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 behavorial 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



Community Health and Counseling Services



This program is funded through a grant from SAMSHA

NONDISCRIMINATION STATEMENT

This institution is an equal opportunity provider and employer.

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint filing cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Other CHCS Office Locations

CALAIS

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

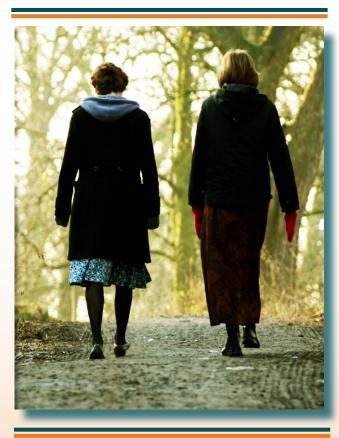
TTY# 990-4730

web site: www.chcs-me.org

Wellness Integration Now







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