Down East Recovery Supports Guide

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

2016 EDITION
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HOUSING

Emergency Shelter

Emmaus Homeless Shelter  www.emmaussshelter.org
51 Main St.  
P:207-667-3962  
Ellsworth, ME  
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  www.homemmausa.org
90 School House Rd.  
P:207-469-7961  
Orland, ME  
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  www.nextstepdv.org
733 Bangor Rd.  
P:207-667-0176  
Ellsworth, ME  
F:207-667-8033

23 Broadway  
P:207-255-4934  
Machias, ME  
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  www.theshawhouse.org
136 Union Street  
P:207-941-2874  
Bangor, ME  
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  www.ariseaddictionrecovery.com
P.O. Box 353  
P:207-255-5011  
Machias, ME

ARISE is a six-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  www.chomhousing.org/church-street
31 Church St.              P:207-879-0347
Ellsworth, ME              E: 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.

Edie’s Place  www.simplelivinginc.org/ediesplace
64 Bucksport Rd.              P:207-664-2245
Ellsworth, ME                    F: 207-664-2246
Edie’s Place is a sober home that provides transitional housing for up to 18 women. Provides a safe, supportive environment for those recovering from substance use disorder. Edie’s place has a Zero Tolerance Policy for drugs & alcohol & all residents must participate in 12-step programs.

Families First Ellsworth  www.familiesfirstellsworth.org
Ellsworth, ME      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.  FFCC is not open yet—set to open in late 2016.

Sunrise Opportunities  www.sunriseopportunities.org
26 Hadley Lake Rd.                P:1-800-255-3124
Machias, ME                    F: 207-255-8596
Housing and services for people with disabilities or mental health issues.

Affordable Housing

Community Health & Counseling Services  www.chcs-me.org
42 Cedar St.      P:207-947-0366
Bangor, ME
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  www.emdiha.org
80 Mt. Desert St.              P:207-288-4770
Bar Harbor, ME                    E: terry.kelley@emdiha.org
Rental and housing assistance for residents of Mount Desert Island and Ellsworth who meet income limits. Offers public housing program and Section 8 rental assistance.
H.O.M.E Co-op Affordable Housing Project  homemmausa.org/housing
90 School House Rd.  P:207-469-7961 ext. 22
Orland, ME
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
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
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
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
2 Maple Street  P:207-546-3006
Milbridge, ME
Provides farm workers who want to settle in Milbridge with affordable housing,. Help 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
Perry, ME  P:207-853-6021
Manages and maintains 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.
Supportive Service for Veteran Families
248 Bucksport Rd. www.whcicap.org/veterans-services
Ellsworth, ME P:207-610-5912
Focuses on securing and maintaining housing for Veterans who are currently homeless or would be homeless without this assistance. It provides supportive services and temporary financial assistance to help Veterans and their families gain housing stability.

EMPLOYMENT SUPPORT

Eastern Maine Development Corp. 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.

Maine Career Centers www.mainecareercenter.com
One College Drive P:207-454-7551
Calais, ME F: 207-454-0349
53 Prescott Drive, Suite 1 P:207-255-1900
Machias, ME 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.

New Ventures Maine www.newventuresmaine.org
248 State St., Suite 1 P:207-669-6018
Ellsworth, ME 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 penobscot.jobcorps.gov
1375 Union St. P:207-990-3000
Bangor, ME 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 www.unlimitedsolutionsclubhouse.com
30 Summer St. P:207-404-8383
Bangor, ME
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 ellsworth.maineadulted.org
248 State St., Suite 1 P:207-664-7110
Ellsworth, ME F:207-669-6247
Mount Desert Island mdi.maineadulted.org
1081 Eagle Lake Rd. P:207-288-4703
Bar Harbor, ME F:207-288-9002
RSU 24 rsu24.maineadulted.org
1888 US Highway 1 P:207-422-4794
Sullivan, ME F:207-422-3612
Axiom Education & Training Center P:207-255-4917
6 Colonial Way F:207-255-5825
Machias, ME
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.

ASPIRE & Parents as Scholars Program (DHHS) www.maine.gov/dhhs/ofi
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
ASPIRE helps government assistance recipients find employment, job training, and job preparation. Parents as Scholars provides help attending a 2-year or 4-year college program.

Literacy Volunteers of Washington County RR1, Box 12-A, Outer Court P:207-255-0344
Machias, ME
Tutoring for reading and writing skills; English as a second language.

Maine Educational Opportunity Center (MEOC) meoc.maine.edu
Statewide Program P:1-800-281-3703
Assistance completing college admission and financial aid forms and offers career counseling for individuals wishing to return to school.

Passages Program wayfinderschools.org/passages-program
79 Washington St. P:207-236-3000
Camden, ME F:207-236-2505
Allows teen parents to earn an accredited high school diploma from home while caring for their child.
Sunrise Education Pathways
116 O’Brien Avenue www.machias.edu/sunrise-education-pathways
Machias, ME P:207-255-1318
Support accessing career courses & programs through University of Maine
Machias as well as scholarships for returning adults

University College at Ellsworth www.learn.maine.edu/Ellsworth
248 State Street, Suite 1 P:207-667-3897
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.

**PEER SUPPORT SERVICES**

**Recovery Community Centers**

Bangor Area Recovery Network (BARN) www.bangorrecovery.org
142 Center St. P:207-561-9444
Brewer, ME
A recovery community center that provides recovery resources and support to Eastern & Central Maine including support groups and events.

Your Place, Inc.
8 Old Mill Rd. P:207-374-2733
Ellsworth, ME
Your Place was established in 1992 to serve as a chem-free community center. In addition to chem-free events, Your Place hosts meetings for those interested in the following 12-step recovery programs. Alcoholics Anonymous (AA), Narcotics Anonymous (NA) (Meets at 12:00pm seven days a week), Overeaters Anonymous (OA), Co-Dependents Anonymous (CODA) and Alanon.

**Support Groups**

**Alcoholics Anonymous (AA)**

Down East Inter-Group www.downeastintergroup.org
Down East, ME 24 Hour Helpline:207-479-1779
The Down-East Inter-Group is a group of Alcoholics Anonymous members coming together to help carry the AA message by publishing a newsletter, sponsoring social events, and distributing AA literature. Their 24-hr helpline assists callers in finding or getting to a meting 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 Inter-group. For information about A.A. visit www.aa.org.
Narcotics Anonymous (NA)

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Meeting type; Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellsworth</td>
<td>Discussion; Sun 7 PM</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Discussion; Tues 7PM</td>
<td>Blue Hill Memorial Hospital</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Tues 7PM</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Thurs. 7pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Fri. 7pm</td>
<td>Your Place Inc., 8 Old Mill Rd.</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Meeting type; Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Hill</td>
<td>Discussion; Sun 7:00 PM</td>
<td>Blue Hill Hospital, 57 Water St</td>
</tr>
<tr>
<td>Southwest Harbor</td>
<td>Discussion; Sun 7:00 PM</td>
<td>High Road Church, 20 High Rd.</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Discussion; Mon 12:00PM</td>
<td>St. Saviour’s, 41 Mount Desert St.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Mon 6:00 PM</td>
<td>Congregational Church, 2 Church St.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Tues. 12:00PM</td>
<td>UU Church, 121 Bucksport Rd.</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Discussion; Tues. 7:00PM</td>
<td>First Baptist Church, 46 Ledgelawn</td>
</tr>
<tr>
<td>Bucksport</td>
<td>Discussion; Wed 7 PM</td>
<td>Elm St. Cong. Church, 31 Elm St.</td>
</tr>
<tr>
<td>Calais</td>
<td>Discussion; Wed 6:30PM</td>
<td>Old Calais Hospital, Palmer St.</td>
</tr>
<tr>
<td>Columbia</td>
<td>Discussion; Wed. 7:00PM</td>
<td>Faith United Methodist, 444 Rte. 1</td>
</tr>
<tr>
<td>Hancock</td>
<td>Discussion; Wed. 12:00PM</td>
<td>Union Congregational; 1368 US Hwy 1</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Discussion; Thurs. 12:00PM</td>
<td>UU Church, 121 Bucksport Rd.</td>
</tr>
<tr>
<td>Stonington</td>
<td>Discussion; Thurs. 9:00 AM</td>
<td>Island Community Center, 2 Memorial</td>
</tr>
<tr>
<td>Bar Harbor</td>
<td>Discussion; Fri. 7:00PM</td>
<td>St. Saviors’ 41 Mount Desert St,</td>
</tr>
<tr>
<td>Northeast Harbor</td>
<td>Discussion; Sat. 9:30AM</td>
<td>St. Mary &amp; St. Jude’s, 5 Kimball Rd.</td>
</tr>
</tbody>
</table>

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

Other Recovery Support Groups

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Meeting type; Day and Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Nicotine Anonymous, Mon 4:30</td>
<td>St. Saviors’, 41 Mt. Desert St.</td>
</tr>
<tr>
<td>Brewer</td>
<td>Young People in Recovery</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td></td>
<td>Tues 6 PM</td>
<td></td>
</tr>
<tr>
<td>Brewer</td>
<td>Codependents Anonymous</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td></td>
<td>Sun., 5:30PM</td>
<td></td>
</tr>
<tr>
<td>Brewer</td>
<td>Gamblers Anonymous</td>
<td>The BARN, 142 Center St</td>
</tr>
<tr>
<td></td>
<td>T/TH 6PM, Call 207-664-6071</td>
<td></td>
</tr>
<tr>
<td>Brewer</td>
<td>M.A.P.S. (MAT Recovery Group)</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td></td>
<td>Fri. 5PM, Call:207-852-7220</td>
<td></td>
</tr>
<tr>
<td>Brewer</td>
<td>Sex &amp; Love Addicts, Sun. 7PM</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td>Brewer</td>
<td>Drug Addicts Anonymous</td>
<td>The BARN, 142 Center St.</td>
</tr>
<tr>
<td></td>
<td>Friday 7PM</td>
<td></td>
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<tr>
<td>Bangor</td>
<td>Harm Reduction Support Group</td>
<td>The Health Equity Alliance, 106 Pine St.</td>
</tr>
<tr>
<td></td>
<td>Date and Time TBA</td>
<td></td>
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<td></td>
<td>Call: 207-990-3626</td>
<td></td>
</tr>
<tr>
<td>Bangor</td>
<td>LGBTQ Smoking Cessation</td>
<td>The Health Equity Alliance, 106 Pine St.</td>
</tr>
<tr>
<td></td>
<td>Date and Time TBA</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Call: 207-990-3626</td>
<td></td>
</tr>
</tbody>
</table>
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  The Refuge Church, 21 Calais Avenue
Tuesday 7PM, Call 207-255-5011
Deer Isle  Alateen; Wed. 11:30  Deer Isle Stonington High School
(Al-anon for Teenagers) 251 Deer Isle Rd.
High School Students Only
Deer Isle  Nicotine Anonymous; Tues 6PM  Congregational Church , Downstairs
Ellsworth  Nicotine Anonymous; Tues 7PM  St. Joseph’s, 231 Main Street
Ellsworth  Food Addicts; Wed. 6:30PM  St Duston’s Ch., 134 State Street
Call Kathy 207-942-1738
Ellsworth  Faith Based Recovery Meeting  Christian Ridge Ch., 53 Christian Ridge
Wed. 7PM
Ellsworth Falls  Codependents Anonymous  Congregation Church
Mon., 12:15PM
Jonesport  ARISE Faith-based recovery  Community of Christ Church, 156 Main St.
Fri 7PM, Call 207-255-5011
Machias  Friends/ Family Support Group  The Health Equity Alliance, 7VIP Lane
Date and Time TBA
Call: 207-255-5849
Machias  ARISE Faith-based recovery  Machias Christian Fellowship, 3 Davis Rd.
(groups for men, women, & family )
Mon. 7PM, Call 207-255-5011

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.
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 Domestic Violence Program 207-214-1917
Domestic Violence Hotline for Spanish speakers 207-553-2252
Information, crisis counseling, emotional support and advocacy.
Sexual Assault Support—Statewide 1-800-871-7741
Sexual Assault Support—Downeast (AMHC ) 207-796-6106
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**
www.acadiafamilycenter.org
1 Fernald Point Rd. P:207-244-4012
Southwest Harbor, ME
Individual counseling, early recovery group, pain management group, medication assisted treatment (suboxone). Accepts MaineCare and MOST major health insurances.

**Acadia Hospital**
www.acadiahospital.org
268 Stillwater Ave. P:1-800-640-1211
Bangor, ME
Individual counseling, group counseling, IOP (intensive outpatient treatment), Medication Assisted Treatment (including methadone and suboxone). Accepts all insurance.

**Aroostook Mental Health Center (AMHC)**
www.amhc.org
710 Bucksport Rd., Ellsworth, ME P:207-667-6890
127 Palmer St., Calais, ME P:1-800-244-6431
Individual counseling. Accepts MaineCare and all major health insurance. Sliding fee scale available for substance use counseling. Also offers Maine Mother’s Network program for mother’s who are pregnant or who have children under age 5.

**Arnold Memorial Medical Center**
70 Snare Creek Rd. P:207-497-5614
Jonesport, ME
Individual counseling, medication assisted treatment (suboxone). Accepts all insurance. Dr. Steven Weisberger, with counseling support from AMHC.

**Blue Hill Memorial Hospital, Island Family Medicine**
www.bhmh.org
354 Airport Rd., P:207-367-2311
Stonington, ME
Individual counseling, medication assisted treatment (suboxone). Accepts
most insurances. Dr. Charles Zelnick, Dr. Thomas Bugbee, Sharon Carroll.

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

- **Community Health & Counseling Service**
  - **Address:** 52 Christian Ridge Rd., Ellsworth, ME
  - **Phone:** 207-667-5357
  - 15 Kids Corner, Machias, ME
  - **Phone:** 207-255-8473

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

**Discovery House**

- **Address:** 74 Dowd Road, Bangor, ME
  - **Phone:** 207-947-6800
- 12 Beech Street, Calais, ME
  - **Phone:** 207-454-1300

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

**The East Grand Health Center**

- **Address:** 201 Houlton Road
  - **Phone:** 207-448-2347
  - **Address:** Danforth, Maine
  
Medication assisted treatment. Accepts most insurances, including MaineCare.

**Eastport Health Care**

- **Address:** 30 Boynton Street
  - **Phone:** 207-853-6001
- **Address:** Eastport, Maine
  - **Fax:** 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**

- **Address:** 248 State Street— Suite 13B (Mill Mall)
  - **Phone:** 1-800-683-8313
  - **Address:** Ellsworth, ME

Medication Assisted Treatment with suboxone and weekly group therapy. Cost is $65 per week which includes group and physician fees. No insurances are currently accepted for office fees, but may be used for medication prescriptions.

**Harrington Family Health Center**

- **Address:** 50 East Main St.
  - **Phone:** 207-483-4502
  - **Address:** Harrington, ME
  
Individual counseling. Accepts all insurances.

**HealthWays Regional Medical Center**

- **Address:** 43 South Lubec Rd.
  - **Phone:** 207-733-1090
  - **Address:** Lubec, ME
    - **Fax:** 207-733-2847

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. Accepts most insurances, sliding scale available. Counseling services also offered in Machias and Calais.
Mount Desert Island Hospital Behavioral Health Center
322 Main St., 3rd Floor www.mdihospital.org
Bar Harbor, ME P: 207-288-8604
Individual counseling, group counseling. Accepts all insurances.

Open Door Recovery Center www.opendoorrecoverycenter.org
8 Old Mill Rd. P: 207-667-3210
Ellsworth, ME F: 207-667-3133
IOP (Intensive outpatient treatment), Individual counseling, group counseling, medication management. Accepts most major health insurances.

Penobscot County Metro Treatment
659 Hogan Rd. P: 207-973-0400
Bangor, ME F: 207-973-1881
Individual counseling, medication assisted treatment (including Methadone).

Wellspring
319 State St. P: 207-941-1639
Bangor, ME P: 1-888-590-2879
Individual counseling, family counseling, group counseling, half way housing.

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

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.

**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.

**Holly Duesenberry**
Ellsworth, ME  
P:207-808-7281  
Individual counseling. Accepts MOST major health insurances.

**Stephanie Francis, LCPC**
Bucksport, ME  
P:207-517-2031  

**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**
Ellsworth, Bucksport, Blue Hill, ME  
P:207-479-4484  
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.

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  

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.

Marc Mytar, Psychologist  
Ellsworth ME  
P:207-667-2095  
Individual counseling for adults and couples.

Maryann Ogonowski, LADC, RN  
Ellsworth, ME  
P:207-667-7050  
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  
Ellsworth, ME (one day in Blue Hill)  
P:1-800-244-6431  

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

Steven Benson, Psychologist
Blue Hill, ME  P:207-374-2357

Lila Balch, LCSW
Brooklin, ME (Serves Blue Hill & Bucksport as well)  P:207-491-4802

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.

Helen Deuschle, 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.

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., LpastC
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.

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.

Paula Draper-Hayward, LADC
Lubec, 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.

Dan Gaspar, LCPC, LADC
Harrington, ME P:207-483-4502
Individual counseling, Substance use counseling.

Holly Greenleaf Whitney, LADC
Harrington, ME P:207-255-8301
Individual counseling, substance use specialty. Accepts all insurances.

Pamela Helmstadler, LCPC
Calais, ME P:207-454-0407
Individual counseling, substance use specialty.

Laura Landy, LCSW, CADC
Machias, ME P:207-271-8105
Individual counseling for adults.

Tara Librizzi, LCSW
Machias, ME P:207-255-0996
Individual counseling for adults.

Jill Mertinke, LCPC
East Machias, ME P:207-255-4833
Individual counseling for adults. Accepts MaineCare and most insurances.

Valerie Renshaw, LCPC
Machias, ME P:207-255-0996
Individual counseling for adults.
Complementary Health Services

Acupuncture

Acupuncture at Caterpillar Hill
Sedgwick, ME P:207-359-2800

Acupuncture Care
Ellsworth, ME P:207-667-4128

Blue Hill Acupuncture, Lorinda Toscas
Blue Hill, ME P:207-374-9111

Christine Cuneo, RN
Ellsworth, ME P:207-667-8036

Linda Froslund
Sedgwick, ME P:207-209-1613

Maine Coast Acupuncture & Herbal Medicine, Lea Lac Elliot
Ellsworth, ME P:207-812-8747

Sarah Tewey, LAC
Southwest Harbor, ME P:207-266-7938

Specialty in substance treatment; uses NADA protocol.

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

BKS Lyengar Yoga Center
Sedgwick, ME P:207-326-2037

Blue Hill Center for Yoga
Blue Hill, ME P:207-374-2004

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 Healing
Brooksville, ME P:207-326-3236

The Yoga Place
Ellsworth, ME P:207-669-5685
Yoga @ Cattitude  
Bar Harbor, ME  
www.cattitudemdi.com

Smoking Cessation

**Cancer Support Center of Maine**  
www.cancesupportofmaine.org  
Hancock & Washington Counties, ME  
P:207-326-2037  
Free smoking cessation classes.

**Healthy Acadia**  
www.healthyacadia.org  
Hancock County, ME  
P:207-667-7171  
Offers free (donation suggested) Tai Chi, smoking cessation, chronic pain management classes.

**Health Equity Alliance Cancer Equity Project**  
www.mainehealthequity.org  
Bangor, ME  
P:207-990-3626  
Offers free (donation suggested) cessation classes and cancer education for LGBTQ identified people.

Harm Reduction Services

**Health Equity Alliance**  
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  
106 Pine St.  
P:207-990-3626  
Bangor, ME  
F:207-990-2286  
Provides needle exchange services, naloxone distribution, and HIV/Hepatitis C testing. Has support groups and advocacy / volunteer opportunities.

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  
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.

**Peninsula Free Health**  
www.penninsulafreehealth.net  
26 Hinckley Ridge Rd.  
P:207-374-5585  
Blue Hill, ME  
Provides health services for adults and children. Open Monday from 2pm to 5pm. Walk-ins are welcome.
Federally Qualified Health Centers

Bucksport Regional Health Center  www.bucksportrhc.com
Bucksport, Maine  P:207-469-7371
East Grand Health Center  www.eastgrand.org
Danforth, ME  P:207-448-2347
Eastport Health Care, Inc.  www.eastporthealth.org
Eastport, Calais, & Machias, ME  P:207-853-6001
Harrington Family Health Center  www.harringtonfamilyhealth.org
Harrington, ME  P:207-483-4502
St. Croix Regional Family Health Center  www.scrfhc.org
Calais & Princeton, ME  P:207-796-5503
Regional Medical Center of Lubec  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
70 Kingsland Crossing  P:207-667-6789
Ellsworth, ME
The Dental Center provides comprehensive dental services. Accepts private insurance, MaineCare, and has discounted fees for those without insurance.

Maine Coast Community Dental Clinic
52 Christian Ridge Rd.  P: 207-667-0293
Ellsworth, ME
Complete dental care is provided at the main clinic, and portable hygiene clinics see children at a number of schools, child care center, and WIC clinics in Hancock and Washington counties. Accepts MaineCare & has sliding scale.

Maine Donated Dental Services  www.dentallifeline.org
P.O. Box  2282  P:207-620-8276
Augusta, ME  P:1-800-205-5615
Provides dental services to those unable to pay if they are permanently disabled, medically at risk, or 65 years or older.

Hospitals

Blue Hill Memorial Hospital  www.bhmh.org
57 Water St.  P:207-374-3400
Blue Hill, ME
Calais Regional Hospital  www.calaishospital.org
24 Hospital Lane  P:207-454-7521
Calais, ME  F:207-454-3616
Legal & Criminal Justice Services

Legal Services
Maine Equal Justice Partners
126 Sewall Street
Augusta, Me
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
Washington County Adult Drug Court
1 Stackpole Drive.
Machias, ME
P:207-255-1919
F:207-255-1936
Provides pretrial services, post conviction alternatives, and diversion options throughout the state of Maine. Operates the drug court programs in Hancock and Washington counties.

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
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-4p: 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.; and at the Ellsworth courthouse the 2nd & 4th Tuesday of every month.
Support Services for Incarcerated Individuals

**Maine Prisoner Advocacy Coalition**
www.maineprisoneradvocacy.org
P.O. Box 2173
E: maineprisoneradvocacy@yahoo.com
Waterville, ME
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**
www.rjpmidcoast.org
P.O. Box 141
Belfast, ME
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**
www.jailvolunteers.org
272 Turkey Farm Rd.
Blue Hill, ME
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**
www.amhc.org
Washington, Hancock, & Aroostook, ME
P: 207-796-6106
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 Domestic Violence Program**
www.wabanakiwomen.org
Indian Township, ME
P: 207-796-6106
Emergency 24 Hour Crisis Line: 1-207-214-1917
Serving residents of the Indian Township Reservation. Service include emotional support, court advocacy, emergency shelter, hospital accompaniment, safety planning, door lock program.

**Next Step Domestic Violence Project**
www.nextstepdv.org
733 Bangor Rd.
Ellsworth, ME
P: 207-667-0176
F: 207-667-8033
23 Broadway
Machias, ME
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  
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  
Ellsworth, ME  
P:207-664-6016  
Offers free transportation to elderly and disabled residents of Hancock County.

**Island Connections**  
www.islconnections.org  
Ellsworth, ME  
P:207-288-4457  
Provides free transportation for MDI residents to medical apartments, shopping and errands, and other activities.

**Neighborcare**  
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.westbusservice.org  
Downeast, ME  
P:800-596-2823  
Affordable bus service from Calais to Bangor (and points in-between), operates 7 days a week.

**WHCA**  
www.whcacap.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 SunRides transportation that is open to the public.

FOOD

**Food Pantries**

**Bar Harbor Food Pantry**  
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_pantries
Old Village Firehouse                        P:207-526-4347
Swan’s Island, ME
Open Thursday afternoons or as needed.

Bucksport Community Concerns  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 of the month 10 am to 11am.

Emmaus Shelter Food Pantry  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
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
Calais, ME P:207-214-8553
Open Mon 3-5pm, Thurs 10am-12pm, & Friday 1-3pm.

Island Food Pantry
6 Memorial Lane P:207-348-6181
Stonington, ME
Open Thursdays 5:30-7:30. Provides groceries to Deer Isle residents in need.

Jonesport Food Pantry  www.sawyermemorialcongregationalchurch.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
Third Saturday of the month, 9am to 10am & emergencies.

Labor of Love Food Pantry
137 County Rd.
Eastport, ME
Open 2nd & Tuesday 9-11am, & Fridays 2:30-6:30pm.

Loaves & Fishes Food Pantry
Ellsworth, ME
Hours as needed, please call for assistance.

Lubec Community Food Pantry
Lubec Community Outreach Center
Lubec, ME
3rd Wednesday of the month, 1:00-4:00pm.

Machias Food Pantry
Centre Street Congregational Church, 9 Center St.
Machias, ME
Open Tuesdays from 10-12pm.

Saint Ann’s Food Pantry
Pleasant Point, ME
Open Monday-Thursday 9-3pm.

Tree of Life Food Pantry
23 South Street
Blue Hill, ME
Open Thursday 9am to 3pm. Food for residents of Blue Hill Peninsula and other on limited basis.

Weald Bethel Food Pantry
Maine Seacoast Mission
Cherryfield, ME
Open Tuesday 9-12pm & 4-5pm, & Thursdays 9-12pm.

What’s for Suppa? Food Pantry
1268 Otis Road
Otis, ME
Call for hours & more information.

Woodland Community Food Pantry
55 Broadway
Baileyville, ME
Open the 1st & 4th Thursdays of every month from 9-11am.
# Free Community Meals

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Day and Time; Other Info</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Thurs, 4pm-7pm</td>
<td>Holy Redeemer, 21 Ledgelawn</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Mon, 2:30-6pm (not holidays)</td>
<td>1st Cong Church 22 Tenney Hill</td>
</tr>
<tr>
<td>Cherryfield</td>
<td>Sun, 3:30-5pm.m.</td>
<td>EdGE Center, US Rte. 1</td>
</tr>
<tr>
<td>Cherryfield</td>
<td>Fri, 9:30-11:30am; Joan’s Coffee Shop</td>
<td>EdGE Center, US Rte. 1</td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Last Mon of the month, 4-7pm</td>
<td>St. Brendan’s, 627 N. Deer Isle</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Mon, 3-6p.m.</td>
<td>St. Dushman’s, 134 State St.</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Wed, 3-6p.m.</td>
<td>1st Cong Church, 2 Church St.</td>
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<tr>
<td></td>
<td>Available July to October</td>
<td></td>
</tr>
<tr>
<td>Orland</td>
<td>Sun-Fri, 12p.m.</td>
<td>HOME Co-op, 90 Schoolhouse</td>
</tr>
<tr>
<td>Southwest Harbor</td>
<td>Winter: Thur 12-2pm, Sat, 6 to 8pm</td>
<td>566 Seawall Rd.</td>
</tr>
<tr>
<td></td>
<td>Summer: Breakfast everyday, 7:30 to 11:30</td>
<td></td>
</tr>
<tr>
<td>Whitneyville</td>
<td>Last Thur. of the Month, 11a.m.-1p.m</td>
<td>Whitneyville Comm. Building</td>
</tr>
</tbody>
</table>

# Farmer’s Markets

<table>
<thead>
<tr>
<th>City or Town</th>
<th>Day and Time; Other Info</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Harbor</td>
<td>Sun, 9am-12pm, Accepts SNAP &amp; WIC</td>
<td>MDI YMCA parking lot</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Sat, 9-11:30AM, Accepts SNAP &amp; WIC</td>
<td>Blue Hill Fairgrounds</td>
</tr>
<tr>
<td>Blue Hill</td>
<td>Winter market, Sat, 9:30am-12pm</td>
<td>Mainscape, in greenhouse</td>
</tr>
<tr>
<td>Brooklin</td>
<td>Thurs. 3-5pm</td>
<td>6 Bay Road (Rte. 175)</td>
</tr>
<tr>
<td>Brooksville</td>
<td>Tues. 9:30am-12pm</td>
<td>Cornfield Hill Road</td>
</tr>
<tr>
<td>Bucksport</td>
<td>Thurs, 2-5pm, Accepts SNAP &amp; WIC</td>
<td>Post office lot, Main St.</td>
</tr>
<tr>
<td>Calais</td>
<td>Tues. 11am-2pm, June-Oct, SNAP/WIC</td>
<td>Union St., on the green</td>
</tr>
<tr>
<td>Castine</td>
<td>Thurs, 9-11:30 AM</td>
<td>1 School St, Town Common</td>
</tr>
<tr>
<td>Deer Isle</td>
<td>Wed, 9:30-11:30am</td>
<td>70 Church St, by Town Hall</td>
</tr>
<tr>
<td>Eastport</td>
<td>Sat, 11am-2pm, June –Oct, SNAP /WIC</td>
<td>245 E. Main Street</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Mon, &amp; Thurs, 2-5:30pm, SNAP / WIC</td>
<td>190 Main Street</td>
</tr>
<tr>
<td>Ellsworth</td>
<td>Sat, 9:30am-12:30pm, Accepts WIC &amp; SNAP</td>
<td>121 Bucksport Rd.</td>
</tr>
<tr>
<td></td>
<td>Winter market: Sat. 9:30 AM-12:30PM</td>
<td></td>
</tr>
<tr>
<td>Franklin</td>
<td>Sat, 9am-1pm (July-Oct)</td>
<td>Franklin Trading Post</td>
</tr>
<tr>
<td>Machias Valley</td>
<td>Fri &amp; Sat, 9am-1pm, Accepts WIC</td>
<td>Rte., 1, Across for Helen’s Rest.</td>
</tr>
<tr>
<td>Milbridge</td>
<td>Sat, 9-12pm, Accepts WIC</td>
<td>Camden Bank lot, 29 Main St.</td>
</tr>
<tr>
<td>Princeton</td>
<td>Thurs. 3-5pm, Jun-Sept, Accepts WIC/SNAP</td>
<td>67 West St, Baseball Fields</td>
</tr>
<tr>
<td>Northeast Harbor</td>
<td>Thurs, 9am-12pm, June –Aug,</td>
<td>Green along Harbor Dr.</td>
</tr>
<tr>
<td>Southwest Harbor</td>
<td>Fri. 9am-1pm, May to Oct, Accepts SNAP</td>
<td>St. John’s Church parking lot</td>
</tr>
<tr>
<td>Stonington</td>
<td>Friday, 10am to 12pm</td>
<td>Island Community Center</td>
</tr>
<tr>
<td>Town Hill</td>
<td>Friday, 3pm to 6pm</td>
<td>Rte. 102, next to Firs Station</td>
</tr>
<tr>
<td>Winter Harbor</td>
<td>Tues., 9am-12pm, Accepts WIC</td>
<td>Village Green</td>
</tr>
</tbody>
</table>

# Food & Nutrition Assistance

## Department of Health & Human Services

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

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 Eastward Lane</td>
<td>P:207-664-1400</td>
</tr>
<tr>
<td>Ellsworth ME 04605</td>
<td>F:207-667-5364</td>
</tr>
<tr>
<td>38 Prescott Drive, Suite 3</td>
<td>P:207-255-2000</td>
</tr>
<tr>
<td>Machias, ME 04654</td>
<td>F:207-255-2022</td>
</tr>
</tbody>
</table>

WIC is food vouchers for pregnant women & children under age five. Apply online or in person.
Healthy Acadia
www.healthyacadia.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
Center for Studying Mindfulness
P:207-400-0494
Classes, workshops, and consultations for parents and families.

Bridging Program
WHCA
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.

Child & Family Opportunities
www.childandfamilyopp.org
18 Avery Lane                   P:207-667-2995
Ellsworth, ME
*visit website or call for full list of 9 locations in Hancock / Washington Co.
Serves children & families in Down East Maine through Head Start, Early Head Start, Childcare & early education programming.

Families and Children Together
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.

Families United
www.familiesunited-fyi.org
PO Box 746                  P:207-255-3000
232 Court Street         F:207-255-3030
Machias, ME 04654          Hancock County Services: 207-989-5701
A private, non-profit agency whose mission is to promote family reunification. Services include home & community-based mental health treatment; targeted case management for children; parent skills training, & more.
Maine Child Care Search  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.mainefamilieswc.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
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.

Safe Families for Children  ellswh-machias.safe-families.org
1A Water Street  P:207-263-5530
Machias, ME  P:207-576-2494
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
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, outerwear & more for families that either have a WIC voucher or MaineCare.

WHCA “Family Advocate” Program  www.whcap.org
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.

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
National Association of State Alcohol and Drug Abuse Directors (NASADAD)
www.nasadad.org
Fetal Alcohol Syndrome Community Resource Center
www.come-over.to/FASCRC

Political Action Organizations Devoted to Addiction

Partnership for a Drug-Free America
www.drugfree.org
Join Together
www.drugfree.org/news-service-disclaimer
Amnesty International USA
www.amnestyusa.org
Drug War Facts
www.drugwarfacts.org/cms
Common Sense for Drug Policy
www.csdp.org/cms/
Center on Juvenile & Criminal Justice
http://www.cjcj.org/index.html
The Trebach Institute
www.trebach.com
National Drug Strategy Network
www.ndsn.org
The Drug Policy Alliance
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
Drug Court Clearinghouse/American University
www.american.edu/spa/jpo
Drug Court Technology
www.drugcourttech.org

Other Resources

In the Rooms
www.intherooms.com
Women for Sobriety
www.womenforsobriety.org/beta2
Refuge Recovery
www.refugerecovery.org
Life Ring
www.lifering.org
Smart Recovery
www.smartrecovery.org
This guide was compiled by the Health Equity Alliance & Healthy Acadia, with assistance and input from two community groups, the Down East Substance Treatment Network & the Down East Recovery Support Coalition. 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 or alex@mainehealthequity.org