



*We offer hope.*



### *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)



## **Wellness and Recovery Services**

*Referral Line, all locations:  
1-888-304-HOPE (4673)*

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

### **Our Locations:**

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

**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

**Cumberland County**  
32 No. High St./PO Box 170  
Bridgton, ME 04009  
1-800-286-5629/(207)647-5629

**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

School-based services are provided in 30+ Maine schools.

9/14/2015



TCMHS is an EOE and receives funding from:  
Department of Health & Human Services



*Wellness & Recovery Services at Tri-County Mental Health is a peer teaching/learning based collaboration of individuals seeking to help others continue on the every changing spectrum of recover. We help connect people with natural supports and help find inner strengths. Staffed by people who have experienced mental health challenges, together we work on skills needed to reach your personal goals and to improve your health and wellness.*

### **Wellness & Recovery Coaching**

- Home and/or community based.
- Relationship with a personal coach.
- Personal coaching plan addressing multiple dimensions of wellness.

### **Whole Health Day Support Group**

- Work side by side with group to move forward in your recovery process.
- Connect/Socialize with others
- Learn about physical, emotional, and spiritual well-being.

### **Skills Development**

- Focus on specific learning objective, e.g. resume building, budgeting, nutrition.
- Relationship with a personal guide.

### **Who Is Eligible?**

Services are available to adults working through mental health challenges and living in our service areas. If you have a case manager or qualify for case management, you qualify for wellness and recovery services.

### **What we believe:**

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 person's unique needs.

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 a person's life. The allows for more holistic and integrated care. Our services are safe, welcoming, and seek to avoid retraumatization.

*"My life is so different since I started with this program. I am doing more on my own, managing my medications better, budgeting, and walking every day. I have lost weight and my diabetes is better... my doctor even wants to reduce my insulin."*

*These people are great, I would recommend this program to anybody!*

*-Joan D., the first participant in the Wellness and Recovery Program.*

### **What is a peer?**

A peer is a person who is receiving, or has received services related to the diagnosis of a mental health and/or substance abuse use condition that has seriously impacted their life and relationships for an extended period of time and is willing to self-identify on this basis with peers and in the community.

### **What is Intentional Peer Support?**

Intentional Peer Support builds positive connections with your peers, redefining help as a co-learning and growth in an effort to move towards what we want instead of away from what we don't want. Peer support is recovery based and speaks more to "what happened to you?" as opposed to "what's wrong with you?" We focus on strengths as well as overcoming barriers. We are here to encourage, and learn with our peers; walking side by side on the journey to recovery.

**For more information, contact:**

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**207-783-4663 ext. 293**

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