

Aroostook County Substance Use Resource Directory



Where the road to recovery begins

**A Guide to substance use treatment, recovery, and
prevention services in Aroostook County**
2020 Edition

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

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

“The first step towards getting somewhere is to decide that you are not going to stay where you are.”



Disclaimer:

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

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Emergency Numbers

Emergency (Police/Fire/Ambulance)	911
Poison Control	1-800-222-1222
Maine State Police- Houlton	207-532-5400
Aroostook County Sheriff's Office	207-532-3471
Ashland Police	207-435-6626
Caribou Police	207-493-3301
Fort Fairfield Police	207-472-3808
Fort Kent Police	207-834-5678
Houlton Police	207-532-2287
Limestone Police	207-328-4702
Madawaska Police	207-728-6356
Presque Isle Police	207-764-4476
Van Buren Police	207-868-3481
Washburn Police	207-455-4043

24-Hour Hotlines

2-1-1 Maine	211
*or text your zip code to 898-211 to request assistance	
Maine Statewide Crisis Line	1-888-568-1112
AMHC Adult Crisis Unit	1-800-432-7805
NAMI Maine Helpline	1-800-464-5767 Press 1
Children's Emergency Services	1-800-452-1999
Domestic Violence Helpline	1-866-834-4357
Sexual Assault Helpline	1-800-871-7741
Alcohol and Drug Abuse Helpline	1-800-671-0929
Partnership for Drug Free Kids - Parents Helpline	1-855-DRUGFREE
Eyes Open for Maine	1-800-974-0062

Support Group Hotlines

Narcotics Anonymous	800-974-0062
Alcoholics Anonymous	800-737-6237
Statewide Al-Anon	800-498-1844

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

Medication Assisted Treatment

Opioid Health Home (AMHC)

Caribou - 43 Hatch Drive 800-244-6431 207-498-4193

Madawaska - 88 Fox St 207-762-4851

Integrated care delivery model focused on whole-person treatment including, but not limited to, counseling, care coordination, medication assisted treatment, peer support, and medical consultation.

Eligibility: Adults 18 years of age and older who have been diagnosed with an opioid dependency and are seeking recovery from their misuse and their associated mental and physical health problems.

Residential Treatment

Aroostook Mental Health Center (AMHC)

www.amhc.org

Limestone - “The Farm” 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.

Resting Arms Ministries

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

Aroostook Mental Health Center (AMHC)

Caribou - 24 Sweden St., Suite 201		www.amhc.org
Fort Kent - 139 Market St., Suite 109		207-493-3361
Houlton - 11 Mill St.		207-834-3486
Madawakaska - 88 Fox St., Suite 101		207-532-6523
Presque Isle - 1 Edgemont Drive		207-728-6341
Access Center for Referrals	800-244-6431	207-764-3319
HELPLine	800-432-7805	207-498-4193
Peer Support Line		207-768-3304
		888-565-5522
Intensive outpatient services; family-based substance abuse counseling, MAT, criminogenic treatment services, detox management.		

Bradstreet Counseling Services

Bradstreet, Mavis	
Bridgewater - 667 Main Rd.	207-425-3079

Central Aroostook Psychiatric Services (CAPS)

Presque Isle - 521 Main St., 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

Presque Ilse - 34 North St., Suite 6	www.countybm.org
	207-554-2600
Addictions, substance abuse, counseling and recovery services.	

Families United

Caribou - 14 Sweden St., Suite 101	www.familiesunited-fyi.org
	207-492-0100
Outpatient counseling services for adults, children, couples, and families.	

Fish River Rural Health

Eagle Lake - 10 Carter St.	www.ffrh.org
Fort Kent - 12 Bolduc Ave.	207-444-5973
Madawaska - 309 St. Thomas St., Suite 213	207-834-3971
	207-728-3971
Alcohol, substance abuse counseling services	

Fredman, Jonathan; Ph.D.

Caribou - 46 Glenn St.	207-498-6395
DEEP Program; substance abuse evaluation, counseling.	

Healing Hearts, LLC

Caribou - 7 Prospect St, Suite 160 207-492-1000
Individual, group, couples, and family therapy; Christian counseling.

Houlton Band of Maliseet Indians Health & Wellness Center

Houlton - 3 Clover Circle 207-532-2240

Hope Recovery Services

Caribou- 2 Armco Ave. 207-493-1700
DEEP, SAP Programs; Substance abuse evaluations, counseling; EMDR

Katahdin Valley Health Center

Ashland - 33 Walker St. www.kvhc.org
207-435-6341
Houlton - 59 Bangor St. 207-521-0022
Patten - 30 Houlton St. 207-528-2285
On Call Provider 866-366-5842
Counseling services for families and individuals.

Life By Design

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

Making Strides Growth and Learning, LLC

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

New Day Counseling

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

Northern Maine General

Caribou - 21 Aldrich Drive www.nmgeneral.org
207-492-1036
Eagle Lake - 5 Carter St. 1-866-321-1999 207-444-5152
Substance use disorder diagnoses and tobacco counseling services

Northern Lighthouse, Inc.

Caribou - 559 New Sweden Rd www.tnlh.org
207-492-2009
Houlton - 40 Market Square 207-521-0067
Mars Hill - 14 Main St. 207-425-3880
Presque Isle - 168 Academy St. 207-540-1522
Parent support groups, trainings, and education

Counseling Services

Pathways Wellness Group

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

Roads to Recovery

1 Water St., Caribou 207-493-1278

SJV Recovery Services

Madawaska - 272 Main St. 207-231-2306 or 207-231-4542
Substance use evaluation and counseling.

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.

Community Based Outpatient Clinic

www.maine.va.gov

U.S Dept of Veteran Affairs 877-421-8263 x3600
Caribou - 163 Van Buren Rd
Mental health services, smoking cessation.

Maine Mothers Network (AMHC)

800-244-6431

Caribou - 43 Hatch Drive 207-762-4851
Substance abuse case management services include screening for adverse childhood experiences, parenting groups, treatment groups, and peer recovery coaches for transition to community supports.
Eligibility: Women parenting a child 5 years of age and younger and/or are pregnant who are receiving treatment for substance use. No cost

Pines Health Services

Caribou - 74 Access Highway 207-498-2356
Telepsychiatry, outpatient substance abuse treatment provided, AMHC includes co-occurring services, substance abuse services, substance abuse intensive outpatient services, medication management, and DEEP services.

*A note about Payment Options for counseling services:

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

Support Group Meetings

Alcoholics Anonymous (AA)

City or Town	Day	Time	Address
Ashland	Thursday	7:30 PM	Community Library, 57 Exchange St.
Caribou	Monday	7:30 PM	Bethel Pentecostal, 294 Access Hwy.
	Tuesday	7:00 PM	Lion's Community Center, 111 High St.
	Thursday	7:00 PM	Bread of Life Soup Kitchen, Collins St.
	Friday	7:00 PM	Bread of Life Soup Kitchen, Collins St.
	Friday	7:30 PM	Lion's Community Center, 111 High St.
	Saturday	9:30 AM	Bread of Life Soup Kitchen, Collins St.
	Saturday	9:30 AM	St. Luke's Episcopal, 610 S. Main St
	Connor	Thursday	7:30 PM
Eagle Lake	Sunday	7:00 PM	St. Mary Parish, 3443 Aroostook Rd.
Fort Fairfield	Monday	5:00 PM	United Parish Church, 4 Church St.
	Tuesday	7:00 PM	St. Paul's Episcopal
	Friday	5:00 PM	United Parish Church, 4 Church St. (Women only)
Fort Kent	Monday	7:30 PM	Forest Hill Manor, 25 Bolduc Ave.
	Tuesday	7:00 PM	NMMC, 100 W Main St.
	Tuesday	7:00 PM	Forest Hill Manor, 25 Bolduc Ave.
	Wednesday	7:00 PM	NMMC, 100 W Main St.
	Friday	7:00 PM	Forest Hill Manor, 25 Bolduc Ave.
	Friday	12:00 PM	NMMC, 100 W Main St.
	Saturday	7:00 PM	NMMC, 100 W Main St.
Houlton	Monday	12:00 & 7:30 PM	White House, 106 1/2 Main St.
	Tuesday	12:00 PM	White House, 106 1/2 Main St.
	Tuesday	7:30 PM	Unitarian Church, 61 Military St.
	Wednesday	12:00 & 7:30 PM	White House, 106 1/2 Main St.
	Wednesday	12:00 PM	Good Shepard, 116 Main St
	Thursday	12:00 & 7:30 PM	Good Shepard, 116 Main St
	Friday	12:00 PM	White House, 106 1/2 Main St.
	Friday	8:00 PM	Sadie's Bakery, 5 Water St.
	Saturday	12:00 & 7:30 PM	White House, 106 1/2 Main St.
	Saturday	12:00 PM	Good Shepard, 116 Main St
	Sunday	12:00 & 7:30 PM	White House, 106 1/2 Main St.

Alcoholics Anonymous (AA)

Island Falls	Monday	7:30 PM	Whitter Congregational, 15 Burleigh St.
Madawaska	Tuesday	7:00 PM	Acadia Family Health Ctr., 460 Main St.
	Saturday	9:30 AM	Acadia Family Health Ctr., 460 Main St.
Presque Isle	Wednesday	7:30 PM	Academy House, 150 Academy St
	Wednesday	7:00 PM	St. John's Episcopal, 52 Second St.
	Friday	7:30 PM	Academy House, 150 Academy St
	Saturday	7:30 pm	Academy House, 150 Academy St
	Saturday	7:00 PM	St. John's Episcopal, 52 Second St.
Stockholm	Saturday	7:30 PM	Trinity Lutheran, 8 Donworth St.
Van Buren	Monday	7:00 PM	Community Ctr, 130 Champlain St.
	Thursday	7:00 PM	Community Ctr, 130 Champlain St.

Narcotics Anonymous (NA)

City or Town	Day	Time	Address
Caribou	Wednesday	9:00 AM	Roads to Recovery, 1 Water St
	Thursday	9:00 AM	Roads to Recovery, 1 Water St
	Saturday	9:00 AM	Roads to Recovery, 1 Water St
Fort Kent	Thursday	7:00 PM	Forest Hill Manor, 25 Bolduc Ave
	Thursday	7:30 PM	Wellness Center, 83 West Main St
Houlton	Tuesday	7:00 PM	Houlton Regional Hospital, 20 Hartford St.
	Friday	7:00 PM	Houlton Regional Hospital, 20 Hartford St.
Madawaska	Tuesday	7:30 PM	SJVA, 291 Newberry Dr, Suite 105
	Friday	7:30 PM	SJVA, 291 Newberry Dr, Suite 105
	Saturday	9:00 AM	SJVA, 291 Newberry Dr, Suite 105
	Sunday	2:00 PM	SJVA, 291 Newberry Dr, Suite 105
Presque Isle	Tuesday	7:00 PM	St. John's Episcopal, 52 Second St.
	Friday	7:00 PM	St. John's Episcopal, 52 Second St.
	Friday	7:30 PM	Northern Light A.R. Gould Hospital, 150 Academy St.

Al-Anon

City or Town	Day	Time	Address
Caribou	Tuesday	6:30 PM	Roads to Recovery, 1 Water St.
	Saturday	11:00 AM	Catholic Charities, 14 Old Van Buren Rd.
Fort Fairfield	Tuesday	7:30 PM	St. Paul's Episcopal, 66 Main St.
Fort Kent	Monday	1:00 PM	Rock's Diner, 378 West Main St.
Madawaska	Wednesday	7:00 PM	Senior Center, 291 Newberry Dr.
Van Buren	Tuesday	2:15 PM	St. Bruno/ St. Remi Church, 180 Main St.

Recovery

Program	Day	Time	Address
Pathway to Healing	Monday	3:00 PM	Life By Design, 147 Academy St., Presque Isle
Affected Other Group	1st Wed.	4:00 PM	Life By Design, 147 Academy St., Presque Isle
Aftercare Group	2nd Wed.	4:00 PM	Life By Design, 147 Academy St., Presque Isle

SMART (Self Management And Recovery Training) www.smartrecovery.org
Houlton - Wednesday 7:00 PM 207-694-5584
106 Main Street Houlton

SMART Recovery is an abstinence-based, not for profit organization with a sensible self-help program for people having problems with drugs and alcohol.

Recovery Dharma

Caribou - Thursday 6:00 PM
Roads to Recovery Community Center 1 Water St.
Recovery Dharma welcomes anyone who is looking to heal from addiction and addictive behavior, whether it's caused by substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering. We've found that this Buddhist-inspired path can lead to liberation from the suffering of addiction, and we support you in finding your own path to recovery.



Faith-Based Recovery

City or Town	Day	Time	Address & Contact
Houlton	Tuesday	6 PM	Baptist Church, 307 Military St. Travis – 207-532-2783 x109
Mars Hill	Thursday	6:30 PM	Full Gospel Assembly, 9 Maple St. Paul – 207-429-9000

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 Service	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

Recovery Centers



Roads to Recovery
A Substance Use Peer Recovery Center

Roads to Recovery

Caribou - 1 Water Street

207-493-1278

www.facebook.com/roadstorecoverycommunitycenter

Roads To Recovery is a substance use disorder peer recovery center located in the heart of Caribou. They are open to any adult seeking or in recovery from substance use. All services at the center are free.



Aroostook Recovery Center of Hope
A Substance Use Peer Recovery Center

Aroostook Recovery Center of Hope (ARCH)

Houlton - 36 North Street

207-254-2213

www.facebook.com/ARCH04730

ARCH is a substance use peer recovery center located in Houlton. They are open to any adult seeking or in recovery from substance use.

Tobacco Cessation

Dept. of Veterans Affairs/CBOC

207-493-3800

Caribou – 163 Van Buren Road, Suite 6
Veterans only.

ACAP Community Health

207-764-3721

Presque Isle – 771 Main Street
Classes available with 5 or more people; self-help; free resources.

Maine Tobacco Helpline

800-207-1230



About Us

Power of Prevention is a local coalition that works with community partners to support substance use prevention and education throughout Aroostook County. Much of our work is through education and awareness as well as policy and environmental change. Power of Prevention is hosted in Caribou by Cary Medical Center.



Contact us:

Kim Parent, Project Lead
kimparent@carymed.org 207-540-3659

Janice Jackson, Community Outreach Coordinator
jjackson@carymed.org 207-498-1633

Elizabeth Singer, Community Relations Coordinator
esinger@carymed.org 207-498-1632

Prevention Partners



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.



Aroostook County Action Program
We Make Life Better!

ACAP Community Health

Presque Isle

www.acap-me.org

800-432-7881

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



DRUG FREE
AROSTOOK

A Program of **ACAP**

Drug Free Communities

Presque Isle

800-432-7881

The Drug-Free Communities Support Program (DFC) is a Federal grant program that provides funding to community-based coalitions that organize to prevent youth substance use.

ACAP's DFC program works to establish and strengthen community collaboration to prevent and reduce substance use among youth. To achieve these goals, staff members work with community partners to address community factors that increase the risk of substance abuse and promote factors that minimize the risk of substance abuse.

TO REPORT SUSPECTED DRUG ACTIVITY:

Aroostook County Crime stoppers
Aroostook County Sheriff call or text
MDEA Aroostook
MDEA Drug Tip Hotline
Maine State Police
Maine Warden Service – Ashland

800-638-TIPS (8477)
207-538-TIPS (8477)
207-532-0501
800-452-6457
800-924-2261
207-435-3231

*You don't have
to see the
whole staircase,
just take the
First Step*





Power of Prevention
163 Van Buren Rd., Suite 1
Caribou, ME 04736
www.powerofprevention.org • 207-540-3659