

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

51 Main St.

Ellsworth, ME

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

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

www.nextstepdv.org

733 Bangor Rd.

Ellsworth, ME

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

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

P:207-255-5011

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

31 Church St.

Ellsworth, ME

www.chomhousing.org/church-street

P:207-879-0347

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.

Eddie’s Place

64 Bucksport Rd.

Ellsworth, ME

www.simplelivinginc.org/ediesplace

P:207-664-2245

F: 207-664-2246

Eddie’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. Eddie’s place has a Zero Tolerance Policy for drugs & alcohol & all residents must participate in 12-step programs.

Families First Ellsworth

Ellsworth, ME

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. **FFCC is not open yet—set to open in late 2016.**

Sunrise Opportunities

26 Hadley Lake Rd.

Machias, ME

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

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

P:207-288-4770

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
90 School House Rd.
Orland, ME

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

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.
Ellsworth, ME**

**www.whcacap.org/veterans-services
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.

**248 State Street, Suite 15A
Ellsworth, ME**

**www.emdc.org
P:207-610-1521
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

**One College Drive
Calais, ME**

**www.mainecareercenter.com
P:207-454-7551
F: 207-454-0349
P:207-255-1900
F:207-255-4778**

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

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

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

**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
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
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 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
Machias, ME**

**www.machias.edu/sunrise-education-pathways
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

**248 State Street, Suite 1
Ellsworth, ME**

**www.learn.maine.edu/Ellsworth
P:207-667-3897**

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)

**142 Center St.
Brewer, ME**

**www.bangorrecovery.org
P:207-561-9444**

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.
Ellsworth, ME**

P:207-374-2733

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

Down East, ME

**www.downeastintergroup.org
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 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 Inter-group. For information about A.A. visit www.aa.org.

Narcotics Anonymous (NA)

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

For a full list of Maine NA Meetings & more information contact the Maine Area of Narcotics Anonymous: 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>
Blue Hill	Discussion; Sun 7:00 PM	Blue Hill Hospital, 57 Water St
Southwest Harbor	Discussion; Sun 7:00 PM	High Road Church, 20 High Rd. .
Bar Harbor	Discussion; Mon 12:00PM	St. Saviour's. 41 Mount Desert St.
Ellsworth	Discussion; Mon 6:00 PM	Congregational Church, 2 Church St.
Ellsworth	Discussion; Tues. 12:00PM	UU Church, 121 Bucksport Rd.
Bar Harbor	Discussion; Tues. 7:00PM	First Baptist Church, 46 Ledge lawn
Bucksport	Discussion; Wed 7 PM	Elm St. Cong. Church, 31 Elm St.
Calais	Discussion; Wed 6:30PM	Old Calais Hospital, Palmer St.
Columbia	Discussion; Wed. 7:00PM	Faith United Methodist, 444 Rte. 1
Hancock	Discussion; Wed. 12:00PM	Union Congregational; 1368 US Hwy 1
Ellsworth	Discussion; Thurs. 12:00PM	UU Church, 121 Bucksport Rd.
Stonington	Discussion; Thurs. 9:00 AM	Island Community Center, 2 Memorial
Bar Harbor	Discussion; Fri. 7:00PM	St. Saviors' 41 Mount Desert St,
Northeast Harbor	Discussion; Sat. 9:30AM	St. Mary & St. Jude's, 5 Kimball Rd.

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 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 4:30	St. Saviors', 41 Mt. Desert St.
Brewer	Young People in Recovery Tues 6 PM	The BARN, 142 Center St.
Brewer	Codependents Anonymous Sun., 5:30PM	The BARN, 142 Center St.
Brewer	Gamblers Anonymous T/TH 6PM, Call 207-664-6071	The BARN, 142 Center St
Brewer	M.A.P.S. (MAT Recovery Group) Fri. 5PM, Call:207-852-7220	The BARN, 142 Center St.
Brewer	Sex & Love Addicts, Sun. 7PM	The BARN, 142 Center St.
Brewer	Drug Addicts Anonymous Friday 7PM	The BARN, 142 Center St.
Bangor	Harm Reduction Support Group Date and Time TBA Call: 207-990-3626	The Health Equity Alliance, 106 Pine St.
Bangor	LGBTQ Smoking Cessation Date and Time TBA Call: 207-990-3626	The Health Equity Alliance, 106 Pine St.

Bangor	Nar-Anon; Thurs 6:30PM	St. Francis Ctr., 294 Center St.
Blue Hill	Food Addicts, Sat. 8:30AM Call Sharon: 207-479-5750	First Congregation Church, 22 Tenney Hill
Calais	ARISE Faith-based recovery Tuesday 7PM, Call 207-255-5011	The Refuge Church, 21 Calais Avenue
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 6PM	Congregational Church , Downstairs
Ellsworth	Nicotine Anonymous; Tues 7PM	St. Joseph's, 231 Main Street
Ellsworth	Food Addicts; Wed. 6:30PM Call Kathy 207- 942-1738	St. Duston's Ch., 134 State Street
Ellsworth	Faith Based Recovery Meeting Wed. 7PM	Christian Ridge Ch., 53 Christian Ridge
Ellsworth Falls	Codependents Anonymous Mon., 12:15PM	Congregation Church
Jonesport	ARISE Faith-based recovery Fri 7PM, Call 207-255-5011	Community of Christ Church, 156 Main St.
Machias	Friends/ Family Support Group Date and Time TBA Call: 207-255-5849	The Health Equity Alliance, 7VIP Lane
Machias	ARISE Faith-based recovery Mon. 7PM, Call 207-255-5011 (groups for men, women, & family)	Machias Christian Fellowship, 3 Davis Rd.

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.bhmf.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) www.chcs.org
52 Christian Ridge Rd., Ellsworth, ME P:207-667-5357
15 Kids Corner, Machias, ME P:207-255-8473

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

Discovery House www.discoveryhouse.com
74 Dowd Road, Bangor, ME P:207-947-6800
12 Beech Street, Calais, ME P:207-454-1300

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

The East Grand Health Center www.eastgrand.org
201 Houlton Road P:207-448-2347
Danforth, Maine

Medication assisted treatment. Accepts most insurances, including Maine-Care.

Eastport Health Care www.eastporthealth.org
30 Boynton Street P:207-853-6001
Eastport, Maine 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 www.joiningroups.com
248 State Street— Suite 13B (Mill Mall) P:1-800-683-8313
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 www.harringtonfamilyhealth.org
50 East Main St. P:207-483-4502
Harrington, ME

Individual counseling. Accepts all insurances.

HealthWays Regional Medical Center www.rmcl.org
43 South Lubec Rd. P:207-733-1090
Lubec, ME P: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

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.

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

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

Ellsworth, Bucksport, Blue Hill, ME

P:207-479-4484

Individual counseling for children, teens & adults. Specializes in substance use. Accepts MaineCare.

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

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

Lila Balch, LCSW

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

P:207-491-4802

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.

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 Healgig

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

Hancock & Washington Counties, ME

www.cancesupportofmaine.org

P:207-326-2037

Free smoking cessation classes.

Healthy Acadia

Hancock County, ME

www.healthyacadia.org

P:207-667-7171

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

Health Equity Alliance Cancer Equity Project

Bangor, ME

www.mainehealthequity.org

P:207-990-3626

Offers free (donation suggested) cessation classes and cancer education for LGBTQ identified people.

Harm Reduction Services

Health Equity Alliance

25A Pine St.

www.mainehealthequity.org

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

248 State Street

www.mainefamilyplanning.org

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

26 Hinckley Ridge Rd.

www.penninsulafreehealth.net

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
Bucksport, Maine

www.bucksportrh.com
P:207-469-7371

East Grand Health Center
Danforth, ME

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

Eastport Health Care, Inc.
Eastport, Calais, & Machias, ME

www.eastporthealth.org
P:207-853-6001

Harrington Family Health Center
Harrington, ME

www.harringtonfamilyhealth.org
P:207-483-4502

St. Croix Regional Family Health Center
Calais & Princeton, ME

www.scrfhc.org
P:207-796-5503

Regional Medical Center of Lubec
East Machias & Lubec, ME

www.rmcl.org
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
70 Kingsland Crossing
Ellsworth, ME

www.caringhandsofmaine.com
P:207-667-6789

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.
Ellsworth, ME

P: 207-667-0293

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

P.O. Box 2282
Augusta, ME

www.dentallifeline.org
P:207-620-8276
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
57 Water St.

www.bhmfh.org
P:207-374-3400

Blue Hill, ME

Calais Regional Hospital
24 Hospital Lane
Calais, ME

www.calaishospital.org
P:207-454-7521
F:207-454-3616

Down East Community Hospital

11 Hospital Drive
Machias, ME

www.dech.org
P:207-255-3356

Maine Coast Memorial Hospital

50 Union Street
Ellsworth, ME

www.mcmhospital.org
P:207-664-5311
P:888-645-8829

MDI Hospital

10 Wyman Lane
Bar Harbor, ME

www.mdihospital.org
P:207-288-5081

LEGAL & CRIMINAL JUSTICE SERVICES

Legal Services

Maine Equal Justice Partners

126 Sewall Street
Augusta, Me

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

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

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-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. & 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

P:207-388-2742

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.

bluehillme@roadrunner.org

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.

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

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 appointments, 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.sawyer Memorial Congregational Church
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

137 County Rd.
Eastport, ME

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

P:207-853-2373

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

Loaves & Fishes Food Pantry

Ellsworth, ME

www.facebook.com/LoavesandFishespantry

P:207-667-4363

Hours as needed, please call for assistance.

Lubec Community Food Pantry

Lubec Community Outreach Center
Lubec, ME

www.lubecoutreach.org

P:207-733-6113

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

Machias Food Pantry

Centre Street Congregational Church, 9 Center St.
Machias, ME

P:207-255-6665

Open Tuesdays from 10-12pm.

Saint Ann's Food Pantry

Tribal Office building, Rt. 190
Pleasant Point, ME

P:207-853-2600

Open Monday-Thursday 9-3pm.

Tree of Life Food Pantry

23 South Street
Blue Hill, ME

www.treeoflifepantry.org

P:207-664-2245

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

Maine Seacoast Mission
Cherryfield, ME

www.seacoastmission.org/food_pantries

P:207-546-7424

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.

Free Community Meals

City or Town	Day and Time; Other Info	Location
Bar Harbor	Thurs, 4pm-7pm	Holy Redeemer, 21 Ledge Lane
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	Last Mon of the month, 4-7pm	St. Brendan's, 627 N. Deer Isle
Ellsworth	Mon, 3-6p.m	St. Dusan'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	Fri & Sat, 9am-1pm, Accepts WIC	Rte., 1, Across for Helen's Rest.
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

140 State St, Suite 1

Ellsworth, ME

121 Court St.

Machias ME

www.healthyacadia.org

P:207-667-7171

F:207-667-7173

P:207-266-3741

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.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.maineamilyplanning.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 ellsworth-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.drugcourtttech.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

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Healthy Acadia

Building vibrant communities



HEALTH EQUITY ALLIANCE

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