



MACPM

Maine Midwife Introductory Guide



Welcome to Maine!

MACPM is a non-profit professional organization representing CPMs statewide.

MACPM is the Maine state chapter of the National Association of Certified Professional Midwives. Our activities focus on promoting public awareness of midwifery as a safe and valid choice for maternity care and continually improving quality of care through continuing education, peer review, and collaboration. Our advocacy efforts support strong, safe, and independent midwife practice.

It all started with a shared commitment to quality of care.

In 2006 several midwives in southern Maine formed a collective (Southern Maine Midwives Collective) to explore practice issues, barriers to safe practice, and steps forward to assure the safety and availability of out-of-hospital birth options in Maine. This collective of midwives met regularly over the year. The group identified lack of legal access to life saving medications, lack of access to routine testing options, and lack of professional collaboration as primary concerns. The collective concluded that these concerns would be best addressed through legislative efforts to license CPMs in Maine. As a result in December 2006 the group incorporated as the Maine Association of Certified Professional Midwives (MACPM) with the following statement of purpose:

“The purpose of the Maine Association of Certified Professional Midwives (MACPM) is to advance the practice and art of midwifery; to educate the public on the merits of midwifery; and to create and maintain a law governing the practice of midwifery in the state of Maine.”

MACPM set to work immediately writing proposed legislation, seeking bill sponsors, and raising money and awareness. Through these efforts in 2008 the legislature passed, and then Governor Baldacci signed into law, a bill that allows CPMs to acquire and administer five substances: oxygen, injectable vitamin K, erythromycin eye ointment, lidocaine for suturing, and oxytocin to manage hemorrhage. The law did not license or regulate midwifery, but does make available and regulate a CPM’s use of these medications.

It had long been the desire of MACPM to join the National Association of Certified Professional Midwives as an official state chapter, and in 2010 NACPM made state chapterhood a possibility. MACPM was among the first state organizations to embark on the process, and in

2016 MACPM became the Maine state chapter of NACPM. NACPM is a professional association committed to significantly increasing access to quality maternity care by supporting the work and practice of Certified Professional Midwives. NACPM's purpose is to contribute to a new era in maternity care by inspiring and engaging CPMs to be an organized force for change.

In 2016 MACPM coordinated successful passage of a state law to license CPMs. As of January 1, 2020 licensure is required for CPMs working in Maine. Currently work is underway by the Board of Complementary Healthcare Providers to adopt rules and regulations to govern the law. MACPM continues to be engaged in the process to enact the law.

In the following pages you will find a resource list designed to ease the transition into practicing midwifery in the state of Maine. This guide is regularly updated. Please reach out if you find discrepancies or missing information.

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General Maine CPM Resources

Licensure

The practice of midwifery is regulated in Maine and midwives must be licensed and CPMs must be licensed by the state to practice legally. Midwifery students may practice without a license if directly supervised by a licensed CPM. Traditional birth attendants from distinct cultural or religious traditions may practice midwifery within that cultural or religious community without being licensed.

[CPM Licensing Law](#)

[VBAC Rules and Regulations](#)

[Application](#)

CPM Practice in Maine

CPM practice in Maine is overseen by the Board of Complementary Healthcare Providers. The BCHP also oversees acupuncturists and naturopaths. The BCHP is composed of nine members appointed to three-year terms by the Governor and includes two acupuncturists, two naturopathic doctors, one CPM, one additional midwife that is either a CPM or CNM, one public member, one board-certified OB-GYN, and one NP or allopathic physician that provides pediatric care.

[Scope of Practice](#)

[Limitations on Scope](#)

[Required Data Collection](#)

Peer Review and CEUs

MACPM hosts regular peer review and continuing education opportunities. Details are sent to members through our e-newsletter and are also available on the website calendar.

[Calendar](#)

MACPM Membership

MACPM welcomes all CPMs and students to join. Because MACPM is a chapter of NACPM, membership in the state chapter requires membership in the national organization. Membership to MACPM is administered by NACPM.

[MACPM Application](#)

Required Documents

Birth Certificate Filing

CPMs file birth certificates directly with the state for births they attend. The medical and parent worksheets are mailed to the state and are added to the electronic database. Questions regarding birth certificates can be directed toward the Division of Data, Research, and Vital Records.

Medical Worksheet for Birth Certificate Call 888-664-9491 for registration & access to PDF file.

Parent Worksheet for Birth Certificate Call 888-664-9491 for registration & access to PDF file.

[Acknowledgement of Paternity](#)

Annual Data Collection

CPMs, by law, are required to submit reports annually that reflect the outcomes for care rendered in the previous year. These reports are due February 1st and are uploaded electronically.

[Annual Data Form](#)

Due February 1st of each year.

[Submission Instructions](#)

[Online Submission Link](#)

Click “Forgot Access Code” to create your password.

Newborn Screening and Routine Care

Newborn screening is overseen by the [Children With Special Health Needs Program](#) at the DHHS.

11 State House Station
Augusta ME 04333
Fax: 207-287-4743

Newborn Bloodspot Screening

NBS is required by law in Maine. Families may decline by signing a refusal waiver. Either a screen or a waiver must be submitted for every baby born. Screens are performed by a lab in Massachusetts and the samples are stored indefinitely. If a family objects to a sample being retained they can file a request for destruction and the sample will be destroyed after initial testing.

[Newborn Metabolic Screening Order Form](#)

[Newborn Metabolic Screening Client Refusal Waiver](#)

Eye Prophylaxis and Vitamin K

Eye prophylaxis and IM vitamin K are required by law in Maine for all babies unless the family objects. If a family objects they must sign a refusal form that is submitted to the state.

[Vitamin K / Eye Prophylaxis Client Refusal Waiver](#)

CCHD Screening

CCHD screening is considered routine care for newborns in Maine, but is not mandated by law. CPMs are encouraged to offer screening and if a baby is screened a screening report form should be submitted to the state.

[Home Birth CCHD Form](#)

Newborn Hearing Screening

Newborn hearing screening is standard of care in Maine, but not mandated by law. CPMs do not screen babies at home because we don't have access to state approved hearing screening machines. Referrals are made either by the PCP or the CPM to a hospital nursery or an audiology office.

Pharmaceutical Suppliers

[Henry Schein](#)

[HPSRX](#)

[Precious Arrows](#)

Laboratories

Dahl Chase

Phone: 207-941-8200

Fax: 207-990-4846

Labcorp

Phone: 800-845-6167

Nordx

Phone: 800-773-5814

Fax: 855-372-9695

Quest Diagnostics

Phone: 866-697-8378

Diagnostic Imaging

Nearly all hospitals in the state of Maine offer outpatient ultrasound services. Contact each hospital directly for best practices in referring services.

Perinatology & MFM

Maine Medical Partners Women's Health Division of Maternal Fetal Medicine
887 Congress ST Suite 200
Portland ME 04102
Phone: 207-771-5549
Fax: 207-771-7834

Northern Light Maternal Fetal Care
Northern Light Eastern Maine Medical Center
417 State St Suite 141
Bangor ME 04401-6634
Phone: 207-973-8661
Fax: 207-973-5668

Abortion Providers

Mabel Wadsworth Women's Health Center
700 Mount Hope Ave Suite 420
Bangor ME 04401
Phone: 207-947-5337

Maine Family Planning Augusta
43 Gabriel Drive
Augusta ME 04330
Phone: 207-626-3243

Maine Family Planning Bangor
68 Mt Hope Ave
Bangor ME 04401
Phone: 207-626-3243

Maine Family Planning Belfast
147 Waldo Ave
Belfast ME 04915
Phone: 207-626-3243

Maine Family Planning Calais
10 Barker St Suite D
Calais ME 04619
Phone: 207-626-3243

Maine Family Planning Damariscotta
767 Main St
Damariscotta ME 04543
Phone: 207-626-3243

Maine Family Planning Dexter
311 Corinna Rd
Dexter ME 04930
Phone: 207-626-3243

Maine Family Planning Ellsworth
248 State St
Ellsworth ME 04605

Phone: 207-626-3243

Abortion Providers Cont'd

Maine Family Planning Farmington
193 Front St
Farmington ME 04938
Phone: 207-626-3243

Maine Family Planning Fort Kent
139 Market St
Fort Kent ME 04743
Phone: 207- 626-3243

Maine Family Planning Houlton
91 Military St
Houlton ME 04730
Phone: 207-626-3243

Maine Family Planning Lewiston
179 Lisbon St
Lewiston ME 04240
Phone: 207-626-3243

Maine Family Planning Machias
247 Main St
Machias ME 04654
Phone: 207-626-3243

Maine Family Planning Norway
9 Marston St
Norway ME 04268
Phone: 207-626-3243

Maine Family Planning Presque Isle
5 Martin St
Presque Isle ME 04769
Phone: 207-626-3243

Maine Family Planning Rockland
22 White St
Rockland ME 04841
Phone: 207-626-3243

Abortion Providers Cont'd

Maine Family Planning Rumford
218 Penobscot St
Rumford ME 04276
Phone: 207-626-3243

Maine Family Planning Skowhegan
188 Madison Ave
Skowhegan ME 04976
Phone: 207-626-3243

Maine Family Planning Waterville
18 Silver St
Waterville ME 04901
Phone: 207-626-3243

Planned Parenthood of Northern New England Portland
443 Congress St 2nd Floor
Portland ME 04101
Phone: 800-230-7526

Frenectomy Providers

Benjamin Liess, MD, FACS
144 US Route 1
Scarborough ME 04074
Phone: 207-415-4841
Fax: 888-612-5691

Dirigo Pediatric Dentistry
701 US-1 Suite 3
Yarmouth ME 04096
Phone: 207-536-5835
Fax: 207-536-9987

Katahdin Pediatric Dentistry
24 Penn Plaza
Bangor ME 04401
Phone: 207-942-0593

Maine Center for Dental Medicine
59 Pleasant Street
Skowhegan ME 04976
Phone: 207-808-7355
Fax: 207-474-5271

Northern Maine Oral & Facial Surgery Center
181 Academy Street Suite 1
Presque Isle, ME 04769
Phone: 207-764-6337
Fax: 207-764-1446

Free-Standing Birth Centers

~: Waterbirth Available

~ The Birth House
28 S High St
Bridgton ME 04009
Phone: 833-815-2434

~ Holly No. 7
214 Hammond St
Bangor ME 04401
Phone: 207-262-2035

~ Northern Sun Family Healthcare
53 Main St
Topsham ME 04086
Phone: 207-798-3993

Labor and Delivery Hospitals

★: NICU Available

♥: Nationally Certified as Baby-Friendly

~: Waterbirth Available

◆: VBAC Available

●: CNMs Available

Best Practices for Transfer of Care in Labor Handbook

● Cary Medical Center
Birthing Center Maternal and Child Health Unit
163 Van Buren Road Suite 1
Caribou ME 04736
Phone: 207-498-3111
Fax: 207-496-2631

◆♥● Central Maine Medical Center
Special Delivery Family Birthing Center
★ **Level II NICU**
300 Main Street
Lewiston ME 04240
Phone: 207-795-0111
Fax: 207-795-5683

● Down East Community Hospital
Labor, Delivery, and Nursery Department
11 Hospital Drive
Machias ME 04654
Phone: 207-255-3356
Fax: 207-255-0211

● Franklin Memorial Hospital
Family Birthing Unit
111 Franklin Health Commons
Farmington ME 04938
Phone: 207-778-6031x1
Fax: 207-779-2677

Labor and Delivery Hospitals Cont'd

Houlton Regional Hospital
LDRP Obstetrics
20 Hartford Street
Houlton ME 04730
Phone: 207-532-2900
Fax: 207-521-2261

♥~●LincolnHealth

Miles Maternity
35 Miles St
Damariscotta ME 04543
Phone: 207-563-4536
Fax: 207-563-4493

♥~◆●MaineGeneral Medical Center

Maternity Unit
★Level II NICU
35 Medical Center Parkway
Augusta ME 04330
Phone: 207-621-9100
Fax: 207-623-1462

◆Maine Medical Center

Family Birth Center
★Level IV NICU
22 Bramhall Street
Portland ME 04102
Phone: 207-662-0111
Fax: 207-662-6000

~●Mid Coast Hospital

Maternity Care Center
121 Medical Center Drive, Suite 2700
Brunswick ME 04011
Phone: 207-721-8710
Phone: 207-373-6500
Fax: 207-721-8715

Labor and Delivery Hospitals Cont'd

~◆● Mount Desert Island Hospital

Birthing Center
10 Wayman Lane
Bar Harbor ME 04609
Phone: 207-288-5081x1252
Fax: 207-288-4753

◆● Northern Light Eastern Maine Medical Center

Northern Light Maternal Fetal Care
★Level III NICU
417 State Street, Webber Medical Building
Bangor ME 04402
Phone: 207-973-8661
Fax: 207-973-8661

● Northern Light Inland Hospital

Birthing Center
200 Kennedy Memorial Drive
Waterville ME 04901
Phone: 207-861-3000
Fax: 207-861-3112

~◆● Northern Light Maine Coast Hospital

50 Union Street
Ellsworth ME 04605
Phone: 207-664-5464
Fax: 207-664-5632

Northern Light Mayo Hospital

Birthing Center
897 West Main Street
Dover-Foxcroft ME 04426
Phone: 207-564-4292
Fax: 207-564-4408

~● Northern Light Mercy Hospital

Birth Place
144 State Street
Portland ME 04101
Phone: 207-553-6300
Fax: 207-347-7151

Labor and Delivery Hospitals Cont'd

~● Pen Bay Medical Center

Birthing Center
6 Glen Cove Drive
Rockport ME 04856
Phone: 207-301-8000
Fax: 207-301-5276

Redington-Fairview General Hospital

Birthing Center
46 Fairview Avenue
Skowhegan ME
Phone: 207-474-5121
Fax: 207-474-7235

Rumford Hospital

Special Delivery Birthing Center
420 Franklin Street
Rumford ME 04276
Phone: 207-369-1000
Fax: 207-369-0896

Southern Maine Health Care-Biddeford Campus

Birthing Suite
1 Medical Center Drive
Biddeford ME 04005
Phone: 207-283-7350
Fax: 207-283-7347

St. Mary's Regional Medical Center

Birthing Center
93 Campus Ave
Lewiston ME 04243
Phone: 207-777-8100
Fax: 207-777-8971

Stephens Memorial Hospital

Family Birthplace at Stephens Memorial Hospital
193 Main St Floor 3
Norway ME 04268
Phone: 207-743-7605
Fax: 207-743-1579

Labor and Delivery Hospitals Cont'd

~●Waldo County General Hospital

Birthing Center

118 Northport Ave

Belfast ME 04915-6009

Phone: 207-338-2500

Fax: 207-338-9277

♥●York Hospital

Miracles Family Center

15 Hospital Drive

York ME 03909

Phone: 207-351-2129

Fax: 207-351-3451

Neonatal Intensive Care Units

Best Practices for Transfer of Care in Labor Handbook

Central Maine Medical Center

★**Level II NICU**

300 Main Street

Lewiston ME 04240

Phone: 207-795-0111

Fax: 207-795-5683

MaineGeneral Medical Center

★**Level II NICU**

35 Medical Center Parkway

Augusta ME 04330

Phone: 207-621-9100

Fax: 207-623-1462

Maine Medical Center

★**Level IV NICU**

22 Bramhall Street

Portland ME 04102

Phone: 207-662-0111

Fax: 207-662-6000

Northern Light Eastern Maine Medical Center

★**Level III NICU**

417 State Street, Webber Medical Building

Bangor ME 04402-0404

Phone: 207-973-8661

Fax: 207-973-8661

Lactation Resources

La Leche League of Maine and New Hampshire

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing breastfeeding support, encouragement, information, and education. Accredited La Leche League Leaders in your area answer help calls, give in-person encouragement and nursing help, and facilitate open Series Meetings at which mothers share their questions, experiences, and encouragement with one another.

Lllofmenh.org

Maine State Breastfeeding Coalition

The Maine State Breastfeeding Coalition is a welcoming and broad network of people supporting families who value human milk and breastfeeding. Working to enhance the culture of breastfeeding around the state through professional networking, advocacy, and education. The Maine State Breastfeeding Coalition hosts meetings the 1st Thursday of every even month in rotating sites to gather and share information about breastfeeding efforts in Maine.

Mainebreastfeeds.org

Mothers' Milk Bank Northeast

Mothers' Milk Bank Northeast, a nonprofit community milk bank accredited by the Human Milk Banking Association of North America, provides pasteurized donor human milk to babies in fragile health throughout the Northeastern United States. Midwives may fill out a [prescription](#) for clients in need to receive donor milk.

WIC

[WIC](#) is a nutrition program for thousands of Maine families, helping Maine kids to grow up strong and healthy. WIC food benefits are available based on income guidelines and up-to-date nutrition research.

Lactation Resources Cont'd

Donor Milk Dispensaries:

Central Maine Medical Center
Special Delivery Family Birthing Center
60 High Street
Lewiston ME
To schedule a drop-off, call the Lactation Office at 207-795-2528.

LincolnHealth, Miles Campus
Obstetrics Department
35 Miles St.
Damariscotta ME
To schedule drop-off, call 207-563-4536.

Maine Medical Center
Family Birth Center East Tower
22 Bramhall Street
Portland ME 04102
To schedule drop-off, call 207-662-3619 or email milkdepot@mmc.org.

Pen Bay Medical Center
OB/GYN Unit
6 Glen Cove Drive
Rockport ME 04856
To schedule drop-off, call 207-301-8343 and ask for the Lactation Consultant.

Southern Maine Milk Depot
Metta Yoga Studio
40 Main Street, Suite 136
Biddeford ME 04005
To schedule drop-off, call 207-324-3442, text 207-459-6956, or email donna_ellis@yahoo.com.

Waldo County General Hospital
Women and Infants Health Care Unit
118 Northport Ave
Belfast ME 04915
To schedule drop-off, call 207-505-4140 and ask for Lactation.

Perinatal Mental Health Resources

Maternal Health Alliance of Maine

The mission of the Maternal Health Alliance of Maine is to support women facing maternal mental health challenges through awareness, collaboration, education and communication. MHAME provides a safe place for women to share experiences and receive support offering face to face connection via support groups and online connection for women and families via mhame.org.

Sweetser Mental Health

Sweetser is a nonprofit community mental health provider with a statewide network of care offering services in mental and behavioral health, developmental, and educational services. To diagnose perinatal mood disorders midwives can refer clients or clients may call directly. They have offices in Brunswick, Lewiston, Saco, and Sanford.

Phone: 800-434-3000

Sweetser.org

Community Resources

Alfond Grant

Harold Alfond was a Maine businessman and philanthropist who wanted every Maine baby to have the opportunity that higher education brings. The [Alfond Scholarship Foundation](#) is a non-profit organization he created to invest the \$500 Alfond Grant at birth for every Maine resident baby for their future education. The Alfond Scholarship Foundation invests these funds until the child is ready to use them. The funds can be used for education after high school – college or university, certificate programs and trade schools. And the funds can be used in Maine or out of state. Children awarded the Alfond Grant have until age 28 to use it.

482 Congress Street Suite 303
Portland ME 04101
Phone: 207-347-8638

Birth Roots

Center for community supported parenting. Offering the [Birth Roots Guide](#) to local resources from pregnancy to parenting.

16 Vannah Ave
Portland ME 04103
Phone: 207-772-4784

CradleME

A referral system for all birthing families in Maine connecting families with home-based services. CradleME is a partnership between two programs: *Public Health Nursing* and *Maine Families*.

[Maine CDC Public Health Nurses](#) are registered professional nurses who provide in-home health services for families. All prenatal and postpartum people and all newborns and infants up to 12 months of age may receive a free visit from a Public Health Nurse. Whether it is to address any concerns with pregnancy or birth, a nurse can answer any health-related questions.

[Maine Families](#) is a statewide network of community teams serving the needs of pregnant people and parents with newborns. Professional visitors will partner with families to access the information and resources that can support the physical and emotional health of the baby and entire family. Maine Families is based on the most current information and approach (evidence-based) that uses parent's strengths to promote child development and the best possible parent-child relationship. Offering home visits at no cost.

Phone: 888-644-1130
Fax: 207-287-4577

Community Resources Cont'd

Raising Readers

[Raising Readers](#) has been promoting a love of books and reading by distributing books at hospitals, Maine doctors' offices, and directly through Maine midwives. As soon as a baby is born, all families receive a tote of books to start their home libraries. At each well-child visit from 2 months to 5 years, doctors and medical staff give high-quality books to every child. By the time a Maine child starts school, they will have grown up with a library of brand new books to call their very own.

P.O. Box 17826

Portland ME 04112

Phone: 800-397-3263

info@raisingreaders.org