



# PROTEA

## Behavioral Health Services

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

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## NEWS RELEASE

FOR IMMEDIATE RELEASE:

### **PROTEA Responds to On-Going Need for Mental Health Services**

**Augusta, ME. (June 12, 2003)** — “It is well known, statewide, that the need for mental health services is on-going. Recent hearings regarding the AMHI Consent Decree, and numerous deficiencies identified by Class-Members, have caused many agencies to question what can be done to assist the Department of Behavioral and Developmental Services (BDS) in resolving outstanding deficiencies. Although the Consent Decree focuses on inadequate services for Class-Members, non-Class-Members experience a similar lack of services,” said Rowena Tessmann, Ph.D., RN-CS, Executive Director of the Bangor-based private mental health agency, PROTEA Behavioral Health Services.

“While talking with consumers and other mental health providers it becomes evident that there is a shortage of mental health services in Kennebec County. PROTEA already serves clients in this region from their offices in Waterville, but the demand for additional services was sufficient to encourage us to open an office in Hallowell,” Dr. Tessmann continued. “We are not competing with other mental health providers. We are committed to improving access to and expanding services. Individuals seeking help face major challenges just getting services, let alone finding truly individualized care,” said Dr. Tessmann. “We want to work collaboratively — to provide complimentary and enhanced services in communities we serve. Based on demonstrated need, we feel that an office in Hallowell will serve Kennebec County well. We welcome on-going dialogue with the community and State to ensure we deliver the highest possible quality of services.”

This new facility, located at 52 Water Street in Hallowell, on the Augusta-Hallowell town line, will be the 6<sup>th</sup> satellite office the Agency has opened since the Agency was founded just two short years ago. Services, including individual, couples, family and group therapy, as well as substance abuse services and medication management, will be available to MaineCare (Medicaid), Medicare, self-pay and private insurance clients.

Dr. Tessmann and her husband, Alex Tessmann, the Company’s Chief Executive Officer, founded the Agency in January 2001, with 6 employees. Today, with seven offices more than 100 employees, and 160 affiliated clinicians, PROTEA has had a significant impact on reducing the time clients have to wait for critically needed services. Now having offices in Bangor, Ellsworth, Calais, Machias, Waterville, Wilton, and Hallowell, PROTEA continues to expand both in terms of locations and the range of services offered.

Dr. Tessmann based the Agency’s philosophy on “whole person” client care. Therefore, a clinician’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. This treatment philosophy has been well received. One client recently said of her therapist: “She has been very easy for me to establish a relationship with. I am very pleased that I am able to have trust and a good rapport so early in my therapy...we are lucky to have your services in our area.”

Another way in which PROTEA is addressing concerns arising from the AMHI consent decree is its support of a growing network of licensed independent clinicians throughout the State. Professional affiliation with PROTEA allows qualified mental health professionals to better serve MaineCare and Medicare clients, further improving client access to services and decreasing waiting times.

More information regarding PROTEA and the services the Agency provides can be obtained online at [www.proteabhs.com](http://www.proteabhs.com) or by calling their statewide toll-free number at 1-877-776-8322.

