

Will Evans, behavioral technician, connects with the children, adolescents and adults who come to the Glickman Lauder Center. That includes Payton Brown, who looks forward to seeing him.

Spring 2023

A Unique Blend of Skills That Serves Patients, Families and Staff

Will Evans, Behavioral Technician, Provides the “Glue”

It happens throughout the day: family members arrive with a child, adolescent or adult who has an appointment at the Glickman Lauder Center of Excellence. The patient has needs, but so does the parent or guardian, who hopes it will go well. Thanks to Will Evans, behavioral technician, few individuals worry about that. Everyone agrees: Will has had an impact.

A trip to the center means that Payton Brown, 16, can see Will. “They talk with each other about bands, food and Wales, because Will is Welsh,” notes Suzanne Brown, her mother. “Payton never wants virtual appointments because she wants to see Will in person. She couldn’t wait until he was able to take his mask off.”

The appointments go well, including when it’s time for Suzanne to speak with one of the clinical staff about her daughter. “If Payton becomes distracted or bored, Dr. Rock might ask Will to come in, and he and Payton will head off,” she says. Michele Rock, DO, Medical Director, has followed Payton for several years.

Payton is on the autism spectrum and also has Williams syndrome, which is associated with learning difficulties. “It’s a bit of a puzzle, and there are things we need to work on,” says Suzanne, who lives in Cumberland. “Individuals with Williams syndrome tend to be friendly. Payton loves people; that includes Will. He’s fantastic.”

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Building Blocks

Impact and Innovation

from the Glickman Lauder Center of Excellence

A Letter from Matthew Siegel, MD

Vice President of Medical Affairs, Glickman Lauder Center



Welcome to the spring issue of *Building Blocks*. I'd like to quickly summarize our success during the first full year in our new facility. Our school-based treatment programs are now serving more than 55 children, and we have expanded to

more than 105 expert staff. I'm happy to report that we have helped more than 1,000 families during the past 12 months, far exceeding our four-year goal of 600!

Now we are beginning to look beyond our walls. We have been asked by the Department of Health & Human Services (DHHS) for help in replicating our early intervention program—the work we do with toddlers—across the state of Maine. We will train teams in community agencies throughout Maine in how to deliver the best evidence-based treatment program for toddlers with autism. A second DHHS initiative will involve a program for adults with complex problems. We will report on these exciting new programs in future issues of *Building Blocks*.

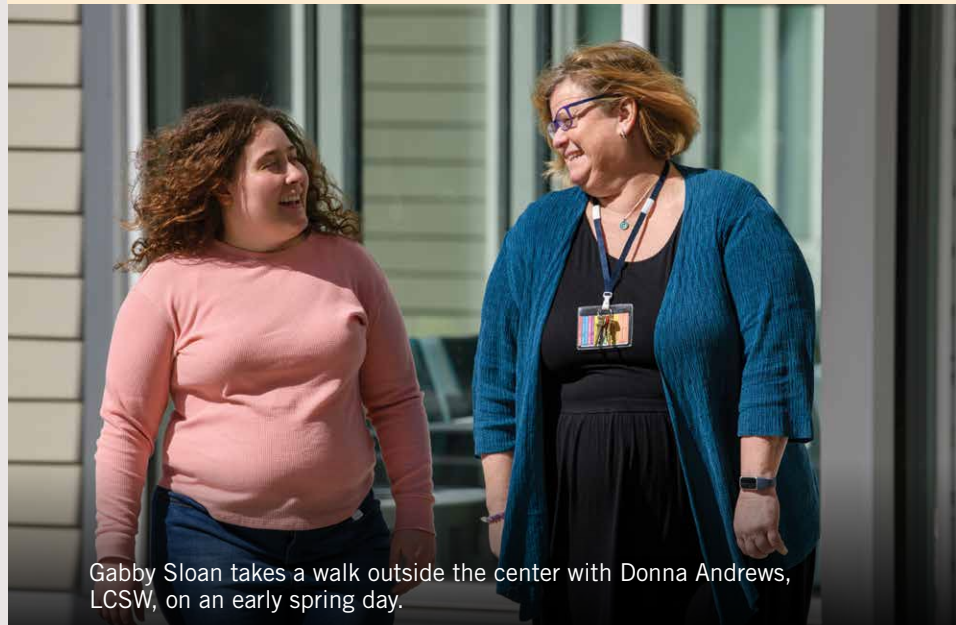
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As the leading academic center for people with developmental disabilities and behavioral health needs in Maine, we feel this is the appropriate role for us to play. We're not able to reach everyone who needs treatment; distance is a problem for many families, and we are not in a position to open numerous satellites. Instead, our strategy is to multiply our impact by bringing best practices to community agencies throughout the state, who are focused on delivering care each day. Through our new early intervention training program, we will provide ongoing support and supervision for teams throughout the state.

I believe we are beginning to realize the promise of being a center of excellence for the state, and I am exceedingly proud of what we have accomplished together in such a short time. Thank you for supporting the Glickman Lauder Center of Excellence.

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Gabby Sloan takes a walk outside the center with Donna Andrews, LCSW, on an early spring day.



Maine Behavioral Healthcare

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To learn more about Maine Behavioral Healthcare and the Glickman Lauder Center of Excellence or to schedule a visit to see the difference you make through your support of our mission, please contact us.

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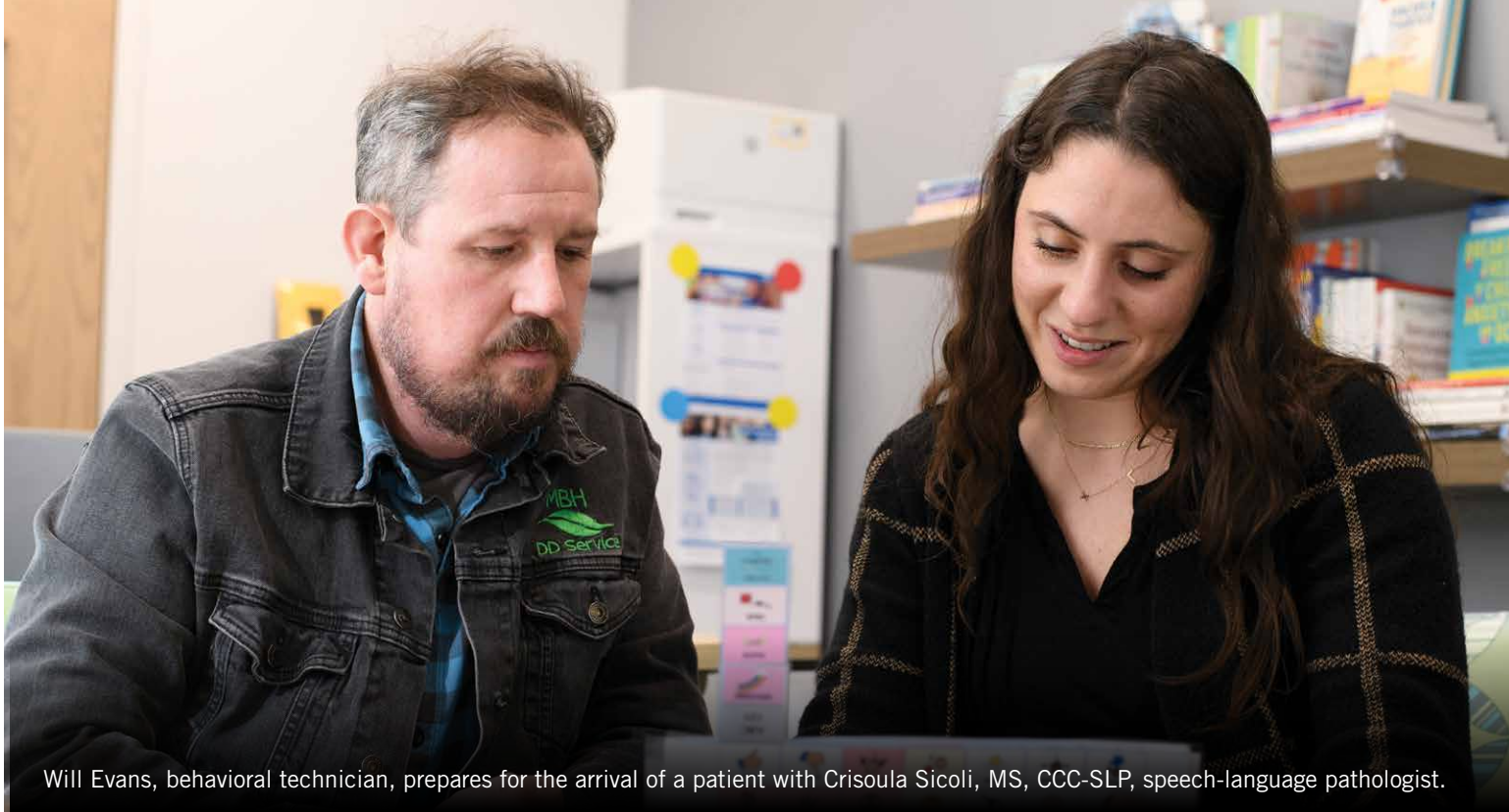
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Building Blocks is published by the Development Office of Maine Behavioral Healthcare

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Will Evans, behavioral technician, prepares for the arrival of a patient with Crisoula Sicoli, MS, CCC-SLP, speech-language pathologist.

A Unique Blend of Skills (continued from cover)

It didn't take Will long to see that he had something to offer individuals of all ages with autism and developmental disorders. "More than 20 years ago, I was working as a camp counselor, and I realized something," he explains. "Whether it is a five-year-old or an adult, I can see the person for who they are, and I can be myself with them—supporting them and helping them achieve things so they can lead fulfilling lives."

At the center, he can appear anywhere—in a waiting room, during an appointment, assisting with speech therapy or walking outside with a patient who needs to calm down. "So many different patients come through the door every day," he says. "I hop around and work with everyone. That's something I honestly enjoy. My number one goal is for the patients to have a successful visit, and for the caregivers to have a successful visit."

Much more than "that extra person"

"By adding a behavioral technician to the staff, our goal was to create more structure," explains Matthew Siegel, MD, Vice President of Medical Affairs. "When we moved to the new facility, which is a center of excellence, we began using care excellence sheets, which include key information provided by the parent about the individual."

The information—preferred name, how they communicate, items they like or wish to avoid—is intended to make visits go better. "The clinical team huddles each morning to review the day's appointments, and Will is a key participant

as we review the information," says Dr. Siegel. "He highlights and anticipates the needs of the patients for that day's appointments. This position requires a unique blend of skills: maturity and calm, kindness and empathy, technical skill related to behavior and communication and flexibility."

Will brought all those qualities with him. He's aware when a new patient is coming to the center. "I'll introduce myself, hang out with them in the waiting room and go along to the appointment," he says. "The providers and parents need time to meet; I provide support so that can happen." Will has a variety of toys available—fidgets, Legos and coloring books. "I can play with kids and be goofy with them. You could say I'm that extra person."

Sherrill Carey knows all about that. The Windham resident has been bringing her twin sons, Jaxson and Seth, to the center for the past three years and knows that Will's presence makes a difference. The boys, who are eight and doing well, need to see Dr. Rock separately. "While that's happening, Will takes the other one, and they play," says Sherrill, with magnet tiles, cars and trucks. "The last time we went for an appointment, Jaxson brought his remote-control car to show Will. The fact that Will is there helps me have one-on-one conversations with the doctor."

Will Evans is much more than an "extra person," as patients and family members can attest. "When I tell Jaxson and Seth that we have an appointment at the center, they say 'Is Will going to be there?' They really light up."

March Event Celebrated A Year of Progress at the Glickman Lauder Center

The Center Now Serves as a Model for Others

“An Evening of Possibility” was a success in more ways than one. The fundraising event resulted in donations of more than \$70,000, which will support the purchase of sun shades needed for the playground at the Glickman Lauder Center of Excellence (GLCOE). It also brought together individuals who were eager to hear about the growth and achievement that have occurred since the new facility opened in August 2021.

After the cocktail hour, the program began. “This doesn’t happen by accident,” noted Andrew T. Mueller, MD, Chief Executive Officer, MaineHealth. “Physicians, nurses, social workers and therapists were needed to make this dream come true. It also took great donors.” Tracy Hawkins, Board Chair, Maine Behavioral Healthcare, then acknowledged the extraordinary commitment of MaineHealth and the superb team organized by Matthew Siegel, MD, Vice President of Medical Affairs.

Nancy Pond, Community Advisory Council member and former capital campaign co-chair, described the group’s collaborative efforts. “The most important members, I would say, are friends and neighbors who represent their friends and neighbors—those with lived experiences with mental disorders and autism,” she said. “At the meetings, we have the opportunity to imagine future possibilities for the center, to problem-solve and hear about the center’s leading-edge research. We know the center is serving as a model for care.”

Nancy closed by asking that everyone reflect on what they learned about the GLCOE that evening. “We ask that you bring what you learned out into the world. . . . Share the good news.”

Dr. Siegel then described the growth—more than 1,000 families have been served during the last year—and the different levels of care provided, along with ongoing research and expanded training of professionals. “But we’re not done,” he said. “The state has asked for our help; we are now developing two new programs for training teams across the state to provide the best evidence-based care for toddlers and developing our own community-based team to treat adults with complex problems. We are already extending beyond our walls, and it is just the beginning.”



Kristen Gingrich described the progress her five-year-old son, Oliver, has made at the center’s pre-school.

Kristen Gingrich then spoke about her five-year-old son, Oliver, who has attended the GLCOE’s pre-school for the past two years. “The staff at the center helped him find his voice, express his emotions and regulate his behavior,” she said. “He’s made friends in the classroom and beyond these walls and goes to play dates and birthday parties.” A film showed Oliver smiling and having fun. “If it weren’t for the Glickman Lauder Center, we wouldn’t be where we are today,” his mother said.

The evening ended with gratitude expressed to angel donors, The Pond Family Foundation and the Judy Glickman Lauder and Leonard Lauder Foundation.



(Left to right) Andrew Mueller, MD, CEO, MaineHealth; Glenn Cummings, President, the Judy Glickman Lauder Foundation; and Bronte Kastenber, granddaughter of Judy Glickman Lauder, chat during the cocktail hour.



Will Fuller, Maine Behavioral Healthcare Development Committee member, and his wife, Ally, enjoyed the event.

Judy Glickman Lauder: Her Generosity Is an Expression of Gratitude

She Shared the Vision for a World-class Center in Portland

The Opening Celebration of the Glickman Lauder Center of Excellence, held last spring, featured tours and a program that included several speakers. Judy Glickman Lauder spoke briefly—and with great impact—describing the deep, longstanding bond she and her family have with Spring Harbor Hospital. That is where her daughter finally found the care she needed.

“We were very pleased,” she says. “It started an immediate attachment. I’ve always been interested in mental health and wondered why it is so much easier to raise money for juvenile diabetes or cancer. They used to say one in four is affected by some form of mental illness. Sadly, I believe that number has increased.”

The “immediate attachment” that developed between Judy and her late husband, Albert Glickman, with what became Maine Behavioral Healthcare included asking the clinical leadership which programs were in most urgent need of support. “At one point, it was child and adolescent developmental disorders,” she recalls. “Then along came Dr. Matthew Siegel, someone who is totally dedicated and incredibly talented. I told everyone I knew who had a child on the autism spectrum they had to meet him.”

Judy did much more than simply spread the word that a world-class program for autism and developmental disorders was taking shape in Portland, Maine. Her generous gift in 2014 led to the opening of the Center for Autism and Developmental Disorders (CADD). “That was incredible,” says Dr. Siegel. “At that point, Judy was checking in regularly to ask what she could do to support advances in care and research.”

“I visited the center and saw how the children and their families were being helped,” Judy says. “It was unbelievable—a kind of turnaround experience for me. And it was happening right here, in the state of Maine.” A California native, Judy met her future husband, a Mainer, when they each attended the University of California at Los Angeles. “We summered in Maine, then moved there in the early 1980s. Maine became part of my soul. I love it.”

“A Long-term Friend and an Extraordinary Person”

Indeed, she remained involved with CADD as Dr. Siegel developed his vision for a comprehensive center that would expand to provide care over the lifespan: to toddlers and to

adults of all ages.

As plans formed to design and construct a new facility, it became clear that a capital campaign was needed to complete the funding.

“Judy started our campaign with her initial gift, inspired and rallied her friends to give, and she closed the campaign with her naming gift,” says Dr. Siegel. “She’s been with us the whole way. Judy’s the real deal—a true believer, a long-term friend and an extraordinary person.”

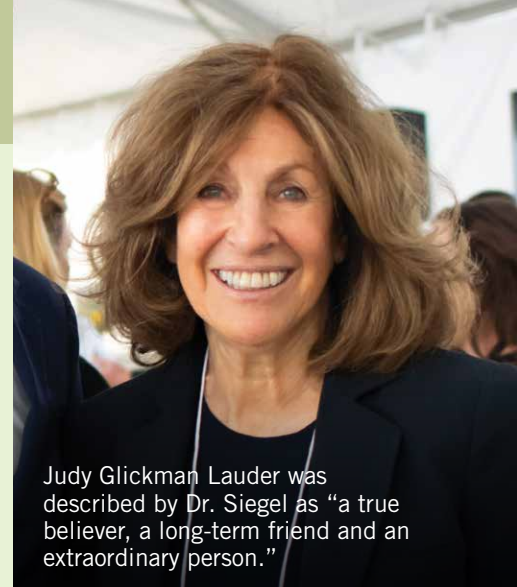
Her love for Maine also was seen in the monumental gift she will make to the Portland Museum of Art (PMA). A respected photographer, Judy has done much of her photographing in Maine. “My father was a photographer and, as a child, I was in front of his Graflex camera, in his dark room and meeting his photography friends,” she notes. “Over the years, I became a photographer and started collecting photography.”

Last fall, the announcement was made that Judy will give more than 600 photographs from her collection, including by many of the most influential photographers of the 20th century, to the PMA. The museum described her gift “as immediately transforming and cementing the PMA as an international destination for photography.”

It is also a reflection of Judy Glickman Lauder. “It’s a very personal collection,” she says. “It’s all about the human presence and the human spirit.”

She cares deeply that progress continues in treatment for individuals with mental illness and developmental disorders. “Medications have improved, the stigma has lessened, and there is really good research going on,” she says. “I’m optimistic and hopeful. But there is still a great need for ongoing support. I’m so grateful to my husband, Leonard Lauder, for his wonderful partnership, support and enduring commitment to mental health.”

Judy describes her involvement with Dr. Siegel and the Glickman Lauder Center of Excellence as incredibly satisfying. “What could be more satisfying than being part of something so important and that gives so much to humanity? Just thinking about it makes me smile.”



Judy Glickman Lauder was described by Dr. Siegel as “a true believer, a long-term friend and an extraordinary person.”

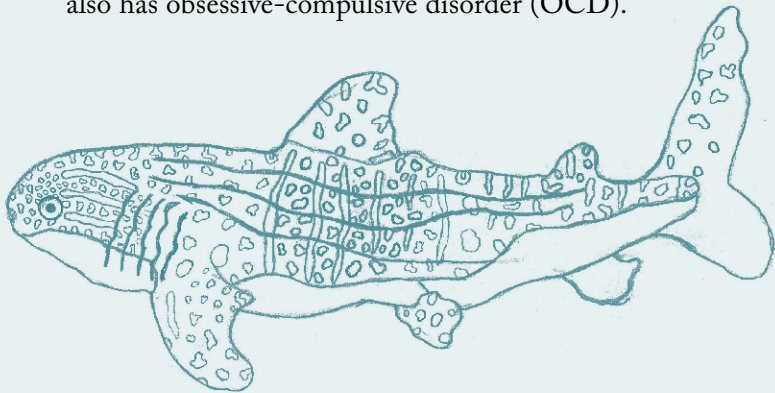
Everyone On the Same Page

Deegan Shi Benefits from the Center's Collaborative Care Model

Deegan Shi has plenty of interests and, at age 31, he has a perspective on what is going well and what in his life needs improvement. An adult on the autism spectrum, Deegan has benefited from the Glickman Lauder Center of Excellence and Spring Harbor Hospital. "I like the people at the center very much," he says.

Deegan is an example of how, with the center's expansion to provide treatment and support to adults, staff work directly with individuals and also collaborate with others. He lives in an apartment in Camden with local support, including a case manager and primary care physician. Given the distance from Portland, Deegan has regular telehealth appointments with Kiely Foley, NP, a psychiatric nurse practitioner at the center. His mother, Melinda Wildes, joins them.

"The key is our collaborative care model," notes Kiely. "I need to be up-to-date on Deegan's care, so I speak with his other providers on a regular basis to make sure we're on the same page. When he and I meet, I follow up on the things he needs help with, such as his sleep and his anxiety." Deegan also has obsessive-compulsive disorder (OCD).



He is aware of the impact that taking melatonin for sleep, along with anti-anxiety medication, have on his mood and his memory. "I absolutely want my memory to be sharp and clear," Deegan says, adding that Kiely has been helpful. He looks forward to his weekly drawing lessons. "I draw animals, and I go to the Camden Library where I search for and print animal images. I also talk with the librarians about nature documentaries I'd like to see."

His trips to the YMCA are important to his daily routine. "I walk around the track in order to get exercise, and I take some of my longer showers while I'm there, because this



Deegan Shi, 31, enjoys nature walks and takes weekly art lessons. His drawing of a whale shark shows his talent—and his interest in animals.

helps me save on the electric bill at my apartment," Deegan explains. He would like to make stronger social connections at the Y, but that has been difficult.

"I talk with the staff and other Y members, but I'm having trouble building friendships with young people." Deegan looks forward to starting personal training soon. "What's helpful is that I share things that are bothering me—that are important to me—with my therapist, Miles." Miles Cleary, LCSW, social worker, is his therapist at the Glickman Lauder Center.

Comprehensive care and support lead to progress

Melinda has observed her son's progress since she first contacted the center in 2021. "We heard they were seeing adults," she notes. "Deegan was unstable after a medication adjustment; he spent time in Spring Harbor Hospital, followed by stepdown treatment in the Developmental Disorders Partial Hospital Program, which was highly beneficial.

"At the center, we've seen how everyone—beginning at the front desk—is caring and tuned into autism," says Melinda. "Deegan has developed a bond with Kiely."

Although Deegan was diagnosed as a young child, the full clinical picture, including his OCD, did not become clear

until he was in his twenties. His mother describes the care he received during his childhood as “fragmented.” A recent study in *Autism Research* reported that “People diagnosed with autism in adulthood are nearly three times as likely as their childhood-diagnosed counterparts to report having psychiatric conditions.”

Matthew Siegel, MD, Vice President of Medical Affairs, sees many adult patients with autism and understands the emotional and behavioral problems they face. “Some of our patients have paralyzing anxiety,” he notes. “Ours is the only multidisciplinary treatment clinic in Maine for adults who have developmental disorders with behavioral health challenges.”

“The key is our collaborative care model. I need to be up-to-date on Deegan’s care, so I speak with his other providers on a regular basis.”

– Kiely Foley, NP

“We understand what this looks like in people with autism, so we provide psychiatry, psychology and social work, as well as speech and occupational therapy for adults. We know that employment is an important goal for many of the adult patients we now see. Our goal is to recognize and treat emotional or behavioral conditions that can prevent them from functioning in a job.”

Melinda is pleased with what she’s seen in Deegan. “He’s made tremendous progress in communicating his thoughts and what’s going on emotionally,” she says. “Long-term, he needs to build his confidence and acquire skills so that he can get a job. He wants this to happen.”

“Deegan has a curious mind,” Kiely says. “For now, we’re focused on helping with his daily challenges. He’s a great example of how we meet patients where they are at.”

Kirk Patrick Pond (1944-2022)

The Glickman Lauder Center of Excellence lost one of its closest friends and generous benefactors when Kirk Patrick Pond died in October. Kirk and Nancy Pond, through the Pond Family Foundation, were key supporters during the campaign that led to the center’s establishment. Nancy served as campaign co-chair with Wendi O’Donovan.

Kirk was an Arkansas native who attended the University of Arkansas and The University of Pennsylvania Wharton School of Finance before heading to Dallas for a job in the growing semiconductor industry. Kirk rose steadily, moving with his young family to Singapore, Connecticut and, finally, Maine, where he ultimately served as president and CEO of Fairchild Semiconductor.

After his wife, Loretta, died, Kirk met and married Nancy St. John in 1999. The couple blended their two families—eight children and 17 grandchildren. They joined the campaign to support world-class care for people with developmental disorders.

In his remarks at the recent GLCOE event, “An Evening of Possibility,” Matthew Siegel, MD, Vice President of Medical Affairs, spoke fondly of Kirk as a special friend and giant in the community. Dr. Siegel described the question Kirk posed to him at an earlier event. “He quickly assessed that we had all-electric HVAC system and asked me, ‘Where’s the backup generator?’

“We are acquiring a backup generator this summer, which will be known as the Kirk Pond Backup Generator, because he always backed us up.”

Gifts made in memory of Kirk Pond were directed to the Glickman Lauder Center of Excellence.



Kirk Pond, with his wife, Nancy, was a key supporter during the campaign that led to the center’s establishment.

Our Advisory Councils Provide Essential Support and Guidance

Community Advisory Council

Members of our Community Advisory Council provide valuable insights on the priorities, challenges and opportunities facing the center.

Kelly Barton	Catherine Honeycomb	Jessica Pollard
Jay Collins	Elizabeth Hopkins	Nancy St. John Pond
Katherine Coster	Bryan King, MD, MBA	Matthew Siegel, MD
Cathy Dionne	Donna Murray	Erin P. Soucy
Colleen Foley-Ingersoll	Wendi O’Donovan	Lucy Tucker
Tami B. Goldsmith	Sarah Paulsen	

Family Advisory Council

Members of our Family Advisory Council help guide service delivery, serving as partners in the work we do.

Melissa Cucinotta	Christyna McCormack
Mary Haibon	Angela Stewart

Visit www.mainebehavioralhealthcare.org/coe
to watch the Glickman Lauder Center of Excellence
welcome video!



Christian Card has friends waiting for him at the Glickman Lauder Center when he comes for outpatient services.

CALENDAR OF EVENTS

Our free monthly webinars present a wide range of information about autism and other developmental disorders. They are held on the third Thursday of the month from 12:00 noon-1:00 pm. Please register at the link below, where you can also access recorded sessions.

Mainehealth.org/Maine-Behavioral-Healthcare/Services/Autism-Developmental-Disorders/Events

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ABOUT US

The Glickman Lauder Center of Excellence provides coordinated specialty care for children and adults with developmental challenges. Our outpatient services include:

Multidisciplinary Outpatient Clinic

Day Treatment Program

(Kindergarten through 12th grade)

Preschool Day Treatment Program

(Age three to five)

Early Intervention

(Children under age three)

Please contact us at 207-661-3600

Glickman Lauder Center of Excellence in Autism & Developmental Disorders

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