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Acadia Hospital: *Project Inspiration*



Lynn White – Psychiatric Technician II, Psychiatric Observation Unit

Why Acadia Hospital? For as long as I can remember I have always wanted to be a helper. I wanted to help people live their lives to their full potential regardless of their challenges.

When I was a young girl I remember telling my mother, “Someday I want to be a nurse.” When I was in High School I found it to be very challenging for me. I thought I would never be able to be a nurse, because I was not smart enough to do the course work. I ended up dropping out of school and began a family.

I had a daughter and one year later I had my son. I enjoyed raising my children, but always felt that I wanted more. I went back to school and got my GED years later, and decided to go to college. I really wanted to study nursing but the waiting list was four years long, so I decided to study mental health and human services, thinking I would eventually get into a nursing school. I was about to finish up my Bachelor’s Degree and decided that I loved working in the mental health field.

I worked in many different group homes and with many agencies, and I must say that I have learned the most at Acadia Hospital. It makes me proud when someone I have worked with comes to me or to another co-worker just to say how much of a difference I have made in their lives. I feel very proud to be a part of this program.

When I first started out here at Acadia I was doing my internship in Substance Abuse Services working under the supervision of Ann Soule, LCPCP-CC; thank you Ann. Ann encouraged me to go into the CDIOP office to encounter how things worked within that department. She assigned me to Sue Drake CADC, Jessica Wakeling, and Hanna Hanlon, LMSW-CC.

Those three women taught me more in 12 weeks than I could have learned from reading books and taking classes. Thanks to these ladies my internship was a great success; thank you ladies. A few other people played an important role in my transfer from internship to becoming employed here at Acadia Hospital – Sherry Wardwell, CNA, Psych Tech I and Hillary Steward-Reed, CADC, MSW. Thank you two for all the help in making my transfer a success.

In my wildness dreams I never thought I would want to work in Substance Abuse Services, but I absolutely loved it. I was offered a full-time job and took it instantly. I worked in the Narcotics Treatment Program and Chemical Dependency Intensive Outpatient for almost two years. When I heard that the hospital was opening an Observation Unit I applied and interviewed for the position, telling Marcia Bean, RN, that I was unsure that I wanted to leave NTP and CDIOP, but went through with the interview. A few weeks later I was offered and accepted the position with some reluctance. As the time approached for the unit to open I had the opportunity to work on all the units within hospital and enjoyed every minute of it. When the unit opened I was a nervous wreck, wondering if I had made the right decision. Thanks to the Nurses on the Observation Unit I was put at ease immediately; thank you Donna Martin, psych RN III for being my rock and go-to person.

The work we do here is both rewarding and challenging and Donna makes that challenging part a whole less challenging. I absolutely did make the right choice in transferring to the Observation Unit and the employees here are true team workers. I enjoy this unit so much, the work I do here on this unit outweighs any work I have done for any other agency. The knowledge and wisdom that I have gained is beyond what I ever imagined I would have gained.

My Schooling and Acadia Hospital have taught me that I can be anything I want to be. There have been so many employees here at Acadia who have taught me so much, I wish I could give them all the credit and thanks that they deserve. I would have to list most employees here at Acadia, because every day someone new comes along and teaches me something new. I look forward to working here at Acadia for many years to come and someday hope to work here as an RN. I want to continue to learn all I can about Acadia and the work we do here. Together we all can make the difference in the lives of those in need. Thank you for allowing me to be a part of this great team.

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