Your First Call for a Better Tomorrow

2008 ANNUAL REPORT
July 1, 2007 – June 30, 2008
Message from our Board and Leadership

Sweetser Remains Steadfast in its Mission

World events have everyone feeling somewhat anxious and uncomfortable. Events feel so huge and out of control that we aren’t sure whether a presidential election, a drop in oil prices or other major events will solve the world’s economic crisis. How we are feeling mirrors what many children, adults and their families experience with some regularity as they deal with abuse, neglect, mental illness, learning disabilities, unemployment and homelessness. Our 2008 Sweetser Annual report attempts to convey our commitment, programmatically and fiscally, to Maine’s citizens.

Our donors, volunteers, staff and friends have been extremely supportive of the organization’s mission. In addition, Sweetser receives in excess of 10,000 calls a month through our PromiseLine. The following pages demonstrate our successful efforts.

As always, we are indebted to those who volunteer and donate to our charitable cause. When resources shrink, demand always increases. Many heart-wrenching stories have had happy endings because of the responsiveness of Sweetser staff. We salute everyone involved for helping to make these possible. Many more needs would go unmet without your efforts. Thank you!
Accomplishments

- Sweetser provided services to 8,334 adults and 8,341 children for a total of 16,675 individuals.
- The newly-created Sweetser PromiseLine averaged hundreds of calls per month for assistance.
- The Sweetser School in Saco initiated a new summer camp recreation program.
- A new Family Focus Program was added in Sanford.
- Sweetser school-based staff provided services in 53 Maine schools.
- We completed our 33rd consecutive year of accreditation by the National Council on Accreditation.
- Sweetser received a major bequest in the amount of $475,000 from a long-time supporter.
- Sweetser’s two schools served 143 students in 2007-2008.
- Sweetser’s two largest fundraising events, the Sold on Kids Auction and the Sweetser/Prime Motor Golf Tournament, raised more than $140,000.
- Nearly 400 Sweetser volunteers contributed approximately 39,427 working hours.
- Sweetser’s Learning & Recovery Center in Brunswick provided 710 nights of respite for adults experiencing mental health issues.
- Sweetser generated $888,000 in investment income and received $1,419,542 from contributions, totaling $2,307,542 in support of client care and programs.

Donor Profile: Pizza by Alex

For more than 30 years, the Pizza by Alex restaurant in Biddeford has provided financial support and an annual pizza party for Sweetser students.

Owner Andrew Mantis continues a tradition that was started by his late uncle and original restaurant owner, Alex Mantis.

“We just want to help make a difference for kids, and Sweetser has a great history of helping,” says Andy. “My uncle understood what it was like not to have money for a special meal, so this is just a small way to give back to those who are less fortunate.”

After his passing in 2007, Alex Mantis remembered the boys and girls at Sweetser by leaving the organization a very generous bequest that will change many lives for years to come.

Andrew assumed the family business in 1988. Each year, he closes a section of his restaurant and caters to several Sweetser students who earn the privilege to attend this special night out. It is an event that the kids really look forward to.

Sweetser is grateful to Andrew, the Mantis family and Pizza by Alex for truly making a difference.
Volunteer Profile: Katharine Meeker

For more than 25 years, Kathy Meeker has played a significant role for Sweetser, serving as a volunteer, board member, supporter and advocate.

She was first introduced to Sweetser’s mission in the 1970’s by her good friend and former Sweetser board chairperson, Connie Kent. As a former teacher and having served 15 years on the board of Howard Mental Health Services in Vermont, Kathy was a perfect fit.

During her years on Sweetser’s board, Kathy served as both chairperson and on several committees, including Facilities, Governance, Finance and Planning. Although she has recently “retired” as a board member, Kathy still volunteers on committees because of her special interest in improving the lives of children and families.

One of her greatest pleasures on the board was participating on the Building Committee, which helped oversee the construction of The School at Sweetser on the Saco campus in 1991. Her love for children and education made this an easy decision for her. Kathy became so involved, the board gave her a hard hat when the project was completed!

Kathy and her husband, Irving, went on to donate funds to build the Lincoln Library at the school, named after President Lincoln for his commitment to civil rights and educational freedom. This tribute honors both Irv’s father, Lincoln, and a beloved family friend, Jenny Eva Sloan, whose parents were slaves.

Kathy’s commitment to volunteerism reaches far beyond Sweetser. To name a few other organizations, she has donated her time and wisdom to Maine Maritime Museum, Portland Stage Company, Falmouth Conservation Trust, the Falmouth School Board and Middlebury College, where Irv continues to serve as a trustee.

The Meeker’s have paved a clear path of giving and sharing as a legacy for their four children and nine grandchildren, who are also committed to volunteerism and charitable giving. She may not realize it, but Kathy is still teaching after all these years, and we all benefit from her lessons of kindness.

Interested in becoming a volunteer or mentor? Email volunteer@sweetser.org or call 207.373.3006

Loyalty Makes a Difference

Sweetser is fortunate to have many new and loyal supporters who truly believe in our mission.

Friends, corporations and foundations donated more than $1.4 million in the 2007-2008 fiscal year to help Sweetser provide a continuum of care to more than 16,000 families in need.

During a year of recession and state funding reductions, contributions to Sweetser remained steady. Loyal donors continue to give generously because they know their investments are improving lives every day.

In addition to recent donors, more than 350 friends have contributed to Sweetser for twenty years or longer, and many of them donate every year. Remarkably, several of these individuals are approaching forty to fifty years of giving.

This lasting commitment of support is gratifying because it reflects the respect of our donors. Sweetser’s 180-year history of helping people find promising futures strengthens a unique donor/charity partnership.

We are grateful to all of our supporters. Your loyalty and philanthropic generosity is making a difference to Sweetser.

Thank you.
Client Profile: Lianne Marquis

There was a time when Therese Boies’ teenage daughter, Lianne Marquis, would stare blankly at her. Lianne was argumentative and disruptive of family life. Eventually she was prescribed medications to help with difficult behaviors.

“Lianne was diagnosed with Aspergers Syndrome, autism and bipolar disorder,” said her mother. “Every time she was diagnosed, there would be new medications for her.”

In the years before Sweetser case management, “everything was a battle,” Therese said. “Homework, chores, food, bedtime, even brushing her hair was trouble.”

Now 18, and no longer requiring medication, Lianne proudly shows off first-prize blue ribbons she won for bowling and displays her recent report card, showing As and Bs. She even talks eagerly about applying for her first job soon at a local supermarket.

Her mother described Lianne’s challenges in school. “Middle school was really hard for her,” she said, “and I was worried that high school would be the same way.”

The turning point for her family was case management involvement from Sweetser, she explained. “Its been one small step at a time.” Sweetser Case Manager Linda Quigley helped the family find resources to make their lives smoother. She taught them new strategies and provided continual support. “Linda was always there and she helped us realize that we were doing the right thing for our daughter,” said Therese.

“Teens are a challenge,” she added. “Her dad and I have seen such a big change in her, and we’ve changed, too. Sweetser case management has truly made a difference for us.”

Employee Profile: Paul “Mr. G” Gregoire, Teacher

Paul Gregoire, who turns 60 in May, is known by Sweetser students as “Mr. G.” Like a caring grandfather, Paul places the needs of his Sweetser students ahead of his own. With an unwavering spirit, he tends to his role as advisor to the Pre-Vocational Community-Based Learning Program at the Saco campus. “This is my second family,” he said. On any given day, Paul can be found monitoring the corridors, listening to a student’s worries, answering a career question or convincing a teenager to keep a positive attitude.

“I have an open door policy,” he said, “If the kids need to get away from the classroom, they come rap with me. Our students know I’m here for them.”

He joined Sweetser in 1999 as a Youth and Family Counselor, and was later promoted to Educational Technician. Recent cancer treatments have required Paul to adjust his schedule. However, he continues to work every day with a smile and, if the kids are lucky, with extra gum in his pocket. “Being in this school is my therapy,” he said.

Paul polished his mentoring skills long before joining Sweetser. When he was active in the Air Force, Paul said he listened to 18-year-olds who had never been away from home and who missed their mothers. “Our kids have been thrown curve balls, too,” said Paul, “so we give them all the support we possibly can.”

Paul has been married to Linda Gregoire for 37 years. They have raised two children. Their daughter works for the City of Biddeford Public Schools and their son is a crisis counselor at Sweetser.
Sweeter generated $888,000 in investment income and received $1,419,542 from contributions, totaling $2,307,542 in support of client care and programs.
Our Network of Care

As Maine’s most comprehensive mental health network, Sweetser promises to do whatever it takes to connect adults and children to the mental health treatment and related support that they need and deserve. Nationally recognized and accredited, Sweetser has nearly 200 years of experience caring for adults and children who are living with mental illness, behavioral disorders or substance abuse problems. Sweetser is a nonprofit organization serving approximately 16,000 adults and children throughout Maine.

Working in more than 73 communities throughout Maine, Sweetser offers outpatient therapy and medication management services through a statewide network of affiliated clinicians, school-based practitioners and a state-of-the-art office-based practice in Brunswick. Additionally, Sweetser maintains two schools for students with special education needs, crisis services, peer support services, and campuses in Belfast, Plymouth and Saco.

Sweetser PromiseLine Services 1.800.434.3000

When you, or someone you love, is struggling with a behavioral or emotional issue, call the Sweetser PromiseLine. No matter what questions you have or challenges you face, the PromiseLine staff will do what it takes to connect you to the services you need.

Community-based Services

- **Adult Services** provide a range of community-based treatment and support services focused on assisting our clients in their journey toward wellness and recovery.

- **Child Case Management Services** provide family-centered, strength-based support services aimed at the individual needs of each child and his or her family.

Crisis Services provide immediate community-based response to a child, family or adult experiencing an acute emotional or behavioral crisis event.

Residential Services provide an intensive, therapeutic group living option for children or adolescents experiencing a severe emotional disturbance.

Educational Services provide special education and therapeutic services for students unable to function safely in a public school setting.

Outpatient Services provide individual, family or group therapy and/or medication management for children, adults or families struggling with a mental health or substance abuse issue through school-based practitioners, members of Sweetser’s Affiliate Network and our Brunswick office.

Wabanaki Mental Health Services provide services for Native Americans with complex mental health needs. Services include adult community integration, case management for children and families, and HIV counseling and testing.

More Information

To learn about our services, training opportunities, making a donation, volunteering, or working at Sweetser, visit www.sweetser.org or call 1.800.434.3000.
Our Mission

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>Bangor</td>
<td>Wabanaki - 187 Exchange Street</td>
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<tr>
<td>Belfast</td>
<td>36 Sweetser Drive</td>
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<td></td>
<td>9 School Street</td>
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<tr>
<td>Bridgton</td>
<td>2 Elm Street</td>
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<td>Brunswick</td>
<td>329 Bath Road</td>
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<td>Damariscotta</td>
<td>18 Belvedere Road</td>
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<td>Hallowell</td>
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<td>Lewiston</td>
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<td>Plymouth</td>
<td>1430 Moosehead Trail</td>
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<td>3 Michael Lane</td>
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<tr>
<td>Wilton</td>
<td>347 Depot Street</td>
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</tbody>
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Sweetser PromiseLine

1.800.434.3000  www.sweetser.org

Donovan S., a student at The Sweetser School in Saco, shows off his art work.
**Fiscal Year 2008**  
**JULY 1, 2007 - JUNE 30, 2008**

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**Teacher Bunny Wermenchuk (left) and Volunteer Katey Dydowicz tend the raffle table at Flatbread’s Charity Night for Sweetser.**
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— Mellette D., mother of Joshua

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"Our son has grown tremendously under the care of dedicated Sweetser school staff. He went into the school a very depressed, angry boy, who kept mostly to himself. He is now a very popular young adult."

— Nancy B.

**Chris S. shows off his art award at The Sweetser School.**
The teachers and staff have displayed unparalleled dedication, devotion, and patience, without complaint or need for recognition.

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Edith Zimmerman *

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Sweetser Corporators 2008-2009

Sweetser’s corporators help represent the organization in their communities, provide information to Sweetser about the needs of children and families in their communities, and attend annual meetings. A heartfelt thanks to all of our corporators for their compassion and support.

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