

Maine Behavioral Healthcare does not discriminate on the basis of race, color, national origin, age, disability, or sex. Maine Behavioral Healthcare provides language interpreter services and other communication aid, free of charge. For more information, speak with Maine Behavioral Healthcare staff where you receive services, or call 1-844-292-0111.

French: Maine Behavioral Healthcare (Soins de santé comportementale du Maine) ne pratique aucune discrimination fondée sur la race, la couleur, l'origine nationale, l'âge, le handicap, ou le sexe. Maine Behavioral Healthcare offre gratuitement des services d'interprétation linguistique et d'autres aides à la communication. Pour plus de renseignements, adressez-vous au personnel de Maine Behavioral Healthcare où vous recevez des services, ou appelez le 1-844-292-0111.

Spanish: Salud comportamiento Maine no discrimlna por raza, color, origen nacional, edad, discapacidad o sexo. Maine Behavioral Healthcare proporciona servicios de interpretación de la lengua y otras ayudas de comunicación, de forma gratuita. Para obtener mas Información1 hablar con personal de salud conductual de Maine donde reclbe servicios o llame al 1-844-292-0111.

Somali: Daryeelka Caafimaad Dhaqanka ee Maine ma sameeyo takoor ku saleysan jinsiyad, midab, asal qaran, da ‘, naafo, ama jinsiga. Daryeelka Caafimaad Dhaqanka ee Maine waxay bixisaa adeegyada turjumaanka luqadda iyo gargaarka isgaarsiinta kale, oo lacag la’aan ah. Wixii macluumaad dheeraad ah, la hadal shaqaalaha Daryeelka Caafimaad Dhaqanka ee Maine meesha aad heshid adeeg-yada, ama wac 1-844-292-0111.

Arabic: ةحص ال ةمرظن م زيمرت ال Maine Behavioral Healthcare (ني م ةي الو يف ةي كولسلل ميوقول لصلأا وأ نوللل وأ قرعل ساسأ لىل ع) س.نجل وأ ةقاعإل وأ نسل وأ يف ةيناجم تامرذخ ةمرظنمرل مرققت. س.نجل وأ ةقاعإل وأ نسل وأ ل.صاوتل لىل عةدعاسمرل لئاسو نم اهريغ يف وةيفشل ةمقرتلل Maine Behavioral Healthcare ةمرظن م يفظوم عم ثدحتل لىل عري، تامرولعملل نم دي زمرلل مقررلاب اولصتا وأ، تامرذخل لوقللتل ثيح 1-844-292-0111.



Outpatient Psychiatric Care Locations

Southern Maine

474 Main Street, **Springvale**, ME 04083
2 Springbrook Drive, **Biddeford**, ME 04005

Greater Portland

Center for Autism & Developmental Disorders
236 Gannet Drive, **South Portland**, ME 04106
165 Lancaster Street, **Portland**, ME 04106
11 Medical Center Drive, **Brunswick**, ME 04011

Mid-Coast

24 Miles Center Way, **Damariscotta**, ME 04543
12 Union Street, **Rockland**, ME 04841
15 Mid-Coast Drive, **Belfast**, ME 04915

Western

193 Main Street, Suite 14, **Norway**, ME 04268

Inpatient Psychiatric Care

Spring Harbor Hospital

123 Andover Rd., **Westbrook**, ME 04092

Affiliate Hospitals

Maine Medical Center *Dept. of Psychiatry*
Southern Maine Health Care
Behavioral Health Services
Pen Bay Medical Center *PARC Unit*

Access Services: 1-844-292-0111

24/7 Crisis Hotline: 1-888-568-0112

TTY users: Dial 711 (Maine Relay)

MaineBehavioralHealthcare.org

MAINE BEHAVIORAL HEALTHCARE

Our Services

1-844-292-0111



Well-being for Life

If we want Maine people to thrive, we need a health care system that works to support overall health. For too long, traditional approaches to health care have divided what we know is inseparable—mental and physical health.

With separate networks for mental and physical health care, we often fail to ensure overall well-being. Maine Behavioral Healthcare is working to solve this problem by rooting our work in all health care settings.

By coordinating and integrating care in this way, we not only improve access to care, but provide the kind of far reaching services that nurtures and strengthens the recovery of individuals and families throughout Maine.

Giving to Maine Behavioral Healthcare

Your tax-deductible donation will help us achieve our vision to provide the people we serve with timely access to the finest and most appropriate mental health care available and treat them with compassion, dignity and respect.

Call the Development Office at 207-661-6100
MaineBehavioralHealthcare.org/giving

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 Developmental 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.