

# Down East Recovery Supports Guide



RECOVERY SUPPORT SERVICES AND  
SUBSTANCE USE TREATMENT IN THE  
DOWN EAST REGION

2018 Edition

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# HOUSING

## *Emergency Shelter*

### Emmaus Homeless Shelter

51 Main St.

Ellsworth, ME

[www.emmaushelter.org](http://www.emmaushelter.org)

P:207-667-3962

F:207-667-1086

25 bed facility that provides a safe & comfortable environment for homeless men, women & families in need of temporary shelter & transitional services. Emmaus is a dry (no substances allowed) shelter.

### H.O.M.E. Co-op

90 School House Rd.

Orland, ME

[www.homemmausa.org](http://www.homemmausa.org)

P:207-469-7961

F:207-469-1023

HOME operates six shelters throughout Hancock County. They provide short term & long term assistance, depending on individual needs. They have space available for single persons, families, couples, & parents with children.

### Next Step Domestic Violence Project

733 Bangor Rd.

Ellsworth, ME

[www.nextstepdv.org](http://www.nextstepdv.org)

P:207-667-0176

F:207-667-8033

23 Broadway

Machias, ME

P:207-255-4934

F:207-255-4243

24- hour Crisis Hotline: 1-800-315-5579

Next Step offers emergency shelter & transitional housing for domestic violence survivors in Hancock & Washington county.

### The Shaw House

136 Union Street

Bangor, ME

[www.theshawhouse.org](http://www.theshawhouse.org)

P:207-941-2874

F:207-941-2875

Emergency shelter, drop-in center, street outreach, transitional living program, and other services for teens experiencing homelessness.

## *Recovery or Transitional Housing*

### ARISE Addiction Recovery

P.O. Box 353

Machias, ME

[www.ariseaddictionrecovery.com](http://www.ariseaddictionrecovery.com)

P:207-255-5011

ARISE is a nine-month faith-based residential program for men struggling with substance use. Note: ARISE does not allow program participants to take psychotropic medications, including medication assisted treatment.

**Community Housing of Maine**

**31 Church St.**

**Ellsworth, ME**

**[www.chomhousing.org/church-street](http://www.chomhousing.org/church-street)**

**P:207-879-0347**

**E: [sarah@chomhousing.org](mailto:sarah@chomhousing.org)**

6 1-bedroom units of permanent supportive housing. Housing is designated for individuals participating in the Hancock County Drug Court. Maine Pretrial Services provide on-site support, case management & linkages with treatment and services.

**Families First Community Center**

**Ellsworth, ME**

**[www.familiesfirstellsworth.org](http://www.familiesfirstellsworth.org)**

**P:207-460-3711**

Families First Community Center will be a transitional living programs for homeless families with minor children. The service will include all of Hancock County.

**Sunrise Opportunities**

**26 Hadley Lake Rd.**

**Machias, ME**

**[www.sunriseopportunities.org](http://www.sunriseopportunities.org)**

**P:1-800-255-3124**

**F:207-255-8596**

Housing and services for people with disabilities or mental health issues.

***Affordable Housing***

**Community Health & Counseling Services**

**42 Cedar St.**

**Bangor, ME**

**[www.chcs-me.org](http://www.chcs-me.org)**

**P:207-947-0366**

Administer 2 housing assistance programs for individuals with mental illness: Bridging Rental Assistance Program (BRAP), which provides rental assistance while on Section 8 wait list, and Shelter Plus Care, which provides a permanent housing voucher. CHCS also operates affordable apartment sites in the Bangor/Brewer/Ellsworth area.

**Ellsworth / MDI Housing Authorities**

**80 Mt. Desert St.**

**Bar Harbor, ME**

**[www.emdiha.org](http://www.emdiha.org)**

**P:207-288-4770**

**E: [terry.kelley@emdiha.org](mailto:terry.kelley@emdiha.org)**

Rental and housing assistance for residents of Mount Desert Island and Ellsworth who meet income limits. Offer public housing program and Section 8 rental assistance.

**H.O.M.E Co-op Affordable Housing Project**

**90 School House Rd.**

**Orland, ME**

**[homemmausa.org/housing](http://homemmausa.org/housing)**

**P:207-469-7961 ext. 22**

HOME works together with Covenant Community Land Trust to provide low-income individuals and families the opportunity to purchase a home. While HOME works to build and rehabilitate houses, CCLT crafts unique lease agreements for the land which keeps it within the low-income community. Visit the website for an application.

**Indian Township Passamaquoddy Reservation Housing Authority**

**P.O. Box 99**

**[www.passamaquoddy.com](http://www.passamaquoddy.com)**

**U.S. Route 1**

**P:207-796-8004**

**Princeton, ME**

**F:207-796-8019**

Provides the Passamaquoddy Tribe at Indian Township with better housing for low-income families, effective housing code enforcement, and uplifting and encouraging self-improvement of the community's low-income families. All housing units are drug-free.

**Maine Development Associates**

**[www.mainedevelopment.com](http://www.mainedevelopment.com)**

**P.O. Box 2219**

**P:207-947-6795**

**Bangor, ME**

**F:207-990-1401**

Privately owned company providing clean, safe, and affordable housing to low income, elderly, or disabled families throughout Maine. Accepts Section 8.

**Maine State Housing Authority**

**[www.mainehousing.org](http://www.mainehousing.org)**

**353 Water Street**

**P:207-624-5789**

**Augusta, ME**

**P:1-800-357-4853**

Administers Section 8 Housing Assistance to residents of Washington County. Also provides low-interest loans for housing, refers low income renters to housing providers assisted by MSHA and maintains a list of homeless shelters.

**Mano en Mano**

**[www.manomaine.org](http://www.manomaine.org)**

**2 Maple Street**

**P:207-546-3006**

**Milbridge, ME**

Provides farm workers who want to settle in Milbridge with affordable housing. Helps with rental applications and organizing documents for a lease, and operates an affordable housing complex for up to 6 families.

**Pleasant Point Passamaquoddy Reservation Housing Authority**

**RR 1, Box 339**

**[www.wabanaki.com](http://www.wabanaki.com)**

**Perry, ME**

**P:207-853-6021**

Manages and maintain rental programs and properties for low income members of the Pleasant Point Tribe. Provides training for those interested in Homeownership, Tax Credit project, financial security and personal development.

## ***EMPLOYMENT & FINANCIAL SUPPORT***

**Eastern Maine Development Corp.**

**[www.emdc.org](http://www.emdc.org)**

**248 State Street, Suite 15A**

**P:207-610-1521**

**Ellsworth, ME**

**F:207-610-1531**

Works with individuals to connect with job opportunities, access educational programming, skills training, youth-specific programs, and more.

**“You’ve Got a Friend Fund”**

**140 State Street #1  
Ellsworth, ME**

**[www.healthycadia.org](http://www.healthycadia.org)  
P:207-667-7171**

Accepting applications for “You’ve Got a Friend Fund, a mini-grant program that provides up to \$1,000 to individuals across Hancock County in need of assistance to overcome specific hurdles or setbacks.

**Maine Career Centers**

**One College Drive  
Calais, ME**

**53 Prescott Drive, Suite 1  
Machias, ME**

**[www.mainecareercenter.com](http://www.mainecareercenter.com)  
P:207-454-7551  
F:207-454-0349  
P:207-255-1900  
F:207-255-4778**

The Maine Career Center provides a variety of employment and training services at no charge for Maine workers and businesses. Have services targeted towards veterans, young people, and people with disabilities.

**Northeastern Workforce Development Board**

**26 Franklin St.  
Bangor, ME**

**[www.northeasternwdb.org](http://www.northeasternwdb.org)  
P:207-992-0775**

This workforce development board operates Career Centers in the five county location.

**New Ventures Maine**

**248 State St., Suite 1  
Ellsworth, ME**

**[www.newventuresmaine.org](http://www.newventuresmaine.org)  
P:207-669-6018  
F:207-262-7951**

Classes and workshops at no charge, in-person and online options, one-on-one coaching. We offer programs that encourage and empower those thinking about making a change to take the next step towards a new career.

**Penobscot JobCorps**

**1375 Union St.  
Bangor, ME**

**[penobscot.jobcorps.gov](http://penobscot.jobcorps.gov)  
P:207-990-3000  
F:207-942-9829**

Job Corps is a job training program for young adults age 16 to 24 who are low income. You do not need a high school diploma, and applicants can be homeless or have a criminal record. Job Corps has a zero tolerance policy for drug use during the time participants are in the program.

**Unlimited Solutions Clubhouse**

**30 Summer St.  
Bangor, ME**

**[www.unlimitedsolutionsclubhouse.com](http://www.unlimitedsolutionsclubhouse.com)  
P:207-404-8383**

Peer support program that offers transitional employment, supported employment, and coaching for independent employment. Must have a diagnosis of a mental illness to join.

# EDUCATION SERVICES

## Adult & Community Education

### **Ellsworth**

248 State St., Suite 1

Ellsworth, ME

[ellsworth.maineadulted.org](http://ellsworth.maineadulted.org)

P:207-664-7110

F:207-669-6247

### Mount Desert Island

1081 Eagle Lake Rd.

Bar Harbor, ME

[mdi.maineadulted.org](http://mdi.maineadulted.org)

P:207-288-4703

F:207-288-9002

### RSU 24

1888 US Highway 1

Sullivan, ME

[rsu24.maineadulted.org](http://rsu24.maineadulted.org)

P:207-422-4794

F:207-422-3612

### Axiom Education & Training Center

6 Colonial Way

Machias, ME

P:207-255-4917

F:207-255-5825

Offers classes in business and skills training , basic math and literacy skills, college transitions, and personal enrichment as well as classes designed to help someone finish their high school diploma or obtain a GED.

### FedCap

150 High Street

Ellsworth, ME

[www.fedcap.org](http://www.fedcap.org)

P:207-812-9608

FedCap creates opportunities for people with barriers to economic wellbeing. FedCap offers an array of services through its four practice areas—Education, Workforce Development, Occupational Health, and Economic Development

### Literacy Volunteers of Washington County

RR1, Box 12-A, Outer Court

Machias, ME

P:207-255-0344

Tutoring for reading and writing skills; English as a second language.

### Maine Educational Opportunity Center (MEOC)

Statewide Program

Assistance completing college admission and financial aid forms and offers career counseling for individuals wishing to return to school.

[meoc.maine.edu](http://meoc.maine.edu)

P:1-800-281-3703

### Mount Desert Island Adult and Community Education

1081 Eagle Lake Rd.

Bar Harbor, ME

P:207-288-4703

### Passages Program

79 Washington St.

Camden, ME

Allows teen parents to earn an accredited high school diploma from home while caring for their child.

[wayfinderschools.org/passages-program](http://wayfinderschools.org/passages-program)

P:207-236-3000

F:207-236-2505

### Sunrise Education Pathways

116 O'Brien Avenue

Machias, ME

Support accessing career courses & programs through University of Maine Machias as well as scholarships for returning adults

[www.machias.edu/sunrise-education-pathways](http://www.machias.edu/sunrise-education-pathways)

P:207-255-1318

### University College at Ellsworth

248 State Street, Suite 1

Ellsworth, ME

Offering access to and support for college programs and courses from the University of Maine System and Eastern Maine Community College. Free advising and placement testing.

[www.learn.maine.edu/Ellsworth](http://www.learn.maine.edu/Ellsworth)

P:207-667-3897

## **PEER SUPPORT SERVICES**

### ***Recovery Community Centers***

#### Bangor Area Recovery Network (BARN)

142 Center St.

Brewer, ME

A recovery community center that provides recovery resources and support to Eastern & Central Maine including support groups and events.

[www.bangorrecovery.org](http://www.bangorrecovery.org)

P:207-561-9444

#### Your Place, Inc.

8 Old Mill Rd.

Ellsworth, ME

Your Place, Inc. (YPI) is incorporated as a 501 (c)(3) non-profit corporation. Established in 1992, YPI serves as a recovery support center to our neighbors and community members. YPI is proud to host meetings for those interested, including Alcoholics Anonymous (AA), Narcotics Anonymous (NA) (Meets at 12:00pm seven days a week), Overeaters Anonymous (OA), Co-Dependents Anonymous (CODA) and Al-anon.

P:207-374-2733

### ***Support Groups***

#### ***Alcoholics Anonymous (AA)***

##### Down East Inter-Group

Down East, ME

The Down-East Inter-Group is a group of Alcoholics Anonymous members coming together to help carry the AA message by publishing a newsletter,

[www.downeastintergroup.org](http://www.downeastintergroup.org)

24 Hour Helpline:207-479-1779



sponsoring social events, and distributing AA literature. Their 24-hr helpline assists callers in finding or getting to a meeting or offering support.

AA meetings are available every day in various locations throughout the Down East region. For a full list of meetings in the area contact the Down East Intergroup. For information about A.A. visit [www.aa.org](http://www.aa.org).

### ***Narcotics Anonymous (NA)***

<u>City or Town</u>	<u>Meeting type; Day and Time</u>	<u>Location</u>
Beal's Island	Discussion; Thu/Sun 7:00pm	Community of Christ Church
Blue Hill	Discussion; Tues 7:00pm	Blue Hill Memorial Hospital
Ellsworth	Discussion; Sun 7:00pm	Your Place Inc., 8 Old Mill Rd.
Ellsworth	Discussion; Tues 7:00pm	Your Place Inc., 8 Old Mill Rd.
Ellsworth	Discussion; Thurs. 7:00pm	Your Place Inc., 8 Old Mill Rd.
Ellsworth	Discussion; Fri. 7:00pm	Your Place Inc., 8 Old Mill Rd.
Danforth	Discussion; Mon. 6:00pm	East Grand Health Center in Danforth
Machias	Discussion; Wed 7pm	St. Aidan's Church

For a full list of Maine NA Meetings & more information contact the Maine Area of Narcotics Anonymous: [www.namaine.org](http://www.namaine.org) or call the Maine NA helpline at **1-800-974-0062**

### ***Al-Anon***

<u>City or Town</u>	<u>Meeting type; Day and Time</u>	<u>Location</u>
Bar Harbor	Discussion; Mon 12:00pm	St. Saviour's. 41 Mount Desert St.
Bar Harbor	Discussion; Tues. 7:00pm	First Baptist Church, 46 LedgeLawn
Bar Harbor	Discussion; Fri. 7:00pm	St. Saviors' 41 Mount Desert St,
Beal's Island	Discussion; Sat. 7:00pm	RLDS Church, Main Street
Blue Hill	Discussion; Sun 7:00pm	Blue Hill Hospital, 57 Water St
Bucksport	Discussion; Wed 7:00pm	Elm St. Cong. Church, 31 Elm St.
Calais	Discussion; Wed 6:30pm	Old Calais Hospital, Palmer St.
Calais	Discussion; Tues. 7:00pm	The Refuge Church (childcare available)
Calais	Discussion; Mon 7:00pm	St. Anne's Episcopal Church
Calais	Discussion; Mon/Tues. 7:00pm	Personal Residence - 90 Boardman St.
Columbia	Discussion; Wed. 7:00pm	Faith United Methodist, 444 Rte. 1
Danforth	Call at 207-448-2347	East Grand Health Center in Danforth
Dennysville	Discussion; Sat. 6:00pm	Housing Comm. Room - Shipyard Room
Deer Isle/Stonington	Discussion; Thurs. 8:30am	Deer Isle Library, 17 Main St
Eastport	Discussion; Mon. 7:30pm	Cornerstone Baptist Church Rt. 190
Eastport	Discussion; Wed/Fri 7:30pm	Health Care Center - 30 Boynton St.
Ellsworth	Discussion; Mon 6:00pm	Congregational Church, 2 Church St.
Ellsworth	Discussion; Tues. 12:00pm	UU Church, 121 Bucksport Rd.
Ellsworth	Discussion; Thurs. 12:00pm	UU Church, 121 Bucksport Rd.
Gouldsboro	Fire House Group; Sun 6pm	Fire House
Jacksonville	Discussion; Thurs. 7:00pm	Jacksonville Church
Lubec	Discussion; Thurs. 7:00pm	Reg. Med Center at Lubec (AA Al-Anon)
Lubec	Discussion; Fri. 7:00pm	Sunrise Apartments Community Room
Lubec	Discussion; Wed. 7:00pm	West Lubec Methodist Church
Hancock	Discussion; Wed. 12:00pm	Union Congregational; 1368 US Hwy 1
Machias	Discussion; Sun/Fri 7:30pm	Community of Christ Church - North St.
Machias	Discussion; Mon. 7:30pm	Center St. Congregational Church
Machias	Discussion; Tues. 7:30pm	St. Aidan's Episcopal Church - 36 Dublin
Machias	Discussion; Sat. 10:00am	St. Aidan's Episcopal Church - 36 Dublin Buy Time Women's Group

Machias	Discussion; Mon. 7:00pm	Machias Christian Fellowship (childcare)
Milbridge	Discussion; Mon. 7:00pm	Congregational Church - 10 Bridge St.
Northeast Harbor	Discussion; Sat. 9:30am	St. Mary & St. Jude's, 5 Kimball Rd.
Pembroke	Discussion; Sun. 7:30pm	Grace Chapel - Leighton Point Road
Pleasant Point	Discussion; Thurs. 7:00pm	Pleasant Point Community Center
Princeton - Indian T.	Discussion; Tues. 7:30pm	Indian Township Tribal Office
Southwest Harbor	Discussion; Sun 7:00pm	High Road Church, 20 High Rd.
St. Stephen	Discussion; Sun. 7:00pm	Kirk McColl Church (King St)
St. Stephen	Discussion; Wed. 7:00pm	Humphrey's Funeral Parlor - Mark St.
St. Stephen	Discussion; Fri. 7:00am	Boy Scout Building - Prince of Wales St.

Al-Anon is for people who are affected by another person's drinking or substance use. For a full list & more information contact Maine Al-Anon Family Groups: [www.maineafg.org](http://www.maineafg.org) or call **207-284-1844**

### ***Other Recovery Support Groups***

<u>City or Town</u>	<u>Meeting type; Day and Time</u>	<u>Location</u>
Bar Harbor	Nicotine Anonymous; Mon. 4:30pm	St. Saviors', 41 Mt. Desert St.
Bar Harbor	Celebrate Recovery MDI Christian-based 12-Step Program	First Baptist Church, 46 Ledgelawn Ave.
Brewer	Young People in Recovery Tues. 6:00pm	The BARN, 142 Center St.
Brewer	Codependents Anonymous Sun. 5:30pm	The BARN, 142 Center St.
Brewer	Gamblers Anonymous Tues/Thurs 6:00pm	The BARN, 142 Center St Call 207-664-6071
Brewer	M.A.P.S. (MAT Recovery Group) Fri. 5:00pm	The BARN, 142 Center St. Call:207-852-7220
Brewer	Sex & Love Addicts, Sun. 7PM	The BARN, 142 Center St.
Brewer	Drug Addicts Anonymous Fri. 7:00pm	The BARN, 142 Center St.
Bangor	Nar-Anon Thurs 6:30PM	St. Francis Ctr., 294 Center St.
Blue Hill	Food Addicts, Sat. 8:30am	First Congregation Church, 22 Tenney Hill Call Sharon: 207-479-5750
Calais	ARISE Faith-based recovery Tuesday 7PM	The Refuge Church, 21 Calais Avenue Call 207-255-501
Calais	Drugs-anon Sat. 6:00pm	St. Anne's Episcopal Church, 29 Church St.
Deer Isle	Alateen; Wed. 11:30 (Al-anon for Teenagers) High School Students Only	Deer Isle Stonington High School 251 Deer Isle Rd.
Deer Isle	Nicotine Anonymous Tues. 6:00pm	Congregational Church, Downstairs
Ellsworth	Nicotine Anonymous Tues. 7:00pm	St. Joseph's, 231 Main Street
Ellsworth	Food Addicts Wed. 6:30pm	St Dunstan's Ch., 134 State Street Call Kathy 207- 942-1738
Ellsworth	Faith Based Recovery Meeting Wed. 7:00pm	Christian Ridge Ch., 53 Christian Ridge
Ellsworth Falls	Codependents Anonymous Mon., 12:15pm	Congregation Church
Jonesport	ARISE Faith-based recovery	Community of Christ Church, 156 Main St.

	Fri 7:00pm	Call 207-255-5011
Machias	ARISE Faith-based recovery Mon. 7pm (groups for men, women, & family )	Machias Christian Fellowship, 3 Davis Rd. Call 207-255-5011
Machias	NAMI Support Group Wed. 6pm	Kay Parker Building, Machias

## ***Maine Support Group and Crisis Hotlines***

**Alcoholics Anonymous (Statewide)** **1-800-737-6237**

**Down East AA Intergroup Helpline** **207-479-1779**

Staffed by members of AA with support, resources, and meeting information.

**Al-Anon** **1-800-498-1844**

Staffed by volunteers answering phones, providing literature, and keeping meeting information.

**Narcotics Anonymous—Statewide** **1-800-974-0062**

Staffed by volunteer member of NA providing support, meeting information, and resources.

**The Women’s Project** **1-800-611-1779**

Helping women affected by substance abuse - their own or others.

**Maine Tobacco HELPLine** **1-800-207-1230**

Provides resources and information to help someone quit.

**NAMI Maine Helpline** **1-800-464-5767**

Support, education and advocacy for anyone with questions about mental health concerns.

**Maine Warmline** **1-866-771-9276**

Offers telephone support during challenging times and non-crisis situations.

**Maine 2-1-1** **2-1-1**

Connects people who want to give help or get help with a full range of health and human services in their community.

**The Opportunity Alliance** **1-866-568-1112**

Statewide crisis intentional warm line

**Domestic Violence 24 Hour Crisis Line—Statewide** **1-866-834-4357**

**Downeast—Next Step Domestic Violence Project** **1-800-315-5579**

**Passamaquoddy Peaceful Relations Program** **1-877-853-2613**

**Indian Township Passamaquoddy Domestic & Sexual Violence Advocacy Center Violence Program** **207-796-6106**

**Domestic Violence Hotline for Spanish speakers** **207-553-2252**

Information, crisis counseling, emotional support and advocacy.

**Sexual Assault Support—Statewide (AMHC)**

**1-800-871-7741**

A 24-hour statewide sexual assault crisis and support line providing confidential services free of charge.

## ***HEALTH CARE SERVICES***

### ***Substance Use Treatment Services***

**Acadia Family Center**

**1 Fernald Point Rd.**

**Southwest Harbor, ME**

Individual counseling, early recovery group, pain management group, medication assisted treatment (suboxone). Accepts MaineCare and MOST major health insurances.

**[www.acadiafamilycenter.org](http://www.acadiafamilycenter.org)**

**P:207-244-4012**

**Acadia Hospital**

**268 Stillwater Ave.**

**Bangor, ME**

Individual counseling, group counseling, IOP (intensive outpatient treatment), Medication Assisted Treatment (including methadone and suboxone). Accepts all insurance.

**[www.acadiahospital.org](http://www.acadiahospital.org)**

**P:1-800-640-1211**

**Aroostook Mental Health Center (AMHC)**

**710 Bucksport Rd., Ellsworth, ME**

**127 Palmer St., Calais, ME**

**14 Steve's Ln., Marshfield, ME**

Mental Health and Substance use treatment. Individual and group, Matrix IOP. Accept MaineCare and all major health insurance. Sliding fee scale available for substance use treatment services. Also offers case management and other services, such as Maine Mother's Network for mother's who are pregnant or with children under age 5.

**[www.amhc.org](http://www.amhc.org)**

**P:207-667-6890**

**P:207-454-0775**

**P:207-255-0996**

**Arnold Memorial Medical Center**

**70 Snare Creek Rd.**

**Jonesport, ME**

Individual counseling, medication assisted treatment (suboxone). Accepts all insurance. Dr. Steven Weisberger, with counseling support from AMHC.

**P:207-497-5614**

**Blue Hill Memorial Hospital, Island Family Medicine**

**354 Airport Rd.**

**Stonington, ME**

Individual counseling, medication assisted treatment (suboxone). Accepts most insurances. Dr. Charles Zelnick, Denise Antonition.

**[www.bhmfh.org](http://www.bhmfh.org)**

**P:207-367-2311**

**Cathleen London, MD - Door to Door Doctors**

**40 Main Street,**

**Milbridge, ME**

**[www.thevillagedoc.org](http://www.thevillagedoc.org)**

**P:207-847-8020**

Provides addiction recovery services, including medication assisted treatment and required weekly groups.

**Community Health & Counseling Service (CHCS)**

**52 Christian Ridge Rd., Ellsworth, ME  
15 Kids Corner, Machias, ME**

**www.chcs.org  
P:207-667-5357  
P:207-255-8473**

Individual counseling, group counseling, medication assisted treatment (suboxone). Accepts MaineCare primarily as well as SOME health insurances.

**The Downeast Treatment Center (DTC)**

**406 State St., Suite 2  
Ellsworth, ME**

**P:207-412-0973  
AMHC Access Center: 1-800-244-6431**

The DTC provides an integrated medication-assisted treatment (MAT) service. The service consists of medication prescribed by a provider and group substance use treatment by a licensed substance use treatment provider. Peer recovery coaching also available for all participants. The service is part of the Hub and Spoke model. The DTC serves as the Hub, supporting spoke providers, including consultation. This Hub treatment is open to all individuals in need, including those who are uninsured or underinsured.

**Discovery House**

**74 Dowd Road, Bangor, ME  
12 Beech Street, Calais, ME**

**www.discoveryhouse.com  
P:207-947-6800  
P:207-454-1300**

Individual and group counseling, medication assisted treatment (including methadone & suboxone). Accepts most major insurances.

**The East Grand Health Center**

**201 Houlton Road  
Danforth, ME**

**www.eastgrand.org  
P:207-448-2347**

Medication assisted treatment (suboxone) for primary care patients. Accepts most insurances, including MaineCare, and offers a sliding fee.

**Eastport Health Care**

**30 Boynton Street  
Eastport, ME**

**www.eastporthealth.org  
P:207-853-6001  
F:207-853-6180**

Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. Accepts most insurances, sliding scale available. Also in Machias and Calais.

**Groups: Recover Together**

**248 State Street—Suite 13B (Mill Mall)  
Ellsworth, ME**

**www.joiningroups.com  
P:1-800-683-8313**

**23 Washington Street, Suite 3, Calais, ME  
17 Stackpole Road, Suite 1, Machias, ME**

Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. Accepts most insurances, sliding scale available.

**Harrington Family Health Center**

50 East Main St.

Harrington, ME

Individual counseling. Accepts all insurances.

[www.harringtonfamilyhealth.org](http://www.harringtonfamilyhealth.org)

P:207-483-4502

**HealthWays / Regional Medical Center at Lubec**

43 South Lubec Rd.

Lubec, ME

Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. DEEP/ OUI and addiction treatment programs offered, including medication assisted treatment (suboxone). Accepts most insurances, sliding scale available. Counseling services also offered in Machias and Calais.

[www.rmcl.org](http://www.rmcl.org)

P:207-733-1090

F:207-733-2847

**Mount Desert Island Hospital Behavioral Health Center**

322 Main St., 3rd Floor

Bar Harbor, ME

Individual counseling, group counseling. Accepts all insurances.

[www.mdihospital.org](http://www.mdihospital.org)

P:207-288-8604

**Open Door Recovery Center**

8 Old Mill Rd.

Ellsworth, ME

IOP (Intensive outpatient treatment), Individual counseling, group counseling, medication management. Accepts most major health insurances.

[www.opendoorrecoverycenter.org](http://www.opendoorrecoverycenter.org)

P:207-667-3210

F:207-667-3133

**Passamaquoddy Health Center**

401 Peter Dana Point Rd

Princeton, ME

Substance use treatment services, individualized health services, and outpatient counseling services.

P:207-796-2321

**Penobscot County Metro Treatment**

659 Hogan Rd.

Bangor, ME

Individual counseling, medication assisted treatment (including Methadone).

P:207-973-0400

F:207-973-1881

**Pleasant Point Health Center**

Pleasant Point Sipayik 11

Perry, ME

Substance use treatment services, individualized health services, and outpatient counseling services.

P:207-853-0644

**Wellspring**

319 State St.

Bangor, ME

Individual counseling, family counseling, group counseling, half way housing.

P:207-941-1639

P:1-888-590-2879

## ***Counselors***

### **MDI / Schoodic / Coastal Region**

**Alan Graff (April—October only)**

**Southwest Harbor, ME**

**P:207-460-0595**

Individual counseling. Accepts SOME major health insurances.

**Irene Greene-Murphy, LCSW, LADC**

**Northeast Harbor**

**P:207-460-6605**

Individual counseling. Specializes in substance use. Accepts MOST major health insurances.

**Dawn Nuding, LCPC, Art Therapist**

**Mount Desert, ME**

**P:207-288-5888**

Individual counseling and art therapy for children, teens and adults.

**Eleanor Pancoe, LCSW, CADC**

**Bar Harbor, ME**

**P:207-288-1171**

Individual counseling. Accepts Anthem, Aetna, MaineCare, and Medicare.

**Amy Ridell, LCPC**

**Mount Desert, ME**

**P:207-288-8686**

Individual counseling for those ages 10 and up.

**Sarah White, LADC**

**Hulls Cove, Bar Harbor, ME**

**P:207-266-6607**

Individual counseling, substance use counseling. Accepts MaineCare, in process to accept private insurances.

### **Ellsworth / Bucksport area**

**Alan Algee, LCPC CCS, Dirigo Counseling Services**

**Ellsworth & Bangor, ME**

**P:207-973-0505 or 877-656-5132**

Individual and group substance use counseling. Accepts MaineCare and MOST major health insurance companies

**Lila Balch, LCSW**

**Bucksport, ME**

**P:207-469-7371**

Individual counseling for children, adults, and families. Accepts MaineCare, private insurance, and offers sliding scale fee.

**Christine Berg, LADC**

**Bucksport, ME**

**P:207-469-3477**

Licensed Alcohol and Drug Counselor that provides Individual counseling

**Barbara Bland, LCSW**

**Ellsworth, ME**

**P:207-667-1917**

Individual counseling for teens, adults, and couples.

**Nancy Cation, LCSW**

**Bucksport, ME**

**P:207-469-7544**

Individual counseling for adults. Accepts MaineCare.

**Dottie Caldwell, LCSW**

**Bucksport, ME**

**P:207-469-1013**

Individual counseling for children, teens and adults.

**Sharon Carroll, LCSW, CADC - AMHC**

**Ellsworth, ME**

**P:207-667-6890**

Provides substance use and criminogenic treatment services for the Hancock County drug court program.

**Holly Duesenberry**

**Ellsworth, ME**

**P:207-808-7281**

Individual counseling. Accepts MOST major health insurances.

**John F. Fitzgerald, LADC, CCS**

**P:207-479-9076**

**Ellsworth, ME**

Individual and group counseling for those affected by substance use.

**Stephanie Francis, LCPC**

**Bucksport, ME**

**P:207-517-2031**

Specialize in children 4-12. Accepts MaineCare.

**Andrea Gabel-Richards, LCSW**

**Ellsworth, ME**

**P:207-667-8670**

Individual counseling for teens and adults. Accepts MaineCare.

**Edithe Gagnon, LCSW**

**Bucksport, ME**

**P:207-469-7371**

Individual counseling for adults. Accepts MaineCare, private insurance, and offers sliding scale fee.

**Astor Gillis, LADC**

**Ellsworth, ME**

**P:207-667-2730**

Individual counseling. Specializes in substance use. Accepts MaineCare, Anthem, and SOME major health insurances, offers sliding scale fee.

**Max Goode, LCSW**

**Bucksport, ME**

**P:207-469-7371**

Individual counseling for adults. Accepts MaineCare, private insurance, and offers sliding scale fee.

**David Harlan, LCSW - AMHC**

**Ellsworth, Bucksport, Blue Hill, ME**

**P:207-667-6890**

Individual counseling for children, teens, and adults. Provides both mental health and specializes in substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services.

**Tracy Haskell, LCSW**

**Ellsworth, ME**

**P:207-664-2994**

Individual counseling for children, teens and adults.

**David Hawkins, MD**

**Bangor, ME**

**P:207-990-2367**

Child and Adolescent Psychiatry.



**Donna Kelley, LCPC**

**Bucksport, ME**

**P:207-631-0081**

Individual counseling for children and adults.

**Irene Laney, LADC, MSWCC**

**Ellsworth, ME**

**P:207-667-3100**

Individual counseling. Specializes in substance use. Accepts MaineCare and MOST major health insurances.

**Hailee Langley, CADC**

**Ellsworth, ME**

**P:207-667-6890**

Provides substance use treatment services in both individual and Matrix IOP group services. Also provides substance use treatment services for MAT Downeast Treatment Center.

**Laurie LaViolette, LCSW, CCS**

**Ellsworth, ME**

**P:207-667-9101**

Individual counseling. Accepts Medicare, MaineCare, and MOST insurances.

**Emily Lowell, LCSW**

**Ellsworth, ME**

**P:207-479-4484**

Individual counseling for children, teens and adults. Accepts MaineCare.

**Angela Lyford, LCSW**

**Bucksport, ME**

**P:207-469-7371**

Individual counseling for children, adults, and families. Accepts MaineCare, private insurance, and offers sliding scale fee.

**Jeannie McPherson, Psychologist**

**Ellsworth, ME**

**P:207-667-2119**

Individual counseling for children, teens and adults.

**Kimberly Morrison, LMSW-CC, CADC**

**Ellsworth ME**

**P:207-667-6890**

Individual counseling for children, teens and adults. Provides both mental health and substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services. Also provides substance use treatment services for MAT Downeast Treatment Center.

**Marc Mytar, Psychologist**

**Ellsworth ME**

**P:207-667-2095**

Individual counseling for adults and couples.

**Maryann Ogonowski, MS, RN, LADC—Searsport Counseling Associate**

**59C Franklin St.**

**Ellsworth, ME**

**P:207-664-7050**

Individual counseling, group counseling. Specializes in substance use. Accepts MOST insurances.

**Carole Pascal, LCSW**

**Ellsworth, ME**

**P:207-326-4724**

Individual counseling for adults.

**Cheryl Rubin, LCSW**

**Ellsworth, ME**

**P:207-667-2998**

Individual counseling for adults. No MaineCare.

**Mica Slaven-LaMothe, LCSW - AMHC**

**Ellsworth, ME (one day in Blue Hill)**

**P:207-667-6890**

Individual counseling for children, teens and adults. Provides both mental health and substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services.

**Alan Wittenberg M.A., CMT (Surry Music Therapy)**

**Surry, ME**

**P:207-667-1308**

Individual and group music therapy for children, teens & adults.

**Kip Young, LADC**

**Ellsworth, ME**

**P:207-664-1500**

Individual and group substance use counseling. Accepts BCBS, MaineCare, Cigna, and Maine Community Health.

**Blue Hill Peninsula**

**Denise Antonition, LCSW**

**Stonington, ME @ Island Family Medicine**

**P:207-367-2311**

Individual counseling for children, teens, and adults, couples counseling, assessments and referrals. Accepts MaineCare and can apply for free care at hospital.

**Lila Balch, LCSW**

**Brooklin, ME (Serves Blue Hill & Bucksport as well)**

**P:207-491-4802**

Individual counseling for children, teens and adults. Accepts MaineCare.

**Steven Benson, Psychologist**

**Blue Hill, ME**

**P:207-374-2357**

Individual counseling for children, teens, and adults. Accepts MaineCare.

**Patty Bergstrom, LMSW-CC**

**Blue Hill, ME**

**P:207-374-2311**

Individual counseling for adults, brief interventions, consultations and assessments, Accepts MaineCare and can apply for free care at hospital.

**Cynthia Booker-Bingler, LCSW, Therapeutic Way**

**259 Toddy Pond Road**

**Surry, ME**

**P:207-412-8881**

Individual counseling for children, teens, and adults using Animal Assisted Therapy (canine). Accepts most major insurances, MaineCare and Medicare.

**Gordanna Hassett, LCSW, CADC**

**Castine, ME**

**P:207-326-4348**

Individual counseling for adults, assessments, and referrals. Accepts MaineCare and can apply for free care at hospital.

**Nancy Hathaway, M.Ed., Lpasc**

**Center for Studying Mindfulness**

**P:207-400-0494**

**Blue Hill, ME**

Focusing on Mindfulness Therapy for depression, anxiety, health, recovery, and stress.

**Meagann Holland, LCPC-C**

**Blue Hill, ME**

**P:207-266-2069**

Individual counseling for children, teens, adults. Sliding scale available.

**Lorraine Huckel, Psychologist**

**Blue Hill, ME**

**P:207-374-5811**

Individual counseling for teens and adults.

**Catherine Morse, LCSW**

**Blue Hill, ME**

**P:207-326-8356**

Individual counseling for children and adults, specializes in neurofeedback.

**Hector Sapien**

**Blue Hill, ME**

**P:207-460-6090**

Individual counseling for children and teens, specializes in school issues.

**Nancy Plouffe, LCSW**

**Blue Hill, ME**

**P:207-374-2296**

Individual counseling for teens and adults. Accepts MaineCare.

**Theresa Weigel, LCSW**

**Blue Hill, ME**

**P:207-374-5780**

Individual counseling for teens and adults. Accepts MaineCare.

**Washington County**

**Holly Billings, LMSW-CC**

**Harrington, ME**

**P:207-483-4502**

Individual counseling for adults.

**Linda Bird, LCSW**

**Harrington, ME**

**P:207-483-4502**

Individual counseling for adults.

**Barbara Chatterton-Luuring**

**Machias, ME**

**P:207-610-4351**

Individual counseling. Will travel to see clients in Hancock County as well. Specializes in substance use, vocational rehabilitation, trauma.

**Stacey Cherry, LCPC**

**Machias, ME**

**P:207-255-4100**

Individual counseling for adults.

**Jamie Corbett, LADC**

**14 Steve's Ln.**

**P:207-255-0996**

**Marshfield, ME**

Provides substance use treatment services in both individual and Matrix IOP group services.

**Sandra Draper-Hayward, LADC**

**Calais, ME**

**P:207-733-1090, ext. 2198**

Individual counseling. Substance use specialty.

**Katherine Evans, LCSW**

**Calais, ME**

**P:207-726-4210**

Individual counseling for teens and adults.

**Paula Frost, LADC, LSW**

**Lubec, ME**

**P:207-733-1090, ext. 2198**

Individual counseling. Substance use specialty.

**Abby Frutchey, LADC, CCS**

**14 Steve's Ln.**

**P:207-255-0996**

**Marshfield, ME**

Provides substance use and criminogenic treatment services for the Washington County drug court program.

**Dan Gasper, LCPC, LADC**

**Cherryfield, ME**

**P:207-530-7774**

Mental health and substance use counseling. Accepts MaineCare and most major insurances.

**Holly Greenleaf Whitney, LADC**

**Harrington, ME**

**P:207-255-8301**

Individual counseling, substance use specialty. Accepts all insurances.

**Matt Hall, LCPC**

**14 Steve's Ln.**

**P:207-255-0996**

**Marshfield, ME**

Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance.

**Pamela Helmstadler, LCPC**

**Calais, ME**

**P:207-454-0407**

Individual counseling, substance use specialty.

**David Hodgkins, LCSW**

**127 Palmer St.**

**P:207-454-0775**

**Calais, ME**

Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance, and offers sliding fee.

**Jennifer Holcomb, LADC, CCS**

**14 Steve's Ln.**

**P:207-255-0996**

**Marshfield, ME**

Provides substance use treatment services in both individual and Matrix IOP group services.

**Laura Landy, LCSW, CADC**

**Machias, ME**

**P:207-271-8105**

Individual counseling for adults.

**Anne Leaver, LCPC, LADC, CCS**

**East Machias, ME**

**P:207-255-0102**

Individual and group counseling.

**Tara Librizzi, LCSW**

**Machias, ME**

**P:207-255-0996**

Individual counseling for adults.

**Jill Mertenke, LCPC**

**East Machias, ME**

**P:207-255-4833**

Individual counseling for adults. Accepts MaineCare and most insurances.

**Jody Mountcastle, LCSW**

**Harrington, ME**

**P:207-483-4502**

Individual counseling for adults.

**Bridget O'Rourke, LCSW**

**127 Palmer St.**

**P:207-454-0775**

**Calais, ME**

Individual counseling for children, teens, and adults. Provides mental health counseling. Accepts MaineCare and most private insurance.

**Virginia Pond, MEd, MSW, LCSW**

**Lubec, ME**

**P:207-733-1090, ext. 2198**

Individual and group counseling.

**Valerie Renshaw, LCPC**

**Machias, ME**

**P:207-255-0996**

Individual counseling for adults.

**Cynthia Scott, LCPC-C**

**127 Palmer St.**

**P:207-454-0775**

**Calais, ME**

Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurances.

**Katie Sell, CADC**

**14 Steve's Ln., Marshfield, ME**

**P:207-255-0996**

**127 Palmer St., Calais, ME**

**P:207-454-0775**

Provides substance use treatment services in both individual and Matrix IOP group services.

**Tanya Zivkovic, LMSW-CC**

**127 Palmer St.**

**P:207-454-0775**

**Calais, ME**

Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance.

## ***Complementary Health Services***

### **Acupuncture**

**Acupuncture Care**

**Ellsworth, ME**

**P:207-667-4128**

**Bangor Veterans Acupuncture Project**

**P:207-479-2944**

**Bangor, ME**

Weekly free ear-acupuncture clinic held on Thursdays 6:45pm

**Christine Cuneo, RN**

**Ellsworth, ME**

**P:207-667-8036**

**DownEast Community Acupuncture (DECA)**

**Verona Island, ME**

**P:207-479-2944**

Uses NADA and offers a sliding scale

**Jean Guyette** P:207-565-3891

Offers volunteer outreach and education around the National Acupuncture Detoxification Association (NADA) , and acupressure for tension and anxiety relief. Acudexox Specialist, NADA trained.

**Linda Forslund - Caterpillar Hill**

**Sedgwick, ME** P:207-209-1613

**Maine Coast Acupuncture & Herbal Medicine, Lea Lac Elliot**

**Ellsworth, ME** P:207-812-8747

**Pleasant Point Health Center—Acupuncture**

**Pleasant Point, ME** P:207-853-0644

**Sarah Tewhey, L.Ac**

**Southwest Harbor, ME** P:207-266-7938

Specialty in substance treatment; uses NADA protocol.

## **Massage**

**Downeast Massage Therapy**

**Perry, ME** P:207-853-4083

**Passamaquoddy Health Center—Massage**

**Dana Point, ME** P:207-796-2321

## **Mindfulness**

**Center for Studying Mindfulness**

Hathaway.N@gmail.com

**ME** P:207-400-0494

Eight week Mindfulness-based stress reduction programs for parents, individuals, and groups

## **Yoga**

**Ayushri Yoga Ayurveda & Wellness**

**Blue Hill, ME** P:207-374-3800

**Bold Coast Yoga—Samantha Williams**

**Machias, ME** P:207-214-6516

**BKS Lyengar Yoga Center**

**Sedgwick, ME** P:207-326-2037

**Blue Hill Center for Yoga**

**Blue Hill, ME** P:207-374-2004

**Cherryfield Library**

**Cherryfield, ME** P:207-546-4228

Wednesdays 6:00pm-7:00pm

**Julie Bakis — Eastport Arts Center**

**Eastport, ME** P:207-853-4650

Focus on breath and alignment. \$5-10 sliding scale.

**MDI YMCA**

**Bar Harbor, ME** P:207-288-3511

Free for MDI YMCA members.

**Pranava Livings Arts Studio**

Blue Hill, ME

P:207-326-7957

**Sowelu Healg**

Brooksville, ME

P:207-326-3236

**The Yoga Place**

Ellsworth, ME

P:207-669-5685

**Women’s Health Resource Library—Geri Valentine**

Milbridge, ME

P:207-546-7677

Thursday evenings 5:30pm-7:00pm, \$10

**Yoga @ Cattitude**

Bar Harbor, ME

[www.cattitudemdi.com](http://www.cattitudemdi.com)

## **Smoking Cessation**

**Cancer Support Center of Maine**

[www.cancesupportofmaine.org](http://www.cancesupportofmaine.org)

Hancock & Washington Counties, ME

P:207-326-2037

Free smoking cessation classes.

**Healthy Acadia**

[www.healthyacadia.org](http://www.healthyacadia.org)

Hancock County, ME

P:207-667-7171

Offers free (donation suggested) Tai Chi, smoking cessation, chronic pain management classes.

## ***Harm Reduction Services***

**Health Equity Alliance**

[www.mainehealthequity.org](http://www.mainehealthequity.org)

25A Pine St.

P:207-667-3506

Ellsworth, ME

F:207-664-0574

7 VIP Lane

P:207-255-5849

Machias, ME

F:207-255-5937

304 Hancock St., Suite 3B

P:207-990-3626

Bangor, ME

F:207-990-2286

Provides needle exchange services, naloxone distribution, outpatient mental health counseling, medical case management, and HIV/Hepatitis C testing. Has support groups and advocacy / volunteer opportunities. HEAL also provides an LGBTQ+ inclusive space, called the [Health Equity Center](#). This community center is a space for partner organizations that serve Maine’s LGBTQ+ community.

## ***Free Clinics & Affordable Medical Centers***

**Ellsworth Free Clinic**

248 State St. Suite 16

P:207-667-7953

Ellsworth, ME

Medical clinic staffed by volunteers providing free primary care. Open M to F, 9:00am –12:00pm.

**Ellsworth Family Planning & Primary Care**      [www.mainefamilyplanning.org](http://www.mainefamilyplanning.org)  
248 State Street      P:207-812-7030  
Ellsworth, ME      F:207-664-0325  
Provides family planning & reproductive health services , family support services, and more. Operates WIC program. Also has offices in Machias & Calais.

**Calais Family Planning**      [www.mainefamilyplanning.org](http://www.mainefamilyplanning.org)  
43 Union Street      P:207-853-8930  
Calais, ME  
Provides family planning & reproductive health services , family support services, and more.

**Peninsula Free Health**      [www.penninsulafreehealth.net](http://www.penninsulafreehealth.net)  
26 Hinckley Ridge Rd.      P:207-374-5585  
Blue Hill, ME  
Provides health services for adults and children. Open Monday from 3pm to 6pm. Walk-ins are welcome.

**Federally Qualified Health Centers**

**Bucksport Regional Health Center**      [www.bucksportrhcc.com](http://www.bucksportrhcc.com)  
Bucksport, ME      P:207-469-7371

**East Grand Health Center**      [www.eastgrand.org](http://www.eastgrand.org)  
Danforth, ME      P:207-448-2347

**Eastport Health Care, Inc.**      [www.eastporthealth.org](http://www.eastporthealth.org)  
Eastport, Calais, & Machias, ME      P:207-853-6001

**Harrington Family Health Center**      [www.harringtonfamilyhealth.org](http://www.harringtonfamilyhealth.org)  
Harrington, ME      P:207-483-4502

**St. Croix Regional Family Health Center**      [www.scrfhc.org](http://www.scrfhc.org)  
Calais & Princeton, ME      P:207-796-5503

**Regional Medical Center at Lubec**      [www.rmcl.org](http://www.rmcl.org)  
East Machias & Lubec, ME      P:207-733-5541

Federally qualified community health care centers (FQHC's) provide primary care services to anyone, regardless of health insurance status or ability to pay.

***Affordable Dental Services***

**Caring Hands of Maine Dental Center**      [www.caringhandsofmaine.com](http://www.caringhandsofmaine.com)  
70 Kingsland Crossing      P:207-667-6789  
Ellsworth, ME

The Dental Center provides comprehensive dental services. Accepts most Dental Insurance Plans and MaineCare, please call for more information.

**Community Dental Center**      [www.mdihospital.org/health-centers/dental-center/](http://www.mdihospital.org/health-centers/dental-center/)  
4 Community Lane      P:207-244-2888  
Southwest Harbor, ME



The continuum of care we offer includes preventative cleanings, sealants, fluoride and general dentistry. By reaching out to patients, following up on appointments, and coordinating ongoing, regular check-ups, we aim to ensure that all patients—children and adults alike—receive a patient-centered model of care.

**Eastport Health Care, Inc.**

**30 Boynton St.**

**Eastport, ME**

As a Federally Qualified Health Center, EHC provides affordable dental care

**[www.eastporthealth.org](http://www.eastporthealth.org)**

**P:207-483-4502**

**Harrington Family Health Center**

**50 East Main St.**

**Harrington, ME**

As a Federally Qualified Health Center, HFHC provides affordable dental care.

**<https://hfhc.healthcare>**

**P:207-483-4502**

**Maine Donated Dental Services**

**P.O. Box 2282**

**Augusta, ME**

Provides dental services to those unable to pay if they are permanently disabled, medically at risk, or 65 years or older.

**[www.dentallifeline.org](http://www.dentallifeline.org)**

**P:207-620-8276**

**P:1-800-205-5615**

**Regional Medical Center at Lubec**

**43 South Lubec Rd.**

**Lubec, ME**

As a Federally Qualified Health Center, RMCL provides affordable dental care.

**[www.rmcl.org](http://www.rmcl.org)**

**P:207-733-5541**

**St. Croix Regional Family Health Center**

**136 Mill St.**

**Princeton, ME**

As a Federally Qualified Health Center, SCRFHC provides comprehensive dental services to adults and children. Accepts private insurance, MaineCare, and offers sliding fee discounts based on family size and income.

**[www.scrhc.org](http://www.scrhc.org)**

**P:207-796-5503**

## ***Hospitals***

**Blue Hill Memorial Hospital**

**57 Water St.**

**Blue Hill, ME**

**[www.bhmfh.org](http://www.bhmfh.org)**

**P:207-374-3400**

**Calais Regional Hospital**

**24 Hospital Lane**

**Calais, ME**

**[www.calaishospital.org](http://www.calaishospital.org)**

**P:207-454-7521**

**F:207-454-3616**

**Down East Community Hospital**

**11 Hospital Drive**

**Machias, ME**

**[www.dech.org](http://www.dech.org)**

**P:207-255-3356**

**Maine Coast Memorial Hospital**

50 Union Street  
Ellsworth, ME

[www.mcmhospital.org](http://www.mcmhospital.org)

P:207-664-5311  
P:888-645-8829

**MDI Hospital**

10 Wyman Lane  
Bar Harbor, ME

[www.mdihospital.org](http://www.mdihospital.org)

P:207-288-5081

## ***LEGAL & CRIMINAL JUSTICE SERVICES***

### ***Legal Services***

**Legal Services for the Elderly**

450 Essex Street  
Bangor, ME

[www.mainelse.org](http://www.mainelse.org)

P:207-941-2865

Provides free, high quality legal services to Maine’s socially and economically elderly community age 60+.

**Maine Equal Justice Partners**

126 Sewall Street  
Augusta, ME

[www.mejp.org](http://www.mejp.org)

P:1-866-626-7059

F:207-621-8148

Legal assistance and help navigating Maine’s anti-poverty programs including MaineCare, TANF, Aspire, SNAP, and General Assistance.

**Maine Pretrial Services**

**Hancock County Adult Drug Court**

50 State St., Suite 14  
Ellsworth, ME

P:207-667-3624

F:207-667-3630

**Criminogenic Treatment Services (Washington C. Adult Drug Court) - AMHC**

14 Steve’s Ln  
Marshfield, ME

P:207-255-0996

Provides substance use and criminogenic treatment services along with case management (in partnership with Maine Pretrial) for the Washington County drug court program.

**Criminogenic Treatment Services (Hancock C. Adult Drug Court) - AMHC**

710 Bucksport Rd.  
Ellsworth, ME

P:207-667-6890

Provides substance use and criminogenic treatment services along with case management (in partnership with Maine Pretrial) for the Hancock County drug court program.

**Pine Tree Legal**

13 Cooper St.  
Machias, ME

Intake P:207-255-8656

Machias office P:207-400-3248

Free legal advice to low income families; civil cases only (no criminal case).

Machias walk-in hours: wed 9am-12pm, Thurs 1-4pm.

**Maine Volunteer Lawyer Project**

**PO Box 547  
Portland, ME**

**www.vlp.org  
P:1-800-442-4293  
F:207-828-2300**

Free information, assistance and pro bono legal representation in civil legal matters for low-income families. Free legal advice from 1p-4pm at Machias courthouse the first Thurs. of Jan., March, May, July, Sept, and Nov.; at Calais courthouse the first Tuesday of Feb., April, June, Aug., Oct., and Dec. & at the Ellsworth courthouse the 2nd & 4th Tuesday of every month.

***Support Services for Incarcerated Individuals***

**Maine Prisoner Advocacy Coalition**

**P.O. Box 2173  
Waterville, ME**

**www.maineprisoneradvocacy.org  
maineprisoneradvocacy@yahoo.com**

The Maine Prisoner Advocacy Coalition (MPAC) is comprised of Maine prisoners, their friends and families, victims of crime, and others committed to ethical, positive, and humane changes in Maine's prison system.

**Restorative Justice Project of the Midcoast**

**P.O. Box 141  
Belfast, ME**

**www.rjpmidcoast.org  
P:207-388-2742**

The Restorative Justice Project of the Midcoast provides restorative conferences for adult & juvenile offenders in the Midcoast and an array of restorative justice services for the Maine Coast Regional Reentry Center and schools.

**Volunteers for Hancock County Jail Residents**

**272 Turkey Farm Rd.  
Blue Hill, ME**

**www.jailvolunteers.org  
bluehillme@roadrunner.org**

Offers restorative justice and supportive services to individuals incarcerated in Hancock County Jail as well as those re-entering the community.

***Domestic Violence & Sexual Assault Services***

**AMHC Sexual Assault Services**

**Washington, Hancock, & Aroostook, ME**

**www.amhc.org  
P:1-800-871-7741**

Offers immediate crisis intervention and support. When you call (available 24/7) you will be connected with an advocate that can provide assistance.

**Indian Township Passamaquoddy Domestic & Sexual Violence Advocacy Center**

**Indian Township, ME**

**www.wabanakiwomen.org  
P:207-796-6106**

Serving residents of the Indian Township Reservation and Passamaquoddy Tribal members. Service include emotional support, court advocacy, emergency shelter, hospital accompaniment, safety planning, door lock program.

### **Next Step Domestic Violence Project**

733 Bangor Rd.

Ellsworth, ME

23 Broadway

Machias, ME

[www.nextstepdv.org](http://www.nextstepdv.org)

P:207-667-0176

F:207-667-8033

P:207-255-4934

F:207-255-4243

### **24- hour Crisis Hotline: 1-800-315-5579**

24-hour hotline, crisis counseling, safety planning, emergency shelter, appropriate resource referrals, advocacy with other systems, civil legal assistance, court accompaniment, support & education groups, safe homes, & transitional housing for domestic violence survivors in Hancock & Washington county.

## ***TRANSPORTATION***

### **Downeast Transportation**

[www.downeasttrans.org](http://www.downeasttrans.org)

Downeast, ME

P:207-667-5796

Offers in-town transportation in Bucksport, Ellsworth, and Bar Harbor and commuter transportation services between Ellsworth and Bar Harbor.

### **Friends in Action**

[www.friendsinactionellsworth.org](http://www.friendsinactionellsworth.org)

Ellsworth, ME

P:207-664-6016

Offers free transportation to elderly and disabled residents of Hancock County.

### **Island Connections**

[www.islconnections.org](http://www.islconnections.org)

Ellsworth, ME

P:207-288-4457

Provides free transportation for MDI residents to medical appointments, shopping and errands, and other activities.

### **Neighborcare**

[www.caringinrememberedways.org/neighbor](http://www.caringinrememberedways.org/neighbor)

Deer Isle, ME

P:207-367-5822

Brooksville, ME

P:207-326-4735

All-volunteer group of people offering free health related services in the Blue Hill peninsula, including transportation.

### **West's Transportation**

[www.westbuservice.org](http://www.westbuservice.org)

Downeast, ME

P:800-596-2823

Affordable bus service from Calais to Bangor (and points in-between), operates 7 days a week.

### **Downeast Community Partners**

[www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)

248 Bucksport Road

P:207-664-2424

Ellsworth, ME

F:207-664-2430

7 VIP Drive

P:207-259-5015

Machias, ME

F:207-546-7607

Provides transportation to medical appointments for those covered under MaineCare, transportation to child protective visits, to sheltered workshops and DCP Transportation that is open to the public.

# FOOD

## *Food Pantries*

**Bar Harbor Food Pantry** [www.barharborfoodpantry.org](http://www.barharborfoodpantry.org)  
**36 Mount Desert St. (Basement of YWCA)** P:207-288-3375

**Bar Harbor, ME**

Open Tues. 9am-12pm & Thurs. 4pm -6pm the first three weeks of the month.

**Bread of Life Food Pantry** [www.seacoastmission.org/food\\_pantry](http://www.seacoastmission.org/food_pantry)  
**Old Village Firehouse** P:207-526-4347

**Swan's Island, ME**

Open Thursday afternoons or as needed.

**Bucksport Community Concerns** [www.elmstreetcc.org](http://www.elmstreetcc.org)  
**Elm Street Congregational Church (basement)** P:207-469-2400

**31 Elm St.**

**Bucksport, ME**

Provides groceries, clothing, and household essentials. Open Wed. 9:30am to 11:30 am & on the second Monday of the month from 5:00pm to 7:00pm.

**Danforth Food Pantry**

**Town Hall**

P:207-448-2611

**Danforth, ME**

Open first Thursday after the first Tuesday of the month 10 am to 11am.

**Emmaus Shelter Food Pantry** [www.emmaushomelessshelter.org](http://www.emmaushomelessshelter.org)

**Corner of Main & Water Street**

P:207-667-3962

**Ellsworth, ME**

Open 24 hours a day. Also offers a clothing room (open M, W, F, Sat 10am-2pm) & household good.

**H.O.M.E. Co-op Food Pantry** [www.homemmausa.org/FoodBank](http://www.homemmausa.org/FoodBank)

**90 School House Rd.**

P:207-469-7961

**Orland, ME**

Open daily from 8 am to 4pm. Provides individuals with food boxes once per month; produce & bread when available. Hot lunch served Sun-Fri at noon.

**Indian Township Food Pantry**

**Indian Township, ME**

P:207-796-6134

Open Monday-Friday 10am—2:30pm with a break at lunch time.

**Irene Chadbourne Ecumenical Food Pantry**

**507 Main Street**

[www.irenechadbourneprograms.com](http://www.irenechadbourneprograms.com)

**Calais, ME**

P:207-214-8553

Open Mon 3-5pm, Thurs 10am-12pm, & Friday 1-3pm.

**Island Food Pantry**

**6 Memorial Lane  
Stonington, ME**

**P:207-348-6181**

Open Thursdays 5:30-7:30. Provides groceries to Deer Isle residents in need.

**Jonesport Food Pantry**

**[www.sawyeremorialcongregationalchurch.com](http://www.sawyeremorialcongregationalchurch.com)**

**Sawyer Memorial Congregational Church**

**P:207-497-2294**

**Jonesport, ME**

Open Wednesday 9am to 11pm.

**Lifeline Food Pantry**

**South Gouldsboro Road, Rte. 186  
Gouldsboro, ME**

**P:207-963-2321**

Third Saturday of the month, 9am to 10am & emergencies.

**Labor of Love Food Pantry**

**[facebook.com/LaborOfLoveNutritionCenter](https://facebook.com/LaborOfLoveNutritionCenter)**

**137 County Rd.**

**P:207-853-2373**

**Eastport, ME**

Open 2nd & Tuesday 9-11am, & Fridays 2:30-6:30pm.

**Loaves & Fishes Food Pantry**

**[www.facebook.com/LoavesandFishespantry](http://www.facebook.com/LoavesandFishespantry)**

**Ellsworth, ME**

**P:207-667-4363**

Hours as needed, please call for assistance.

**Lubec Community Food Pantry**

**[www.lubecoutreach.org](http://www.lubecoutreach.org)**

**Lubec Community Outreach Center**

**P:207-733-6113**

**Lubec, ME**

3rd Wednesday of the month, 1:00-4:00pm.

**Machias Food Pantry**

**Centre Street Congregational Church, 9 Center St.**

**P:207-255-6665**

**Machias, ME**

Open Monday.

**Saint Ann's Food Pantry**

**Tribal Office building, Rt. 190**

**P:207-853-2600**

**Pleasant Point, ME**

Open Monday-Thursday 9-3pm.

**Tree of Life Food Pantry**

**[www.treeoflifepantry.org](http://www.treeoflifepantry.org)**

**23 South Street**

**P:207-664-2245**

**Blue Hill, ME**

**F:207-664-2246**

Open Thursday 9am to 3pm. Food for residents of Blue Hill Peninsula and other on limited basis.

**Weald Bethel Food Pantry**

**[www.seacoastmission.org/food\\_panttries](http://www.seacoastmission.org/food_panttries)**

**Maine Seacoast Mission**

**P:207-546-7424**

**Cherryfield, ME**

Open Tuesday 9-12pm & 4-5pm, & Thursdays 9-12pm.

### What's for Suppa? Food Pantry

1268 Otis Road  
Otis, ME

P:207-460-1266

Call for hours & more information.

### Woodland Community Food Pantry

55 Broadway  
Baileyville, ME

P:207-427-6518

Open the 1st & 4th Thursdays of every month from 9-11am.

### Hancock & Washington County, ME

P:207-598-5648

Support for families who need help tackling an issue & finding the resources that may be available to them. No fees – MaineCare is not required.

## *Free Community Meals*

City or Town	Day and Time; Other Info	Location
Bar Harbor	Thurs, 4pm-7pm	Holy Redeemer, 21 Ledge-lawn
Blue Hill	Mon, 2:30-6pm (not holidays)	1st Cong Church 22 Tenney Hill
Cherryfield	Sun, 3:30-5p.m.	EdGE Center, US Rte. 1
Cherryfield	Fri, 9:30-11:30am; Joan's Coffee Shop	EdGE Center, US Rte. 1
Deer Isle	Second Sunday, 5:30pm	Deer Isle/Sunset Con. Church
Ellsworth	Mon, 3-6p.m	St. Dunstan's, 134 State St.
Ellsworth	Wed, 3-6p.m.	1st Cong Church, 2 Church St.
Milbridge	Incredible Edible—Free Vegetables, Available July to October	Women's Health Resource Lib.
Orland	Sun-Fri, 12p.m.	HOME Co-op, 90 Schoolhouse
Southwest Harbor	Winter: Thur 12-2pm, Sat, 6 to 8pm Summer: Breakfast everyday, 7:30 to 11:30	566 Seawall Rd.
Whitneyville	Last Thur. of the Month, 11a.m.-1p.m	Whitneyville Comm. Building

## *Farmer's Markets*

City or Town	Day and Time; Other info	Location
Bar Harbor	Sun, 9am-12pm, Accepts SNAP & WIC	MDI YMCA parking lot
Blue Hill	Sat, 9-11:30AM, Accepts SNAP & WIC	Blue Hill Fairgrounds
Blue Hill	Winter market, Sat, 9:30am-12pm	Mainescape, in greenhouse
Brooklin	Thurs. 3-5pm	6 Bay Road (Rte. 175)
Brooksville	Tues. 9:30am-12pm	Cornfield Hill Road
Bucksport	Thurs, 2-5pm, Accepts SNAP & WIC	Post office lot, Main St.
Calais	Tues. 11am-2pm, June-Oct, SNAP/WIC	Union St. , on the green
Castine	Thurs, 9-11:30 AM	1 School St, Town Common
Deer Isle	Wed, 9:30-11:30am	70 Church St, by Town Hall
Eastport	Sat, 11am-2pm, June –Oct, SNAP /WIC	
Ellsworth	Mon, & Thurs, 2-5:30pm, SNAP / WIC	245 E. Main Street
Ellsworth	Sat, 9:30am-12:30pm, Accepts WIC & SNAP	190 Main Street
Ellsworth	Winter market: Sat. 9:30 AM-12:30PM Accepts SNAP & WIC	121 Bucksport Rd.
Franklin	Sat, 9am-1pm (July-Oct)	Franklin Trading Post
Machias Valley Rest.	Fri & Sat, 9am-1pm, Accepts WIC	Rte., 1, Across for Helen's
Milbridge	Sat, 9am-12pm, Accepts WIC	Camden Bank lot, 29 Main St.
Princeton	Thurs. 3-5pm, Jun-Sept, Accepts WIC/SNAP	67 West St, Baseball Fields

Northeast Harbor	Thurs, 9am-12pm, June –Aug,	Green along Harbor Dr.
Southwest Harbor	Fri. 9am-1pm, May to Oct, Accepts SNAP	St. John’s Church parking lot
Stonington	Friday, 10am to 12pm	Island Community Center
Town Hill	Friday, 3pm to 6pm	Rte. 102, next to Firs Station
Winter Harbor	Tues., 9am-12pm, Accepts WIC	Village Green

## ***Food & Nutrition Assistance***

### **Department of Health & Human Services**

#### **SNAP (Food Stamps) & Women, Infants, & Children (WIC)**

**17 Eastward Lane**

**P:207-664-1400**

**Ellsworth ME 04605**

**F:207-667-5364**

**38 Prescott Drive, Suite 3**

**P:207-255-2000**

**Machias, ME 04654**

**F:207-255-2022**

WIC is food vouchers for pregnant women & children under age five. Apply online or in person.

#### **Healthy Acadia**

**[www.healthycadia.org](http://www.healthycadia.org)**

**140 State St, Suite 1**

**P:207-667-7171**

**Ellsworth, ME**

**F:207-667-7173**

**121 Court St.**

**P:207-266-3741**

**Machias ME**

Wide range of food & nutrition programs including nutrition education, information, & assistance with accessing local food programs & food assistance.

## ***CHILD & FAMILY SERVICES***

#### **Being Present with Our Children**

**[Hathaway.N@gmail.com](mailto:Hathaway.N@gmail.com)**

**Center for Studying Mindfulness**

**P:207-400-0494**

Classes, workshops, and consultations for parents and families.

#### **Bridging Program**

**[www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)**

**Downeast Community Partners**

**P:207-259-5015**

**7 VIP Dr., Machias, ME**

Support for prenatal moms on drug replacement therapy or who have a high-risk pregnancy. Program can provide home visiting nurses or non-medical home visitors to work with families.

#### **Community Closet**

**25 Eastward Lane**

**P:207-266-7242**

**Ellsworth, ME**

Free clothing: first ten (10) items are free, then by donation.



**Downeast Community Partners**      [www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)  
**18 Avery Lane**      **P:207-667-2995**  
**Ellsworth, ME**

**Please visit website or call for full list of locations.**

Serves children & families in Downeast Maine through Head Start, Early Head Start, Childcare & early education programming.

**DCP Community Resource Services**      [www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)  
**Hancock & Washington Counties**      **P:207-598-5648**

Support for families who need help tackling an issue & finding the resources that may be available to them. No fees—MaineCare is not required.

**Families and Children Together**      [www.familiesandchildren.org](http://www.familiesandchildren.org)  
**304 Hancock St.**      **P:207-941-2347**  
**Bangor, ME**      **F:207-990-3316**

Assists children facing emotional and behavioral challenges. Offers the Penquis Regional Linking Project to increase the wellbeing of young children affected by substance use and the Kids-Kin program to support for grandparents and other family member's raising their relative's children.

**Maine Child Care Search**      [www.childcarechoices.me](http://www.childcarechoices.me)  
**Office of Child & Family Services**      **P:877-680-5886**

Online resource to search list of child care providers and parent resources.

**Maine Families**      [www.maineamilieswc.org](http://www.maineamilieswc.org)  
**18 Avery Lane**      **P:207-255-0481**  
**Ellsworth, ME**

Home Visitors provide support for expectant parents & parents of newborns, childbirth classes, lactation counseling, car seat safety technicians & more.

**Maine Family Planning & Primary Care**      [www.mainefamilyplanning.org](http://www.mainefamilyplanning.org)  
**248 State Street**      **P:207-812-7030**  
**Ellsworth, ME**

Provides family planning & reproductive health services, family support services, and more. Operates WIC program. Also has office in Machias & Calais.

**Safe Families for Children**      [www.ellsworth-machias.safe-families.org](http://www.ellsworth-machias.safe-families.org)  
**1A Water Street**      **P:207-812-7030**  
**Machias, ME**

Volunteer host families provide temporary safe care for children while their parents take time to cope with stress, incarceration, or difficult situations.

**Safe Family Exchange**      [www.safefamilyexchange.org](http://www.safefamilyexchange.org)  
**50 Union St.**      **P:207-669-2661**  
**Ellsworth, ME**

Safe Family Exchange, Inc. provides a secure & friendly environment for parents to peacefully exchange their children for visitation.

### **We Care Community Baby Center**

**3 Main St.**

**P:207-667-2995**

**Machias, ME**

Open Tuesday 9am to 1pm. Provides free clothes, diapers, toys, blankets, underwear & more for families that either have a WIC voucher or MaineCare.

### **Community Resource Services**

**www.whcap.org**

**Hancock & Washington Counties**

**P:207-598-5648**

Support for families who need help tackling an issue and finding the resources that may be available to them. No fees—MaineCare not required.

### **Women’s Health Center**

**www.dech.org/Our-Affiliates/Women-s-Center**

**11 Hospital Drive**

**P:207-255-0400**

**Machias, ME**

Provides complete reproductive, pre-natal, and post-natal health services, including drug replacement therapy for pregnant women.

## ***ADDITIONAL RESOURCES***

### ***Government Agencies Devoted to Addiction***

#### **National Institute on Drug Abuse (NIDA)**

**www.drugabuse.gov**

#### **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

**www.niaaa.nih.gov**

#### **Center for Substance Abuse Treatment (CSAT)**

**www.samhsa.gov/about-us/who-we-are/offices-centers/csat**

#### **Center for Substance Abuse Prevention (CSAP)**

**www.samhsa.gov/about-us/who-we-are/offices-centers/csap**

#### **Office of National Drug Control Policy (ONDCP)**

**www.whitehouse.gov/ondcp**

#### **National Council on Alcoholism and Drug Dependence (NCADD)**

**www.ncadd.org**

#### **Substance Abuse & Mental Health Services Administration (SAMHSA)**

**www.samhsa.gov**

#### **National Addiction Technology Transfer Center (NATTC)**

**www.nattc.org/home**

### ***Associations & Societies Devoted to Addiction***

#### **American Society of Addiction Medicine, Inc. (ASAM)**

**www.asam.org**

#### **National Association of Alcoholism and Drug Abuse Counselors (NAADAC)**

**www.naadac.org**

#### **National Association of Addiction Treatment Providers (NAATP)**

[www.naatp.org](http://www.naatp.org)

National Association of State Alcohol and Drug Abuse Directors (NASADAD)

[www.nasadad.org](http://www.nasadad.org)

Fetal Alcohol Syndrome Community Resource Center

[www.come-over.to/FASCRC](http://www.come-over.to/FASCRC)

## ***Political Action Organizations Devoted to Addiction***

Partnership for a Drug-Free America

[www.drugfree.org](http://www.drugfree.org)

Join Together

[www.drugfree.org/news-service-disclaimer](http://www.drugfree.org/news-service-disclaimer)

Amnesty International USA

[www.amnestyusa.org](http://www.amnestyusa.org)

Drug War Facts

[www.drugwarfacts.org/cms](http://www.drugwarfacts.org/cms)

Common Sense for Drug Policy

[www.csdp.org/cms/](http://www.csdp.org/cms/)

Center on Juvenile & Criminal Justice

<http://www.cjcj.org/index.html>

The Trebach Institute

[www.trebach.com](http://www.trebach.com)

National Drug Strategy Network

[www.ndsn.org](http://www.ndsn.org)

The Drug Policy Alliance

[www.drugpolicy.org](http://www.drugpolicy.org)

## ***Drug Court Resources***

The National Association of Drug Court Professionals (NADCP)

<http://www.nadcp.org>

California Association of Drug Court Professionals (CADCP)

[www.ca2c.org](http://www.ca2c.org)

Drug Court Clearinghouse/American University

[www.american.edu/spa/jpo](http://www.american.edu/spa/jpo)

Drug Court Technology

[www.drugcourtech.org](http://www.drugcourtech.org)

## ***Other Resources***

In the Rooms

[www.intherooms.com](http://www.intherooms.com)

Women for Sobriety

[www.womenforsobriety.org/beta2](http://www.womenforsobriety.org/beta2)

Refuge Recovery

[www.refugerecovery.org](http://www.refugerecovery.org)

Life Ring

[www.lifering.org](http://www.lifering.org)

Smart Recovery

[www.smartrecovery.org](http://www.smartrecovery.org)

Maine Sex Trafficking & Exploitation Network

[www.mainesten.org](http://www.mainesten.org)



# Healthy Acadia

*Building vibrant communities  
in Hancock and Washington counties*



## HEALTH EQUITY ALLIANCE

This guide was compiled by the Health Equity Alliance & Healthy Acadia, with assistance and input from the Down East Substance Treatment Network, the Washington County Substance Use Response Collaborative, and partners across Washington and Hancock Counties. We have attempted to make this guide as comprehensive & up-to-date as possible, but we cannot guarantee the accuracy of this information. For additions and corrections e-mail [denise@healthyacadia.org](mailto:denise@healthyacadia.org) or [terri@healthyacadia.org](mailto:terri@healthyacadia.org)