

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

We offer services in the following areas:

Androscoggin County

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

Community Housing
244 Lisbon Rd.
Lisbon, ME 04250
1-877-200-9076/(207)353-4100

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

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

Northern 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

*Child Case Management Services offered

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

*We offer Hope.
We will Lead.*

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

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 over 8,000 individuals each year with innovative programs and services addressing mental health, substance abuse, mental retardation/developmental 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.

PROCARE CLINIC

A groundbreaking new way to improve access to care, improve collaboration among disciplines, and reduce costs, the ProCare clinic is much like a general practice medical doctor's office: support staff, mid-level providers, and physicians work as a team to serve patients/consumers, particularly in managing complex psychotropic medications.

EMERGENCY SERVICES

TCMHS is available 24 hours a day/7days a week to provide assistance to the consumer in crisis. In the daytime, consumers may be seen at our offices. Crisis staff are available for assessments in school, home, work, and the emergency rooms of the regional hospitals. **Staff at our Crisis line can be reached 24 hours a day, toll free, at 1-888-568-1112.**

ADULT CRISIS RESIDENTIAL STABILIZATION SERVICES

24-hour supervised residential two-bed crisis stabilization program for persons with severe and prolonged mental illness who are experiencing a psychiatric crisis. ACRSS helps keep people out of the hospital, or helps transition them home sooner.

SUBSTANCE ABUSE SERVICES

We offer an outpatient substance abuse counseling program, available in all geographical areas. New initiatives include Suboxone treatment and services for individuals with Co-occurring Disorders. We also conduct DEEP (Driver Education and Evaluation Program) and Differential Substance Abuse Treatment (DSAT) evaluations and treatment.

ELDER MENTAL HEALTH CARE

We provide evaluation, consultation and counseling services to elderly persons with mental health needs. We work closely with the Western Area Agency on Aging, local nursing homes, and other community agencies.

CHILDREN'S SERVICES

Specialized services for children and their families include diagnostic evaluation, group, family, and individual child therapy, family counseling and activity groups, crisis intervention, case management, Multi-Systemic Therapy (MST), early intervention for very young children and their families, and psychiatric Trauma-Focused Cognitive Behavioral Therapy.

THRIVE

Thrive is a six year initiative to create the nation's first Trauma-Informed System of Care for children and families. It is not a service, but a network of mental health providers, educators, medical providers, child welfare, juvenile justice, and others, working alongside youth and families to coordinate services and remove barriers to care. THRIVE brings training and technical assistance to all providers in the community to enhance the lives of children and families.

CHILD CASE MANAGEMENT

Case management provides assessments of needs, current level of function, level of risk, supports, and cross-disability needs. It also allows providers to work in a coordinated fashion, develop and maintain child and family teams, provide advocacy and mediation, create crisis and behavior plans, and link families to community services and other resources.

EMPLOYEE ASSISTANCE PROGRAMS

Employee Assistance Programs are designed with businesses to help mutually solve problems with impaired members of the work force. We assist businesses through identification, referral and recovery employees dealing with a variety of issues.

OUTPATIENT SERVICES

Individual and group counseling, family counseling, diagnostic evaluations, medication management are provided singularly or in combination, depending on need, at all our geographical locations. All services are infused with a trauma-informed approach.

COMMUNITY INTEGRATION SERVICES

Supportive services provide the resources so consumers can live comfortably and safely in the community. The Assertive Community Treatment team (ACT) is available 24 hours a day, seven days a week. The ACT Team offers intensive support in the Lewiston/ Auburn area from a multi-disciplinary team.

RESIDENTIAL SERVICES

We operate group homes for consumers returning to their communities after a long hospitalization, provide housing referrals and information, advocate for housing for individuals with special needs in conjunction with other community providers, and can provide clinical consultation to other community agencies in helping individuals with major mental illness.

MENTAL RETARDATION/ DEVELOPMENTAL DISABILITY/AUTISM PROGRAMS

The Social Learning Center promotes life skills at an adult day activity center, which provides work experience and life training. In addition, special on-site services are provided to persons with handicapping conditions.