

Contact Information

Original Format by
**Healthy
Androscoggin and
Central Maine
Healthcare**

In the preparation of this guide, every attempt was made to create a comprehensive guide of community support and substance use resources. However, there may be changes in hours, locations, addresses and programs. Before visiting a listed resource, please be sure to call ahead to ensure you have the correct information.

Guide printed
in thanks to:



River Valley Healthy Communities Coalition
49 Congress St., Rumford
207-364-7408

River Valley Community Resource Guide



Help for You or Someone You Know

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Introduction

This guide is intended to be a resource for those who think they, a friend or family member, might need help with alcohol, tobacco, or other drugs. It includes local and statewide community support resources including crisis, food pantries, accessing emergency shelter, and quick and easy-to-read reference lists of local support groups and treatment providers for individuals struggling with substance use. We encourage you to share this resource guide with anyone who might benefit from it.

Tips for Using This Guide

How to Find a Provider Through Your Insurance

Insurance companies, including MaineCare, offer a list of agencies that accept your insurance. To find a provider that takes your insurance call the client services number and ask for a list of in-network substance use treatment providers that are currently accepting new patients.

Call Ahead Before Visiting

There may be changes in hours, locations, addresses and programs. Before visiting a listed resource, please be sure to call ahead to be sure you have the correct information.

Scan the QR Code for More Resources

To view more substance use and community resources open the camera on your smart phone, point it at the code and tap on the URL address that appears, or visit the link below.

<https://healthyandroskoggin.org/cmresources>



What Doctor Should I See?

You should see your primary care doctor for:

- Cold/flu symptoms
- General complaints
- Ongoing headaches
- Chronic pain
- Stomach or GI issues
- Sleep issues
- Sexual health concerns including HIV and STIs
- If you have abscesses or other issues from using drugs intravenously
- Skin irritation
- Medication questions and adjustments (if they are the prescribing physician)

Walk-in services (Urgent Care) are equipped to help with:

- Cold and flu symptoms (if directed by your primary care doctor)
- Simple broken bones
- Animal and insect bites
- Stitches
- Nose bleeds, general cold symptoms
- Occupational health services (physicals, drug screening)
- Concussions
- Minor burns and cuts

You should go to an emergency room if:

- Your primary care doctor or other medical/non-medical professionals direct you to (i.e. EMT's, walk in services, police officers)
- You overdose on drugs or alcohol
- You're involved in a motor vehicle accident
- You think you have broken bones
- You think you may have a spinal or head injury
- Severe chest pains accompanied with shortness of breath, lightheaded, dizziness or irregular pulse
- Abdominal pain with blood in urine, vomiting blood, bloody stool, fever over 101

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National & Statewide Hotlines

Maine Statewide Crisis Hotline (24/7 Support)

888-568-1112

Suicide & Crisis Lifeline

988

Crisis Text Line

741-741

Maine 211

2-1-1 or 877-463-6207 (if out of state)

www.211maine.org

Maine State Adult & Child Abuse Protection

800-452-1999

Trans Lifeline

877-565-8860

The Trevor Project

866-488-7386

Or text START to 678-678

Veteran Crisis Hotline

988 then press 1

Or text: 838-255

Never Use Alone

800-484-3731

Statewide Alcoholics Anonymous

800-737-6237

Statewide Alanon - Maine

800-498-1844

Statewide Narcotics Anonymous

833-436-6166

Maine QuitLink

800-207-1230

www.mainequitlink.com

Gamblers Anonymous - Maine

855-222-5542

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Types of Treatment Services

Detoxification

A “detox” is a residential program that provides assessment, diagnosis, and medical treatment to stabilize people who are experiencing withdrawal from alcohol or other drugs.

Residential Rehabilitation

Residential rehabilitation programs offer substance use treatment in 24-hour residential setting for 7-21 days. Treatment includes lectures, groups, and individual counseling.

Extended Care

Clients with extensive substance use or co-occurring disorders of substance use and mental illness may enter an extended care program - a residential treatment program that offers treatment stays in excess of 180 days.

Shelter

Shelters provide food, clothing, and lodging for up to twelve hours a day. Shelter programs can also motivate people to seek and enter treatment.

Extended Shelter

An extended shelter offers structured residential treatment for people who are on waiting lists for residential treatment or have completed detoxification and need to develop a support system to help them remain sober.

Medication Assisted Treatment (MAT)

The use of medications, in combination with counseling and other therapeutic techniques, to provide a “whole-patient” approach to the treatment of substance use disorders.

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Statewide Support Resources

Emergency Shelters in Maine

A list maintained and updated by the Maine State Housing Authority that includes shelters across the state, broken down by county:

<https://www.mainehousing.org/programs-services/homeless/emergency-shelters>

Good Shepherd Food Bank: Food Pantry Map

A map of food pantries in Maine that are affiliated with Good Shepherd Food Bank:

<https://www.gsfb.org/get-help/food-map/>

Maine Department of Health and Human Services (DHHS): Programs and Services

The Maine DHHS oversees a large number of community services and programs to support Mainers including SNAP-Education and WIC for food nutrition assistance, employment assistance, safety, education, and more:

<https://www.maine.gov/dhhs/programs-services>

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Statewide Support Resources

Organization	Address	Phone	Services Provided
Maine Coalition Against Sexual Assault	Call for address	207-626-0034 Helpline: 800-871-7741	Works to end sexual violence and to support high-quality sexual violence prevention and response in Maine communities
Maine Coalition to End Domestic Violence	Call for address	207-430-8334 Helpline: 866-834-4357	Works to end domestic violence, dating abuse, stalking, elder abuse and commercial sex trafficking
Immigrant Resource Center of Maine	Call for address	207-753-0061	Provides support, resources and opportunities to immigrant, refugee, and asylum-seeking communities to navigate the complex systems
NAMI Maine	52 Water St., Hallowell	800-464-5767 press 1 for Helpline	Provides education, advocacy and assistance navigating the mental health system, finding a provider based on need, location, insurance type, and income

Intensive Outpatient (IOP)

Non-residential programs that provide intensive and structured substance use treatment, 3-4 days a week for 3 hours. The programs usually last 4-6 weeks.

Outpatient (OP)

This treatment model is non-residential. Outpatient programs offer individual, group, and family sessions, usually for an hour or 90 minutes once a week.

Partial Hospitalization Program (PHP)

A structured type of intensive outpatient treatment program. Programs typically last anywhere from 4-8 hours each day, up to 5 days a week. One step above IOP services.

Halfway House

Halfway houses are 3-6 month residential programs that provide support for sobriety and prepare clients to re-enter the work force and re-establish themselves in the community.

Driver Education and Evaluation Programs (DEEP)

Programs for people with one or more alcohol or other drug-related motor vehicle offenses including programs for those under 21 years of age, risk reduction for adult offenders, and treatment for substance use.

Co-Occurring

Agencies where treatment for substance use and co-occurring mental health conditions, is integrated in policies, procedures, and practices.

Recovery Centers

Non-profit centers for the recovery community that offer local networks of non-medical, recovery support services.

Sober Houses

Sober houses are long-term residential houses that provide structured living for individuals in substance use recovery. These houses provide a substance free environment as part of the living agreement.

General Substance Use Resources and Information

**OPTIONS
(Overdose Prevention)**
www.knowyouroptions.me

Adult Children of Alcoholics
310-534-1815
www.adultchildren.org

Cocaine Anonymous
www.ca.org
Email: cawso@ca.org

Eyes Open (Opioid Education)
www.eyesopenforme.org

Alanon/Alateen (National)
www.al-anon.org

Co-dependents Anonymous
207-782-9697
www.coda.org
Email: outreach@coda.org

**Good to Know Maine
(Marijuana Education)**
www.goodtoknowmaine.com

Alanon/Alateen (Maine)
www.maineafg.org
Email: grouprecords@maineafg.org

The Maine QuitLink
www.mainequitlink.com

Alcoholics Anonymous (National)
www.aa.org

Local Support Resources

Organization	Address	Phone	Services Provided
Oxford County Mental Health Services	150 Congress St., Rumford	207-364-3549	Crisis, residential, case management
Spurwink	49 Congress St., Rumford	888-889-3903	Case management
Old School Food Pantry	3 Recreational Dr., Mexico	207-364-7408	Food pantry
Servant's Heart Food Pantry	98 Main St., Peru	207-562-7167	Food pantry
Dixfield Food Pantry	2 Chapel Rd., Dixfield	207-440-8566	Food pantry
Monier Family Center	Call for address	207-364-3551	General shelter
Rumford Family Center	Call for address	207-364-3551	Family shelter
Norway Family Center	Call for address	207-364-3551	Women and children shelter
Western Maine Community Action	Call for address	207-645-3764	Community navigator services
SAPARS	Call for address	207-784-5272; Helpline: 800-871-7741	Works to prevent and eliminate sexual violence in River Valley
Safe Voices	Call for address	207-795-6744; Helpline: 800-559-2927	Supports and empowers those affected by domestic violence in River Valley
Rumford VA Clinic	10 Railroad St., Rumford	207-623-8411 ext 3200	Provides care and support to veterans and their families

Local Syringe Services Programs

Location	When	Website
Rumford Family Planning at 218 Penobscot St., Rumford	Every 3rd Thursday from 10 am - 4 pm	207-370-9445 www.maineaccesspoints.org/syringe-access
Church of Safe Injection 195 Main St., Lewiston	Monday-Saturday 10 am - 3 pm	207-241-2537 www.churchofsafeinjection.org

Syringe Services Programs (SSPs) are a public health strategy for persons who inject drugs (PWID). SSPs aim to reduce HIV infection, viral hepatitis, and other blood-borne infections, such as endocarditis, by promoting the use of new or sterile injection equipment for each injection (US CDC).

General Assistance

Town	Address	Phone
Town of Rumford	145 Congress St., Rumford	207-364-4576
Town of Mexico	134 Main St., Mexico	207-364-7971
Town of Dixfield	46 Main St., Dixfield	207-562-8151
Town of Peru	26 Main St., Peru	207-562-4627
Town of Andover	17 Stillman Rd., Andover	207-392-3302
Town of Hanover	21 Ferry Rd., Hanover	207-364-8200
Town of Canton	94 Turner St., Canton	207-597-2920
Town of Roxbury	1095 Roxbury Rd., Roxbury	207-364-3982
Town of Byron	1 Byron Village Rd., Byron	207-364-3194

The General Assistance Program assists residents, for a limited period of time, who are unable to provide basic necessities essential to maintain themselves and/or their families, like rent and food.

General Assistance is available through most municipalities. Call your local town office, or check your town's website to learn more and about applying.

Local and National Support Groups

Alcoholics Anonymous (Maine)
24-HR Hotline: 207-774-4335
www.csoaamaine.org/meetings

Narcotics Anonymous (Maine)
Maine Helpline: 833-436-6166
www.namaine.org/meetings-by-table/

St. Mary's Regional Medical Center
207-777-8120

***The most up to date meetings with days, times, and locations (virtual and in-person) are available on the NA Maine Website and the AA Maine Website listed below each heading.**

Marijuana Anonymous
www.marijuana-anonymous.org
Email: office@marijuana-anonymous.org

Secular Sobriety (SOS)
www.sossobriety.org
Email: info@sossobriety.org

Women for Sobriety
215-536-8026
www.womenforsobriety.org

Nicotine Anonymous
877-879-6422
www.nicotine-anonymous.org
Email: info@nicotine-anonymous.org

Local Substance Use Resources

Organization	Address	Phone	Services Provided
Oxford County Mental Health Services	150 Congress St., Rumford	207-364-3549	OP, DEEP, Co-Occurring
Wisdom Reawakening	679 River Rd., Mexico	207-357-9597	OP
River Valley Counseling	28 Congress St., Rumford	207-364-1610	DEEP, OP, Co-Occurring
Blue Sky Counseling	94 River St., Rumford	207-616-0705	OP, DEEP
Common Ground Counseling	89 Main St., Mexico	207-364-1717	IOP, OP
Larry Labonte Recovery Center	412 Waldo St., Rumford	207-418-4983	Recovery Coaching
The HILLS Recovery Center	15 Tannery St., Norway	207-744-2424	Recovery Coaching
Rumford Comprehensive Treatment Center	431 Franklin St., Rumford	833-670-1688	MAT, OP
Karuna Recovery Home	620 Franklin St., Rumford	207-449-2333	Sober House (Women)

Statewide Substance Use Resources

Organization	Address	Phone/Website	Services Provided
Wellspring	175 Union St., Bangor	207-941-1612 www.wellspringmaine.com/	Detox, Residential, OP
Liberty Bay	343 Forest Ave., Portland	855-222-6945 www.libertybayrecovery.com/	Detox, Residential, PHP, IOP, OP, Co-Occurring
Crossroads	71 US Route One, Suite E, Scarborough	877-978-1667 www.crossroadsme.org/	Women's residential, mother and children residential, gender specific IOP, Co-Occurring
Better Life Partners	Various, see website	866-679-0831 www.betterlifepartners.com/maine/	MAT, OP
Aware Recovery Care	Various, see website	207-813-4167 www.awarerecoverycare.com/	In-home treatment
Sweetser	Various, see website	800-434-3000 www.sweetser.org/	Crisis, MAT, Co-Occurring, DEEP