

# Down East Recovery Supports Guide



## RECOVERY SUPPORT SERVICES AND SUBSTANCE USE TREATMENT IN THE DOWN EAST REGION

2018 Edition

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# HOUSING

## Emergency Shelter

### Emmaus Homeless Shelter

51 Main St.  
Ellsworth, ME

[www.emmaushelter.org](http://www.emmaushelter.org)  
P:207-667-3962  
F:207-667-1086

25 bed facility that provides a safe & comfortable environment for homeless men, women & families in need of temporary shelter & transitional services. Emmaus is a dry (no substances allowed) shelter.

### H.O.M.E. Co-op

90 School House Rd.  
Orland, ME

[www.homemmausa.org](http://www.homemmausa.org)  
P:207-469-7961  
F:207-469-1023

HOME operates six shelters throughout Hancock County. They provide short term & long term assistance, depending on individual needs. They have space available for single persons, families, couples, & parents with children.

### Next Step Domestic Violence Project

733 Bangor Rd.  
Ellsworth, ME

[www.nextstepdv.org](http://www.nextstepdv.org)  
P:207-667-0176  
F:207-667-8033

23 Broadway  
Machias, ME

P:207-255-4934  
F:207-255-4243

24- hour Crisis Hotline: 1-800-315-5579

Next Step offers emergency shelter & transitional housing for domestic violence survivors in Hancock & Washington county.

### The Shaw House

136 Union Street  
Bangor, ME

[www.theshawhouse.org](http://www.theshawhouse.org)  
P:207-941-2874  
F:207-941-2875

Emergency shelter, drop-in center, street outreach, transitional living program, and other services for teens experiencing homelessness.

## Recovery or Transitional Housing

### ARISE Addiction Recovery

P.O. Box 353  
Machias, ME

[www.ariseaddictionrecovery.com](http://www.ariseaddictionrecovery.com)  
P:207-255-5011

ARISE is a nine-month faith-based residential program for men struggling with substance use. Note: ARISE does not allow program participants to take psychotropic medications, including medication assisted treatment.

### Community Housing of Maine

31 Church St.  
Ellsworth, ME

[www.chomhousing.org/church-street](http://www.chomhousing.org/church-street)  
P:207-879-0347

E: [sarah@chomhousing.org](mailto:sarah@chomhousing.org)

6 1-bedroom units of permanent supportive housing. Housing is designated for individuals participating in the Hancock County Drug Court. Maine Pretrial Services provide on-site support, case management & linkages with treatment and services.

### Families First Community Center

Ellsworth, ME

[www.familiesfirstellsworth.org](http://www.familiesfirstellsworth.org)  
P:207-460-3711

Families First Community Center will be a transitional living programs for homeless families with minor children. The service will include all of Hancock County.

### Sunrise Opportunities

26 Hadley Lake Rd.  
Machias, ME

[www.sunriseopportunities.org](http://www.sunriseopportunities.org)  
P:1-800-255-3124  
F:207-255-8596

Housing and services for people with disabilities or mental health issues.

## Affordable Housing

### Community Health & Counseling Services

42 Cedar St.  
Bangor, ME

[www.chcs-me.org](http://www.chcs-me.org)  
P:207-947-0366

Administer 2 housing assistance programs for individuals with mental illness: Bridging Rental Assistance Program (BRAP), which provides rental assistance while on Section 8 wait list, and Shelter Plus Care, which provides a permanent housing voucher. CHCS also operates affordable apartment sites in the Bangor/Brewer/Ellsworth area.

### Ellsworth / MDI Housing Authorities

80 Mt. Desert St.  
Bar Harbor, ME

[www.emdiha.org](http://www.emdiha.org)  
P:207-288-4770

E: [terry.kelley@emdiha.org](mailto:terry.kelley@emdiha.org)

Rental and housing assistance for residents of Mount Desert Island and Ellsworth who meet income limits. Offer public housing program and Section 8 rental assistance.

### H.O.M.E Co-op Affordable Housing Project

90 School House Rd.  
Orland, ME

[homemmausa.org/housing](http://homemmausa.org/housing)  
P:207-469-7961 ext. 22

HOME works together with Covenant Community Land Trust to provide low-income individuals and families the opportunity to purchase a home. While HOME works to build and rehabilitate houses, CCLT crafts unique lease agreements for the land which keeps it within the low-income community. Visit the website for an application.

**Indian Township Passamaquoddy Reservation Housing Authority**  
P.O. Box 99 [www.passamaquoddy.com](http://www.passamaquoddy.com)  
U.S. Route 1 P:207-796-8004  
Princeton, ME F:207-796-8019  
Provides the Passamaquoddy Tribe at Indian Township with better housing for low-income families, effective housing code enforcement, and uplifting and encouraging self-improvement of the community's low-income families. All housing units are drug-free.

**Maine Development Associates** [www.mainedevelopment.com](http://www.mainedevelopment.com)  
P.O. Box 2219 P:207-947-6795  
Bangor, ME F:207-990-1401  
Privately owned company providing clean, safe, and affordable housing to low income, elderly, or disabled families throughout Maine. Accepts Section 8.

**Maine State Housing Authority** [www.mainehousing.org](http://www.mainehousing.org)  
353 Water Street P:207-624-5789  
Augusta, ME P:1-800-357-4853  
Administers Section 8 Housing Assistance to residents of Washington County. Also provides low-interest loans for housing, refers low income renters to housing providers assisted by MSHA and maintains a list of homeless shelters.

**Mano en Mano** [www.manomaine.org](http://www.manomaine.org)  
2 Maple Street P:207-546-3006  
Milbridge, ME  
Provides farm workers who want to settle in Milbridge with affordable housing. Helps with rental applications and organizing documents for a lease, and operates an affordable housing complex for up to 6 families.

**Pleasant Point Passamaquoddy Reservation Housing Authority**  
RR 1, Box 339 [www.wabanaki.com](http://www.wabanaki.com)  
Perry, ME P:207-853-6021  
Manages and maintain rental programs and properties for low income members of the Pleasant Point Tribe. Provides training for those interested in Homeownership, Tax Credit project, financial security and personal development.

## **EMPLOYMENT & FINANCIAL SUPPORT**

**Eastern Maine Development Corp.** [www.emdc.org](http://www.emdc.org)  
248 State Street, Suite 15A P:207-610-1521  
Ellsworth, ME F:207-610-1531  
Works with individuals to connect with job opportunities, access educational programming, skills training, youth-specific programs, and more.

**"You've Got a Friend Fund"** [www.healthycadia.org](http://www.healthycadia.org)  
140 State Street #1 P:207-667-7171  
Ellsworth, ME  
Accepting applications for "You've Got a Friend Fund, a mini-grant program that provides up to \$1,000 to individuals across Hancock County in need of assistance to overcome specific hurdles or setbacks.

**Maine Career Centers** [www.mainecareercenter.com](http://www.mainecareercenter.com)  
One College Drive P:207-454-7551  
Calais, ME F:207-454-0349  
53 Prescott Drive, Suite 1 P:207-255-1900  
Machias, ME F:207-255-4778  
The Maine Career Center provides a variety of employment and training services at no charge for Maine workers and businesses. Have services targeted towards veterans, young people, and people with disabilities.

**Northeastern Workforce Development Board** [www.northeasternwdb.org](http://www.northeasternwdb.org)  
26 Franklin St. P:207-992-0775  
Bangor, ME  
This workforce development board operates Career Centers in the five county location.

**New Ventures Maine** [www.newventuresmaine.org](http://www.newventuresmaine.org)  
248 State St., Suite 1 P:207-669-6018  
Ellsworth, ME F:207-262-7951  
Classes and workshops at no charge, in-person and online options, one-on-one coaching. We offer programs that encourage and empower those thinking about making a change to take the next step towards a new career.

**Penobscot JobCorps** [penobscot.jobcorps.gov](http://penobscot.jobcorps.gov)  
1375 Union St. P:207-990-3000  
Bangor, ME F:207-942-9829  
Job Corps is a job training program for young adults age 16 to 24 who are low income. You do not need a high school diploma, and applicants can be homeless or have a criminal record. Job Corps has a zero tolerance policy for drug use during the time participants are in the program.

**Unlimited Solutions Clubhouse** [www.unlimitedsolutionsclubhouse.com](http://www.unlimitedsolutionsclubhouse.com)  
30 Summer St. P:207-404-8383  
Bangor, ME  
Peer support program that offers transitional employment, supported employment, and coaching for independent employment. Must have a diagnosis of a mental illness to join.

## EDUCATION SERVICES

### Adult & Community Education

**Ellsworth** ellsworth.maineadulted.org  
248 State St., Suite 1 P:207-664-7110  
Ellsworth, ME F:207-669-6247

**Mount Desert Island** mdi.maineadulted.org  
1081 Eagle Lake Rd. P:207-288-4703  
Bar Harbor, ME F:207-288-9002

**RSU 24** rsu24.maineadulted.org  
1888 US Highway 1 P:207-422-4794  
Sullivan, ME F:207-422-3612

**Axiom Education & Training Center** P:207-255-4917  
6 Colonial Way F:207-255-5825  
Machias, ME

Offers classes in business and skills training , basic math and literacy skills, college transitions, and personal enrichment as well as classes designed to help someone finish their high school diploma or obtain a GED.

**FedCap** www.fedcap.org  
150 High Street P:207-812-9608  
Ellsworth, ME

FedCap creates opportunities for people with barriers to economic wellbeing. FedCap offers an array of services through its four practice areas—Education, Workforce Development, Occupational Health, and Economic Development

**Literacy Volunteers of Washington County**  
RR1, Box 12-A, Outer Court P:207-255-0344  
Machias, ME

Tutoring for reading and writing skills; English as a second language.

**Maine Educational Opportunity Center (MEOC)** meoc.maine.edu  
Statewide Program P:1-800-281-3703

Assistance completing college admission and financial aid forms and offers career counseling for individuals wishing to return to school.

**Mount Desert Island Adult and Community Education**  
1081 Eagle Lake Rd. P:207-288-4703  
Bar Harbor, ME

**Passages Program** wayfinderschools.org/passages-program  
79 Washington St. P:207-236-3000  
Camden, ME F:207-236-2505

Allows teen parents to earn an accredited high school diploma from home while caring for their child.

**Sunrise Education Pathways**  
116 O'Brien Avenue www.machias.edu/sunrise-education-pathways  
Machias, ME P:207-255-1318

Support accessing career courses & programs through University of Maine Machias as well as scholarships for returning adults

**University College at Ellsworth** www.learn.maine.edu/Ellsworth  
248 State Street, Suite 1 P:207-667-3897  
Ellsworth, ME

Offering access to and support for college programs and courses from the University of Maine System and Eastern Maine Community College. Free advising and placement testing.

## PEER SUPPORT SERVICES

### *Recovery Community Centers*

**Bangor Area Recovery Network (BARN)** www.bangorrecovery.org  
142 Center St. P:207-561-9444  
Brewer, ME

A recovery community center that provides recovery resources and support to Eastern & Central Maine including support groups and events.

**Your Place, Inc.**  
8 Old Mill Rd. P:207-374-2733  
Ellsworth, ME

Your Place, Inc. (YPI) is incorporated as a 501 (c)(3) non-profit corporation. Established in 1992, YPI serves as a recovery support center to our neighbors and community members. YPI is proud to host meetings for those interested, including Alcoholics Anonymous (AA), Narcotics Anonymous (NA) (Meets at 12:00pm seven days a week), Overeaters Anonymous (OA), Co-Dependents Anonymous (CODA) and Al-anon.

### *Support Groups*

#### **Alcoholics Anonymous (AA)**

**Down East Inter-Group** www.downeastintergroup.org  
Down East, ME 24 Hour Helpline:207-479-1779

The Down-East Inter-Group is a group of Alcoholics Anonymous members coming together to help carry the AA message by publishing a newsletter,

sponsoring social events, and distributing AA literature. Their 24-hr helpline assists callers in finding or getting to a meeting or offering support.

AA meetings are available every day in various locations throughout the Down East region. For a full list of meetings in the area contact the Down East Intergroup. For information about A.A. visit [www.aa.org](http://www.aa.org).

### **Narcotics Anonymous (NA)**

City or Town	Meeting type; Day and Time	Location
Beal's Island	Discussion; Thu/Sun 7:00pm	Community of Christ Church
Blue Hill	Discussion; Tues 7:00pm	Blue Hill Memorial Hospital
Ellsworth	Discussion; Sun 7:00pm	Your Place Inc., 8 Old Mill Rd.
Ellsworth	Discussion; Tues 7:00pm	Your Place Inc., 8 Old Mill Rd.
Ellsworth	Discussion; Thurs. 7:00pm	Your Place Inc., 8 Old Mill Rd.
Ellsworth	Discussion; Fri. 7:00pm	Your Place Inc., 8 Old Mill Rd.
Danforth	Discussion; Mon. 6:00pm	East Grand Health Center in Danforth
Machias	Discussion; Wed 7pm	St. Aidan's Church

For a full list of Maine NA Meetings & more information contact the Maine Area of Narcotics Anonymous: [www.namaine.org](http://www.namaine.org) or call the Maine NA helpline at **1-800-974-0062**

### **Al-Anon**

City or Town	Meeting type; Day and Time	Location
Bar Harbor	Discussion; Mon 12:00pm	St. Saviour's. 41 Mount Desert St.
Bar Harbor	Discussion; Tues. 7:00pm	First Baptist Church, 46 Ledgeawn
Bar Harbor	Discussion; Fri. 7:00pm	St. Saviors' 41 Mount Desert St,
Beal's Island	Discussion; Sat. 7:00pm	RLDS Church, Main Street
Blue Hill	Discussion; Sun 7:00pm	Blue Hill Hospital, 57 Water St
Bucksport	Discussion; Wed 7:00pm	Elm St. Cong. Church, 31 Elm St.
Calais	Discussion; Wed 6:30pm	Old Calais Hospital, Palmer St.
Calais	Discussion; Tues. 7:00pm	The Refuge Church (childcare available)
Calais	Discussion; Mon 7:00pm	St. Anne's Episcopal Church
Calais	Discussion; Mon/Tues. 7:00pm	Personal Residence - 90 Boardman St.
Columbia	Discussion; Wed. 7:00pm	Faith United Methodist, 444 Rte. 1
Danforth	Call at 207-448-2347	East Grand Health Center in Danforth
Dennysville	Discussion; Sat. 6:00pm	Housing Comm. Room - Shipyard Room
Deer Isle/Stonington	Discussion; Thurs. 8:30am	Deer Isle Library, 17 Main St
Eastport	Discussion; Mon. 7:30pm	Cornerstone Baptist Church Rt. 190
Eastport	Discussion; Wed/Fri 7:30pm	Health Care Center - 30 Boynton St.
Ellsworth	Discussion; Mon 6:00pm	Congregational Church, 2 Church St.
Ellsworth	Discussion; Tues. 12:00pm	UU Church, 121 Bucksport Rd.
Ellsworth	Discussion; Thurs. 12:00pm	UU Church, 121 Bucksport Rd.
Gouldsboro	Fire House Group; Sun 6pm	Fire House
Jacksonville	Discussion; Thurs. 7:00pm	Jacksonville Church
Lubec	Discussion; Thurs. 7:00pm	Reg. Med Center at Lubec (AA Al-Anon)
Lubec	Discussion; Fri. 7:00pm	Sunrise Apartments Community Room
Lubec	Discussion; Wed. 7:00pm	West Lubec Methodist Church
Hancock	Discussion; Wed. 12:00pm	Union Congregational; 1368 US Hwy 1
Machias	Discussion; Sun/Fri 7:30pm	Community of Christ Church - North St.
Machias	Discussion; Mon. 7:30pm	Center St. Congregational Church
Machias	Discussion; Tues. 7:30pm	St. Aidan's Episcopal Church - 36 Dublin
Machias	Discussion; Sat. 10:00am	St. Aidan's Episcopal Church - 36 Dublin
		Buy Time Women's Group

Machias	Discussion; Mon. 7:00pm	Machias Christian Fellowship (childcare)
Millbridge	Discussion; Mon. 7:00pm	Congregational Church - 10 Bridge St.
Northeast Harbor	Discussion; Sat. 9:30am	St. Mary & St. Jude's, 5 Kimball Rd.
Pembroke	Discussion; Sun. 7:30pm	Grace Chapel - Leighton Point Road
Pleasant Point	Discussion; Thurs. 7:00pm	Pleasant Point Community Center
Princeton - Indian T.	Discussion; Tues. 7:30pm	Indian Township Tribal Office
Southwest Harbor	Discussion; Sun 7:00pm	High Road Church, 20 High Rd.
St. Stephen	Discussion; Sun. 7:00pm	Kirk McColl Church (King St)
St. Stephen	Discussion; Wed. 7:00pm	Humphrey's Funeral Parlor - Mark St.
St. Stephen	Discussion; Fri. 7:00am	Boy Scout Building - Prince of Wales St.

Al-Anon is for people who are affected by another person's drinking or substance use. For a full list & more information contact Maine Al-Anon Family Groups: [www.maineafg.org](http://www.maineafg.org) or call **207-284-1844**

### **Other Recovery Support Groups**

City or Town	Meeting type; Day and Time	Location
Bar Harbor	Nicotine Anonymous; Mon. 4:30pm	St. Saviors', 41 Mt. Desert St.
Bar Harbor	Celebrate Recovery MDI Christian-based 12-Step Program	First Baptist Church, 46 Ledgeawn Ave.
Brewer	Young People in Recovery Tues. 6:00pm	The BARN, 142 Center St.
Brewer	Codependents Anonymous Sun. 5:30pm	The BARN, 142 Center St.
Brewer	Gamblers Anonymous Tues/Thurs 6:00pm	The BARN, 142 Center St Call 207-664-6071
Brewer	M.A.P.S. (MAT Recovery Group) Fri. 5:00pm	The BARN, 142 Center St. Call:207-852-7220
Brewer	Sex & Love Addicts, Sun. 7PM	The BARN, 142 Center St.
Brewer	Drug Addicts Anonymous Fri. 7:00pm	The BARN, 142 Center St.
Bangor	Nar-Anon Thurs 6:30PM	St. Francis Ctr., 294 Center St.
Blue Hill	Food Addicts, Sat. 8:30am	First Congregation Church, 22 Tenney Hill Call Sharon: 207-479-5750
Calais	ARISE Faith-based recovery Tuesday 7PM	The Refuge Church, 21 Calais Avenue Call 207-255-501
Calais	Drugs-anon Sat. 6:00pm	St. Anne's Episcopal Church, 29 Church St.
Deer Isle	Alateen; Wed. 11:30 (Al-anon for Teenagers)	Deer Isle Stonington High School 251 Deer Isle Rd.
Deer Isle	High School Students Only Nicotine Anonymous Tues. 6:00pm	Congregational Church, Downstairs
Ellsworth	Nicotine Anonymous Tues. 7:00pm	St. Joseph's, 231 Main Street
Ellsworth	Food Addicts Wed. 6:30pm	St Dunstan's Ch., 134 State Street Call Kathy 207- 942-1738
Ellsworth	Faith Based Recovery Meeting Wed. 7:00pm	Christian Ridge Ch., 53 Christian Ridge
Ellsworth Falls	Codependents Anonymous Mon., 12:15pm	Congregation Church
Jonesport	ARISE Faith-based recovery	Community of Christ Church, 156 Main St.

Machias	Fri 7:00pm ARISE Faith-based recovery Mon. 7pm (groups for men, women, & family )	Call 207-255-5011 Machias Christian Fellowship, 3 Davis Rd. Call 207-255-5011
Machias	NAMI Support Group Wed. 6pm	Kay Parker Building, Machias

## Maine Support Group and Crisis Hotlines

<b>Alcoholics Anonymous (Statewide)</b>	<b>1-800-737-6237</b>
<b>Down East AA Intergroup Helpline</b> Staffed by members of AA with support, resources, and meeting information.	<b>207-479-1779</b>
<b>AI-Anon</b> Staffed by volunteers answering phones, providing literature, and keeping meeting information.	<b>1-800-498-1844</b>
<b>Narcotics Anonymous—Statewide</b> Staffed by volunteer member of NA providing support, meeting information, and resources.	<b>1-800-974-0062</b>
<b>The Women’s Project</b> Helping women affected by substance abuse - their own or others.	<b>1-800-611-1779</b>
<b>Maine Tobacco HELPLINE</b> Provides resources and information to help someone quit.	<b>1-800-207-1230</b>
<b>NAMI Maine Helpline</b> Support, education and advocacy for anyone with questions about mental health concerns.	<b>1-800-464-5767</b>
<b>Maine Warmline</b> Offers telephone support during challenging times and non-crisis situations.	<b>1-866-771-9276</b>
<b>Maine 2-1-1</b> Connects people who want to give help or get help with a full range of health and human services in their community.	<b>2-1-1</b>
<b>The Opportunity Alliance</b> Statewide crisis intentional warm line	<b>1-866-568-1112</b>
<b>Domestic Violence 24 Hour Crisis Line—Statewide</b>	<b>1-866-834-4357</b>
<b>Downeast—Next Step Domestic Violence Project</b>	<b>1-800-315-5579</b>
<b>Passamaquoddy Peaceful Relations Program</b>	<b>1-877-853-2613</b>
<b>Indian Township Passamaquoddy Domestic &amp; Sexual Violence Advocacy Center Violence Program</b>	<b>207-796-6106</b>
<b>Domestic Violence Hotline for Spanish speakers</b> Information, crisis counseling, emotional support and advocacy.	<b>207-553-2252</b>

**Sexual Assault Support—Statewide (AMHC)** **1-800-871-7741**  
A 24-hour statewide sexual assault crisis and support line providing confidential services free of charge.

## HEALTH CARE SERVICES

### Substance Use Treatment Services

**Acadia Family Center** **www.acadiafamilycenter.org**  
**1 Fernald Point Rd.** **P:207-244-4012**

**Southwest Harbor, ME**  
Individual counseling, early recovery group, pain management group, medication assisted treatment (suboxone). Accepts MaineCare and MOST major health insurances.

**Acadia Hospital** **www.acadiahospital.org**  
**268 Stillwater Ave.** **P:1-800-640-1211**

**Bangor, ME**  
Individual counseling, group counseling, IOP (intensive outpatient treatment), Medication Assisted Treatment (including methadone and suboxone). Accepts all insurance.

**Aroostook Mental Health Center (AMHC)** **www.amhc.org**  
**710 Bucksport Rd., Ellsworth, ME** **P:207-667-6890**  
**127 Palmer St., Calais, ME** **P:207-454-0775**  
**14 Steve’s Ln., Marshfield, ME** **P:207-255-0996**

Mental Health and Substance use treatment. Individual and group, Matrix IOP. Accept MaineCare and all major health insurance. Sliding fee scale available for substance use treatment services. Also offers case management and other services, such as Maine Mother’s Network for mother’s who are pregnant or with children under age 5.

**Arnold Memorial Medical Center**  
**70 Snare Creek Rd.** **P:207-497-5614**

**Jonesport, ME**  
Individual counseling, medication assisted treatment (suboxone). Accepts all insurance. Dr. Steven Weisberger, with counseling support from AMHC.

**Blue Hill Memorial Hospital, Island Family Medicine** **www.bhmfh.org**  
**354 Airport Rd.** **P:207-367-2311**

**Stonington, ME**  
Individual counseling, medication assisted treatment (suboxone). Accepts most insurances. Dr. Charles Zelnick, Denise Antonitton.

**Cathleen London, MD - Door to Door Doctors** **www.thevillagedoc.org**  
**40 Main Street,** **P:207-847-8020**  
**Milbridge, ME**

Provides addiction recovery services, including medication assisted treatment and required weekly groups.

**Community Health & Counseling Service (CHCS)**                      [www.chcs.org](http://www.chcs.org)  
52 Christian Ridge Rd., Ellsworth, ME                      P:207-667-5357  
15 Kids Corner, Machias, ME                      P:207-255-8473  
Individual counseling, group counseling, medication assisted treatment (suboxone). Accepts MaineCare primarily as well as SOME health insurances.

**The Downeast Treatment Center (DTC)**  
406 State St., Suite 2                      P:207-412-0973  
Ellsworth, ME                      AMHC Access Center: 1-800-244-6431  
The DTC provides an integrated medication-assisted treatment (MAT) service. The service consists of medication prescribed by a provider and group substance use treatment by a licensed substance use treatment provider. Peer recovery coaching also available for all participants. The service is part of the Hub and Spoke model. The DTC serves as the Hub, supporting spoke providers, including consultation. This Hub treatment is open to all individuals in need, including those who are uninsured or underinsured.

**Discovery House**                      [www.discoveryhouse.com](http://www.discoveryhouse.com)  
74 Dowd Road, Bangor, ME                      P:207-947-6800  
12 Beech Street, Calais, ME                      P:207-454-1300  
Individual and group counseling, medication assisted treatment (including methadone & suboxone). Accepts most major insurances.

**The East Grand Health Center**                      [www.eastgrand.org](http://www.eastgrand.org)  
201 Houlton Road                      P:207-448-2347  
Danforth, ME  
Medication assisted treatment (suboxone) for primary care patients. Accepts most insurances, including MaineCare, and offers a sliding fee.

**Eastport Health Care**                      [www.eastporthealth.org](http://www.eastporthealth.org)  
30 Boynton Street                      P:207-853-6001  
Eastport, ME                      F:207-853-6180  
Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. Accepts most insurances, sliding scale available. Also in Machias and Calais.

**Groups: Recover Together**                      [www.joiningroups.com](http://www.joiningroups.com)  
248 State Street—Suite 13B (Mill Mall)                      P:1-800-683-8313  
Ellsworth, ME  
23 Washington Street, Suite 3, Calais, ME  
17 Stackpole Road, Suite 1, Machias, ME  
Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. Accepts most insurances, sliding scale available.

**Harrington Family Health Center**                      [www.harringtonfamilyhealth.org](http://www.harringtonfamilyhealth.org)  
50 East Main St.                      P:207-483-4502  
Harrington, ME  
Individual counseling. Accepts all insurances.

**HealthWays / Regional Medical Center at Lubec**                      [www.rmcl.org](http://www.rmcl.org)  
43 South Lubec Rd.                      P:207-733-1090  
Lubec, ME                      F:207-733-2847  
Individual substance use and alcohol counseling, family of users counseling, and mental health counseling for children, adults, families and groups. DEEP/OUI and addiction treatment programs offered, including medication assisted treatment (suboxone). Accepts most insurances, sliding scale available. Counseling services also offered in Machias and Calais.

**Mount Desert Island Hospital Behavioral Health Center**  
322 Main St., 3rd Floor                      [www.mdihospital.org](http://www.mdihospital.org)  
Bar Harbor, ME                      P:207-288-8604  
Individual counseling, group counseling. Accepts all insurances.

**Open Door Recovery Center**                      [www.opendoorrecoverycenter.org](http://www.opendoorrecoverycenter.org)  
8 Old Mill Rd.                      P:207-667-3210  
Ellsworth, ME                      F:207-667-3133  
IOP (Intensive outpatient treatment), Individual counseling, group counseling, medication management. Accepts most major health insurances.

**Passamaquoddy Health Center**  
401 Peter Dana Point Rd                      P:207-796-2321  
Princeton, ME  
Substance use treatment services, individualized health services, and outpatient counseling services.

**Penobscot County Metro Treatment**  
659 Hogan Rd.                      P:207-973-0400  
Bangor, ME                      F:207-973-1881  
Individual counseling, medication assisted treatment (including Methadone).

**Pleasant Point Health Center**  
Pleasant Point Sipayik 11                      P:207-853-0644  
Perry, ME  
Substance use treatment services, individualized health services, and outpatient counseling services.

**Wellspring**  
319 State St.                      P:207-941-1639  
Bangor, ME                      P:1-888-590-2879  
Individual counseling, family counseling, group counseling, half way housing.

## Counselors

### MDI / Schoodic / Coastal Region

#### Alan Graff (April—October only)

**Southwest Harbor, ME** P:207-460-0595  
Individual counseling. Accepts SOME major health insurances.

#### Irene Greene-Murphy, LCSW, LADC

**Northeast Harbor** P:207-460-6605  
Individual counseling. Specializes in substance use. Accepts MOST major health insurances.

#### Dawn Nuding, LCPC, Art Therapist

**Mount Desert, ME** P:207-288-5888  
Individual counseling and art therapy for children, teens and adults.

#### Eleanor Pancoe, LCSW, CADC

**Bar Harbor, ME** P:207-288-1171  
Individual counseling. Accepts Anthem, Aetna, MaineCare, and Medicare.

#### Amy Ridell, LCPC

**Mount Desert, ME** P:207-288-8686  
Individual counseling for those ages 10 and up.

#### Sarah White, LADC

**Hulls Cove, Bar Harbor, ME** P:207-266-6607  
Individual counseling, substance use counseling. Accepts MaineCare, in process to accept private insurances.

### Ellsworth / Bucksport area

#### Alan Algee, LCPC CCS, Dirigo Counseling Services

**Ellsworth & Bangor, ME** P:207-973-0505 or 877-656-5132  
Individual and group substance use counseling. Accepts MaineCare and MOST major health insurance companies

#### Lila Balch, LCSW

**Bucksport, ME** P:207-469-7371  
Individual counseling for children, adults, and families. Accepts MaineCare, private insurance, and offers sliding scale fee.

#### Christine Berg, LADC

**Bucksport, ME** P:207-469-3477  
Licensed Alcohol and Drug Counselor that provides Individual counseling

#### Barbara Bland, LCSW

**Ellsworth, ME** P:207-667-1917  
Individual counseling for teens, adults, and couples.

#### Nancy Cation, LCSW

**Bucksport, ME** P:207-469-7544  
Individual counseling for adults. Accepts MaineCare.

#### Dottie Caldwell, LCSW

**Bucksport, ME** P:207-469-1013  
Individual counseling for children, teens and adults.

#### Sharon Carroll, LCSW, CADC - AMHC

**Ellsworth, ME** P:207-667-6890  
Provides substance use and criminogenic treatment services for the Hancock County drug court program.

#### Holly Duesenberry

**Ellsworth, ME** P:207-808-7281  
Individual counseling. Accepts MOST major health insurances.

#### John F. Fitzgerald, LADC, CCS

**Ellsworth, ME** P:207-479-9076  
Individual and group counseling for those affected by substance use.

#### Stephanie Francis, LCPC

**Bucksport, ME** P:207-517-2031  
Specialize in children 4-12. Accepts MaineCare.

#### Andrea Gabel-Richards, LCSW

**Ellsworth, ME** P:207-667-8670  
Individual counseling for teens and adults. Accepts MaineCare.

#### Edithe Gagnon, LCSW

**Bucksport, ME** P:207-469-7371  
Individual counseling for adults. Accepts MaineCare, private insurance, and offers sliding scale fee.

#### Astor Gillis, LADC

**Ellsworth, ME** P:207-667-2730  
Individual counseling. Specializes in substance use. Accepts MaineCare, Anthem, and SOME major health insurances, offers sliding scale fee.

#### Max Goode, LCSW

**Bucksport, ME** P:207-469-7371  
Individual counseling for adults. Accepts MaineCare, private insurance, and offers sliding scale fee.

#### David Harlan, LCSW - AMHC

**Ellsworth, Bucksport, Blue Hill, ME** P:207-667-6890  
Individual counseling for children, teens, and adults. Provides both mental health and specializes in substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services.

#### Tracy Haskell, LCSW

**Ellsworth, ME** P:207-664-2994  
Individual counseling for children, teens and adults.

#### David Hawkins, MD

**Bangor, ME** P:207-990-2367  
Child and Adolescent Psychiatry.

**Donna Kelley, LCPC**  
**Bucksport, ME** P:207-631-0081  
 Individual counseling for children and adults.

**Irene Laney, LADC, MSWCC**  
**Ellsworth, ME** P:207-667-3100  
 Individual counseling. Specializes in substance use. Accepts MaineCare and MOST major health insurances.

**Hailee Langley, CADC**  
**Ellsworth, ME** P:207-667-6890  
 Provides substance use treatment services in both individual and Matrix IOP group services. Also provides substance use treatment services for MAT Downeast Treatment Center.

**Laurie LaViolette, LCSW, CCS**  
**Ellsworth, ME** P:207-667-9101  
 Individual counseling. Accepts Medicare, MaineCare, and MOST insurances.

**Emily Lowell, LCSW**  
**Ellsworth, ME** P:207-479-4484  
 Individual counseling for children, teens and adults. Accepts MaineCare.

**Angela Lyford, LCSW**  
**Bucksport, ME** P:207-469-7371  
 Individual counseling for children, adults, and families. Accepts MaineCare, private insurance, and offers sliding scale fee.

**Jeannie McPherson, Psychologist**  
**Ellsworth, ME** P:207-667-2119  
 Individual counseling for children, teens and adults.

**Kimberly Morrison, LMSW-CC, CADC**  
**Ellsworth ME** P:207-667-6890  
 Individual counseling for children, teens and adults. Provides both mental health and substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services. Also provides substance use treatment services for MAT Downeast Treatment Center.

**Marc Mytar, Psychologist**  
**Ellsworth ME** P:207-667-2095  
 Individual counseling for adults and couples.

**Maryann Ogonowski, MS, RN, LADC—Searsport Counseling Associate**  
**59C Franklin St.**  
**Ellsworth, ME** P:207-664-7050  
 Individual counseling, group counseling. Specializes in substance use. Accepts MOST insurances.

**Carole Pascal, LCSW**  
**Ellsworth, ME** P:207-326-4724  
 Individual counseling for adults.

**Cheryl Rubin, LCSW**  
**Ellsworth, ME** P:207-667-2998  
 Individual counseling for adults. No MaineCare.

**Mica Slaven-LaMothe, LCSW - AMHC**  
**Ellsworth, ME (one day in Blue Hill)** P:207-667-6890  
 Individual counseling for children, teens and adults. Provides both mental health and substance use treatment services. Accepts MaineCare and most private insurances, and offers sliding fee for substance use treatment services.

**Alan Wittenberg M.A., CMT (Surry Music Therapy)**  
**Surry, ME** P:207-667-1308  
 Individual and group music therapy for children, teens & adults.

**Kip Young, LADC**  
**Ellsworth, ME** P:207-664-1500  
 Individual and group substance use counseling. Accepts BCBS, MaineCare, Cigna, and Maine Community Health.

### **Blue Hill Peninsula**

**Denise Antonition, LCSW**  
**Stonington, ME @ Island Family Medicine** P:207-367-2311  
 Individual counseling for children, teens, and adults, couples counseling, assessments and referrals. Accepts MaineCare and can apply for free care at hospital.

**Lila Balch, LCSW**  
**Brooklin, ME (Serves Blue Hill & Bucksport as well)** P:207-491-4802  
 Individual counseling for children, teens and adults. Accepts MaineCare.

**Steven Benson, Psychologist**  
**Blue Hill, ME** P:207-374-2357  
 Individual counseling for children, teens, and adults. Accepts MaineCare.

**Patty Bergstrom, LMSW-CC**  
**Blue Hill, ME** P:207-374-2311  
 Individual counseling for adults, brief interventions, consultations and assessments, Accepts MaineCare and can apply for free care at hospital.

**Cynthia Booker-Bingler, LCSW, Therapeutic Way**  
**259 Toddy Pond Road**  
**Surry, ME** P:207-412-8881  
 Individual counseling for children, teens, and adults using Animal Assisted Therapy (canine). Accepts most major insurances, MaineCare and Medicare.

**Gordanna Hassett, LCSW, CADC**  
**Castine, ME** P:207-326-4348  
 Individual counseling for adults, assessments, and referrals. Accepts MaineCare and can apply for free care at hospital.

**Nancy Hathaway, M.Ed., LpastC**  
**Center for Studying Mindfulness** P:207-400-0494  
**Blue Hill, ME**  
 Focusing on Mindfulness Therapy for depression, anxiety, health, recovery, 18 and stress.

**Meagann Holland, LCPC-C**

**Blue Hill, ME P:207-266-2069**

Individual counseling for children, teens, adults. Sliding scale available.

**Lorraine Huckel, Psychologist**

**Blue Hill, ME P:207-374-5811**

Individual counseling for teens and adults.

**Catherine Morse, LCSW**

**Blue Hill, ME P:207-326-8356**

Individual counseling for children and adults, specializes in neurofeedback.

**Hector Sapien**

**Blue Hill, ME P:207-460-6090**

Individual counseling for children and teens, specializes in school issues.

**Nancy Plouffe, LCSW**

**Blue Hill, ME P:207-374-2296**

Individual counseling for teens and adults. Accepts MaineCare.

**Theresa Weigel, LCSW**

**Blue Hill, ME P:207-374-5780**

Individual counseling for teens and adults. Accepts MaineCare.

**Washington County**

**Holly Billings, LMSW-CC**

**Harrington, ME P:207-483-4502**

Individual counseling for adults.

**Linda Bird, LCSW**

**Harrington, ME P:207-483-4502**

Individual counseling for adults.

**Barbara Chatterton-Luuring**

**Machias, ME P:207-610-4351**

Individual counseling. Will travel to see clients in Hancock County as well.

Specializes in substance use, vocational rehabilitation, trauma.

**Stacey Cherry, LCPC**

**Machias, ME P:207-255-4100**

Individual counseling for adults.

**Jamie Corbett, LADC**

**14 Steve's Ln. P:207-255-0996**

**Marshfield, ME**

Provides substance use treatment services in both individual and Matrix IOP group services.

**Sandra Draper-Hayward, LADC**

**Calais, ME P:207-733-1090, ext. 2198**

Individual counseling. Substance use specialty.

**Katherine Evans, LCSW**

**Calais, ME P:207-726-4210**

Individual counseling for teens and adults.

**Paula Frost, LADC, LSW**

**Lubec, ME P:207-733-1090, ext. 2198**

Individual counseling. Substance use specialty.

**Abby Frutchey, LADC, CCS**

**14 Steve's Ln. P:207-255-0996**

**Marshfield, ME**

Provides substance use and criminogenic treatment services for the Washington County drug court program.

**Dan Gasper, LCPC, LADC**

**Cherryfield, ME P:207-530-7774**

Mental health and substance use counseling. Accepts MaineCare and most major insurances.

**Holly Greenleaf Whitney, LADC**

**Harrington, ME P:207-255-8301**

Individual counseling, substance use specialty. Accepts all insurances.

**Matt Hall, LCPC**

**14 Steve's Ln. P:207-255-0996**

**Marshfield, ME**

Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance.

**Pamela Helmstadler, LCPC**

**Calais, ME P:207-454-0407**

Individual counseling, substance use specialty.

**David Hodgkins, LCSW**

**127 Palmer St. P:207-454-0775**

**Calais, ME**

Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance, and offers sliding fee.

**Jennifer Holcomb, LADC, CCS**

**14 Steve's Ln. P:207-255-0996**

**Marshfield, ME**

Provides substance use treatment services in both individual and Matrix IOP group services.

**Laura Landy, LCSW, CADC**

**Machias, ME P:207-271-8105**

Individual counseling for adults.

**Anne Leaver, LCPC, LADC, CCS**

**East Machias, ME P:207-255-0102**

Individual and group counseling.

**Tara Librizzi, LCSW**

**Machias, ME P:207-255-0996**

Individual counseling for adults.

**Jill Mertinke, LCPC**

**East Machias, ME P:207-255-4833**

Individual counseling for adults. Accepts MaineCare and most insurances.

**Jody Mountcastle, LCSW**  
Harrington, ME P:207-483-4502

Individual counseling for adults.

**Bridget O'Rourke, LCSW**  
127 Palmer St. P:207-454-0775  
Calais, ME

Individual counseling for children, teens, and adults. Provides mental health counseling. Accepts MaineCare and most private insurance.

**Virginia Pond, MEd, MSW, LCSW**  
Lubec, ME P:207-733-1090, ext. 2198

Individual and group counseling.

**Valerie Renshaw, LCPC**  
Machias, ME P:207-255-0996

Individual counseling for adults.  
**Cynthia Scott, LCPC-C**  
127 Palmer St. P:207-454-0775  
Calais, ME

Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurances.

**Katie Sell, CADC**  
14 Steve's Ln., Marshfield, ME P:207-255-0996  
127 Palmer St., Calais, ME P:207-454-0775

Provides substance use treatment services in both individual and Matrix IOP group services.

**Tanya Zivkovic, LMSW-CC**  
127 Palmer St. P:207-454-0775  
Calais, ME

Individual counseling for children, teens, and adults. Accepts MaineCare and most private insurance.

## ***Complementary Health Services***

### **Acupuncture**

**Acupuncture Care**  
Ellsworth, ME P:207-667-4128  
**Bangor Veterans Acupuncture Project**  
Bangor, ME P:207-479-2944

Weekly free ear-acupuncture clinic held on Thursdays 6:45pm

**Christine Cuneo, RN**  
Ellsworth, ME P:207-667-8036

**DownEast Community Acupuncture (DECA)**  
Verona Island, ME P:207-479-2944  
Uses NADA and offers a sliding scale

**Jean Guyette** P:207-565-3891  
Offers volunteer outreach and education around the National Acupuncture Detoxification Association (NADA) , and acupressure for tension and anxiety relief. Acudexox Specialist, NADA trained.

**Linda Forslund - Caterpillar Hill**  
Sedgwick, ME P:207-209-1613

**Maine Coast Acupuncture & Herbal Medicine, Lea Lac Elliot**  
Ellsworth, ME P:207-812-8747

**Pleasant Point Health Center—Acupuncture**  
Pleasant Point, ME P:207-853-0644

**Sarah Tewhey, L.Ac**  
Southwest Harbor, ME P:207-266-7938  
Specialty in substance treatment; uses NADA protocol.

### **Massage**

**Downeast Massage Therapy**  
Perry, ME P:207-853-4083

**Passamaquoddy Health Center—Massage**  
Dana Point, ME P:207-796-2321

### **Mindfulness**

**Center for Studying Mindfulness** Hathaway.N@gmail.com  
ME P:207-400-0494  
Eight week Mindfulness-based stress reduction programs for parents, individuals, and groups

### **Yoga**

**Ayushri Yoga Ayurveda & Wellness**  
Blue Hill, ME P:207-374-3800

**Bold Coast Yoga—Samantha Williams**  
Machias, ME P:207-214-6516

**BKS Lyengar Yoga Center**  
Sedgwick, ME P:207-326-2037

**Blue Hill Center for Yoga**  
Blue Hill, ME P:207-374-2004

**Cherryfield Library**  
Cherryfield, ME P:207-546-4228

Wednesdays 6:00pm-7:00pm

**Julie Bakis — Eastport Arts Center**  
Eastport, ME P:207-853-4650

Focus on breath and alignment. \$5-10 sliding scale.  
**MDI YMCA**  
Bar Harbor, ME P:207-288-3511

Free for MDI YMCA members.

**Pranava Livings Arts Studio**

**Blue Hill, ME** P:207-326-7957

**Sowelu Heilig**

**Brooksville, ME** P:207-326-3236

**The Yoga Place**

**Ellsworth, ME** P:207-669-5685

**Women's Health Resource Library—Geri Valentine**

**Milbridge, ME** P:207-546-7677

Thursday evenings 5:30pm-7:00pm, \$10

**Yoga @ Cattitude**

**Bar Harbor, ME** [www.cattitudemdi.com](http://www.cattitudemdi.com)

### **Smoking Cessation**

**Cancer Support Center of Maine** [www.cancesupportofmaine.org](http://www.cancesupportofmaine.org)

**Hancock & Washington Counties, ME** P:207-326-2037

Free smoking cessation classes.

**Healthy Acadia** [www.healthyacadia.org](http://www.healthyacadia.org)

**Hancock County, ME** P:207-667-7171

Offers free (donation suggested) Tai Chi, smoking cessation, chronic pain management classes.

### ***Harm Reduction Services***

**Health Equity Alliance** [www.mainehealthequity.org](http://www.mainehealthequity.org)

**25A Pine St.** P:207-667-3506

**Ellsworth, ME** F:207-664-0574

**7 VIP Lane** P:207-255-5849

**Machias, ME** F:207-255-5937

**304 Hancock St., Suite 3B** P:207-990-3626

**Bangor, ME** F:207-990-2286

Provides needle exchange services, naloxone distribution, outpatient mental health counseling, medical case management, and HIV/Hepatitis C testing.

Has support groups and advocacy / volunteer opportunities. HEAL also provides an LGBTQ+ inclusive space, called the Health Equity Center. This community center is a space for partner organizations that serve Maine's LGBTQ+ community.

### ***Free Clinics & Affordable Medical Centers***

**Ellsworth Free Clinic**

**248 State St. Suite 16** P:207-667-7953

**Ellsworth, ME**

Medical clinic staffed by volunteers providing free primary care. Open M to F, 9:00am –12:00pm.

**Ellsworth Family Planning & Primary Care** [www.mainefamilyplanning.org](http://www.mainefamilyplanning.org)

**248 State Street** P:207-812-7030

**Ellsworth, ME** F:207-664-0325

Provides family planning & reproductive health services , family support services, and more. Operates WIC program. Also has offices in Machias & Calais.

**Calais Family Planning** [www.mainefamilyplanning.org](http://www.mainefamilyplanning.org)

**43 Union Street** P:207-853-8930

**Calais, ME**

Provides family planning & reproductive health services , family support services, and more.

**Peninsula Free Health** [www.penninsulafreehealth.net](http://www.penninsulafreehealth.net)

**26 Hinckley Ridge Rd.** P:207-374-5585

**Blue Hill, ME**

Provides health services for adults and children. Open Monday from 3pm to 6pm. Walk-ins are welcome.

**Federally Qualified Health Centers**

**Bucksport Regional Health Center** [www.bucksportrhc.com](http://www.bucksportrhc.com)

**Bucksport, ME** P:207-469-7371

**East Grand Health Center** [www.eastgrand.org](http://www.eastgrand.org)

**Danforth, ME** P:207-448-2347

**Eastport Health Care, Inc.** [www.eastporthealth.org](http://www.eastporthealth.org)

**Eastport, Calais, & Machias, ME** P:207-853-6001

**Harrington Family Health Center** [www.harringtonfamilyhealth.org](http://www.harringtonfamilyhealth.org)

**Harrington, ME** P:207-483-4502

**St. Croix Regional Family Health Center** [www.scrfhc.org](http://www.scrfhc.org)

**Calais & Princeton, ME** P:207-796-5503

**Regional Medical Center at Lubec** [www.rmcl.org](http://www.rmcl.org)

**East Machias & Lubec, ME** P:207-733-5541

Federally qualified community health care centers (FQHC's) provide primary care services to anyone, regardless of health insurance status or ability to pay.

### ***Affordable Dental Services***

**Caring Hands of Maine Dental Center** [www.caringhandsofmaine.com](http://www.caringhandsofmaine.com)

**70 Kingsland Crossing** P:207-667-6789

**Ellsworth, ME**

The Dental Center provides comprehensive dental services. Accepts private insurance, MaineCare, and has discounted fees for those without insurance.

**Community Dental Center** [www.mdihospital.org/health-centers/dental-center/](http://www.mdihospital.org/health-centers/dental-center/)

**4 Community Lane** P:207-244-2888

**Southwest Harbor, ME**

The continuum of care we offer includes preventative cleanings, sealants, fluoride and general dentistry. By reaching out to patients, following up on appointments, and coordinating ongoing, regular check-ups, we aim to ensure that all patients—children and adults alike—receive a patient-centered model of care.

**Eastport Health Care, Inc.** [www.eastporthealth.org](http://www.eastporthealth.org)  
30 Boynton St. P:207-483-4502  
Eastport, ME

As a Federally Qualified Health Center, EHC provides affordable dental care

**Harrington Family Health Center** <https://hfhc.healthcare>  
50 East Main St. P:207-483-4502  
Harrington, ME

As a Federally Qualified Health Center, HFHC provides affordable dental care.

**Maine Donated Dental Services** [www.dentallifeline.org](http://www.dentallifeline.org)  
P.O. Box 2282 P:207-620-8276  
Augusta, ME P:1-800-205-5615  
Provides dental services to those unable to pay if they are permanently disabled, medically at risk, or 65 years or older.

**Regional Medical Center at Lubec** [www.rmcl.org](http://www.rmcl.org)  
43 South Lubec Rd. P:207-733-5541  
Lubec, ME

As a Federally Qualified Health Center, RMCL provides affordable dental care.

**St. Croix Regional Family Health Center** [www.scrhc.org](http://www.scrhc.org)  
136 Mill St. P:207-796-5503  
Princeton, ME

As a Federally Qualified Health Center, SCRHC provides comprehensive dental services to adults and children. Accepts private insurance, MaineCare, and offers sliding fee discounts based on family size and income.

## Hospitals

**Blue Hill Memorial Hospital** [www.bhmf.org](http://www.bhmf.org)  
57 Water St. P:207-374-3400  
Blue Hill, ME

**Calais Regional Hospital** [www.calaishospital.org](http://www.calaishospital.org)  
24 Hospital Lane P:207-454-7521  
Calais, ME F:207-454-3616

**Down East Community Hospital** [www.dech.org](http://www.dech.org)  
11 Hospital Drive P:207-255-3356  
Machias, ME

**Maine Coast Memorial Hospital** [www.mcmhospital.org](http://www.mcmhospital.org)  
50 Union Street P:207-664-5311  
Ellsworth, ME P:888-645-8829

**MDI Hospital** [www.mdihospital.org](http://www.mdihospital.org)  
10 Wyman Lane P:207-288-5081  
Bar Harbor, ME

## LEGAL & CRIMINAL JUSTICE SERVICES

### Legal Services

**Legal Services for the Elderly** [www.mainelse.org](http://www.mainelse.org)  
450 Essex Street P:207-941-2865  
Bangor, ME

Provides free, high quality legal services to Maine's socially and economically elderly community age 60+.

**Maine Equal Justice Partners** [www.mejp.org](http://www.mejp.org)  
126 Sewall Street P:1-866-626-7059  
Augusta, ME P:207-621-8148

Legal assistance and help navigating Maine's anti-poverty programs including MaineCare, TANF, Aspire, SNAP, and General Assistance.

**Maine Pretrial Services**  
**Hancock County Adult Drug Court**  
50 State St., Suite 14 P:207-667-3624  
Ellsworth, ME P:207-667-3630

**Criminogenic Treatment Services (Washington C. Adult Drug Court) - AMHC**  
14 Steve's Ln P:207-255-0996  
Marshfield, ME

Provides substance use and criminogenic treatment services along with case management (in partnership with Maine Pretrial) for the Washington County drug court program.

**Criminogenic Treatment Services (Hancock C. Adult Drug Court) - AMHC**  
710 Bucksport Rd. P:207-667-6890  
Ellsworth, ME

Provides substance use and criminogenic treatment services along with case management (in partnership with Maine Pretrial) for the Hancock County drug court program.

**Pine Tree Legal**  
13 Cooper St. Intake P:207-255-8656  
Machias, ME Machias office P:207-400-3248

Free legal advice to low income families; civil cases only (no criminal case).  
Machias walk-in hours: wed 9am-12pm, Thurs 1-4pm.

### **Maine Volunteer Lawyer Project**

PO Box 547  
Portland, ME

[www.vlp.org](http://www.vlp.org)  
P:1-800-442-4293  
F:207-828-2300

Free information, assistance and pro bono legal representation in civil legal matters for low-income families. Free legal advice from 1p-4pm at Machias courthouse the first Thurs. of Jan., March, May, July, Sept, and Nov.; at Calais courthouse the first Tuesday of Feb., April, June, Aug., Oct., and Dec. & at the Ellsworth courthouse the 2nd & 4th Tuesday of every month.

### ***Support Services for Incarcerated Individuals***

#### **Maine Prisoner Advocacy Coalition**

P.O. Box 2173  
Waterville, ME

[www.maineprisoneradvocacy.org](http://www.maineprisoneradvocacy.org)  
[maineprisoneradvocacy@yahoo.com](mailto:maineprisoneradvocacy@yahoo.com)

The Maine Prisoner Advocacy Coalition (MPAC) is comprised of Maine prisoners, their friends and families, victims of crime, and others committed to ethical, positive, and humane changes in Maine's prison system.

#### **Restorative Justice Project of the Midcoast**

P.O. Box 141  
Belfast, ME

[www.rjpmidcoast.org](http://www.rjpmidcoast.org)  
P:207-388-2742

The Restorative Justice Project of the Midcoast provides restorative conferences for adult & juvenile offenders in the Midcoast and an array of restorative justice services for the Maine Coast Regional Reentry Center and schools.

#### **Volunteers for Hancock County Jail Residents**

272 Turkey Farm Rd.  
Blue Hill, ME

[www.jailvolunteers.org](http://www.jailvolunteers.org)  
[bluehillme@roadrunner.org](mailto:bluehillme@roadrunner.org)

Offers restorative justice and supportive services to individuals incarcerated in Hancock County Jail as well as those re-entering the community.

### ***Domestic Violence & Sexual Assault Services***

#### **AMHC Sexual Assault Services**

Washington, Hancock, & Aroostook, ME

[www.amhc.org](http://www.amhc.org)  
P:1-800-871-7741

Offers immediate crisis intervention and support. When you call (available 24/7) you will be connected with an advocate that can provide assistance.

#### **Indian Township Passamaquoddy Domestic & Sexual Violence Advocacy Center**

Indian Township, ME

Emergency 24 Hour Crisis Line: 1-207-214-1917

[www.wabanakiwomen.org](http://www.wabanakiwomen.org)  
P:207-796-6106

Serving residents of the Indian Township Reservation and Passamaquoddy Tribal members. Service include emotional support, court advocacy, emergency shelter, hospital accompaniment, safety planning, door lock program.

### **Next Step Domestic Violence Project**

733 Bangor Rd.  
Ellsworth, ME

[www.nextstepdv.org](http://www.nextstepdv.org)

P:207-667-0176

F:207-667-8033

23 Broadway

Machias, ME

P:207-255-4934

F:207-255-4243

#### **24- hour Crisis Hotline: 1-800-315-5579**

24-hour hotline, crisis counseling, safety planning, emergency shelter, appropriate resource referrals, advocacy with other systems, civil legal assistance, court accompaniment, support & education groups, safe homes, & transitional housing for domestic violence survivors in Hancock & Washington county.

## **TRANSPORTATION**

#### **Downeast Transportation**

Downeast, ME

[www.downeasttrans.org](http://www.downeasttrans.org)

P:207-667-5796

Offers in-town transportation in Bucksport, Ellsworth, and Bar Harbor and commuter transportation services between Ellsworth and Bar Harbor.

#### **Friends in Action**

Ellsworth, ME

[www.friendsinactionellsworth.org](http://www.friendsinactionellsworth.org)

P:207-664-6016

Offers free transportation to elderly and disabled residents of Hancock County.

#### **Island Connections**

Ellsworth, ME

[www.islconnections.org](http://www.islconnections.org)

P:207-288-4457

Provides free transportation for MDI residents to medical appointments, shopping and errands, and other activities.

#### **Neighborcare**

Deer Isle, ME

[www.caringinrememberedways.org/neighbor](http://www.caringinrememberedways.org/neighbor)

P:207-367-5822

Brooksville, ME

P:207-326-4735

All-volunteer group of people offering free health related services in the Blue Hill peninsula, including transportation.

#### **West's Transportation**

Downeast, ME

[www.westbusservice.org](http://www.westbusservice.org)

P:800-596-2823

Affordable bus service from Calais to Bangor (and points in-between), operates 7 days a week.

#### **Downeast Community Partners**

248 Bucksport Road

Ellsworth, ME

7 VIP Drive

Machias, ME

[www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)

P:207-664-2424

F:207-664-2430

P:207-259-5015

F:207-546-7607

Provides transportation to medical appointments for those covered under MaineCare, transportation to child protective visits, to sheltered workshops and DCP Transportation that is open to the public.

# FOOD

## Food Pantries

**Bar Harbor Food Pantry** [www.barharborfoodpantry.org](http://www.barharborfoodpantry.org)  
36 Mount Desert St. (Basement of YWCA) P:207-288-3375  
Bar Harbor, ME  
Open Tues. 9am-12pm & Thurs. 4pm -6pm the first three weeks of the month.

**Bread of Life Food Pantry** [www.seacoastmission.org/food\\_pantry](http://www.seacoastmission.org/food_pantry)  
Old Village Firehouse P:207-526-4347  
Swan's Island, ME  
Open Thursday afternoons or as needed.

**Bucksport Community Concerns** [www.elmstreetcc.org](http://www.elmstreetcc.org)  
Elm Street Congregational Church (basement) P:207-469-2400  
31 Elm St.  
Bucksport, ME  
Provides groceries, clothing, and household essentials. Open Wed. 9:30am to 11:30 am & on the second Monday of the month from 5:00pm to 7:00pm.

**Danforth Food Pantry**  
Town Hall P:207-448-2611  
Danforth, ME  
Open first Thursday after the first Tuesday of the month 10 am to 11am.

**Emmaus Shelter Food Pantry** [www.emmaushomelessshelter.org](http://www.emmaushomelessshelter.org)  
Corner of Main & Water Street P:207-667-3962  
Ellsworth, ME  
Open 24 hours a day. Also offers a clothing room (open M, W, F, Sat 10am-2pm) & household good.

**H.O.M.E. Co-op Food Pantry** [www.homemmausa.org/FoodBank](http://www.homemmausa.org/FoodBank)  
90 School House Rd. P:207-469-7961  
Orland, ME  
Open daily from 8 am to 4pm. Provides individuals with food boxes once per month; produce & bread when available. Hot lunch served Sun-Fri at noon.

**Indian Township Food Pantry**  
Indian Township, ME P:207-796-6134  
Open Monday-Friday 10am—2:30pm with a break at lunch time.

**Irene Chadbourne Ecumenical Food Pantry**  
507 Main Street [www.irenechadbourneprograms.com](http://www.irenechadbourneprograms.com)  
Calais, ME P:207-214-8553  
Open Mon 3-5pm, Thurs 10am-12pm, & Friday 1-3pm.

**Island Food Pantry**  
6 Memorial Lane P:207-348-6181  
Stonington, ME  
Open Thursdays 5:30-7:30. Provides groceries to Deer Isle residents in need.

**Jonesport Food Pantry** [www.sawyerememorialcongregationalchurch.com](http://www.sawyerememorialcongregationalchurch.com)  
Sawyer Memorial Congregational Church P:207-497-2294  
Jonesport, ME  
Open Wednesday 9am to 11pm.

**Lifeline Food Pantry**  
South Gouldsboro Road, Rte. 186 P:207-963-2321  
Gouldsboro, ME  
Third Saturday of the month, 9am to 10am & emergencies.

**Labor of Love Food Pantry** [facebook.com/LaborOfLoveNutritionCenter](https://facebook.com/LaborOfLoveNutritionCenter)  
137 County Rd. P:207-853-2373  
Eastport, ME  
Open 2nd & Tuesday 9-11am, & Fridays 2:30-6:30pm.

**Loaves & Fishes Food Pantry** [www.facebook.com/LoavesandFishespantry](http://www.facebook.com/LoavesandFishespantry)  
Ellsworth, ME P:207-667-4363  
Hours as needed, please call for assistance.

**Lubec Community Food Pantry** [www.lubecoutreach.org](http://www.lubecoutreach.org)  
Lubec Community Outreach Center P:207-733-6113  
Lubec, ME  
3rd Wednesday of the month, 1:00-4:00pm.

**Machias Food Pantry**  
Centre Street Congregational Church, 9 Center St. P:207-255-6665  
Machias, ME  
Open Monday.

**Saint Ann's Food Pantry**  
Tribal Office building, Rt. 190 P:207-853-2600  
Pleasant Point, ME  
Open Monday-Thursday 9-3pm.

**Tree of Life Food Pantry** [www.treeoflifepantry.org](http://www.treeoflifepantry.org)  
23 South Street P:207-664-2245  
Blue Hill, ME F:207-664-2246  
Open Thursday 9am to 3pm. Food for residents of Blue Hill Peninsula and other on limited basis.

**Weald Bethel Food Pantry** [www.seacoastmission.org/food\\_pantry](http://www.seacoastmission.org/food_pantry)  
Maine Seacoast Mission P:207-546-7424  
Cherryfield, ME  
Open Tuesday 9-12pm & 4-5pm, & Thursdays 9-12pm.

### What's for Suppa? Food Pantry

1268 Otis Road

P:207-460-1266

Otis, ME

Call for hours & more information.

### Woodland Community Food Pantry

55 Broadway

P:207-427-6518

Baileyville, ME

Open the 1st & 4th Thursdays of every month from 9-11am.

Hancock & Washington County, ME

P:207-598-5648

Support for families who need help tackling an issue & finding the resources that may be available to them. No fees – MaineCare is not required.

### Free Community Meals

City or Town	Day and Time; Other Info	Location
Bar Harbor	Thurs, 4pm-7pm	Holy Redeemer, 21 Ledge-lawn
Blue Hill	Mon, 2:30-6pm (not holidays)	1st Cong Church 22 Tenney Hill
Cherryfield	Sun, 3:30-5p.m.	EdGE Center, US Rte. 1
Cherryfield	Fri, 9:30-11:30am; Joan's Coffee Shop	EdGE Center, US Rte. 1
Deer Isle	Second Sunday, 5:30pm	Deer Isle/Sunset Con. Church
Ellsworth	Mon, 3-6p.m.	St. Dunstan's, 134 State St.
Ellsworth	Wed, 3-6p.m.	1st Cong Church, 2 Church St.
Milbridge	Incredible Edible—Free Vegetables, Available July to October	Women's Health Resource Lib.
Orland	Sun-Fri, 12p.m.	HOME Co-op, 90 Schoolhouse
Southwest Harbor	Winter: Thur 12-2pm, Sat, 6 to 8pm Summer: Breakfast everyday, 7:30 to 11:30	566 Seawall Rd.
Whitneyville	Last Thur. of the Month, 11a.m.-1p.m	Whitneyville Comm. Building

### Farmer's Markets

City or Town	Day and Time; Other info	Location
Bar Harbor	Sun, 9am-12pm, Accepts SNAP & WIC	MDI YMCA parking lot
Blue Hill	Sat, 9-11:30AM, Accepts SNAP & WIC	Blue Hill Fairgrounds
Blue Hill	Winter market, Sat, 9:30am-12pm	Mainescape, in greenhouse
Brooklin	Thurs. 3-5pm	6 Bay Road (Rte. 175)
Brooksville	Tues. 9:30am-12pm	Cornfield Hill Road
Bucksport	Thurs, 2-5pm, Accepts SNAP & WIC	Post office lot, Main St.
Calais	Tues. 11am-2pm, June-Oct, SNAP/WIC	Union St. , on the green
Castine	Thurs, 9-11:30 AM	1 School St, Town Common
Deer Isle	Wed, 9:30-11:30am	70 Church St, by Town Hall
Eastport	Sat, 11am-2pm, June-Oct, SNAP /WIC	
Ellsworth	Mon, & Thurs, 2-5:30pm, SNAP / WIC	245 E. Main Street
Ellsworth	Sat, 9:30am-12:30pm, Accepts WIC & SNAP	190 Main Street
Ellsworth	Winter market: Sat. 9:30 AM-12:30PM Accepts SNAP & WIC	121 Bucksport Rd.
Franklin	Sat, 9am-1pm (July-Oct)	Franklin Trading Post
Machias Valley Rest.	Fri & Sat, 9am-1pm, Accepts WIC	Rte., 1, Across for Helen's
Milbridge	Sat, 9am-12pm, Accepts WIC	Camden Bank lot, 29 Main St.
Princeton	Thurs. 3-5pm, Jun-Sept, Accepts WIC/SNAP	67 West St, Baseball Fields

Northeast Harbor Thurs, 9am-12pm, June –Aug,  
 Southwest Harbor Fri. 9am-1pm, May to Oct, Accepts SNAP  
 Stonington Friday, 10am to 12pm  
 Town Hill Friday, 3pm to 6pm  
 Winter Harbor Tues., 9am-12pm, Accepts WIC

Green along Harbor Dr.  
 St. John's Church parking lot  
 Island Community Center  
 Rte. 102, next to Firs Station  
 Village Green

### Food & Nutrition Assistance

#### Department of Health & Human Services

**SNAP (Food Stamps) & Women, Infants, & Children (WIC)**

17 Eastward Lane

P:207-664-1400

Ellsworth ME 04605

F:207-667-5364

38 Prescott Drive, Suite 3

P:207-255-2000

Machias, ME 04654

F:207-255-2022

WIC is food vouchers for pregnant women & children under age five. Apply online or in person.

#### Healthy Acadia

[www.healthycadia.org](http://www.healthycadia.org)

140 State St, Suite 1

P:207-667-7171

Ellsworth, ME

F:207-667-7173

121 Court St.

P:207-266-3741

Machias ME

Wide range of food & nutrition programs including nutrition education, information, & assistance with accessing local food programs & food assistance.

### CHILD & FAMILY SERVICES

#### Being Present with Our Children

[Hathaway.N@gmail.com](mailto:Hathaway.N@gmail.com)

Center for Studying Mindfulness

P:207-400-0494

Classes, workshops, and consultations for parents and families.

#### Bridging Program

[www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)

Downeast Community Partners

P:207-259-5015

7 VIP Dr., Machias, ME

Support for prenatal moms on drug replacement therapy or who have a high-risk pregnancy. Program can provide home visiting nurses or non-medical home visitors to work with families.

#### Community Closet

25 Eastward Lane

P:207-266-7242

Ellsworth, ME

Free clothing: first ten (10) items are free, then by donation.

**Downeast Community Partners**      [www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)  
18 Avery Lane      P:207-667-2995  
Ellsworth, ME

**Please visit website or call for full list of locations.**

Serves children & families in Downeast Maine through Head Start, Early Head Start, Childcare & early education programming.

**DCP Community Resource Services** [www.downeastcommunitypartners.org](http://www.downeastcommunitypartners.org)  
**Hancock & Washington Counties**      P:207-598-5648  
Support for families who need help tackling an issue & finding the resources that may be available to them. No fees—MaineCare is not required.

**Families and Children Together**      [www.familiesandchildren.org](http://www.familiesandchildren.org)  
304 Hancock St.      P:207-941-2347  
Bangor, ME      F:207-990-3316  
Assists children facing emotional and behavioral challenges. Offers the Penquis Regional Linking Project to increase the wellbeing of young children affected by substance use and the Kids-Kin program to support for grandparents and other family member's raising their relative's children.

**Maine Child Care Search**      [www.childcarechoices.me](http://www.childcarechoices.me)  
**Office of Child & Family Services**      P:877-680-5886  
Online resource to search list of child care providers and parent resources.

**Maine Families**      [www.maineamilieswc.org](http://www.maineamilieswc.org)  
18 Avery Lane      P:207-255-0481  
Ellsworth, ME  
Home Visitors provide support for expectant parents & parents of newborns, childbirth classes, lactation counseling, car seat safety technicians & more.

**Maine Family Planning & Primary Care**      [www.maineamilyplanning.org](http://www.maineamilyplanning.org)  
248 State Street      P:207-812-7030  
Ellsworth, ME  
Provides family planning & reproductive health services, family support services, and more. Operates WIC program. Also has office in Machias & Calais.

**Safe Families for Children**      [www.ellsworth-machias.safe-families.org](http://www.ellsworth-machias.safe-families.org)  
1A Water Street      P:207-812-7030  
Machias, ME  
Volunteer host families provide temporary safe care for children while their parents take time to cope with stress, incarceration, or difficult situations.

**Safe Family Exchange**      [www.safefamilyexchange.org](http://www.safefamilyexchange.org)  
50 Union St.      P:207-669-2661  
Ellsworth, ME  
Safe Family Exchange, Inc. provides a secure & friendly environment for parents to peacefully exchange their children for visitation.

**We Care Community Baby Center**  
3 Main St.      P:207-667-2995  
Machias, ME

Open Tuesday 9am to 1pm. Provides free clothes, diapers, toys, blankets, underwear & more for families that either have a WIC voucher or MaineCare.

**Community Resource Services**      [www.whcap.org](http://www.whcap.org)  
**Hancock & Washington Counties**      P:207-598-5648  
Support for families who need help tackling an issue and finding the resources that may be available to them. No fees—MaineCare not required.

**Women's Health Center**      [www.dech.org/Our-Affiliates/Women-s-Center](http://www.dech.org/Our-Affiliates/Women-s-Center)  
11 Hospital Drive      P:207-255-0400  
Machias, ME  
Provides complete reproductive, pre-natal, and post-natal health services, including drug replacement therapy for pregnant women.

## **ADDITIONAL RESOURCES**

### ***Government Agencies Devoted to Addiction***

**National Institute on Drug Abuse (NIDA)**

[www.drugabuse.gov](http://www.drugabuse.gov)

**National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

**Center for Substance Abuse Treatment (CSAT)**

[www.samhsa.gov/about-us/who-we-are/offices-centers/csat](http://www.samhsa.gov/about-us/who-we-are/offices-centers/csat)

**Center for Substance Abuse Prevention (CSAP)**

[www.samhsa.gov/about-us/who-we-are/offices-centers/csap](http://www.samhsa.gov/about-us/who-we-are/offices-centers/csap)

**Office of National Drug Control Policy (ONDCP)**

[www.whitehouse.gov/ondcp](http://www.whitehouse.gov/ondcp)

**National Council on Alcoholism and Drug Dependence (NCADD)**

[www.ncadd.org](http://www.ncadd.org)

**Substance Abuse & Mental Health Services Administration (SAMHSA)**

[www.samhsa.gov](http://www.samhsa.gov)

**National Addiction Technology Transfer Center (NATTC)**

[www.nattc.org/home](http://www.nattc.org/home)

### ***Associations & Societies Devoted to Addiction***

**American Society of Addiction Medicine, Inc. (ASAM)**

[www.asam.org](http://www.asam.org)

**National Association of Alcoholism and Drug Abuse Counselors (NAADAC)**

[www.naadac.org](http://www.naadac.org)

**National Association of Addiction Treatment Providers (NAATP)**

[www.naatp.org](http://www.naatp.org)  
National Association of State Alcohol and Drug Abuse Directors (NASADAD)  
[www.nasadad.org](http://www.nasadad.org)  
Fetal Alcohol Syndrome Community Resource Center  
[www.come-over.to/FASCRC](http://www.come-over.to/FASCRC)

### *Political Action Organizations Devoted to Addiction*

Partnership for a Drug-Free America  
[www.drugfree.org](http://www.drugfree.org)  
Join Together  
[www.drugfree.org/news-service-disclaimer](http://www.drugfree.org/news-service-disclaimer)  
Amnesty International USA  
[www.amnestyusa.org](http://www.amnestyusa.org)  
Drug War Facts  
[www.drugwarfacts.org/cms](http://www.drugwarfacts.org/cms)  
Common Sense for Drug Policy  
[www.csdp.org/cms/](http://www.csdp.org/cms/)  
Center on Juvenile & Criminal Justice  
<http://www.cjcj.org/index.html>  
The Trebach Institute  
[www.trebach.com](http://www.trebach.com)  
National Drug Strategy Network  
[www.ndsn.org](http://www.ndsn.org)  
The Drug Policy Alliance  
[www.drugpolicy.org](http://www.drugpolicy.org)

### *Drug Court Resources*

The National Association of Drug Court Professionals (NADCP)  
<http://www.nadcp.org>  
California Association of Drug Court Professionals (CADCP)  
[www.ca2c.org](http://www.ca2c.org)  
Drug Court Clearinghouse/American University  
[www.american.edu/spa/jpo](http://www.american.edu/spa/jpo)  
Drug Court Technology  
[www.drugcourtttech.org](http://www.drugcourtttech.org)

### *Other Resources*

In the Rooms  
[www.intherooms.com](http://www.intherooms.com)  
Women for Sobriety  
[www.womenforsobriety.org/beta2](http://www.womenforsobriety.org/beta2)  
Refuge Recovery

[www.refugerecovery.org](http://www.refugerecovery.org)  
Life Ring  
[www.lifering.org](http://www.lifering.org)  
Smart Recovery  
[www.smartrecovery.org](http://www.smartrecovery.org)  
Maine Sex Trafficking & Exploitation Network  
[www.mainesten.org](http://www.mainesten.org)

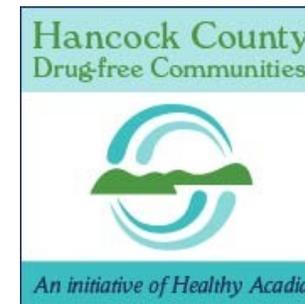
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## Notes



*Building vibrant communities  
in Hancock and Washington counties*



This guide was compiled by the Health Equity Alliance & Healthy Acadia, with assistance and input from two community groups, the Down East Substance Treatment Network & the Down East Recovery Support Coalition. We have attempted to make this guide as comprehensive & up-to-date as possible, but we cannot guarantee the accuracy of this information. For additions and corrections e-mail [denise@healthyacadia.org](mailto:denise@healthyacadia.org) or [alex@mainealthequity.org](mailto:alex@mainealthequity.org)