What is Healthy Androscoggin doing in our Community?

**Preventing Prescription Drug Abuse**
The Androscoggin County Prescription Drug “Take Back” program has collaborated with the DEA’s National Take Back Initiative since 2010. The program has removed over three tons of expired and unwanted medications from over 1800 households in Androscoggin County, reducing the supply available for abuse.

**Reducing and Preventing Underage Drinking**
Healthy Androscoggin, Project Unite!, and the Androscoggin Alcohol Enforcement Team have been working together for many years to reduce youth access to alcohol. The Alcohol Enforcement Team conducts retailer compliance checks and party patrols. Project Unite! educates parents and community members about the consequences of hosting underage drinking parties in their home. Healthy Androscoggin offers Responsible Beverage Seller trainings for employees of on premise and off-premise establishments. Together, this work has contributed to a dramatic reduction in the rates of underage drinking in Androscoggin County.

**Promoting Better Youth Access to Treatment Services**
As a part of the Lewiston-Auburn Safe Schools/Healthy Students Initiative, substance abuse referral protocols were developed and adopted by both Auburn and Lewiston Public Schools. Liaisons are identified in each school and each area substance abuse treatment provider to facilitate efficient communication between schools and the provider community. This communication system ensures that students identified with substance abuse issues are quickly linked with available treatment resources in their community.

Do you have an interest in preventing substance abuse in Androscoggin County? Consider joining Project Unite! To join, call 207-795-5990 or e-mail us at info@healthyandroscoggin.org
Introduction

Healthy Androscoggin created this resource guide with funding support from the Drug Free Communities Support Program, Substance Abuse and Mental Health Services Administration. This guide is intended to be a resource for those who think they, or a friend or family member, might have a problem with alcohol or other drugs. It includes quick and easy-to-read reference lists of local support groups and treatment providers. We encourage you to share this resource guide with anyone who might benefit from it.

Contact Information

Prepared by
Healthy Androscoggin

Mailing address:
300 Main St.
Lewiston, ME 04240

Physical address:
124 Lisbon Street, Second Floor
Lewiston, ME 04240

Phone: (207) 795-5990
Email: info@healthyandroscoggin.org
Website: www.healthyandroscoggin.org

Every attempt was made to create a comprehensive guide for substance abuse resources. However, there may be changes in hours, locations, addresses, and so on. If you are aware of such change, please contact Healthy Androscoggin so that we can update our files. Please visit our website for the most current provider and support group listings.

Healthy Androscoggin is a community coalition dedicated to improving the health of Androscoggin County citizens through collaborative planning, community action, education, and prevention.

Project Unite! is a standing work group under the Healthy Androscoggin coalition that is dedicated to reducing and preventing substance abuse in Androscoggin County. Project Unite! achieves these goals through engaging all sectors of the community in initiating activities to address the local conditions and root causes that contribute to substance abuse.
Sources

The following websites and publications were consulted in developing this guide:

Alcoholics Anonymous (Maine)
www.csoaamain.org

Al-Anon and Alateen (Maine)
www.maineafg.org

Narcotics Anonymous (Maine)
www.na.org

Maine Alcohol & Other Drug Abuse Treatment Services
Maine Substance Abuse and Mental Health Services,
Department of Health and Human Services

Maine Statewide Crisis Hotline
1-888-568-1112

Maine Statewide 24-hour crisis hotline
Department of Health and Human Services

Maine 211
2-1-1
www.211maine.org

Statewide Alcoholics Anonymous
1-800-737-6237

Statewide Alanon- Maine
1-888-425-2666

Statewide Narcotics Anonymous
1-800-974-0062

Statewide Adult & Child Abuse Protection – Maine
1-800-452-1999

Gamblers Anonymous
1-888-424-3577
Maine: 1-855-222-5542

General Resources and Hotlines

Maine Statewide Crisis Hotline
1-888-568-1112

Maine Statewide 24-hour crisis hotline
Department of Health and Human Services

Maine 211
2-1-1
www.211maine.org

Statewide Alcoholics Anonymous
1-800-737-6237

Statewide Alanon- Maine
1-888-425-2666

Statewide Narcotics Anonymous
1-800-974-0062

Statewide Adult & Child Abuse Protection – Maine
1-800-452-1999

Gamblers Anonymous
1-888-424-3577
Maine: 1-855-222-5542
### Types of Treatment Services

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Location</th>
<th>Address</th>
<th>Treatment Types</th>
<th>Contact Information</th>
<th>Available Days</th>
<th>Availability Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Mary’s Addiction Medicine</td>
<td>Lewiston</td>
<td>PO Box 291 Campus Avenue</td>
<td>Detox, Treatment, Intensive Outpatient, Co-Occurring Disorder, Hospital Inpatient</td>
<td>207-777-8700</td>
<td>M, W, Y</td>
<td>Y, Y</td>
</tr>
<tr>
<td>Tri County Mental Health Services</td>
<td>Lewiston</td>
<td>1155 Lisbon Street</td>
<td>Treatment, Outpatient, DEEP, Co-Occurring Disorder, Residential Services for Veterans, Case Manager</td>
<td>1-800-787-1155</td>
<td>M, W, Y, D</td>
<td>N, Y</td>
</tr>
<tr>
<td>Right Direction Counseling, George M McLean</td>
<td>Lisbon Falls</td>
<td>679 Lisbon Road</td>
<td>Outpatient, DEEP</td>
<td>207-751-2537</td>
<td>M, W, Y, D</td>
<td>N, N</td>
</tr>
<tr>
<td>Community Concepts Alcohol and Drug Treatment Services</td>
<td>Poland</td>
<td>Poland Regional High School Main Street</td>
<td>Treatment, Outpatient</td>
<td>207-998-5400</td>
<td>M, W, Y</td>
<td>Y, Y</td>
</tr>
<tr>
<td>Community Substance Abuse Centers</td>
<td>Lewiston</td>
<td>18 Mollison Way</td>
<td>Treatment, Outpatient, Family Counseling</td>
<td>207-312-6860</td>
<td>M, W</td>
<td>N, Y</td>
</tr>
<tr>
<td>Spurwink Services</td>
<td>Lewiston</td>
<td>64 Lisbon St.</td>
<td>Treatment, Outpatient, Co-Occurring Disorder</td>
<td>207-871-1200</td>
<td>Y</td>
<td>N, Y</td>
</tr>
<tr>
<td>Sweetser</td>
<td>Varies by Affiliate</td>
<td>Varies by Affiliate</td>
<td>Treatment, DEEP</td>
<td>1-800-434-3000</td>
<td>Varies by Affiliate</td>
<td>Varies by Affiliate</td>
</tr>
<tr>
<td>Addiction No More</td>
<td>Lewiston</td>
<td>1008 Lisbon St.</td>
<td>Treatment, Outpatient, DEEP, Affected Others, Batterers, Co-Dependency, Co-Occurring Disorders, Case Manager</td>
<td>207-754-4050</td>
<td>M, W</td>
<td>N, Y</td>
</tr>
<tr>
<td>KIDS Consortium</td>
<td>Lewiston</td>
<td>215 Lisbon St, Suite 12</td>
<td>Prevention</td>
<td>207-784-0956</td>
<td>Y</td>
<td>N, N</td>
</tr>
</tbody>
</table>

**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 Rehab**
Residential rehabilitation programs offer substance abuse treatment in twenty-four hour residential setting for seven to twenty-one days. Treatment includes lectures, groups, and individual counseling.

**Extended Care**
Clients with extensive substance abuse or coexisting disorders of substance abuse 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 see 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.

**Prevention**
Organizations working to prevent and reduce substance use and related problems by providing information, education, referrals and implementing evidence-based environmental strategies.
<table>
<thead>
<tr>
<th>Organization</th>
<th>City</th>
<th>Physical Address</th>
<th>Services Provided</th>
<th>Telephone</th>
<th>Those Served</th>
<th>Physician Referral</th>
<th>Maine Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Francis Recovery Center</td>
<td>Auburn</td>
<td>Catholic Charities of Maine, 24 Dunn Street</td>
<td>Treatment, Outpatient Services, Extended Shelter, Halfway House</td>
<td>207-784-2901</td>
<td>M</td>
<td>N</td>
<td>Y</td>
</tr>
<tr>
<td>Blue Willow Counseling Center</td>
<td>Lewiston</td>
<td>Central Maine Family Counseling, 101 East Ave</td>
<td>Treatment, Outpatient, Intensive Outpatient, DEEP, Family counseling</td>
<td>207-777-3399</td>
<td>M, W, Y, D</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Central Maine Counseling Services, Inc.</td>
<td>Lewiston</td>
<td>369 Main Street</td>
<td>Treatment, Outpatient, Intensive Outpatient, DEEP, Family Counseling</td>
<td>207-782-3386</td>
<td>M, W, Y, D</td>
<td>N</td>
<td>Y</td>
</tr>
<tr>
<td>Healthy Androscoggin</td>
<td>Lewiston</td>
<td>124 Lisbon Street</td>
<td>Prevention, Parent Education, Technical Assistance</td>
<td>207-795-5990</td>
<td>M, W, Y</td>
<td>N</td>
<td>N</td>
</tr>
<tr>
<td>Community Clinical Services</td>
<td>Lewiston</td>
<td>100 Campus Ave</td>
<td>Treatment, Outpatient, DEEP, Family/Couples Counseling, Stress Management, Depression, Psychiatric Services</td>
<td>207-777-8848</td>
<td>M, W, Y, D</td>
<td>N</td>
<td>Y</td>
</tr>
<tr>
<td>Facing Change, PA</td>
<td>Lewiston</td>
<td>4 Park St, Suite 1</td>
<td>Treatment, Outpatient, DEEP, Co-Occurring Disorder, Aftercare, Family Counseling, Substance Abuse, Case Manager</td>
<td>207-784-0922</td>
<td>M, W, Y, D</td>
<td>N</td>
<td>Y</td>
</tr>
</tbody>
</table>

**Intensive Outpatient**
Non-residential rehabilitation programs provide intensive and structured substance abuse treatment, three to four days a week. The programs usually last three or four weeks and may be conducted during the daytime or in the evening.

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

**Halfway House**
Halfway houses are three to six-month residential programs that provide support for sobriety, and prepare clients to re-enter the work force and re-establish themselves in the community. The programs help clients develop socialization skills and vocational needs.

**DEEP (Driver Education and Evaluation Programs)**
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 abuse.

**Treatment**
Refers to individual counseling provided by a trained substance abuse counselor to help people quit substance us.

**Co-Occurring**
Agencies where treatment for substance abuse and co-occurring mental health conditions is integrated in policies, procedures, and practices.
Support Group General Information

Adult Children of Alcoholics
Web: www.allone.com/12/aca

Alanon/Alateen (National)
Web: www.al-non-alateen.org

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

Alcoholics Anonymous (National)
www.aa.org

Tobacco Support Group
www.healthyandroscoggin.org

Matthews Church
207-353-8453

Franklin School
207-565-3805

Seventh Day Adventist Church
207-784-0861

St. Phillip’s Church
207-784-6486

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

Narcotics Anonymous (National)
Web: www.na.org

Narcotics Anonymous (Maine)
Web: www.namaine.org

Holy Family Church
207-783-7330

Narcotics Anonymous Support Groups

If you think you might have a problem with drugs, attend a Narcotics Anonymous meeting

<table>
<thead>
<tr>
<th>DAY</th>
<th>TOWN</th>
<th>TIME</th>
<th>TYPE</th>
<th>GROUP NAME</th>
<th>BUILDING</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Lewiston</td>
<td>8:00 PM</td>
<td>O, D, H</td>
<td>Time Is Monday</td>
<td>Grace Recovery Center</td>
<td>550 Lisbon St.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Lewiston</td>
<td>5:45 PM</td>
<td>O, D, H</td>
<td>Simply Addicts</td>
<td>Check Facebook Page</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Mechanic Falls</td>
<td>6:00 PM</td>
<td>O, D, H</td>
<td>Recovery Road</td>
<td>The Vineyard Church</td>
<td>Rt. 11/121 Minot Avenue</td>
</tr>
<tr>
<td>Thursday</td>
<td>Lewiston</td>
<td>8:00 PM</td>
<td>O, D, H</td>
<td>Free and Clean</td>
<td>Calvary Methodist Church</td>
<td>59 Sabattus St.</td>
</tr>
</tbody>
</table>

*Legend
O = Open meeting, all welcome  
D = Discussion  
H = Handicapped accessible

For more information or help, call the HELPLINE at 1-800-974-0062 or visit them on the web at www.namaine.org

Please note: Addicts needing recovery may attend any meeting regardless of how it is listed
Local Support Groups

75 – 1 ¼ Hour Meeting
90 – 1 ½ Hour Meeting
A – Wheelchair Accessible
B – Beginner’s Meeting – NOT for beginners only, but usually concentrating on the first 3 steps
BB – Group reads and discusses the Big Book
C – Closed Meeting – For alcoholics only. Tradition 3 states the only requirement for membership is a desire to stop drinking
D – Meeting for discussion on anything alcohol related
DR – Group reads and discusses the day’s topic from the book of Daily Reflections
L – Meeting where AA literature is available for sale
M – A meeting that discusses men’s issues as relates to their alcoholism
O – Open meeting – Can be attended by alcoholics, their friends, family, or anyone interested in AA
SP – A meeting with one or more alcoholics sharing what they were like, what happened, and what they are like now. Speaker Meeting
ST – Group reads and discusses AA’s 12 Steps
TP – A discussion meeting based on an alcohol related topic
W – A meeting that discusses women’s issues as related to their alcoholism

Al-Anon Support Groups

<table>
<thead>
<tr>
<th>DAY</th>
<th>TOWN</th>
<th>TIME</th>
<th>BUILDING</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Auburn</td>
<td>7:30 PM</td>
<td>United Methodist Church</td>
<td>439 Park Avenue</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Auburn</td>
<td>10:00 AM</td>
<td>Grace Lutheran Church</td>
<td>757 Summer Street</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Auburn</td>
<td>8:00 PM</td>
<td>St. Phillips Church</td>
<td>Center Street, Route 4</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Lewiston</td>
<td>12:15 PM</td>
<td>Center for Wisdom’s Women</td>
<td>97 Blake Street</td>
</tr>
<tr>
<td>Saturday</td>
<td>Auburn</td>
<td>7:00 PM</td>
<td>Grace Lutheran Church</td>
<td>757 Summer Street</td>
</tr>
</tbody>
</table>

Alcoholics Anonymous (Maine)
Website: www.csoaamaine.org
Email: cso@aamaine.org
Telephone: 800-737-6237

Cocaine Anonymous
Website: www.ca.org
Email: cawso@ca.org
Telephone: 202-368-0476

Co-dependents Anonymous
Website: www.coda.org
Email: outreach@coda.org
Telephone (ME): 207-782-9697

High Street Congregational Church
207-784-1306

Holy Trinity Church
207-353-2792

St. Michael’s Church
207-782-1346

United Methodist Church
207-782-5700

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

Secular Sobriety (SOS)
Website: www.cfiwest.org/sos
Email: sos@cfiwest.org

Women for Sobriety
Website: www.womenforsobriety.org
Telephone (ME): 207-774-4335

St. Mary’s Regional Medical Center
207-777-8120
<table>
<thead>
<tr>
<th>2DAY</th>
<th>TOWN</th>
<th>TIME</th>
<th>TYPE</th>
<th>GROUP NAME</th>
<th>BUILDING</th>
<th>ADDRESS</th>
<th>TELEPHONE</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>Lewiston</td>
<td>7:00 PM</td>
<td>O/SP/A</td>
<td>Lisbon Freedom Group</td>
<td>South Lewiston Baptist Church</td>
<td>1919 Lisbon Road</td>
<td>207-783-3316</td>
</tr>
<tr>
<td>Sunday</td>
<td>Auburn</td>
<td>7:00 PM</td>
<td>C/TP/75</td>
<td>Keep It Green Group</td>
<td>High Street Congregational Church</td>
<td>35 High Street</td>
<td>207-784-1306</td>
</tr>
<tr>
<td>Sunday</td>
<td>Lewiston</td>
<td>7:00 PM</td>
<td>O/SP/A</td>
<td>Lisbon Freedom Group</td>
<td>South Lewiston Baptist Church</td>
<td>1919 Lisbon Road</td>
<td>207-783-3316</td>
</tr>
<tr>
<td>Sunday</td>
<td>Auburn</td>
<td>4:00 PM</td>
<td>C/W/ST/D/A</td>
<td>Women Stepping into Sobriety</td>
<td>Grace Lutheran Church</td>
<td>757 Summer Street</td>
<td>207-782-9697</td>
</tr>
<tr>
<td>Monday</td>
<td>Auburn</td>
<td>5:00 PM</td>
<td>DR</td>
<td>Auburn Attitude Adjustment Group</td>
<td>St. Michael’s Church</td>
<td>78 Pleasant Street</td>
<td>207-782-1346</td>
</tr>
<tr>
<td>Monday</td>
<td>Lewiston</td>
<td>7:00 PM</td>
<td>ST/D/A</td>
<td>Step 123</td>
<td>Salvation Army</td>
<td>67 Park Street</td>
<td>207-783-0801</td>
</tr>
<tr>
<td>Monday</td>
<td>Auburn</td>
<td>7:30 PM</td>
<td>BB/D</td>
<td>Keep Coming Back Group</td>
<td>United Methodist Church</td>
<td>439 Park Avenue</td>
<td>207-782-3972</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Lewiston</td>
<td>6:30 PM</td>
<td>O/M/D</td>
<td>I've Had Enough</td>
<td>Calvary United Methodist Church</td>
<td>59 Sabattus Street</td>
<td>207-782-3211</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Auburn</td>
<td>7:00 AM</td>
<td>DR</td>
<td>Auburn Attitude Adjustment Group</td>
<td>St. Michael’s Church</td>
<td>78 Pleasant Street</td>
<td>207-353-8453</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Lewiston</td>
<td>7:00 PM</td>
<td>O/BB/90</td>
<td>Lewiston Chapter 2 Group</td>
<td>St. Mary’s Medical Center Potvin Room</td>
<td>99 Campus Avenue</td>
<td>207-777-8100</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Turner</td>
<td>7:00 PM</td>
<td>C/D</td>
<td>Turner Twilight Group</td>
<td>Central Maine Veterinary Hospital</td>
<td>10 Business Parkway</td>
<td>207-225-2726</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Lisbon Falls</td>
<td>7:30 PM</td>
<td>O/BB/A</td>
<td>Let’s Get Real Group</td>
<td>St. Matthew’s Episcopal Church</td>
<td>496 Lisbon Street</td>
<td>207-353-8453</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Auburn</td>
<td>7:00 AM</td>
<td>DR</td>
<td>Auburn Attitude Adjustment Group</td>
<td>St. Michael’s Church</td>
<td>78 Pleasant Street</td>
<td>207-782-1346</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Auburn</td>
<td>8:00 PM</td>
<td>SP/A</td>
<td>Serenity Group</td>
<td>St. Philip’s Catholic Church</td>
<td>2365 Turner Road, Rt. 4</td>
<td>207-784-6486</td>
</tr>
<tr>
<td>Thursday</td>
<td>Auburn</td>
<td>7:00 AM</td>
<td>DR</td>
<td>Auburn Attitude Adjustment Group</td>
<td>St. Michael’s Church</td>
<td>78 Pleasant Street</td>
<td>207-782-1346</td>
</tr>
<tr>
<td>Thursday</td>
<td>Auburn</td>
<td>7:00 PM</td>
<td>D/A</td>
<td>Into Action Group</td>
<td>High Street Congregational Church</td>
<td>35 High Street</td>
<td>207-784-6486</td>
</tr>
<tr>
<td>Friday</td>
<td>Auburn</td>
<td>7:00 AM</td>
<td>DR</td>
<td>Auburn Attitude Adjustment Group</td>
<td>St. Michael’s Church</td>
<td>78 Pleasant Street</td>
<td>207-782-1346</td>
</tr>
<tr>
<td>Friday</td>
<td>Auburn</td>
<td>7:00 PM</td>
<td>C/ST</td>
<td>Back to Basics</td>
<td>St. Michael’s Church</td>
<td>78 Pleasant Street</td>
<td>207-782-1346</td>
</tr>
<tr>
<td>Friday</td>
<td>Lewiston</td>
<td>7:00 PM</td>
<td>SP/A</td>
<td>Friday Night Recovery Basics</td>
<td>Trinity Episcopal Church</td>
<td>247 Bates Street</td>
<td>207-782-5700</td>
</tr>
<tr>
<td>Friday</td>
<td>Mechanic Falls</td>
<td>7:00 PM</td>
<td>O/D/A</td>
<td>Freedom of Choice Group</td>
<td>Vineyard Church</td>
<td>90 Lewiston Street</td>
<td>207-345-9501</td>
</tr>
<tr>
<td>Friday</td>
<td>Livermore</td>
<td>7:30 PM</td>
<td>O/TP/L</td>
<td>Jay-Livermore Transformation Group</td>
<td>North Livermore Baptist Church</td>
<td>555 Federal Road</td>
<td>207-897-5377</td>
</tr>
<tr>
<td>Saturday</td>
<td>Auburn</td>
<td>7:30 AM</td>
<td>DR</td>
<td>Auburn Attitude Adjustment Group</td>
<td>St. Michael’s Church</td>
<td>78 Pleasant Street</td>
<td>207-782-1346</td>
</tr>
<tr>
<td>Saturday</td>
<td>Lewiston</td>
<td>7:00 PM</td>
<td>O/SP/A</td>
<td>Saturday Night Hope Group</td>
<td>Holy Family Church</td>
<td>607 Sabattus Street</td>
<td>207-777-1200</td>
</tr>
<tr>
<td>Saturday</td>
<td>Lewiston</td>
<td>8:15 PM</td>
<td>O/SP/D</td>
<td>Walk the Walk Young People’s</td>
<td>St. Mary’s Medical Center Lepage Conference Room</td>
<td>99 Campus Street</td>
<td>207-777-8100</td>
</tr>
</tbody>
</table>
Sources for the pictures, but I am assuming you will not need them!

https://www.bizquest.com/adult-day-care-center-for-sale/