

Winthrop Cares
**Porch Light
Program**



**Offering free, short-term counseling
services for young adults**

*A program developed by the Town of Winthrop in
cooperation with MaineGeneral Health, Crisis and
Counseling Centers, Inc. and Kennebec Behavioral Health
Services*

Porch Light Program Facts

Confidential

This program is strictly confidential. If you choose to use the service, no one will know unless you tell them. All information is released only with your permission and/or in those situations where problems are perceived to be life-threatening.

Accessible

This is a program funded up to \$500 per eligible person per year by the Town of Winthrop. The cost of these services will be billed directly to the Town without identifying who used the services. If you have health insurance, you can use this program to pay for co-pays or for additional counseling services. The three participating agencies are committed to providing services to those in need and will work with you and the Town to meet those needs.

Voluntary

The decision to seek help is made by you and you alone.

Informal

A simple phone call starts the process. Just call one of the numbers listed on the back of this brochure and tell the receptionist you wish to make an appointment to talk with someone. If they ask how you will pay for services, say you want to use the Porch Light Program.

Professional staff

Professional, qualified counselors will assess your problems and concerns, provide short-term counseling and make referrals if needed.

What is the Porch Light Program?

The Porch Light Program provides funding for a confidential professional assessment and short-term counseling. The goal is to help Winthrop's young people address any concerns that may affect their personal well being so they can be happy, fulfilled adults. The Porch Light Program will fund up to \$500 per year per person to pay for these counseling services.

The services are:

- Confidential
- Accessible
- Voluntary

Who does the Porch Light Program serve?

Any young adult between the ages of 17 and 24 who attended Winthrop High School for at least two years.

What kinds of problems can the Porch Light Program help?

The program can assist with many different types of problems, including relationship issues, financial or legal concerns, grief and other emotional stress, or problems caused by alcohol or drug abuse.

How do I participate in the program?

Please call one of the counseling agencies at the phone number(s) listed on the back of this brochure Monday through Friday, 8a.m. to 5p.m. These agencies offer flexible hours to accommodate an array of schedules. When you go in for your intake appointment be sure to mention you are from Winthrop and want to use the Porch Light Program to pay for your services. If you need to talk to someone after regular business hours or on the weekends call the statewide crisis number, which is 1-888-568-1112.

Will my call be kept confidential?

Absolutely yes. Confidentiality is the most important aspect of the Porch Light Program. Any discussion of problems or concerns is strictly between you and the counselor.

What if I now live or attend school out of state?

You can still contact one of the agencies listed on the back of the brochure and ask to speak to a counselor. He/she may be able to help you over the phone or tell you about services near where you are now living. The Porch Light Program can only pay for services with the three agencies located in central Maine. Please call anyway and ask for help.

Porch Light Program Facts

Confidential

This program is strictly confidential. If you choose to use the service, no one will know unless you tell them. All information is released only with your permission and/or in those situations where problems are perceived to be life-threatening.

Accessible

This is a program funded up to \$500 per eligible person per year by the Town of Winthrop. The cost of these services will be billed directly to the Town without identifying who used the services. If you have health insurance, you can use this program to pay for co-pays or for additional counseling services. The three participating agencies are committed to providing services to those in need and will work with you and the Town to meet those needs.

Voluntary

The decision to seek help is made by you and you alone.

Informal

A simple phone call starts the process. Just call one of the numbers listed on the back of this brochure and tell the receptionist you wish to make an appointment to talk with someone. If they ask how you will pay for services, say you want to use the Porch Light Program.

Professional staff

Professional, qualified counselors will assess your problems and concerns, provide short-term counseling and make referrals if needed.

5

To participate in the
Porch Light Program
call any of the following agencies:

MaineGeneral
888-496-5701 (toll free)



Crisis and Counseling Centers, Inc.
626-3448



Kennebec Behavioral Health Services
Augusta 626-3455, Winthrop 377-8122



6

Winthrop Unites

March 1, 2016

The History

Winthrop has experienced a tragic history for some years with attempted suicides and deaths by suicide of young adults. The fact that our town has this history may make Winthrop more vulnerable to occurrences of such repeated behavior in the future. The Maine Youth Suicide Prevention Program studied Winthrop and wrote a report that contained descriptive information and recommendations. In response, Winthrop Unites was created and began by forming four committees based on those recommendations. The Education Committee was one of those committees and has been meeting regularly for more than five years.

Vision

A town inhabited by enlightened, responsible, caring members who work together to make Winthrop a supportive community that enables positive, healthy growth for all its members.

MISSION

To promote a culture or mindset in Winthrop that embraces healthy choices for dealing with the challenges of life.

Goals

Our goals are:

1. to educate our community about resources available that promote resilience;
2. to reduce the stigma surrounding mental health care and to foster help-seeking behavior;
3. to support positive nurturing skills in our community, to include parents, teachers, and peers;
4. to educate our community about the various contributors to suicide such as depression, underage alcohol use, drug abuse and early childhood trauma;
5. to implement various actions/practices that will eliminate these contributing actors to suicide.

Meetings

Meetings are held the third Thursday of each month at the home of Megan Antonucci, 83 Highland Hts., Winthrop; 207-377-6848; meganton@roadrunner.com

Our members include Mary Richards, Cheryl Thompson, Don Beattie, Kerry Deming

You are invited to come and share your ideas and give us your help.