

# 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](mailto:acomeau@emh.org).**



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