

**Referral line for all locations
1-888-304-HOPE (4673)**

Locations:

Androscoggin County

1155 Lisbon St.
PO Box 2008
Lewiston, ME 04241-2008
1-800-787-1155/(207)783-9141

Crisis Services

230 Bartlett St.
Lewiston, ME 04240
1-800-550-3427/(207)783-4695

Thrive

124 Canal Street
Lewiston, ME 04240
1-877-784-4705/(207)782-5783

Franklin County

144 High St., Suite 1
Farmington, ME 04938
1-800-559-3556/(207)778-3556

Cumberland County

32 No. High St./PO Box 170
Bridgton, ME 04009
1-800-286-5629/(207)647-5629

North Windham

744 Roosevelt Trail
North Windham, ME 04062
(207)892-4623

Oxford County

143 Pottle Rd.
Oxford, ME 04270
1-800-750-7911/(207)743-7911

49 Congress St.

Rumford, ME 04276
1-800-371-7981/(207)364-7981

3/31/09



TRI-COUNTY
MENTAL HEALTH SERVICES

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

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



TRI-COUNTY
MENTAL HEALTH SERVICES

Community Integration Services

Case Management
*Connections. Support.
Advocacy.*

For information or referrals, call:
1-888-304-HOPE (4673)

Recovery

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



What is it?

Individuals living with chronic mental illness can have challenges every day. Multiple services, complicated treatments, and the stresses of everyday life can make the road to recovery challenging. CIS provides a case manager to work individually with each person to help find the services and support along the way.

The CIS Case Manager helps people living with chronic and severe mental health issues.

- Find, link and coordinate needed resources
- Monitor effectiveness of current services & support
- Advocate for change and additional resources when needed
- Provide regular contact & monitor the recovery process
- Specific activities might include help with **finding** housing, medical care, transportation, and meeting safety needs.

We offer hope.

How does it work?

Case management begins with a call to the referral line at TCMHS: 1-888-304-HOPE (4673). If the consumer meets the criteria, they will be matched with a Case Manager and scheduled for an INTAKE meeting at the TCMHS location most convenient. The meeting takes about an hour and a half. We discuss areas of needs, identify any barriers to meeting needs, and help individuals develop a plan to be successful. The case manager can meet with the consumers as much as is needed, for as long as is needed to achieve optimal recovery and independence.

We believe in empowerment and independence, and seek to provide the least restrictive level of care that supports recovery. Our approach is trauma-informed and recovery-based. To be “Trauma-informed means to know the history of the past and current trauma in the consumer’s life. This allows for more holistic and integrated treatment. Our services are welcoming, appropriate, and avoid retraumatization.

Who is eligible?

- ❖ Adults living with a chronic mental health diagnosis such as bipolar disorder, major depression, schizophrenia, post traumatic stress disorder, etc.).

- ❖ Class members
- ❖ Those who meet criteria as scored on the Global Assessment of Functioning

Why choose Tri-County?

With CIS at Tri-County, you have access to a full range of mental health and recovery programs, including:

- Outpatient Therapy
- Medication Management
- Psychiatric Services
- Substance Abuse Treatment
- Group Services
- Assertive Community Treatment (Androscoggin County)
- Deer Run Crisis Stabilization (207-783-4680)
- Mobile Crisis
- Community Trauma Response Team
- Residential Programs

The Tri-County Team is committed to providing the most advanced, coordinated care available. We work together to integrate care across different treatment and support services to meet every consumer’s unique needs.