

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

7/31/12

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



Substance Abuse Counseling Services

Addiction & Chemical Dependency

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

*We can prevent it.
We can treat it.
We can't ignore it.*

*It's never too late
to live a life free
of chemicals.*

Our Philosophy

Chemical dependency is a chronic, progressive disease. If untreated, it can be fatal. The lives of individuals addicted to drugs or alcohol are negatively impacted, regardless of age, sex, ethnicity, or socio-economic status. Chemical dependency also affects family members and other loved ones.

There is no known cure for addiction to drugs or alcohol, but with proper treatment, individuals can recover and live a life free of chemicals.

We assess a person's "readiness to change," using the Transtheoretical Model. If motivation is low, we utilize cutting edge Motivational Interviewing techniques to empower clients to change.

*"Recovery is making changes that
bridge the gap between who you
are and who you want to be."*

Tri-County Substance Abuse Counselor

Treatment

The first step on the road to recovery is an initial assessment done by your counselor. Following the assessment, you and your counselor will develop an individualized treatment plan that will best meet your needs. Options for treatment could include:

Individual Treatment: You and your counselor will meet on a weekly basis, one on one. It will be a safe place for you to explore your substance use and the effects it has had on your life. The length of service is determined by your counselor and your own needs.

Group Treatment: Tri-County Mental Health currently offers DSAT treatment in some locations. This is an evidence-based group that will look at your substance use and the behaviors that have occurred as a result.

Affected Other/Co-dependency

Treatment: When someone in your life is using alcohol or drugs, it can have a huge affect on you as well. We offer individual treatment to deal with the feelings that one may have around a loved one's substance abuse.

DEEP Treatment: Tri-County Mental Health Services is a certified provider of DEEP Services. If you are in need of DEEP Services, please contact us.

Our Program

Tri County's Substance Abuse Unit provides treatment to the following Drug Courts:

- Androscoggin Adult Treatment Drug Court
- Androscoggin Family Treatment Drug Court

Co-Occurring Disorders: Because we are part of a community mental health system, we can also provide mental health services to our chemically dependent clients. We can even arrange for a psychiatric evaluation for those individuals taking psychotropic medications. All of our programs are healing agents of change.

Wait times: We have little or no wait at all of our sites.

Fees: We accept MaineCare and third-party insurances. We have grant funding available to those who do not have insurance. This is based on your income and ability to pay.

Referral Process: Please call to make a referral:

- (207) 783-9141, ask for "Client Services"
- Toll Free: 1-888-304-HOPE (4673)