

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

8/1/12

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



Deer Run

*Short-term Crisis Residential
Stabilization*

*A place to regroup, readjust, and get
back on track toward recovery.*

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

Information for Consumers

If you or someone you know is in a mental health crisis, we're here to help. Every day, 24-hours a day, Deer Run provides residential care and supervision, clinical support and case management, to persons in crisis, or those returning to independent living after an in-patient stay. The facility provides a homelike atmosphere with professional support.

Working with your community treatment providers, we help you plan and implement short-term, achievable goals – while keeping you safe. During your stay, you may receive

- Clinical Support
- Psychiatrist Oversight
- Nursing Oversight
- Case management
- Coordination with other Providers
- Health & Wellness Education

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.

"If I can catch myself early, I can keep from hurting myself. This is more calming and comforting than a hospital, but I feel safe".

~a consumer

Deer Run offers a safe and supportive environment, away from the problem situation. Located in Lewiston, it provides short term stays for up to six people. Average length of stay is 4-6 days.

People most appropriate for referral:

- are in a mental health crisis and need assistance with wellbeing, but not inpatient care.
- may need time after a hospital stay to readjust to independent living.
- are 18 years or older and can care for their own physical needs.
- are free of serious medical problems or infectious diseases.
- can abstain from substance abuse and alcohol use while here.
- are not in active withdrawal
- are not actively suicidal or homicidal

What to bring:

- Medications in the original container with the written physician's orders for 7 days
- Change of clothes for 3 days
- Personal hygiene items
- Insurance card
- Specialized Medical equipment such as: inhaler, epi-pen, etc. with Dr.'s orders

Admission and Referrals

Admissions can occur at any time of day or night! Please contact our 24-Hour Crisis Hotline at 1-888-568-1112 or 783-4680. Crisis clinicians will assess the situation to determine appropriate level of care.

If you have been hospitalized, ask your doctor about our stabilization program as a step-down option. Evaluations can be made in a doctor's office, at a hospital emergency room, or at any other acceptable location.

To make a referral, call:
TCMHS Crisis - 783-4680

Information for Providers

- The Mobile Crisis Team Meets Patients in the Community and will assess in Dr.'s offices.
- Deer Run Provides a Safe Alternative to Hospitalization
- Crisis assessments are available 24 hrs a day 7 days a week.

When you feel like you have no place to turn...turn to us.