

A Message From...

KELLY BARTON, Maine Behavioral Healthcare President



Dear Care Team Colleagues,

As the winter holiday season is here, I'm writing to share some thoughts on what I hope you will consider giving yourself and your fellow care team members this year: kindness and understanding.

Lately, evidence of the need for kindness and understanding swirls all around us. We remain short-staffed in some critical areas. Our patient acuity is high, and the options for services are often limited. Some of our patients and their families are demonstrating new levels of impatience and frustration. And then there are the technological challenges of delivering care and services via modalities we never thought would be part of our practice.

If the pandemic has produced anything, it is our familiarity with challenges once considered unimaginable. And to get to this level of familiarity, now two years on, we have had to find new, untapped reserves of patience – with ourselves and others.

But it's not all gloom and doom. In meetings and in my rounds, I see care team members demonstrating behaviors and attitudes that fill their colleagues with joy and strength. I also see people acting unselfishly to solve problems and working harder than ever to care for our patients. Your commitment to each other and our patients is the shining light in an otherwise difficult time. And it shows me that you understand we're all in this together.

One of my favorite guiding ideas is that the best way to predict our future is to build it together, each and every day. It is because of our ability to work together, especially when the going is tough, that I am optimistic about the year ahead. I am grateful for your partnership in creating our future and our shared culture, in which each of us feels valued, finds meaning in our work, and flourishes through kindness, empathy, trust, and inclusion. With this culture, I know we are poised to achieve our ultimate aim: working together so our communities are the healthiest in America.

During this holiday season, I want to make sure you know how much the members of the Executive Team and I appreciate you. Thank you for a great year. It truly has been a pleasure working with you.

With gratitude and best wishes for a holiday season full of health and happiness,

A handwritten signature in black ink that reads "Kelly J. Barton".

Kelly Barton, MPH, FACHE
President
Maine Behavioral Healthcare