



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 John and Pamela Helmstadter

Machias, ME. (January 2, 2003) — John Helmstadter, M.A., LADC, LCPC, MAC and Pamela Helmstadter, M.A., LCPC join PROTEA Behavioral Health Services (PROTEA), to expand much-needed mental health services in the greater Machias area. The husband and wife team, with over fifty years of combined experience, is excited to provide clinical counseling as Licensed Clinical Professional Counselors (LCPCs) and a Licensed Drug and Alcohol Counselor (LADC). The addition of the Helmstadters to PROTEA, the Bangor-based mental health agency, strengthens services currently offered to adults, adolescents and the aging.

John Helmstadter works primarily with adults and adolescents in a general mental health practice. He also is working with chemical dependency issues, couples therapy and provides Driver Education and Evaluation Programs (DEEP) counseling. His experience spans more than thirty years of work in social work for the U.S. Army at West Point, various State of New Hampshire bureaus and hospitals, The City of New York in New York State and substance abuse consulting and treatment for the Federal Department of Transportation Program. His combined disciplines were utilized by Miles Hospital in Damariscotta, Maine and by various Employee Assistance Program (EAP) providers. Since 1992 John has been working in private practice providing professional mental health and chemical dependency counseling while continuing to offer consulting services.

Pamela Helmstadter offers similar services and she works with adults and the aging population as well. She utilizes Eye Movement Desensitization Reprocessing (EMDR) for much of her treatment, focusing on a variety of mental Health issues and particularly bereavement issues. They both are nationally certified couples therapists. Also, like John, she provides DEEP services. Pamela's twenty years of experience includes individual and group work in Ohio, JTPA – Work Project Able for Good Will and Azrin job coach work before moving to Maine in 1989. Since then Pamela has worked in the mental health and chemical dependency arenas throughout coastal Maine at Choice/Skyward, Penbay Medical Center, and Shoreline Mental Health Center before entering private practice in 1996.

“We’re thrilled with the people, landscape and beauty of Downeast Maine,” said John, “We are pleased to be able to assist those in this community to experience fewer problems and achieve greater satisfaction in their lives.” Pamela is also looking forward to helping individuals who have been victimized by past and present trauma and to help clients work with phobias, depression, anxiety and panic issues. Having recently relocated to the area, they hope to make a positive change in the lives of those troubled by mental health and chemical dependency issues here in this community.

“The people of Downeast Maine suffer because of a critical shortage of services. They should have access to those needed services,” said Rowena Tessmann, Ph.D., RN-CS, PROTEA’s Executive Director. “We’re really enthusiastic about this opportunity to help the people in the underserved Machias community.” Tessmann founded PROTEA in January 2001. She based the Agency’s philosophy on “whole person” client

care. Therefore, the Helmstadter'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.

To schedule an appointment call: 255-6366 in Machias or toll-free: 877-776-8322.

