

*We offer hope.*

Tri-County Mental Health Services is Maine's most comprehensive agency dealing with the psychological and social well-being of children, adults, and elders. We serve nearly 11,000 individuals each year with innovative programs and services addressing mental health, substance abuse, Intellectual disabilities, autism, and more. Our philosophy of building toward recovery and sensitivity to traumatic experiences of consumers gives hope to individuals, families, and communities in Androscoggin, Cumberland, Franklin, and Oxford counties.

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

Social Learning Center  
80 Strawberry Ave • Lewiston, ME 04240  
1-877-208-6134/(207)783-4672

Crisis Services  
230 Bartlett St. • Lewiston, ME 04240  
Business line: (207)783-4695  
24 Hour Emergency: (207)783-4680

**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 • No. 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

7/17/12

## *Our Mission:*

Tri-County Mental Health Services is committed to providing hope and recovery to the people of Maine. We will deliver state of the art mental health, substance abuse, habilitation, and life skills services that are trauma-informed, recovery-based and integrated. We will secure our ability to provide such services through maintaining financial stability.

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



## **Community Rehabilitation Services**

*With the right supports, independent  
living is possible!*

*Client-centered  
Recovery-oriented  
Trauma-informed*

Referral Line, all Locations  
1.888.304.HOPE(4673)

Statewide 24-hour Emergency Services  
1.888.568.1112 ( toll free & TTY)



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



## *What is Community Rehabilitation Services? (CRS)*

This new program offers individuals diagnosed with a serious and persistent mental illness, co-occurring mental illness and substance abuse, a range of services to support recovery and independent living in the community. The professional team offers skills development, coaching, support and assistance with symptom management. We help participants develop their own support networks, enhancing their ability to live independently.

## *How does it work?*

A team of professionals works together in an integrated and holistic approach, led by a primary case manager from the team.

Services are available 24 hours a day, seven days a week, with face to face contact at least once every day.

The team provides education about medications and physical health, to help people stay healthy and independent.

Services are individualized to each person's needs and include combinations of the following:

- Community Integration Services/Case Management (Section 17)
- Daily Living Supports
- Skills Development Services
- Occupational Therapy

## *Who is Eligible?*

Services are available to adults diagnosed with a serious and persistent mental illness living in Androscoggin County and nearby communities. It is for people who can benefit from intensive services. **This is a good post-residential option for people.**

\*CRS services reimbursed by MaineCare must be medically necessary.

Questions to ask:

- Have you been hospitalized for a mental illness related issue in the past year?
- Have you needed to stay at a crisis stabilization unit in the past year?
- Have you been incarcerated in the past year?
- Have you ever been homeless or at risk of eviction?

A checklist of more referral criteria is available at [www.tcmhs.org](http://www.tcmhs.org)

## *What we believe*

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 person's unique needs. Related services at TCMHS are:

- Psychiatric Services
- Medication Management
- Day Support Services
- Specialized Group Services
- Interpreter Services

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.