



PROTEA

Behavioral Health Services

and

NOVA Substance Abuse Services

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Ortego expands children's services at PROTEA

Finding quality, effective mental health services is a driving need for many families in central and northern Maine. At PROTEA Behavioral Health Services, dedication towards meeting this need has prompted constant growth. This growth continues with the addition of the newest member of the agency's clinical team.

PROTEA's Executive Director Dr. Rowena Tessmann announced this week that Nancy Ortego, an advanced practice registered psychiatric nurse (APRN), joined PROTEA on April 1. Ortego will provide both therapy and medication management services for children at the agency's office at 187 Exchange Street in Bangor.

"We are very excited to have Nancy working with us," said Tessmann. "Her extensive experience both as a nurse and a therapist will help PROTEA continue to provide much-needed services in central Maine."

Ortego has been an APRN for thirty years, providing therapy and medication services in a number of settings, including community, inpatient, outpatient, private practice and educational milieus. Her post-graduate education has focused on play therapy, Eye Movement Desensitization Reprocessing (EMDR) training and psycho-pharmacology.

Ortego said she is excited by the opportunity to help meet central Maine's need for children's mental health services.

"That's what I'm looking forward to -- assisting PROTEA in providing the services that have been lacking (for children) -- especially the medication," she said.

In addition to its main office in Bangor, PROTEA has offices in Ellsworth, Machias, Calais and Waterville. Services provided include outpatient therapy for all age groups, psychological testing, medication management, substance abuse counseling and in-home support services.

PROTEA also supports a growing professional network, through which independent licensed clinical social workers (LCSWs), licensed clinical professional counselors (LCPCs) and Licensed Substance Abuse Counselors (LSACs) are able to provide services to Medicaid clients.

For more information on PROTEA's services or affiliate network, call 1-877-776-8322.
