

We focus on the big picture when it comes to your health. We know that small steps can lead to big results!

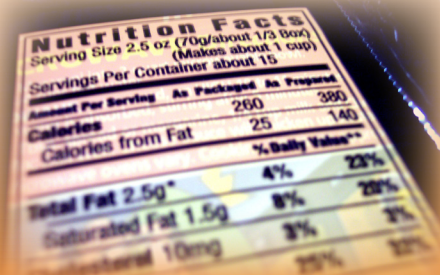
Get Ready to WIN

Did you know a recent study estimated that persons with a serious mental illness, on average, live 25 years less than peers their age who do not have a mental illness? The WIN program is designed to bridge the gap by providing a variety of health programs and services that improve an individuals' health status, longevity and quality of life.

CHCS WIN team works with you to:

- improve your overall wellness and physical health status
- combine supports for both primary and behavioral health care
- improve prevention of serious health issues
- provide early identification and intervention

The intent of the program is to avoid serious health issues which includes chronic diseases.



WIN with Healthy Choices

CHCS professionals partner with you to help you reach your health potential.

We want to help you:

- Have more energy
- Feel less overwhelmed and stressed
- Sleep better
- Become more active
- Improve overall feelings of well being
- Improve nutrition

We can help with:

- Support groups
- Exercise
- Nutrition education
- Healthy cooking ideas
- Individualized support
- Creative solutions
- Referral to services as needed
- Education for chronic health conditions



Your Wellness Partners

CHCS case managers are available to assist you with collaboration and coordination with your primary and behavioral health care needs.

Through this program, you are offered primary care services, case management, treatment, coordination of services, monitoring, and health promotion activities.

The CHCS nurse care manager is on site and will track certain vitals, such as blood pressure, weight and lab work.

St. Joseph Healthcare is committed to the health care needs of the greater Bangor area community.

We provide on-site fundamental health care services needed in the course of an individual's life, including primary care, screening and diagnostic imaging, diabetes management, orthopedics, inpatient and outpatient surgery, and much more.

Our mission embodies wellness promotion and healing of the whole person – mind, body and spirit.



Contact the Bangor Office to learn more about the WIN program at CHCS.

42 Cedar Street
Kim @ 922-4495

Other CHCS Office Locations

10 Barker Street	CALAIS adult, child & family services	454-2928
7 Hatch Drive Suite #120	CARIBOU adult, child & family services	496-3166
1093 W. Main St.	DOVER-FOXCROFT home health & hospice adult, child & family services	564-2267 802-3101
415 Water Street	ELLSWORTH adult, child & family services	667-2061
Route 202	E. WINTHROP adult, child & family services	213-2171
413 W. Main Street	FORT KENT adult, child & family services	834-4410
2 Water Street, Suite #2	HOULTON adult, child & family services	532-5510
313 Enfield Road	LINCOLN home health & hospice adult, child & family services	794-2001 794-3554
7 East Main St. 15 Kids Corner	MACHIAS home health & hospice services for adults services for children	255-8311 255-8473 255-6786
24 Lewiston Road	MECHANIC FALLS adult, child & family services	345-9113
78 Madison Avenue	SKOWHEGAN adult, child & family services	612-3005
201 Main Street	WESTBROOK child services	854-0122

TTY# 990-4730

web site: www.chcs-me.org

WIN Wellness Integration Now



Community Health and Counseling Services



St. Joseph Healthcare
St. Joseph Hospital



A program that focuses on helping you improve your physical health and overall wellness.



Community Health and Counseling Services

in partnership with



st. Joseph Healthcare
St. Joseph Hospital

This program is funded through a grant from SAMSHA

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