

Helping people find promising futures



2006 ANNUAL REPORT

JULY 1, 2005 - JUNE 30, 2006

2006-2007 Board of Directors

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Leadership

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Senior Director of Human Resources

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Senior Director of Adult Community-based Services

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Senior Director of the Sweetser Training Institute

Jonathan C. Mistos
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Matt L. Mulligan
Senior Director of Health Information Services

Paul P. Peterson, PhD
Senior Director of Residential, Educational and Crisis Services

Debra D. Taylor, MBA
Controller

Message from our Board and Leadership

A Year of Progress



*Carlton D. Pendleton
President & CEO*



*William J. Zafirson
Chair, Board of Directors*

One of Sweetser's greatest strengths continues to be our ability to adapt to changing community needs. Though we face many challenges, we never lose sight of our goal of working to effect positive change for those we serve.

It is with sincere gratitude that the organization now reflects on nearly 200 years of leading the behavioral healthcare community in raising the quality of care provided to Maine's children, adults and families.

Sweetser is fortunate to have an energized Board of Directors and an equally dedicated staff. It is inspiring that so many community leaders demonstrate their belief in Sweetser's vision and mission by partnering with us to offer enhanced services to the people who depend on us.

One of the many partnerships cultivated over the past year has been with PROTEA Behavioral Health Services, which became a division of Sweetser in July. This has greatly expanded our reach for providing psychiatry, therapy and substance abuse treatment services. Sweetser served more than 16,000 people in the last fiscal year, and with the recent addition of our PROTEA division, we expect to double that next year.

Throughout the year, our staff and board have embraced opportunities to practice innovative and effective behavioral healthcare, and to serve as educators and spokespeople for the benefits of such care.

We lead Sweetser with the belief that a comprehensive network of behavioral healthcare is an essential element of our communities. We are immensely proud of and inspired by all Sweetser staff, board, volunteers and supporters who rise to the challenge and accept their responsibility to Maine's children, adults and families.

With a track record of successes behind us, we bring incredible expertise and momentum to our goals for the months and years ahead. It is our honor to lead this unique network of care, and we look forward to the continued support of our staff, board and friends as we continue to enhance the quality and expand the reach of our services.

FY2006 Highlights

- Provided behavioral healthcare for 5,500 adults and more than 11,000 children.
- Collaborated with the Maine Department of Education to develop an alternative school for children and adolescents in Belfast.
- Served more than 300 students at The School at Sweetser in Saco.
- Opened a residential campus in Plymouth for children who need comprehensive, individualized support to facilitate a safe transition to community-based, family living.
- Provided residential services for nearly 500 children and adolescents.
- Expanded outpatient psychiatry and therapy services for children, adults and families statewide.
- Formed an innovative partnership with a pediatric office in Sanford.
- Began new family-focused residential and clinical programs in Lewiston/Auburn.
- Expanded behavioral health services for juveniles and their families at Long Creek and Mountain View Youth Development Centers.
- Developed supportive housing options for adults and families in partnership with the Tedford Shelter in the midcoast region.
- Developed strategic organizational initiatives to prepare for the state's shift to a managed healthcare environment.
- Partnered with behavioral and mental health organizations across the state to educate the public during Mental Illness Awareness Week in October.
- Participated in the annual 24-hour National Homelessness Marathon in February.
- Thanks to enthusiastic supporters, held our most successful fundraising event to date—the 2006 Sold on Kids Benefit Auction & Dinner raised more than \$90,000 toward crisis services.
- The Sweetser Training Institute held nearly 100 training programs for mental health professionals, a number of which were taught by faculty members with national reputations.
- Sweetser's dedicated volunteers contributed more than 36,000 hours.

"Your staff was very helpful and went the extra mile to try and help with our situation."

—Sweetser client

Volunteer Profile:

Kevin Bickford, Mentor

When Kevin Bickford shows up on Sweetser's Saco campus, youths living in campus residences know they're in for some fun. Kevin has been a volunteer mentor for teens at Sweetser since 2001, bringing his passion for helping young people stay out of trouble and succeed even in the face of difficult challenges.

"It's great to be able to collaborate with some of the outstanding staff at Sweetser," says Kevin. "They fight to help kids get the guidance they need, and as a mentor I'm able to connect with teens on levels that work for them."

The key to Kevin's success as a mentor, he says, is listening—that and his keen ability to relate to kids on their level about music, friends and life as a teenager. Whether by getting into a rowdy game of basketball, going to lunch or the movies, reading poetry, going to church, or making CDs of the kids' favorite music, Kevin is establishing a solid, healthy presence in the lives of youths who may not otherwise have someone who fills that role.

Mentoring at Sweetser is an extension of Kevin's other work in the community. He works as prison ministry director for the Salvation Army in Portland, and spends a great deal of time teaching youths who are incarcerated or awaiting trial at Long Creek Youth Development Center. Having mentored more than 20 Sweetser youths over the past five years, Kevin has seen many make great strides—and several keep in touch with him.

"Having a mentor is awesome!" says Andrew, one of Kevin's current mentees. "Kevin takes the time to take us out into the community—it's fun. It makes me feel good to have someone around who cares a lot."



Sweetser volunteer mentor Kevin Bickford (right) with mentee Troy at The School at Sweetser in Saco.

Interested in becoming a mentor? volunteer@sweetser.org 373-3006

Donor Profile:

Giving Back to the Community

Ira and Judy Rosenberg's first gift to Sweetser helped build the new barn on the Saco campus after a fire destroyed the original in the summer of 2004. They immediately pledged \$15,000 and challenged other businesses to contribute as well.

"We had been planning to support Sweetser before the fire," says Ira. "When we moved to Maine, we checked out all of the charities and Sweetser was one of our favorites. It's all about helping the kids. Sweetser has been doing it for a long time, helping families in need."

One of Ira's most gratifying moments was when a woman came to his Prime Toyota dealership in Saco and bought a car on the spot. She thanked him for his support of Sweetser and said she was a longtime employee of the organization. She also happened to be a graduate of The School at Sweetser. Ira was touched.

"Where would the kids be if Sweetser was not there for them?" asks Ira. "They could be out on the streets, lost, with no place to go. The people at Sweetser help fill the gap, helping these kids and families cope with life's many challenges."

"We commend the employees at Sweetser who work tirelessly for the good of people—they certainly don't do it for the money," Judy adds.

The Rosenbergs are active sponsors of the annual Sweetser/Prime Motor Group Golf Classic, an event held each June that raises more than \$50,000 to support children and families. In addition, they have contributed to countless local organizations including the Dyer Library, Saco Museum, Young School Library, the Saco Fire Department, Saco Spirit, Counseling Services, Inc., and Southern Maine Medical Center. In Massachusetts, where Ira and Judy grew up and built a successful auto dealership, they continue to be significant donors to Dana Farber Cancer Institute and Brigham and Women's Hospital.

Sweetser is grateful to Ira and Judy for supporting our vision of helping people find promising futures.



Judy and Ira Rosenberg, philanthropists and owners of Prime Motor Group, Inc. in Saco.

"All Sweetser staff I have worked with have been wonderful. I found much care and understanding for us as parents and for our son as the client. I especially appreciated the many encouraging phone conversations with your staff."

—Sweetser client



*Todd E. Henry,
Director of Development
and Communications*

Support Continues To Grow

Thanks to the generosity of many friends and supporters, contributions totaled \$1,639,423 in the 2006 fiscal year. At a time when other funding sources are dwindling, donations continue to make a significant impact on Sweetser services.

Sweetser was the beneficiary of more than \$600,000 from several bequests and charitable remainder trusts by loyal friends who are helping future generations with their legacy of giving. These unique individuals are recognized as members of the Cornelius Sweetser Heritage Society. Their gifts and philanthropic values will live on forever.

Sweetser's Sold on Kids Benefit Auction & Dinner, presented by KeyBank, raised more than \$90,000 to benefit Sweetser's statewide crisis services. More than 360 attendees enjoyed this gala event at the Portland Marriott at Sable Oaks. Our sold-out Sweetser/Prime Motor Group Golf Classic reached another high, raising more than \$58,000. These events are making a difference.

We are grateful for this outpouring of support. There are many people who depend on Sweetser for help, and your contributions make our work possible.

Client Profile:

Joe Armstrong, Youth Enrichment Program

Just a few years ago, thirteen-year-old Joe Armstrong would often become angry and aggressive when faced with challenges. But since becoming involved in Sweetser's Youth Enrichment Program (YEP) at Freeport Middle School in 2005, his attitude has shifted.

YEP is a therapeutic recreation program for youth who experience social or behavioral difficulties that interfere with their schooling. The program's co-leaders, Aurora Joseph and Mike Mavilia, run an after-school homework session followed by an activity in the community to help participants develop social skills and self-esteem. During the school year, Aurora and Mike go to four different middle schools each week and serve 10 youths in each school. In addition, there are two month-long summer sessions.

The structured, supportive homework session is Joe's favorite part of the program. "It gives me a chance to do work that I might not have otherwise done," he says.

Many of the young people who participate are socially outcast at school, and in the YEP program they find a peer group where they fit in. It builds their confidence and often helps them do better in school. Aurora and Mike work collaboratively with parents, other Sweetser staff who may be providing services to participants, and guidance counselors and teachers outside of Sweetser's network of care.

"This program has done amazing things for Joe," says his mother, Leona. "He doesn't fly off the handle as often, and he has learned to deal well with peers. He is honest and open to discussing what he could have done to prevent problems. He used to try to get out of doing group activities, but now he's willing to try everything—he doesn't feel out of place. There is a huge difference in Joe's attitude compared to last year, and I attribute much of that to this program."



Joe (right) and other YEP participants at the ropes course on Sweetser's Saco campus during the summer session, working on the "flying squirrel" teambuilding activity.

Employee Profile:

Dr. Jim Samenfeld-Specht, Child & Adolescent Psychiatrist



Dr. Jim Samenfeld-Specht

Dr. Jim Samenfeld-Specht, psychiatrist for children and adolescents on Sweetser's Saco campus, has great enthusiasm for helping youth to overcome behavioral and emotional challenges. He works collaboratively with staff in Sweetser's residential and educational programs to approach each client's situation as a whole.

"It's rewarding to be part of the team here at Sweetser," says Dr. Samenfeld-Specht. "My fellow employees do incredible work, and there is great value in the variety of perspectives offered by different staff members. I enjoy working in this environment because I get to know the kids well by seeing them in a variety of contexts—not just in my office."

Dr. Samenfeld-Specht has been practicing psychiatry for 18 years and joined Sweetser in 2003. In addition to his work on the Saco campus, he has begun visiting youths at Sweetser's new Family Focus residence in Lewiston once a week.

"Dr. Samenfeld-Specht is a significant resource for children, families and staff at Sweetser," says Paul Peterson, senior director of residential, educational and crisis services at Sweetser. "He practices psychiatry with the greatest respect for all involved in the treatment process. He routinely receives high marks from family members, and staff consistently comment on his willingness to collaborate with others to find the best approach for working with clients."

PROGRAM & FINANCIAL

INFORMATION FOR FISCAL YEAR 2006, JULY 1, 2005 – JUNE 30, 2006

REVENUE

Net Program Service Revenue	\$	50,358,563
Contributions	\$	1,639,423
Income on Investments	\$	977,000
Miscellaneous Revenue	\$	770,368
Total Revenue	\$	53,745,354

REVENUE SOURCES

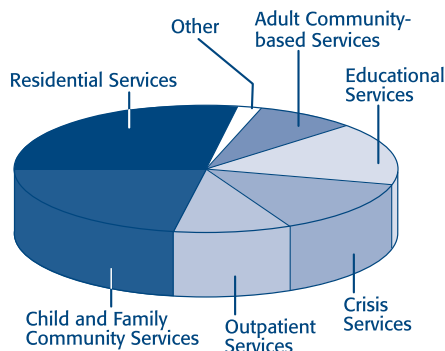
MaineCare	74%
State of Maine*	12%
Local School Districts	5%
Fundraising	3%
Private Insurance	2%
Income on Investments	2%
Self-Pay	1%
Miscellaneous**	1%

* From the Departments of Health and Human Services, Education and Corrections.

** Includes Medicare and U.S. Department of Agriculture.

EXPENDITURES by operation area

Residential Services	\$	16,118,949
Child and Family Community Services	\$	15,780,342
Crisis Services	\$	6,856,032
Educational Services	\$	6,130,328
Adult Community-based Services	\$	4,064,271
Outpatient Services	\$	3,369,141
Other	\$	858,046
Total Expenses	\$	53,177,109



CLIENTS SERVED BY PROGRAM

	Adults (22+)	Children (0-21)	TOTAL
Outpatient Services	3,400	3,673	7,073
Child and Family Community Services	42	5,123	5,165
Crisis Services	1,067	1,633	2,700
Adult Community-based Services	794	34	828
Residential Services	0	491	491
Educational Services	0	301	301

CLIENTS SERVED BY COUNTY

COUNTY	Adults	Children	TOTAL
Cumberland	1,544	3,283	4,827
York	121	4,077	4,198
Sagadahoc	1,860	1,338	3,198
Lincoln	1,317	708	2,025
Knox	138	577	715
Androscoggin	261	273	534
Waldo	2	452	454
Kennebec	105	79	184
Penobscot	2	75	77
Oxford	16	50	66
Somerset	7	21	28
Piscataquis	0	18	18
Aroostook	1	15	16
Hancock	5	10	15
Franklin	6	3	9
Washington	0	5	5
Unknown	149	231	380
Other/out of state	14	9	23
Total Served in FY06	5,548	11,224	16,772

*"The Sweetser staff really got to know us and our child.
They have been honest and sensitive to our family's needs."
—Sweetser client*

Our Network of Care

With a history dating back to 1828, Sweetser is Maine's most comprehensive behavioral healthcare organization for children, adults and families. Sweetser offers a network of care that addresses emotional disturbances, mental illnesses, behavioral disorders and learning disabilities through educational programs, preventive services, community-support services, residential homes and outpatient services.

Working in more than 80 communities from Kittery to Calais, Sweetser maintains counseling offices, a respected medical team, two schools for students with special needs, more than 20 residences, a training institute, a recovery center and campuses in Belfast, Plymouth and Saco. More than 1,200 employees and hundreds of volunteers are committed to our vision of helping people find promising futures.

Adult Community-based Services provide support and resources for individuals with behavioral and mental health needs to assist them in remaining in the community of their choice.

Child and Family Community Services provide family-centered, individualized treatment based on the strengths of the specific child and family.

Crisis Services are an alternative to inpatient hospitalization for children, adults and families experiencing an acute behavioral or emotional event.

Educational Services offer alternative education programs for children and adolescents with behavioral or emotional disorders, mental illnesses or developmental disabilities.

"My daughter was suicidal, severely depressed and failing in our local school. In just eight months... Sweetser turned her life around...we are a family again."

—Sweetser client



Outpatient Therapy and Medication Management are provided by PROTEA Behavioral Health Services, a division of Sweetser, for children, adults and families with emotional or behavioral issues.

Residential Services offer group settings for children and adolescents who need comprehensive, individualized support to develop social skills and self-esteem to facilitate a safe transition to community-based, family living.

More Information

For more information about our services, training opportunities, making a donation, volunteering, or working at Sweetser, visit www.sweetser.org or call 1-800-434-3000.





1-800-434-3000
1-877-776-8322 (PROTEA Division)
www.sweetser.org

Mission

Sweetser's mission is to provide quality treatment, support and hope to children, adults and families through a network of mental health, behavioral health and educational services.

Sweetser Locations

Bangor

33 State Street
205/191 Exchange Street

Belfast

36 Sweetser Drive
9 School Street

Brunswick

329 Bath Road, Suite One

Calais

5 Lowell Street, Suite 9

Damariscotta

18 Belvedere Road

Hallowell

52 Water Street

Kittery

75 US Route 1 Bypass

Machias

8 Pleasant Boulevard

Plymouth

1430 Moosehead Trail

Portland

1011 Forest Avenue
65 West Commercial Street

Rangeley

25 Dallas Hill Road

Rockland

17 Walnut Street

Saco

50 Moody Street
43 Industrial Park Road
110 Main Street, Suite 1415

Sanford

863 Main Street

Springvale

21 Bradeen Street, Suite 301

Waterville

3 Michael Lane

Wilton

347 Depot Street



PROTEA
Behavioral Health Services

A Division of
Sweetser

PROTEA Behavioral Health Services
has recently become a division of Sweetser.

Specializing in outpatient services, we provide psychiatry, therapy, substance abuse, and psychological/neuropsychological testing for children, adults and families with emotional or behavioral issues.

Contact us to learn more:
www.proteabhs.com • 1-877-776-8322

*"Sweetser has seen me through some really rough times.
I couldn't do without them."*

—Sweetser client