

## Obtaining Services

Family or providers can contact Client Services at (207) 783-9141 or 1-800-787-1155, ext. 268 or 231.

Once a referral is made, the ACT Coordinator will review it and contact the family.

## For more information:

230 Bartlett Street  
PO Box 2008  
Lewiston, ME 04241-2008  
783-4692

**Statewide  
24-hour Emergency Services:  
1-888-568-1112**  
(toll free & TTY)



Maine's first comprehensive mental health center serving the communities of Oxford, Franklin, Androscoggin and Western Cumberland Counties

### Our Mission

TCMHS is committed to providing the people of Maine with excellence in mental health, substance abuse, habilitation and life skills services, respecting consumer rights, personal dignity and maintaining agency financial stability.

Tri-County Mental Health Services endorses Recovery Based Trauma Informed services, which recognizes two common themes for consumers of this agency: that violence and the resulting trauma are pervasive and should be acknowledged; and there is hope in Recovery.

[www.tcmhs.org](http://www.tcmhs.org)

TCMHS is an EOE and receives funding from:  
Department of Health & Human Services



## ACT Team

## Assertive Community Treatment for Adults

## What is the ACT Team?

The Assertive Community Treatment (ACT) team is a 24-hour, seven days per week service provided by a multi-disciplinary team to adults who require intensive counseling, case management, and medication management support.

## Eligibility

Adults are eligible for ACT services if they have the following:

- Diagnosis of Major Mental Illness
- Repeated psychiatric hospitalizations or crisis contacts
- Child has recently been discharged from psychiatric hospitalization or residential treatment with a documented high probability of decompensating in the absence of ACT services
- MaineCare Coverage

## Treatment Services

The ACT team includes a psychiatrist, a mental health nurse, licensed Master's level clinicians, and counselors/case managers. The team provides:

- Assessment and treatment planning
- Crisis management
- Individual counseling in the home
- Family education
- Case management services
- Medication management services
- Substance Abuse Treatment
- Vocational Rehabilitation Counseling & Support