

Outpatient Community Services

Maine Behavioral Healthcare provides an array of services to adults, adolescents and children challenged with mental health, developmental disorders, co-occurring and/or substance abuse issues.

Counseling

We offer high-quality innovative individual, family and group therapies to help children, adolescents, adults and elders from all incomes and backgrounds struggling with:

- Depression and anxiety
- Acute and chronic mental illness
- Relationship, couples and family problems
- Family crises (separation, divorce or death)
- Sexual or physical abuse
- Post-traumatic stress disorder
- Loss and declining health that come with aging
- And many other emotional difficulties

In addition, we provide services to deaf and hard-of-hearing children and adults.

Trauma Services

Trauma is an overwhelming experience that can hinder an individual or family's ability to cope and function. We have high quality trauma-related services for children (individually or with their parents or guardians) and adults, from on-the-scene crisis volunteers to brief and long-term therapy programs.

Substance Misuse and Addiction Treatment

Many times addiction can begin with prescriptions or by experimenting with drugs socially. The first decision to take drugs may be voluntary, but with continued use, personal challenges can increase. We can help with any level of addiction.

Behavioral Health Integration (BHI) with Primary Care

In partnership with MaineHealth and its hospital members, Maine Behavioral Healthcare has integrated about 40 clinicians in over 60 primary and specialty medical care practices from Waldo County to York County, improving the mind-body connection. Fully integrated into the practice systems and processes, Behavioral Health clinicians offer focused assessment and treatment.

Behavioral Health Home

Behavioral Health Homes are a MaineCare service designed to provide a team-based approach to help you manage your mental and physical health needs. Available to adults and children, the service is designed for individuals with mental illness who often have other health issues, or are at risk of developing issues such as diabetes, heart disease, and lung disease

Case Management

Case management for adults, also called Community Integration, is a MaineCare funded support service designed to improve the quality of life for individuals who have behavioral health or special developmental needs. Case managers determine the person's strengths and needs and then help identify and access resources and services to promote independence.

Psychiatry

Maine Behavioral Healthcare provides psychiatric services and medication management to individuals of all ages. With well-trained physicians, nurse practitioners, and support staff, we work collaboratively with natural support systems, therapists, counselors, case managers, and all treatment team members to provide coordinated care for people suffering from behavioral health and addictive disorders.

Residential & Supported Housing Services

Maine Behavioral Healthcare provides a variety of residential treatment options for adults with mental illness, ranging from the least intensive Community Rehabilitation Apartment programs to the most intensive Level IV Group Home setting. Our residences are located in York and Knox Counties and staffed by trained residential care professionals.

Crisis Services

We provide acute behavioral health emergency services to individuals and families in Southern Maine and the Mid-coast region. Our services include a 24/7 Crisis Hotline, Mobile Response Services, Crisis Support Services, and Crisis Stabilization Units (a short-term alternative to hospitalization).

Partial Hospitalization Program

Maine Medical Center, our sister hospital in Portland, provides partial hospital day services for adults who require a higher level of care than traditional outpatient therapy. For those patients who have not been hospitalized, this program is an important service to prevent psychiatric hospitalization. For those who have recently been hospitalized, the program assists patients to make a successful transition back into the community.

Peer Support Services

Our Peer Support Specialists have personal experience with behavioral health issues and are certified in Intentional Peer Support. Services include support or peer-led groups, one-on-one support through the Behavioral Health Home program, Peer-run Recovery Centers, and learning or recreational activities for anyone experiencing challenges with mental health.

Spring Harbor Hospital

A division of Maine Behavioral Healthcare, Spring Harbor Hospital is southern Maine's only nonprofit, free-standing private psychiatric hospital. Our 100-bed licensed facility is set on 50 private acres and offers children, adolescents, and adults a comfortable and pleasant setting for psychiatric treatment.

As part of the MaineHealth system, Spring Harbor is clinically integrated with mental health providers, hospitals, and primary care sites to ensure easy and timely access to treatment and safe and effective transitions between services.

Through a unique collaboration with Maine Medical Center, Spring Harbor is able to offer the most complete array of psychiatric treatment, physician-training, and medical-research programs north of Boston.

Autism and Development Disorders Services for Children and Adolescents

The Developmental Disorders program includes inpatient services at **Spring Harbor Hospital** in Westbrook, Maine, outpatient services at the **Center for Autism and Developmental Disorders (CADD)** in nearby South Portland and the Developmental Disorders Research Program at Maine Medical Center Research Institute. This program is a national leader in treatment, research and provider training for children with developmental disorders, behavioral challenges and psychiatric disorders.

The inpatient program, consisting of the **Developmental Disorders Unit** and **Spring Harbor Academy**, provides intensive short term treatment for aggression, self-injury, impairment in functioning and other mental health challenges.