

*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

### *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)



## **Health Management and Recovery Program**

*Motivation, Education, and Strategies for Healthy Living*

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 the Health Management and Recovery Program?*

The Health Management and Recovery Program offers an atmosphere of Hope and Optimism. The program is geared to assist participants in moving forward in their individual recovery.

It is our hope that each participant in the program will achieve:

- An understanding of self and experiences in relation to whole health
- An understanding of recovery as a non linear process
- Recovery skills
- Utilization of natural supports
- An understanding of the principles of treatment
- Practice strategies for recovery
- Achievement of personal goals

More specifically, the Health Management and Recovery Program includes working side by side with group leaders to move forward in your recovery process.

## *How does it work?*

- It is a program that meets for 4 hours a day 4 or 5 days a week (depending on location)

- It is provided in an atmosphere of optimism and hope
- It is a program based on strategy, skill awareness and skill building
- It is working side by side with peers and leaders to achieve your personal goals and gains
- It is a structured curriculum with various learning modalities
- It is guided self discovery and education

## *Participant will:*

- Learn how to identify the benefits of health management and recovery
- Gain knowledge of what mental health diagnoses mean
- How your diagnosis effects your place in community
- Discover personal strengths and accomplishments
- Use your knowledge and skills in community
- Learn self advocacy skills
- Learn healthy living options
- Gain confidence and broaden your skill base for self care, self management, and recovery

## *Who is Eligible?*

- Adults living with a mental health diagnosis
- Anyone who is eligible for CIS Community Integration/Case Management Services
- Anyone who meets Section 17 eligibility
- Anyone who meets the above criteria who is motivated to move forward in their recovery, self awareness, skill building and strength focused living

**Most groups meet five days each week for four hours at a time.**

Locations:

230 Bartlett Street, Lewiston

144 High Street, Farmington

143 Pottle Road, Oxford

49 Congress Street, Rumford

32 North High Street, Bridgton