

Did you know?

Maine had the third highest increase in overdose deaths nationwide in 2014, with 7 out of 10 deaths involving opiates or opioids. Also alarming is the nearly five-fold increase in babies born of drug dependent mothers from 2005 to 2014.

There is an epidemic in Maine and the EMBARK program is working to address the crisis in the MidCoast region. Whether you or your family member has a new addiction problem, or has been suffering for years, we are here to help.

What is addiction?

Many times, addiction can begin with prescriptions or by experimenting with drugs socially. Some drugs like opioids, including oxycodone or heroin, can cause dependency more than others. New research has proven that addiction is a continuing worsening brain disease that causes uncontrollable drug-seeking, despite the dangerous costs to lives and families. The first decision to take drugs may be voluntary, but with continued use, personal challenges can increase.

Some warning signs may include...

- **Behavior Changes** – Changes in interactions with family members.
- **Problems at School or Work** – Missing school or work.
- **Health Issues** – Declining energy or motivation.
- **Change in Appearance** – Decreased interest in looks or hygiene.
- **Money Issues** – Noticing money and other items missing from the home.



**For more information,
call one of our partner providers:**

 Maine Behavioral
Healthcare
MaineHealth

12 Union Street
Rockland, ME 04841
(844) 292-0111


**MID COAST
HOSPITAL**


Pen Bay
Medical Center
MaineHealth

Addiction Resource Center
20 Bristol Road
Damariscotta, ME 04543
(207) 373-6950

**Psychiatric and Addiction
Resource Center**
6 Glen Cove Drive
Rockport, ME 04856
(207) 921-8390

EMBARK
Your journey in recovery
begins **TODAY.**



There's no wrong door to treatment and recovery.

EMBARK today

EMBARK is a substance use program that offers access to any level of care depending on personal treatment needs. By using a combination of counseling and medication-assisted therapy, the EMBARK program can provide successful outcomes to people who may have tried before without success.

Anyone can access the best type of care:

- **Acute treatment** at the Pen Bay PARC (Psychiatric and Addiction Recovery Center)
- **Intensive Outpatient** at the Mid Coast Hospital ARC (Addiction Resource Center)
- **Substance Abuse Counseling** at the Maine Behavioral Healthcare Rockland Office.

We can help you or your family member with any level of addiction. Working together, these treatment programs can provide better access to the appropriate level of care and smooth transitions between levels.



Medication Assisted Therapy (MAT)

The EMBARK program uses medication treatment, including Bupenorphine,* along with counseling to treat addiction. Research shows that people receiving medication-assisted therapy have a 67% success rate after two years, compared to only 3% success for those without medication.

*May be known by the trade name Suboxone.

Needs assessment

EMBARK follows best practices for treatment, including individual and group therapy, a social needs assessment for coordination of services like transportation, health education, engagement with peer support services, and support to the next appropriate level of care.

Our main concern is that we help those who need it when they need it. No matter what your current situation is, our “no wrong door” treatment plan is here for people who need help the most.

EMBARK services

- Medication Assisted Treatment
- Individual, group and family counseling
- Family Intervention
- Mental Health counseling
- Individual treatment planning
- Relapse prevention
- Support for pregnant women and new mothers
- Intensive outpatient

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(207) 373-6950

www.MidCoastHealth.com/addiction



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