

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



Community Integration Services

*Case Management
Connections. Support. Advocacy.*

ACT Team

*Assertive Community Treatment for Adults
Maintaining independence in the community*

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 are CIS and ACT Team?

Individuals living with chronic mental illness can have challenges every day. Multiple services, complicated treatments, and the stresses of everyday life can make the road to recovery challenging. CIS provides a case manager to work individually with each person to help find services and resources while providing emotional support along the way.

ACT provides 24-hour, seven days per week services provided by a multi-disciplinary team of a psychiatrist, a mental health nurse, licensed Master's level clinicians, and counselors/case managers to adults who require intensive counseling, case management, and medication management support.

How do they work?

Case management & ACT services begin with a call to the referral line at TCMHS: 1-888-304-HOPE (4673). If the consumer meets the criteria, they will be scheduled for an INTAKE meeting at the TCMHS location most convenient. The meeting takes about an hour and a half. We discuss areas of needs, identify any barriers to meeting needs, and help individuals develop a plan to be successful.

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.

Who is Eligible?

- Adults living with a chronic and persistent mental health diagnosis such as bipolar disorder, major depression, schizophrenia, post traumatic stress disorder, etc.).
- Class members
- Those who meet criteria for Section 17 services

Specific to ACT

- History of multiple psychiatric hospitalizations or crisis contact
- Frequent interactions with the legal system
- Difficulty utilizing traditional CIS or office based outpatient treatment

Why Choose Tri-County?

With CIS at Tri-County, you have access to a full range of mental health and recovery programs, including:

- Outpatient Therapy
- Medication Management
- Psychiatric Services
- Substance Abuse Treatment
- Group Services
- Assertive Community Treatment (Androscoggin County)
- Deer Run Crisis Stabilization (207-783-4680)
- Mobile Crisis
- Community Trauma Response Team
- Residential Programs

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 consumer's unique needs.