

Share Why We Care

Acadia Hospital: *Project Inspiration*



Kyla Ugarek, Access Center/ Communications Manager

I have proudly worked for EMHS for the past 10 years, the last five of those years at The Acadia Hospital. I started with EMHS in primary care, as I thought it a great starting point fresh out of high school, related to my study of nursing and psychology.

Although I worked in primary medicine, I quickly found my **passion** and a true connection with the patients who had closer connections to the mental health field. Four years of school goes by quickly; in the end psychology won out over nursing, and I found myself at a crossroads. Faced with multiple decisions personally and professionally, I didn't know what my future held. Apprehensive yet excited, after

a few months of searching the local job market without success, I found myself contemplating relocation as my husband was in the military and stationed out-of-state at the time.

I knew I was fortunate to have a good stable job and I truly loved the patients and staff I was working with, however I felt a professional void, and knew deep down that I needed to make a change, however did not want to leave a great organization like EMHS, or my home in Maine. On the cusp of deciding to relocate, I stumbled across a job posting at The Acadia Hospital in the Access Center.

The moment I walked through the doors, and gave my name at the front desk for my interview, I knew Acadia was the place where I had to work. I was greeted by friendly and helpful staff, and as I looked around the lobby thought there was obvious pride and **respect** that went into keeping a facility as well maintained and clean as this! As I talked with my interviewing manager I saw she was truly passionate about the facility and the patients they serve. I left the interview with a pit in my stomach, as I wanted this job so very badly!

Every day since the first, I find it impossible to not be inspired and embrace the contagious valued behaviors exemplified by the staff, patients, and visitors alike. Every time I receive a smile and hello in the hallway, see another staff person or have an opportunity myself to help a lost visitor, or catch a glimpse of a difference being made in someone's life, it reminds me why I love coming to work each day. Of course each and every one of us can have days we find challenging, but it's the passion for what I do, and those we as a **team** help along the way, that makes each day worth any trial or tribulation that could be thrown our way.

Want to Share Why YOU Care? Email your essay to Alan Comeau at acomeau@emh.org.



TOGETHER We're Stronger

