



Bucksport Regional
Health Center



BRHC Health Beat

October 2026



Message from the CEO

Carol Carew, RN, BSN, MBA

Happy October! Most of you know that October is Breast Cancer Awareness Month.

October is Depression Awareness Month as well. Depression is one of the most common mental disorders in the country. While everyone feels sad or low sometimes, actual depression is different and has severe symptoms that affect how people feel, think, and act. If you are feeling like you may be depressed, call us. Our behavioral health providers can help. Learn more at the [National Institute of Mental Health](https://www.nimh.nih.gov/health/publications/mental-health/index.shtml).

If you are on Facebook visit our page. It's a great way to stay up on what we're doing. Happy Halloween.



October is Breast Cancer Awareness Month

The Maine Breast & Cervical Health Program (MBCHP) helps eligible women get the screenings they need. It pays for a breast and/or cervical cancer screening office visit performed at a designated network service location. You'll be given options to choose a service location during enrollment or re-enrollment. If you are interested in this service, talk to BRHC. We can help.

Visit [Maine CDC](https://www.maine.gov/cdc) for more.

MBCHP - Division of Disease Prevention
Maine CDC: DHHS Maine

October is Substance Use and Misuse Prevention Month

The Substance Abuse and Mental Health Services Administration (SAMHSA) offers helpful information about prevention, including how to stop substance use before it starts, prevent it from progressing, and reduce the harms that can come with it. You can learn more at www.samhsa.gov. Recovery is happening every day in communities across the country. Through the Great American Recovery initiative, SAMHSA partners with states, tribes, local organizations, faith communities, employers, families, treatment providers, and people with lived experience to strengthen the support systems that make recovery possible for everyone. Prevention works best when we build up protective factors and reduce risks in our homes, schools, and communities. And if you or someone you care about needs support, BRHC offers a Medication Assisted Treatment program for alcohol and opioid misuse. We're here to help so just give us a call.

Health Insurance Open Enrollment

MEDICARE: Medicare Open Enrollment is from October 15 - December 7. This is your chance to review your current plan and compare all the 2027 health and prescription drug options. Your current plan may still work for you, or you may find a plan that's a better fit. Medicare premiums are expected to rise for 2027 by an estimated 3.3%.

MARKETPLACE HEALTH INSURANCE:

- November 1: Open Enrollment starts. It's first day you can enroll in, renew, or change health plans through the Marketplace for the coming year. Coverage can start as soon as January 1.
- December 15: Last day to enroll in or change plans for coverage to start January 1.
- January 1: Coverage starts for those who enroll in or change plans by December 15 and pay their first premium.
- January 15: Open Enrollment ends. It's the last day to enroll in or change Marketplace health plans for the year. After this date, you can enroll in or change plans only if you qualify for a Special Enrollment Period.
- February 1: Coverage starts for those who enroll in or change plans December 16 through January 15 and pay their first premium.

Need help with a plan? Give us a call. We have trained staff who can assist you.



YOU ARE NOT ALONE.

recovery happens together.



988 Suicide & Crisis Lifeline

Call or Text 988
Chat 988Lifeline.org



Veterans Crisis Line

Dial 988 (Press 1) Text 838255



Disaster Distress Helpline

1-800-985-5990

SAMHSA's National Helpline

1-800-662-HELP (4357)

[FindTreatment.gov](https://www.findtreatment.gov)

[FindSupport.gov](https://www.findsupport.gov)

SAMHSA

BRHC, 110 Broadway, Bucksport, 469-7371

Bucksport Regional Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information.
BRHC is an equal opportunity provider and employer.

bucksportrhc.org



MaineCare is implementing new Work Requirements for some MaineCare recipients. This is due to a new federal law. Beginning in 2027, some adults who receive MaineCare based on their income may need to meet new WORK REQUIREMENTS to keep their coverage. If you are on MaineCare, visit the website to learn more about the new law, requirements and exemptions.

Visit MaineCare.gov/work



We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Medical Assistant - Ellsworth
- Referral Specialist - Bucksport
- Clinical Medical Assistant Lead - Ellsworth
- Medical Director - Bucksport
- Primary Care Physician (MD/DO) - Bucksport
- Dental Assistant - Bucksport
- Revenue Cycle Manager - Bucksport
- LCSW (Per Diem) - Bucksport

Ghosts
Goblins
Candy
Snickers
Twix

Kit Kat
Fun Size Bars
Princesses
Dracula
Pumpkins

Trick of Treat
Witches
Superheros
Scary
Mars Bar

School Based Health Center

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|--|-----------------|
| SBHC for all Ellsworth School | • Asthma |
| District students, staff and families. | • Cough/cold |
| Some things we can help with → | • Fever |
| | • Stomachache |
| | • Sprain |
| | • Dental care |
| Located in: | • Immunizations |
| | • Counseling |
| Ellsworth High School,
24 Lejok St, Ellsworth | • And more |

