

Resource Manual

2010



Penobscot and Piscataquis County

Piscataquis County Towns

- Abbot
- Atkinson
- Beaver Cove
- Bowerbank
- Brownville
- Dover-Foxcroft
- Greenville
- Guilford
- Medford
- Milo
- Monson
- Parkman
- Sangerville
- Sebec
- Shirley
- Wellington
- Willimantic

Penobscot County Towns

- Alton
- Bradford
- Bradley
- Burlington
- Carmel
- Charleston
- Chester
- Clifton
- Corinna
- Corinth
- Dexter
- Dixmont
- East Millinocket
- Eddington
- Edinburg
- Enfield
- Etna
- Exeter
- Garland
- Glenburn
- Greenbush
- Hampden
- Hermon
- Holden
- Howland
- Hudson
- Kenduskeag
- Lagrange
- Lakeville
- Lee
- Levant
- Lincoln
- Lowell
- Mattawamkeag
- Maxfield
- Medway
- Milford
- Millinocket
- Mount Chase
- Newburgh
- Newport
- Orono
- Orrington
- Passadumkeag
- Patten
- Plymouth
- Springfield
- Stacyville
- Stetson
- Veazie
- Winn
- Woodville

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The Acadia Hospital

www.acadahospital.org

268 Stillwater Ave
Bangor, ME 04401

Toll Free 800-640-1211
Local 973-6100

Agency Information:

The primary mission of The Acadia Hospital is the provision of both hospital-based and community-based mental health and substance abuse treatment services to the people of Maine. Reflecting the caring nature of its mission, The Acadia Hospital is committed to providing quality services which foster dignity and a positive environment for children, adolescents, and adults with mental health and chemical dependency problems and to advocating for their mental, physical and spiritual well-being.

Services Provided:

- Chemical Dependency Services
- Children's and Adolescent Partial Programs
- Inpatient Services
- Intensive Outpatient-Partial Hospitalization
- Psychology Services

Location Served:

Acadia Hospital is located in Penobscot County.

Population Served:

All ages are served.

Funding Source:

The Acadia Hospital accepts most insurance companies including MaineCare and Medicare.

Please call to verify that your insurance provider is accepted.

96 Thirteenth Street
Bangor, ME 04401

Local 941-2898
Fax 941-2888

Agency Information:

As a private, non-profit organization, our primary mission is to provide supports, programs and services that enhance the quality of life and independence of people with disabilities. Through a range of individualized services we seek to promote abilities and achievements that contribute to self-respect, personal development, purposeful work, and meaningful participation in the community.

Services Provided:

Amicus has several programs within the Bangor Area to support the needs of adults with disabilities.

- **The Bouchea Center for Learning** provides supports such as physical, occupational, and communication therapy on a varied daily schedule and provides opportunities for community integration. Support in all activities of daily living seeks to increase independence and satisfaction with everyday experiences while enhancing social and emotional stability, security, and confidence.
- **Ralph Leek Elders /PVI** provide an array of experiences designed to support personal growth, wellness, self advocacy, life planning, work opportunities, and independence. As often as possible, activities take place at community sites. Ralph Leek Elders supports the unique needs and interests of older adults with disabilities. The focus is on building and keeping community connections.
- **Community Life** has three program services, Person Centered Planning, Amicus Housing Personal Supports, and the Community Skills Project.
- **Phoenix Employment and Rehabilitation** provides support to enable people with a wide range of disabilities to develop productive and satisfying lifetime careers. This includes on-site assembly and production work, job development, short and long-term supported employment, assessment of career interests and skills, and activities to enhance skills needed to live and work independently.

Location Served:

Penobscot County

Population Served:

Varies depending on program

Funding Source:

Varies depending on program

Behavioral Health Center

www.behavioralhealthcenter.com

77 Court Street
Bangor, ME 04401

Toll Free 1-800-499-0879
Local 941-0879
Fax 941-0880

Agency Information:

Behavioral Health Center provides a wide range of counseling and mental health services by well trained, qualified, and licensed professionals. Treatment will include an initial assessment, development of a treatment plan and evaluation of treatment services. BHC uses brief therapy techniques when appropriate and evidenced based treatments.

BHC is a private group out-patient mental health practice. Evaluation and treatment services are provided to individuals, families, courts, businesses, schools, civil and criminal proceedings, elderly, and disabled people living in long term care facilities.

Services Provided:

- Cognitive Behavioral Therapy
- Anger & Stress Management
- Play Therapy
- Expressive & Cognitive Therapy
- Family Systems Therapy
- Brief & Long-Term Treatment
- Couple & Marital Therapy
- Forensic Services
- Violence Risk & Safety Assessments

Location Served:

Office is located in Penobscot County.

Population Served:

All ages are served.

Funding Source:

BHC accepts most insurance companies including MaineCare and Medicare. Please call the office to find out if your insurance policy is contracted with BHC. Sliding scale fees are available on a per-client basis.

Community Care

www.caremaine.org

40 Summer Street
Bangor, ME 04401

Local 945-4240
Fax 990-3660

Agency Information:

Community Care provides quality community-based services that are timely and effective in promoting the health, well being, and independence of individuals and families.

Services Provided:

- Treatment Foster Care
- Adult Community Support Services
- Community Family Support Services
- Mental Health Services

Location Served:

Penobscot and Piscataquis County

Population Served:

All ages served.

Funding Source:

Please call to verify that your insurance provider is accepted.

57 Exchange Street
Suite 402
Portland, ME 04101

Local 874-1045

Agency Information:

Day One provides a variety of substance abuse and mental health services.

Services Provided:

- Evaluation/Assessment
- Individual Therapy
- Family Therapy
- Group Therapy
- Parent Group
- Play Therapy
- Intensive Outpatient
- Home Based Counseling
- School Based Services
- DEEP
- Residential Programs

Location Served:

Most services are offered in the greater Portland area.

Population Served:

All ages are served.

Funding Source:

Please call to verify that your insurance provider is accepted.

883 West Main Street
Dover-Foxcroft, ME 04426

Local 564-4346

Agency Information:

Evergreen programs, affiliated with Pine Tree Hospice, offer a safe space where children, teens, adults and families grieving a death can share their experiences. Evergreen offers weekly ongoing peer support groups for children and adults.

Services Provided:

- Support groups for children every Wednesday from 7-8 PM.
- Support groups for adults every 1st and 3rd Thursday of each month from 6:30-7:30 PM

Location Served:

Piscataquis County

Population Served:

All ages are served.

Funding Source:

All services are free of charge.

Toll Free 800-624-9224
Local 943-0908

Agency Information:

The Family Advisory Council for Empowerment Statewide (F.A.C.E.S.) comprises regional councils in Portland, Lewiston, Skowhegan, Bangor and Rockland. Members are graduates of the [G.E.A.R. Parent Network's Empowerment Institute](#), which teaches leadership skills and quality assurance advocacy to support the planning and development of children's behavioral health services in Maine systems of care.

F.A.C.E.S. seeks to enhance Maine's family driven system of care by promoting partnerships between families and child-serving systems, including child welfare, children's behavioral health, early childhood, healthcare, education, juvenile justice and others. F.A.C.E.S.' collective family voice aims to promote change and to inform policy at home, in communities and community-based organizations, with providers and agencies, and within local, state and federal government.

Services Provided:

Varies

Location Served:

All of Maine

Population Served:

All ages

Funding Source:

N/A

P.O. Box 3604
731 Wilson Street
Brewer, ME 04412

Phone: (207) 989-5701
Fax: (207) 989-5720

Agency Information:

Families United is a private, non-profit agency whose mission is to assist children and families with the resolution of conflicts/problems in order to enhance individual well-being, strengthen the family unit, and improve community life.

Population served:

Clients served are all ages.

Location served:

Washington, Hancock, Penobscot, Aroostook and Piscataquis Counties.

Funding Source:

Families United does charge a fee for services. For the CAPE program, fees may be covered by MaineCare or DHHS funding. For the Home Based Program, fees may be covered by either MaineCare or DHHS funding. For the Supervised Visitation program, fees may be covered by either DHHS funding or may be paid for in advance by the client - these are referred to as "self-pays". Currently there are no fees associated with the Family Reunification Program. Please keep in mind that these are subject to change at any time. Please contact one of our offices with more specific questions.

Services offered:

The agency is licensed by the Department of Health and Human Services to provide intensive home-based mental health services, out-patient, community support and behavioral specialist services.

Mental Health Treatment

Home Based TLC Family Preservation Treatment Program

The intensive TLC (Teaching, Listening, Counseling) Family Preservation Treatment Program provides short-term, in-home, team delivered services designed to prevent out-of-home placement or achieve successful reunification of children into their homes.

The CAPE Program

Our Child and Parent Empowerment (CAPE) Program is one of seven Community Intervention Programs in Maine. The CAPE program has three main objectives:

- to increase child safety
- to increase family stability
- to encourage community involvement

CAPE is a voluntary program which receives referrals directly from the Maine Department of Health and Human Services Child Protection Unit.

The Family Visitation / Resource Center

The Family Visitation Center

In both Washington and Hancock Counties, the Family Visitation Center offers a safe, supportive, and nurturing environment in which children visit with parents and other significant people in their lives, who as a result of court action, DHHS involvement or other circumstances, are required to have supervision when visiting with the children.

The Family Resource Center

Family Aides provide an array of services to parents, children and the family as a whole. These services can be provided in the home or in our Family Resource Center.

Some of these services include:

- Recreational coaching activities
- Parenting skills training
- Home management
- Assistance with Reunification and mediation
- Crisis management planning

- Behavior management planning
- Skill building activities

Family Reunification Program

The goal of the Family Reunification Program (FRP) is to return children home earlier by providing the family with an intensive array of services to meet the family's individualized needs. The focus of services provided will be directed toward helping the family internalize behaviors and skills that strengthen the family and prevent further out-of-home placements for children in the family. It will also focus on helping the family gain access to and fully utilize needed resources, as well as assist the family in developing an effective and on-going natural support system.

All referrals to the Family Reunification Program come from the Office of Child and Family Services, Department of Health and Human Services. Families participate on a voluntary basis. There is no cost for the Program's services. FRP staff (1-2) visit homes and coordinate services for up to 4 months or with Departmental approval, up to 6 months. FRP staff will begin working with the family approximately 30 days prior to the return of the child to the home. Until the child returns to the home, FRP staff will work with the family for 8 hours per week. For the first 30 days of the program after the child has returned to the home FRP staff will maintain approximately 16-18 hours of face to face contact. 30 days after the child's return to the home and for the remainder of the program, FRP staff will work with the family for 8 hours per week.

Referral Process:

Referrals are accepted from family members, social service agencies, physicians, schools, and State Agencies. Referrals may be in person, in writing, or by telephone at any of the Families United locations.

Fellowship Health Resources, Inc.

www.fellowshiphr.org

166 Broadway
Bangor, ME 04401

Local 947-9630
Fax 947-9633

Agency Information:

Founded in 1975, Fellowship Health Resources is a nonprofit agency providing both clinical and support services to persons recovering from mental illness, co-occurring disorders, and other life challenges in the states of Rhode Island, Massachusetts, Delaware, Maine, Virginia, Pennsylvania, and North Carolina. Fellowship Health Resources' staff is dedicated to delivering and coordinating comprehensive community-based services that promote independence, stability and increased skill levels for our clients.

Services Provided:

- ACT Model Programs
- Alcohol and Other Drugs Programs
- Community Support Clubhouses
- Consulting Services
- Correctional Discharge Planning
- Crisis Stabilization Program
- David L. Taton Learning Institute
- Developmental Disability Program
- Forensic Mental Health
- Intensive Case Management
- Intensive Community Residences
- Neuro-Cognitive Behavioral Program
- Psychological Rehabilitation
- Single Clinical Home
- Supported Residential/Transitional Housing

Location Served:

Penobscot County

Population Served:

Young adults and older, depending on services

Funding Source:

Please contact the office to verify if your insurance provider is accepted.

32 Winthrop Street
Augusta, ME 04330
800-264-9224

Agency Information:

The place where Gaining Empowerment Allows Results. G.E.A.R provides critical support to parents and families that may otherwise be isolated and overwhelmed in dealing with behavioral and emotional disabilities. G.E.A.R. empowers parents and families by offering parent-to-parent support, advocacy, education and meaningful participation in all aspects of the services children and families receive. G.E.A.R. has also been a leader in developing the parent/family voice within the state of Maine, by helping to ensure that parents and families are involved in the planning and delivery of behavioral health services for children.

Population Served:

Families of all ages.

Location Served:

All areas

Funding Source:

Free

Services Offered:

Support, Advocacy, Education, and workshops for families dealing with behavioral and emotional disabilities.

444 Stillwater Ave.
Bangor, ME 04401

Toll Free 800-221-7965
Local 299-1414
Fax 947-6278

Agency Information:

Kids Peace is a private charity dedicated to serving the behavioral and mental health needs of children, families and communities. Founded in 1882, Kids Peace provides a unique psychiatric hospital; a comprehensive range of residential treatment programs; accredited educational services; and a variety of foster care and community-based treatment programs to help people in need overcome challenges and transform their lives. Kids Peace provides emotional and physical health care and educational services in an atmosphere of teamwork, compassion and creativity.

Services Provided:

- Foster Care
- Supported Families Program
- Outpatient Counseling
- Targeted Case Management for Children

Location Served:

Penobscot County

Population Served:

All ages are served, however only children are served with certain services

Funding Source:

Kids Peace has extensive experience working with private and public insurance and managed care programs to treat a wide range of issues affecting youth.

118 Moosehead Trail
Suite 3
Newport, ME 04953

444 Stillwater Ave
Suite 208
Bangor, ME 04401

Local 368-5885
Fax 368-4294

Local 992-2700
Fax 992-2704

Agency Information:

Living Innovations is a private provider of in-home services to the elderly and to people with developmental disabilities living in north-central Massachusetts, New Hampshire and Maine. Our management team has an extensive background in the management and delivery of health and human services. Our professional staff are both highly trained and exceptionally experienced. We work hand in hand with families, health care providers and human service agencies throughout the region, to ensure that the individuals we serve receive the services they need from a wide array of choices.

Services Provided:

- Support for senior citizens and individuals with physical disabilities to remain living at home
- Children and Adults with developmental disabilities
- Respite Care Program
- Home Share Opportunities
- Section 28 Services

Location Served:

Penobscot and Piscataquis County

Population Served:

All ages are served.

Funding Source:

Please call to verify that your insurance provider is accepted.

Maine State Housing Authority

Administers Section 8 Housing
Penobscot County

Autumn Park West

Bangor Housing Authority
Location: Bangor
To Apply: 942-6367

Elderly, People with Disabilities

Bangor House

O.P. Property Management, LLC
Location: Bangor
To Apply: 945-9342

Elderly, People with Disabilities

Bradford Commons

Harbor Management Corp
Location: Bangor
To Apply: 947-6081

Elderly, People with Disabilities

Crestwood Place

Bangor Housing Authority
Location: Bangor
To Apply: 942-6367

Elderly, People with Disabilities

Edward Ernst Manor

Bangor Housing Authority
Location: Bangor
To Apply: 942-6367

Elderly, People with Disabilities

Kenduskeag Terrace

G & S Associates
Location: Bangor
To Apply: 947-6081

Elderly, People with Disabilities

MHCPV Housing

MHCPV Housing
Location: Bangor
To Apply: 941-2915

Elderly, People with Disabilities

<p>Northwood Apts. Weston Associates Location: Bangor To Apply: 990-0142</p>	Elderly, People with Disabilities
<p>St. Xavier's Home C&C Management Location: Bangor To Apply: 621-7700</p>	Elderly, People with Disabilities
<p>Sunset Meadows Maine Development Associates Location: Bangor To Apply: 947-6795</p>	Families
<p>Three Hudson Street Opportunity Housing Location: Bangor To Apply: 947-0202</p>	Elderly, People with Disabilities
<p>Dirigo School Brewer Housing Authority Location: Brewer To Apply: 989-7890</p>	Elderly, People with Disabilities
<p>Observatory Apts. Maine Development Associates Location: Charleston To Apply: 947-6795</p>	Elderly, People with Disabilities
<p>Chaia Apts. C&C Realty Management Location: Dexter To Apply: 621-7700</p>	Elderly, People with Disabilities
<p>Roe Village The Housing Foundation Location: Hampden To Apply: 866-4300</p>	Elderly, People with Disabilities
<p>Buck Apts. Gary Buck Location: Howland To Apply: 732-4064</p>	Elderly, People with Disabilities, Families

Oak Apartments

Gary Buck
Location: Howland
To Apply: 732-3845

Elderly, People with Disabilities

Lincoln Manor

Maine Development Associates
Location: Lincoln
To Apply: 947-6795

Elderly, People with Disabilities

Lincoln Manor West

Maine Development Associates
Location: Lincoln
To Apply: 947-6795

Elderly, People with Disabilities

Lincoln Trust

Emerald Management Corp.
Location: Lincoln
To Apply: 854-2606

Families

Maine Avenue Manor

C&C Management
Location: Millinocket
To Apply: 621-7700

Elderly, People with Disabilities

Mountain View Apts.

Weston Associates
Location: Millinocket
To Apply: 990-0142

Elderly, People with Disabilities, Families

Persistence

The Housing Foundation
Location: Newburgh
To Apply: 866-4300

Elderly, People with Disabilities

Newport Inn

Maine Development Associates
Location: Newport
To Apply: 947-6795

Elderly, People with Disabilities

Bickmore Manor

Housing Authority of Old Town
Location: Old Town
To Apply: 827-6151

Elderly, People with Disabilities

Dow Apartments
Housing Authority of Old Town
Location: Old Town
To Apply: 827-6151

Families

Lincoln Green
Propsys
Location: Old Town
To Apply: 784-0142

Families

Penobscot River House
Preservation Management
Location: Old Town
To Apply: 827-3873

Elderly, People with Disabilities

Penobscot Terrace
Housing Authority of Old Town
Location: Old Town
To Apply: 827-6151

Elderly, People with Disabilities

Hasbrouck Court
The Housing Foundation
Location: Orono
To Apply: 866-4634

Elderly, People with Disabilities

Housing Foundation Phase I & II
The Housing Foundation
Location: Orono
To Apply: 866-4300

Families

Meadowview
CHCS
Location: Orono
To Apply: 947-0366

Elderly, People with Disabilities

Hathaway Apts.
TREMS, Inc.
Location: Patten
To Apply: 244-7669

Elderly, People with Disabilities

Hilltop Manor
Multi-Management Group
Location: Bradford
To Apply: 990-2099

Elderly, People with Disabilities

ACP Apts.
Dover Inc.
Location: Dexter
To Apply: 800-580-1235

Families

Sunshine Village
Charles Martin
Location: Dexter
To Apply: 296-2106

Elderly, People with Disabilities

Bishop Hill
Grayson and June Bishop
Location: Dexter
To Apply: 924-7567

Elderly, People with Disabilities

Fairway Knolls
Alice Theriault
Location: Dexter
To Apply: 534-7379

Elderly, People with Disabilities

Hillside Park
First Allied Realty Associates
Location: Dexter
To Apply: 761-7900

Families

Corinthian Manor
Charles Martin
Location: East Corinth
To Apply: 296-2106

Elderly, People with Disabilities

Sunny Gables
Multi-Management Group
Location: Glenburn
To Apply: 990-2099

Elderly, People with Disabilities

Town Hall Apts.
Realty Resources
Location: Lagrange
To Apply: 800-338-8538

Elderly, People with Disabilities

Pineview Apts.
Realty Resources
Location: Newport
To Apply: 800-338-8538

Elderly, People with Disabilities

Maine State Housing Authority

Administers Section 8 Housing
Piscataquis County

The Quarry Pines

Brownville Housing Corp
Location: Brownville
To Apply: 965-8031

Elderly, People with Disabilities

Chieftain Heights

L&L Management
Location: Greenville
To Apply: 695-3733

Elderly, People with Disabilities

The Hylands

L&L Management
Location: Greenville
To Apply: 965-3733

Families

Milo Heights

L&L Management
Location: Milo
To Apply: 695-3733

Elderly, People with Disabilities, Families

Oakes Manor Apartments

Multi-Management Group
Location: Sangerville
To Apply: 990-2099

Elderly, People with Disabilities

Country Meadows

Liberty Management
Location: Dover-Foxcroft
To Apply: 772-8896

Families

Covered Bridge Apts.

R&C Management
Location: Guilford
To Apply: 265-4006

Families

Oak Ridge Apts.
Alice Theriault
Location: Guilford
To Apply: 534-7379

Families

Riverbend Homes
Michelle Kirk
Location: Guilford
To Apply: 876-4239

Elderly, People with Disabilities

Garden Apts.
L&L Management
Location: Milo
To Apply: 695-3733

Elderly, People with Disabilities

Park Street Village
C.B Mattson
Location: Milo
To Apply: 582-1888

Families

Pleasant Park
L&L Management
Location: Milo
To Apply: 695-3733

Elderly, People with Disabilities

Riverview Apts. I, II, III
Dover, Inc
Location: Dover-Foxcroft
To Apply: 800-580-1235

Elderly, People with Disabilities, Families

Northeast Occupational Exchange

www.noemaine.com

29 Franklin Street
Bangor, ME 04401

Toll Free 1-800-857-0500
Local 992-2298
Fax 561-4725

Agency Information:

NOE is a licensed mental health and substance abuse agency serving adults, children, and adolescents. NOE provides a range of services to help people achieve higher adjustment and live more productive lives. NOE provide four offices located in Bangor, Newport, Dexter, Lincoln and Portland.

Services Provided:

- Assessments
- Psychotherapy
- Community Support
- Vocational Program
- Parent Group Therapy
- Co-Occurring Disorders
- Intensive Outpatient Program
- Violence Prevention and Treatment
- Behavioral Health Treatment
- Targeted Case Management
- Forensic Program
- Crisis Services

Location Served:

Penobscot and Piscataquis County.

Population Served:

All ages are served.

Funding Source

NOE accepts many forms of insurance including MaineCare and Medicare. Please call to verify that your insurance provider is accepted. NOE does not have a sliding scale fee.

Pine Tree Hospice

www.pinetreehospice.org

895 West Main Street
Dover-Foxcroft, ME 04426

Local 564-4346

Agency Information:

Pine Tree Hospice honors life and offers comfort with dignity to people of any age living with a progressive life-limiting illness. Pine Tree Hospice educates and supports its volunteers and staff to maintain a high standard of care, and responds to care-giver, family and community needs for continued bereavement support.

Services Provided:

- Respite Care
- Psychosocial Support
- Spiritual Support
- Family Household Support
- Transportation
- Education
- Patient and Family Advocacy
- Companionship
- Bereavement Support
- Lending Library
- Meal Preparations
- Light Housekeeping

Location Served:

Piscataquis County

Population Served:

All ages are served.

Funding Source:

All services are free of charge.

Catholic Charities of Maine St. Michael's

www.ccmaine.org

1066 Kenduskeag Ave.
Bangor, ME 04401

Phone: (207) 941-2952

Fax: (207) 941-2955

Agency Information:

Our professionally trained staff and over 1,000 volunteers help individuals from birth through old age overcome obstacles in their lives that threaten their self-sufficiency. Last year, we provided services to over 40,000 individuals in Maine, and touched the lives of countless others through our advocacy and convening efforts. While some of the people we serve are Catholic, many are not. Some can afford to pay for the services they receive, but most cannot. Our agency attempts to help all who request assistance either through direct assistance or appropriate referral.

Population served:

Clients served are all ages.

Location served:

Not limited to specific areas.

Funding Source:

Not specified.

Services offered:

Dental, Visual, Childcare, Children and Family, Elderly, Disabled, Community, Refugee and Immigration, Adult Mental Health, and Substance Abuse.

63 Summit Ave
Bangor, ME 04401

Local 942-3799
Fax 942-3879

Agency Information:

The summit View Program is a residential and in-home treatment and support services for youth and young adults. Six residential and six outreach capacity.

Services Provided:

- Clinical Assessment
- Individual Therapy
- Group Therapy
- Family Therapy
- Parent Education
- In-home Services
- Transition Services
- Mental Health & Wellness Education

Location Served:

Penobscot County

Population Served:

16-20 years of age, male or female

Funding Source:

Please call the office to verify if your insurance provider is accepted.

50 Moody Street
Saco, ME 04072

Toll Free 1-800-434-3000
Fax 373-3020

Agency Information:

Sweetser offers outpatient therapy and medication management services through a statewide network of affiliated clinicians, school based practitioners and office based practices. Additionally, Sweetser maintains two schools for students with special education and emotional needs, crisis services, community integration, peer support services, and campuses in Belfast, Plymouth and Saco. Sweetser offers services that address emotional issues, major mental illnesses, substance abuse disorders and educational disabilities through an integrated network of care that responds to the unique strengths and needs of each child, adult and family that seeks help.

Services Provided:

- Community Based Services
- Crisis Services
- Educational Services
- Family Centered Residential Treatment
- Medication Management
- Outpatient Services
- Housing Assistance
- Peer Support Services
- Case Management
- Day Treatment

Location Served:

The location of service changes depending on the service being utilized.

Population Served:

All ages are served.

Funding Source:

Sweetser accepts most insurance companies including; MaineCare, Medicare, Tri-Care, Aetna, Anthem, Harvard Pilgrim, UBH, Cigna, and Magellan. Sweetser does not have a sliding scale fee. Please call Sweetser to find out if your insurance policy is accepted.

700 Mt. Hope Avenue
Suite 320, Bangor, ME 04401

Phone: 1-877-603-0030
Fax: (207) 941-2955

Agency Information:

As part of one of the nation's largest health charities, United Cerebral Palsy affiliates are leaders in providing innovative programs and services to more than 176,000 children and adults with disabilities every day. Our volunteers are engaged ambassadors helping us fulfill our mission to advance the independence, productivity and full citizenship of people with disabilities. We make a difference not only in the lives of the children and adults we serve, but also in the communities we are a part of as employers contributing to local economies.

Population served:

United Cerebral Palsy serves the entire spectrum of children and adults living with disabilities. Attached is a complete list of disabilities served.

Location served:

Not limited to specific location.

Funding Source:

Not specified.

Services Offered:

Children's Services

United Cerebral Palsy offers various programs for children with special needs to learn appropriate social, community and self-care skills that they can rely on for the rest of their lives. They also get the benefit of constant interaction with age-appropriate peers, both with special needs and typical needs.

With the knowledge that it is very important for people to feel that they are a part of their communities, all of our programs promote a high level of community integration. Services include:

Behavioral Health Treatment Services
Bridges Preschool Program
Case Management Services for Children
Day Habilitation
Elizabeth Levinson Center (ELC)
Peace Pals
Social Work Services
Respite

Adult Services

At UCP, we believe individuals with disabilities should have the opportunity to make informed decisions about where they live, work and play. We designed the Adult Services Program to better assist people with disabilities to live a "Life without Limits."

Through this program, we offer a comprehensive array of support services, which promote quality of life through education, experience and exposure in the community. Services include:

Behavioral Health Treatment Services
Community Case Management
Social Work Services

Family Support

Having a family member with special needs can be very difficult for that person's family. Families spend most of their free time taking care of the needs of their child, and many times leave little time for themselves.

For a family with a child with special needs, simple tasks such as going to the store or a dentist appointment are often difficult to accomplish, especially if that person needs full time care.

Our goal is to assist families with that much needed "break" by providing quality care by trained, competent staff. Services include:

Behavioral Health Treatment Services
Case Management
Elizabeth Levinson Center
Respite
Social Work Services

Community Outreach

UCP provides community outreach in a number of areas. UCP responds to hundreds of inquiries from people with disabilities, families, service providers, and others. In addition to responding to individual requests, we provide training on a variety of topics to audiences across the state.

Referral Process:

For more information about **Information and Referral**, please contact UCP at (207) 941-2952.

187 Exchange Street
Bangor, ME 04401

Local 990-0605
Fax 990-4784

Agency Information:

Wabanaki Mental Health Association (WMHA) is a private, non-profit corporation, founded in 1996. Ten years later, in July of 2006, its board of directors voted to align with Sweetser. Wabanaki (WUB-BUB-NOC-KEIG) translated means "people of the dawn land" and refers to the federation of five Northeast Native American tribes- Passamaquoddy, Penobscot, Maliseet, Micmac and Abanaki. Wabanaki provides high-quality, culturally-sensitive psychological and social services to a Native American population from Hancock, Penobscot, Piscataquis and parts of Washington Counties.

Services Provided:

Adult Community Integration Services (ACS)

This program serves Native American adults, who experience complex mental health needs, through client-centered case management, assessment, plan of care development, monitoring, support, advocacy, team coordination and referrals to other support services.

Eligibility:

- Native American, aged 18+

Targeted Case Management (TCM)

This program serves Native American children and their families with complex mental health needs, who are at high risk of losing their placement at home or in the community. TCM provides case management, assessment, plan of care development (using the wraparound model), monitoring, support, team coordination, advocacy, and referrals to other support services.

Eligibility:

- Native American, 0-20 years of age
- Diagnosed with a mental health condition

- At risk of placement outside the home
- Live in Region III (Hancock, Penobscot, Piscataquis, or parts of Washington Counties)
- Difficulty functioning at home, school or in the community.

HIV Counseling and Testing Program

Wabanaki provides HIV prevention, counseling, and testing to Native Americans to reduce the risk of HIV infection. The program works closely with tribal communities to raise awareness and to provide education to youth and other groups.

Eligibility:

- Native American in the State of Maine concerned about HIV infection.

Toll Free 888-590-2879

Agency Information:

Wellspring is a private non-profit agency providing professional substance abuse assessment, diagnosis, and treatment to adults and adolescents regardless of race, ethnicity, sex, religion, political affiliation, marital status, physical, sexual orientation or mental handicap, or ability to pay.

Wellspring operates residential facilities for men and women seeking long term substance abuse treatment. These programs are individualized to meet the needs of each client, such as providing education on parenting, domestic violence, and other issues. Treatment last approximately 6 months.

Services Provided:

- Individual, family, and group substance abuse counseling
- Educational and Vocational counseling
- Specialized treatment and psychiatric consultation for clients with dual diagnosis
- Referrals to support services as needed
- Daily living skills training
- Outpatient Treatment Programs
- DEEP evaluations and treatment
- Juvenile and Adult Drug Court
- Counseling at Charleston Correctional Facility

Location Served:

Services located in Penobscot County.

Population Served:

Clients must be 18 years or older, free of all mood altering substances on the day of admission, physically and mentally able to participate in the therapeutic community environment, and motivated for treatment.

Funding Source:

Wellspring accepts private medical insurance and MaineCare. A sliding scale fee is available to clients without insurance coverage. No one will be denied services based on an inability to pay. Please contact the office manager for details on the sliding scale fee.

900 Hammond Street
Suite 915
Bangor, ME 04401

Toll Free 1-800-823-2988
Local 941-2988
Fax 941-2989

Agency Information:

Wings for Children and Families are the only stand alone case management agency in the State of Maine. By providing only case management services Wings can provide families with the ultimate in choice of service providers for their child's service needs.

Since 1995, Wings for Children and Families, Inc. (Wings) has used the Wraparound planning process, within a case management model, to show that it is possible to keep children with severe emotional disturbances at home with their families.

Services Provided:

- Case Management Services

Location Served:

Aroostook, Hancock, Penobscot, Piscataquis, and Washington counties are currently being served. Some bordering towns in Waldo and Somerset counties are also eligible.

Population served:

Clients served are from the ages of birth through 20. Clients must be eligible to receive or already have a mental health diagnosis, mental retardation, developmental disabilities, Autism, or Asperger's Disorder.

Funding Source:

Case Management is funded through MaineCare and/or the Department of Health and Human Services Children's Behavioral Health Services. Unfortunately, private insurances do not fund our service at this time. If you feel that you would benefit from Wings' services, we encourage you to consider applying for MaineCare or Katie Beckett (MaineCare benefits for children with serious health conditions).

Bangor Career Center	561-4050	www.mainecareercenter.com
Career Advancement Services	564-8358	
Eastern Maine Development Corp.	942-6389	www.emdc.org
Greenville Adult Education	695-2405	www.ghslakers.org
Maine Career Center	888-457-8883	www.mainecareercenter.com

Maine Educational Opportunity Center 581-3711

The Maine Educational Opportunity Center provides access to education, career counseling, locating funding sources for financial aid, application assistance, study skills, education assessment, and default loan counseling. Must be low income and be the first in your family to earn a four-year degree to meet the eligibility criteria. Workshops are offered Monday through Saturday 9am-9pm.

MSAD #4 Guilford 876-4263 www.sad4.com

MSAD #41 Milo 943-5333 www.msad41.com

MSAD # 41/ # 68 Even Start Literacy 943-2246

Even Start Literacy Program is an adult education program for parents to work on their adult education, GED, or skills related to life and/or a job. Even start students are required to work on the four program components: Adult Education, Child Education, Parenting, and PACT (parents and child together time). Center based program is located in Milo. Eligible parents and children come to the center and work separately on child education and adult education activities.

MSAD #46 Dexter 924-7674 www.msad46.org

MSAD # 58 Dover-Foxcroft 564-6525 www.sad68.com

Moosehead Region Literacy Volunteers 695-4619

MRLV wants to help the 1 in 5 adults in Piscataquis County who are functionally illiterate. MRLV is devoted to assisting adults who feel the need to improve their reading skills, services are free and confidential.

Penquis Higher Education Center 564-2942 www.learn.maine.edu

Piscataquis Valley Adult Education 564-6525 www.pvaec.maineadulted.org

Women, Work, and Community 262-7840

Women, Work, and Community helps women find jobs, start businesses, build assets, and become leaders in their communities since 1978. They are designed to meet the needs of mid-life and older returning adult students or workers who are experiencing major life or career transitions.

Bangor Probation Office 209 Margaret Chase Smith Federal Building Bangor, ME 04401	945-0369
Bangor Police Department 240 Main Street Bangor, ME 04401	947-7384
Charleston Correctional Facility 1202 Dover Road Charleston, ME 04422	285-0800
Dexter Police Department 23 Main Street Dexter, ME 04930	924-7622
Dover-Foxcroft Police Department 182 East Main Street Dover-Foxcroft	564-8021
Dover-Foxcroft Probation Officers Daniel Dickson 182 East Main Street Dover-Foxcroft, ME 04426	564-7812
Maine District Court, 13th District 163 East Main Street Dover-Foxcroft, ME 04426	564-2240
Maine Superior Court, 13th District 159 East Main Street Dover-Foxcroft, ME 04426	564-8419
Maine State Prison 807 Cushing Road Warren, ME 04862	273-5300
Maine Violations Bureau	783-5422

85 Park Street
P.O Box 480
Lewiston, ME 04243
www.courts.state.me.us/mainecourts/violations

Mountain View Youth Development 285-0880
1182 Dover Road
Charleston, Maine 04422

Newport Police Department 368-5575
21 Water Street
Newport, ME 04953

Newport Probation Officer 368-5639
Donn Stauffer
12 Water Street
Newport, ME 04953

Penobscot County Jail 947-4585
85 Hammond Street
Bangor, ME 04401

Penobscot Maine District Court 945-0575
Margaret Chase Smith Building
202 Harlow Street
Bangor, ME 04401

Piscataquis County Jail 564-3304
52 Court Street
Dover-Foxcroft, ME 04426

Piscataquis County Sheriff's Department 564-3304
52 Court Street
Dover-Foxcroft, ME 04426

Piscataquis County District Attorney 564-2181
59 East Main Street
Dover-Foxcroft, ME 04426

Women's Reentry Center 561-5027
104 Hogan Road
Bangor, ME 04401

Learning Disabilities Association

P.O Box 67
Oakland, ME 04963

Physical Address:
LDA of ME
179 Main Street
Waterville, ME 04901

877-208-4029
www.ldame.org

The Learning Disabilities Association of Maine is the Maine state affiliate of LDAA serving children and adults with specific learning disabilities, their families, professionals, & community members since 1980.

Community Resource & Recovery Center

176 Hogan Road
Bangor, ME 04401

Together Place

150 Union Street
Bangor, ME 04401
941-2997

Maine Job Bank

45 Oak Street
P.O Box 402
Bangor, ME 04401

TDC Job Training

45 Oak Street
Bangor, ME 04401

Small Business Development Center

University of Southern Maine
P.O Box 9300
Portland, ME 04104
780-4949

President's Committee on Employment of People with Disabilities

1331 F Street, NW
Washington, DC 20004
202-376-6200
www.pcepd.gov

Work Incentives Information

P.O Box 40
Oxford, OA 19363
610-696-1551
www.wallinginc.com

Phoenix Employment and Rehabilitation Services

230 Bomarc Road
Bangor, ME 04401

Phoenix primarily serves adults in Penobscot and Waldo counties with mental illness, mental retardation, dual diagnosis, and emotional disease. They provide day programs and employment services. They accept referrals from MDBDS Region III.

Penobscot Valley Industries, Ralph Leek Elders

68 Hillside Avenue
Bangor, ME 04401

Amicus

96 Thirteenth Street
P.O Box 2489
Bangor, ME 04401

Energy Assistance Programs

Bangor Hydro Electric Emergency Assistance Program

800-499-6600

Limited to AFDC families, or families with children under the age of 18, who may be eligible for AFDC, this program can assist families in paying past due energy related costs in order to avoid being shut off.

Central Maine Power

800-750-4000

The Electricity Lifeline Program (ELP) offers qualified low income customers a credit on their electric bill. This credit is based on household income and estimated electricity usage. This credit is applied to your bill for the same amount each month, up to 12 months.

Citizens Energy (Joe for Oil)

Online application for assistance with oil heat. Go to www.extranet.citizensenergy.com to fill out the application.

Efficiency Maine

866-376-2463

Programs for the general public to help reduce home energy consumption.

Penquis

800-215-4942

Assistance offered with electrical utility assistance, CMP, Telephone Lifeline, Fuel Assistance, and PUC Refrigerator Program.

Food Pantries

Bangor Area Homeless Shelter	Bangor	947-0092
Charleston Pentecostal Church	Corinth	285-3504
Corinna Food Pantry	Corinna	278-5050
Dexter Community Food Closet	Dexter	924-7419
Living Word Food Cupboard	Dover	564-2586
Maine Mental Health Connections	Bangor	941-2999
Manna Ministries Food Cupboard	Bangor	990-2870
Monson Food Cupboard	Monson	997-9622
Moosehead Associates	Greenville	695-2774
Open Arms and Hands of Hope	Etna	269-2090
Partnership Food Pantry	Greenville	518-8833
Partnership Food Pantry	Guilford	518-8833
Salvation Army of Bangor	Bangor	941-2990
Samaritan Inc	Glenburn	947-7874
Seeds of Hope	Bangor	945-0224
Shaw House	Bangor	941-2882
Stetson Food Cupboard	Stetson	296-2452

Healthy Maine Walks

www.healthymainewalks.org

Healthy Maine Walks is sponsored by a coalition of trail and health agencies and organizations working together to build a healthier Maine. Healthy Maine Walks provides a central location for towns and local groups to register walks. Visit the website for descriptions of registered walks for those interested in locating places to walk closer to their home.

Kenduskeag Stream	Bangor	Approximately 1 mile
Saxl Park	Bangor	Approximately 3 miles
Mt. Hope Cemetery	Bangor	Approximately 2 miles
Ghostlamp Tour	Bangor	Approximately 2 miles
Four Seasons Trail	Corinna	Approximately 27 miles
Four Seasons Trail	Dexter	Approximately 27 miles
Ellms Field	Dexter	Approximately 1 mile
Four Seasons Trail	Dover	Approximately 27 miles
Peaks-Kenny Park	Dover	Approximately 11 miles
Mayo Regional Trail	Dover	Approximately 1 mile
Memorial River Walk	Guilford	Approximately 10 miles
Four Seasons Trail	Newport	Approximately 27 miles
Four Seasons Trail	Sangerville	Approximately 27 miles

Homeless Services

Bangor Area Homeless Shelter
263 Main Street
Bangor, ME 04401

947-0092

Serving adults 18 years and older with mental illness, mental retardation, dual diagnosis, and substance abuse statewide. Services include community support, day programs, guest medical treatment and emergency shelter. Social services include a food and clothing bank as available. Referrals are from law enforcement, social service agencies and medical and mental health facilities. No payment is required.

Legal Assistance

Alpha One 800-640-7200 www.alphaonenow.org

Attorney Referral Service 622-7523 www.mainebar.org

Attorney General's Office 626-8800

Better Business Bureau 800-422-2811 www.bosbbb.org

The BBB provides advocacy for consumers.

C.A.R.E.S., Inc 800-773-7055 www.careinc.org

Disability Rights Center 800-452-1948 www.drcme.org

Help Me Law no phone www.helpmelaw.org

Help Me Law is a Maine legal help resource. It can help you find people who may be able to help you with a specific legal problem, or information about laws that affect you.

Immigrant Legal Advocacy 800-497-8505 www.ilapmaine.org

Kids Legal Aid of Maine 866-624-7787 www.kidslegalaid.org

Legal Services for Elderly 800-750-5353 www.mainelse.org

Maine Civil Liberties Union 774-5444 www.mclu.org

Maine Equal Justice Partners 866-626-7059 www.mejp.org

Maine Equal Justice Partners works with legislature, before administrative agencies and the courts to give low income Maine people an effective voice on issues they care about.

ME State Law Reference Library 287-1600 www.state.me.us/legis/lawlib

MaineCare Fraud Control Unit 626-8520 www.maine.gov

The unit investigates fraud by MaineCare providers, and situations where there are allegations of abuse, neglect, or exploitation by staff in a facility that receives MaineCare.

Office of Advocacy 287-4228 www.dhhs.gov

Pine Tree Legal Assistance 942-8241 www.ptla.org

Paralegal Systems 564-2077

Paralegal Services provides assistance with legal documents.

Penquis Law Project 800-215-4942 www.penquis.org

The Penquis Law Project is a public interest law practice which seeks to create access to civil legal services for low- and moderate-income residents of Penobscot, Piscataquis, and Knox Counties who would otherwise be without counsel and/or representation. Legal assistance is provided in matters of domestic relations, including divorce, protection from abuse, child support and visitation. In addition to representation, the Law Project offers one-time consultations. At a one-time consultation, individuals may receive general legal information and help filling out court forms. Priority is given to those individuals or families who have experienced or are experiencing domestic violence, sexual assault or stalking. Services are provided at no cost. The Law Project has office hours in Bangor, Greenville, Millinocket and Rockland.

Victim Comp. Program 800-903-7882

Volunteer Lawyers Project 800-442-4293 www.vlp.org

Abbot Memorial Library 1 Church Street Dexter, ME 04930	924-7292
Bangor Public Library 145 Harlow Street Bangor, ME 04401	947-8336
Bowerbank Library 645 Bowerbank Road Bowerbank, ME 04426	564-7252
Brownville Public Library 27 Church Street Brownville, ME 04414	947-8336
Charleston Library Main Road Charleston, ME 04422	285-3637
Guilford Memorial Library 4 Library Street Guilford, ME 04443	876-4547
John B. Curtis Library 1163 Main Road Bradford, ME 04410	327-2923
Milo Free Public Library 4 Pleasant Street Milo, ME 04463	943-2612
Monson Free Public Library Main Street Monson, ME 04464	997-3785
Shaw Public Library North Main Street Greenville, ME 04441	695-3579
Thompson Free Library 186 East Main Street Dover-Foxcroft, ME 04426	564-3350

Parent Programs

Maine Parent Federation/SPIN

P.O Box 2067
12 Shuman Avenue
Augusta, ME 04338
800-870-7746
www.mpf.org

The Maine Parent Federation, Inc. is a statewide family support organization which promotes individual aspirations for all people through information, education and advocacy.

Southern Maine Parent Awareness

886 Main Street, #303
Sanford, ME 04073
800-564-9696
www.somepa.org

SMPA is dedicated to providing information, referral support and education to families who have children and youth with special needs throughout Maine.

School Systems

~Bangor~

Abraham Lincoln School 941-6280
Grades: Kindergarten - 3
45 Forest Avenue
Bangor, ME 04401

All Saints Catholic School 947-7063
Grades: Pre-School - 8
PO Box 1749
Bangor, ME 04402

Bangor Christian School 947-7356
Grades: Pre-School - 12
1476 Broadway
Bangor, ME 04401

Bangor High School 992-5500
Grades: 9 - 12
885 Broadway
Bangor, ME 04401

Down East School 941-6240
Grades: Kindergarten - 3
100 Moosehead Blvd
Bangor, ME 04401

Fairmount School 941-6260
Grades: 4-5
58 Thirteenth Street
Bangor, ME 04401

Fourteenth Street School 941-6350
Grades: Kindergarten - 3
224 Fourteenth Street
Bangor, ME 04401

Fruit Street School 941-6270
Grades: Kindergarten - 3
175 Fruit Street
Bangor, ME 04401

Hilltop School 945-3705
Grades: Pre-School - Kindergarten
218 Ohio St
Bangor, ME 04401

James F Doughty School 941-6220
Grades: 6 - 8
143 Fifth Street
Bangor, ME 04401

John Bapst High School 947-0313
Grades: 9 - 12
100 Broadway
Bangor, ME 04401

Mary Snow School 941-6290
Grades: 4 - 5
435 Broadway
Bangor, ME 04401

Penobscot Christian School 947-2704
Grades: Pre-School - 8
1423 Ohio Street
Bangor, ME 04401

Stillwater Academy 989-9720
Grades: 2 - 12
PO Box 425
Bangor, ME 04402

United Technologies Center 942-5296
Grades: 9 - 12
200 Hogan Road
Bangor, ME 04401

Vine Street School 941-6300
Grades: Kindergarten - 3
66 Vine Street
Bangor, ME 04401

William S Cohen School **941-6230**
Grades: 6 - 8
304 Garland Street
Bangor, ME 04401

~**Brownville**~

Brownville Elementary School **965-8184**
Grades: Kindergarten - 5
774 Main Road
Brownville, ME 04414

~**Corinna**~

Corinna Elementary School **278-4263**
Grades: Pre-School - 4
42 Stetson Rd PO Box 411
Corinna, ME 04928

~**Corinth**~

Central Elementary School **285-3301**
Grades: 3-5
386 Main Street
Corinth, ME 04427

Central Middle School **285-3177**
Grades: 6 - 8
416 Main St PO Box 19
Corinth, ME 04427

Central High School **285-3326**
Grades: 9-12
416 Main Street
Corinth, ME 04427

~Dover-Foxcroft~

Se Do Mo Cha Middle School 564-6528

Grades : Kindergarten-8
63 Harrison Avenue
Dover-Foxcroft, ME 04426

Foxcroft Academy 564-8315

Grades: 9-12
975 West Main Street
Dover-Foxcroft, ME 04426
564-8354

~Dexter~

Dexter Christian Academy 924-3350

Grades: 2-11
48 Railroad Ave
Dexter, ME 04930

Dexter Primary School 924-7671

Grades: Kindergarten - 4
60 Abbott Hill Rd
Dexter, ME 04930

Dexter Middle School 924-5571

Grades: 5-8
62 Abbott Hill Rd
Dexter, ME 04930

Dexter Regional High School 924-5536

Grades: 9 - 12
12 Abbott Hill Road
Dexter, ME 04930

Tri-county Regional Technical Center 924-7670

Grades: 9 - 12
14 Abbott Hill Road
Dexter, ME 04930

~Etna~

Etna-Dixmont Elementary School **234-2491**
Grades: Pre-School - 8
RR 1 Box 1800
Etna, ME 04434

~Exeter~

Exeter Consolidated School **379-2291**
Grades: 3-5
30 School Street
Exeter, ME 04435

~Enfield~

Enfield Station Elementary School **732-4141**
Grades: Kindergarten-5
561 Hammett Road
Enfield, ME 04493

~Garland~

Garland Elementary School **924-6943**
Grades: Kindergarten - 2
129 School Street
Garland, ME 04939

~Glenburn~

Glenburn Elementary School **947-8769**
Grades: Kindergarten - 8
991 Hudson Road
Glenburn, ME 04401

~Greenville~

Greenville Middle/High School **695-2666**
Grades: 6 - 12
130 Pritham Ave PO Box 100
Greenville, ME 04441

Nickerson Elementary School **695-2745**
Grades: Kindergarten - 5
114 Pritham Ave PO Box 100
Greenville, ME 04441

~Guilford~

Guilford Primary School **876-4590**
Grades: Kindergarten - 3
31 High Street
Guilford, ME 04443

Piscataquis Community High School **876-4625**
Grades: 9 - 12
9 Campus Drive
Guilford, ME 04443

Piscataquis Community Middle School **876-4301**
Grades: 4 - 8
25 Campus Drive Drop #1
Guilford, ME 04443

~Harmony~

Harmony Elementary **683-2211**
Grades: Kindergarten - 8
Main St PO Box 100
Harmony, ME 04942

~Hartland~

Hartland Consolidated School **938-4456**
Grades: Pre-School - 4
62 Elm Street
Hartland, ME 04943

Somerset Valley Middle School **938-4770**
Grades: 5 - 8
45 Blake Street
Hartland, ME 04943

~Howland~

Hichborn Middle School **732-3113**
Grades: 6 - 8
23 Cross Street
Howland, ME 04448

Penobscot Valley High School **732-3113**
Grades: 9 - 12
23 Cross Street
Howland, ME 04448

~Hudson~

Hudson Elementary School **327-1444**
Grades: 3 - 4
2150 Hudson Rd PO Box 66
Hudson, ME 04449

~Hermon~

Hermon Elementary School **848-4000**
Grades: Kindergarten-4
235 Billings Road
Hermon, ME 04401

Hermon Middle School 848-4000
Grades: 5-8
29 Billings Road
Hermon, ME 04401

Hermon High School 848-4000
Grades: 9-12
2415 Route 2
Hermon, ME 04401

~Kenduskeag~

Kenduskeag Elementary School 884-7979
Grades: Kindergarten - 2
4067 Broadway PO Box 425
Kenduskeag, ME 04450

~Lagrange~

Marion C Cook School 943-2196
Grades: Kindergarten - 5
22 Howland Road
Lagrange, ME 04453

~Levant~

Levant Elementary School 884-7444
Grades: Pre-School - 5
169 South Levant Rd
Levant, ME 04456

~Milo~

Milo Elementary School 943-2122
Grades: Kindergarten - 6
18 Belmont Street
Milo, ME 04463

Old Town High School 827-3910
Grades: 9 - 12
203 Stillwater Avenue
Old Town, ME 04468

~Palmyra~

Palmyra Consolidated School 938-4544
Grades: Pre-School - 4
PO Box 5
Palmyra, ME 04965

~Parkman~

Carroll L Mckusick School 876-2656
Grades: Pre-School - 1
619 State Highway
Parkman, ME 04443

~Pittsfield~

Maine Central Institute 487-3593
Grades: 9 - 12
125 S. Main Street
Pittsfield, ME 04967

Manson Park School 487-2281
Grades: Pre-School - 1
22 Lancey Street
Pittsfield, ME 04967

Vickery School 487-5575
Grades: 1 - 4
30 School Street
Pittsfield, ME 04967

Warsaw Middle School 487-5145
Grades: 5 - 8
27 School Street
Pittsfield, ME 04967

~Saint Albans~

St Albans Consolidated
Grades: Kindergarten - 4
129 Hartland Road
Saint Albans, ME 04971

938-4581

~Stetson~

Stetson Elementary School
Grades: Kindergarten - 4
394 Village Road
Stetson, ME 04488

296-2571

~Veazie~

Veazie Community School
Grades: Kindergarten - 8
1040 School Street
Veazie, ME 04401

947-6573

Senior Programs

Life Line

564-8401 ext. 344

Mayo Regional Hospital
75 West Main Street
Dover-Foxcroft, ME 04426

Life line gives you the confidence and freedom to live on your own. Support is always standing by to help whenever you need it, 24 hours a day – 7 days a week with just the press of a button.

Eastern Area Agency on Aging

800-432-7812

450 Essex Street
Bangor, ME 04401
www.eaaa.org
Fax: 941-2869

Eastern Area Agency on Aging has been serving seniors and their families in Penobscot, Piscataquis, Hancock, and Washington counties since 1973. With a specially trained and dedicated staff, we are able to provide seniors with a variety of options, opportunities, resources and referrals.

When an older person has a problem, large or small, one phone call to us is usually all it takes for the help to begin. And the majority of our services are free of charge.

EAAA has many programs that are easily accessed by seniors, including:

Community Services: These Consultants provide valuable information and help seniors with benefits, referrals and paperwork. They meet with clients in our office in Bangor or in the client's home.

Nutrition: The Nutrition Program operates about 50 senior community dining rooms that provide well-balanced and delicious noontime meals to seniors. Home delivered hot meals are available for frail, elderly, homebound persons who are unable to cook for themselves.

Medicare Prescription Drug and Health Insurance Assistance: Community Services Consultants have been able to save hundreds of seniors thousands of dollars a year by enrolling them in programs with benefits, such as the low cost drug card, for which they are eligible and yet knew nothing about.

Caregiving: Family Caregiver Resource Specialists help family members and spouses who provide assistance to an older person.

Legal Services for the Elderly: Lawyers and paralegals provide legal advice and assistance to seniors, either in our office or in the client's home.

ADRC: One call is all it takes to get that important referral. The ADRC is designed to make it easier for seniors and people with physical / cognitive / behavioral disabilities to access services. Help is a phone call away.

Penquis TRIAD 564-0036
P.O Box 508
Dover-Foxcroft, ME 04426

Mayo Regional Hospital, Seniority Program 564-4427
897 West Main Street
Dover-Foxcroft, ME 04426

Senior Meal Programs

- Dexter Community Center Dexter 924-7624
- Quarry Pines Brownville 924-2488
- Dean Park House Greenville 695-3844
- Methodist Church Guilford 876-2734
- Milo Town Hall Milo 943-2488

Senior Recreation Fitness

- Corinth Health & Fitness Corinth 285-3879
- YMCA Dover 564-7111
- MooseREC Guilford 876-4625
- Vitality Family Fitness Guilford 876-3625
- Sangerville Fitness Center Sangerville 876-4813
- Millside Fitness Dexter n/a
- ME Health & Fitness Greenville 864-242-6205
- McCourt's Gym Dexter 924-6237

Support Groups

Alzheimer's Association

800-660-2871

www.mainealz.org

Arthritis Foundation

800-639-2113

www.arthritis.org

American Heart Association

800-242-8721

www.americanheart.org

American Lung Association

800-548-8252

www.mainealung.org

American Diabetes Association

800-343-2383

www.diabetes.org

American Cancer Society

800-ACS-2345

www.cancer.org

Asperger's Support Group

22 Bramhall Street

Portland, ME 04102

774-2313

www.mmc.org

Alcoholics Anonymous

800-870-1522

www.aamaine.org

Alliance for the Mentally Ill

800-464-5767

AlAnon Information Service

888-425-2666

www.al-anon.org

Alateen, Maine AlAnon
800-498-1844
www.al-anon.alateen.org

Brain Injury Association of Maine
800-275-1233
www.biame.org

Chadd-Children and Adults with AD/HD
990-1555
www.chadd.org

Cerebral Palsy of Northeastern Maine
Evergreen Woods
700 Mount Hope Ave
Suite 320
Bangor, ME 04401
877-603-0030
www.ucpofmaine.org

Cancer Support Group
Mayo Regional Hospital
Oncology Clinic
564-4254
Monday-Thursday 8:00am-11:30am

Chronic Fatigue Syndrome Support
941-8417
www.abilitymaine.org/guides/cfids.html

Crohn's and Colitis Support Group
893-1423
www.cdfa.org/chapters

Down Syndrome Society of Maine
4 Ginger Avenue
Winslow, ME 04901
873-2311

Evergreen, Pine Tree Hospice
564-4346
www.pinetreehospice.org

Eating Disorders Anonymous

Acadia Hospital
Osprey Room
268 Stillwater Ave
Bangor, ME 04401
Wednesday Evenings 6:00pm-7:00pm
Email: jrecovery09@yahoo.com

Eastern Maine Aids Network

800-429-1481
www.maineaidsnetwork.com

Emotions Anonymous

(651) 647-9712
www.emotionsanonymous.org

Family Caregiver Support Program

877-353-3771
www.state.me/dhs/beas/resource

G.E.A.R Parent Network

800-264-9224
www.gearparentnetwork.homestead.com

Huntington's Disease Group of Maine

786-2165
www.pccs-nh.com/huntingtons

Mothers Against Drunk Driving

800-883-0249
800-GET-MADD
www.madd.org/home

Maine Tobacco Helpline

800-207-1230

Multiple Sclerosis Society

800-339-3749
www.mdausa.org

Narcotics Anonymous

800-974-0062
www.namaine.org/community.html

National Kidney Foundation of Maine

800-639-7220

www.kidneyme.org

Over Eaters Anonymous

800-204-2803

www.oaregion6.org

St. Thomas Life Center

Wednesdays 10:00-11:00am

Tobacco Free Maine

800-207-1230

www.tobaccofreemaine.org

Websites of Interest

www.healthymainewalks.org	Find an indoor or outdoor walking route in your area
www.take-it-outside.com	For year round outdoor fun in Maine
www.211maine.org	Organization of services offered in Maine
www.maine.gov/healthyhomes	Screen for lead safe homes
www.maineahc.org	Helpline for accessing other healthcare options
www.text4baby.org	Free service to promote mother and child health
www.keepmewell.org	Online tool to help improve your health