



Maine Behavioral Healthcare

MaineHealth

Dear Friend,

Looking back, Jennifer knows why she feels optimistic. Her life is so much better now, certainly compared with her high school years, which were shaped by a learning disability, depression, anxiety and chronic pain syndrome. From there, her life became far more difficult.

“I’m going back to my normal life. I have never been more confident or prouder than I am right now.”



“I was diagnosed with borderline personality disorder when I was 18,” she explains, referring to a condition marked by unstable moods and behavior, “except I didn’t fit the picture of borderline personality, so my diagnosis was continually questioned, and I didn’t get the treatment I needed. I was on more than a dozen medications.” As the years went by, Jennifer became increasingly exhausted, physically and mentally.

Two years ago, she was desperate enough to attempt suicide. At the lowest point in her life, Jennifer promised herself that she would find the help she needed. She did: at Maine Behavioral Healthcare’s Action Program, which provides assertive community treatment. In the residential program, Jennifer received individual therapy, as well as behavioral therapy that taught her to tolerate stress and control her emotions.

“I began to understand the consequences of my behavior—how I over-reacted to small things,” she says. “And I realized I had to change something in me; I needed to have more compassion for myself and for others. Finally, I am learning to live in the moment.” Today, she takes no medication.

As she prepares to leave the Action Program, her home for the past 22 months and a haven of support and growth, Jennifer, now 31, is considering returning to school to train as a clinical social worker. “I want to help people with mental health problems, especially borderline personality disorder. As for me, I’m going back to my normal life. I have never been more confident or prouder than I am right now.”

I hope that Jennifer’s story will inspire you to donate to Maine Behavioral Healthcare today. Your support will ensure that people living with mental illness throughout Maine have access to vital services, regardless of their ability to pay.

Maine Behavioral Healthcare is unique in its expertise, which is seen in our talented, committed clinical staff, and unique in the size and scope of our network of care. Our 30-plus clinical programs and service locations stretch from York to Norway to Belfast. We are the largest behavioral healthcare program in the state. Our network includes Spring Harbor Hospital, southern Maine's only non-profit, private psychiatric hospital.

Maine Behavioral Healthcare provides more than \$9 million in charity care each year. **The gift you make today will have a positive, and very welcome, impact on the services we can provide tomorrow.**

Thank you for supporting the work we do each day at Maine Behavioral Healthcare.

Sincerely,



Stephen M. Merz
President and CEO

P.S. We have much work to accomplish; we know that more success stories lie ahead. You hear it in Jennifer's words: "I have never been more confident or prouder." Show your support by making a gift at MaineBehavioralHealthcare.org/giving today.