



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

**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 St.  
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](http://www.tcmhs.org)

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



**SCHOOL-BASED  
SERVICES FOR  
CHILDREN & FAMILIES**

*Therapy has been great for my kids in school.  
My kids have really opened up.  
~ A parent*

## Service Description

TCMHS offers individual, family, and group counseling in an outpatient setting to assist consumers struggling with behavioral and emotional issues. 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.

## School-Based Services

For many children and families, especially in rural areas, transportation can be a challenge. So TCMHS goes to them, offering services right at the school. As always, confidentiality is a priority. Currently, services are available in the following locations:

### SAD # 55

Baldwin Consolidated School  
Cornish Elementary School  
Fred Morrill Elementary School  
Hiram Elementary, South Hiram Elementary School

Sacopee Valley Middle School  
Sacopee Valley High School

### SAD #61

Crooked River Elementary School  
Sebago Elementary School  
Stevens Brook Elementary School

### SAD #72

New Suncook Elementary School  
Molly Ockett Middle School  
Brownfield Elementary School  
Denmark Elementary School  
Snow Elementary School  
Fryeburg Academy

### SAD # 17

Waterford Elementary School  
Harrison Elementary School

During summer months, services are provided in some schools or at the Bridgton Office to maintain continuity of care.

## Eligibility:

Children 0-20 years of age who are Maine Care eligible and qualify for a DSM IV diagnosis. For children presenting for services without a diagnosis, an intake clinician will assess child and family and determine eligibility

## Length:

Individual or family sessions are usually hourly sessions once a week and length of treatment is based on treatment goals. Services can be either short term in length or longer.

## What people are saying about school-based services:

*I have found that the Tri-County School-based counseling program fills a need that I, as the only guidance counselor in a school of 365 or more students, could not possibly do. Having the ability to refer students with serious needs to a competent professional within the school is helpful to both the student, the family, and the school.*

**~Jane Lansing, Guidance Counselor  
Molly Ockett Middle School**

*My experience with the Tri-County school based program has been wonderful. The program keeps me from having to worry about rides to and from appointments, but the greatest benefit has been that the clinician is immediately available to the children in crisis moments.*

**~ a parent**

## How to Contact Us

School Based Service Inquiries:  
**Northern Cumberland County**  
32 No. High St. /PO Box 170  
Bridgton, ME 04009  
1-800-286-5629/(207)647-5629

## Fees:

We accept MaineCare and some private insurances, as well as self-payments, on a sliding scale based on ability to pay. In some districts, alternate funding is available for non-MaineCare consumers.

## Other Tri-County Mental Health services for Children & Families

Child Psychiatric Services (Med Mgmt)  
Multi-Systemic Treatment  
Children's Crisis  
Adolescent Substance Abuse  
Adolescent Drug Court  
Family Drug Court  
Trauma-Focused CBT  
Infant Mental Health  
Child Case Management  
THRIVE- Trauma-informed System of Care

*Tri-County provides an essential level of mental health services for our school. The guidance counselor can handle typical adolescent issues, but our students often need mental health services that their families cannot provide. Without those services, they would not be able to function and succeed at school.*

**~ Sharon C. Burnell, Principal  
Molly Ockett Middle School**