

# Minds & Hearts IN HARMONY

A PROGRAM OF TRI-COUNTY MENTAL HEALTH SERVICES LEWISTON, ME



**Minds & Hearts in Harmony** is the Lewiston component of Maine's program for Survivors of Torture (SOT), as funded by the federal Office of Refugee Resettlement. The SOT program is a collaborative effort in the Portland and Lewiston areas, led by the City of Portland, Catholic Charities Maine (CCM), Tri-County Mental Health (TCMH) and the Community Counseling Center (CCC), and designed to serve the area's foreign-born survivors of torture and their families. Clinicians, case managers and interpreters at the City, CCM, TCMH and CCC utilize specific training to provide culturally competent, trauma-informed treatment and services that support survivors' recovery and independence.

## Services

CCC and TCMH therapists assess survivors' mental health status and work with them to develop a treatment plan. Every effort is made to offer treatment that is simultaneously culturally competent and evidence-based. Building community support is likewise pivotal to fostering survivors' healing.

## Who is eligible?

As a federal grant-funded effort, the SOT Program is able to serve persons regardless of immigration status – including refugees and asylum-seekers -- provided they meet the U.S. statutory definition of torture. According to U.S. Code, torture is “an act committed by a person acting under the color of law specifically intended to inflict severe physical or mental pain or suffering (other than pain or suffering incidental to lawful sanctions) upon another person within his custody or physical control.”

## Key concepts:

- Color of law – implies a misuse of power made possible because the wrongdoer is clothed with the authority of the state. If someone is acting under color of law, his or her act may seem to be founded in a legal right or enforcement of statute, but in reality is a violation of law. Governments, military, rebel groups, tribal or religious groups, police, or political organizations can all operate under color of law.
- Intentional – systematic
- Severe pain or suffering – possibly including threats
- In custody or under physical control – detainment

## How to Refer

If you know someone whom you believe to be a survivor of torture, use the brief screening tool (attached) when you think the time is right. If your client answers “yes” to both questions – or if you otherwise have reason to believe that both are true for the individual – please feel free to contact the Minds & Hearts in Harmony Clinician David Alan Harris at (207) 783-4695, ext. 122.

You need not be absolutely certain that your client meets the legal definition of torture in order to make a referral (even though this is ultimately required for program eligibility). Please use your discretion, based on your experience, relationship and/or work with the individual, along with your use of our two-question screening tool, to decide if you feel it would be worthwhile for our clinician to meet with the individual and make an eligibility determination.

Our Client Services hub will be delighted to process your referral. Please fax the referral information to Tri-County Client Services at 783-4660. ATTN: Client Services. Label it prominently: SOT. Please also include a copy of a completed 2-page referral form, available on the TCMH website home page: [www.tcmhs.org](http://www.tcmhs.org)