



PROTEA

Behavioral Health Services

and

NOVA Substance Abuse Services

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Agency to address critical mental health need in Waterville

WATERVILLE -- PROTEA Behavioral Health Services, a Bangor-based private mental health agency, recently announced the mid-April opening of its Waterville office. A clinical staff of psychologists, clinical counselors and social workers with over 100 years combined experience will offer a variety of services from a conveniently located office in the center of town. These services will include individual and family counseling for all ages, as well as psychological testing and group therapy for Medicaid, private insurance and self-pay clients.

"There is such a need for quality mental health services in the Waterville area," said Dr. Rowena Tessmann, executive director of PROTEA. "That is the reason we are there -- to make sure people have access to the services they need."

Rowena Tessmann and her husband Alex Tessmann, the company's chief executive officer, founded PROTEA in January, 2001 to meet the massive need for quality, client-centered mental health services in central Maine. In the ensuing sixteen months, the company has expanded from a single office with six employees to four offices with over 150 employees and affiliated clinicians.

"It's really quite phenomenal," said Alex Tessmann of the agency's growth. "In central Maine it isn't a matter of competing with other care providers, it's about driving to meet a critical shortage. We really want to work collaboratively -- we're not in this to be competing with anybody."

In addition to providing services at offices in Bangor, Ellsworth, Machias, Calais and now Waterville, PROTEA supports a wide network of affiliated clinicians throughout the state. Affiliation with PROTEA allows Licensed Clinical Social Workers (LCSWs) and Licensed Clinical Professional Counselors (LCPCs) to bill Medicaid, which state regulations prevent them from doing on their own.

At the heart of PROTEA's success is the philosophy of "whole person" client care, a model of treatment that formed the basis of Rowena Tessmann's doctoral thesis. The "whole person" system stresses the importance of working with all of a client's care providers to provide proper, effective service to clients. This can 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 dedication to quality, effective treatment will be carried out in Waterville by a clinical team led by Dr. Patricia Locke, a licensed clinical psychologist. PROTEA will open its doors in Waterville in mid-April, offering family and individual counseling and psychological testing for all age groups. Other services, including group therapy sessions for children, teens and adults, substance abuse services and medication management, among others, are planned for the future.

"I am really excited about this," said Locke. "I believe we have a top-notch clinical staff -- and we have a treatment environment that is very conducive to healing."

For more information about PROTEA's Waterville office, affiliate network or other services, please call them toll-free at 1-877-776-8322.