

## NEWSLETTER

# THE REFRESH

## *Western Maine Behavioral Health*

### ZERO SUICIDE INITIATIVE

The Zero Suicide implementation team met this month to get back into the swing of things. We are currently working on completing our "work plan," which includes making policy changes to ensure we are in compliance with the Zero Suicide initiative. We also recently received two new team members, Renea Ladd and our community member, Hattie DeRaps- welcome!



### REPORTABLE EVENTS

The Office of Child and Family Services recently announced that they have made some changes to the Reportable Events Matrix as it pertains to the DHHS Enterprise Information System (EIS). If you haven't already, please take some time to look over this information at [The Child and Family Services site](#).



## STUDENT INTRODUCTION

One of our CSP's at the Wilton location, Katrina Ladd, recently started her field placement for her MSW. She will be working with local law enforcement to explore ways to help them engage with clients that have mental health concerns and will be taking on many responsibilities on the zero suicide implementation team. If you have questions or concerns about this program please feel free to reach out to Katrina: katrinal@wmbh-me.com.



## THIS NEWSLETTER!

As part of her MSW learning plan, Katrina will be putting out a monthly newsletter with updates and information that (should) pertain to your work! If you have any suggestions or interests that you would like to see in a monthly newsletter, please reach out to her so that this newsletter can have the information we need and would like to see!



## SELF CARE CORNER

### Quote of the Month:

"Promise me you'll always remember-- you're braver than you believe, and stronger than you seem, and smarter than you think." --Christopher Robin from Winnie the Pooh

### Self-Care Suggestion:

Try putting your phone on "airplane mode" for an hour, once a week, to take a break from all of your notifications!