



## COMMUNITY CONNECTIONS

### A STATEWIDE RECREATIONAL LINKAGE SERVICE

*Welcome to Community Connections!*

Enclosed in this package is your Community Connections ID card and reimbursement form.

Here are some specifics on the materials enclosed:

- ❖ Your CC ID card has the ID number that is used in the CC database.
- ❖ This card (like all resources in our service) is to be used for your own personal use and not to be sold or given away at any time.
- ❖ If you misplace your ID card, please notify the statewide office or your local site and CC will be happy to replace it for you.
- ❖ In order to continually receive CC information and resources, please notify us with any change of address and telephone number. Call the statewide office and if no one is available, leave the information on the message machine with your name and ID number.

Please review the materials enclosed. Should you have any questions, please call the statewide office at 207-941-2998. **Open Tuesday, Wednesday, and Thursday from 8 AM -1 PM.** Closed federal holidays and Patriot's Day.

Thank you for your participation in Community Connections. We sincerely hope that we can help you achieve recreational independence!

## Overview

Community Connections serves adults with psychiatric disabilities who live in Maine. We offer support to persons who receive mental health services to fully utilize recreational and social opportunities in their communities by providing information and funding.

☺ ***Recreation is an important part of mental health!***

## Mission Statement

Community Connections supports the individual in gaining independence and improved quality of life through recreational opportunities in their community.

Sites (Mini-Connections) are arranged throughout the state (see attached list). Members are encouraged to access services at the sites closest to them whenever possible. They can offer you program information and support in finding local resources, while being more aware of your needs and your local community than the main office in most cases; sites can serve you better and more quickly than the main office.

## Purpose

Community Connection's purpose is to be an assistance program to support individuals and assist them to become mainstreamed back into community through participation in recreational activities. Community Connections cannot support all of your recreational needs. Community Connection's money is available to help you stretch your dollars. The expectation is that the financial support of the program will be to provide temporary assistance while the member learns what's going on in their community and creates an activity fund in their own budget.

## Eligibility

Individuals who are ONLY diagnosed with mental retardation, substance related disorders, a learning disability, head trauma, adjustment disorders, personality disorders, or a mental disorder due to a general medical condition are not eligible for service through Community Connections. Individuals who are family members of a Community Connections member do not qualify for services.

## Your Community Connections ID Card

Your ID card is necessary to verify your Community Connections membership. You may even be asked to present your ID card at the places of business. You may also be asked to present a photo ID at the same time. This is done to be certain that the person asking for the service is not someone else other than you. It is very important that this card is NOT lost or stolen!

- ❖ If you lose your card, please call the statewide office and request a new card. Be prepared to answer various questions for our records.

## Forms & Information

The following forms are used in Community Connections by its participants in order that they can receive services and we can manage the resources accordingly.

There are generally 3 ways to access our direct resources:

1. Call CC and ask what resources are available in your area.
2. Visit a CC mini-connection (see enclosed site list).
3. Show your CC ID card at participating businesses as requested.

## Application Form

An application is necessary to become involved with CC and a medical provider needs to sign off the application to be eligible for CC. If you have received this handbook, you are already involved with CC. The application lets us know of your eligibility for services from Community Connections. If you should need someone else to represent you in the application process, please have a release form signed off before your application is processed.

## Recreation/Leisure Activity Defined

Anything an individual may want to do in their free time that is community based and community integrated (i.e., sports, camping/hiking, social and cultural events, as well as classes, conferences and seminars, movies, fitness activities, etc.) Community Connections can work individually with a person with special circumstances to find resources to fit their needs. A wide variety of activities are available and participants create a plan for improving the quality of their leisure time.

## **Community Connections Sites**

### **Region 1**

#### **Amistad**

66 State St  
PO Box 992  
Portland, ME 04104  
Contact: Gail Sawyer-Kay  
Phone: 207-773-1956 Ext.111  
Fax: 207-773-2087

#### **Maine Behavioral Healthcare**

78 Atlantic Place  
South Portland, ME 04106  
Contact: Randy Morrison  
Phone: 207-396-0145

#### **Rockland Peer Support Center**

12 Union St  
Rockland, ME 04841  
Contact: Ian Roig  
Phone: 207-701-4417

#### **Biddeford Peer Support Center**

15 York St, Unit 203  
Biddeford, ME 04005  
Contact: Danny Kochanowski  
Phone: 207-956-2917

#### **Sanford Peer Support Center**

19 Washington St  
Sanford, ME 04073  
Contact: Elizabeth Stoothoff  
Phone: 207-956-2984

### **Region 2**

#### **Waterville Peer Recovery Center**

32 Ticonic St  
Waterville, ME 04901  
Contact: Elaine Ecker  
Phone: 207-859-2667

#### **Linc Center**

38 Memorial Dr  
Augusta, ME 04330  
Contact: Andrew Bilyeu  
Phone: 207-430-4001  
Fax: 207-430-4001

#### **Motivational Services, Inc.**

71 Hospital St  
PO Box 229  
Augusta, ME 04332-0229

### **Region 3**

#### **Community Connections**

Statewide CC Office  
2 Second St  
Bangor, ME 04401  
Contact: Carolyn Jenkins  
Phone: 207-941-2998  
Fax: 207-941-2996

#### **AMHC Social Club**

43 Hatch Dr  
PO Box 1018  
Caribou, ME 04736  
Contact: Kathryn Maynard  
Phone: 207-492-1379  
Or 207-498-2347  
Fax: 207-492-3181

## Guidelines for Community Connections Services/Resources

- All CC members are allotted a \$100 yearly limit from July 1 - June 30 each year.
- Resources (tickets/passes) are not always available, nor automatically distributed to members. ONLY TWO RESOURCES PER MONTH WILL BE GIVEN AT A TIME.
- Bus tickets can be requested on a monthly basis.
- Movie tickets can be requested on a monthly basis.
- Resources given to you by CC are expected to be used only by you. Please don't give the pass away and if something comes up where you can't use it, please return the ticket to the statewide office before the date of the event.
- CC can only provide assistance for program members.
- CC DOES NOT provide assistance with any activity that involves the following:
  - Food
  - Home hobbies or materials
  - Cab fare
  - Home video rentals
  - Hunting/archery licenses or other activities involving firearms
  - Alcohol use or cover charges to clubs that serve alcohol
  - Adult entertainment
  - Gambling
- All requests for reimbursement must include a receipt for the activity (or gas receipt for mileage).
- CC does not provide any up-front cash for activities.
- Receipts cannot be older than 2 months.
- Travel must be within the state of **Maine** and be for a social/recreational purpose to qualify for reimbursement.
- CC does not make travel arrangements for members.
- Each of the programs' 7900 members is treated as an individual with individual recreational and social needs. Services received depend on a member's past and present usage.
- The individual member must make resource/reimbursement requests.
- Community Connections cannot release any information about its member or member usage to anyone but the member unless a release is signed by the member which identifies who is allowed to receive information. Releases can be filed with the statewide office. Please call if you would like to file a release form.

## Reimbursement Specifics

- The amount of reimbursement will depend upon past and present usage.
- The activity/trip must have a recreational/social purpose.
- Currently Community Connections will reimburse one time a year up to \$50 depending on the cost of the activity/trip.
- Members are eligible for remaining funds until their yearly maximum is reached.
- The standard reimbursement for all mileage requests out of area is \$20.00
- Mileage reimbursement requires a gas receipt dated within a few days of the date the trip was made.
- Receipts for reimbursement cannot be older than 2 months.
- Receipts must be dated and have the cost noted. Handwritten receipts must include business name, date, cost of activity, contact name, and phone number for verification purposes.
- Community Connections does not accept ticket stubs unless approved first by the statewide office.
- Reimbursements (activity or mileage) give members the opportunity statewide to participate in any recreational/leisure activity you choose (within program guidelines). So, even if CC doesn't have the resource (ticket/pass) for the activity that you choose, CC can still provide some financial assistance with your attendance.
- Exceptions for resources that qualify for FULL reimbursements are tickets that CC previously had on hand but may have run out of by the time of request. Fishing licenses also qualify for a full reimbursement.
- **Community Connections will not provide reimbursement for any out of state activities.**

If you have questions about whether an activity or trip qualifies for reimbursement, please contact Carolyn at the statewide office via email: [carolynmmhc@gmail.com](mailto:carolynmmhc@gmail.com) or at 207-941-2998 or. Additional forms and information can be found at the MMHC website [www.mmhc.us](http://www.mmhc.us) and look for Community Connections.

Community Connections ~ 2 Second St. Bangor, ME 04401

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