

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

**Tri-County Mental Health Services offers services in the following areas:**

**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

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

**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



## SUBSTANCE ABUSE COUNSELING SERVICES

*Addiction & Chemical  
Dependency*

*We can prevent it.  
We can treat it.  
We can't ignore it.*

## Our Philosophy

Chemical dependency is a chronic, progressive disease. If untreated, it can be fatal. The lives of individuals addicted to drugs or alcohol are negatively impacted, regardless of age, sex, ethnicity, or socio-economic status. Chemical dependence also affects family members and other loved ones.

There is no known cure for addiction to drugs or alcohol, but with proper treatment, individuals can recover and live a life free of chemicals.

We assess a person's "readiness to change," using the Transtheoretical Model. If motivation is low, we utilize cutting edge Motivational Interviewing techniques to empower clients to change.

***It's never too late to live a life free of chemicals.***

## Treatment Process

The first step on the road to recovery is an initial assessment by an intake worker. Acting as a team, individualized treatment is determined by the clinician and the client. Services may include one or more modalities of treatment.

**Education Groups:** Our education groups offer a twelve-week open-ended curriculum. Twelve different aspects of the addiction and recovery process are explored and discussed.

**Family Services:** We offer evaluation and treatment for chemically dependent individuals and affected persons, including family members, significant others, and loved ones.

**Aftercare Group:** Servicing clients from all service locations, the Aftercare Group provides essential support following inpatient services.

**Family Drug Court**

**Adolescent Drug Court**

**DSAT Groups/Drug Court**

## Our Program

Tri-County's Substance Abuse Counseling Services are licensed by the State of Maine Department of Health and Human Services, by the Office of Substance Abuse, and certified by the **Driver Education Evaluation Program (DEEP)**. We employ certified and licensed clinicians.

### Co-Occurring Disorders

Because we are part of a community mental health system, we can also provide mental health services to our chemically dependent clients. We can even arrange for a psychiatric evaluation for those individuals taking psychotropic medications. All of our programs are healing agents of change.

**Fees:** We accept Medicaid and third-party payments, as well as self-payments, on a sliding scale based on ability to pay.

**Referral Process:** Referrals are made through the "Client Services" offices of Tri-County Mental Health Services, located in various communities. Please see the back of this panel for a complete listing. We make every effort to schedule intake appointments in a timely fashion.

**For more information:** For additional information about our programs, please contact any of our locations listed on the back of this panel.