Psychiatry. A Medical Chair endowed by the Glickmans ensures the *Center's* strategic focus, while its groundbreaking research and best practices are shared at an annual *Child & Adolescent Psychiatry Symposium*, also made possible by the Glickman family.

Through their generosity, the Glickmans have ensured the leadership, vision, and resources to make *The Glickman Family Center at Spring Harbor* the region's premier destination for high quality youth mental health treatment, and a source of hope for the estimated 15,000 young people and families who will rely on its programs each year. On their behalf, we extend our deepest gratitude to the Glickman family.


*Judy & Al Glickman (seated) with (l-r) Spring Harbor Hospital and Maine Medical Center Chief of Psychiatry Girard Robinson, MD; Glickman Family Center Medical Chair Douglas Robbins, MD; and Spring Harbor Hospital CEO Dennis King.*



# Treatment

The *Center's* programs deliver safe and effective treatment for youth with mental health concerns, such as anxiety, depression, bipolar disorder, and schizophrenia, as well as any complicating substance use or medical conditions. Services are offered in a variety of settings, including the youth's home, physician's office, psychiatrist's office, outpatient clinic, medical unit, or psychiatric hospital. These services include:

- Diagnosis & treatment within participating primary care sites
- Early identification & treatment of developmental delays and serious mental illness, such as schizophrenia
- Psychotherapy & medication management
- Intensive in-home treatment
- Emergency psychiatry and consultation services at Maine Medical Center
- Hospital care
- Comprehensive discharge planning at all care levels

*“Families  
are the  
source of  
healing.  
Families  
need us,  
and  
we need  
them.”* 



# Specialties

## Specialty Populations

### *Developmental Disabilities*

We are proud of our distinction as Maine's only hospital-based program for families of young people with both mental health concerns and developmental disorders, such as autism. Our spectrum of services for this population also includes:

- An early intervention clinic
- Consultation to community healthcare professionals
- Parent & family education
- Spring Harbor Academy, Maine's only hospital-based school program
- Transition services from hospital back to home and school

### *Children*

Youth ages 4 to 12 and their families benefit from a wide array of support and treatment services. These include:

- Diagnosis & treatment within participating primary care sites
- Early intervention services
- Psychiatry consultation services to schools
- Educational programs for families, teachers, and daycare providers
- Intensive in-home treatment
- Psychotherapy & medication management services
- Emergency psychiatry & consultation services at Maine Medical Center
- Brief hospitalization & complementary school program
- Transition services from hospital back to home and school
- Consultation to community healthcare professionals


### *Adolescents & Young Adults*

Families of teens and young adults in our care find relief not only from the services listed above, but also from specialty programming, such as:

- Mental health education in participating middle and high schools
- Brief-stay hospital treatment for young men and women
- Individual, group, and family therapy for issues such as:
  - anger & aggression
  - body image & self esteem
  - family conflict
  - substance use
  - transition from adolescence to adulthood





*“A family-centered approach engages families, inviting them to be equal partners in the delivery of healthcare.”* 



*“We want families to feel welcomed and heard.”* 



# Anchor

## “The Anchor Program was a godsend”

When Morgan was 4, his family noticed his increasingly hostile, defiant, and out-of-control behavior. His mother felt worried and guilty; his father was in denial that anything was wrong. “The situation was slowly tearing our family apart,” Morgan’s mom recalls.

Clinicians from *The Glickman Family Center’s* Anchor Treatment Program came to the family’s home in Cape Elizabeth for 4 hours a week for 3 months. They structured play activities for Morgan to promote positive social skills and helped him follow directions and manage transitions. They helped Morgan’s parents understand their son’s diagnosis and how to work together to help him manage his behaviors.

“We went from a state of complete breakdown of the family unit to a place of real hope for the future,” says Morgan’s mom. “Now I feel we can face our challenges together, as a stronger family.”

# Thank You

## “Thank you for being there for him”

From our son’s first day in *The Glickman Family Center’s* Developmental Disorders Treatment Program at Spring Harbor Hospital we have known that he was in very capable hands. Beyond providing him with a safe environment, you have also made him feel valued and loved.

Your staff has big hearts that see into the eyes of a child who just wants to feel better. Thank you for laughing with our son, for answering his questions over and over, for bringing in books and DVDs to make his day. Thank you for pacing thousands of steps in the hall and circling the grounds with him, for bathing our son, trimming his nails, cutting his hair, and brushing his teeth.

We really don’t have the words to describe how grateful we feel. You have touched the life of a boy who will never, ever forget you.



# Involvement

## Involvement

A number of ways exist to become involved in the work of *The Glickman Family Center at Spring Harbor Hospital*:

### *Family Advisory Group*

This partnership with families assists *The Glickman Family Center at Spring Harbor Hospital* with developing and improving its youth programs. The Family Advisory Group meets quarterly to tap ideas and feedback from those who have received treatment here.

### *Consumer Advisory Group*

This committee of the Spring Harbor Hospital Board of Trustees meets quarterly to discuss new programs and suggestions for program enhancements. The group welcomes both families and individuals who are consumers of mental health services.

### *Volunteerism*


Families sometimes become hospital volunteers or trustees of the Spring Harbor Hospital Board. These groups enjoy a close working relationship with the programs and staff of *The Glickman Family Center at Spring Harbor Hospital*.

# Support

## Support


Charitable support for *The Glickman Family Center at Spring Harbor Hospital* comes in part through generous donations from dedicated friends. Legacy gifts received from Judy & Al Glickman of Cape Elizabeth and Sheri and Joe Boulos of Falmouth established the program and other individuals and families who share the Glickman and Boulos families' philanthropic interests contribute generously each year to support *The Glickman Family Center's* programs. Contact the Spring Harbor Hospital Development Office at 207-761-2200 for more information.



*“Quality of care is improved when we truly listen to and know our patients and their families.”* 





*“Research shows the more involved families are in treatment, the better the outcome.”* 

# Training

*The Glickman Family Center at Spring Harbor Hospital* is committed to educating the public, healthcare professionals, and the next generation of caregivers about best practices in mental health treatment.

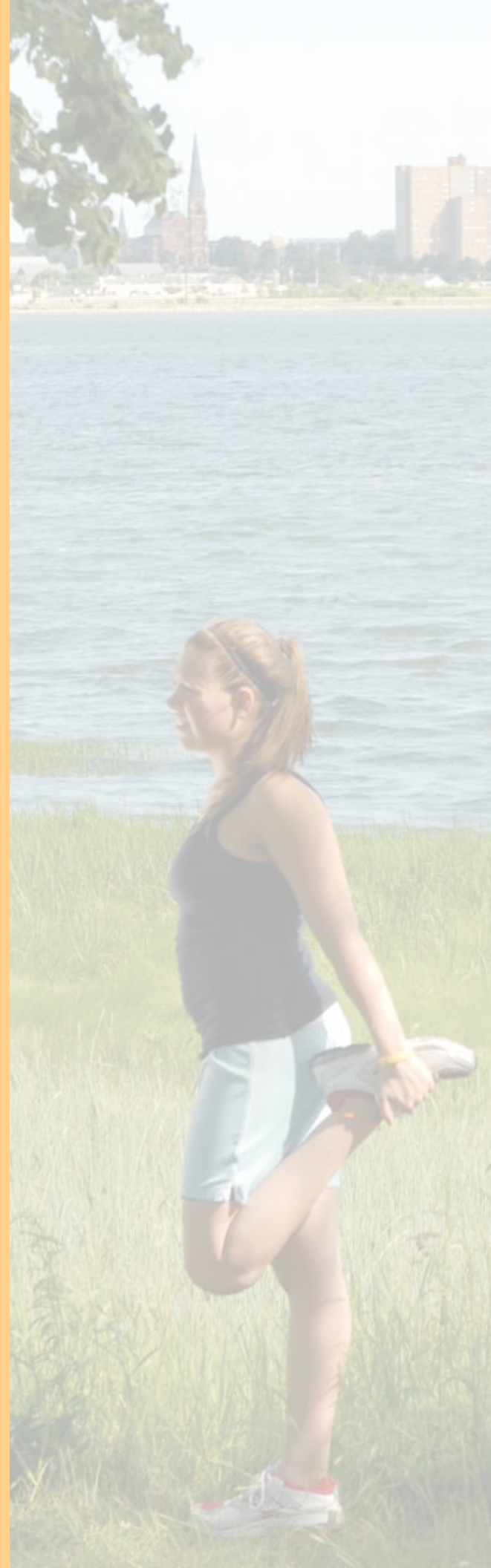
Located within the *Center* is Maine's only training site for Child Psychiatry Fellows and resident physicians specializing in Child and Adolescent Psychiatry. The *Center* also offers diverse educational experiences for students of medicine, nursing, social work, occupational therapy, and other fields. A weekly Psychiatry Grand Rounds and an annual *Child & Adolescent Psychiatry Symposium* exist for sharing best practices and research in the mental health field with professionals in the community. Staff and clients alike share in the benefits of this vibrant academic activity.

For the public, free and low-cost community health education programs are offered throughout the year, with topics ranging from parenting skills to substance use to screening programs for anxiety and depression.

# Research

The *Center's* research activity is led by internationally acclaimed psychiatric investigator William McFarlane, MD, of the Maine Medical Center Research Institute, best known for his groundbreaking work in family-based therapies for schizophrenia and schizoaffective illness. With backing from the prestigious National Institute of Mental Health and The Robert Wood Johnson Foundation, Dr. McFarlane's Portland Identification and Early Referral (PIER) Program is one of the *Center's* several national sites focused on stemming the effects of serious mental illness in young people through early identification of symptoms and family-based treatment.

Additional research underway within the *Center* includes nicotine addiction in youth and in-home approaches for safely preventing the hospitalization of young people with serious mental health symptoms.



# Locations

## **Spring Harbor Hospital**

123 Andover Road, Westbrook

207-761-2200

## **Anchor (intensive in-home treatment) Program**

932 Congress Street, Portland

207-761-6644

## **Integrated Behavioral Healthcare**

200 Professional Drive, Scarborough

207-883-0711

## **Maine Medical Center Division of Child & Adolescent Psychiatry**

216 Vaughan Street, Portland

207-761-6644

## **Portland Identification & Early Referral (PIER) Program**

295 Park Avenue, Portland

207-662-2004



*For more information:*

[www.springharbor.org/glickmanfamilycenter](http://www.springharbor.org/glickmanfamilycenter)



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