

# newsletter



Maine Center of Excellence for  
Behavioral Health and Well-being



## Strengthening Maine Together: Stories, Training, and Community Impact

This month we spotlight the amazing people and programs driving change across Maine. Hear from one of our dedicated coaches, learn what participants have to say about their training, and dive into the impact partners like Assistance Plus are making. Plus, explore upcoming training opportunities to grow your impact.

We are grateful to work together to build stronger communities and families across Maine!



# Coach Spotlight: Bekah McIntyre

Enjoy a special video spotlight featuring Bekah McIntyre, one of our dedicated High-Fidelity Wraparound coaches, sharing her passion for Maine COE and the impact it will have across the state.

Discover what motivates our team's dedication to building stronger, healthier communities across Maine by watching Bekah's full video now.







## What are training participants saying?

Our training sessions continue to make a lasting impact on professionals across Maine. Whether participants are new to the field or seasoned providers, they're finding value in the tools, insights, and community connections offered through Maine COE programming. Here's what one recent attendee had to say:

**"UCP of Maine has recently partnered with Maine COE to be early innovators of the Wraparound and PEARLS support models. With this exciting opportunity for our agency, I have found the ongoing coaching sessions offered by the COE to be extremely beneficial in learning the skills required for these new models. During the coaching sessions, new material is presented and coaches allow for practice, modeling, and questions. The monthly coaching sessions help me to gain the best understanding of these models and I'm able to bring these skills back to my team! I look forward to the continued work with the COE in implementing these new models of support!"**

- Jessica Strout, Manager of Pediatric Care Coordination with UCP of Maine





## Provider Spotlight: Assistance Plus

For over 30 years, Assistance Plus has provided home and community-based care to individuals throughout central Maine. Founded by a dedicated mother-daughter team, their mission is to ensure that people of all ages can live safely and independently in their homes and communities. With offices in Benton, Waterville, Wilton, Winslow, and soon to open in Augusta, Assistance Plus offers a comprehensive range of services in over 107 towns across Maine.

### Driving the Future

Assistance Plus chose to pursue High-Fidelity Wraparound (HFW) because it's a new level of care coordination for youth and families with complex needs. HFW honors the lived experience of families and youth, breaks down silos between systems and services, and empowers families to lead. By centering the voice and choice of youth and families, HFW ensures meaningful outcomes for families by making them active participants in shaping their own future, helping them to feel heard, respected, and supported.

### Stronger Bonds

Assistance Plus believes HFW, especially peer support, will have a transformative impact on youth and families. Peer supports are vital to improving the quality of care and reducing out-of-home placements, while making stronger bonds for families within their local communities. Assistance Plus is excited for Wraparound's holistic, team-based approach that brings together families, providers, and natural support to create a plan that reflects the strengths, voice, and choice of the youth and family, building resilience, connection, and long-term stability.

### Continuing a Legacy

Assistance Plus lives by their values of commitment, integrity, and compassion, and bringing their heritage as a family-founded organization into all they do. To prepare for implementing HFW, Assistance Plus has sent staff to training and is participating in coaching with the COE. They look forward to continuing that legacy with HFW.

To learn more about Assistance Plus and their work, visit [www.assistanceplus.com](http://www.assistanceplus.com)





## Training for Real-World Impact

Quality care begins with quality training. Our training opportunities in High-Fidelity Wraparound, Peer Connect, and PEARLS Family Peer Support equip Maine's workforce with the skills and confidence needed to support children, youth, and families effectively.

Beyond foundational training, COE offers reflection sessions and professional development opportunities led by experienced curriculum trainers and peer facilitators. These collaborative spaces create room for networking, problem-solving, and authentic dialogue among those doing this vital work every day.

[EXPLORE TRAININGS NOW](#)

Visit our Training Page to view upcoming sessions, learn more about each opportunity, and register for the programs that fit the professional development goals for you or your network.

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## Community Connections: National Association of Social Workers Conference

In October, Maine COE staff had the privilege of attending the National Association of Social Workers (NASW) Conference. Over the two-day event, the team represented the Maine COE and connected with providers and organizations from across the state.

It was rewarding for the Maine COE team to share updates on work in High Fidelity Wraparound Coaching, Youth Peer Support Coaching, and Family Peer Support Coaching, and to see firsthand how these efforts are strengthening support for at-risk youth and their families in Maine.

Attending the sessions also provided an opportunity to learn from passionate professionals and explore new ideas, innovative services, and emerging trends shaping the fields of social work and mental health.





## Grateful For Your Partnership

Your partnership makes everything we do possible, and we're continually thankful for your dedication to behavioral health across Maine. Together, we're expanding our reach to more families, strengthening professional development, and building meaningful, sustainable impact throughout our communities.

In support of our vision to enhance lives and systems of care, we invite you to explore everything the [COE website](#) has to offer. It's your go-to destination for training programs, initiative details, and news about our ongoing work together.

We appreciate your role in creating a more resilient and caring Maine.

Regards,

**Maine COE Support Team**

**VISIT THE COE WEBSITE NOW**





## Strengthening Maine's behavioral health system for youth and families.

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