

Aroostook County Substance Abuse Resource Directory



**A GUIDE TO SUBSTANCE ABUSE
TREATMENT AND RECOVERY SERVICES
IN AROOSTOOK COUNTY 2016 EDITION**

2016 Edition

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EMERGENCY NUMBERS:

Emergency (Police/Fire/Ambulance)	911
Poison Center	800-222-1222
Maine State Police – Houlton	207-532-5400
Aroostook County Sheriff	800-432-7842
Ashland Police	207-435-6626
Caribou Police	207-493-3301
Fort Fairfield Police	207-472-3080
Fort Kent Police	207-834-5678
Houlton Police	207-532-2287
Madawaska Police	207-728-6356
Presque Isle Police	207-764-4476
Van Buren Police	207-868-3481
Washburn Police	207-455-4043

RESIDENTIAL TREATMENT:

<u>Aroostook Mental Health Center (AMHC)</u>	www.amhc.org
Limestone	207-325-4727
Access Center for Referrals	800-244-6431 207-498-4193
HELPLine	800-432-7805 207-768-3304

Services available for chemically dependent adults, older adolescents.

<u>Resting Arms Ministries</u>	www.hisrestingarms.org
Island Falls	207-463-2126

Christ-centered home for adults offering 12-months of biblical counseling, freedom from addiction and/or substance abuse.

COUNSELING SERVICES:

<u>Aroostook Mental Health Center (AMHC)</u>	www.amhc.org
Caribou – 24 Sweden Street, Suite 201	207-493-3361
Fort Kent – 139 Market Street, Suite 109	207-834-3186
Houlton – 11 Mill Street	207-532-6523
Madawaska – 88 Fox Street, Suite 101	207-728-6341
Presque Isle – 1 Edgemont Drive	207-764-3319
Access Center for Referrals	800-244-6431 207-498-4193
HELPLine	800-432-7805 207-768-3304
Peer Support Line	888-565-5522

Intensive outpatient services; Family-based substance abuse counseling.

COUNSELING SERVICES:

Bradstreet, Mavis

Bridgewater – 667 Main Road

207-425-3079

Providing Christian counseling.

Central Aroostook Psychiatric Services (CAPS)

Presque Isle – 521 Main Street, Suite A

207-764-9700

Adult, child, couples therapy; psychiatric evaluations.

Corey, Freeman

Caribou – 7 Hatch Dr., Suite 240

207-498-2400

Addiction, substance use disorder counseling.

County Behavioral Medicine

www.countybmed.org Presque

Isle – 34 North St., Suite 6

207-554-2600

Addictions, substance abuse, counseling and recovery services.

Families United

www.familiesunited-fyi.org

Caribou – 14 Sweden Street, Suite 101

207-492-0100

Outpatient counseling services for adults, children, couples, and families.

Fish River Rural Health

www.frrh.org

Eagle Lake – 10 Carter Street

207-444-5973

Fort Kent – 3 Mountain View Drive

207-834-3971

Alcohol, substance abuse counseling services.

Freedman, Jonathan; Ph.D.

Caribou – 46 Glenn Street

207-498-6395

DEEP Program; substance abuse evaluation, counseling.

Healing Hearts, LLC

Caribou – 7 Prospect Street

207-492-1000

Individual, group, couples, and family therapy; Christian counseling.

Hope Recovery Services

Caribou – 2 Armco Avenue

207-493-1700

DEEP, SAP Programs; Substance abuse evaluation, counseling; EMDR.

Katahdin Valley Health Center

www.kvhc.org

Ashland – 33 Walker Street

Houlton – 59 Bangor Street

866-366-5842

Island Falls – 1300 Crystal Road

Patten – 30 Houlton Street

Counseling services for families and individuals.

COUNSELING SERVICES:

Life By Design

Caribou – 27 Birdseye Avenue 207-492-1653
Fort Kent – 31 Market Street 207-834-5430
Houlton – 18 High Street 207-532-9660
Presque Isle – 147 Academy Street 207-764-6825
DEEP Program; intensive outpatient services; individual and group substance abuse counseling.

Making Strides Growth and Learning, LLC

Dyer Brook – 408 Pond Road 207-463-2345
Group, family, and individual therapy; equine assisted psychotherapy.

New Day Counseling

Caribou – 20 Old Van Buren Road 207-492-1130
Child, adult, family and group therapy and co-occurring disorder services.

Northern Maine General

www.nmgeneral.org

Caribou – 21 Aldrich Drive 207-492-1036
Eagle Lake – 5 Carter Street 866-321-1999 207-444-5152
Substance abuse disorder diagnoses and tobacco counseling services.

The Northern Lighthouse, Inc.

www.tnlh.org

Caribou – 559 New Sweden Road 207-492-2011
Fort Kent – 92 Pleasant Street 207-834-2114
Houlton – 40 Market Square 207-521-0067
Mars Hill – 14 Main Street 207-425-3880
Presque Isle – 168 Academy Street 207-540-1522
Information 1-844-659-2629
Parent support groups, trainings, and education.

Pathways Wellness Group

Caribou – 658 Main Street, Suite 1 207-492-0906
Substance abuse evaluation and counseling.

SJV Recovery Services

Fort Kent – 175 Strip Road 207-231-2306
Madawaska – 272 Main Street 207-231-4542
Substance abuse evaluation and counseling.

COUNSELING SERVICES:

Sweetser

www.mymainetherapist.com

Caribou – In-home services; county-wide 207-325-1605

Houlton – 61 Main Street 207-538-6718

Fort Kent – 204 Market Street 207-231-0793

Substance abuse evaluation and counseling.

Veteran’s Outreach Center

www.maine.va.gov/visitors/VetCenters.asp

Caribou – 456 York Street 207-496-3900

Substance abuse information and referral services for veterans.

****A note about Payment Options:***

Most counselors and agencies accept MaineCare, Medicare, private insurance, and self-pay options as well as offer a sliding fee scale or reduced fees.

GENERAL INFORMATION:

Maine Office of Substance Abuse and Mental Health Services

Resource Center 800-499-0027 207-287-8900

The Resource Center can provide information about substance abuse and listings of treatment agencies and support group meetings in Maine.

Maine Department of Health & Human Services (DHHS)

www.maine.gov/dhhs/programs.shtml#substanceabuse

Caribou – 30 Skyway Drive 800-432-7366 207-493-4000

TOBACCO CESSATION:

Dept. of Veterans Affairs/CBOC
 Caribou – 163 Van Buren Road, Suite 6
 Veterans only.

207-493-3800

Healthy Aroostook
 Presque Isle – 771 Main Street

207-554-4129

Classes available with 5 or more people; self-help; free resources.

SUPPORT GROUP MEETINGS:

Alcoholics Anonymous (AA)

<u>City or Town</u>	<u>Meeting type; Day and Time</u>	<u>Location</u>
Ashland	Discussion; Thurs 7:30 PM	Community Library, 57 Exchange St.
Caribou	Discussion; Mon 7:30 PM	Bethel Pentecostal, 294 Access Hwy.
Caribou	Big Book; Thurs 7 PM	Odd Fellows Soup Kitchen, Collins St.
Caribou	Speaker/Discussion; Fri 7 PM	Odd Fellows Soup Kitchen, Collins St.
Caribou	Discussion; Sat 9:30 AM	Odd Fellows Soup Kitchen, Collins St.
Connor	Discussion; Thu 7:30 PM	Connor School, 1581 Van Buren Rd.
Eagle Lake	Discussion; Sun 7 PM	St. Mary Parish, 3443 Aroostook Rd.
Fort Fairfield	Literature/Closed; Mon 5 PM	United Parish Church, 4 Church St.
Fort Fairfield	Discussion; Tues 7 PM	St. Paul's Episcopal, 66 Main St.
Fort Fairfield	Women only/Closed; Fri 5 PM	United Parish Church, 4 Church St
Fort Kent	Literature; Mon 7:30 PM	Forest Hill Manor, 25 Bolduc Ave.
Fort Kent	Discussion/Closed; Tues 7 PM	Forest Hill Manor, 25 Bolduc Ave.
Fort Kent	Discussion; Fri 7 PM	Forest Hill Manor, 25 Bolduc Ave.
Houlton	Discussion; Tues 7:30 PM	Unitarian Church, 61 Military St.
Houlton	Discussion; Wed Noon	Good Shepard, 116 Main St.
Houlton	Speaker; Thurs 7:30 PM	Good Shepard, 116 Main St.
Houlton	Discussion; Fri 8 PM	Sadie's Bakery, 5 Water St.
Houlton	Discussion; Sat Noon	Good Shepard, 116 Main St.
*Island Falls	Discussion; Mon 7:30 PM	Whitter Congregational, 15 Burleigh St.
Madawaska	Discussion/Closed; Tues 7 PM	Acadia Family Health Ctr, 460 Main St.
Madawaska	Disc./Closed; Sat 9:30 AM	Acadia Family Health Ctr, 460 Main St
Patten	Mon Noon	Methodist Church, 4 Houlton St.
Patten	Big Book; Sat 7 PM	Methodist Church, 4 Houlton St.
Presque Isle	Discussion; Wed 7 PM	St. John's Episcopal, 52 Second St.
Presque Isle	Discussion; Sat 7 PM	St. John's Episcopal, 52 Second St.
Stockholm	Discussion; Sat 7:30 PM	Trinity Lutheran, 8 Donworth St.
Van Buren	Discussion; Mon 7 PM	Community Ctr., 130 Champlain St.
Van Buren	Step; Thurs 7 PM	Community Ctr., 130 Champlain St.

SUPPORT GROUP MEETINGS:

Al-Anon

<u>City or Town</u>	<u>Meeting type; Day and Time</u>	<u>Location</u>
Caribou	Discussion; Sat 11 AM	Catholic Charities, 14 Old Van Buren Rd.
Fort Fairfield	Discussion; Tues 7:30 PM	St Paul's Episcopal, 66 Main St.
Fort Kent	Discussion; Mon 1 PM	Rock's Diner, 378 West Main St.
Madawaska	Discussion; Wed 7 PM	Senior Center, 291 Newberry Dr.
Van Buren	Discussion; Tues 2:15 PM	St. Bruno/St. Remi Church, 180 Main St.

Families Anonymous

<u>City or Town</u>	<u>Meeting type; Day and Time</u>	<u>Location</u>
Caribou	Discussion; Wed 6 PM	Cary Medical Ctr., 163 Van Buren Rd.

Narcotics Anonymous

<u>City or Town</u>	<u>Meeting type; Day and Time</u>	<u>Location</u>
Fort Kent	Discussion; Thurs 7 PM	Forest Hill Manor, 25 Bolduc Ave.
Houlton	Discussion; Fri 7 PM	Houlton Reg. Hospital, 20 Hartford St.
Presque Isle	Discussion/Step; Tues 7 PM	St John's Episcopal, 52 Second St.
Presque Isle	Discussion/Step; Fri 7 PM	St John's Episcopal, 52 Second St.

Recovery

<u>City or Town</u>	<u>Meeting type; Day and Time</u>	<u>Location</u>
Caribou	Discussion; Fri 11 AM Elizabeth - 207-492-1653	Life By Design, 27 Birdseye Ave.

Recovery - Faith Based

<u>City or Town</u>	<u>Meeting type; Day and Time</u>	<u>Location</u>
Houlton	Discussion; Tues 6 PM Travis - 207-532-2783 x109	Baptist Church, 307 Military St.
Mars Hill	Discussion; Thurs 6:30 PM Pastor Folsom - 207-429-9000	Full Gospel Assembly, 9 Maple St.
Presque Isle	Discussion; Thurs 6:30 PM Darren - 207-764-5187	PI Wesleyan, 387 Centerline Rd.

Meeting Legend

<i>Big Book</i>	<i>Group reads and discusses the AA Big Book</i>
<i>Closed</i>	<i>Meeting for alcoholics only</i>
<i>Discussion</i>	<i>Meeting for discussion of anything alcohol-related</i>
<i>Literature</i>	<i>Meeting where literature is available for sale</i>
<i>Speaker</i>	<i>One or more alcoholics share what they were like, what happened, and what they are like now</i>
<i>Step</i>	<i>Group reads and discusses AA's 12 Steps</i>

SUPPORT GROUPS ON THE WEB:

Adult Children of Alcoholics	www.adultchildren.org
Alanon (National)	www.al-anon-alateen.org
Alanon/Alateen (Maine)	www.maineafg.org
Alateen (National)	www.al-anon.alateen.org/for-alateen
Alcoholics Anonymous (National)	www.aa.org
Alcoholics Anonymous (Maine)	www.csoaamaine.org
Cocaine Anonymous	www.ca.org
Codependents Anonymous	www.coda.org
Crystal Meth Anonymous	www.crystalmeth.org
Families Anonymous	www.familiesanonymous.org
Heroin Anonymous World Services	www.heroinanonymous.org
Marijuana Anonymous	www.marijuana-anonymous.org
Methadone Anonymous	www.methadonesupport.org
Narcotics Anonymous (National)	www.na.org
Narcotics Anonymous (Maine)	www.namaine.org
Naranon	www.naranon.com
Nar-Anon Family Group	www.nar-anon.org
National Alliance on Mental Illness	www.nami.org
National Alliance on Mental Illness (Maine)	www.namimaine.org
Nicotine Anonymous	www.nicotine-anonymous.org
Partnership for Drug Free Kids	www.drugfree.org
Partnership for a Tobacco Free Maine	www.tobaccofreemaine.org
Rational Recovery	www.rational.org
Secular Organizations for Sobriety	www.cfiwest.org/sos
Substance Abuse Rehab	www.drugrehabmaine.net
Women for Sobriety	www.womenforsobriety.org

SUPPORT GROUP HOTLINES:

Alcoholics Anonymous (Maine)	1-800-737-6237
Al-Anon (Maine)	1-800-498-1844
Alcohol & Drug Abuse HELPLine	1-800-671-0929
Maine Tobacco HELPLine	1-800-207-1230
Partnership for Drug Free Kids Parents HELPLine	1-855-DRUGFREE

24-HOUR HOTLINES:

DHHS Statewide Crisis Hotline	888-568-1112
Children's Emergency Services	800-452-1999
2-1-1 Maine Inc.	211 or 877-463-6207

TO REPORT SUSPECTED DRUG ACTIVITY:

Aroostook County Crimestoppers	800-638-TIPS (8477)
MDEA Aroostook	207-532-0501
MDEA Drug Tip Hotline	800-452-6457
Maine State Police	800-924-2261
Maine Warden Service – Ashland	207-435-3231

PREVENTION PARTNERS:

Community Voices

www.communityv.com

Fort Kent

207-316-8071

A community coalition whose mission is to foster a community climate that discourages the misuse of substances by engaging in community-wide education, advocacy, and action strategies.

Healthy Aroostook

www.healthyarostook.org

Presque Isle

207-554-4129

Community coalition dedicated to improving the health and well-being of local citizens through collaborative community action, education, and prevention.

Link For Hope

Houlton

207-521-2283

A coalition whose mission is to enhance the quality of life in Southern Aroostook by reducing problems related to alcohol and other drug use and teen suicide.

Power of Prevention

www.powerofprevention.org

Caribou

207-498-9952

A coalition that works with community partners to make Northern Aroostook a healthier place to live and work.

POSTFACE:

Purpose

Individuals, organizations, and communities can raise awareness about the value of addiction treatment and recovery.

This is where the road to recovery begins.

This directory is designed to help the people of Aroostook County locate the substance abuse support and services they need.

Disclaimer Statement

Inclusion or omission of any agency, organization, or provider in this publication is neither an endorsement nor disapproval of any agency, organization, or provider.

Director's Message

We have made our best effort to make sure that the information in this directory is complete, accurate and user-friendly.

Please contact us using the information provided on the back cover page if you would like to assist in the distribution of this directory, or if you have questions or would like our help finding the information, services, or support you need.

Mark Shea
Project Director
Aroostook Substance Abuse Prevention

Who we are:

Aroostook Substance Abuse Prevention (ASAP) brings County communities together to address substance abuse by facilitating the coordination of prevention efforts and by being a resource for information, tools, funding, and initiatives.

ASAP leverages funding from the Drug-Free Communities (DFC) Support Program, a Federal grant program, to establish and strengthen collaboration among communities, public and private non-profit agencies, as well as federal, state, local, and tribal governments, to prevent and reduce substance use among youth, and, over time, reduce substance abuse among adults by addressing the factors in a community that increase the risk of substance abuse and promoting the factors that minimize the risk of substance abuse. Cary Medical Center serves as the fiscal agent for ASAP.

Contact us:

Aroostook Substance Abuse Prevention
163 Van Buren Rd., Suite 1
Caribou, ME 04736

Phone: 207-498-9952

Email: mshea@carymed.org

Web: www.asapcoalition.org

Facebook: www.facebook.com/AroostookSubstanceAbusePrevention



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