



# PROTEA

## Behavioral Health Services

*With Offices in Bangor, Calais, Ellsworth, Machias, Waterville & Wilton*

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# NEWS RELEASE

FOR IMMEDIATE RELEASE:

## **PROTEA Expands Mental Health Services With the Addition of Sarah Fournier, LCSW**

**Ellsworth, ME. (January 3, 2003)** — Sarah Fournier, a Licensed Clinical Social Worker (LCSW) with ten years of experience, joins PROTEA Behavioral Health Services (PROTEA) to expand much-needed mental health services in the greater Ellsworth area. The addition of Fournier to this Bangor-based mental health agency will strengthen services currently offered to children under age twelve and their families.

Fournier focuses on two special interest areas: Child-Centered Play Therapy and Loss and Bereavement Issues. Play Therapy offers a valuable treatment method that facilitates healthy changes in behavior and explores constructive problem solving. The child's developmental level guides this form of therapy. Fournier utilizes natural and healthy play to connect with her clients. Children experience a safe psychological distance from challenging issues to explore their problems. Fournier embraces this treatment due to its proven success and the ability to involve parents and families in the process.

Working through Loss and Bereavement Issues can be overwhelming. In addition to Play Therapy, Fournier has chosen this arena as her second area of interest. Similar to hospice work, Fournier helps her clients deal with various aspects of grief and feelings of loss due to chronic illness, death of a loved one, divorce and separations. PROTEA welcomes Fournier to their clinical team to expand these children's services in the Ellsworth area.

"Maine children suffer because of a critical shortage of services. Children and their families should have access to services they need," said Rowena Tessmann, Ph.D., RN-CS, PROTEA's Executive Director. "We're really enthusiastic about this opportunity to help children in the underserved Ellsworth community." Tessmann founded PROTEA in January 2001. She based the Agency's philosophy on "whole person" client care. Therefore, Fournier's work may include working with a client's family, community, school, primary care physician and case manager, among others ? all within the bounds of strict confidentiality.

In under two years, PROTEA's growth has resulted in the establishment of six offices throughout Maine. Clients are supported by nearly 250 employees and affiliated clinicians statewide. Funding for programs and services is provided in part by MaineCare (Medicaid), the Maine Departments of Behavioral & Development Services (BDS), Substance Abuse (OSA) and Bureau of Health (BOH). Additional funding is provided by contributions from PROTEA's founders and other small private grants and donations.