



Leslie Clark Brancato,
President & CEO

"When I first came to CCC I didn't care about my clothes or my appearance.

I didn't care about my life.

But now, working with a counselor who understands me, my life is completely different. When I feel myself getting depressed I have the skills I need to manage my emotions."

~ a client of
CCC's Outpatient
Counseling
Services

"Now I can stop myself mid-temper and regroup, which is really amazing. I did not grow up in a house like that. I had to learn this.

Community Counseling Center really helped."

~ a participant of
CCC's Dialectical
Behavior Therapy
Parenting Group

Dear friend:

For many people, life hurts.

- ◆ For a sixteen year old boy, kicked out of his home when his parents learn he is gay, and left with nowhere to turn;
- ◆ For a seventy-six year old woman, who wakes one morning to find her husband of 53 years dead beside her, passed away quietly in his sleep;
- ◆ For a mother of three, who discovers that her husband has been sexually abusing their five year old daughter;
- ◆ For a refugee from Somalia, who cannot shake the image of his cousin's body blown up by a bomb in front of his eyes;
- ◆ For a 36-year-old high school teacher who experiences depression so severe that he cannot get out of bed in the morning to go to work.

Community Counseling Center addresses these and many other problems that are encountered by individuals and families every day, right here in Portland. Through prevention and education programs, early intervention, mental health treatment and counseling services, we help over 4,000 people a year find restored peace in their lives and develop the inner strengths, resiliencies and skills to carry on.

Community Counseling Center focuses on providing effective quality treatment regardless of ability to pay. We are also proactive in developing programs that keep a person as well as possible over the course of his or her lifetime. The Education for Living Program provides basic information, emotional support and strategies for living to help people manage life's difficulties and challenges, preventing development of emotional and mental health crises. The Trauma Intervention Program works in coordination with police, fire departments and hospitals to provide emotional first aid in the first hours following a traumatic incident. Research shows that immediate psychological support and help dramatically reduces the likelihood of victims developing full blown Posttraumatic Stress Disorder.

Community Counseling Center is bursting at its seams to respond to all the people in need who seek our help. There has never been a more exciting time in the mental health field. There are so many effective treatments, **proven to work**. There has never been a greater need in our community for services now with returning soldiers who suffer the effects of war; refugees from war-torn countries; and the dramatically

CCC Programs & Services

Outpatient Counseling Services

Deaf Counseling Services

Employee Assistance Program

Education for Living

Community Consultation

Maine SpeakOut Project

Proud Rainbow Youth of Southern Maine (PRYSM)

Trauma Intervention Program

Family Intervention Response & Support Team (FIRST)

FIRST Sexual Abuse Treatment Sub-Specialty

Mental Health Assessment Team

Children's Case Management

Case Management for Youth, Inc.

Case Management for Youth, Inc. Mentor Program

Case Management for Children with Mental Retardation or Developmental Disabilities

Refugee & Immigrant Case Management

Elderworks

Project Gateway

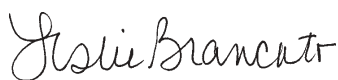
Case Management for Seniors

working poor who are uninsured or underinsured, but doing their best to provide for their families and themselves.

Community Counseling Center has never turned anyone away based on their ability to pay for services. We use a sliding fee scale for every client seeking treatment, and every client receives high quality care based on evidence-based practice and measurable outcomes – no matter what their circumstances or socioeconomic level.

As you browse through our website, I invite you to learn more about the caring people and programs of Community Counseling Center.

Sincerely,



Leslie Clark Brancato
President & CEO