

Turn the Tide Health Collaborative
237 Oxford Street, Suite 22
Portland, ME 04101
(207) 774-9666, fax (207) 774-3510

Dear Practitioner,

Do you think our health care system is inadequate and want to help make a difference? Would you like to see other forms of medicine accessible to everyone?

Turn the Tide is a network of complementary and alternative health care practitioners donating services from their own offices to the uninsured and underinsured in Maine using creative payment options. Turn the Tide seeks to empower and educate patients to create well being, and to raise awareness about the value of complementary and alternative medicine in the health care system. Services offered through Turn the Tide are ever-expanding and include acupuncture, attunement, Brain Gym, chiropractic care, homeopathy, massage therapy/body work, meditation, naturopathy, nutrition, physical therapy, psychotherapy/counseling, tai chi/qigong, and yoga.

Turn the Tide has created a website (www.turnthetidemaine.org) where those without adequate insurance can find complementary and alternative care. It is self-referring in that patients go online, learn about different types of alternative health care, and select the practitioner they'd like to see. Patients schedule appointments in individual practitioners' offices throughout Maine. Payment is a "pay it forward" donation of time doing community service, time dollars through Hour Exchange Portland, or a cash donation to the collaborative. Health care providers give as much or as little time per month as is feasible for their practices and schedules. Hour Exchange Portland is non-profit community service exchange where members earn time credits doing service, and then spend those time credits to receive services from other members. It is a community currency based on time, reciprocity, and respect, in which all work is equal. For more information about Hour Exchange Portland, visit www.hourexchangeportland.org.

Turn the Tide also offers monthly free clinics on the first Monday of each month, with all consults lasting 30-45 minutes. Our most recent clinic was February 1, 2010, from 8am-3pm, and future clinics are planned for March 1 and April 5. The clinics are open to the public, who can make an appointment by calling 207-874-9868 or emailing ana@hourexchangeportland.org. They are held at 237 Oxford Street, Suite 22, in the offices of founding members Wendy Pollock, D.C., C.C.H., Nancy Frederick, R.S. Hom., C.C.H., and Stephen Beckett, P.T. Additional space in the building is being donated by Maine Vocational and Rehabilitation Associates. The space used for the clinic can also be used by practitioners for treating Turn the Tide patients at any time during the month.

Turn the Tide is looking for interested complementary and alternative health care providers, and mental health workers to join in their effort of making CAM health care available to everyone, and build community at the same time. We are looking for people to offer their services at the upcoming clinic and at future clinics, to join the network and offer their services through the Turn the Tide website, and to participate in regular planning meetings. Turn the Tide is also a fantastic opportunity to network with other providers and promote your practice. We hope you'll consider getting involved with Turn the Tide in some capacity.

To become a member of the Turn the Tide, all you need to do is fax your current license/certification and malpractice insurance to us at 207-774-3510. Email a brief bio (200 words), digital photo of yourself, and contact information you'd like to be posted to the website to Ana Vollmar at ana@hourexchangeportland.org. We can provide information on low cost malpractice insurance if needed. If you have questions about Turn the Tide and how to get involved, you can call Ana at 207-874-9868. Together we can turn the tide on health care. Please join us!

Very best,
Turn the Tide Health Collaborative

Turn the Tide Health Collaborative Membership Application

1. Contact Information

Name:

Address:

Phone:

Fax:

Email:

Service(s) you will provide:

How would you like patients to contact you from the website? All other contact information you provide will remain confidential and will be used for administrative purposes only.

Phone

Email

Other (please specify) _____

2. Biographical Information

Please write a short bio (approximately 200 words) as you would like it to appear on the website. Patients will navigate to your biography when they are deciding who to contact to receive a particular service.

3. Service Information

Each service offered by Turn the Tide has an explanatory page where patients can go to learn more about the service. If you plan to offer a service through Turn the Tide that is **not** yet listed on the website, please write a brief description of the service (about 200 words). We hope to keep expanding the services offered!

4. Insurance and Licensing

Please fax a copy of your current malpractice insurance and license/certification to (207)774-3510.

5. Monthly Free Clinics

Are you interested in participating in Turn the Tide's monthly free clinics?

Yes No

6. Planning Meetings

Are you interested in participating in bi-weekly Turn the Tide planning meetings in Portland, ME?

Yes No

Email your completed application to ana@hourechangeportland.org or fax it to (207)774-3510.