

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Richmond Health Center Welcomes New Clinical Social Worker

RICHMOND – Judith Day, LCSW has joined the medical team at Richmond Area Health Center to provide behavioral health services to patients of the practice. She is transferring from Sheepscot Valley Health Center, which belongs to the same system of health centers as Richmond Area Health Center.

Day brings over 30 years of experience in the human services field, including child welfare, school social work, clinical work in both agency and private practice settings, clinical supervision, and management. She has special interests and training in trauma treatment, expressive therapies, cognitive behavioral therapy, and self-care for caregivers and helping professionals. She has provided training and consultation on these topics both locally and nationally.



In 1987, Day received her Master of Social Work degree from the University of Connecticut. Previously she obtained a BA in Psychology and Fine Arts from Bates. Her therapeutic style is relational and holistic, honoring the integration of mind, body, and spirit. She works by engaging each individual's unique strengths and inner wisdom. Judith's clinical work has been influenced by Jungian psychology, eco-psychology, and various spiritual traditions.

Day will be working alongside physician Linda Hermans, nurse practitioners Tom Bartol, Elizabeth Mehr and Melissa Hackett, and psychiatric-mental health nurse practitioner Marta Hall to provide primary care and prevention services for 2,600 residents of Richmond, Gardiner, Litchfield, Dresden, Bowdoinham, Pittston, and surrounding towns.

Richmond Area Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality medical and behavioral health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit with a 41-year history, HealthReach is funded by patient fees, grants and individual donations.

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