



2017
Tobacco-Free Behavioral Health
Gold Star Standards of Excellence

Awards Celebration

Wednesday, June 7, 2017
11:00 am-1:00 pm

The Senator Inn | Augusta, Maine



THE
Breathe Easy
COALITION

MAINE TOBACCO-FREE BEHAVIORAL HEALTH NETWORK

[BreatheEasyMaine.org/Behavioral Health](http://BreatheEasyMaine.org/BehavioralHealth)

2017 Award Recipients

GOLD LEVEL

Community Health and Counseling Services
County Behavioral Medicine • Evergreen Behavioral Health
Maine Behavioral Healthcare - Rockland • NFI North, Inc.
Tri-County Mental Health Services

SILVER LEVEL

Aroostook Mental Health Center
Kennebec Behavioral Health • Mid Coast Hospital Addiction
Resource Center • Paramount Behavioral Services Inc.

INDIVIDUAL GOLD STAR CHAMPIONS

Linda Christie

Mid Coast Hospital

Catherine Ryder

Tri-County Mental Health Services

About the Tobacco-Free Behavioral Health initiative

Breathe Easy Tobacco-Free Behavioral Health initiative program at the MaineHealth Center for Tobacco Independence is dedicated to providing Maine's behavioral health providers with the information and resources needed to make all organizations smoke and tobacco-free. The program is funded by Maine Prevention Services. Maine Prevention Services is an initiative through the Maine Center for Disease Control and Prevention working across the state to impact tobacco, substance use, and obesity.

 BreatheEasyMaine

 @BreatheEasyME

 @BreatheEasyMaine



**MAINE
PREVENTION
SERVICES**

Maine Center for Disease Control & Prevention
Department of Health and Human Services

2017 Gold Star Standards

- 1. Tobacco-Free Policy.** The behavioral health organization has a 100% tobacco-free campus policy that prohibits the smoking and use of all tobacco products including cigarettes, cigars, pipes, smokeless tobacco, snuff, chew, snus, electronic smoking devices and non-FDA approved electronic nicotine delivery systems. Smoking and tobacco use by employees, clients, visitors and contractors is prohibited at all times on the behavioral health organization property, including in parking lots, in personal vehicles parked on grounds, all organization owned or leased vehicles and at all satellite offices, buildings and any other properties owned or leased by the behavioral health organization.
- 2. Policy Communication.** Written policies, procedures or plans detail the communication about the behavioral health organization's policy (whether or not the policy is 100% tobacco-free) to clients, employees, visitors, contractors and at all satellite offices, buildings and any other properties owned or leased by the behavioral health organization.
- 3. Policy Enforcement.** Written policies, procedures or plans detail policy expectations and enforcement, including how non-compliance is addressed.
- 4. Tobacco Advertising.** Advertising or promotion of tobacco products is not allowed on the organization's property including all satellite offices, buildings and any other properties owned or leased by the behavioral health organization. This includes publications and magazines subscribed to by the organization for placement in waiting areas.
- 5. Tobacco Dependence & Treatment Education.** Information about tobacco dependence, secondhand smoke, thirdhand smoke and local/state tobacco treatment resources are readily available to clients, employees and visitors. For example, educational brochures or posters are displayed in the lobby, waiting area and/or treatment rooms.
- 6. Screening for Clients for Tobacco Use and Dependence.** All clients are screened for tobacco use at initial appointments and annually thereafter. Tobacco use status is documented and clients are offered comprehensive, evidence-based treatment services.
- 7. Evidence-Based Tobacco Treatment Incorporated for Clients.** Clients identified as being tobacco dependent are offered comprehensive, evidence-based treatment services incorporated into treatment plan. This can include tobacco cessation counseling, clinical assessment and management for nicotine withdrawal and/or offering FDA-approved tobacco treatment medications.
- 8. Referral to Evidence-Based Tobacco Cessation Treatment for Clients Interested in Quitting.** Clients identified as being tobacco dependent and interested in quitting tobacco are referred to evidence-based tobacco cessation treatment, such as the Maine Tobacco HelpLine.
- 9. Evidence-Based Tobacco Treatment Training for Employees.** The behavioral health organization supports evidence-based tobacco treatment training for employees by offering in-services on tobacco treatment, supporting staff financially to attend trainings and/or providing access to literature and resources on-site for staff. Trained staff are available to provide treatment and counseling to tobacco-dependent clients.
- 10. Tobacco Treatment Benefits for Employees.** Tobacco treatment services are a covered benefit in the organization health insurance package for employees and their dependents. Benefits include coverage for counseling and medication for quitting tobacco, with minimal, or no barriers to utilization (i.e. co-pays, out of pocket costs, limits, etc.).



Aroostook Mental Health Services

Caribou, Presque Isle, Houlton, Madawaska Fort Kent,
Calais, Machias and Ellsworth

CEO: Greg Disy, LCSW
Submitted by: Greg Disy, LCSW

2017 Silver

Community Health and Counseling Services

Bangor

Executive Director: Dale Hamilton
Submitted by: Vicki Blais, Senior Benefits and Health &
Safety Coordinator

2017 Gold

County Behavioral Medicine

Presque Isle

CEO: Mary-Helena McInerney
Submitted by: Mary-Helena McInerney

2017 Gold





Evergreen Behavioral Health

Farmington

Executive Director: Dalene Sinskie

Submitted by: Dalene Sinskie

2017 Gold

Kennebec Behavioral Health

Waterville

CEO: Tom McAdam

Submitted by: Claudine Chaput, Chief Administrative Officer

2017 Silver

Maine Behavioral Healthcare - Rockland

Rockland

Administrator: Joel Horne

Submitted by: Joel Horne, Engagement Specialist

2017 Gold





Mid Coast Hospital Addiction Resource Center
Brunswick

Director of Behavioral Health: Thomas Kivler
Submitted by: Catherine McConnell, Director Outpatient
Behavioral Health

2017 Silver

NFI North, Inc.
Bangor

Program Director: Scott Dufour
Submitted by: Stephanie Farquhar, Clinical Coordinator

2017 Gold

Paramount Behavioral Services, Inc.
Waterville

President: Rebecca Dunlap
Submitted by: Cathleen Dunlap, LCSW, Clinical Director

2017 Silver





Tri-County Mental Health Services

Lewiston, Oxford, Bridgton, Rumford, Farmington

Executive Director: Catherine Ryder

Submitted by: Donald Dufour, Director of Human Resources

2017 Gold



Individual Gold Star Champions

Linda Christie, Prevention Specialist
Mid Coast Hospital

“Linda has worked tirelessly, for years, on ensuring behavioral health patients receive the [tobacco] cessation support services they need. She has been a long time member of Project Integrate and has worked with our Mid Coast Addiction Resource Center to provide support and materials to assist patients who want to quit. When our campus went tobacco-free Linda and the tobacco prevention team would reward patients who were following the policy, stopping them randomly as they walked up and down the road with a thank you and a Dunkin Donuts gift card! We call Linda, kindly, our resident bull dog, as [she] is persistent in making sure the most vulnerable of our community members receive the services they need to be tobacco-free.”

Nominated by: Melissa Fochesato
Director, Community Health Promotion

Continued on back page



Individual Gold Stars

Catherine Ryder, Executive Director
Tri-County Mental Health Services

“Catherine led our agency to undertake this important initiative at a time when this was not something many behavioral health organizations were doing. Although the idea had previously been floated with prior leadership at our agency, all had ultimately decided to stay away from implementing such a change, perhaps knowing it may not be popular with either staff or consumers. Catherine supporting staff attending the several on-site trainings we offered in collaboration with Healthy Androscoggin and the Center for Tobacco Independence to further staffs’ understanding of tobacco for both our employees and client populations. It was indeed a brave new world she [was] leading our agency toward. When Catherine faced challenges from members of her own leadership team, she calmly addressed their concerns and refocused our team on the agency mission and the quality of care we vowed to provide to our consumers. We’ve made many strides toward furthering staff and consumer understanding since becoming tobacco-free, but are keenly aware [of] the work that remains. Catherine’s leadership paved the way for greater awareness and presented opportunities for all of us to challenge our thinking on what role we play in supporting everyone’s efforts to quit tobacco and for that we are thankful.”

Nominated by: Donald Dufour
Director of Human Resources