

**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

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

*Child Case Management Services offered



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



Child & Family Services



Children's Services

Specialized services for children and their families include psychiatric evaluation, group, and individual child therapy, family counseling, crisis intervention, infant mental health, home-based counseling (including Multi-Systemic Therapy and school-based services.)

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 life of the consumer with whom one is working. This allows for more holistic and integrated treatment. Services must be "welcoming" and "appropriate" to produce successful outcomes.

Child/Family Outpatient

Child and Family Services offers individual, family, and group counseling in an outpatient setting to assist consumers struggling with emotional disturbances. Licensed master level clinicians provide these services. The framework for our work is trauma sensitive and strength based. Individual assessments and treatment plans are created specific to the child and family. Psychiatry is also available on site to those consumers who are interested.

Child Case Management

Case Management works to creatively find resources and supports, and helps connect children and families to them. Case Managers help families with Assessment, Coordination, Advocacy, Linkage, Crisis Planning, and Behavior Plans. They help wrap the child and family in a helpful, supportive environment to help them be successful.

Multi-systemic Therapy

Multisystemic Therapy (MST) is a family-oriented, home-based program that works with families with children displaying complex clinical, social and educational needs. MST works with children who are at risk for out-of-home placement or are returning to homes and communities after experiencing placement. MST focuses on children struggling with emotional and/or behavioral issues, (i.e. criminal activity, substance abuse, oppositional behavior at home and/or school). Our program is licensed by MST services. Staff receives ongoing training to meet a high standard of fidelity to the treatment model.

Group Services

Groups for children are offered at different times and locations, according to community needs. Call your local TCMHS office for current schedules.

Social Skills, Peer Support and Cognitive Behavioral Treatment are examples of groups offered periodically.

Trauma-Focused Cognitive Behavioral Therapy

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based method for treating children who have experienced trauma. TF-CBT is a model of psychotherapy that combines trauma-sensitive interventions with cognitive behavioral therapy. It is a short term therapy which is provided in a clinical setting by licensed clinicians who have been trained in this specific treatment model. The treatment is child/family friendly, can be fun, and has been demonstrated to help with some of the common struggles experienced by children who have been traumatized.

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

Other Tri-County Mental Health services for Children & Families

Children's Crisis
Adolescent Substance Abuse
Adolescent Drug Court
Family Drug Court



TCMHS is the lead agency in this initiative to create a trauma-informed system of care for children and families in Androscoggin, Franklin, and Oxford Counties. THRIVE will provide technical assistance and coordination to all entities that work with children and families to build a seamless system of care that is Family Driven, Youth Guided, Culturally & Linguistically Competent, and Trauma-informed. For more information, call: 207-782-5783 or visit www.thriveinitiative.org