



From Grateful Families:

"I am forever grateful for Spring Harbor Hospital, the staff, and now the family navigator that has helped me save my daughter's life and has been such an integral part of her recovery. She is now enrolled in school, has returned to work and her life is flourishing again."

"Betsy [our Family Navigator] patiently listened to my fears and concerns giving me validation of the seriousness of my daughter's illness and providing me with invaluable information to help her. The suggestions Betsy shared with me made an incredibly positive impact on my interactions with my daughter."

"The family education course was very helpful to me for empathizing with my son and my other family members (including my confused and embarrassed teenage daughter) about how to proceed... and how to deal with each other."



Spring Harbor Hospital

Maine Health

A division of Maine Behavioral Healthcare

Our Mission:

Spring Harbor Hospital offers people in mental health crisis high quality, focused treatment to facilitate their ongoing recovery.

Spring Harbor Hospital

123 Andover Road

Westbrook, Maine 04092

207-761-2200 | www.springharbor.org

Purdy Family Navigator

(207) 661-6131

Consider a Donation to Spring Harbor Hospital and the Lunder Family Alliance

Thanks to a generous \$1,000,000 challenge grant, Spring Harbor Hospital has established the Lunder Family Alliance at Spring Harbor Hospital. Its goal is to improve services for the many young adults between the ages of 18 and 30 who are admitted to the hospital. It also connects their families with critical support, including the Family Navigator, throughout the hospital stay and beyond it.

Please consider making a donation that will bring us closer to matching this generous gift.

Please contact:
Development Office
(207) 661-6100



Maine Behavioral Healthcare

MaineHealth



The Lunder Family Alliance

At Spring Harbor Hospital

A GUIDE TO SUPPORT

*for family members, friends
or caregivers of patients*



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Family Navigator

The Family Navigator is here to assure that family and caregivers of patients receive timely assistance when needed. From one-on-one contact at the point of admission* to Spring Harbor Hospital, to 30 days post discharge, our goal is to eliminate barriers to understanding the issues and provide support to the family through this emotional time.

*With signed release of information

Contact the Purdy Family Navigator

Call the Family Navigator at (207) 661-6131 to set up an appointment to talk on the phone or meet at the hospital.

We're here to support you!

Evidence shows that family involvement makes a difference in mental health recovery.

Here for You

Your family member admitted to Spring Harbor will have a social worker to provide support and collaboration with the treatment team.

The Family Navigator is a social worker *dedicated* to supporting *you* (the caregiver) during your family member's hospitalization and for 30 days after discharge. Caregivers often forget about themselves when they have a family member in the hospital.

Thanks to our generous donors, the Purdy Family Navigator provides expert counseling, psychoeducation and guidance about community resources for families of patients *free of charge*.

Remember:



“Families cannot control the patient’s illness:
I did not cause it.
I cannot control it.
I cannot cure it.
All I can do is learn to cope.”

- Dr. David Karp, *The Burden of Sympathy: How Families Cope with Mental Illness*, 2002



How We Can Help...

Support Session Psychoeducation Topics:

- Communication skills, especially during an acute episode
- Mental illness in my family life
- Mental illness, recovery and what to expect after discharge
- Hospitalization, communication with care teams and understanding involuntary commitment

Supports are adapted to your needs, and provided in-person, at the hospital, or on the phone. They include:

- Supportive counseling sessions to talk about your issues/concerns
- Psychoeducation, focused on individual needs
- Our presence at your loved one's commitment hearing, and a debrief afterwards