



MAKING AN IMPACT

**WITH CARE  
& COMPASSION**

The Campaign for St. Mary's



Dear Friends:

We are honored to serve as co-chairs of Making an Impact with Care & Compassion, *The Campaign for St. Mary's*. This hospital has been providing excellent and compassionate care to members of our family for decades. We know from firsthand experience that St. Mary's providers, nurses, and staff care deeply about their patients and that all people are made to feel welcome.

St. Mary's has been providing extraordinary behavioral health care to children, adolescents, and adults since the 1960s. While the quality of care is excellent, the existing setting does not support the desired outcomes for healing. Our goal in this campaign is to match the quality of the space with the incredible quality of the care, by moving behavioral health services from our oldest buildings into our more contemporary space, and by modernizing that space to ensure that the best possible care environment exists. Of course, doing so requires making additional moves. In the main hospital, St. Mary's provides services in oncology, rheumatology, and infusion, all of which will be delivered even more effectively outside the hospital setting. There are substantial clinical advantages to moving these services to an existing space located directly across from the hospital at 106 Campus Avenue.

We encourage you to read the following pages. You'll see why we have made the most significant gift of our lifetime to this campaign. We feel it is that important. It is our strongest hope that you will join us in making your own gift of a lifetime. The impact of the success of this campaign will be an everlasting legacy for our community.

Debra J. Anthoine  
Campaign Co-Chair

Mark W. Anthoine, Sr.  
Campaign Co-Chair

*Debra J. Anthoine* *Mark W. Anthoine*







# Distinctive. Exceptional. **EXTRAORDINARY.**

Since its founding by the Sisters of Charity of St. Hyacinthe in 1888, St. Mary's has been committed to providing holistic care, offered with respect and compassion, for all in our community.

**All people. Regardless of their status or background.**

**We are not like other hospitals.**

We care for the elderly in d'Youville Pavilion, our long-term care facility that is situated on our campus. The state of Maine consistently recognizes the quality of care at d'Youville Pavilion by awarding us 4 stars or better.

**We are not like other hospitals.**

We care for those who are struggling to feed themselves and their families. Our Nutrition Center has been a leader in partnering with individuals and families to provide access to quality foods.

**We are not like other hospitals.**

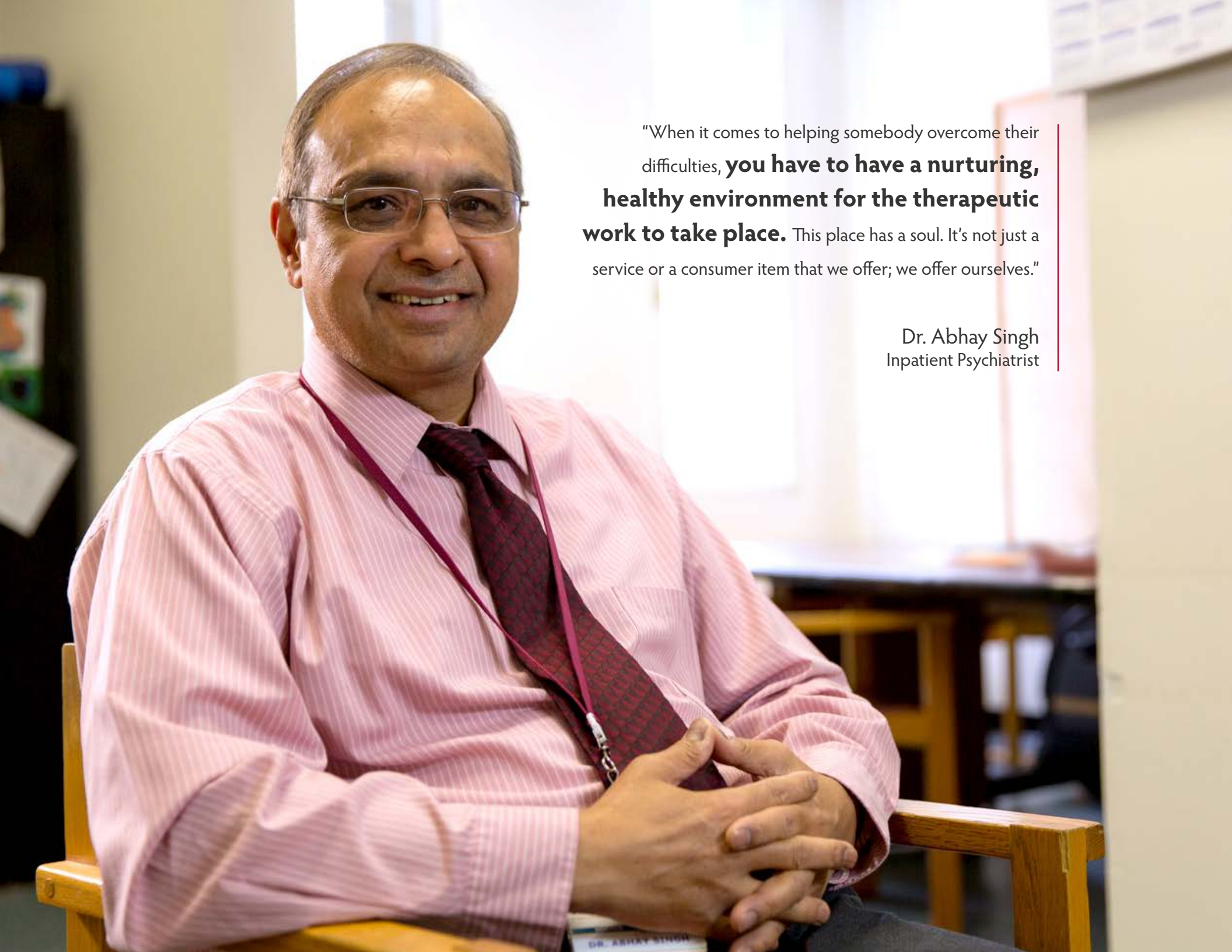
Indeed, we have been recognized by the Leapfrog Group as being Maine's best general hospital and one of only 56 general hospitals nationally to achieve this elite distinction.



## An Effective Approach That Meets the Need

St. Mary's infrastructure was built to meet the needs of patient care from a prior century. Today, we look to reimagine our existing footprint while serving the needs of this community with care and compassion.

This is not a campaign to build a new building or a new wing. St. Mary's already has the bricks and mortar in place within our current footprint. This is about transforming our existing space into an exceptional environment for our patients.



"When it comes to helping somebody overcome their difficulties, **you have to have a nurturing, healthy environment for the therapeutic work to take place.** This place has a soul. It's not just a service or a consumer item that we offer; we offer ourselves."

Dr. Abhay Singh  
Inpatient Psychiatrist



**"The people here make a difference.**

If the people working in the facility weren't as incredible and amazing as they are, my experience would've been much worse."

Chad

Behavioral Patient

Laboratory Manager

University of Southern Maine, Gorham, ME



# OUR CHALLENGE

## St. Mary's Behavioral & Mental Health Services - Annual Numbers

- 45,000 VISITS
- 2,700 ADMISSIONS
- 19,300 COUNSELED
- 1,300 TREATED with an active diagnosis of drug addiction
- CENTRAL MAINE'S LARGEST BEHAVIORAL HEALTH FACILITY

St. Mary's is one of the only hospitals in Central Maine offering inpatient behavioral health services and the only hospital to specialize in the treatment of psychiatric illness in patients with chemical dependency. In addition, Chemical Dependency and Psychiatric Day Programs/ Intensive Outpatient Programs allow for a smooth transition while patients are still undergoing treatment.

Yet these services are delivered from the oldest building on our campus, and the setting does not meet optimal standards for successful treatment.

- There are no single-occupancy rooms
- The wooden structure does not meet modern safety code standards
- Heating, plumbing, and electrical systems are antiquated
- Ventilation is poor
- There is little natural light, an important component in treating mental illness
- There is limited space for common areas and group therapy

Our behavioral patients are struggling with the most challenging diseases, and they receive care in our most challenging space. We believe this is unacceptable. Mental illness is a condition that can be treated and addressed.

**We must do better.**







# OUR PLAN

This campaign supports moving all of our behavioral health services and programs into our main hospital – into a space that architects, who specialize in improving health care space, will redesign to ensure the best possible care environment exists.

## RENOVATE


**2017 Phase 1:** Move the child and adolescent behavioral health unit into the renovated, more contemporary space at the hospital.

## EXPAND

**2018 Phase 2:** Renovate and expand the 106 Campus Avenue building, directly supporting our oncology, rheumatology, and infusion patients, ensuring that these services can be delivered in a convenient, accessible, and comfortable outpatient setting where uplifting and personalized care is provided.

## MOVE

**2019 Phase 3:** Move adult behavioral care space, including inpatient psychiatric care, from the hospital's oldest buildings to a renovated space within the more contemporary part of the hospital.



"I think there's a collective sense that **it's now time to have facilities that are commensurate with the level of care provided.** St. Mary's has the potential to be the model for what is the best psychiatric care in the state."

Dr. Kevin Kavookjian  
Inpatient Psychiatrist



"Without St. Mary's,  
**I wouldn't be here  
right now."**

Lisa  
Behavioral Patient  
Sabattus, ME





Photo Credit: Robert Mitchell

“Sadly, a lot of folks like me, who make our living in the entertainment business, discover that somewhere along the way drug and alcohol addiction have taken a “starring” role in our “colorful” life stories, stories which all too often end in tragedy.

That’s why I’m grateful that a little more than twenty years ago my own story took a dramatic turn for the better. The life-changing transformation, which began in St. Mary’s Hospital’s rehab unit, was absolutely critical in helping me establish a firm foundation, on which the past two decades of continuous recovery has been built.

My firsthand experience at St. Mary’s made me a believer, and **I’m absolutely thrilled to support and encourage plans to upgrade its behavioral health space to ensure the best healing environment exists.”**

Tim Sample  
New England Humorist



"The very environment a patient is in affects him or her. When one is in a welcoming environment, he or she feels more comfortable and safer. And **there's nothing more important to somebody in crisis than feeling safe.**"

Dr. M.Ed Kelley  
Chief Medical Officer, Behavioral Health



# The Future **OF INFUSION THERAPY** Rheumatology, Cancer & Beyond

Typically, we think of infusion therapy as “chemo” for those undergoing cancer treatments. However, infusion therapy includes the administration of all intravenous medications that may be required as a prolonged treatment for chronic conditions in addition to cancer – such as anemia, rheumatoid arthritis, osteoporosis, multiple sclerosis, gastrointestinal illnesses, and hemophilia.

The future holds great promise for a new class of infusion therapies called biologics, genetically engineered proteins derived from the human genome using recombinant DNA techniques. Currently, St. Mary's provides biologic therapies for rheumatology patients. The science of biologics is expanding rapidly. Experts anticipate an explosion of new lifesaving and life-changing therapies over the next decade.

Advances in biologics have helped patients with rheumatoid arthritis live with less pain and more mobility by slowing the progression of joint damage, vastly improving their quality of life. Future discoveries will certainly lead to even better treatment options, if not a cure.







# OUR PLAN

Renovate and expand the 106 Campus Avenue building, directly supporting our oncology, rheumatology, and infusion patients, ensuring that these services can be provided in a convenient and accessible outpatient setting.

The new location for the infusion center:

**ESTABLISHES** a modern, pleasant facility in an accessible location, which provides easier access for patients with mobility issues

**REDUCES RISK** of infection – patients with immune deficiency will have less virus and bacterial exposure

**PROVIDES** ease of accessibility to services, including convenient parking



"When I was diagnosed with multiple sclerosis as a 22-year old college student, I decided that I wanted to specialize in neurology and help others who are suffering from MS. I am excited to be back in the area where I grew up and attended college, and **I look forward to building an MS center and treating patients in our new, state-of-the art infusion space.**"

Dr. Alison Daigle  
Neurology, Fellowship-Trained in Multiple Sclerosis



"We now have wonderful medications known as biologics that not only help alleviate patients' symptoms but also stop the progression of the disease. While some of the diseases we treat are not curable, they can be managed very effectively.

**Our new outpatient facility will combine convenience with high-quality care."**

Dr. Asia Mubashir  
Medical Director, St. Mary's Rheumatology



"As we strive to provide the best cancer treatment, nothing is more important to us than our patients' safety and well-being. Knowing our infusion facility will offer easy parking and access, as well as a calming environment, will help our patients undergoing chemo and other therapies. Sometimes these sessions last for hours, and **it is essential that patients have a pleasant and comfortable space with skilled and caring staff.**"

Dr. Mirela Andrei  
Hematology/Oncology and Breast Health



We believe this is a vitally important campaign for St. Mary's and, indeed, for our community.  
We **MUST** make these changes for our patients, but we cannot afford to do so without strong private support.

At nearly \$12 million, the cost of making these improvements is significant. While St. Mary's has developed an ambitious plan to move forward, substantial community investment is essential for success. This region and our entire state are depending on us. Sources of support will come from philanthropic gifts of at least \$6 million and from financing. Numerous naming opportunities will be available.

St. Mary's has been the beneficiary of this community's generosity for years.  
Once again, we turn to you as we are Making an Impact with Care & Compassion.

For more information on Making an Impact with  
Care and Compassion, please contact:

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EXPERT MINDS. CARING HANDS.