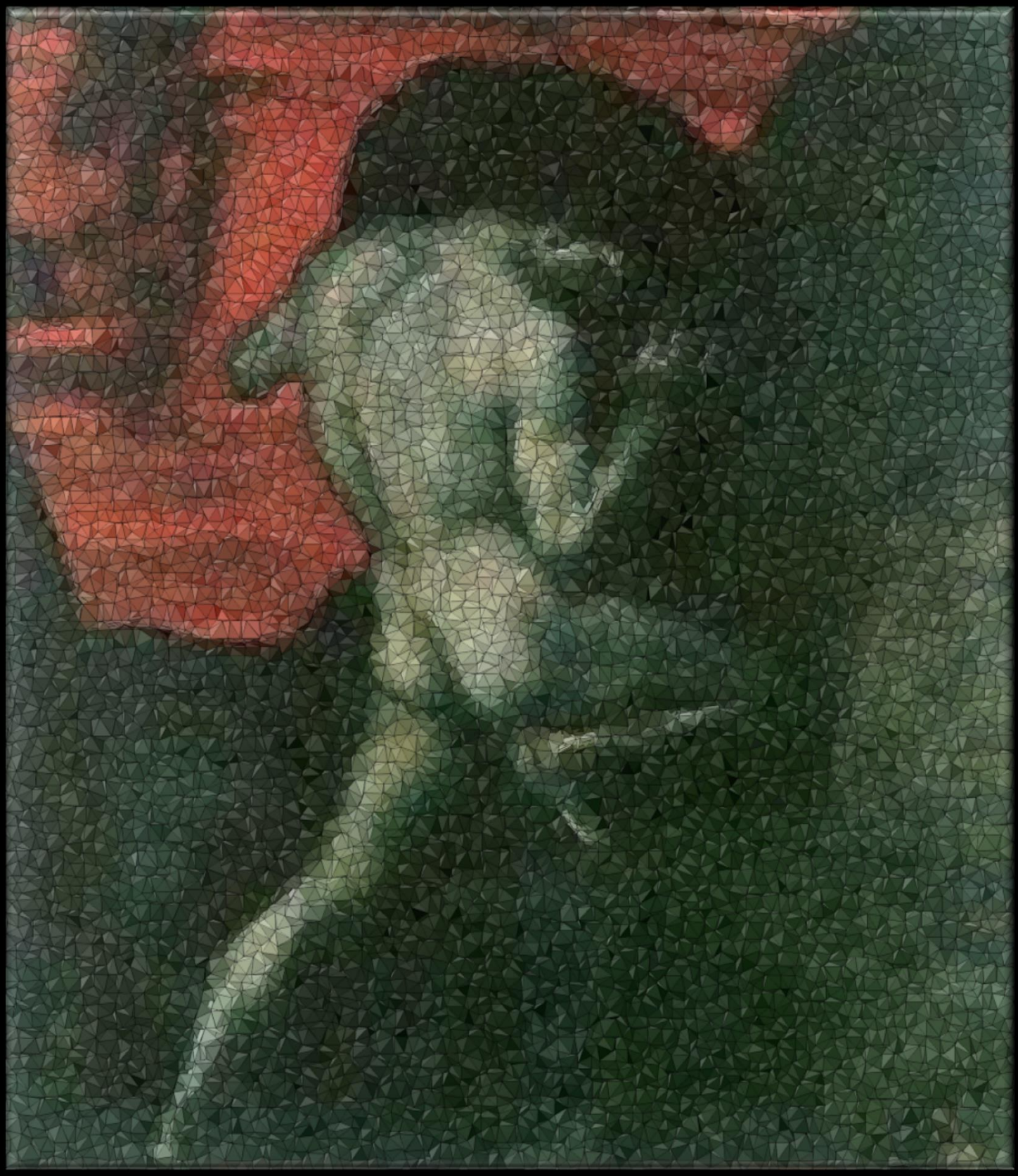


Reentry Resource Guide

summer 2021

Cover art
illustrated
by: Charlie Jones

According to the literature, Sisyphus, the king of Corinth, was deceitful, the wisest and most prudent mortal, a highwayman, and a murderer. For his behavior, the Greek gods condemned Sisyphus to ceaselessly roll a rock to the top of a mountain, only to have the stone fall back down of its own weight. They thought there was no more dreadful punishment than ceaseless repetitive labor.

In his essay, the French philosopher, albert Camus describes his vision of Sisyphus's labor:

One sees merely the whole effort of a body straining to raise the huge stone, to roll it, and push it up a slope a hundred times over; one sees the face screwed up, the cheek tight against the stone, the shoulder bracing the clay-covered mass, the foot wedging it, the fresh start with arms outstretched, the wholly human security of two earth-clotted hands. At the very end of his long effort measured by sky less space and time without depth, the purpose is achieved. Then Sisyphus watches the stone rush down in a few moments toward the lower world where he will have to push it up again toward the summit. He goes back down to the plain.

It is during that return, that pause, that Sisyphus interests me. A face that toils so close to stones is already stone itself. I see that man going back down with a heavy yet measured step toward the torment of which he would never know the end. That hour, like a breathing-space which returns as surely as his suffering, that is the hour of consciousness. At each of those moments he is superior to his fate. He is stronger than his rock.

I leave Sisyphus at the foot of the mountain! One always finds one's burden again. But Sisyphus teaches the higher truth that negates the gods and raises rocks. He too concludes that all is well. Each atom of that stone, each mineral flake of that night filled mountain, in itself forms a world. The struggle itself toward the heights is enough to fill a man's heart. One must imagine Sisyphus happy.

ON THE COVER: Sisyphus pushing his boulder up the mountain.

This Guide is Developed to Answer Frequently Asked Questions (FAQ)

This Guide was Compiled by Maine State Prison (MSP) NAACP 2nd Vice President, Maine Prisoner Reentry Network (MPRN) Board Member/Staff Person, Peer Reentry Support Person Jeff Taylor In Association with: Incarcerated Citizens, Restorative Justice, Maine Department of Corrections (MDOC) & Other Reentry Stakeholders

No matter where you have been incarcerated for the last month, year or decade(s), you probably have a lot on your mind as you begin to think about getting out and getting back into the community.

Some things you might be considering:

- Where will I live?
- Where will I work?
- Will anyone be willing to hire me?
- How can I stay clean and sober?
- What steps can I take to reunify with my family?
- Where can I get healthcare assistance?
- How can I pay bills/manage money?
- How can I get assistance to take care of any physical or mental issues?

As you look to make the transition from the facility that you are in, there are a lot of things that you can be doing to get prepared.

Thinking ahead and doing some leg work while you are still in custody can make a huge difference and make getting back into the community a lot easier. This guide is designed to help you take some of these steps now—before your release.
Part of what this guide asks you to do, is to think about what challenges you face from personal issues to practical problems. This could be substance use or trying to figure out how to get a copy of your birth certificate.

The guide is also designed to be a reference for you once you leave. It has basic information that you can use to navigate through the systems that you will be faced with – from helpful hints like how to work successfully with your Probation Officer to applying for assistance with the Department of Health and Human Services and tips for getting a job.



For those of you who have too much time remaining to be concerned with reentry, it's never too early to begin planning for your future. Maintaining or improving your relationships with family and friends can only help you survive the difficulties of prison.

Developing resources, you need to lead a good life, whether in or out of prison, is always easier with the help of loved ones and those of who you surround yourself with that care.

While incarcerated, familiarize yourself with any classes or programs that have the potential to keep you centered and thinking positively. For those who may never leave prison, use your knowledge,

experience and resources to help others achieve success through structured reentry. We can all use a helping hand. Please be sure to reach out to correctional staff in your facility, and to the caseworkers as well as other staff that will work with you on the outside. These people are there to help you, they wouldn't be in the business otherwise.

We all want to succeed, to rejoin our family, our friends and our community and to follow the law. Use this guide, and the resources in it, to help you think about what your goals are, and then start planning the steps you will take to reach those goals once your release date arrives. Good luck!

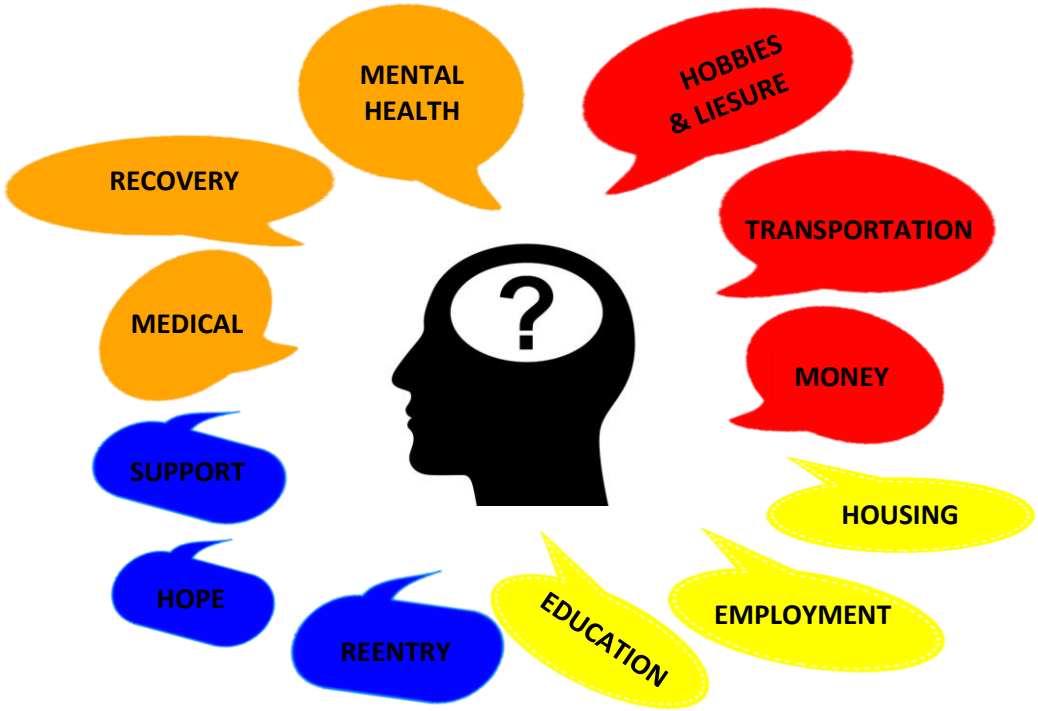
There are various resource applications available in this guide that can be used. Tear them out cleanly and mail them to the contact addresses to acquire the support they provide. Remember! any reentry related postage is free. Give the reentry related mail to a caseworker/coordinator to mail out.

"If you keep doing what you've always done, you'll keep getting what you've always gotten" - Alcoholics Anonymous Slogan

CEO's have a business plan to make sure their business is successful, coaches have a game plan to ensure that their team wins the game, builders and contractors have a blueprint so that the house is built exactly the way they envisioned. This workbook is all about you and is your plan to achieving your goals and live the life that you want. In the following pages we will help you identify your needs and create an action plan to address those needs. Over the course of your sentence you will work with a variety of people including: Case Managers, Reentry Specialists, teachers, volunteers, and others who are available to help you and are invested in your success. Remember that planning for your release needs to start immediately, not just a few weeks before you are scheduled to leave.

So, start planning for the life that you want NOW!





Carrots, Eggs & Coffee

A story on our response to difficulties



A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling.

Her mother took her to the kitchen. She filled three pots with water. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans.

She let them sit and boil without saying a word. In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me, what do you see?" "Carrots, eggs, and coffee," she replied.

She brought her closer and asked her to feel the carrots. She did and noted that they were soft and mushy. She then asked her to take an egg and break it. After pulling off the shell, she observed the hardened egg. Finally, she asked her to sip the coffee.

The daughter smiled as she tasted its deep flavor and inhaled its rich aroma. The daughter then asked, "what's the point."

The mother explained that each of these objects had faced the same adversity—boiling water—but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it became weak. The egg had been fragile. Its thick, outer shell had protected its liquid interior, but after sitting through the boiling water its inside became hardened.

The ground coffee beans were unique, however, after they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?

Think of this: Which am I? Am I the carrot that seems strong? But with pain and adversity, do I wilt, give up, and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit but, after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart? Or am I like the coffee bean? The bean actually changes the hot water—the very circumstance that brings the adversity, the pain, the hardship—into something quite wonderful. When the water gets hot, it releases its fragrance and flavor. If you are like the bean, when things are at their worst, you rise, you get better, you change the situation around you for the better.

When the hours are the darkest and trials are their greatest do you elevate to another level? How do you handle adversity? ARE YOU A CARROT, AN EGG, OR A COFFEE BEAN?

-Author Unknown

Do you have a plan for what you're going to do when you get out?

Plan? No. I'll just play it by ear like I always do. I should be fine. I'm sure I'll figure it out.

Yeah. That's what I've done in the past too. But last time I was out I didn't like where I was living. I needed a better job and more support.

Yeah, I didn't even have a place to live. I was bouncing from friend to friend.

I've heard of other people doing that. How did that work for you?

It would've been nice to get a place of my own. Trying to figure out where I was going to sleep each day was too much stress! I really could've used a more suitable housing situation.

Are there any programs that can help me find a good job? I don't have a lot of job skills and I'm not sure what else I can do to get a good paying job.

I had a pretty good job but my buddy stopped giving me rides so I stopped showing up. I wonder if being fired will matter when I try to get another job.

I don't have a license so I don't know how I would get back and forth to work every day either. I've never used the bus. I don't know how that works or if there is even a bus stop close to me.

I guess there is a lot more to consider than I thought

I know, right?! I want to get as much of this sorted out as I can before I leave. I want to have a plan in place so I can get started on everything as soon as possible.

Maybe I will too. I bet if we start working on this now that the Reentry Team will be able to help us develop our plan and get us access to resources we can use!



Let's Contact the Maine Prisoner Reentry Network (MPRN) TODAY!



Table of Contents

Sisyphus, the King of Corinth:

- The cover of this guide is Sisyphus. The following page explains Sisyphus and what the cover of the guide represents. In Greek mythology **Sisyphus** or **Sisyphos** was the king of Ephyra (now known as Corinth). He was punished for his self-aggrandizing craftiness and deceitfulness by being forced to roll an immense boulder up a hill only for it to roll down when it nears the top, repeating this action for eternity. Through the classical influence on modern culture, tasks that are both laborious and futile are therefore described as **Sisyphean**. It is a great way in understanding that even though we may consistently make mistakes, we can learn as long as we are willing to. Think about what is best for your-self. Most importantly, doing what is right is self-rewarding which brings true happiness within Pg. 1

Planning is a big piece of success in your life!!

- Let's get thinking about your release!!! Pg. 3
- Something to get you thinking about how successful do you want to be? Pg. 4
- Thoughts to help motivate YOU to Start planning your release! It's NOT Easy so let's get started!! Pg. 5

Health/Mental Health & Substance Use Treatment Services:

- Introduction Page(s) Pg. 11-13
- Your Health Pg. 14
- Get a Physical Pg. 14
- What to Expect at a Physical Pg. 14
- Why Taking Care of Health is Important. Pg. 15
- Healthy Habits You Can Commit to Pg. 15
- Getting Healthcare Pg. 16
- Community Health Centers Pg. 17
- MaineCare Application Pg. 17-24
- Department of Health and Human Services (DHHS) Offices Pg. 26
- What is Mental Health or Emotional Health? Pg. 27
- Building Your Resilience Pg. 28
- Physical Health is Connected to Mental And Emotional Healthcare Pg. 28
- Improve mental & emotional health by taking care of yourself Pg. 29

Health/Mental Health & Substance Use Treatment Services:

- Tips and Strategies for Connecting to others Pg. 30
- Risk Factors that can Compromise Mental & Emotional Health Pg. 30-28
- Finding Treatment that Will Work for You Pg. 28
- What is Psychotherapy? Pg. 28
- What are the different types of Psychotherapy? Pg. 32
- Cognitive Behavioral Therapy Pg. 32
- Dialectic Behavior Therapy Pg. 32
- Interpersonal Therapy Pg. 32
- High Hopes Clubhouse Pg. 33-34
- Vocational Rehabilitation Application Pg. 36-43
- SequelCare of Maine Pg. 45
- Wabanaki Public Health Pg. 46-47
- Substance Use & Your Health Pg. 48
- AA &NA Pg. 49
- Harbor Peer & Wellness Center Pg. 50-51
- Medicated Assisted Treatment For opioid addiction Pg. 52-55
- Portland Recovery Community Center Pg. 56
- Recovery Coaching Services, Agreement, Eight Areas of Wellness, Recovery Wellness Plan Pg. 58-72
- Getting Substance Use Treatment In Maine Pg. 74
- Differential Substance Abuse Treatment (DSAT) Providers in Maine Pg. 74
- Unity House/humankindr Pg. 75
- Types of Substance Use Treatment Pg. 75
- The Transformation Project (TTP) Pg. 76-77
- Al-Anon Pg. 78-79
- Stages of Recovery, A Development Model of Recovery Pg. 78-79
- SequelCare of Maine Opioid Health Home Pg. 80
- Health Alliance Equity Pg. 80
- Maslow's Hierarchy of Needs Pg. 81-82
- Making Positive Changes – Inside or Outside Pg. 82
- The Stages of Change Pg. 82-83
- Maine Alcohol & Drug Use Treatment Services Pg. 84-113

Table of Contents

Education:

- Introduction Page(s) Pg. 114
- Education: Why & How to Get One Pg. 115
- Using the Internet Computer Brushing up on Math/English Pg. 115
- Financial Aid 101 Pg. 116
- What it Costs: See the Big Picture Pg. 116
- Who Gives Aid Pg. 116
- Applying for Federal Aid: Fill Out a FASFA! Pg. 116
- Maine Adult Education Pg. 116
- Competitive Skills Scholarship Program (CSSP) Pg. 117-118
- Higher Opportunities for Pathways to Employment (HOPE) Program Pg. 119

Parenting:

- Introduction Page(s) Pg. 120
- Incarcerated Parenting Pg. 121
- Some Creative ways to connect Pg. 121
- Parenting Resources in Maine Pg. 122-123
- Discipline that Works: The Ages and Stages Approach Pg. 124
- The differences between Discipline and Punishment Pg. 124
- Base Discipline on Your Child's Development Pg. 124
- Roadblocks to Good Discipline Pg. 124
- Kids Legal Pg. 125
- Safe Families *for* Children Pg. 125

Employment Preparation/Information:

- Introduction Page(s) Pg. 126-128
- Preparing to Get a Job Pg. 129
- What would you like to do for work? Pg. 129
- Your Employment History Pg. 129-130
- Put it Together Resume Instructions Pg. 131
- Resume Writing Tips Pg. 132

Employment Preparation/Information:

- What to do without an Employment history or other activities for resume? Pg. 133
- How to write a resume when you have a criminal record? Pg. 133-134
- Functional Resume Pg. 135
- Combination Resume Pg. 136
- Resume Cover Letter Pg. 137
- Alternative to Resume Pg. 138
- Thank you letter to employer Pg. 139
- Employment and your Criminal History Pg. 140
- Why Timing is Important, How to answer questions about your record Pg. 141
- Preparing for an Interview Pg. 142
- What to Wear / How to Look/what to bring/Other Hints Pg. 142-143
- Getting back into the Workforce Pg. 143-144
- You: At Work Pg. 145
- What is Fidelity Bonding? Pg. 146
- You: Getting Paid/ Notes on Benefits Pg. 147
- You: On A Budget Pg. 148
- Maine Career Centers Can Help You! Pg. 149
- Career Center for Veterans Pg. 150-151
- Western Maine Community Action (WMCA) Pg. 151
- Visiting your local Career Center Pg. 152
- Limited Career Center Providers Pg. 153
- YOU: Getting to Work Regional Transportation Pg. 154

Identification Documents Information:

- Introduction Page(s) Pg. 155
- Birth Certificate Pg. 156
- Social Security Card Pg. 156
- Social Security Administration Offices Pg. 157
- Wardens ID Pg. 157
- Mailing Address Instructions for Release Pg. 157
- Military Discharge Papers and Green Cards Pg. 157
- Citizenship Documents Pg. 157
- Identity Documents, U.S. Passport Pg. 157

Table of Contents

Identification Documents Information:

- Veteran Documents Pg. 157
- High School Diploma, HI-SET Pg. 158
- Occupational or Professional License Pg. 158
- Criminal Report Pg. 158
- Duplicate Maine License or State Identification Pg. 158
- Maine Driver License Study Guide Pg. 158
- Duplicate Driver License & State ID Application Pg. 158
- Maine REAL ID Pg. 161-162
- Maine Driver Education and Evaluation Programs (DEEP) Pg. 163-164

Reentry Supports & Centers:

- Introduction Page(s) Pg. 165-168
- Maine Prisoner Reentry Network (MPRN) Overview (2019) Pg. 169
- Maine Coastal Regional Reentry Center (MCRRC) Pg. 170-171
- Maine Coastal Regional Reentry Center (MCRRC) Referral Form Pg. 173
- Wabanaki Release & Reentry Program for Tribal Natives Pg. 175-177
- Creating YOUR Transition Plan Pg. 179
- Transition Planning Pg. 180
- Setting Some Personal Goals Pg. 181-182
- Your Support System Pg. 183
- Reentry Checklist Pg. 184-186
- Important Contacts Pg. 187

Rental Assistance & Recovery Residences/Housing:

- Introduction Page(s) Pg. 188-189
- Maine Prisoner Reentry Network (MPRN) Pg. 190
- Unity House Pg. 191
- humankindr Pg. 191
- Directory – Maine Recovery Residences, Men's, Women's Recovery Residences Pg. 196-198
- Courage House Application For Residency Pg. 199-200

Rental Assistance & Recovery Residences/Housing:

- Mid-Coast Recovery Coalition Pg. 201-205
- Fresh Start Sober Living Application Pg. 201-212
- Well-Spring, Substance use & mental Health Pg. 214-224
- Teen Challenge Maine Pg. 226-228
- Housing Homeless Shelters in Maine, Faith Based Housing & Support Pg. 229-230
- Subsidized Rental Housing Pg. 231
- Housing Vouchers Through the Department of Health & Human Services Pg. 232
- Bridging Rental Assistance Program (BRAP) Information Pg. 232
- Shelter Plus Care Pg. 232
- State of Maine, Department of Health and Human Services BRAP and Shelter Plus-Care – Local Administrative Agents Pg. 233
- Maine Centralized Section 8/HCV Waiting List & Information Pg. 234
- Maine Centralized Section 8/HCV Participating Housing Authorities Pg. 234-235
- Maine Centralized Section 8/HCV Application Pg. 237-246
- Bridging Rental Assistance Program (BRAP) Application Pg. 248-266
- Shelter Plus Care Application for Housing Assistance Pg. 267-270

Domestic Violence Support & Information:

- Introduction Page(s) Pg. 271
- What is Domestic Violence Pg. 272
- National Resources, The National Domestic Violence Hotline Pg. 273
- Maine Coalition to End Domestic Violence Services (MCEDV) Pg. 273
- Domestic Violence Programs In Maine Pg. 274
- Certified Batterers Intervention Programs Pg. 274

Table of Contents

Understanding Anger:

- Introduction Page(s) Pg. 276
- Understanding Anger Pg. 277
- Myths & Facts About Anger Pg. 277
- Why Learning to Control your Anger is Important Pg. 277
- Anger Control & Management Tips Pg. 277-278
- Identify the Negative Thought Patterns That Trigger your Temperature Pg. 278-279
- Avoid People, Places and Situations Pg. 279
- What is a Healthy Relationship? Pg. 279-280

Social Security:

- Introduction Page(s) Pg. 281
- Benefits after incarceration: What You Need to Know Pg. 282
- Social Security Benefits Pg. 282
- Social Security's Definition of Disability Pg. 282
- Does Social Security pay benefits to prisoners? Pg. 282
- If arrested or violation of probation or parole, will I still get monthly Social Security payments? Pg. 283
- Supplement Security Income (SSI) Pg. 283
- Social Security benefits Pg. 283
- Why does Social Security need to know that I am in jail? Pg. 283
- How a conviction affects your Social Security benefits? Pg. 283
- My checks stopped while I was Incarcerated. How do I re-start my Benefits? Pg. 283-284
- Will my benefits start again if the court reverses my conviction? Pg. 284
- My husband is incarcerated and does not receive Social Security benefits. Is my child and I eligible while he is in jail/prison? Pg. 284
- What happens to my Medicare when my checks stop because I go to jail/prison? Pg. 284

Social Security:

- I was transferred from prison to a halfway house under the control of DOC. Can I have my benefits start? Pg. 284
- Can I have my benefits start again if I am on home monitoring? Pg. 284

Veteran Resources, Services & Housing:

- Introduction Page(s) Pg. 285-286
- Veteran Resources Pg. 287
- Vet Centers Pg. 287
- VA Suicide Hot Line Pg. 287
- Who is Eligible for VA Health Care Benefits? Pg. 288
- Easterseals Maine Pg. 288-289
- Community Integration Program (CIS) Pg. 289
- Homeless Veteran Reintegration Program (HVRP) Pg. 289
- Veteran Care Coordinator Pg. 289
- Veterans Count Maine Pg. 289
- Veteran Emergency Financial Assistance (VEFA) Pg. 289-290
- Veteran Healthcare Pg. 290
- Info for Healthcare Enrollment Pg. 290-291
- Specialized Services for Women Pg. 291
- Access to over 50 facilities throughout New England Pg. 291
- VA Facility Locations Pg. 292
- Health Affiliates Maine (HAM) Pg. 292
- Working with you Toward Well-Being Pg. 292
- Clinicians with Special Training Pg. 293
- Grant-Funded Case Management Services, Do want to make a referral? Pg. 293
- Gary Owen House Pg. 293
- Peer Groups Pg. 293
- How you can help Pg. 293
- Monetary Donations Pg. 294
- Contact Info: Gary Owen House Pg. 294
- "Hope" Program Addiction Services Pg. 294-295
- Kieve-Wavus Veterans Camp Pg. 295
- Veterans Housing Services Pg. 295
- Veterans Upward Bound Pg. 295

Table of Contents

Veteran Resources, Services & Housing:

- Maine Veteran's Homes (MVH) 2019 Services & Benefits Guide Pg. 296-298
- Vet Center Pg. 298-300
- Honor Flight Maine Pg. 300
- Preble Street Veteran Housing Services Pg. 302

Restorative Justice:

Restorative Justice Institute

- Introduction Page(s) Pg. 303-306
- Youth Justice Program Pg. 307
- Restorative Schools Program Pg. 307
- Demonstration Project Pg. 307
- Grounded Leadership Pg. 307
- Cross Contextual Impact Pg. 307-308
- Priority Communities Pg. 308
- We Partner with Communities to address harm and injustices through practices to build connections, equity, accountability and heling Pg. 308
- Contact Information Pg. 308

Restorative Justice Project (RJP) Maine:

- Restorative Justice Project ME Origins Pg. 309
- Present Day RJP Work Pg. 309
- Innovations in Crime Prevention Grant Pg. 309
- Building Community Justice Infrastructure Pg. 309-310
- Why do community justice practices Matter? Pg. 310
- What is Restorative Reentry? Pg. 310
- What is the Restorative Reentry Process? Pg. 310
- Who participates in a Restorative Reentry Circle? Pg. 310
- RJP Mission Pg. 311
- RJP Legacy Goals Pg. 311
- RJP Vision Pg. 311
- RJP Contact Info Pg. 311

Maine State Prison (MSP) NAACP Chapter:

- Introduction Page(s) Pg. 312-314
- Case by Case basis Availability of Smart Phone(s) & Laptop for Community Connection Pg.312
- Structured Three Phase Reentry Overview Pg. 313-314
- Structured Three Phase Reentry Flow Chart Pg. 315

Probation & Court Ordered Restitution:

- Introduction Page(s) Pg. 316
- Probation: What you need to know Pg. 317
- Tips for working with your Probation Officer (PO) Pg. 317
- Your Conditions of Probation Pg. 318-319
- Maine Court Ordered Restitution Pg. 320
- Department of Corrections Restitution, Supervision fee Collections Form Pg. 321

Sex & Love Addicts Anonymous:

- Introduction Page(s) Pg. 322
- You are not alone Pg. 323
- Waldo County Al-Anon Meetings Pg. 323
- National Association for Rational Sexual Offense Laws (NARSOL) Pg. 324
- A Fearless Manifesto Pg. 324
- Contact Information Pg. 325

Frequently Asked Questions (FAQ) Reentry Resource Guide Questionnaire:

- Introduction Page(s) Pg. 326
- Questionnaire Pg. 328-329

Health, Mental Health & Substance Use Treatment Services

This introduction page explains a little about the following information:

Your health is important for a number of reasons. We all know that the nutrition provided while incarcerated is not the best. That being said, it is your responsibility to pick and choose the best parts of the meals. The most common medical issues while incarcerated are high blood pressure, diabetes, hepatitis, high cholesterol which all can lead to an unhealthy lifestyle and sometimes death. It is important to get a yearly annual physical to monitor your health. Also, before your release, your caseworker can assist you with setting up an appointment with a Primary Care Physician in the area you will be released to.

When going for a physical you can explain to the doctor your medical history, current medical behaviors, for example: do you smoke? The doctor will take your vital signs, check your general appearance, exam your heart and lungs, depending on person do gender specific exams and possibly lab test, for example; urinalysis, blood work, etc.

Why it is important to take care of yourself. If you do not take care of yourself, you will have a hard time preventing health issue while incarcerated and when released. It will be difficult to be a good partner in a relationship, as a friend, a worker in the workforce. Staying healthy will save you and your family money.

Getting healthcare is very important and a MaineCare application is available for you to fill out in this section. There is also an Authorization to Release Information form attached with the MaineCare application to fill out so the official can have access to the needed information to provide you with the proper care you need. If you need assistance, your caseworker or Peer Reentry Coordinator can help you. You can apply for Food Stamps approximately 72 hours before release through caseworker. The Supplement Nutrition Assistance Program (SNAP) is available for individuals who earn low wages to being homeless.

A list of Community Health Centers throughout the state are available in this section to assist you with your medical needs. There is also a list of Department of Health and Human Services including address and telephone number. This information can be used for you to reach out with any questions and concerns you may have. Also, to send any information to them they may need.

What is mental health and emotional health? It is about how you feel about yourself. If you are negative about situation without looking at the positives, it means you are having a difficult time bouncing back from stress or trauma. There is information in this section that can help you better understand that there may be an issue worth looking more in to. Sometimes trauma is what sets up the disconnect with life. Treatment is important, getting to the **root cause** provides direction to live a healthy life.

Building your resilience involves maintaining flexibility. Physical health is connected to mental and emotional healthcare. This section will explain the importance of good rest, good nutrition, exercise can relieve stress and lift your mood and so on. Taking care of yourself will improve your mental and emotional health. There is available tips and strategies for connecting with others, risk factors that can compromise mental and emotional health. Finding treatment that will work for you is important. There is information called psychotherapy to help cope in needed areas.

High Hopes Clubhouse is available for mental health support. They are a great resource for support. There is a Vocational Rehabilitation (VR) application in this section for individuals who have a documented mental illness and want to achieve a career. VR can assist in various ways, for example: help find available work, help provide skill and training you may need, locate or develop specific training programs etc. at no cost.

This introduction page explains a little about the following information: (Continued)

SequelCare provides high quality, individualized care for adults living in their communities with mental health concerns. Wabanaki Public Health is available in this section for the impacts of multi-generational trauma that have resulted in maladaptive coping strategies among indigenous people.

Substance use and your health is provided with the goal of helping you identify if substance use is something that you could use some assistance in managing to move forward positively in life. There is information explaining what A.A. and N.A. is. Harbor Peer & Wellness Center is a place to relax and drink coffee. It is a great place to expand not only support but also resources. A list of Maine Alcohol & Drug Use Treatment Services to help find the treatment and support you need.

Medicated Assisted Treatment (MAT for Opioid Addiction information is available in this section. The purpose of MAT is to assist individuals with an opioid detoxification process which involves the deduction of Methadone and Suboxone to a zero dosage. There is a Medication Assisted Treatment Directory available in this section for individuals to utilize in establishing support with their addiction.

Portland Recovery Community Center is a great resource to establish support in the community. It is Maine's recovery hub. The center can help with connecting individuals with recovery coaches, group meetings, one on one counseling, giving back by volunteering, community outreach, pathways to reentry etc.

Applying for MaineCare medical insurance is important to have entering the community. There is an application available to fill out and mail in. If you have any questions in reference to the application, you can ask your caseworker for assistance or the peer reentry specialist or a medical representative. After you fill out the application, ask your caseworker to mail it in for you. Getting substance use treatment is a big step. At times that step can come from a push a family member or probation officer gives you. Probation officers are not out to get you put back in jail. They are a resource to help you succeed. It is up to you to do the right thing and reach out for that needed support. Differential Substance Abuse Treatment (DSAT) is a model used by drug courts. It is an intense program that is six (6) months long, twice a week depending on counselor schedule that will provide the knowledge to help individuals get to the root of the underlining problem of substance use and provide the tools to live a life of not only sobriety but content and happy as well. Coping with your addiction is key to a successful sobriety.

Food Stamps contact number for food stamps upon release: 1-855-797-4357. Call MaineCare Pharmacy upon release to provide address: 1-866-796-2463.

This section explains the types of substance use treatment. There is residential rehabilitation provides services in a full twenty (24 hour) residential setting. Residential treatment & extended shelter focuses on early recovery skills, including negative impact of chemical dependency, tools to develop support. Halfway houses and sober living residences are residential programs to provide support, sobriety, extended care, intensive outpatient and outpatient programs.

Al-Anon is a mutual support group to share experiences while applying Al-Anon principles to problems related to the effects of a problem drinker in their lives. Alateen is a peer support group for teens who are struggling with the effects of someone else's problem drinking.

This section also talks about stages of recovery, a development model of recovery starting with a transitional stage, stabilization stage, early recovery stage, middle recovery stage, late recovery stage and maintenance stage. This model is a great way to help you guide your recovery and continue to live an abstinent happy prosocial life.

SequelCare of Maine Opioid Health Home provides three phase treatment, Induction, the most intense phase, Stabilization, once induction phase is completed, this phase will ensure your medication is stabilized and are involved with meeting with counselor and help with needed resources. Maintenance is to continue with monthly meetings with the doctor and receive individual and or group counseling.

This introduction page explains a little about the following information: (Continued)

Health Alliance Equity focuses on understanding harm reduction, harm reduction services, to help individuals to be aware of others feelings and respect everyone. They will provide support to prioritize their client's needs.

Maslow's Hierarchy of Needs is used to help individuals who are in sobriety the stages of change in positive ways but also how quickly those positive changes can be taken away while using substances.

There is a recovery coaching agreement form for you to review and consider whether or not you would like to have a recovery coach during incarceration and when released to be a supportive in assisting you with resources to in the community to support your recovery. Also, there is an eight areas of wellness form to fill out and help you gage areas in your life you will need to focus on more to succeed. Lastly, there is a wellness plan to guide you in developing recovery goals to assist you in structuring a pro-social life to succeed.

Your Health

It may go without saying, but taking care of your physical and mental health is very important. You have one body in this lifetime, and doing what you can to prevent illness and to address medical problems as they arise will help you to live a longer healthier life. When you are in custody, you should apply for MaineCare unless you know that you will have health care upon your release. A copy of an application for MaineCare is included in this section. Apply for Food Stamps in the area you will live in once released.

Sometimes the wait list for people who do not fall into a couple specific categories (over age 65 or under 18, pregnant or with dependent children, or disabled) can be a year or more. Applying while in custody is permitted. You will not receive benefits upon approval until you are out of custody. However, having MaineCare for health insurance will allow you to get preventative health checkups, see your doctor for sick visits, etc. You need to keep DHHS informed of your current address both in and out of custody so that you can maintain your coverage or application.

Get a Physical!



One of the best things you can do to take care of yourself once you are released is to get a physical. Most adults should have a physical every couple of years. If it has been longer than that for you or if you have a health problem, then upon yourself release set up an appointment. If you have reentry workers in your facility, they can help you to do this before your release date. If you don't have a doctor, you can look through the Yellow Pages, ask for help through medical or caseworker. You can ask friends and family for recommendations, or check with DHHS/MaineCare for a list of doctors accepting patients.

What to Expect at a Physical?

Your evaluation will include assessment of your:

- **History**: Your doctor will talk with you about your family's health history as well as your own health history and any problems or conditions you have suffered with.
- **Behaviors**: You doctor will talk with you about smoking, substance use, sexual health, diet, emotional health, and exercise. This is a great time to talk to the doctor about any concerns you have in these areas.
- **Vital signs**: Your doctor will check your blood pressure, heart rate, respiration rate, and temperature.
- **General appearance**: Your doctor will get a lot of information simply from watching you and interacting with you. There is nothing to be nervous about – a good doctor will use this information to make sure things are okay, and if problems appear, he or she can help you to take the needed steps to get better.
- **Heart and lung exams**: Your doctor will listen to your heart and lungs with a stethoscope. This will not hurt.
- **Gender specific exams**: Your doctor may also do additional examinations that are gender specific. If you have concerns about these exams, let your doctor know at the start of the visit. He or she will talk to you about the exams and make sure you are informed and consenting. You are the patient and can refuse any part of the exam.
- **Laboratory Tests**: Your doctor may send you to a clinic/lab for blood or urinalysis samples to be taken. These can test for blood counts, cholesterol, substance use, pregnancy, etc. Ask your doctor ahead of time what he or she wants to test for.

Why Taking Care of Your Health Is Important?

Taking care of your health is important for many reasons. If you are not taking care of your physical and mental health, you will likely:



- Have a hard time being a good partner, parent, friend, and worker?
- Pay more – Preventative healthcare and a healthy lifestyle can help keep your healthcare costs down.
- Be in more – without taking care of yourself and dealing with small issues as they come up, you may let those issues become big (and more painful) fast.
- Be less happy or satisfied with life overall. Anyone who has been in physical pain knows how health and wellness is our priority.

Healthy Habits YOU Can Commit To:

1. Get up and get your day started around the same time each day. Regular sleep and walking routines can improve health. Experts recommend around 7-8 hours of sleep per day.
2. Eat breakfast **EVERY DAY!** It is the most important meal of the day and will fuel for success.
3. Brush and floss your teeth **EVERY DAY!** Oral health contributes to overall good health. See a dentist 2 times a year for cleanings.
4. Get involved in your community. Whether you volunteer, attend church, go to AA/NA, attend your local YMCA, or join a club, being involved in your community improves your health! These social ties can make your everyday life better and provide support, encouragement, friendship, and help you to know that you are a part of something larger: a community.
5. Exercise. Everyone knows they need to do it to maintain good health. Not only is it good for keeping your body healthy, but exercise is a great stress reliever, too. Exercising at least one (1) hour per day three or more days a week is an excellent goal. Remember it is fine to work up to your goals. Start with thirty (30) minutes three times a week if needed! Walking is great, low-impact exercise that almost anyone can do. If you do physical activity you like, such as flag football or playing soccer, you will be more likely to stick with it.
6. Do something you enjoy. This could be scrap booking, hiking, word puzzles, reading, running, photography, swimming, taking your kids to playgrounds, etc. The point is to find things you like to do that you think are **Fun** and then you do them.
7. Do not smoke. Even in custody, quitting smoking is hard. See the Quitting Smoking Section on page **XX** to start thinking about how you can continue to not smoke and **STAY** on the outside.
8. Plan. This may sound like a strange tip, but planning can really improve your happiness! Take a look at all the healthy habits—planning can help you to put these tips into practice.

"The groundwork of all happiness is good health." -Leigh Hunt

Getting Healthcare

Having healthcare is a really important part of getting and staying healthy. Health Insurance is available in two forms in the State of Maine: Public and private Insurance.

Private Health Insurance is offered through several licensed companies in the state, including Anthem Blue Cross/Blue Shield, Cigna, and United. Generally, the most affordable way to obtain coverage is through your employer sponsored healthcare plans. Individual plans are often available, for an increased rate, and more information can be obtained at each insurance company's websites.

The public Health Insurance program in the State of Maine is called MaineCare. MaineCare coverage is available on a limited basis to certain "categories" of individuals: people under 18, over 65, disabled persons, men and women being released from incarceration, pregnant/nursing women, and families with dependent children. See application on page 49.

IF YOU THINK YOU MIGHT BE ELIGIBLE FOR COVERAGE, APPLY NOW!!!

You can apply for MaineCare while in a jail or prison. In fact, if you are unsure about what you will have for healthcare coverage, it is recommended that you fill out the attached application and send it in to DHHS. You can follow up in person at one of the locations listed on the following page, or by calling and checking on the status of your application.

IF YOU DON'T KNOW IF YOU WILL HAVE HEALTHCARE UPON RELEASE, APPLY NOW!!!

Applying For "Food-Stamps" (Call 72 Hours before Release through caseworker 1-855-797-4357)
MaineCare Pharmacy Desk (1-866-796-2462) Call upon release through caseworker to provide address

IMPORTANT!!! ***** IMPORTANT INFORMATION, PLEASE READ *****

Maine's Supplemental Nutrition Assistance Program (SNAP) is called the Food Supplement Program. This program helps low-income people buy the food needed for good health. You may be able to get Supplemental Nutrition Assistance if you:

- work for low wages
- are unemployed or work part time
- receive welfare or other public assistance payments
- are elderly or disabled and live on a small income, or
- are homeless

- State public assistance agencies run the program through their local offices. The following basic rules apply in most States, but a few States have different rules.
- The amount of Supplemental Nutrition Assistance Program you can get is based on the U.S. Department of Agriculture's Thrifty Food Plan, which is an estimate of how much it costs to buy food to prepare nutritious, low-cost meals for your household. This estimate changes every year in October to keep pace with food prices.
- In the Supplemental Nutrition Assistance Program, a household is normally a group of people who live together and buy food and prepare meals together. If your household passes the program's eligibility process, the amount of Supplemental Nutrition Assistance you get will depend on the number of people in your household and how much monthly income is left after certain expenses (deductions) are subtracted.
- For most households, Supplemental Nutrition Assistance is only part of the food budget; they must spend some of their own cash along with their Supplemental Nutrition Assistance in order to buy enough food for the month.
- For more information or to apply for Supplemental Nutrition Assistance, you should contact your local DHHS Supplemental Nutrition Assistance office.

Community Health Centers

These centers provide health services on a sliding scale basis.

Arthur Jewell Community health Center
PO Box 159
Brooks, Maine 04921
(207) 722-3488

Ashland Health Center
PO Box 130
Ashland, Maine 04732
(207) 435-6341

Belgrade Regional Health Center
2 School Street
Belgrade Lakes, Maine 04918
(207) 495-3323

Bethel Family Health Center
PO Box 1367
Bethel, Maine 04217
(207) 824-3005

Bingham Area Health Center
PO Box 746
Bingham, Maine 04920
(207) 672-4187

Bucksport Regional Health Center
PO Box 447
Bucksport, Maine 04416
(207) 469-7306

DFD Russell Medical Center
180 Church Hill Road
Leeds, Maine 04263

Donald Walker Health Center
PO Box 287
Belfast, Maine 04915
(207) 589-4509

East Grand Health Center
PO Box 44
Danforth, Maine 04424
(207) 448-2347

Eastport Health Care
30 Boynton Street
Eastport, Maine 04631
(207) 853-6180

Fish River Health Systems
Eagle Lake
PO Box 309
Eagle Lake, Maine 04739
(207) 444-5384

Fish River Health Systems
194 East Main Street
Fort Kent, Maine 04743
(207) 834-3971

Harrington Family Health Center
PO Box 82
Harrington, Maine 04643
(207) 483-4502

Health Reach Community Health Center PO Box 1568
Waterville, Maine 04903
(207) 873-1127

Indian Township
PO Box 97
Princeton, Maine 04668
(207) 796-2422

Isleboro Health Center
PO Box 137
Isleboro, Maine 04048
(207) 734-2392

Kathadin Valley Health Center
PO Box 500
Patten, Maine 04765
(207)528-2285

Lovejoy Health Center
7 School Street Suite #1
Albion, Maine 04910
(207) 437-9388

Madison Area Health Center
PO Box 200
Madison, Maine 04950
(207) 696-3974

Mount Abram Regional Health Center
25 Depot Street
Kingfield, Maine 04947
(207) 265-5004

Penobscot Indian Health Department
23 Wabanaki Way
Indian Island, Maine 04468
(207) 827-6101

Pleasant Point Health Center
PO Box 351
Perry, Maine 04667
(207) 853-0644

Rangeley Region Health Center
PO Box 351
Rangeley, Maine 04970
(207) 864-3303

Regional Medical Health Center, Lubec
RR #2 Box 380
Lubec, Maine 04652
(207) 733-5541

Richmond Area Health Center
24 Gardiner Street
Richmond, Maine 04357
(207) 737-4412

Rural Health Centers of Maine Migrant Health Program
188 Whitten Road
Augusta, Maine 04330
(207) 622-9252

Sacopee Valley Health Center
70 Main Street
Porter, Maine 04068
9207) 625-8126

St. Croix Regional Family Health Center
136 Mill Street
Princeton, Maine 04668
(207) 796-5503

Sheepscot Valley Health Center
PO Box 207
Cooper Mills, Maine 04341
(207) 549-7581

Stockton Springs Region Health Center
PO Box 309
Stockton Springs, Maine 04981
(207) 567-4084

Strong Area Health Center
PO Box 189
Strong, Maine 04983
(207) 684-4010

Western Maine Family Health
80 Main Street
Livermore Falls, Maine 04254
(207) 897- 4345

This Page Intentionally Left Blank

Family Independence

An Office of the
Department of Health and Human Services

Application for MaineCare Benefits
For Corrections Use

What programs do you want to apply for?

☐ **MaineCare** ☐ **Medicare Savings Plan (Buy-In)**

Do you need help with any medical bills within the past month? ☐ Yes ☐ No
If yes, which months?

Do you have any other medical Insurance? ☐ Yes ☐ No

Information about you, the applicant.

Your Name (First, Middle, Last, Suffix)

Social Security Number	Date of Birth

We need a Social Security Number (SSN) if you want health coverage and have an SSN or can get one. We use SSN's to check income and other information to see who's eligible for help paying for health coverage.

Marital Status: ☐ Single ☐ Married ☐ Separated ☐ Divorced | Gender: ☐ Male ☐ Female

Home Address:

City	State	Zip Code	Telephone Number

Mailing Address (if different from home address)

Are you incarcerated? ☐ Yes ☐ No | Anticipated release date, if known:

Are you a U.S. Citizen? ☐ Yes ☐ No

If you aren't a U.S. Citizen, what is your immigration status?

Immigration Document Type	Document ID	Date of entry to U.S.

Ethnicity (Optional) ☐ Hispanic or Latino ☐ Non-Hispanic or Latino

Race (Optional) ☐ White ☐ Black or African American
☐ Native Hawaiian or Pacific Islander

(Check all that apply) ☐ Asian ☐ American Indian or Alaskan Native ☐ Other: _____

Medical Conditions:

Are you Pregnant? ☐ Yes ☐ No	If yes, what is the expected due date?	How many babies are expected?

Do you have a physical, mental, or emotional health condition that causes limitation in activities (like bathing, dressing, daily chores, etc.)? ☐ Yes ☐ No

Earned Income

Employment: If you're currently employed, tell us about your income.

Employer Name & Address:

Average hours worked per week: | Hourly Pay or Salary:

Wages/Tips (before taxes): $ ☐ Weekly ☐ Every 2 Weeks ☐ Twice a Month ☐ Monthly ☐ Yearly

Self-Employment: You must provide a copy of the most recent tax return or current business income and expense records.

Is this a partnership or corporation? ☐ Yes ☐ No

Name of business: Type of business:

Hours worked: Monthly Net Income (after expenses):

Unearned Income

Complete this section if you have unearned income. *Examples of unearned income:*

Social Security Retirement (SSA/SSR)	Military Retirement (DFAS)	Alimony
Social Security Disability (SSDI)	Rental Income	Dividend or Interest
Supplemental Security Income (SSI)	Worker's Compensation	Payment from a trust
Veterans (VA) Compensation/Pension	Railroad Retirement	Pension

Unearned Income Type	**Gross Amount** (before deductions)	**How often received?**

Assets

Complete this section ONLY if you are applying because of a disability or if you are age 65 or older. *Examples:*

Cash	Certificate of Deposit (CD)	Stocks	Trust Funds
Checking Account	IRA, 401K, or 403B	Life Insurance	Annuities
Savings Account	Keogh Plan	Bonds	Promissory Note
Pre-Paid Burial	Deferred Compensation	Profit Sharing	Safe Deposit Box

Asset Type (see above	**Jointly Owned?**	**Name of Bank or Institution**	**Account Number**	**Current Balance or Value**
	☐ Yes ☐ No			
	☐ Yes ☐ No			
	☐ Yes ☐ No			

Do you own any vehicles? If yes, list below. *Examples of vehicles:*

Cars	Boats	RV's	Motorcycles	ATV's	Skidders
Trucks	Trailers	Campers	Snowmobiles	Tractors	Other Motorized Vehicles

Vehicle Type	**Year**	**Make/Model**	**Owner Name(s)**	**Amount Owed**

Do you own any property? If yes, list below. *Examples of property:*

Land	Buildings	Life Estate	Camp	Timeshare	Rental property

Property Type	**Full Address of Property**	**Owner Name(s)**	**Amount Owed**

Deductions

Complete this section if you pay any of the following expenses

Student Loan Interest Alimony Medical Insurance Premium Other Pre-Tax Deduction

Expense Type	Amount	How often?

Household Member

Do/Will you live with other family members? ☐ Yes ☐ No

If yes please list their names here:

Tax Information

Do you plan to file a federal income tax return next year?

☐ Yes – please answer questions a – c. ☐ No – skip to question c.

a. Will you file jointly with a spouse? ☐ Yes ☐ No

If yes, name of spouse:

b. Will you claim any dependents on your tax return? ☐ Yes ☐ No

If yes, list name(s) of dependents:

c. Will you be claimed as a dependent on someone's tax return? ☐ Yes ☐ No

If yes, please please list the name of the tax filer:

Other Medical Insurance

Do you have Medicare Coverage? ☐ Yes ☐ No Medicare Claim Number: _____

Part A Effective Date: _____ Part B Effective Date: _____

Signature

- I am signing this application under penalty of perjury, which means I have provided true answers to all the questions on this form to the best of my knowledge. I know that I may be subject to penalties under federal law if intentionally provide false or untrue information.
- I know that the information on this form will be used to determine eligibility for health coverage. We will check your answers using information in our electronic databases and databases from the Internal Revenue Service (IRS). Social Security, the Department of Homeland Security, the Department of Labor (DOL), TALX (The Work Number), and/or a consumer reporting agency. If the information doesn't match, or isn't available, we may ask for proof.
- If anyone listed on this application is eligible for Medical Assistance, I am giving to the Medicaid agency our rights to pursue and get any money from other health insurance, legal settlements, or other third parties. I am also giving to the Medicaid agency the rights to pursue and get medical support from a spouse or parent.
- I know I will be asked to cooperate with the agency that collects medical support from an absent parent. If I think that cooperating to collect medical support will harm me or my children, I can tell Medicaid and I may not have to cooperate.

Your signature or your representative's signature **Date**

Please note: This application will not be accepted and cannot be processed without a signature.

Acknowledgments

Estate Recovery: If you receive MaineCare benefits and are age 55 or older, the State may make a claim on the assets of your estate to recover the money that MaineCare has paid for your care. *No claim will be made if the only service you receive is the Medicare Buy-In.* For more information about the Estate Recovery Program, please call MaineCare Member Services at (800) 977-6740.

What Are Some of My Rights?

The Department of Health and Human Services ("DHHS") does not discriminate on the basis of disability, race, color, sex, gender, sexual orientation, age, national origin, religious or political belief, ancestry, familial or marital status, genetic information, association, previous assertion of a claim or right, or whistle blower activity, in admission or access to, or the operation of its policies, programs, services, or activities, or in hiring or employment practices.

This notice is provided as required by and in accordance with Title II of the Americans with Disabilities Act of 1990 ("ADA"); Title VI of the Civil Rights Act of 1964, as amended; Section 504 of the Rehabilitation Act of 1973, as amended; Age Discrimination Act of 1975; Title IX of the Education Amendments of 1972; Section 1557 of the Affordable Care Act; the Maine Human Rights Act; Executive Order Regarding State of Maine Contracts for Services; and all other laws and regulations prohibiting such discrimination.

Questions, concerns, complaints or requests for additional information regarding the ADA and hiring or employment practices may be forwarded to the DHHS ADA/EEO Coordinators at 11 State House Station, Augusta, Maine 04333-0011; (207) 287-4289 (V); (207) 287-1871 (V); or Maine Relay 711 (TTY). Questions, concerns, complaints or requests for additional information regarding the ADA and programs, services, or activities may be forwarded to the DHHS ADA/Civil Rights Coordinator, at 11 State House Station, Augusta, Maine 04333-0011; (207) 287-5014 (V); Maine Relay 711 (TTY); or ADA-CivilRights.DHHS@maine.gov. Civil rights complaints may also be filed with the U.S. Department of Health and Human Services, Office of Civil Rights, by phone at (800) 368-1019 or (800) 537-7697 (TTD); by mail to 200 Independence Avenue, SW, Room 509, HHS Building, Washington, D.C. 20201; or electronically at http://ocrportal.hhs.gov/ocr/portal/lobby.jsf. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA/Civil Rights Coordinator. This notice is available in alternate formats, upon request.

June 2020

Authorized to Release Information
We are committed to the privacy of your information.
Please read this carefully

Which DHHS office(s) should help you? Please Check.

☐ Office of MaineCare Services	☐ Substance Use and Mental Health Services
☐ Office for Family Independence and Medical Review Team	☐ Office of Children and Family Services
☐ Maine Center for Disease Control and Prevention	☐ Office of Aging and Disability Services
☐ Dorothea Dix Psychiatric Center	☐ Office of Administrative Hearings
☐ Riverview Psychiatric Center	☐ Other

Whose information is being released? Please print clearly.

Individual's Name	Date of Birth	Social Security#	
Home Address	Town/City	State	Zip Code
Telephone #	Email Address		
( ) -	@		

What information should DHHS release? Please check all that apply.

General Permission:

- ☐ All health information from the DHHS office(s) checked above.
- ☐ Claims or encounter data (information about visits to health care providers).
- ☐ Billing payment, income, banking, tax, asset, or data needed to see if you qualify for DHHS program benefits limited to the following date(s) or type(s) of information: (for example "Lab test dated June 2, 2017" or "Claims from 2015-2017).

☐ Other: _____

_____

Special Permission: Drug/Alcohol Referral Services

- ☐ Include all drug/alcohol information in the release
- ☐ Include only the specific drug/alcohol records checked:
- ☐ Diagnosis and treatment
- ☐ Clinical notes and discharge summaries
- ☐ Drug/Alcohol history or summary
- ☐ Payment of claims information
- ☐ Living situation and social supports
- ☐ Medication, dosages and/or supplies
- ☐ Lab results
- ☐ Other: _____

_____

Special Permission: Mental/Behavioral Health Services

- ☐ Include this information in the release
- ☐ I want to review my mental health/behavioral health record before my release. I understand that the review will be supervised.

Please note: Maine law allows us to share this information with other health care providers and health plans to coordinate your care (to help take care of you) so long as we make a reasonable effort to notify you of the release

Special Permission: HIV/AIDS Status/Test Results

☐ Include this information in the release

Please note: Maine law requires us to tell you of possible effects of releasing HIV / AIDS information. For example, you may receive more complete care if you release this information, but you could experience discrimination if your data is misused. **DHHS** will protect your **HIV** data, and all your information as the law requires.

Are you asking DHHS to send your information by EMAIL? ☐ Yes ☐ No

Although DHHS has privacy and security protections for my information, I understand that email and the internet have risks that DHHS cannot control. It is possible that my emailed information could be read by a third party. I ACCEPT THOSE RISKS and still ask DHHS to send my information by email. **INITIAL HERE**_____

Where should DHHS send your information by email? Please print the email address clearly: _____

_____

What is the purpose of the release? Please check or write a response.

☐ To coordinate or mange my case ☐ For a legal matter, including to provide testimony
☐ A personal Request ☐ To see if I qualify for benefits or insurance ☐ Other _____

Please check and print clearly below: ☐ Send my information to: ☐ Get my information from:

Name	Name
Address	Address
City, State, Zip Code	City State Zip Code
Phone Fax No.	Phone Fax No.

I understand and agree that:

- Information" may be in written, spoken and/or electronic format.
- This form will expire **one year** from the date below unless I revoke (take back) my permission sooner.
- To take back my permission, I will fill out the Revocation Form found at http://www.maine.gov/dhhs/privacy/index.shtml and send it to the office where I receive services. It will not apply to the information that DHHS already released with my permission.
- If I take back my permission or refuse to release some or all of my information, choice could lead to an improper diagnosis or treatment, or denial of insurance coverage.
- I permit the people and/or offices listed on this form to speak to each other for the purpose(s) on this form.
- Health information from other providers (such as doctors, hospitals, and counselors) in my DHHS file is included in this release.
- Unless I am applying for benefits, DHHS will not base my treatment, payment for services, or benefits on whether I sign this form.
- DHHS offices will keep my information confidential as required by law. If I choose to share my information with others who are not required by law to keep it private, it may no longer be protected by federal confidentiality laws.
- If alcohol or drug treatment program (substance use disorder) records are included in this release, DHHS will include a notice saying that such information may not be re-released or shared without my written permission.

I am signing this form voluntarily. I have the right to a signed copy of this form if I request one.

Date: _____

Signature: _____

Personal Representative's authority to sign: _____

This Page Intentionally Left Blank

Department of Health and Human Services (DHHS) Offices

The following are a listing of DHHS offices in Maine. Each one has staff to assist you in filling out The Maine Care/TANF/Food Stamp applications

Region 1

Biddeford
208 Graham Street
Biddeford, Maine 04005
(207) 286-2400

Portland
151 Jetport Boulevard
South Portland, Maine 04106
(207) 822-2000

Sanford
890 Main Street Suite #208
Sanford, Maine
(207) 490-5400

Region 2

Augusta
39 Anthony Avenue
Augusta, Maine 04333-0011
(207) 624-8000

Farmington
114 Corn Shop Lane
Farmington, Maine 04938
(207) 778-8400

Lewiston
200 Main Street
Lewiston, Maine 04240-7098
(207) 795-4300

Rockland
91 Camden Street
Rockland, Maine 04841
(207) 596-4200

Skowhegan
98 North Avenue Suite #10
Skowhegan, Maine 04976
(207) 474-4800

South Paris
243 Main Street Suite #6
South Paris Maine 04281
(207) 744-1200

Region 3

Bangor
396 Griffen Road
Bangor, Maine 04401
(207) 561-4100

Calais
392 South Street
Calais, Maine 04619
(207) 904-3800

Caribou
30 Skyway Drive Unit 100
Caribou, Maine 04736
(207) 493-4000

Ellsworth
17 Eastward Lane
Ellsworth, Maine 04605
(207) 664-1400

Fort Kent
139 Market Street
Fort Kent, Maine 04743
(207) 834-1000

Houlton
11 High Street
Houlton, Maine 04730
(207) 532-5000

Machias
38 Prescott Drive
Machias, Maine 04654
(207) 255-2000

What is Mental Health or Emotional Health?

http://www.helpguide.org/mental/mental_emotional_health.htm

Mental or emotional health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.
Good mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more of being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental and emotional health refers to the presence of positive characteristics. Similarly, not feeling bad is **not** the same as feeling good. While some people may not have negative feelings, they still need to do things that make them feel positive in order to achieve mental and emotional health.

The role of resilience in mental and emotional health
Being emotionally and mentally healthy doesn't mean going through bad times or experiencing emotional problems. We all go through disappointment, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety and stress.

People with good emotional health have an ability to bounce back from adversity, trauma and stress. This ability is called *resilience*. People who are emotionally and mentally healthy have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and creative in bad times as well as good.

One of the key factors of *resilience* is the ability to balance your emotions. The capacity to recognize your emotions and express them appropriately help you avoid getting stuck in depression, anxiety, or other negative mood states. Another key factor having a strong support network. Having trusted people, you can turn to for encouragement and support will boost your *resilience* in tough times.

People who are mentally and emotionally healthy have:

- A sense of contentment.
- A zest for living and the ability to laugh and have fun.
- The ability to deal with stress and bounce back from adversity.
- A sense of meaning and purpose, in both their activities and their relationships.
- The flexibility to learn new things and adapt to change.
- A balance between work and play.
- The ability to build and maintain fulfilling relationship
- Self-confidence and high self-esteem.

A Note on Trauma:
Excerpted from helpguide.org **http://www.helpguide.org/mental/emotional_psychological_trauma.htm**

If you've gone through a traumatic experience, you may be struggling with upsetting emotions, frightening memories, or a sense of constant danger that you just can't kick. Or, you may feel numb, disconnected, and unable to trust one another. When bad things happen, it can take a while to get over the pain and feel safe again. But treatment and support from family and friends can speed your recovery from emotional and psychological trauma. Whether the traumatic event happened years ago or yesterday, you can heal and move on. Recovering from traumatic events takes time, and everyone heals at his or her own pace. But if months have passed and your symptoms aren't letting up, you may need professional help from a trauma expert.
It's a good idea to seek professional help if you're:

- Having trouble functioning at home or work.
- Suffering from severe fear, anxiety, or depression.
- Unable to form close, satisfying relationships.
- Experience terrifying memories, nightmares, or flashbacks.
- Avoiding more and more things that remind you of the trauma.
- Emotionally numb and disconnected from others.
- Using alcohol or drugs to feel better.

Building Your Resilience
Excerpted from helpguide.org
http://www.helpguide.org/mental/mental_emotional_health.html

Resilience involves maintaining flexibility and balance in your life as you deal with stressful circumstances and traumatic events. This happens in several ways, including:

- Letting yourself experience strong emotions, and also realizing when you may need to avoid experiencing them at times in order to continue functioning.
- Stepping forward and taking action to deal with your problems and meet the demands of daily living, and also stepping back to rest and re-energize yourself.
- Spending time with loved ones to gain support and encouragement, and also nurturing yourself.
- Relying on others, and also relying on yourself.

Physical health is connected to mental and emotional healthcare

Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. For example, exercise not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energize us and lift our mood.

The activities you engage in the daily choices you make affect the way you feel physically and emotionally.

- **Get enough rest.** To have good mental and emotional health, it's important to take care of your body. That includes getting enough sleep. Most people need seven to eight hours of sleep each night in order to function optimally.
- **Learn about good nutrition and practice it.** The subject of nutrition is complicated and not always easy to put into practice. But the more you learn about what you eat and how it affects your energy and mood, the better you can feel.
- **Exercise to relieve stress and lift your mood.** Exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day, like walking the stairs instead of the elevator or going on a short walk. To get the most mental health benefits, aim for 30 minutes or more of exercise per day.
- **Get a dose of sunlight every day.** Sunlight lifts your mood, so try to get at least 10 to 15 minutes of sun per day. This can be done by exercising, gardening, or socializing.
- **Limit alcohol and avoid cigarettes and other drugs.** These are stimulants that may unnaturally make you "feel good in the short term", but have long-term negative consequences for mood and emotional health. If you had a problem with alcohol in the past, you should avoid using alcohol altogether.
- **Learn or discover new things.** Think of it as "intellectual candy." Try taking an adult education class, join a book club, visit a museum, learn a new language, or simply travel.



Improve mental and emotional health by taking care of yourself

In order to maintain and strengthen your mental and emotional health, it's important to pay attention to your own needs and feelings. Don't let stress and negative emotions build up. Try to maintain a balance between your daily responsibilities and the things you enjoy. If you take care of yourself, you'll be better prepared to deal with challenges if and when they arise.

Here are some tips for improving and maintaining your mental health:

- **Do things that positively impact others.** Being useful to others and being valued for what you do can help build self-esteem.
- **Practice self-discipline.** Self-control naturally leads to a sense of hopefulness and can help you overcome despair, helplessness, and other negative thoughts.
- **Enjoy the beauty of nature or art.** Studies show that simply walking through a garden can lower blood pressure and reduce stress. The same goes for strolling through a park or an art gallery, hiking, admiring architecture, or sitting on a beach.
- **Engage in meaningful, creative work.** Do things that challenge your creativity and make you feel productive, whether or not you get paid for it – things like gardening, drawing, writing, playing an instrument, or building something in a workshop.
- **Make leisure time a priority.** Do things for no other reason than that it feels good to do them. Go to a funny movie, take a walk on the beach, listen to music, read a good book, or talk to a friend. Doing things just because they are fun is no indulgence. Playing is an emotional and mental health necessity.
- **Make time for appreciation.** Think about the things you're grateful for. Meditate, pray, enjoy the sunset, or simply take a moment to pay attention to what is good, positive, and beautiful as you go about your day.
- **Limit unhealthy mental habits like worrying.** Try to avoid becoming absorbed by repetitive mental habits – negative thoughts about yourself that absorbs time, drain your energy, and trigger feelings of anxiety, fear, and depression.

Everyone is different, not all things will be equally beneficial to all people. Some people feel better relaxing and slowing down while others need more activity and more excitement or stimulation to feel better. The important thing is to find activities that you enjoy and that give you a boost!

Supportive relationships: The foundation of emotional health

No matter how much time you devote to improving your mental and emotional health, you will still need the company of others to feel and be your best. Humans are social creatures with emotional needs for relationships and positive connections to others. We're not meant to survive, let alone thrive, in isolation. Our social brains crave companionship – even when experience has made us shy and distrustful of others.

Social interaction – Specifically talking to someone else about your problems – can also help to reduce stress. The key is to find a supportive relationship with someone who is a "good listener" – someone you can talk to regularly, preferably face-to-face, who will listen to you without a preexisting agenda for how you should think or feel. A good listener will listen to the feelings behind your words, and won't interrupt, judge or criticize you. The best way to find a good listener? Be a good listener yourself. Develop a friendship with someone you can talk to regularly, and then listen and support each other.

Tips and strategies for connecting to others:

- Get out from behind **your TV or computer screen**. Screens have their place but they will never have the same effect as an expression of interest or a reassuring touch. Communication is a largely nonverbal experience that requires you to be in direct contact with other people, so don't neglect your real-world relationships in favor of virtual interaction.
- **Spend time daily, face-to-face, with people like you**. Make spending time with people you enjoy apriority. Choose friends neighbors, colleagues, and family members who are upbeat, positive, and interested in you. Take time to inquire about people you meet during the day that you like.
- **Volunteer.** Doing something that helps others has a beneficial effect on how you feel about yourself. The meaning and purpose you find in helping others will enrich and expand your life. There is no limit to the individual and group volunteer opportunities you can explore. Schools, churches, non-profits, and charitable organizations of all sorts depend on volunteers for survival.
- **Be a Joiner.** Join networking, social action, conservation, and special interest groups that meet on a regular basis. These groups offer wonderful opportunities for finding people with common interests, people you like being with who are potential friends.
- **Risk factors for mental and emotional problems**. Your mental and emotional health has been and will continue to be shaped by your experiences. Early childhood experiences are especially significant. Genetic and biological factors can also play a role, but these too can be changed by experience.

Risk Factors that can compromise mental and emotional health:

- **Poor Connection to your primary caretaker early in life.** Feeling lonely, isolated, unsafe, confused, or abused as an infant or young child.
- **Traumas or serious losses, especially early in life.** Death of a parent or other traumatic experiences such as war or hospitalization.
- **Learned Helplessness.** Negative experiences that lead to a belief that you're helpless and that you have little control over the situations in your life.
- **Illness.** Especially when it's chronic, disabling, or isolates you from others.
- **Side effects of medications.** Especially in older people who may be taking a variety of medications.
- **Substance use.** Alcohol and drug use can both cause mental health problems and make preexisting mental or emotional problems worse.

Whatever internal or external factors have shaped your mental and emotional health. It's never too late to make changes that will improve your psychological well-being. Risk factors can be counteracted with protective factors, like strong relationships, a healthy lifestyle, and coping strategies for managing stress and negative emotions.
Your Mental Health: Getting Help If You Need It.

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. These medical conditions can interfere with a person's life on many levels. It is not uncommon to have a mental health issue and if you do have one, **it is not your fault.**

Mental illnesses affect persons of every age, gender, race, religion, income, and education level. It is not uncommon to deal with mental illness at some point in your life -in fact, about 25% of Americans have a mental health disorder! Treatment for many mental illnesses can be very effective and recovery is possible – especially with the

help of your family, friends, clinicians, and a good personal treatment plan. Medication may also be an option to help relieve some of the symptoms along with psycho-social treatment.

But before you can seek treatment, you need to find out if you have a problem.

The following are some questions to consider. If you are answering yes to any of these questions, you may want to reach out for some help. In most facilities, simply submit a request slip.	Yes	No
Do you currently believe that someone can control your mind by putting thoughts into your head or taking thoughts out of your head?		
Have you recently gained or lost as much as two pounds a week for several weeks without trying?		
Have you or your family noticed that you are currently much more active than usual?		
Do you currently feel like you have to talk or move more slowly than usual?		
Have you recently felt depressed, having lost interest in activities and people you once enjoyed?		
Have you recently felt like there have been weeks where you were useless or sinful?		
Have you recently had nightmares or flashbacks as a result of being involved in some traumatic/terrible event? Examples include warfare, rape/incest, being shot/stabbed or involvement in a violent event.		
Have you recently thought about injuring or killing yourself?		
Have you recently had spells or attacks when you felt extremely anxious, frightened, or uneasy?		
Have friends, family, cell-mates, or others told you that you seem "off" or "not yourself"?		

If you find yourself thinking about suicide or hurting yourself or someone else, <u>REACH OUT IMMEDIATELY.</u> In custody, there are staff trained to help you and they want to, too. Let the closest Corrections Officer know what is going on with you. On the outside, you can call the:

Maine Crisis Hotline: (888) 568-1112 or the
National Suicide Prevention Lifeline: (800) 273-TALK (8255)

Finding Treatment That Will Work For You

There are a lot of different types of treatment options and many different mental health and substance use treatment programs throughout the State of Maine. Sometimes people with mental health issues also have substance use issues. When this happens, it is called "Co-Occurring Disorders" or "Dual Diagnosis." Many providers are able to help you manage both conditions. The following is a listing of some of the common mental health and substance treatments types available.

Psychotherapies – excerpted from the National Institute for Mental Health
(http://www.nimh/nih.gov/health/topics/psychotherapies/index.shtml)

What is psychotherapy?

Psychotherapy, or "talk therapy," is a way to treat people with a mental disorder by helping them understand their illness. It teaches people strategies and gives them tools to deal with stress and unhealthy thoughts and behaviors. Psychotherapy helps patients manage their symptoms better and function at their best in everyday life. Sometimes psychotherapy alone may be the best treatment for a person, depending on the illness and its severity. Other times, psychotherapy is combined with medications. Therapists work with an individuals or families to devise an appropriate treatment plan.

What are the different types of psychotherapy?

Many kinds of psychotherapy exist. There is no "one-size-fits-all" approach. In addition, some therapies have been scientifically tested more than others. Some people may have a treatment plan that includes only one type of psychotherapy. Others receive treatment that includes elements of several different types. The kind of psychotherapy a person receives depends on his or her needs.

This section explains several of the most commonly used psychotherapies. However, it does not cover every detail about psychotherapy. Patients should talk to their doctor or a psychotherapist about planning treatment that meets their needs.

Cognitive Behavioral Therapy

Cognitive behavioral therapy (CBT) is a blend of two therapies: cognitive therapy (CT) and behavioral therapy. CT was developed by psychotherapist Aaron Beck, M.D., in the 1960s. CT focuses on a person's thoughts and beliefs, and how they influence a person's mood and actions, and aims to change a person's thinking to be more adaptive and healthier. Behavioral therapy focuses on a person's actions and aims to change unhealthy behavior patterns.

CBT helps a person focus on his or her current problems and how to solve them. Both patient and therapist need to be actively involved in this process. The therapist helps the patient learn how to identify distorted or unhelpful thinking patterns, recognize and change inaccurate beliefs, relate to others in more positive ways, and change behaviors accordingly.

Dialectical Behavior Therapy

Dialectical behavior therapy (DBT), a form of CBT is used to treat people with borderline personality disorder or suicidal thoughts. BPD is an illness in which suicidal thinking and actions are more common.

The term "dialectical" refers to a philosophic exercise in which two opposing views are discussed until a logical blending or balance of the two extremes – the middle way – is found. In keeping with the philosophy, the therapist assures the patient that the patient's behavior and feelings are valid and understandable. At the same time, the therapist coaches the patient to understand that it is his or her personal responsibility to change unhealthy or disruptive behavior.

DBT emphasizes the value of a strong and equal relationship between patient and therapist. The therapist consistently reminds the patient when his or her behavior is unhealthy or disruptive – when boundaries are overstepped – and then teaches the skills needed to better deal with future similar situations. DBT involves both individual and group therapy. Individual sessions are used to teach new skills, while group sessions provide the opportunity to practice these skills.

Interpersonal Therapy

Interpersonal therapy (IPT) is most often used on a one-on-one basis to treat depression. IPT is based on the idea that improving communication patterns and the ways people relate to others will effectively treat depression. IPT helps identify how a person interacts with other people. When a behavior is causing problems, IPT guides the person to change the behavior. IPT explores major issues that may add to a person's depression, such as grief, or times of upheaval or transition. Sometimes IPT is used along with antidepressant medications.

Four Guaranteed Rights

A guaranteed right to a place to come

A guaranteed right to meaningful work

A guaranteed right to meaningful relationships

A guaranteed right to a place to return

Clubhouse international accredited Clubhouses powerfully demonstrates that people with mental illness can lead productive and satisfying lives. They offer members:

- a work-ordered day in which the talents and abilities are recognized and encouraged
- participation in consensus-based decision making regarding all important matters relating to the running of the Clubhouse
- opportunities to obtain paid employment in mainstream businesses and industries through a Clubhouse-created Transitional Employment program, as well as through Clubhouse Supported and Independent Employment programs
- assistance in accessing medical, psychological, substance use, wellness, and other community support resources
- access to crisis intervention services when needed
- evening/weekend social and recreational events
- assistance in securing and sustaining safe, decent and affordable housing

Clubhouse Employment Programs: Brief Definitions

Transitional Employment (TE)

A TE job is a time-limited opportunity, usually 6-9 months in duration. TE positions belong to the Clubhouse. In TE the Clubhouse develops and maintains a relationship with the employer and provides onsite training and support. Absence coverage is a key feature of the model.

Group Placement

In Group Placements, a variation of Transitional Employment, the Clubhouse has a relationship with the employer, and the work and/or jobs are facilitated through the Clubhouse. Group placements are distinguished from “special projects” in that members commit to keep the group schedule. Members get support from the Clubhouse both on and off-site. As a defining characteristic the Clubhouse provides on-site staffing, allowing for the group’s productivity to be judged instead of the individuals.

Supported Employment (SE)

An SE job is an employment opportunity that is not time-limited. The position belongs to the member. There is a competitive element to the interview process. In SE the Clubhouse develops and maintains a relationship with the employer and assist with job site development and sometimes training. Se jobs may be full or part-time. The Clubhouse does not provide absence coverage.

Independent Employment (IE)

Independent Employment positions may be full or part-time, and belong to the member, who has participated in fully competitive interview process. The Clubhouse does not commit to a formal relationship with the employer or provide absence coverage. The Clubhouse assists with career development, job search and job choice should the member wish it.

HIGH HOPES CLUBHOUSE



"The Road To Meaningful Employment"

What is a Clubhouse?

A Clubhouse is first and foremost a community of people. Much more than simply an employment or social service, it is most importantly a community of people with mental health difficulties working together towards the common goal of recovery. As with all Clubhouses, participants are known as "members" as opposed to patients or clients. Members are unique individuals who possess valuable talents, strengths, and abilities which when combined, assist in making the Clubhouse come alive. This sense of membership, support, and belonging are at the very heart of the Clubhouse way of working.

Clubhouse communities recognize, encourage and focus on the inherent value and potential of each person involved. They believe that each member can recover from the effects of mental health difficulties and lead personally satisfying and socially contributing lives.

The Clubhouse Model has been around over 60 years, there are 32 Clubhouse Organizations in 30 countries. Clubhouse is an evidence-based practice and there are now 6 Clubhouses in Maine. Each of the established Clubhouses serves an active average membership of 175-200 members. In addition to employment support, Clubhouse can assist members with obtaining their Hi-SET and or pursue higher education or technical training. The Clubhouses in Maine in order of development are:

High Hopes Clubhouses – Waterville
Capitol Clubhouse – Augusta
Looking Ahead Clubhouse – Lewiston
Unlimited Solutions Clubhouse – Bangor
Village Clubhouse – Topsham
Eagle Nest Clubhouse – Ellsworth

Waterville and Augusta Clubhouse are the top (statistically) Clubhouses in the **World** for employment statistics with the most members working!

For more information on Clubhouse contact:
Lisa Soucie, MHRT/C, Employment Specialist
Clubhouse Director
High Hopes Clubhouse-c
26 College Ave
Waterville, Maine 04901
Office: (207) 877-0038 x1701 Fax: (207) 877-0322
lsoucie@kbhmaine.org www.highhopesclubhouse.org

This Page Left Blank Intentionally

Vocational Rehabilitation

State of Maine
Department of Labor
Bureau of Rehabilitation
Division of
Vocational Rehabilitation

Who is Eligible for VR Services?

To be eligible for VR, you must apply for services. To be eligible you must:

- Have a disability that keeps you from getting or keeping a job; and
- Need VR services to find or keep a job

- If you are receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) based on disability and you have an interest in working, you are eligible for VR services.

Eligibility must be determined in 60 days.

What is Vocational Rehabilitation?

The division of Vocational Rehabilitation, also known as "VR," is a Department of Labor program that helps people who have disabilities to get and keep a job. VR helps people who have physical, mental, or emotional disabilities.

How Do I Apply? To apply for VR, you need to call their offices. A VR counselor will contact you for an initial appointment. The counselor will explain the program and learn more about you and your goals. Contact your local Career Center.

What About My Employment Goals? Your VR counselor will work with you to help make informed choices about jobs and careers.

Good planning includes: skills and abilities you have;



- the types of jobs you want to consider;
- Where you are willing to work and live; and
- What transportation is available.

The more flexible you can be, the more likely you are to find a job. You and your VR counselor need to work together to develop a plan that will lead to a job.

What Services Does VR Provide? Every person's rehabilitation plan is different because every person's vocational needs are different. VR will consider any service you need to achieve the agreed upon aptitudes. As you identify careers, VR can provide information about the skills and training you need. VR has labor market information to help you see what type of work is available. If you need training, VR can locate or develop specific training programs with special accommodations for you.

VR may buy tools, uniforms or basic equipment needed to start a job. VR may buy a lot of job-related things you may need to find or keep a job. VR can also help with re-training or education needed to get a new job. Sometimes VR can assist with payment for some medical/psychological services.

Some people use a Job Developer in looking for work; others may get a Job Coach who gives close supervision and support on the job until the person learns all the job skills. General services end **90** days after a person gets a job.

How Much Will This Cost? It does not cost you anything to apply for services. There is no charge for diagnostic services, vocational evaluation, or job placement assistance. If you are eligible for services, your counselor will ask you about your income and expenses. Depending upon your income, you may be asked to contribute to the cost of VR services. VR cannot pay for any services you received before you applied for VR, or any services not agreed upon with your Counselor and written in the Individual Plan for Employment.



Vocational Rehabilitation Application

02/02/2012

Corrections Representative Cover Sheet

The following individual has chosen to sign up for Vocational Rehabilitation Services three months prior to release, knowing that, if eligible, services will not begin until after release. In addition to the completed application, health checklist, and signed provider releases, I am providing, as requested:

1. *the individual's current projected released*
2. *the address to which the individual will be moving upon released*
3. *indication of probation requirement upon release and officer contact information*
4. *the caseworker name and contact information*
5. *an indication of available information regarding pre-release programs that the individual has successfully participated in during incarceration*
6. *a copy of the Department of Corrections (DOC) Release Plan*
7. *any additional incarceration work history that could be added to a future employment resume*

Name: _____

Projected Release Date _____

Address you currently believe you will transition to

Street Address _____

Mailing Address (if different) _____

Town	State	Zip Code

Client Signature: _____ Date: _____

Facility: _____ Facility Unit: _____

Caseworker: _____ Tel. _____

Caseworker Email: _____ I recommend V.R. Application: Yes ____ No ____

Probation After Release: Yes ___ No ___ Probation Officer Name: _____

Caseworker Signature: _____ Date: _____

The above signatures assure that the information is correct to the best of the applicant and caseworker's knowledge and is given for the purpose of assisting Vocational Rehabilitation and its associated counselors.

PLEASE PLACE THIS ON TOP OF YOUR CURRENT AND COMPLETED VOCATIONAL REHABILITATION APPLICATION, AND RELATED MATERIAL, AND SENT IT TO:

Maine Department of Labor, Bureau of Rehabilitation Services, 91 Camden Street, Suite 202, Rockland, Maine 04841, and add the initials JCG somewhere on the envelope. Thank you!

MAINE DEPARTMENT OF LABOR
DIVISION OF VOCATIONAL REHABILITATION
HEALTH CHECKLIST

NAME: _____ **DATE:** _____ **AGE:** _____
ARE YOU: LEFT-HANDED ☐ RIGHT-HANDED ☐

A. PLEASE SUMMARIZE THE MOST IMPORTANT PROBLEM THAT INTERFERES WITH YOUR USUAL TYPE OF WORK. HOW LONG HAVE YOU BEEN BOTHERED AND IS THE PROBLEM? GETTING BETTER OR WORSE?

_____

_____

_____

B. DO YOU CURRENTLY HAVE DIFFICULTY **WITH:**

	YES	NO
1. HEARING	☐	☐
2. SEEING	☐	☐
3. SPEAKING	☐	☐
4. FAINTING	☐	☐
5. SEIZURES	☐	☐
6. CHEST PAIN	☐	☐
7. SHORTNESS OF BREATH	☐	☐
8. CHRONIC COUGH	☐	☐
9. DIGESTION	☐	☐
10. GYNECOLOGICAL PROBLEMS	☐	☐
11. SWELLING OF HANDS / LEGS	☐	☐
12. WEAKNESS /PAIN IN THE HANDS / ARMS	☐	☐
13. WEAKNESS / PAIN IN LEGS / FEET	☐	☐
14. NUMBNESS	☐	☐
15. SKIN PROBLEMS	☐	☐
16. LIFTING / BENDING	☐	☐
17. CLIMBING (STAIRS)	☐	☐
18. BALANCING	☐	☐

	YES	NO
19. STANDING	☐	☐
20. WALKING	☐	☐
21. KNEELING	☐	☐
22. SITTING	☐	☐
23. LEARNING	☐	☐
24. READING	☐	☐
25. CONCENTRATING	☐	☐
26. REMEMBERING	☐	☐
27. GETTING ALONG WITH PEOPLE	☐	☐
28. NERVOUSNESS (ANXIETY / PANIC)	☐	☐
29. DEPRESSION	☐	☐
30. STRESS TOLERANCE	☐	☐
31. SLEEP	☐	☐
32. ENERGY / STAMINA	☐	☐
33. HALLUCINATION / DELUSION	☐	☐
34. OTHER	☐	☐
35. HAVE YOU EVER BEEN UNCONSCIOUS	☐	☐

C. HAVE YOU EVER HAD, OR BEEN TOLD YOU HAVE:

	YES	NO
1. HIGH BLOOD PRESSURE	☐	☐
2. HEART TROUBLE	☐	☐
3. DEVELOPMENT DISABILITY	☐	☐
4. ASTHMA OR LUNG DISEASE	☐	☐
5. TUBERCULOSIS	☐	☐
6. GASTROINTESTINAL PROBLEM	☐	☐
7. PSYCHIATRIC / EMOTIONAL DISORDER	☐	☐

	YES	NO
8. EATING DISORDER	☐	☐
9. KIDNEY OR URINARY TROUBLE	☐	☐
10. ARTHRITIS	☐	☐
11. DIABETES	☐	☐
12. CANCER	☐	☐
13. HEPATITIS B & C	☐	☐
14. OTHER INFECTIOUS DISEASE	☐	☐
_____		
15. Other _____	☐	☐

(Attach additional sheets if necessary) R-34(Revised 5/08)

MAINE DEPARTMENT OF LABOR
DIVISION OF VOCATIONAL REHABILITATION

APPLICATION FOR VOCATIONAL REHABILITATION (VR)

Name: _____ **Social Security Number:** _____

Previous Name (If any) _____ **Date of Birth:** _____ **Sex: Male** ☐ **Female** ☐

Residence (street address required): _____

City: _____ **State** _____ **Zip Code** _____

Mailing Address:

Phone #: **Cell #:** **E-Mail:**

Race/Ethnicity: ☐ **White** ☐ **Black** ☐ **American Indian / Alaska Native** ☐ **Asian** ☐ **Pacific Islander**
☐ **Hispanic / Latino** ☐ **Other:** _____

Preferred correspondence format ☐ **Audio** ☐ **Braille** ☐ **E-mail** ☐ **Large Print** ☐ **Videophone**
Alternate correspondence format ☐ **Audio** ☐ **Braille** ☐ **E-mail** ☐ **Large Print** ☐ **Videophone**
Emergency Contact Person: _____ **Phone #** _____
Relationship: _____
Living Arrangement: ☐ **Private Residence** ☐ **Community Residential/Group Home** ☐ **Other** ☐

Would you like a voter registration form? Yes ☐ **No** ☐
Marital Status _____
Are you a United States Citizen? Yes ☐ **No** ☐
If no, do you have a legal status to work in the U.S.? Yes ☐ **No** ☐
Who referred you? _____

DISABILITY BENEFITS

TYPE OF BENEFIT	AMOUNT YOU RECEIVE	APPLICATION PENDING	APPLICATION DENIED
SSI – Aged	$_____	☐	☐
SSI – Disabled	$_____	☐	☐
Soc. Sec. Disable (SSDI)	$_____	☐	☐
SSDI Other	$_____	☐	☐
Veteran Disability	$_____	☐	☐
TANF	$_____	☐	☐
	$_____	☐	☐

OTHER INCOME

SOURCE	AMOUNT
General Assistance	$_____
Worker's Comp.	$_____
Other Disability	$_____
Unemployed. Comp	$_____
Wages	$_____
Family Income	$_____
Other	$_____

NAME	

Type of Medical Insurance

☐ **MaineCare** ☐ **Medicare** ☐ **None** ☐ **Private through own work** ☐ **Private through other means**

☐ **Unknown**

Education: Highest Grade Completed _____ **Degree/Certificate** _____

Have you ever received special education services under an individual Education Plan? Yes ☐ **No** ☐

Are you currently a student? Yes ☐ **No** ☐ **Last School you attended?** _____

Last Year Employed: _____

Are you working? Yes ☐ **No** ☐ **Hours Worked in Week** _____ **Weekly Earnings** _____

Have you ever been convicted of any violation of law by any court of law? Include any guilty pleas entered, military court martial, traffic violation conditions for Operating Under the Influence (OUI), or traffic violations that resulted in your driver license being suspended? Yes ☐ **No** ☐

Were you convicted of any crimes prior to the age of 18? Yes ☐ **No** ☐

Do you have a criminal record outside the State of Maine? Yes ☐ **No** ☐ **If yes, in what State(s)?** _____

_____

If yes please list: Offense(s)	Date of Conviction(s)	State Conviction Occurred

Other Programs: ☐ **Supported Employment** ☐ **AMHI Class Member** ☐
☐ **Veteran** ☐ **Migratory/Farm Worker** ☐ **Projects with Industry**

Preferred Language _____

Have you applied for Vocational Rehabilitation before? Yes ☐ **No** ☐ **When** _____ **Office** _____

What is your primary disability? _____ **Cause of Disability** _____

Secondary disability? _____ **Cause of disability** _____

I hereby apply for Vocational Rehabilitation Services as I believe I have a disability that interferes with my ability to work. I certify that I receive a copy of my rights and that my counselor has explained them to my satisfaction. I certify that to the best of my knowledge; the above information is true. Failure to disclose requested information could be considered evidence of refusal to cooperate and result in closure of your case.

Signature: _____ **Date:** _____

Applicant

Signature: _____ **Date:** _____

Parent/Gaurdian

NAME	

PRIMARY DOCTOR	ADDRESS	DATE LAST SEEN

OTHER SOURCES OF MEDICAL INFORMATION

DOCTOR/HOSPITAL/CLINIC	ADDRESS	DATE LAST SEEN

OTHER AGENCIESAND SERVICESINVOLVED AT APPLICATION

ANGENCY/SERVICE	ADDRESS

JOBS YOU HAVE HELD

Employer: _____ Type of Work: _____

Date Began: _____ Ended: _____ Reason You Left: _____

Employer: _____ Type of Work: _____

Date Began: _____ Ended: _____ Reason You Left: _____

Employer: _____ Type of Work: _____

Date Began: _____ Ended: _____ Reason You Left: _____

MAINE DEPARTMENT OF LABOR
BUREAU OF REHABILITATION SERVICES

AUTHORIZATION TO RELEASE CONFIDENTIAL INFORMATION

This information will be used to assist Bureau of Rehabilitation Services (BRS) Staff in determining eligibility and/or in planning for Vocational Rehabilitation services for:

NAME: _____ DOB: _____ / _____ / _____
(Client Name)

I authorize The Division of Vocational Rehabilitation ☐ or The Division For The Blind and Visually Impared

(Vocational Rehabilitation Counselor's Name) _____

Address: 91 Camden Street, Suite 202 Rockland, Maine 04841

☐ To receive my information from: _____
(Hospital/Doctor/Therapist/Counselor/other's Name)

Attn: Medical Records	151 Capital Street, Suite 4	Augusta	Maine	04333
(Agency)	(Street)	(City)	(State)	(Zip)

OR

☐ To give my information from: _____
(Hospital/Doctor/Therapist/Counselor/other's Name)

Attn: Medical Records	151 Capital Street, Suite 4	Augusta	Maine	04333
(Agency)	(Street)	(City)	(State)	(Zip)

I authorize the following information to be released to the above entity: (**Please check appropriate information)**

- ☐ General Health Information (Diagnosis/Axis Codes)
- ☐ Medical Specialist Reports Comprehensive Assessment
- ☐ Substance Use Evaluations
- ☐ Educational / School Recor
- ☐ Psychiatric/Psychological Evaluation
- ☐ Medical/Psychiatric Hospital Records
- ☐ Psychiatric/Psychological
- ☐ Psychiatric Progress Notes
- ☐ Occupational/Physical Therapy Eval
- ☐ Vocational Assessments and Plans
- ☐ Ongoing Written &Verbal Information Exchange

☐ Other (Specify) Can only be a brief summary of Avis I, II, IV diagnosis relating to any physical or psychological barriers to employment.

*******PLEASE SPECIFY APPLICABLE DATES AND OTHER INFORMATION*******

This release is for the period from: _____ to _____

I understand that:

- I can refuse to give some or all of the information in my treatment records, and also understand this could delay or cause denial of services.
- At any time, I can cancel all or part of this authorization, by notifying my counselor named above, except to the extent that BRS has already acted on it, and also understand this could delay or cause denial of services.
- I am entitled to a copy of this release.
- BRS will not release any information about my disability to any other agency or person without the specific written consent of the individual
- BRS may release information without any specific consent if I pose a direct threat to others or myself. BRS may release information without my specific consent, if required by State or Federal law; in response to an investigation in connection with law enforcement, and in response to a court order.

- BRS may release information without my specific consent, for program audit, evaluation, or research purposes. The final product will not reveal any personal identifying information.
- This release is effective for no more than one year from date of signing. **(Consumer Initials) Date:**

State and Federal Laws requires my specific consent to disclose any of the following information:
Circle one response for each of the statements below:

I DO **DO NOT**	Authorize disclosure of information, which refers to treatment, or diagnosis of drugs or alcohol abuse If I authorize the release of such information, I understand it cannot be re-disclosed by BRS without specific consent.
I DO **I DO NOT**	Authorize disclosure of information, which refers to treatment or diagnosis of mental illness.
I DO **I DO NOT**	Authorize disclosure of information, which refers to treatment, or diagnosis of HIV infection, Arcs or Aids. I understand that individuals about whom such disclosures have been made encountered discrimination from others in the areas of employment, housing, education, life insurance, health insurance, and social and family relationships.

Signature: _____ Date: _____

Parent/Guardian: _____ _____ Date: _____
Relationship

THIS RELEASE MUST BE COMPLETELY FIILED OUT. READ CAREFULLY, ANT QUESTIONS ASK COUNSELOR

This Page Left Blank Intentionally

SequelCare of Maine

Our in-home support program for adults living with mental illness takes a person-centered approach and provides individualized care based on each person's unique needs, values and preferences. Our caring team of trained professionals works with you one-on-one in your home or local community to build your skills and confidence so you can lead a fulfilling life.

Our Mission

Our mission is to utilize existing resources available to individuals, families, and the surrounding community while helping to create and maintain skills and abilities in order to foster a healthy environment that supports natural growth and provides direction for the future.

About Us

We provide high quality, individualized care for adults living in their communities with mental health concerns. We understand the strength that it takes for someone to acknowledge that they need help. We understand the hardship of living with an invisible illness every-day and want to work with you to lesson that burden. We want to help you build both skills and confidence so that you can begin managing your day to day tasks with ease.

Daily Living Skills (DLS) Service

While in DLS we will work with you at mastering your goals and focus on treatment as outlined in the individualized service plan. These may include:

- Help you problem-solve and develop plans that will establish and maintain your independence
- Help you problem-solve and develop plans that will establish and maintain your independence
- Teach you how to create and maintain your household and complete personal tasks.
- Show you how to access local resources and choose educational, vocational and social activities that are best for you and your treatment
- Help you develop the skills you need to maintain your physical and mental well-being

More About Us

Our caring, compassionate clinician team empathizes with the difficulties, we all face on a daily basis. We understand that schedules, are hectic, relationships get strained and our mental wellness can take a back burner in life. We work with you to individualize your goals and find a treatment approach that works best for you, your family or your loved one. We can work in your home, one of our main offices or our locations in Augusta or Rockland. We are available in select school districts as well.

Outpatient Therapy Services

We offer a wide variety of outpatient services, including, but not limited to:

- Mental Health Counseling
- Substance Use Counseling
- Play Therapy
- Family Counseling
- Marriage Counseling
- Diagnostic Assessment
- Vineland Assessments

-And much more, call us with any questions.

Wabanaki Public Health

Cultivating the health of our communities

"Our Culture is Prevention"

Culture is Prevention

Role of Historical Trauma

The impacts of multi-generational trauma have resulted in maladaptive coping strategies among indigenous peoples, including the increase of unsettled trauma, alcohol use, substance use, diabetes, heart disease, etc.

Culture as a Protective Factor

Several researchers have linked participation on traditional activities as an effective protective factor against conditions such as depression and substance use. Youth who have strong bonds to their family, community, and culture are less likely to engage in risky behavior.

Importance of Culture

The practice of cultural activities allows individuals to build a positive sense of identity. A strong cultural identity gives individuals a sense of belonging which supports their overall wee-being. People with a strong and defined cultural identity show positive outcomes in terms of education and health.

Sweat Lodges

The sweat lodge is intended as a spiritual reunion with the creator and a respectful connection to the earth itself as much as it is intended for purging toxins out of physical body. The sweat ceremony allows participants the opportunity to free their mind of distractions and offers clarity.

Storytelling

Stories hold within them values, teachings, and traditions of our own culture. Stories teach us about life, the world, and about others. Children especially have an innate love of stories. Stories that are culturally significant will make children aware of their own cultural roots which strengthens their own identity.

Drumming and Singing

The beat of the drum signifies the heart-beat of mother earth. It is used in many spiritual and sacred ceremonial practices, during celebratory occasions, and as a pastime. Singing while drumming connects the drummer's heartbeat to the heartbeat of mother earth.

Traditional Activities/Food

Physical activity needs can be accomplished through the practice of dancing, sweet grass gathering, ash pounding, sweat lodge, construction, medicine gathering, canoeing, etc. Reintroducing traditional foods allows for a diet that is high in nutrients and low in added sugars, sodium, and fats.

The Four Sacred Medicines

Tobacco should be used in traditional ways through prayer, offerings, purification, and respect. Tobacco can promote good health and assist with spiritual guidance and growth.

Sweet Grass is used for smudging and purification. Inhaling the sweetgrass aroma can cause a calming effect on you and your body. It is thought to be the sacred hair of mother earth and the sweet scent reminds us of her gentleness, love and kindness.

Cedar is used for purification and protection. It is also known for attracting positive feelings, energy and emotions. Cedar is often hung around the home and laid out on the floor of ceremonial lodges to offer protection from bad or harmful energy.
The smoke from **sage** is used to bless, cleanse, and heal the person or object being smudged. Sage is used to 'wash off' the outside world when one enters ceremony or other sacred spaces.

Waponahki Health Data

In comparison to all other Maine residents, survey results indicate that Waponahki Tribal members are:

a. 2.5 times as likely to report they have been told they have diabetes
b. 1.5 times as likely to report they have been told they have high blood pressure
c. 1.6 times as likely to report they have been told they had a heart attack

Sources of Pride

Waponahki people identified the top five greatest sources of pride in their communities as:

1. Culture
2. The Children
3. Language
4. Native & Tribal Identity
5. The Elders

Health Concerns

Waponahki participants identified the top five biggest health problems facing their communities as:

1. Drug/substance use
2. Diabetes
3. Alcohol use
4. Obesity/overweight
5. Cancer

Contact us

- Andrea Sockabasin, Youth Prevention Health Coordinator
- Cassandra Miller, Nutrition Educator
- Desi-Rae Severson, Tobacco Program Coordinator
- Frances Soctomah, Lewestune Specialist
- Jayson Hunt, Prevention and Risk Program Manager
- Kyle Lolar, Penobscot Youth Coordinator
- Lauren Stevens, Behavioral Health Associate
- Leslie Nicholas, Opiate Pilot Program Coordinator
- Nicole Altvater, Substance Use Disorder Prevention Coordinator
- Saige Purser, Substance Use Disorder Prevention Coordinator & Youth Engagement Coordinator
- Sandi Yarmal, Data and Epidemiology Coordinator
- Zeke Crofton-MacDonald, Maliseet & Micmac Youth Coordinator

Wabanaki Public Health
5 Godfrey Drive, Suite 3
Orono, Maine 04473
Email: hello@wabanakipublichealth.org

Substance Use and Your Health

Recovery



The following questions are about substance use. The goal is to help you identify if substance use is something that you could use some assistance in managing so that you can move forward in your life.

If you answer "yes" to more than 2 questions, put in a request slip to be seen by a substance use professional at your facility and show them this worksheet.

In the past year, have you ever drunk or used drugs more than you meant to?

Have you neglected some of your usual responsibilities because you were using alcohol or drugs?

In the past year, have you felt that you need or wanted help to cut down on your drinking or drug use?

Has anyone objected to your drinking or drug use or told you to cut down your use?

Have you found yourself thinking a lot about drinking or drugging?

Have you ever used alcohol or drugs to deal with emotional pain like sadness, anger or boredom?

Have you found yourself changing your daily routine so that you can use drugs or alcohol?

Yes	No

5 Myths about Drug addiction and substance use (from helpguide.org)

MYTH 1: Overcoming addiction is simply a matter of willpower. You can stop using drugs if you really want to. Prolonged exposure to drugs alters the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force or will.

MYTH 2: Addiction is a disease; there's nothing you can do about it. Most experts agree that addiction is a brain disease, but that doesn't mean you're a helpless victim. The brain changes associated with addiction can be treated and reversed through therapy, medication, exercise, and other treatments.

MYTH 3: Substance users need to hit rock bottom before they can get better. Recovery can begin at any point in the addiction process—and the earlier, the better. The longer drug use continues, the stronger the addiction becomes and the harder it is to treat. Don't wait to intervene until the substance user has lost it all.

MYTH 4: You can't force someone into treatment; they have to want help. Treatment doesn't have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant substance users decide they want to change.

MYTH 5: Treatment didn't work before, so there's no point trying again; some cases are hopeless. Recovery from drug addiction is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed or that you're a lost cause. Rather, it's a signal to get back on track, either by going back to treatment or adjusting the treatment approach.

IRA G. MANDEL, MD, MPH
President,
MID-COAST RECOVERY COALITION
63 Washington Street
Camden, Maine 04843
(207) 701-1182
IRA@MIDCOASTRECOVERY.ORG

"Our greatest weakness lies in giving up.
The most certain way to succeed is always to try just one more time." -Thomas Edison

What is A.A.?

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

"The only requirement for membership is the desire to stop drinking. There are no dues or fees for A. A. membership; we are self-supporting through our own contributions. A. A. is not allied with any denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety." - From A.A. Maine

To Attend a meeting call 1-800-737-6237 or (207) 774-4335
Or go to http://www.area28aa.org/index.htm

What Is N.A.?

Membership is open to all substance users, regardless of the particular drug or combination of drugs used. When adapting AA's First Step, the word "addiction" was substituted for "alcohol," thus removing drug specific language and reflecting the "disease concept" of addiction.

There are no social, religious, economic, racial, ethnic, national, gender, or class-status membership restrictions. There are no dues or fees for membership; while most members regularly contribute small sums to help cover the expenses of meetings, such contributions are not mandatory.

Narcotics Anonymous provides a recovery process and support network inextricably linked together. One of the keys to NA's success is the therapeutic value of men and women who have used substances and are willing to work with other substance users to resolve addition issues. Members share their successes and challenges in overcoming active addiction and living drug-free productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions of NA. These principles are the core of the Narcotics Anonymous recovery program. Principles incorporated within the steps include:

* Admitting there is a problem;
* Seeking help;
* Engaging in a thorough self-examination;
* Confidential self-disclosure;
* Making amends for harm done;
* Helping other substance users who want recovery.

"**Keep coming back, it works if you work it, and you're worth it"**
AA Slogan

Harbor Peer & Wellness Center
A place to Relax and be Yourself

Harbor Peer & Wellness Center
35 School Street
Boothbay Harbor, Maine 04538
(207) 315-6236

Support is provided for you to utilize in your recovery. You can contact Harbor Peer & Wellness Center for addition information. They can also provide you with a schedule of weekly/monthly meeting of support groups with coffee provided. It is a great way to expand not only support but resources who may be able to assist you with your continuous recovery and other needed areas. All groups held at the center are "Open" groups. Below is a list of support groups, days and times of the week groups are held.

Community Recovery Talk: (Monday – Friday) (Mon - Fri 10 – 11 am)

Community Recovery Talk is a way for peers to connect, share and check in enjoying fresh brewed coffee while relaxing on the couch in our day room, watching a TED Talk, having a casual conversation making connection or connecting over a game of Scrabble.

Community Recovery Activities Discussion Group: (Monday 11 – 12 pm)

The Peer Group assists with planning for events, discussing any challenges or barriers to community activity, and helping you address any issues you might encounter while working on your personal goals.

Life on/after Probation: (Monday 2 – 3 pm)

Life on/after Probation is a group which provides individuals that may be on probation or completed probation as well as offering support to love ones who have someone they know on probation. This group will provide a platform to discuss barriers faced, emotions, successes, and resources.

Gambling Support: (Tuesday 12 – 1 pm)

Supporting Peers with who may be struggling with compulsive gambling and hardships it causes. This group is also open to family and friends of gamblers for support also.

Peer Recovery Group: (Tuesday 3 – 4 pm)

People come together to form peer-led groups because they share a common experience or concern. … Others offer an opportunity to share experiences, socialize and form friendships.

AA – Big Book: (Tuesday, 6:30 – 7:30 pm)

Each week in our Big Book Study Group a leader will take you through a section of the Alcoholics Anonymous Big Book.

W.O.R.K. / Wellness Opportunities & Recovery Knowledge: (12:00 – 1:00 pm)

WORK Group is a weekly guided discussion group that focuses on topics related to meaningful activity (work, volunteering, education,) as well as community participation. Discussions in the group center around personal vocational goals, as well as helping to problem solve any challenges, barriers, and fears that may be encountered. Group members are encouraged to help each other support and solve these issues.

Men's Group: (Wednesday 3 – 4 pm)

Men's Group provides support, encouragement, and accountability when men are challenging themselves, learning new ways of thinking and acting, and breaking life-long habits. This group is focused on helping men realize that they are not

unique or alone and see first-hand that other men experience similar problems and issues. A great place to learn new skills and practice them in a safe environment.

Connection through Board Games: (Wed 6 – 8 pm)

It has been documented that Board games allow the opportunity to become more creative, creates self-confidence, brings people closer and strengthens relationships. Come join us as we have a selection of board games to choose from. We also have many card games as well. And most importantly, laughter!

Resume Building: (Thurs 1 – 2 pm)

Do you need to write a resume for the first time? Are you familiar with the different styles of resumes? This peer-led group will allow individuals to share successes and failures when writing resumes as well as common errors to avoid, and how employer research will help set you up for success. There may be times when you utilize the computer. As this is a peer-led group, we can learn together in this process.

R.O.A.R. Reaching Out and Accepting Recovery Group: (Thursday 3 – 4 pm)

ROAR is a peer-facilitated group focusing on substance use and mental illness. Peers share their individual stories, experiences, progress, challenges and discuss ways of coping with both addiction and mental illness.

Passions Over Addictions: (Thurs 6 – 8 pm)

Join us as we help support each other on the journey to be our best selves! The group believes passion holds the key to our success and ability to overcome obstacles. We'll have discussions about passion and work to provide opportunity to practice and discover various mediums!

Vocational Recovery: (Fri 11:30 – 12:30 pm)

Vocational Recovery group provides the opportunity to work side-by-side with Peers/Recovery Coaches to gather skills and resources they need as they consider, choose, get and keep work and/or school. Peer workers inspire hope for vocational recovery through the sharing of Vocational Recovery Stories and through supporting people as they consider, choose, get and keep work and school.

Dual Recovery: (Fri 1 – 2 pm)

Dual Recovery Group provides support to individuals that experience a dual illness such as substance use disorder and is affected by an emotional or psychiatric condition. The group will discuss both mental health and substance use disorders. The group is also open to anyone who supports someone else, would like to learn more or is a recovery ally.

All Recovery: (Fri 6 – 7 pm)

All Recovery will provide support to individuals that may experience hardship from anything that has caused a hardship in one's life such as gambling, overeating, over spending, sex, substance use disorder. All Recovery supports all pathways to recovery!

Peer Learning Community at Bath
Available Support Groups & Activities

340 Oak Grove Ave,
Bath, Maine 04530
(207) 389-4936

- Self-Care
- AA/NA
- Yoga
- Resume Workshop
- Hearing Voices
- Culinary Arts
- Community Values
- Recovery Alternatives
- BUMC Community Meals
- Community Meetings
- Crafts
- Recovery Writing
- Alt to Suicide
- Trans & Allies Group

Medication Assisted Treatment for Opioid Addiction

Detoxification – This is a program that provides opioid detoxification. The detoxification process involves the reduction of Methadone and Suboxone to a zero dosage upon discharge.

Opioid Treatment Program (OTP) – Under medical supervision, OTP clinics administer opiod antagonists, monitor dosages, and provide counseling to people with a dependence on heroin, other morphine-like drugs, or prescription opioid medications.

Medication Assisted Treatment Directory

Androscoggin County	**Contact Info:**	**Payer Source Accepted:**	**Probation & DHHS Preferred?**	**Other Services Available**
Groups/Recover Together (Lewiston)	1-800-683-8313	Accepts most insurances, OHH grant funding, sliding scale for fee of service.	No	Case Management
Aroostook County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Aroostook Mental Health Center (Houlton, PresqueIsle, Madawaska and Caribou	1-800-244-6431	Accepts most insurances, sliding scale for fee of service.	Yes	Residential, Intensive Outpatient Psychiatry and Mental Health Case Management, Peer Support Services.
Cumberland County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Groups/Recover Together (Portland)	1-800-6838313	Accepts most insurances, OHH Grant funding available	No	Case Management
Maine Behavioral Health Care (Portland	1-844-292-0111	Accepts most insurances, Grant funding available.	Yes	Intensive Outpatient, Psychiatry and Mental Health Case Management
Addiction Resource Center-Mid-Coast Hospital (Brunswick)	1-800-244-3807 Walk-ins-8am-4pmMon-Fri	Accepts most insurances, Grant funding available	Yes	Intensive Outpatient, Psychiatry and Mental Health, Case management
Franklin County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Groups/Recover Together (Farmington)	1-800-683-8313	Accepts most insurances, OHH grant funding, sliding scale for fee of service	No	Case Management
Evergreen Behavioral Services – Franklin Community Health Network (Farmington)	(207) 779-2398	Accepts most insurances, OHH grant funding,	No	Case Management

		sliding scale for fee of service		
Evergreen Behavioral Services – Franklin Community Health Network (Farmington)	(207) 779-2398	Accepts most insurances, Grant funding available	Yes	Intensive Outpatient. Psychiatry and Mental Health, Case Management
Hancock County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Groups/Recover Together (Ellsworth)	1-800-683-8313	Accepts most insurances, OHH grant funding, sliding scale for fee of service	No	Case Management
Aroostook Mental Health Center (Ellsworth)	(207) 779-2398	Accepts most insurances, sliding scale for fee of service	Yes	Intensive Outpatient Psychiatry and Mental Health, Case Management
Kennebec County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Groups/Recover Together (Augusta)	1-800-683-8313	Accepts most insurances, OHH grant funding, sliding scale for fee of service	No	Case Management
Discovery House (Waterville)	(207) 292-1317	Accepts some insurances, No grant funding, call for sliding scale for fee of service	Unknown	Mental Health
Knox County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Groups/Recover Together (Rockland)	1-800-683-8313	Accepts most insurances, OHH grant funding, sliding scale for fee of service	No	Case Management
Maine Behavioral Health (Rockland)	1-844-292-0111	Accepts most insurances, grant funding available	Yes	Intensive Outpatient, Psychiatry and Mental Health, Case Management.
Lincoln County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Addiction Resources Center-Mid-Coast Hospital (Damariscotta)	1-800-244-3807	Accepts most insurances, grant funding available	Yes	Intensive Outpatient, Psychiatric and Mental Health, Case Management
Oxford County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Penobscot County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Brewer Medical Center-Penobscot Community Health Center (Brewer)	(207) 989-1567	Accepts most insurances, Federally Qualified Health Center funding	Yes	Primary Care

Helen Hunt Health Center- Penobscot Community Health Center (Old Town)	(207) 827- 6128	Accepts most insurances, Federally qualified health center funding	Yes	Primary Care
Hope House Health and living center	(207) 217-6719	Accepts most insurances, federally	Yes	Primary Care, Homeless Shelter, Transitional
Penobscot Community Health Center (Bangor)	Not Available N/A	Qualified Health Center Funding	Not Available N/A	Housing, Soup Kitchen, Psychiatry and Mental Health, Case Management
Discovery House	1-866-840-8485	Accepts some insurances, no grant funding, call for sliding scale fee	Unknown N/A	Mental Health
Piscataquis County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
** None Identified, Penobscot County is closest option				
Sagadahoc County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Somerset County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
** None Identified, Penobscot County is closest option				
Waldo County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Seaport Community Health Center – Penobscot Community Health Center (Belfast)	(207) 338-6900	Accepts most insurances, federally qualified health center funding	Yes	Primary Care, Psychiatric and Mental Health
Washington County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Groups/Recover Together (Machias & Calais	1-800-683-8313	Accepts most insurances, OHH grant funding, sliding scale fee for service	No	Case Manager
Discovery House (Calais)	1-866-348-1417	Accepts some insurances, no grant funding, call for sliding fee for service	Unknown	Mental Health
York County	**Contact Info:**	**Payer Source Accepted**	**Probation & DHHS Preferred?**	**Other Services Available:**
Groups/Recover Together (Biddeford)	1-844-292-0111	Accepts most insurances, OHH grant funding,	No	Case Manager

		sliding scale fee for service		
Maine Behavioral Healthcare (Biddeford and Springvale)	1-844-292-0111	Accepts most insurances, grant funding	Yes	Intensive Outpatient, Psychiatry and Mental health, Case Management

Portland Recovery Community Center

102 Bishop Street, Portland Maine 04401 (207) 553-2575

Portland Recovery Community Center serves as Maine's Recovery Hub, and helps spread recovery and the message of hope throughout the state.

Recovery community centers are the heart of recovery communities, where you can:

- Attend a support group and explore multiple pathways to reentry
- Learn about resources to support your recovery
- Offer encouragement to others
- Participate in recovery coaching
- Find help and support for you and your family
- Discover your own way to give back by volunteering
- Get involved with community outreach
- Enjoy social activities

Looking for a recovery community center near you?

HERE ARE WHERE MAINE'S CENTERS ARE LOCATED:

Bangor/Brewer
Bangor Area recovery Network
(207) 561-9444

Bath
Peer Learning Center at Bath
(207) 389-4236

Boothbay
Boothbay Harbor Peer & Wellness Center
(207) 315-6236

Bridgton
Lakes Region Recovery Center
(207) 803-8707

Calais
Down East Recovery Support Center
(207) 952-9279

Caribou
Roads to Recovery Community Center
(207) 493-1278

Houlton
Aroostook Recovery Center of Hope
(207) 271-0085

Machias
Down East Recovery Support Center
(207) 259-6238

Portland
Portland Recovery Community Center
(207) 553-2575

Portland Recovery Community Center

Do you want to meet with a FREE Recovery Coach to support your recovery after you are released?

What is a Recovery Coach?

- **Motivator and Cheerleader:** Coaches empower and believe in the capacity for change, encouraging and celebrating achievements.
- **Ally and Confident:** Coaches genuinely care and listen, honoring confidentiality.
- **Problem Solver:** Coaches help resolve personal and environmental obstacles to recovery.
- **Resources broker:** Coaches link individuals to resources and information for such things as harm reduction, detox, family support and education, sober and stable housing, recovery-conductive employment, health, and social services and recovery support.
- **Lifestyle Consultant:** Coaches assist in developing recovery-based rituals of living.
- **Recovery Planner:** Coaches assist individuals in creating a unique plan of recovery and regularly checks in to identify successes and difficulties.

A Recovery Coach is not:

A Sponsor Therapist Nurse/Doctor Priest/Clergy Lawyer

Recovery Coaches **DO** maintain confidentiality, but **DO NOT** offer treatment for addiction, do not diagnose, and are not associated with any particular method of recovery.

Recovery Coaches honor multiple pathways
and support you on your recovery journey.

Send a letter John Delzel at Portland Recovery Community Center
102 Bishop Street, Portland, ME 04101
to sign up for this FREE service!

Include your name, MDOC #, your release date, and what area in Maine you are releasing to. Tell me what recovery looks like for you and what some of your goals in recovery are. After I get your letter, I'll coordinate with you and your caseworker, so we can work out the details for you to be connected to a community Recovery Coach.

"Though nobody can go back and make a new beginning, anyone can start over and make a new ending"

-Chico Xavier

This Page Left Blank Purposely

Recovery Coach Services

Recovery Coaching Agreement

Welcome to DOC/PRCC Recovery Coach Program! We look forward to helping you access support and explore ways to create your own recovery process.

This agreement documents your willingness to participate in the program. **Anyone interested in receiving recovery coaching through DOC/PRCC must sign this agreement before receiving recovery coach support.** Once you and your coach have signed this agreement, you will get a copy and the center will keep a copy. You can show this agreement to people if you want to. We will not share copies of the signed agreement with anyone.

Here's what you can expect from your Recovery Coach.

1. We will support you and help you create a plan for life in recovery.
2. We will help connect you to people who can help you succeed in your recovery.
3. We will help you explore services that you might want to consider to support your recovery.
4. We will keep your coaching relationship confidential, but we will acknowledge your participation in the PRCC Recovery Coach Program if you request that we do so.
5. As part of the program, we do not evaluate anyone's recovery or report on anyone's use of substances. If you want us to, we will acknowledge the period of time you have participated in coaching, how regular your attendance is, and your commitment to working on your own recovery process.
6. Our sessions together are confidential; however, we are legally and ethically required to report a Recovery Coach Program participant's disclosure of personal involvement with child or elder abuse/neglect, threatened self-harm, or threatened harm to others.
7. We do not provide formal clinical assessments, recommend any particular level or type of care, provide clinical treatment services, monitor abstinence, maintain clinical records, or dispense medications.

Here's what we expect from you:

1. **Your recovery is your responsibility**. Any decisions you make after considering your options in the recovery coaching process are your decisions and not the responsibility of your recovery coach.
2. Please keep your recovery coaching appointments and be on time. If you are unable to keep your scheduled appointments, please contact your coach as soon as possible.
3. You must attend and agree that you will not hold your recovery coach or recovery center responsible for your decisions or actions.
4. You can contact the Recovery Coach Supervisor with any questions or concerns you have about your recovery coach experience, or if you feel you might benefit from a different coach.

Recovery Coach Services

Here's what we both agree to as people in recovery:

1. We will not carry or be involved in carrying any contraband (i.e. drugs, food, hygiene, address, phone numbers, books, or anything considered contraband.) We will not be involved in any illegal activity. This behavior could shut the program down. We recognize that our actions could impact other recovery coaches and the whole recovery program.
2. We will both stay active in our recovery.
3. We will be respectable to officer/staff requests and directions **at all times**. We will respect movements and let pod officers and staff know where we are at all times.

I understand this agreement and the Recovery Coach's code of conduct. I also understand at any time, I can void this contract.

Recoveree Name and DOC #	Recovery Coach Name
Recoveree Signature	Recovery Coach Signature
Date	Date

Eight Areas of Wellness

Please score using the following scale
Always (5), Very Often (4), Often (3), On Occasion (2), Almost Never (1), Never (0)

PHYSICSAL WELLNESS

1. I exercise at least 30 minutes most days of the week. 5 4 3 2 1 0
2. My exercise program includes cardio, muscles, and flexibility. 5 4 3 2 1 0
3. I choose healthy commissary items. 5 4 3 2 1 0
4. I eat a variety of foods from all food groups. 5 4 3 2 1 0
5. I eat breakfast 5 4 3 2 1 0
6. I get enough sleep (7-8 hours per night). 5 4 3 2 1 0
7. I complete routine cancer self-screenings. 5 4 3 2 1 0
8. I participate in recommended health screenings 5 4 3 2 1 0
9. I put in a sick call to medical when I have a health problem. 5 4 3 2 1 0
10. I drink at least eight glasses of water a day. 5 4 3 2 1 0
11. I avoid using mind-altering chemicals. 5 4 3 2 1 0

ENVIRONMENTAL WELLNESS

1. I choose an environment that is free of excessive noise whenever possible. 5 4 3 2 1 0
2. I make efforts to reduce, reuse, and recycle. 5 4 3 2 1 0
3. I try to create an environment that is free from stress. 5 4 3 2 1 0
4. I attempt to stay away from second hand smoke. 5 4 3 2 1 0

SPIRITUAL WELLNESS

1. I make time for relaxation in my day. 5 4 3 2 1 0
2. I make time for prayer, meditation and personal time. 5 4 3 2 1 0
3. My values guide my actions and decisions. 5 4 3 2 1 0
4. I am accepting of others views. 5 4 3 2 1 0
5. My life has purpose and meaning. 5 4 3 2 1 0

EMOTINAL WELLNESS

1. I am able to sleep soundly throughout the night and wake up feeling refreshed. 5 4 3 2 1 0
2. I am able to make decisions with a minimum of stress and worry. 5 4 3 2 1 0
3. I have skills to manage my anger and frustration. 5 4 3 2 1 0
4. I maintain balance between school, work, programs, and personal life. 5 4 3 2 1 0
5. I have skills to manage feelings to sadness and depression. 5 4 3 2 1 0

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut Community for Addiction Recovery 1-10-2020

INTELLECTUAL WELLNESS

1. It is easy for me to apply knowledge from one situation to the next. 5 4 3 2 1 0
2. I enjoy the amount and variety that I need. 5 4 3 2 1 0
3. I find life intellectually challenging and stimulating. 5 4 3 2 1 0
4. I obtain health information from reputable sources. 5 4 3 2 1 0
5. I spend money matching with my income, values and goals. 5 4 3 2 1 0
6. I am able to save for release. 5 4 3 2 1 0

OCCUPATIONAL WELLNESS

1. I am able to plan a manageable workload. 5 4 3 2 1 0
2. My job fits my values and goals. 5 4 3 2 1 0
3. I earn enough money to have stability. 5 4 3 2 1 0
4. My work benefits individuals and society. 5 4 3 2 1 0
5. I am happy with my job. 5 4 3 2 1 0

SOCIAL WELLNESS

1. I plan time to be with fiends. 5 4 3 2 1 0
2. I have visits often with my friends and family. 5 4 3 2 1 0
3. I talk to my family often on the phone. 5 4 3 2 1 0
4. I am happy with the groups/organizations I am part of. 5 4 3 2 1 0
5. I am involved with volunteer work or service work. 5 4 3 2 1 0
6. I explore diversity by interacting with people of other cultures, backgrounds, and beliefs. 5 4 3 2 1 0

BEHAVIOR WELLNESS

1. I maintain a positive attitude. 5 4 3 2 1 0
2. I surround myself with positive people. 5 4 3 2 1 0
3. I am involved with pro-social programs. 5 4 3 2 1 0
4. I treat other incarcerated citizens with respect. 5 4 3 2 1 0
5. I treat staff with respect. 5 4 3 2 1 0
6. I avoid involvement with drug activity. 5 4 3 2 1 0
7. I avoid conflict and unnecessary stress. 5 4 3 2 1 0

The 8 areas of wellness are available to help you identify areas in your life where you can work to improve upon to have a healthy, substance free happy life. It will also help you to continue being pro-active & pro-social with your peers in the community you currently reside in and for when you are released.

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut Community for Addition Recovery

Name: _____ **DOC#** _____

Recovery Wellness Plan

The goals on this plan should be your goals. You are responsible for writing, keeping, and following this plan. The plan will help you and your recovery coach have goal-based conversation during your meetings. It will also give you personal recovery goals to work towards. Although your coach may assist you in filling this out, make sure these are **your** goals and they are S.M.A.R.T. (Specific, Measurable, Achievable, Realistic, and Time-bound).

SMART GOALS

- **Specific:** State exactly what you want to accomplish (Who, What, Where and Why).
- **Measurable:** How will you demonstrate and evaluate the extent to which the goal has been met?
- **Achievable:** A challenging goal within your ability to achieve outcomes.
- **Realistic:** How does the goal tie into your key responsibilities? How is it aligned to your objectives?
- **Time-bound:** Set one (1) or more target dates to guide your goal to successful and timely completion.

What is my overall recovery wellness goal?

It is often helpful to break down recovery wellness into smaller parts. These will be listed beginning on the next page. You will find questions to help get you thinking. Some will strike you as more important than others. Pay attention to these. There is an opportunity to make a goal under each heading, yet you do not need to have a goal under each heading. Oftentimes, it gets confusing to have more than a couple of goals at a time. Keep in mind that by using the SMART goals outline, it will help you to not get confused with a time frame. Also, when writing your goals out, begin with the most important to the least important. Also keep in mind that sometimes there may be a hurdle that causes you to prolong completing a goal. It is ok to work on another goal and come back to the one with the hurdle you will need to get over.

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

1. Connection to the Recovery Community
➢ Do I talk to people who are in recovery on a daily basis? ➢ Am I involved and actively participating in recovery groups? ➢ Do I have a person I can talk to about my recovery? ➢ Am I actively involved in faith recovery programs? ➢ Do I spend time being around people in recovery?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

2. Physical Health
➢ Am I eating a balanced diet? ➢ Am I buying healthy food items? ➢ Am I going to the gym or exercising in my housing unit? ➢ Do I get enough sleep? ➢ Do I need to see a doctor or dentist? ➢ Do my health care providers know that I am in recovery? ➢ If I have been prescribed medications for my physical, am I taking it as prescribed? ➢ Do I drink enough water?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

3. Emotional Health
➢ Do I work at being a healthy participant in healthy relationships? ➢ Am I addressing issues related to mental health, such as seeing a therapist/counselor? ➢ Do I need to be seeing one? Should I put a slip in to see Mental Health? ➢ Do my mental health care providers know that I am in recovery? ➢ If I have been prescribed medication for my emotional health, am I taking it as prescribed? ➢ Do I have someone in my housing unit to talk to when I feel angry, stressed, sad, or worried?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

4. Spiritual Health
➢ Do I have spirituality in my life? ➢ Do I need to work on improving my spirituality practice? ➢ Have I taken meditation or yoga? ➢ Am I disciplined in my spiritual practice? ➢ Do I pray, meditate, and/or take time for personal reflection? ➢ Do I read from a daily reflection book?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

5. Living Accommodations
➢ Does my housing unit support my recovery? ➢ Am I living with someone who knows about and supports my recovery? ➢ Do others in my living area know I am working a program of recovery? ➢ Do I need to consider changes in my living situation? ➢ Do I need to put in a move slip to get in a healthier living environment? ➢ Am I working on gong to a minimum facility? If so, what steps do I need to be taking? ➢ Do I have a positive and supportive place to live when I am released?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

6. Education & Programs
➢ Do I have my high school diploma, HISET, or GED? ➢ Am I enrolled in programs that will support my growth? ➢ What programs are offered here that I should be involved in? ➢ Do I need to return to some form of education? ➢ Do I need training on any area?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

7. Job/Work
➢ Am I working a job here that is satisfying? ➢ Do I need to consider a position where I can make some money? ➢ Have I put in a request to get a different position? ➢ Have I thought about working in the kitchen, education, library, wood shop or other industrial/vocational area? ➢ Does my caseworker or coordinator know what my work/job goals are? ➢ Do I need to consider a move to support my job goals?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

8. Personal Daily Living for Here and Release
➢ Am I saving money for my release? ➢ Have I taken classes that will support me to manage money upon release? ➢ Do I owe fines, child support, or bills that will need to be taken care of? ➢ Am I budgeting my money to make it through the month? ➢ If getting released soon, have I considered a positive, pro-social place to live when I get out? Am I saving for it, if there is a fee? ➢ Have I been writing to outside places that will support my release? ➢ Have I been working with my caseworker/coordinator to discuss my goals for my incarceration and for my release?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

9. Other
➢ Are there other areas I wish to explore? ➢ Do I have any other goals? ➢ Is there something else I would like to accomplish?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

10. Other
➢ Are there other areas I wish to explore? ➢ Do I have any other goals? ➢ Is there something else I would like to accomplish?
Recovery Goal
Steps I need to take to reach my goal
Who else might be involved to support me in reaching my goal?
When do I want to have this goal accomplished?

Adapted from Maine State Prison Recovery Coach Program
Adapted from Connecticut for Addiction Recovery

This Page Left Blank Purposely

Getting Substance Use Treatment Help in Maine

Getting help for a substance use problem is a big step. Sometimes you are required to take this step by probation officers, other times you are motivated by your own wish for a better life or are urged to get some help from friends and family. Whatever the case, reaching out can be hard to do. The good news is that there are a lot of resources to help you as you step into recovery.

One of the best resources is the Office of substance use or OSA. They can be located online at: www.maine.gov/dhhs/osa

OSA has online searchable directory which contains:

- **Co-Occurring Disorders Treatment Services:** Contains all alcohol and other drug abuse treatment agencies licensed in the State of Maine who also hold a mental health license.
- **Driver Education and Evaluation Program Providers:** Contains all agencies/individuals qualified to provide DEEP assessment and treatment services.
- **Prevention Services:** Contains prevention programs holding a contract with the Office of Substance Use.
- **Treatment Services:** Contains all alcohol and other substance use treatment agencies licensed under the State of Maine.



Differential Substance Abuse Treatment (DSAT) Providers in Maine

These providers use DSAT model—which is also used by the Adult Drug Courts and in many of Maine's Correctional Facilities. This substance use treatment separates and treats males and females in a gender responsive manner. It is a program that has been proven to help people with substance use problems.

Catholic Charities Maine Counseling Services
250 Anderson Street
Portland, Maine 04101

Crisis and Counseling Centers, Inc.
32 Winthrop Street
Augusta, Maine 04333

Counseling Services, Inc. (CSI)
PO Box 1010
Saco, Maine 04072

Open Door Ellsworth
PO Box 958
8 Old Mill Road
Ellsworth, Maine 04615

Tri-County Mental Health Services
PO Box 2008
1155 Lisbon Street
Lisbon, Maine 04241

Wellspring, Inc., Bangor
98 Cumberland Street
Bangor, Maine 04401

Eastport Healthcare, Inc.
30 Boynton Street
Eastport, Maine 04631

"I drank for happiness and became unhappy. I drank for joy and became miserable. I drank for sociability and became argumentative. I drank for sophistication and became obnoxious. I drank for friendship and made enemies. I drank for sleep and woke up tired. I drank for strength and felt weak. I drank for relaxation and got the shakes. I drank for courage and became afraid. I drank for confidence and became doubtful. I drank to make conversation easier and slurred my speech. I drank to feel heavenly and ended up feeling like hell."

- Author Unknown

Unity House

Community Support = Success
Kathryn Matlack
founder

Unity House

Community Support = Success
House Manager Rob Porter
raporter65@gmail.com
Rockland, Maine
(207) 213-7101

unityhousemaine@gmail.com
www.unityhousemaine.com

Rockland Maine
207) 200-4088

- Recovery and Reentry Residence for men
- Live-in House Manager
- Dedicated team addressing the unique needs of each resident

humanKindr

A New Future
Kathryn Matlack
humankindrme@gmail.com

To apply for
funding please go to
www.tinyurl.com/humankindr

humankindr is a non-profit organization who can assist you in developing a foundation for you to succeed once you are released. It is for men & women who are willing to put the work in and want to succeed. This is not a handout. Individuals will be screened to determine whether he/she is an acceptable candidate. It is up to you to be in control of your life. The question is, will you utilize the resources available to help you succeed and be a productive member of your community or will you continue being a statistic?

Types of Substance Use Treatment

Detoxification: A "detox" may be a hospital based, freestanding, or outpatient program that provides assessment, diagnosis, and medical treatment to stabilize people who are experiencing withdrawal from alcohol or drugs.

Residential Rehabilitation: Residential treatment programs provide services in a full (24 hours) residential setting. These programs provide a scheduled treatment regimen which consists of diagnostic, educational, and counseling services; and refer clients to support services as needed. Clients are routinely discharged to various levels of follow-up services. There are three categories of residential care:

Residential Treatment & Extended Shelter: Residential treatment programs maintain a basic focus on early recovery skills, including the negative impact of chemical dependency, tools for developing support, and relapse prevention skills.

Halfway House: Halfway houses are 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.

Extended Care: Clients with extensive substance use or coexisting disorders of substance use and co-occurring mental health conditions may enter an extended care program, a residential treatment program that offers treatment stays longer than 180 days.

Intensive Outpatient: Nonresidential rehabilitation programs provide intensive and structured substance use treatment, three to four days a week. The programs usually last three or four weeks and may be conducted during the day time 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.

Shelter: Shelters provide food, clothing, and lodging for up to twelve hours a day. Shelter programs can also motivate people to seek and enter treatment.

TRANSFORMATION
project

Who we are

The Transformation Project (TTP) is a 501(c)(3) Maine nonprofit on a mission to transform lives and better our communities by providing reentry opportunities to people coming out of lockup. We are a Christian organization operating solely on donations from area churches and private citizens. We have a staff of one person. The rest of our team volunteers their time pro bono. So far in 2019 alone, our incredible team of dedicated volunteers has given more than 1,800 hours to further our cause and support our mission.

We provide support and encouragement to those inside and outside of lockup. Our programs include: Inmate Reentry Training, Prison Ministry, PenPal Program, and Bible Studies. Additionally, we have just opened our Resource Center to help ex-offenders connect with area resources needed to live their best life.

Our Resource Center

The Transformation Project has been richly blessed by the addiction of Torry Eaton to our incredible team of volunteers. Torry joined out team as our Resource Coordinator in December 2019.

Torry began her career in 1987 as a Youth Career Development Specialist at Aroostook County Action Program (ACAP) in Presque Isle, becoming its program manager in 1993. Currently, she is developing our career program and training her team to help our clients become productive, working members of our community.

We introduce our Resource Center late spring of 2019. In the meantime, Torry describes the heart of the program:

“Once an individual reenters society from incarceration, their likelihood of becoming a contributing member of their community is dependent on whether they can secure meaningful employment, find a place to live, and have the education and skills necessary to advance in life.

A successful reentry program is one which helps individuals overcome one or more of these barriers and collaborates with other community resources to supplement its own program with other services.

TTP Navigators will be the key to this collaboration. A good Navigator is most importantly a good listener and secondly, an investigator. Listening to the folks that are reentering their community allows them to have ownership for their future.

Once the barriers are identified, the investigation begins. Community resources are abundant, but they are not often easily accessible to those who lack transportation. The TTP Navigators will help identify and then access the needed assistance for each person.”

If you are interested in learning more about becoming a TTP Resource Navigator, please contact Torry at resources@thetransformationproject.org.

Rose’s Room

Rose’s Room is a support group for the families and loved ones of incarcerated men and women.

When Rose looked for a support group for families and friends of those in prison or jail and found that none existed, she decided to step forward and create one. She approached Bruce Noddin, founder of the Maine Prisoner Reentry Network, and together they made Rose’s idea a reality. Rose’s Room had its inaugural meeting in May 2018 at St. Michael’s Episcopal Church in Auburn Maine.

Since then, the Rose's Room has expanded to four locations. We warmly invite those who are directly affected by a loved one's incarceration to join us. We talk, listen, and learn, and are simply present for each other with the unique understanding that comes from shared experience.

Our journeys might be difficult, but knowing we are not alone allows us to support each other in many important ways.

For more information, please e-mail rosesroom2018@gmail.com or call **(207) 330-1446**.

Rose's Room Meeting Locations

Auburn
St. Michael's Episcopal Church
7:00-8:30 p.m. | 3rd Wednesday of each month

Bangor
Columbia Street Project
7:00-8:30 p.m. | 3rd Tuesday of each month

Rockland
First Universalist Church
7:00-8:30 p.m. | 3rd Tuesday of each month

Westbrook
Roots Café
7:00-8:30 p.m. | 3rd Tuesday of each month

R4R
Ready for Reentry

Become A Prisoner Reentry Coach

A series of informed Workshops Covering All Challenges Facing Those Reentering Our Communities

Columbia Street Project, 45 Columbia Street, Bangor, ME

There is Reentry Coaching in various areas throughout the state.
Contact Bruce at (207) 330-1446 or brunoskis317@gmail.com for more info!

Transformation Project Board of Directors

Keenan Eaton	Hank Dunn
Ken Hawley	JD Schnackenberg
Rich Fillmore	Beth Valley
Ron Beland, Jr.	Bethany Winslow

Contact Information

The Transformation Project (TTP)
907 Main Street
Westbrook, Maine 04092
(207) 854-2226
www.thetransformationproject.org

Have you been affected by a loved-one's Drinking?
Al-Anon Can Help!

Al-Anon is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist; This support network complements and supports professional treatment.

Alateen is a peer support group for teens who are struggling with the effects of someone else's problem drinking. Many Alateen groups meet at the same time and location as an Al-Anon group. Alateen meetings are open only to teenagers.

No advance notification or written referral is necessary to attend an Al-Anon or Alateen meeting. Anyone affected by someone else's drinking is welcome to attend.

There is no dues or fees. Groups are self-supporting, and usually pass a basket around for a voluntary contribution to pay for rent or Al-Anon literature.

To find an Al-Anon Group in Maine, go to: www.maineafg.org

Or for more information, go to the National Al-Anon site: http://www.al-anon-alateen.org

Stages of Recovery
A Development Model of Recovery

1. **TRANSITION STAGE**

   The transition stage begins the first time a person experiences a problem related to uncontrolled alcohol or drug use. As a person's addiction progresses, he or she tries a series of strategies designed to control use or stop using.

   - The major cause of inability to abstain during the transition period is the person's belief that abstinence is unnecessary because there may be a way to control alcohol or other drug use.

- **STABILIZATION STAGE**

  During the stabilization period, chemically addicted individuals need to resolve physical withdrawal and other medical problems. They learn how to break the psychological conditions that causes the urge to use alcohol and other drugs, stabilize the crisis that motivated them to seek treatment, and learn to identify and manage symptoms of brain dysfunction. This prepares them for a long-term process of rehabilitation. It takes between 6 weeks and 6 months to learn to master these symptoms.

  - The major cause of the inability to maintain abstinence during the stabilization is lack of knowledge and coping skills.

- **EARLY RECOVERY STAGE**

  Early recovery is marked by the need to establish a chemical-free lifestyle. The recovering person must learn about the addiction and recovery process. He or she must separate from friends who do not build relationships that support long-term recovery. This may be a difficult time for criminal offenders who have never associated with people with sobriety-based lifestyles.

  The recovering person needs to learn how to develop recovery-based values, thinking, feelings, and behaviors to replace the ones formed in addiction. This period lasts 1-2 years.

  - The primary cause of relapse during the early recovery period is the lack of effective social and recovery skills to build a sobriety-based lifestyle.

- **MIDDLE RECOVERY STAGE**

  Middle recovery is marked by the development of balanced lifestyle. During this stage, individuals learn to repair past damage done to their lives and relationships. The recovering person moves out of the protected environment of a recovery support group to assume a more mainstream lifestyle, applying recovery skills to real-life problems.

- The major cause of relapse during the middle recovery period is the stress of real-life problems.

- **LATE RECOVERY STAGE**

  During late recovery, the individual makes changes in ongoing personality issues that continue to interfere with life satisfaction. This is sometimes referred to as *self-actualization*—the process of examining the values and goals that one has adopted from family, peers, and culture. Conscious choices are then made.

  In normal growth and development, this process occurs in a person's mid-twenties. Among people in recovery, it does not usually occur until 3-5 years into the recovery process.

  For criminal offenders, this is the time when they learn to change self-defeating behaviors that may trigger a return to alcohol or another drug use.

  - The major cause of relapsing during this late phase of recovery is either the evasion of the need to develop a functional personality style.

- **MAINTENANCE STAGE**

  The Maintenance period is the lifelong process of continued growth and development, coping with adult life transitions, managing routine life problems, and guarding against relapse. The physiology of addiction lasts for the rest of a person's life. Any use of alcohol or any other drugs will reactivate physiological, psychological, and social progression of the disease.

  - The major cause of relapse during this maintenance period is the failure to maintain a recovery program or the encountering of a major lifestyle transition.

  Adapted from T. Gorski and Kelley, *Counselor's Manual for Relapse Prevention with Chemically Dependent*

  - *Criminal Offender's*, Center for substance use Treatment (SAMHSA)



SequelCare of Maine,
Opiod Health Home

While in OHH you will meet regularly with our Doctor to receive your medication. You will have access to a full team to support your recovery including a Nurse Case Manager, a Counselor and a Peer Recovery Coach. Your nurse or other team members will serve as your Patient Navigator to help support you and guide you through treatment. We believe that medication assisted treatment supports sobriety and helps our clients live a happy, healthy, stable life.

There are three (3) phases to treatment:

Induction: This is the most intensive phase. During the first month you will meet weekly with the team to get a full assessment and your prescription.

Stabilization: Once you have finished the induction phase you will move to stabilization phase. During this phase we will ensure that your medication is stabilized and that you have the right number of meetings with your counselor, at least two times a month but possibly more. We will continue to ensure that you have the referrals you need and access to resources.

Maintenance: Once you move through stabilization you enter maintenance. You will meet with the Doctor once a month and receive counseling in either an individual or group setting once a month. We will continue to ensure that any referral needs are met.

SequelCare Contact Maine Info:

www.sequelcareofmaine.com

321 West Main Street
Searsport, Me 04974
338-8960

760 Union Street
Bangor, ME 04401
989-2946

70 Bayview Street
Yarmouth, ME 04096
847-2273

HEALTH ALLIANCE EQUITY

About HEAL

The Health Equity Alliance is a non-profit agency providing direct service and advocating on behalf of Maine's LGBTQ+ community, people living with HIV/AIDS, and people who use drugs.

What is Harm Reduction?

Harm Reduction is a principle based in respect for the rights and agency of people who use drugs. To us, this translates into a relationship of respect, care, and support for the lived experiences and decisions of each of our clients, no matter their history or present reality. We offer support without judgment in a way that prioritizes our client's needs.

Harm Reduction Services

- Syringe Exchange
- Naloxone/Narcan Distribution
- Fentanyl Test Strips
- HIV/HCV Testing
- Case Management for People with a History of Injection Drug Use
- Education and Training
- Emergency Food Pantry
- Free Clinic
- Drug Policy Reform Advocacy

Need More Information?

Health Equity Alliance

304 Hancock Street, Suite3B,
Bangor, ME
5Long Lane #1, Ellsworth, ME
7 VIP Road, Machias, ME
147 Waldo Avenue, Belfast, ME

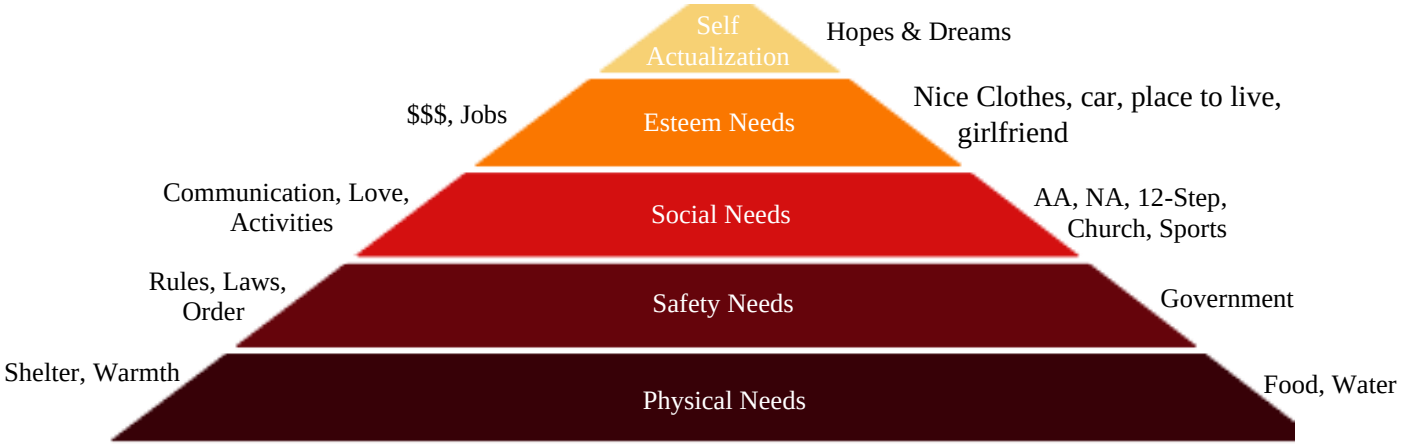
Email ifo@mainehealthequity.org
www.mainehealthequity.org

Maslow's Hierarchy of Needs

Maslow was arguably one of the most significant psychologists of modern time. Maslow advanced a general theory of human motivation which emphasized a concept of needs (Oleson, 2004). His Hierarchy of needs involves the use of motivation concepts. The first need is labeled as *physiological*- food and water; the second need is *safety*- the ability to feel secure; the third need is belonging *and love*- friends, family, relationships; the fourth need is *esteem*- having self-confidence, and the fifth need is *self-actualization*- where each individual makes maximum use of his or her individual gifts and interests (Hagerty, 1998). In regards to money and happiness Maslow's hierarchy of needs could be seen to fulfill each need through;

- **Physiological;** as in having the resources to buy food and to have running water,
- **Safety;** having the ability and the money to install security systems in the literal sense, and also having a financial security 'peace of mind' in the psychological sense,
- **Belonging and Love;** the ability to do activities that bring relationships closer therefore making you feel more connected to others e.g. taking your partner out to dinner, taking your kids to the zoo, having friends over for a BBQ
- **Esteem;** money can bring a sense of self-confidence in the way you can afford to dress, the type of car you drive, the type of house you live in. Although seemingly shallow types of esteem- they are esteem nonetheless as they bring forward a sense of self-confidence.
- **Self-actualization;** making maximum use of your individual gifts and interests- for example if you have the resources to help others through charity work or donations, some celebrities for example have an incredible amount of wealth and therefore give back to the community.

As society evolves the concept of money becomes more and more valued. Diener (1984) suggests that money can often give a sense of security against potential misfortunes, making and having money may be sources of self-esteem in a society that highly values this resource. Maslow believed that in most humans there is an active drive towards health, growth and actualization of the human potential (Oleson, 2004). The society we live in today directs health and growth through having the potential resources to do so. Maslow characterized humans as perpetually 'wanting creatures', always possessing some type of unfulfilled need (Oleson, 2004). In a modernized view it can be seen that Maslow's hierarchy of needs can center around not only psychological motivation to fulfill these needs but also having the resources and ability to do so. The human needs theory has increasingly drawn the attention of professionals in family economics and family studies. In addition, this theory was also considered by many to be relevant for the study of family financial concerns (Oleson, 2004) **Maslow's Hierarchy of Needs**



When You Use Substances, The Pyramid Will Disappear from the Top to the Bottom

Relapse: is the return to mind – altering chemicals after a period of abstinence in which there was an expressed desire to stay clean (person is working a recovery pathway = wellness)

Lapse: is a single use after a period of abstinence where a person catches him or herself and returns to recovery (it is a learning

experience, not an excuse)

Prolapse: is learning what causes lapses and relapses and not only avoiding them but having a plan in place to deal with them.

High Risk Situation: any situation that causes you to want to use (people, old friends, places (barroom), things (stress/music)

Recovery: is an ongoing process which individuals, families, and communities utilize internal or external resources to address internal challenges

Making Positive Changes – Inside or Outside

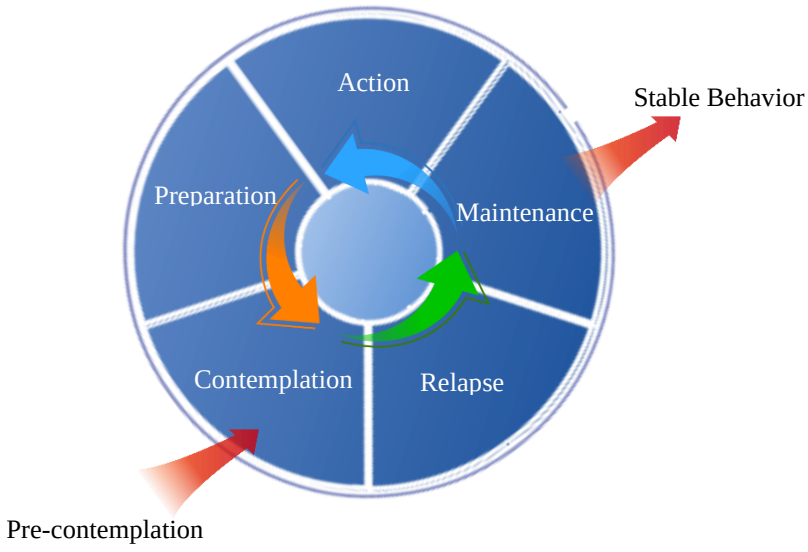
Most every incarcerated citizen leaving a facility believes that he or she will return to the community and follow the law and stay sober. Admirably, most incarcerated citizens want to lead a law-abiding life, follow conditions of probation (if they have it) and not return to jail or prison. When you are released you are likely going to be facing a lot of challenges. These challenges may test your resolve around remaining sober and not breaking any laws, and you may have to make some tough choices.

In this section, information is provided to help you understand probation a little better. certified Batterers Intervention Programs, and how to make your restitution payments.

The Stages of Change

When individuals are preparing to make a significant change in their life, there is often a process that people go through, especially in relation to the abuse of alcohol or drugs. This process was identified in the 1970s and 1980s through research by James Prochaska and Carlo DiClemente at the University of Rhode Island. It is called Stages of Change. Below is an example of the model explaining in detail about the Stages of Change.

Stages of Change Model



Pre-contemplation: This stage is when people are not seriously thinking about making any change in their life at all. In fact, often these people are in a place where they do not think that they have a problem; that their drinking/drugging isn't affecting their lives, etc. They may get upset and defensive when people tell them there is a problem. Sometimes this stage is considered the stage of denial.

Contemplation: This is when people are starting to think about the bad behavior/action, and are considering whether or not it is a problem. They are also thinking about quitting/changing and weighing the cost and benefits of that choice. Although they think about the negative impacts of their bad habits and the positive aspects that can be gained from stopping or reducing that habit, they may doubt that the long-term benefits associated with quitting will outweigh the short-term costs.

Preparation/Determination: This is the stage when someone has decided they have a problem and they are going to do something about it. They start to make small changes and take steps towards quitting/changing.

Action/Willpower: This is the stage when an individual's willpower and determination come together to produce change/actions. They are taking significant steps towards reaching their goal but; it also is a stage where relapse or falling back into old behaviors is common.

Maintenance: This stage is the continuation of the positive changes that have been made in the Action stage. They continue to make positive choices that lead to the outcomes that they want.

Relapse: This stage can happen at any time or cannot happen at all. It is just what the title suggests; a return to the past negative behaviors that the individual wanted to change. Relapse is often a part of the recovery process and does not mean the individual has failed! Return to recovery can include watching out for high risk situations and getting extra support.



I Want My Life Back!



Substance Use
and Mental Health Services
An Office of the
Department of Health and Human Services

Maine Alcohol & Drug Use Treatment Services October 2013

This directory provides a list of alcohol and other drug use treatment services available in the State of Maine. Detailed information on these agencies and their services, as well as the most recent changes and updates to the information provided here, is available from the online directory at**://www.maineosa.org/helpdirectory.htm.**

If you do not have access to the web, the information and Resource Center can print the information you need.

A separate directory of self-help and support group meetings is also available.

Treatment Agencies: Please notify the Office of Substance Use and Mental Health Services of any changes to your listing. An online change form is available at www.maineosa.org/directory. Helping us provide accurate and timely information will promote continued quality service for people throughout the State of Maine.

Information and Resource Center
Substance Use & Mental Health Services
Department of Health and Human Services
11 State House Station
41 Anthony Avenue
Augusta, Maine 04333-0011

Telephone: 1-800-499-0027 or (207) 287-8900
TTY: Maine Relay 711
FAX: (207) 287-8910
Web: www.maineosa.org
E-mail: osa.ircosa@maine.gov

24-Hour State-wide Crisis Hotline: 1-888-568-1112
Department of Health and Human Services

Maine Alcohol and Other Drug Use Services Directory

Find Treatment Agencies,
Prevention Programs
and more on the SAMHS web site!

This online Searchable directory is the most **up-to-date** listing
of substance use treatment agencies and programs.

www.maineosa.org/help/directory.htm

Click on "Online Searchable Directory" then choose either:

Provider Name Search

Look up a single agency by entering its name

(If only a portion of the name is known, enter what is Known.)

Program or Service Search

Search by type of program (Select: DEEP, Prevention, Co-Occurring Disorder, or Treatment.)

Enter desired criteria

Note: To see a list of all agencies, do not select any criteria. Simply click on "Go"

Questions? Contact

Office of Substance Use & Mental Health Svs.
Information & Resources Center
41 Anthony Avenue
11 State House Station
Augusta, Maine 04333-0011

Phone: 1-800-499-0027 or (207) 287-8900

TTY: Maine Relay: 711

E-mail: osa.ircosa@maine.gov

EMERGENCY NUMBERS / 24 HOUR HOTLINES

(Agencies may be reached 8am to 5pm, Monday through Friday)

Substance Use & Mental Health Services **Department of Human Services** 11 State House Station 41 Anthony Avenue Augusta, Maine 04333-0011 **Web:** www.maineosa.org		287- 2595	TTY: Maine Relay 711 FAX: 287-4334
Substance Use & Mental Health Services **Driver Education and Evaluation Program (DEEP)** FAX: 287-3903 **Email:** deep.osa@maine.gov		626-8600	TTY: Maine Relay 711
Substance Use & Mental Health Services **Information and Resource Center** **Email:** osa.ircosa@maine.gov	1-800-499-0027	287-8900	TTY: Maine Relay 711 FAX: 287-8910

Other Substance Use Resources

Maine Association of Alcoholism and Drug Use Counselors (MAADAC)
Ruth Kisseloff Johnson, President
PO Box 106
Searsport, Maine 04974
Tel: 341-1676
E-mail: maadac2001@yahoo.com

MaineAssociation of Substance Use Programs (MASAP)
Ruth Blauer, Executive Director
295 Water Street, Suite 200
Augusta, Maine 04333
Tel: 621-8118
E-mail: rblauer@masap.org
Web: www.masap.org

Maine Board of Licensed Alcohol and Drug Counselors
Gelaldine Betts, Administrator
#35 State House Station
Augusta, Maine 04333
Tel: 624-8689
Web: www.maine.gov/pfr/professionallicensing

Maine Alliance for Prevention of Substance Use (MAPSA)
Susan Kring, Coordinator
295 Water Street, Suite 200
Augusta, Maine 04333
Tel: 621-8118
E-mail: skring@masap.org
Web: www.masap.org

Maine Alliance for Addiction Recovery (MAAR)
Darren Ripley
295 Water Street, Suite 200
Augusta, Maine 04333
Tel: 621-8118
E-mail: dripley@masap.org
Web: www.masap.org

Maine Medical Professional Health Program
Cathryn Stratton, Coordinator
Dr. Lani Graham MD
20 Association Drive
PO Box 190
Manchester, Maine 04351
Tel: 623-9266 x3
Fax: 430-8386
E-mail: mphp@mainemed.com
Web: www.mainemed.com

The Women's Project
The Opportunity Alliance
50 Lydia Lane
South Portland, Maine 04106
Tel: 1-877-429-6884 or 523-5049
TTY: 874-1013

Maine Mothers Network
(Case management for pregnant and parenting women using substances)
Tel: 1-800-244-6431
Fax: 498-4197

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
CO-OCCURRING DISORDERS				
ANDROSCOGGIN COUNTY				
Spurwink Services	Auburn	Youth	Sliding fee	(207) 871-1200
St. Francis Recovery Center	Auburn	Men	Sliding Scale	(207) 784-2901
Blue Willow Counseling Center	Lewiston	Men, Women, Youth	Sliding fee	(207) 777-3399
Central Maine Counseling Center	Lewiston	Men, Women		(207) 782-3386

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
CO-OCCURRING DISORDERS				
Community Clinical Services	Lewiston	Men, Women, Youth		(207) 755-3434
Facing Change PA	Lewiston	Men, Women, Youth		(207) 784-0922
Food Addiction Chemical Dependency Consultants, LLC	Lewiston	Men, Women, Youth	Sliding fee	(207) 754-4050
Health Affiliates Maine – Ann Marie Mullins, LCSA, LADC, SAP	Lewiston	Men, Women		(207) 783-1750
Spurwink Services	Lewiston	Youth		(207) 871-1200
St. Mary's Addiction Medicine	Lewiston	Men, Women, Youth	Sliding fee	(207) 777-8700
Tri County Mental Health Services	Lewiston	Men, Women, Youth	Sliding fee	(207) 783-4695 (207) 783-9141
Evergreen Behavioral Health Services	Livermore Falls	Men, Women, Youth	Sliding fee	(207)778-0035
ANDROSCOGGIN COUNTY				
Aroostook Mental Health Center	Caribou	Men, Women, Youth	Sliding fee	(207) 498-2356 (207) 493-3361
Life By Design, PA	Caribou	Men, Women, Youth		(207) 492-1653
Sweetser – Philip Advocate, LCSW, CADC	Caribou	Men, Women		(207) 493-1700
Aroostook Mental Health Center	Eagle Lake	Men, Women, Youth	Sliding fee	(207) 444-5384
Aroostook Mental Health Center	Fort Kent	Men, Women, Youth	Sliding fee	(207) 834-3186
Aroostook Mental Health Center	Houlton	Men, Women, Youth	Sliding fee	(207) 532-6523
Life By Design, PA	Houlton	Men, Women, Youth		(207) 532-9660
Aroostook Mental Health Center	Limestone	Men, Women	Sliding fee	(207) 325-4727
Aroostook Mental Health Center	Madawaska	Men, Women, Youth	Sliding fee	(207) 728-6341
Aroostook Mental Health Center	Presque Isle	Men, Women, Youth	Sliding fee	(207) 764-3319
Life By Design, PA	Presque Isle	Men, Women, Youth		(207) 764-6825
CUMBERLAND COUNTY				
TRI COUNTY Mental Health Services	Bridgton	Men, Women, Youth	Sliding fee	(207) 647-5629
Addiction Resource Center	Brunswick	Men, Women, Youth	Sliding fee	(207) 373-6950
Spurwink Services	Brunswick	Youth	Sliding fee	(207) 871-1200
Sweetser – Deborah Como-Kepler Psy-D, LADC	Brunswick	Men, Women, Youth	Sliding fee	(207) 729-7022

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
CO-OCCURRING DISORDERS				
CUMBERLAND COUNTY				
Spurwink Services	Casco	Youth	Sliding fee	(207) 627-6915
Sweetser – Maria Serra, LCSW	Harpswell	Men, Women		(207) 833-5986
Catholic Charities Maine Counseling Services	Portland	Men, Women	Sliding fee	(207) 775-5671
City of Portland	Portland	Men, Women, Youth	Sliding fee	(207) 874-8445
Community Counseling Center	Portland	Men, Women	Sliding fee	(207) 874-1030
Cornerstone BHC – Chellie Morrison, PHD	Portland	Men, Women, Youth	Sliding fee	(207) 776-9990
Crossroads	Portland	Women	Sliding fee	(207) 773-9931
Maine Medical Center Outpatient Psychiatry	Portland	Men, Women, Youth		(207) 761-6644
Maine Medical Center Outpatient Psychiatry	Portland	Men, Women, Youth		866-761-6644
Northeast Occupational Exchange (NOE)	Portland	Men, Women, Youth	Sliding fee	800-857-0500
Portland VA Maine Healthcare System	Portland	Men, Women		(207) 771-3500
Randall Place	Portland	Men, Women, Youth	Sliding fee	(207) 874-1175
Serenity House, Inc	Portland	Men	Sliding fee	(207) 774-2722
Spring Harbor Community Service Access	Portland	Men, Women		(207) 780-0020
Spurwink Services	Portland	Youth		(207) 871-1200
Sweetser – Carolyn Wallace, LCPC, LADC	Portland	Men, Women		(207) 653-3999
Sweetser – Greg Ford LCPC-C	Portland	Men, Women		(207 828-0759
Sweetser – Jennifer Greaves	Portland	Men, Women	Sliding fee	(207) 773-3300
Sweetser – Marlene Silva, LCPC, LADC	Portland	Men, Women		(207) 712-5469
Sweetser – Thomas Coffin, LCSW, LADC, CCS	Portland	Men, Women		888-318-6171
Sweetser – V. Elizabeth Taxter	Portland	Men, Women, Youth		(207) 899-4363
The Bridge	Portland	Men, Women, Youth	Sliding fee	(207) 874-1175
Youth Alternatives Inc.	Portland	Men, Women, Youth	Sliding fee	(207) 874-1175
Crossroads	Scarborough	Women	Sliding fee	(207) 773-9931
Sweetser -Deborah Jo Landry	Scarborough	Men, Women		(207) 699-8289
Day One South	Portland	Youth	Sliding fee	(207) 822-2651 (207) 874-1045
Food Addictions Chemical Dependency Consultants, LLC	South Portland	Men, Women, Youth	Sliding fee	(207) 774-4564
Spurwink Services	South Portland	Youth		(207) 871-1200
CAP Quality Care Inc.	Westbrook	Men, Women		(207) 856-7227
Counseling Services, Inc.	Westbrook	Men, Women, Youth	Sliding Scale	(207) 282-1500
Spring Harbor Hospital	Westbrook	Men, Women, Youth		(207) 761-2200
Children and Mothers Program (CAMP)	Windham	Women	Sliding fee	(207)773-9931

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
CO-OCCURRING DISORDERS				
CUMBERLAND COUNTY				
Food Addiction Chemical Dependency Consultants, LLC	Windham	Men, Women, Youth	Sliding fee	(207) 893-0213
Spectrum Health Services, Inc	Windham	Men		(207) 892-6605
Tri County Mental Health Services	Windham	Women	Sliding fee	(207) 893-7000
Cornerstone BHC – Jane Look, LCPC-C, CADC	Yarmouth	Men, Women, Youth	Sliding fee	(207) 251-1482
FRANKLIN COUNTY				
Evergreen Behavioral Health Services	Farmington	Men, Women, Youth	Sliding fee	(107) 779-2389
Sweetser – Katrine Laban, LCPC, LADC, CCS	Farmington	Men, Women, Youth	Sliding fee	(207) 491-9122
Tri County Mental Health Services	Farmington	Men, Women, Youth	Sliding fee	(207) 778-3556
HANCOCK COUNTY				
MDI Hospital Behavioral Health Center	Bar Harbor	Men, Women		(207) 288-8604
Aroostook Mental Health Center Atlantic	Ellsworth	Men, Women, Youth	Sliding fee	(207) 667-6890
Dirigo Counseling Clinic	Ellsworth	Men, Women, Youth	Sliding fee	(207) 973-0505
Open Door Recovery Center	Ellsworth	Men, Women, Youth	Sliding fee	(207)667-3210
Acadia Family Center	Southwest Harbor	Men, Women, Youth	Sliding fee	(207) 244-4012
KENNEBEC COUNTY				
Crisis and Counseling Centers Inc.	Augusta	Men, Women, Youth	Sliding fee	(207) 626-3448
Kennebec Behavioral Health	Augusta	Men, Women, Youth	Sliding fee	(207) 626-3455
Lori Green-Stade, LCPC, LADC	Augusta	Men, Women, Youth	Sliding fee	(207) 629-9226
MaineGeneral Counseling	Augusta	Men, Women, Youth	Sliding fee	(207) 621-8800
MaineGeneral Couunseling	Augusta	Men, Women, Youth	Sliding fee	(877) 777-9393
MaineGeneral Residential Program	Augusta	Women		(207) 621-7218
Phoenix House of New England	Augusta	Youth		(207) 622-7106
Sweetser – Arleen Belval LCPC	Augusta	Men, Women	Sliding fee	(207) 582-1336
Sweetser – Gail Ferry LCSW, CADC	Augusta	Men, Women, Youth	Sliding fee	(207) 620-8495
Spurwink Services	Chelsea	Youth		(207) 871-1200
MaindGeneral Residential Program	Sidney	Men	Sliding fee	(207) 547-3065
Cornerstone Behavioral Healthcare	Waterville	Men, Women, Youth	Sliding fee	(207) 680-2065
Kennebec Behavioral Health	Waterville	Men, Women, Youth	Sliding fee	(207) 873-2136
MaineGeneral Counseling	Waterville	Men, Women, Youth	Sliding fee	(877) 777-9393
MaineGeneral Counseling	Waterville	Men, Women, Youth	Sliding fee	(207) 861-3500
MaineGeneral Counseling	Waterville	Men, Women, Youth	Sliding fee	(877) 777-9393

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
CO-OCCURRING DISORDERS				
KENNEBEC COUNTY				
Kennebec Behavioral Health	Winthrop	Men, Women, Youth	Sliding fee	(207) 377-8122
KNOX COUNTY				
Eureka Counseling Services	Rockland	Men, Women	Sliding fee	(207) 594-4006
Mid Coast Mental Health Center	Rockland	Men, Women, Youth	Sliding fee	(207) 701-4400
Pen Bay Medical Center	Rockport	Men, Women	Sliding fee	(207) 596-8390
LINCOLN COUNTY				
Sweetser – Rebecca Murray-Littlefield	Damariscotta	Men, Women, Youth	Sliding fee	(207) 563-8989
OXFORD COUNTY				
Tri County Mental Health Services	Oxford	Men, Women, Youth	Sliding fee	(207) 743-7911
Tri County Mental Health Services	Rumford	Men, Women, Youth	Sliding fee	(207) 364-7981
Crooked River Counseling, PA	South Paris	Men, Women, Youth	Sliding fee	(207) 743-1677
Sweetser – Peggy Turner, LCPC, LADC	South Paris	Men, Women, Youth	Sliding fee	(207) 357-7072
PENOBSCOT COUNTY				
Acadia Healthcare / DDPC	Bangor	Men, Women	Sliding fee	(207) 973-6100
Acadia Healthcare Substance Abuse Services	Bangor	Men, Women, Youth		(207) 973-6048
Bangor VA Clinic	Bangor	Men, Women	Sliding fee	(207) 561-3600
Community Care	Bangor	Men, Women, Youth	Sliding fee	(888) 236-2273
Dirigo Counseling Clinic	Bangor	Men, Women, Youth	Sliding fee	(207) 973-0505
Discovery House Bangor	Bangor	Men, Women		(207) 947-6800
Full Circle Wellness Center Inc.	Bangor	Men, Women, Youth	Sliding fee	(207) 942-5055
Hope House	Bangor	Men, Women	Sliding fee	(207) 217-6713
Manna, Inc.	Bangor	Men, Women, Youth	Sliding fee	(207) 990-2870
Northeast-Occupational Exchange (NOE)	Bangor	Men, Women, Youth	Sliding fee	(800) 857-0500
Sweetser – Brent Scobie, LCSW, CCS	Bangor	Men, Women	Sliding fee	(207) 944-6077
Sweetser – Gordanna Hassett, LCSW, CADC	Bangor	Men, Women		(207) 941-0006
Sweetser – Matthew Nutt, LCSW, CCS	Bangor	Men, Women		(207) 478-8645
Wellspring Outpatient Services	Bangor	Men, Women, Youth	Sliding fee	(207) 942-1612
Higher Ground Services	Brewer	Men, Women, Youth	Sliding fee	(207) 561-9496
Day One	Charleston	Youth	Sliding fee	(207) 285-0831
Northeast Occupational Exchange (NOE)	Dexter	Men, Women, Youth	Sliding fee	(800) 857-0500
Dirigo Counseling Clinic	Hampden	Men, Women, Youth	Sliding fee	(207) 973-0505
Penobscot Nation Health Department	Indian Island	Men, Women, Youth		(207) 817-7400
Dirigo Counseling Clinic	Lincoln	Men, Women, Youth	Sliding fee	(207) 794-9099
Full Circle Wellness center Inc.	Lincoln	Men, Women, Youth	Sliding fee	(207) 794-6166
Northeast Occupational Exchange (NOE)	Lincoln	Men, Women, Youth	Sliding fee	(800) 857-0500

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
CO-OCCURRING DISORDERS				
SOMERSET COUNTY				
Spurwink Services	Cornville	Youth		(207) 871-1200
MaineGeneral Counseling	Fairfield	Men, Women, Youth	Sliding fee	(207) 453-3000
Crisis and Counseling Centers Inc.	Skowhegan	Men, Women, Youth	Sliding fee	(207) 474-5461
Kennebec Behavioral Health	Skowhegan	Men, Women, Youth	Sliding fee	(207) 474-8368
WALDO COUNTY				
Partners for Change	Belfast	Men, Women, Youth		(207) 338-6055
Searsport Counseling Associates – Ann Barclay	Belfast	Men, Women, Youth		(207) 338-9145
WASHINGTON COUNTY				
Aroostook Mental Health Center Atlantic	Calais	Men, Women, Youth	Sliding fee	(207) 454-0387
Discovery House of Washington County	Calais	Men, Women	.	(207) 454-1300
Eastport Healthcare Inc.	Calais	Men, Women, Youth	Sliding fee	(207) 454-3022
Regional Medical Center at Lubec	East Machias	Men, Women, Youth	Sliding fee	(207) 255-0001
Eastport Health Care Inc.	Eastport	Men, Women, Youth	Sliding fee	(207) 853-6001
Regional Medical Center at Lubec	Lubec	Men, Women, Youth	Sliding fee	(207) 733-5541
Eastport Health Care Inc.	Machias	Men, Women, Youth	Sliding fee	(207) 255-3400
Pleasant Point Health Center	Perry	Men, Women, Youth	Sliding fee	(207) 853-0644
Passamaquoddy Health Center	Princeton	Men, Women, Youth		(207) 796-2321
YORK COUNTY				
York County Shelter Programs Inc.	Alfred	Men, Women	Sliding fee	(207) 324-1137
Counseling Services Inc.	Biddeford	Men, Women, Youth	Sliding fee	(207) 282-1500
Food Addiction/Chemical Dependency Consultants, LLC	Biddeford	Men, Women, Youth	Sliding fee	(207) 229-5383
Sweetser – Mary Lyons, LCPC, LADC	Biddeford	Men, Women	Sliding fee	(800) 434 3000
Day One	Hollis	Youth	Sliding fee	(207) 767-0991
Crossroads	Kennebunk	Men, Women	Sliding fee	(207) 467-3369
Sweetser – Joel Nevers, LCSW	Kennebunk	Men, Women, Youth	Sliding fee	(207) 229-7820
Sweetser – Kathleen Hebden, LCSW	Kennebunk	Men, Women	Sliding fee	(603) 502-1968
Sweetser – Timothy Ericson LADC, LCSW	Kennebunk	Men, Women		(207) 985-4211
Counseling Services Inc.	Kittery	Men, Women, Youth	Sliding fee	(207) 282-1500
Substance Abuse Rehabilitation Program	Kittery	Men, Women		(207) 438-6670

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
CO-OCCURRING DISORDERS				
YORK COUNTY				
York County Shelter Programs, Inc.	Newfield	Men	Sliding fee	(207) 324-1137
Food Addiction/Chemical Dependency Consultants, LLC	Old Orchard Beach	Men, Women, Youth	Sliding fee	(207) 934-0311
Sweetser – Jeffrey Levy LCSW	Saco	Men, Women, Youth	Sliding fee	(800) 434-3000
Counseling Services Inc.	Springvale	Men, Women, Youth	Sliding fee	(207) 282-1500
Saco River Health Services	Waterboro	Men, Women, Youth		(207) 247-9000
Sweetser – Tracy Hutch	Wells	Men, Women		(207) 459-4355
York Hospital	York	Men, Women	Sliding fee	(207) 351-2118

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
DETOXIFICATION				
ANDROSCOGGIN COUNTY				
St. Mary's Addiction Medicine	Lewiston	Men, Women, Youth	Sliding fee	(207) 777-8700
CUMBERLAND COUNTY				
Milestone Shelter	Portland	Men, Women, Youth	Sliding fee	(207) 775-4790
Recovery Center at Mercy	Westbrook	Men, Women, Youth	Sliding fee	(207) 857-8282
KENNEBEC COUNTY				
Veteran's Administration Maine Health Care System	Augusta	Men, Women		(207)623-8411 (207) 623-4098
Maine General Counseling	Waterville	Men, Women, Youth		(877) 777-9393
KNOX COUNTY				
Pen Bay Medical Center	Rockport	Men, Women	Sliding fee	(207) 596-8390
PENOBSCOT COUNTY				
Acadia Healthcare Substance Use Services	Bangor	Men, Women, Youth		(207) 973-6048

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
DETOXIFICATION MANAGEMENT				
ANDROSCOGGIN COUNTY				
St. Mary's Addiction Medicine	Lewiston	Men, Women, Youth	Sliding fee	(207) 777-8700
AROOSTOOK COUNTY				
Cary Medical Center	Caribou	Men, Women		(207) 498-3111
Northern Maine Medical Center	Fort Kent	Men, Women		(207) 834-3155
Houlton Regional Hospital	Houlton	Men, Women		(207) 532-9471
Aroostook Medical Center	Presque Isle	Men, Women		(207) 768-4000
CUMBERLAND COUNTY				
Milestone Shelter	Portland	Men, Women	Sliding fee	(207) 775-4790
WASHINGTON COUNTY				
Down East Community Hospital	Machias	Men, Women		(207) 255-3356
DSAT				
ANDROSCOGGIN COUNTY				
Tri County Mental Health Services	Lewiston	Men, Women, Youth	Sliding fee	(207) 783-9141
AROOSTOOK COUNTY				
Aroostook Mental Health Center	Caribou	Men, Women, Youth	Sliding fee	(207) 493-3361
CUMBERLAND COUNTY				
Catholic Charities Maine Counseling Services	Portland	Men, Women	Sliding fee	(207) 775-5671
Spectrum Health Devices Inc.	Windham	Men		(207) 892-6605
HANCOCK COUNTY				
Open Door Recovery Center	Ellsworth	Men, Women, Youth	Sliding fee	(207) 667-3210
PENOBSCOT COUNTY				
Wellspring Outpatient Services	Bangor	Men, Women, Youth	Sliding fee	(207) 941-1612
YORK COUTY				
Counseling Services Inc.	Biddeford	Men, Women, Youth	Sliding fee	(207)282-1500

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
EMERGENCY SHELTER				
CUMBERLAND COUNTY				
Milestone Shelter	Portland	Men, Women	Sliding fee	(207) 775-4790
PENOBSCOT COUTY				
Hope House	Bangor	Men, Women	Sliding fee	(207) 217-6713
Manna Inc.	Bangor	Men, Women, Youth	Sliding fee	(207) 990-2870
YORK COUNTY				
York County Shelter Programs, Inc.	Alfred	Men, Women	Sliding fee	(207)324-1137
EXTENDED CARE				
CUMBERLAND COUNTY				
Randall Place	Portland	Men, Women, Youth	Sliding fee	(207) 874-1175
KENNEBEC COUNTY				
Maine General Residential Program	Augusta	Women	Sliding fee	(207) 621-7218
Maine General Residential Program	Sidney	Men	Sliding fee	(207) 547-3065
PENOBSCOT COUNTY				
Manna Inc.	Bangor	Men, Women, Youth	Sliding fee	(207) 990-2870
YORK COUNTY				
Milestone Extended Care	Old Orchard Beach	Men	Sliding fee	(207) 934-5231
HALFWAY HOUSE				
ANDROSCOGGIN COUNTY				
St. Francis Recovery Center	Auburn	Men	Sliding fee	(207) 784-2901
CUMBERLAND COUNTY				
Crossroads	Portland	Women	Sliding fee	(207) 773-9931
Serenity House Inc.	Portland	Men	Sliding fee	(207) 774-2722
The Bridge	Portland	Men, Women, Youth	Sliding fee	(207) 874-1175
Children and Mothers Program	Windham	Women	Sliding fee	(207) 773-9931

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
HALFWAY HOUSE				
PENOBSCOT COUNTY				
Wellspring Men's Halfway House	Bangor	Men	Sliding fee	(207) 941-1600
Wellspring Women's Halfway House	Bangor	Women	Sliding fee	(207) 941-1639
YORK COUNTY				
York County Shelter Program	Newfield	Men	Sliding fee	(207) 324-1137
INTENSIVE OUTPATIENT				
ANDROSCOGGIN COUNTY				
Great Falls Recovery	Auburn	Men, Women, Youth	Sliding fee	(207) 689-2057
Blue Willow Counseling Center	Lewiston	Men, Women, Youth	Sliding fee	(207) 777-3399
Central Maine Counseling Services Inc.	Lewiston	Men, Women		(207) 782-3386
Grace Street Recovery Services	Lewiston	Men, Women, Youth	Sliding fee	(207) 795-0149
St. Mary's Addiction Medicine	Lewiston	Men, Women, Youth	Sliding fee	(207) 777-8700
Tri County Mental Health Services	Lewiston	Men, Women, Youth	Sliding fee	(207) 783-9141
AROOSTOOK COUNTY				
Aroostook Mental Health Center	Caribou	Men, Women, Youth	Sliding fee	(207) 498-2356
Aroostook Mental Health Center	Caribou	Men, Women, Youth	Sliding fee	(207) 493-3361
Aroostook Mental Health Center	Eagle Lake	Men, Women, Youth	Sliding fee	(207) 444-5384
Aroostook Mental Health Center	Fort Kent	Men, Women, Youth	Sliding fee	(207) 834-3186
Aroostook Mental Health Center	Houlton	Men, Women, Youth	Sliding fee	(207) 532-6523
Life By Design PA	Houlton	Men, Women, Youth		(207) 532-9660
Aroostook Mental Health Center	Madawaska	Men, Women, Youth	Sliding fee	(207) 728-6341
Aroostook Mental Health Center	Presque Isle	Men, Women, Youth	Sliding fee	(207) 764-3319
CUMBERLAND COUNTY				
Addiction Resource Center	Portland	Men, Women	Sliding fee	(207) 373-6950
Maine Medical Center Outpatient Psychiatry	Portland	Men, Women		(207) 761-6644
Milestone Shelter	Portland	Men, Women	Sliding fee	(866) 775-4790
Spring Harbor Community Services/ ACCESS	Portland	Men, Women		(207) 780-0020
Northeast Occupational Exchange	Portland	Men, Women, Youth	Sliding fee	(800) 857-0500
Catholic Charities Maine Counseling Service	Portland	Men, Women	Sliding fee	(207) 775-5671
Crossroads	Scarborough	Women	Sliding fee	(207) 773-9931
Day One South	Portland	Youth	Sliding fee	(207) 822-2651
Day One South	Portland	Youth	Sliding fee	(207) 874-1045
Counseling Services Inc.	Westbrook	Men, Women, Youth	Sliding fee	(207) 282-1500

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
INTENSIVE OUTPATIENT				
CUMBERLAND COUNTY				
Recovery Center Mercy	Westbrook	Men, Women	Sliding fee	(207) 857-8282
SMART Child and Family Services	Windham	Men, Women, Youth	Sliding fee	(207) 893-0386
Tri County Mental Health Services	Windham	Women	Sliding fee	(207) 893-7000
FRANKLIN COUNTY				
Tri County Mental Health Services	Farmington	Men, Women, Youth	Sliding fee	(207) 778-3556
HANCOCK COUNTY				
MDI Hospital Behavioral Health Center	Bar Harbor	Men, Women		(207) 288-8604
Open Door Recovery Center	Ellsworth	Men, Women, Youth	Sliding fee	(207) 667-3210
KENNEBEC COUNTY				
Crisis and Counseling Centers Inc.	Augusta	Men, Women, Youth	Sliding fee	(207) 626-3448
Veterans' Administration Maine Health Care System	Augusta	Men, Women		(207) 623-8411 (207) 623-4098
Maine General Counseling	Waterville	Men, Women, Youth		(877) 777-9393
KNOX COUNTY				
Eureka Counseling Services	Rockland	Men, Women	Sliding fee	(207) 594-4006
Mid Coast Mental Health Center	Rockland	Men, Women, Youth	Sliding fee	(207) 701-4400
LINCOLN COUNTY				
Addiction Resource Center	Damariscotta	Men, Women, Youth	Sliding fee	(800) 244-3805
OXFORD COUNTY				
Tri County Mental Health Services	Oxford	Men, Women, Youth	Sliding fee	(207) 743-7911
Tri County Mental Health Services	Rumford	Men, Women, Youth	Sliding fee	(207) 364-7981
Crooked River Counseling, PA	South Paris	Men, Women, Youth	Sliding fee	(207) 743-1677
PENOBSCOT COUNTY				
Acadia Healthcare Substance Use Services	Bangor	Men, Women, Youth		(207)973-6048
Manna, Inc.	Bangor	Men, Women, Youth	Sliding fee	(207) 990-2870
Northeast Occupational Exchange (NOE)	Bangor	Men, Women, Youth	Sliding fee	(800) 857-0500
Wellspring Outpatient Services	Bangor	Men, Women, Youth	Sliding fee	(207) 941-1612
Day One	Charleston	Youth	Sliding fee	(207) 285-0831
Northeast Occupational Exchange (NOE)	Dexter	Men, Women, Youth	Sliding fee	(800) 857-0500
Northeast Occupational Exchange (NOE)	Lincoln	Men, Women, Youth	Sliding fee	(800) 857-0500
Northeast Occupational Exchange (NOE)	Newport	Men, Women, Youth	Sliding fee	(800) 857-0500

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
INTENSIVE OUTPATIENT				
WALDO COUNTY				
Choice Skyward/Mid-coast Mental Health Center	Belfast	Men, Women	Sliding fee	(207) 338-8437
WASHINGTON COUNTY				
Discovery House of Washington County	Calais	Men, Women		(207) 454-1300
YORK COUNTY				
Counseling Services Inc.	Biddeford	Men, Women, Youth	Sliding fee	(207) 282-1500
Crossroads	Kennebunk	Men, Women	Sliding fee	(207) 467-3369
Counseling Services Inc.	Kittery	Men, Women, Youth	Sliding fee	(207) 282-1500
Substance Use Rehabilitation Program	Kittery	Men, Women		(207) 438-6670
Counseling Services Inc.	Springvale	Men, Women, Youth	Sliding fee	(207) 282-1500
York Hospital	York	Men, Women	Sliding fee	(207) 351-2118
METHADONE DETOX				
ANDROSCOGGIN COUNTY				
Merrimack River Medical Services	Lewiston	Men, Women		(207) 312-6860
CUMBERLAND COUNTY				
Merrimack River Medical Services	Portland	Men, Women		(207) 221-2292
Discovery House	South Portland	Men, Women		(207) 774-7111
Recovery Center at Mercy	Westbrook	Men, Women	Sliding fee	(207) 857-8282
STRAFFORD, NH				
Merrimack River Medical Services	Somersworth	Men, Women	Sliding fee	(603) 953-0077
METHADONE MAINTENANCE				
ANDROSCOGGIN COUNTY				
Merrimack River Medical Services	Lewiston	Men, Women		(207) 312-6860
CUMBERLAND COUNTY				
Merrimack River Medical Services	Portland	Men, Women		(207)221-2292
Discovery House	South Portland	Men, Women		(207) 744-7111
CAP Quality Care, Inc.	Westbrook	Me, Women		(207) 856-7227

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
METHADONE MAINTENANCE				
KENNEBEC COUNTY				
Discovery House of Central Maine	Waterville	Men, Women		(207) 872-7272
KNOX COUNTY				
Rockland Metro Treatment Center	Rockland	Men, Women		(207) 569-0312
PENOBSCOT COUNTY				
Acadia Healthcare Substance Use Services	Bangor	Men, Women, youth		(207) 973-6048
Discovery House Bangor	Bangor	Men, Women		(207) 947-6800
Penobscot Metro Treatment of Maine	Bangor	Men, Women		(207) 973-0400
STRATTFORD, NH				
Merrimack River Medical Services	Somersworth	Men. Women	Sliding fee	(603) 953-0077
WASHINGTON COUNTY				
Discovery House of Washington County	Calais	Men, Women		(207)454-1300
OUTPATIENT SERVICES				
ANDROSCOGGIN COUNTY				
Community Concepts Alcohol and Drug Treatment Services	Auburn	Youth		(207) 783-8528 (207) 333-6655
Great Falls Recovery	Auburn	Men, Women, Youth	Sliding fee	(207) 689-2057
Health Affiliates Maine – Alison Thompson, LCSW,	Auburn			(207) 333-3227
Health Affiliates Maine – Bryce Libby, LCSW, LADC	Auburn			(207) 333-3227
Health Affiliates Maine – Joanne DeMariano, LCPC-C, CADC	Auburn			(207) 333-3227
Health Affiliates Maine – Marlene Silva, LCPC, LADC	Auburn			(207) 333-3227
Health Affiliates Maine – Michael Graham, LMSW-CC, LADC	Auburn			(207) 333-3772
Health Affiliates Maine – Michelle Murley, LCSW	Auburn			(207) 671-8904
Health Affiliates Maine – Ricque Finucane, LCPC, CADC	Auburn			(207) 402-5576

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
OUTPATIENT SERVICES				
ANDROSCOGGIN COUNTY				
Health Affiliates Maine – Robert Hinds, LADC	Auburn	Men, Women		(207) 333-3227
Spurwink Services	Auburn	Youth	Sliding fee	(207) 871-1200
St. Francis Recovery Center	Auburn	Men	Sliding fee	(207) 784-2901
Sweetser – Patricia Julian	Auburn	Men, Women		(207) 420-2429
Sweetser – Shane Simpson, LCSW	Auburn	Men, Women		(207) 807-5610
Sweetser – Terri Quatrano Simpson, LCSW	Auburn	Men, Women		(207) 807-5730
Sweetser – Tina Brown, LADC	Auburn	Men, Women		(207) 740-3180
Blue Willow Counseling Center	Lewiston	Men, Women, Youth	Sliding fee	(207) 777-3399
Central Maine Counseling Services Inc	Lewiston	Men, Women		(207) 782-3386
Community Clinical Services	Lewiston	Men, Women, youth		(207) 755-3434
Community Concepts Alcohol and Drug Treatment Services	Lewiston	Youth		(207) 795-4180
Community Concepts Alcohol and Drug Treatment Services	Lewiston	Youth		(207) 795-4190
Community Concepts Alcohol and Drug Treatment Services	Lewiston	Men, Women, Youth		(207) 795-4077
Facing Change PA	Lewiston	Men, Women, Youth		(207) 784-0922
Food Addiction/Chemical Dependency Consultants, LLC	Lewiston	Men, Women, Youth	Sliding fee	(207) 754-4050
Grace Street Recovery Services	Lewiston	Men, Women, Youth	Sliding fee	(207) 795-0149
Health Affiliates Maine – Ann Marie Mullins, LCSW, LADC, SAP	Lewiston	Men, Women		(207) 783-1750
Health Affiliates Maine – Cynthia Chase, LCPC, LADC	Lewiston			(207) 522-2073
Health Affiliates Maine – Evelyn Sylvester, LCPC, CADC	Lewiston			(207) 754-3659
Health Affiliates Maine – Jody Cyr, LCSW, LADC, CCS	Lewiston			(207) 513-8946
Health Affiliates Maine – Milton Ayer, LCPC, CCS	Lewiston	Men, Women		(207) 784-1480
Health Affiliates Maine – Steve Hayes, LCSW, CCS	Lewiston			(207) 784-1480
Health Affiliates Maine – Vincent Carrier, LCPC	Lewiston			(207) 837-7603
Merrimack River Medical Services	Lewiston	Men, Women		(207) 312-6860
Spurwink Services	Lewiston	Youth		(207) 871-1200
St. Mary's Addiction Medicine	Lewiston	Men, Women, Youth	Sliding fee	(207) 777-8700
St. Mary's Addiction Medicine	Lewiston	Men, Women, Youth	Sliding fee	(207) 777-8700
Sweetser – Rachel Davis, LADC	Lewiston	Men, Women	Sliding fee	(207) 212-6957

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
OUTPATIENT SERVICES				
ANDROSCOGGIN COUNTY				
Sweetser – Robert Barna, LADC	Lewiston	Men, Women		(207) 333-3260
Sweetser – Ruth DeWitt/Tibby York Longpre	Lewiston	Men, Women	Sliding fee	(207) 513-8110
Sweetser – Valerie Williams LADC	Lewiston	Men, Women		(207) 485-9020
Tri County Mental Health Services	Lewiston	Men, Women, Youth	Sliding fee	(207) 783-4695
Tri County Mental Health Services	Lewiston	Men, Women, Youth	Sliding fee	(207) 783-9141
George McLean, LADC	Lisbon Falls	Men, Women	Sliding fee	(207) 751-2537
Sweetser – George McLean, LADC	Lisbon Falls	Men, Women	Sliding fee	(207) 353-2738
Evergreen Behavioral Health Services	Livermore Falls	Men, Women, Youth	Sliding fee	(207) 778-0035
Health Affiliates Maine – Karen Haley, LCSW, LADC	Livermore Falls			(207) 491-3784
Community Concepts Alcohol and Drug Treatment Services	Portland	Men, Women, Youth	Sliding fee	(207) 998-5400
Community Concepts Alcohol and Drug Treatment Services	Turner	Youth		(207) 225-3533
AROOSTOOK COUNTY				
Aroostook Mental Health Center	Caribou	Men, Women, Youth	Sliding fee	(207) 498-2356
Aroostook Mental Health Center	Caribou	Men, Women, Youth	Sliding fee	(207) 493-3361
Life By Design PA	Caribou	Men, Women, Youth		(207) 492-1653
Sweetser – Lela Lyons, LSW, LADC	Caribou	Men, Women, Youth		(207) 493-1700
Sweetser – Philip Advocate, LCSW, CADC	Caribou	Men, Women		(207) 493-1700
Aroostook Mental Health Center	Eagle Lake	Men, Women, Youth	Sliding fee	(207) 444-5384
Aroostook Mental Health Center	Fort Kent	Men, Women, Youth	Sliding fee	(207) 834-3186
Life By Design PA	Fort Kent	Men, Women, Youth		(207) 834-5430
Sweetser – Jennifer Desjardins	Fort Kent	Men, Women		(207) 231-2306
Aroostook Mental Health Center	Houlton	Men, Women, Youth	Sliding fee	(207) 532-6523
Life By Design PA	Houlton	Men, Women, Youth		(207)532-9660
Aroostook Mental Health Center	Madawaska	Men, Women, Youth	Sliding fee	(207) 728-6341
Aroostook Mental Health Center	Presque Isle	Men, Women, Youth	Sliding fee	(207) 764-3319
Life By Design PA	Presque Isle	Men, Women, Youth		(207) 764-6825
CUMBERLAND COUNTY				
Crooked River Counseling, PA	Bridgton	Men, Women, Youth		(207) 743-1677
Sweetser – Susan Managan MS, LADC, CCS	Brunswick	Men, Women	Sliding fee	(207) 803-2168
Tri County Mental Health Services	Brunswick	Men, Women, Youth	Sliding fee	(207) 647-5629
Addiction Resource Center	Brunswick	Men, Women	Sliding fee	(207) 373-6950
Health Affiliates Maine – Clayne Chase, LCSW	Brunswick			(207) 522-2072
Health Affiliates Maine – Cynthia Chase, LCPC, LADC	Brunswick			(207) 522-2073

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
OUTPATIENT SERVICES				
CUMBERLAND COUNTY				
Health Affiliates Maine – George Repp, LCPC, LADC	Brunswick	Men, Women		(207) 449-2435
Health Affiliates Maine – Sarah Thacher, LCSW, LADC	Brunswick			(207) 729-1313
Spurwink Services	Brunswick	Youth	Sliding fee	(207) 871-1200
Sweetser – Maria Serra, LCSW	Harpswell	Men, Women		(207) 833-5986
Catholic Charities Maine Counsel Services	Portland	Men, Women	Sliding fee	(207)775-5681
City of Portland	Portland	Men, Women, Youth	Sliding fee	(207) 874-8445
Community Counseling Center	Portland	Men, Women	Sliding fee	(207) 874-1030
Cornerstone BHC – Chellie Morrison, PhD	Portland	Men, Women, Youth	Sliding fee	(207)776-9990
Health Affiliates Maine – Autumn Clark, LCPC, LADC	Portland			(207)344-4299
Health Affiliates Maine – Deborah Brown, LCSW, LADC	Portland			(207) 240-7199
Maine Medical Center Outpatient Psychiatry	Portland	Men, Women, Youth		(866) 761-6644
Maine Medical Center Outpatient Psychiatry	Portland	Men, Women, Youth		(207)761-6644
Merrimack River Medical Services	Portland	Men, Women		(207) 221-2292
Milestone Shelter	Portland	Men, Women	Sliding fee	(207) 775-4790
Northeast Occupational Exchange (NOE)	Portland	Men, Women, Youth	Sliding fee	(800) 857-0500
Portland VA Maine Healthcare System	Portland	Men, Women		(207) 771-3500
Recovery Associates of Southern Maine Inc.	Portland	Men, Women, Youth		(207)985-8900
Serenity House Inc.	Portland	Men	Sliding fee	(207) 774-2722
Spring Harbor Community Services/ACCESS	Portland	Men, Women		(207) 780-0020
Spurwink Services	Portland	Youth		(207) 871-1200
Sweetser – Anne Koch, LCPC	Portland	Men, Women		(207) 874-2884
Sweetser – Carolyn Wallace, LCPC, LADC	Portland	Men, Women		(207) 653-3999
Sweetser – Greg Ford, LCPC-C	Portland	Men, Women		(207) 828-0759
Sweetser – Jennifer Greaves	Portland	Men, Women	Sliding fee	(207) 773-3300
Sweetser – Marlene Silva, LCPC, LADC	Portland	Men, Women	Sliding fee	(207) 712-5469
Sweetser – Deborah Como-Kepler Psy-D LADC	Brunswick	Men, Women, Youth	Sliding fee	(207)729-7022
Sweetser – Richard Bouchard, Linda Coupe	Portland	Men, Women, Youth	Sliding fee	(800) 434-3000
Sweetser – Thomas Coffin, LCSW, LADC, CCS	Portland	Men, Women		(888) 318-6171
Sweetser – V. Elizabeth Taxter	Portland	Men, Women, Youth		(207) 899-4363
Top of the Hill Counseling	Portland	Men, Women, Youth	Sliding fee	(207) 780-8999
Youth Alternatives Inc.	Portland	Men, Women, Youth	Sliding fee	(207) 874-1175
Crossroads	Scarborough	Women	Sliding fee	(207) 773-9931
Sweetser – Deborah Jo Landry	Scarborough	Men, Women		(207) 699-8289
Community Concepts Alcohol and drug Treatment Services	South Portland	Youth		(207) 743-8914

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
OUTPATIENT SERVICES				
CUMBERLAND COUNTY				
Day One South	Portland	Youth	Sliding fee	(207) 874-1945
Discovery House	South Portland	Men, Women		(207) 774-7111
Food Addiction Chemical Dependancy Consultants, LLC	South Portland	Men, Women, Youth	Sliding fee	(207) 744-4564
Spurwink Services	South Portland	Youth		(207) 871-1200
Wellness Health Associates Inc	South Portland	Men, Women, Youth	Sliding fee	(207 799-7100
Health Affiliates Maine – Monique Murray, LCPC,-C, CADC	Standish			(207) 850-0314
Health Affiliates Maine – Sherrie St Thomas Simoneau, LCSW	Standish			(207) (29-3840
Sweetser – Rachel O'Donnell, LADC, LCSW	Standish	Men, Women		(207) 671-7414
CAP Quality Care, Inc	Westbrook	Men, Women		(207) 856-7227
Counseling Services, Inc	Westbrook	Men, Women, Youth	Sliding fee	(207) 282-1500
Health Affiliates Maine – Diane Harris, LCSW, CADC	Westbrook			(207) 653-7885
Health Affiliates Maine – Erica Nappi, LCSW, CADC	Westbrook			(207) 854-0406
Recovery Center at Mercy	Westbrook	Men, Women	Sliding fee	(207) 857-8282
Spring Harbor Hospital	Westbrook	Men, Women, Youth		(207) 761-2200
Sweetser – Donald Yorkey, DO	Westbrook	Men, Women		(207) 797-3390
Sweetser – Linda Welch, LADC	Westbrook	Men, Women	Sliding fee	(207) 749-1813
Danzig Counseling Services, PA	Westbrook	Men, Women, Youth	Sliding fee	(207) 893-0000
Food Addiction Chemical Dependancy Consultants, LLC	Windham	Men, Women, Youth	Sliding fee	(207) 890-0213
Recovery Associates of Southern Maine Inc	Windham	Men, Women, Youth	Sliding fee	(207) 892-7797
SMART Child and Family Services	Windham	Men, Women, Youth		(207) 893-0386
Tri County Mental Health Services	Windham	Men, Women, Youth		(207) 892-4623
Tri County Mental Health Services	Windham	Women	Sliding fee	(207) 893-7000
Cornerstone BHC – Jane Look, LCPC-C, CADC	Yarmouth	Men, Women, Youth	Sliding fee	(207) 251-1482
Health Affiliates Maine – Rique Finucane, LCPC, CADC	Yarmouth			(207) 402-5576
FRANKLIN COUNTY				
Cornerstone BHC – Jim Tbbets	Farmington	Men, Women, Youth	Sliding fee	(207) 399-3270
Evergreen Behavioral Health Services	Farmington	Men, Women, Youth	Sliding fee	(207) 779-2389
Health Affiliates Maine – Cheryl Fisher, LCPC, LADC	Farmington			(207) 778-0027
Sweetser – Katrine Laban, LCPC, LADC	Farmington	Men, Women, Youth	Sliding fee	(207) 491-9122

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
OUTPATIENT SERVICES				
FRANKLIN COUNTY				
Tri County Mental Health Services	Farmington	Men, Women, Youth	Sliding fee	(207) 778-3556
Health Affiliates Maine – Julie Howard, LCSW, LADC	Strong			(207) 491-9150
Health Affiliates Maine – Sharon Neil, LCSW, LADC, CCS	Wilton			(207) 779-6521
HANCOCK COUNTY				
MDI Hospital Behavioral Health Center	Bar Harbor	Men, Women		(207) 288-8604
Health Affiliates Maine – Patricia Herklotz, LCSW	Blue Hill			(207) 266-3346
Sweetser – Christine Berg, LADC	Bucksport	Men, Women, Youth	Sliding fee	(207) 344-4134
Aroostook Mental Health Center Altantic	Ellsworth	Men, Women, Youth	Sliding fee	(207) 667-689-
Astor Gillis, LADC	Ellsworth	Men, Women, Youth	Sliding fee	(207) 667-2730
Cornerstone BHC – Laurie LaViolette, LCSW, CCS	Ellsworth	Men, Women, Youth	Sliding fee	(207) 667-9101
Cornerstone BHC Affiliate – Kip Young	Ellsworth	Men, Women, Youth	Sliding fee	(207) 664-1500
Dirigo Counseling Clinic	Ellsworth	Men, Women, Youth	Sliding fee	(207) 973-0505
Open Door Recovery Center	Ellsworth	Men, Women, Youth	Sliding fee	(207) 667-3210
Searsport Counseling Associates – Holly Duesenberry	Ellsworth		Sliding fee	(207) 667-1991
Searsport Counseling Services – Irene Laney	Ellsworth	Men, Women, Youth		(207) 667-3100
Acadia Family Center	South West Harbor	Men, Women, Youth	Sliding fee	(207) 244-4012
KENNEBEC COUNTY				
Crisis and Counseling Centers Inc.	Augusta	Men, Women, Youth	Sliding fee	(207) 626-3438
Kennebec Behavioral Health	Augusta	Men, Women, Youth	Sliding fee	(207) 626-3455
Lori Green Stade, LCPC, LADC	Augusta	Men, Women, Youth	Sliding fee	(207) 629-9226
Maine Behavioral Health Organization	Augusta	Men, Women	Sliding fee	(207) 542-4201
Maine General Counseling	Augusta	Men, Women, Youth	Sliding fee	(207) 621-8800
Maine General Counseling	Augusta	Men, Women, Youth	Sliding fee	(877) 777-9393
Maine General Counseling	Augusta	Men, Women, Youth	Sliding fee	(207) 626-1561
Sweetser – Arleen Belval LCPC	Augusta	Men, Women	Sliding fee	(207) 582-1336
Sweetser – Gail Ferry LCSW, CADC	Augusta	Men, Women, Youth	Sliding fee	(207) 620-8495
Sweetser – Tammy Trask, LADC	Augusta	Men, Women		(207) 624-1959
Veterans' Administration Maine Health Care System	Augusta	Men, Women		(207) 623-8411 (207) 623-4098

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
OUTPATIENT SERVICES				
KENNEBEC COUNTY				
Spurwink Services	Chelsea	Men, Women, Youth	Sliding fee	(207) 871-1200
Cornerstone BHC – James Tibbetts, LADC	Waterville	Men, Women, Youth	Sliding fee	(207) 399-3270
Cornerstone Behavioral healthcare	Waterville	Men, Women, Youth	Sliding fee	(207) 680-2065
Discovery House of Central Maine	Waterville	Men, Women		(207) 872-7272
Kennebec Behavioral Health	Waterville	Men, Women, Youth	Sliding fee	(207) 873-2136
Maine General Counseling	Waterville	Men, Women, Youth	Sliding fee	(207) 861-3500
Maine General Counseling	Waterville	Men, Women, Youth	Sliding fee	(877) 777-9393
Searsport Counseling Associates – Maxine Wolph Johnson	Waterville	Men, Women, Youth	Sliding fee	(207) 696-4225
Searsport Counseling Associates,Tom McWalters	Waterville	Men, Women, Youth	Sliding fee	(207) 649-1762
Sweetser - Darleen Swift-Porter, LADC, CCS	Waterville	Men, Women	Sliding fee	(207) 861-2420
Sweetser - Leonette Ireland LADC	Waterville	Men, Women, Youth	Sliding fee	(207) 692-7215
Maine General Counseling	Winslow	Men, Women, Youth	Sliding fee	(207) 861-3500
Kennebes Behavioral Health	Winthrop	Men, Women, Youth	Sliding fee	(207) 377-8122
Maine General Counseling	Winthrop	Men, Women	Sliding fee	(207) 377-2114
KENNEBEC COUNTY				
Cornerstone BHC – Amy Barnett, LADC	Rockport			(207) 594-4828
Eureka Counseling Services	Rockport	Men, Women	Sliding fee	(207) 594-4006
Mid Coast Mental Health Center	Rockport	Men, Women, Youth	Sliding fee	(207) 701-4400
Sweetser – Amy Barnet, LADC, CCS	Rockport	Men, Women	Sliding fee	(800) 434-3000
Sweetser – Greg Stine, LCPC, LADC	Rockport	Men, Women	Sliding fee	(207) 542-1701
Harbor Family Services	Rockport	Men, Women, Youth	Sliding fee	(207) 470-7070
Choice Skyward	Vinalhaven	Men, Women	Sliding fee	(207) 594-6900
LINCOLN COUNTY				
Addiction Resource Center	Damariscotta	Men, Women, Youth	Sliding fee	(800) 244-3805
Sweetser – Rebecca Murray-Littlefield, LCSW	Damariscotta	Men, Women, Youth	Sliding fee	(207) 563-8989
OXFORD COUNTY				
Common Ground Counseling, LLC	Fryeburg	Men, Women, Youth	Sliding fee	(207) 935-2288
Sweetser – Charlene Barton, LADC, LSW	Hiram	Men, Women, Youth	Sliding fee	(207) 625-3100
Common Ground Counseling, LLC	Mexico	Men, Women, Youth	Sliding fee	(207) 562-7733
Common Ground Counseling, LLC	Norway	Men, Women, Youth	Sliding fee	(207) 739-2644
Tri County Mental Health Services	Oxford	Men, Women, Youth	Sliding fee	(207) 743-7911
River Valley Counseling, LLC	Rumford	Men, Women	Sliding fee	(207) 354-1610
Tri County Mental Health Services	Rumford	Men, Women, Youth	Sliding fee	(207) 364-7981
Crooked River counseling, PA	South Paris	Men, Women, Youth	Sliding fee	(207) 743-1677
Sweetser – Peggy Turner, LCPC, LADC	South Paris	Men, Women, Youth	Sliding fee	(207) 357-7072
Sweetser – Annette Farrington LADC	Waterford	Men, Women		(207) 515-6894

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
OUTPATIENT SERVICES				
PENOBSCOT COUNTY				
Acadia Healthcare / DDPC	Bangor	Men, Women	Sliding fee	(207) 973-6100
Acadia Healthcare Substance Use Services	Bangor	Men, Women, Youth		(207) 973-6048
Bangor VA Clinic	Bangor	Men, Women	Sliding fee	(207) 561-3600
Community Care	Bangor	Men, Women, Youth	Sliding fee	(888) 236-2272
Cornerstone Behavioral Healthcare	Bangor			(207) 992-0410
Dirigo Counseling Clinic	Bangor	Men, Women, Youth	Sliding fee	(207) 973-0505
Discovery House Bangor	Bangor	Men, Women, Youth		(207) 947-6800
Full Circle Wellness center Inc.	Bangor	Men, Women	Sliding fee	(207) 942-5055
Health Affiliates Maine – Lila Balch, LCSW	Bangor	Men, Women, Youth		(207) 491-4802
Health Affiliates Maine – Priscilla Goss, LCSW, LADC, CCS	Bangor	Men, Women, Youth	Sliding fee	(207) 991-0838
Independence Project, LLC	Bangor	Men, Women, Youth		(207) 945-9777
Manna, Inc.	Bangor	Men, Women, Youth	Sliding fee	(207) 990-2870
Northeast Occupational Exchange (NOE)	Bangor	Men, Women, Youth	Sliding fee	(800) 857-0500
Sweetser – Bret Scobie, LCSW, CCS	Bangor	Men, Women	Sliding fee	(207) 944-6077
Sweetser – Carol Cookson	Bangor	Men, Women		(207) 945-9333
Sweetser – Dwayne Hogan LADC, LCSW	Bangor		Sliding fee	(207) 941-0006
Sweetser – Gordanna Hassett, LCSW, CADC	Bangor	Men, Women		(207) 341-5844
Sweetser – Linda Whitehouse	Bangor	Men, Women		(207) 262-0055
Sweetser – Mathew Nutt, LCSW, CCS	Bangor	Men, Women		(207) 478-8645
Tanya Dunton	Bangor	Men, Women		(207) 949-5033
Wellspring Outpatient Services	Bangor	Men, Women, Youth	Sliding fee	(207) 941-1612
Cornerstone Behavioral Healthcare	Brewer	Men, Women, Youth	Sliding fee	(207) 991-5818
Higher Ground Services	Brewer	Men, Women, Youth	Sliding fee	(207) 561-9496
Day One	Charleston	Youth	Sliding fee	(207) 285-0831
Mayo Psychology and Counseling	Dexter	Men, Women, Youth	Sliding fee	(207) 564-4110
Northeast Occupational Exchange (NOE)	Dexter	Men, Women, Youth	Sliding fee	(800) 857-0500
Dirigo Counseling Clinic	Hampden	Men, Women, Youth	Sliding fee	(207) 973-0505
Penobscot Nation Health Department	Indian Island	Men, Women, Youth		(207) 817-7400
Full Circle Wellness Center Inc	Lincoln	Men, Women, Youth	Sliding fee	(207) 794-6166
Northeast Occupational Exchange (NOE)	Lincoln	Men, Women, Youth	Sliding fee	(800) 857-0500
Sweetser – Loretta Serverson, PsyD	Lincoln	Men, Women		(207) 290-1924
Katahdin Valley Health Center	Millinocket	Men, Women, Youth	Sliding fee	(207) 723-6551
Northeast Occupational Exchange (NOE)	Newport	Men, Women, Youth	Sliding fee	(800) 857-0500
Life by Design	Veazie	Men, Women		(207) 404-4596

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
OUTPATIENT SERVICES				
PISCATAQUIS COUNTY				
Mayo Psychology and Counseling	Dover-Foxcroft	Men, Women, Youth	Sliding fee	(207) 564-4110
Mayo Psychology and Counseling	Guilford	Men, Women, Youth	Sliding fee	(207)564-4110
Mayo Psychology and Counseling	Milo	Men, Women, Youth	Sliding fee	(207) 564-4110
SAGADAHOC COUNTY				
Health Affiliates Maine – Carol Goulette, LCPC, CCS	Bath			(207) 776-1060
Sweetser – Affiliate	Topsham		Sliding fee	(207) 725-7592
SOMERSET COUNTY				
Spurwink Services	Cornville	Youth		(207) 871-1200
Maine General Counseling	Fairfield	Men, Women, Youth	Sliding fee	(207) 453-3000
Crisis and Counseling Centers Inc	Skowhegan	Men, Women, Youth	Sliding fee	(207) 474-5461
Kennebec Behavioral Health	Skowhegan	Men, Women, Youth	Sliding fee	(207) 474-8368
Sweetser – Astrid Redmond, LADC	Skowhegan	Men, Women		(207) 612-1297
Sweetser – Scott LeBlanc, LADC	Skowhegan	Men, Women, Youth	Sliding fee	(207) 399-3286
Searsport Counseling Associates – Maxine Wolph Johnson	Starks	Men, Women, Youth	Sliding fee	(207) 696-4225
WALDO COUNTY				
Aroostook Mental Health Center Atlantic	Calais	Men, Women, Youth	Sliding fee	(207) 454-0387
Discovery House of Washington County	Calais	Men, Women		(207) 454-1300
Eastport Healthcare Inc	Calais	Men, Women, Youth	Sliding fee	(207) 454-3022
Regional Medical Center at Lubec	Calais	Men, Women, Youth	Sliding fee	(207) 454-1491
Regional Medical Center at Lubec	East Machias	Men, Women, Youth	Sliding fee	(207) 255-0001
Eastport Healthcare Inc.	Eastport	Men, Women, Youth	Sliding fee	(207) 853-6001
Harrington Family Healthcare	Harrington	Men, Women		(207) 483-4502
Regional Medical Center at Lubec	Lubec	Men, Women, Youth	Sliding fee	(207) 733-5541
Aroostook Mental Health Center	Machias	Men, Women, Youth	Sliding fee	(207) 255-0996
Eastport Healthcare Inc.	Machias	Men, Women, Youth	Sliding fee	(207) 255-3400
Pleasant Point Health Center	Perry	Men, Women, Youth	Sliding fee	(207) 853-0644
Passamaquoddy Health Center	Princeton	Men, Women, Youth		(207) 796-2321
YORK COUNTY				
Sweetser – Mary Kennedy, LCSW, LADC, CCS	Alfred	Men, Women	Sliding fee	(207) 284-1173
York County Shelter Program, Inc.	Alfred	Men, Women	Sliding fee	(207) 324-1137
Counseling Services Inc.	Biddeford	Men, Women, Youth	Sliding fee	(207) 282-1500
Food Addiction/Chemical Dependency Consultants, LLC	Biddeford	Men, Women, Youth	Sliding fee	(207) 229-5383

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
OUTPATIENT SERVICES				
YORK COUNTY				
Sweetser – Laurie Manchester, LADC	Biddeford	Men, Women, Youth	Sliding fee	(207) 229-5706
Sweetser – Mary Lyons, LCPC, LADC	Biddeford	Men, Women	Sliding fee	(800) 434-3000
Crossroads	Kennebunk	Men, Women	Sliding fee	(207) 467-3369
David N Barry LADC, LCPC	Kennebunk	Men, Women	Sliding fee	(207) 985-7726
Recovery Associates of Southern Maine Inc.	Kennebunk	Men, Women, Youth		(207) 985-8900
Sweetser – Joel Nevers, LCSW	Kennebunk	Men, Women, Youth	Sliding fee	(207) 229-7820
Sweetser – John Romprey Jr. LCSW	Kennebunk	Men, Women		(207) 229-1654
Sweetser – Kathleen Hebden, LCSW	Kennebunk	Men, Women	Sliding fee	(603) 502-1968
Sweetser – Timothy Ericson LADC, LCSW	Kennebunk	Men, Women		(207) 985-4211
Counseling Services Inc.	Kittery	Men, Women, Youth	Sliding fee	(207) 282-1500
Substance Use Rehabilitation Program	Kittery	Men, Women		(207) 438-6670
Food Addiction Chemical Dependency Consultants, LLC	Old Orchard Beach	Men, Women, Youth	Sliding fee	(207) 934-0311
Milestone Extended Care	Old Orchard Beach	Men	Sliding fee	(207) 934-5231
Our Father's House	Saco	Men, Women, Youth	Sliding fee	(207) 571-4981
Sweetser – Jeffrey Levy LCSW	Saco	Men, Women, Youth	Sliding fee	(800) 434-3000
Sweetser – Mary Kennedy, Gregory Dumas	Saco	Men, Women	Sliding fee	(207) 284-1173
Counseling Services, Inc.	Springvale	Men, Women, Youth	Sliding fee	(207) 282-1500
Recovery Associates of Southern Maine Inc.	Springvale	Men, Women, Youth	Sliding fee	(207) 324-4411
Saco River Health Services	Waterboro	Men, Women, Youth		(207) 247-9000
Sweetser – Tracy Hutch	Wells	Men, Women		(207) 459-4355
Health Affiliates Maine – Reid Lesneski, LCPC, LADC	York	Men, Women		(207) 363-8300
York Hospital	York	Men, Women	Sliding fee	(207) 351-2118
PROBLEM GAMBLING COUNSELING				
ANDROSCOGIN COUNTY				
Facing Change PA	Lewiston	Men, Women, Youth		(207) 784-0922
CUMBERLAND COUNTY				
Addiction Resource Center	Brunswick	Men, Women	Sliding fee	(207) 373-6950
Merrimack River Medical Services	Portland	Men, Women		(207) 221-2292
HANCOCK COUNTY				
Acadia Family Center	Southwest Harbor	Men, Women, Youth	Sliding fee	(207) 244-4012

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
PROBLEM GAMBLING COUNSELING				
KENNEBEC COUNTY				
Kennebec Behavioral Health	Augusta	Men, Women, Youth	Sliding fee	(207) 626-3455
OXFORD COUNTY				
Crooked River Counseling PA	South Paris	Men, Women, Youth	Sliding fee	(207)743-1677
PENOBSCOT COUNTY				
Wellspring Outpatient Services	Bangor	Men, Women, Youth	Sliding fee	(207) 941-1612
WALDO COUNTY				
Searsport Counseling Associates – Kristen Webb	Belfast	Men, Women, Youth		(207)338-2022
WASHINGTON COUNTY				
Regional Medical Center at Lubec	Lubec	Men, Women, Youth	Sliding fee	(207) 733-5541
YORK COUNTY				
Saco River Health Services	Waterboro	Men, Women, Youth		(207) 247-9000
RESIDENTIAL REHAB				
ANDROSCOGIN COUNTY				
St. Francis Recovery Center	Auburn	Men	Sliding fee	(207) 784-2901
AROOSTOOK COUNTY				
Aroostook Mental Health Center	Limestone	Men, Women	Sliding fee	(207) 325-4727
CUMBERLAND COUNTY				
Randall Place	Portland	Men, Women, Youth	Sliding fee	(207) 874-1175
The Bridge	Portland	Men, Women, Youth	Sliding fee	(207) 874-1175
Children and Mothers Program (CAMP)	Windham	Women	Sliding fee	(207) 773-9931
Correctional Recovery Academy	Windham	Men		(207) 892-6605
Crossroads	Windham	Women	Sliding fee	(207) 773-9931
Spectrum Health Services Inc.	Windham	Men		(207) 8936605
KENNEBEC COUNTY				
Phoenix House of New England	Augusta	Youth	Sliding fee	(207) 622-7106

Provider by Service

Agency Name	City	Who Served	Other Info	Telephone
RESIDENTIAL REHAB				
YORK COUNTY				
York County Shelter Program, Inc	Alfred	Men, Women	Sliding fee	(207) 324-1137
Day One	Hollis	Youth	Sliding fee	(207) 767-0991
Milestone Extended Care	Old Orchard Beach	Men	Sliding fee	(207) 934-5231

APPENDIX A

Types of Treatment Services:

Co-Occurring (Integrated) Treatment:
Many individuals who have been diagnosed with a substance use disorder also have co-occurring mental health conditions and/or diagnoses. Agencies that provide co-occurring or integrated treatment provide treatment that addresses both issues at the same time and following the same track, not treating them as separate diagnoses.

DSAT (Differential Substance Abuse Treatment):
DSAT is a treatment program designed to reduce substance use and related criminal behavior within the Maine offender population. This treatment is an evidence-based practice that addresses the different needs of men and women in substance use treatment, but also the individual level of substance use severity. This model can be used in institutional and/or community outpatient services.

Detoxification "DETOX": ASAM Level III 7-D
A "detox" may be a hospital based or outpatient program that helps stabilize people who are experiencing withdrawal from alcohol or other drugs. The programs provide evaluation, observation, medical monitoring, and additional treatment in a short-term impatient setting.

Detoxification Management:
This service includes a call center and coordination of services provided by Aroostook Mental Health Center (AMHC) for individuals looking for a "detox" program in the northern Maine region. This service includes a central access point where individuals call and AMHC helps to access a "detox" bed in various hospitals in the region III area (Aroostook, Hancock, Penobscot, Piscataquis, and Washington Counties.)

Emergency Shelter:
This service provides food, lodging, and clothing for individuals who aggressively use alcohol and other drugs, with the purpose of helping after alcohol and drug treatment. Shelter services are provided at least 12 hours per day, with some shelter services providing 24-hour care. Services include referrals for detoxification, arrangements for needed health care services, transportation, and help with coordinating care.

Extended Care: ASAM III.3
Extended Care provides a residential treatment program for more than 180 days to individuals with extensive substance use or co-occurring substance use and mental health conditions. This service includes a structured environment where substance use treatment is provided along with life skills training, relapse prevention, and the development of a social network that supports recovery.

Halfway Houses: ASAM Level III.1

Halfway House is a residential program that provides less intense treatment services as compared to residential or extended care services to support recovery from substance use. It is designed to improve the individual's ability to structure and organize daily living and recovery. Services include assessment, group/individual/family counseling, life skills, employment preparation, transportation between programs and coordination of services.

Intensive Outpatient Services (ASAM Level II.I)

These services are located at an agency office and provide intensive and structured substance use treatment, three to four days a week. The programs usually last three to four weeks and may be conducted during the daytime or in the evening.

Outpatient Services (ASAM Level I)

These services are located at an agency office and provide individual, group, and family sessions, usually for an hour or ninety minutes once a week.

Medication Assisted Treatment (MAT) for Addiction

Opiod Treatment Program (OTP) – Under medical supervision for maintenance or detoxification, OTP clinics administer opiod agonist medication (such as Methadone), monitor dosages, and provide counseling to people with a dependence on heroin or prescription opiod medications.

Other: Some other forms of Medication Assisted Treatment used for detoxification and/or long-term treatment are medications including, but not limited to, Suboxone, Buprenorphine, Subetex, Vivitrol, and Antabuse which are prescribed medications by a physician in an inpatient or outpatient setting.

Residential Rehabilitation: ASAM Level III.5

Residential rehabilitation services are designed to treat persons who have significant social and psychological problems. The goals of treatment are to promote abstinence from substance use and enhance participant's lifestyles, attitudes, and values. For placement in this level of service an individual would have multiple challenges, which may include substance related disorders, criminal activity, mental health problems, and impaired functioning. There are different levels of intensity of services provided based on individual need and some specialized residential rehabilitation programs exist to treat just adolescents, and some programs exist that provide treatment just for women.

APPENDIX B

Maine Telecommunications Relay Service (MERS)

All Callers can reach the Relay Service by dialing 711 (V/TTY).

For faster service dial direct:

CapTel Calls (to reach a CapTel user): 1-877-234-2823
Speech to Speech Calls: 1-888-890-9256
Spanish to Spanish Calls: 1-888-890-9255

The Maine Relay Service of the Maine Center on Deafness is available 24 hours a day, every day, to provide a communications link between those who use a standard voice telephone and those who use specialized telephone equipment or assistance because they are deaf, hard of hearing, or have a speech or physical disability that prevents use of a standard telephone. There is no extra charge for the relay service.

Interpreter Referral Agencies

Bangor Interpreting Agency
94 Pine Trail
Dedham, Maine 04429
843-0506 (VP)
843-0507 (FAX)
E-mail Bangor.interpreting@myfairpoint.net
Web site: www.bangorinterpreting.com

Certified Interpreting – The Sign Language Network
P.O. Box 6500
Brunswick, Maine 04011
798-7995 (V/TTY)
319-7378 (VP)
729-0875 (FAX)
E-mail: Services@CIMaine.com
Web site: www.CIMaine.com

Kewi ASL Interpreting
15 Jones Road
Somerville, Maine 04348
549-4733 (V/TTY)
240-3177 (Cell/Text)
213-1500 (VP)
E-mail: kewlas@gmail.com
Web site: www.kewlasl.com

Mary Jane Grant
Sign Language Interpreting Services
PO Box 843
Sanford, Maine 04073
651-3146 (V)
866-825-9910 (FAX)
E-mail: migrantinterpreting@gmail.com
Web site: www.maryjanegrant.com

Pine Tree Society – Interpreting Services
71 US Route 1, Suite B
Scarborough, Maine 04074
885-0536 (V/TTY)
510-4647 (VP)
885-0076 (FAX)
E-mail: interpreting@pinetreesociety.org
Web site: www.pinetreesociety.org

Professional Interpreting, Inc.
14 Torrey Street
Portland, Maine 04103
774-3068 (V/TTY)
774-8701 (FAX)
E-Mail: kris120@juno.com
Web site: www.ProfessionalInterpretingInc.com

Sign Language Interpreting Plus (SLIP)
15 Beaumont Street
Portland, Maine 04103
615-1448 (V/Cell accepts texting)
E-mail: marydoolittle@msn.com

Legally Qualified Sign Language Interpreters in Maine

Listings obtained from the Maine Bureau of Rehabilitation Services:
http://www.maine.gov/rehab/dod/legalinterp.shtml

Susan Brule
CI, CT, NAD-V, SC:L
(207) 206-2467 (cell)
sbrule@metrocast.net

Tina Englert-Morrison
CI, CT, NAD-V, SC:L
(207) 838-8462 (cell)
terptina@aol.com

Lesley Garey
SC:L, NAD-V
(603) 759-9534 (cell)
lesleygarey@hotmail.com

Margaret Haberman
SC: L, CI, CT
(207) 824-3852
dynsxln@midmaine.com

Jane Hecker-Cain
CI/CT, CSC, SCL
229-4115
967-8601
janeheckercain@gmail.com

Shelly Flanders
CI, CT, SC:L
615-2472 (cell)
Flanders.shelly@gmail.com

Maurita Marr
CI, CT, SC:L
833-5783
751-5490 (cell)

Douglas Newton
SC:L, CSC
885-0536
dnewton@pinetreesociety.org

Toni Robbins
CI, CT, SC:L
(603) 437-8261
bttt@comcast.net
toni@nextel.blackberry.net

Judy Shepard-Kegl
CSC, OTC, NAD-IV, SC:L, CI/CT, NIC-Master, ED:K-12-EIPA, Master Mentor
846-8801
jkegl@maine.rr.com

Meryl Troop
CT, CI, SC:L,
828-1310
332-4867 (cell)
Mtroop@maine.rr.com
mtroop@mcdmaine.org

Victor Vigna
CSC, SC:L, Ed:K-12
798-7995
victor@CImaine.com

Deaf Legally Qualified sign Language Interpreters

Stephanie Clark
CDI, SC:L, CLIP-R
sclarkenterprises@gmail.com

Lois Morin, RSC
787-2602 (TTY)
loismorin207@gmail.com

Regan Thibodeau, CDI
797-6217 (TTY)
reganannrae@gmail.com

APPENDIX C – HOSPITALS IN MAINE

Hospital Name	Location	Telephone Number
Acadia Hospital	Bangor	973-6100 800-640-1211
Aroostook Medical Center	Presque Isle	768-4000
Dorothea Dix Psychiatric Center	Bangor	941-4000
Blue Hill Memorial Hospital	Blue Hill	374-3400
Bridgeton Hospital	Bridgton	647-6000
Brighton First Care, Maine Medical Center	Portland	662-8111
Calais Regional Hospital	Calais	454-7521
Cary Medical Center	Caribou	498-3111
Central Maine Medical Center	Lewiston	795-0111
Charles A. Dean Memorial Hospital	Greenville	695-5200
Down East Community Hospital	Machias	255-3356
Eastern Maine Medical Center	Bangor	973-7000 877-366-3662
Franklin Memorial Hospital	Farmington	778-6031 800-398-6031
Goodall Hospital	Sanford	324-4310
Houlton Regional Hospital	Houlton	532-2900 800-427-4771
Inland Hospital	Waterville	861-3000
Maine Coast Memorial Hospital	Ellsworth	664-5311
Maine General Medical Center	Augusta	626-1000
Maine General Medical Center	Waterville	872-1000
Maine Medical Center	Portland	662-0111 877-339-3107
Mayo Regional Hospital	Dover-Foxcroft	564-8401
Mercy Hospital	Portland	879-3000 800-293-6583
Mercy Westbrook Hospital	Westbrook	857-8400 800-293-6583
Mid-Coast Hospital/Brunswick Health Care	Brunswick	729-0181
Miles Memorial Hospital	Damariscotta	563-1234
Millinocket Regional Hospital	Millinocket	723-5161
Mount Desert Island Hospital	Bar Harbor	288-5081
New England Rehab Hospital	Portland	775-4000
Northern Maine Medical Center	Fort Kent	834-3155
Parkview Adventist Medical Center	Brunswick	373-2000
Penobscot Bay Medical Center	Rockland	596-8000

Hospital Name	Location	Telephone Number
Penobscot Valley Hospital	Lincoln	794-3321
Redington-Fairview General Hospital	Skowhegan	474-5121
Riverview Psychiatric Center	Augusta	624-3900 888-261-6684
Rumford Community Hospital	Rumford	369-1000
St. Andrews Hospital	Boothbay Harbor	633-2121
St. Joseph Hospital	Bangor	907-1000
St. Mary's Regional Medical Center	Lewiston	777-8100
Sebasticook Valley Hospital	Pittsfield	487-4000
Spring Harbor Hospital	Westbrook	761-2200 866-524-0080
Southern Maine Medical Center	Biddeford	283-7000
Stephens Memorial Hospital	Norway	743-5933
VA Maine Healthcare System	Togus	623-8411 877-421-8263
Waldo County General Hospital	Belfast	338-2500
York Hospital	York	363-4321 877-363-4321
York Hospital Berwick Medical Services	Berwick	698-6700
York Hospital Kittery Medical Services	Kittery	439-4430
York Hospital Wells Medical Services	Wells	646-5211

Education

This introduction page explains a little about the following information:

This section talks about education, explaining the available funding to assist with your success in achieving a career. Education, why and how to get one. Doing something you enjoy as a career can make life a whole lot more fun. A lot of men and women in the community may not be able to find the time to work on an education, secondary-education. If that is the case, utilizing the internet to do so is available for high school diploma, Hi-Set and secondary-education. You can utilize the internet to brush up on some Math and English skills and more.

This section also talks about Financial Aid and how you can apply to help with your education. If you are thinking about going to college or technical school, you may be worried about how you are going to pay for the tuition and other expenses. There are a lot of resources out there to help you with the process. Sometimes your criminal history, if you are convicted of certain offenses, can disqualify you from aid or require that you take additional steps to receive aid. Be sure to check in with a qualified professional to find out.

There is information in this section about Competitive Skills Scholarship Program (CSSP). The program is done through the local Career Center in the county/area you live in or will be living in. The Competitive Skills Scholarship helps workers learn new skills and Maine businesses access a qualified workforce to succeed in the changing economy. The program is for eligible Maine residents to access to post-secondary education – including certificate programs and two – and four-year degrees – training for industry recognized credentials, and support leading to skilled, well-compensated jobs with anticipated high employment demand. Every Career Center has an allotted amount of funding for the program, first come, first serve. When you inquire about the program and if there is no available funding at that time, please ask when there will be available funding. This is an opportunity you do not want to miss.

In this section there is information for individuals who are students and need assistance. The Higher Opportunity for Pathways to Employment (HOPE) Program is committed to helping students reach their educational goals by helping cover costs related to school. Whether you are seeking a short-term training certificate, or an associate or bachelor's degree, the HOPE Program has the tools and resources to help you. Don't be bashful, we all need a hand-up sometimes. Think of it this way, when you are at a point in your life where you are comfortable, you too can give back by helping others reach their goals.

Education: Why and How to Get One

There are a lot of great reasons to get an education. One of the best is that you can spend your work-life doing something you enjoy and get some satisfaction out of doing. It makes life a whole lot more fun if you are working in a place you want to work. You may think that because you have a criminal history, you can't get an education or that it is not worth it. In most cases, this is not true!

Lots of people with criminal histories get their high school diploma or Hi-Set and go on to higher education. In today's world, most well-paying jobs require some future education or training. There are a lot of options out there, and a lot of ways to pay for your education.

If you do not have your high school diploma or Hi-Set, you need to get it! Maine has a wonderful adult education system that you can access, even while in custody. To do so in custody, put in a request slip to the education department. Once you get back into the community, you can visit your local Adult Education Center – there are over 80 in Maine! To find your closest adult ed, call them at 1-800-322-5455 once you get out, email them at info@maineadulted.org or visit www.maineadulted.org

They can help you get that Hi-Set, get prepared to go to college or into a technical program.

Find your education level, compare with other educational levels to see how much more you could be earning!

Lifetime Hourly Wage – This is the average hourly wage for each level of education.

This is the amount of income that each education level earns per average lifetime. **The difference in income from low to high is almost 1.5 MILLION dollars.**

Less than 9th Grade	$10.00	$830,000
9th to 12th non grad	$11.23	$937,070
High School Grad	$14.51	$1,204,330
Some College No Degree	$18.99	$1,576,170
Associate Degree	$19.98	$1,658.34
Bachelor's Degree	$25.06	$2,079,980
Master's Degree	$29.69	$2,464,270

How Much Is An Education Worth?

Using the Internet/Computer/Brushing up on Math/English

While for many people using the internet is common place, it is not for everyone. The same goes for using a computer in general, or for using specific programs like Microsoft Word or Access. These common problems can be tackled in many different ways. Sometimes the institution you are in will have programs that will help you get acquainted with computers. Upon release, you can visit your local library and Career Centers for some hands-on practice. Once you have access to a computer, visit ***http://www.gcflearnfree.org/*** This website, through Goodwill Community Foundations, has a lot of easy to use learning modules that walk you through lots of basics – from computers to math and reading courses. It can ease your transition back into the working world, and the education world!

Financial Aid 101

If you are thinking about going to college or technical school, you may be worried about how you are going to pay for the tuition and other expenses. There are a lot of resources out there to help you with the process. Sometimes your criminal history, if you are convicted of certain offenses, can disqualify you from aid or require that you take additional steps to receive aid. Be sure to check in with a qualified professional to find out.

What it Costs: See the Big Picture

Many people worry that tuition and other costs of continuing their education will be out of reach. There are a lot of different ways to continue your education – from technical programs and certificate programs to more vocational colleges and universities – and there are different ways to pay too.

Most students receive some kind of financial aid to help pay for the cost of their education.

Who Gives Aid:

The U.S. Department of Education should be your first source to access financial aid. They award about **$150 billion a year** in grants, work-study assistance and low-interest loans.

Applying for Federal Aid: Fill Out a FASFA!

At some point, you will need to fill out the *Free Application for Federal Student Aid (FASFA)*. Do this by going to www.fasfa.ed.gov if you need help, reach out! Case managers may be available to help, and there are often free workshops around the state that offer assistance. They are sometimes advertised on TV.

And for even more help, you can also call the Federal Students Aid Information Center at 1-800-4-FED-Aid (1-800-433-3243), or click the "Live Help" link on the Contact Us page of the FASFA Web site, then click the "CUSTOMER SERVICE LIVE" button.

Maine Adult Education has programs that not only can prepare you for the transition to college, but also can help you to get there by providing Accuplacer and other testing and preparation.

Accreditation: Make sure the higher education school you want to attend is accredited!

- Accreditation is certification that the education program(s) at a school meet a certain level of quality. Independent organizations called accrediting agencies evaluate schools and award accreditation.
- You might not be able to get any financial aid to help you attend the school if it isn't accredited. The U.S. Department of Education requires that schools that participate in federal student aid programs be accredited. You also could find that your Maine's aid programs won't pay for your attendance at unaccredited schools.
- You might not be able to transfer to another school. For instance, if you attend an unaccredited two-year school and then transfer to a four-year school to finish your education, you might have to start over again at the four-year school if it doesn't recognize the classes you took at the two-year school.
- You might not be able to get a good job. Unaccredited schools generally don't have as good a reputation as accredited schools do. Many employers won't hire someone with a certificate from a school they've never heard of or know is unaccredited.

Helpful Financial Aid Related Websites

www.fafsa.ed.gov
The Federal Government's website for the Free Application for Federal Student Aid.

www.studentaid.ed.gov - The Department of Education's informational website for planning for and funding post-high school education.

www.fafsa4caster.gov - Great websites to get an estimate of how much financial aid you may qualify for. This will include estimates of grants, loans, and work study.

www.pin.ed.gov - Get your pin number for the FAFSA on the Web.

www.studentaid.ed.gov/guide - A comprehensive guide about the federal student aid programs. It is available in English and Spanish.

www.maine.gov has lots of education resources so check it out!

Competitive Skills Scholarship Program (CSSP)

The Competitive Skills Scholarship Program is done through the Career Center. Every Career Center has an allotted amount of funding to provide for men & women. If you check with the local Career Center in the are you will be living in, you can find out if there is current funding and if not, when funding will again be available.

CSSP Documents

CSSP Approved Occupation List

CSSP Income Guidelines

CSSP Governing Rule

CSSP Annual Report

Labor Market Information

Search Tool for Job Seekers

The Competitive Skills Scholarship helps workers learn new skills and Maine businesses access a qualified workforce to succeed in the changing economy. The program is for eligible Maine residents to access to post-secondary education – including certificate programs and two – and four-year degrees – training for industry recognized credentials, and support leading to skilled, well-compensated jobs with anticipated high employment demand.

Eligibility Requirements

- ✓ Be at least 18 years old and live in Maine
- ✓ Are legally eligible to work in the U.S.
- ✓ Are seeking education or training for a job in a high wage, in demand occupation
- ✓ Do not have a marketable post-secondary degree
- ✓ Have household income of less than 200% of the federal poverty level
- ✓ Have the ability to undertake and complete the education or training program

How to Apply

Applications for CSSP are accepted at Maine Career Centers either during a Statewide open application period or as openings occur in specific counties. The number of new CSSP applicants accepted into the program is based on available funding and allocated by the county.

Frequently Asked Questions (FAQ's)

What is considered a high-wage, in demand occupation?
The Department of Labor developed a list of jobs considered high-wage, in demand occupations. These jobs have a average wage at or above the average wage for all occupations in Maine and are projected to have a minimum number of job openings annually.

I wasn't the best student in high school – can I still qualify?
You can still qualify even if you didn't have the best grades in school. You may be tested to see if you are able to successfully take part in the training program.

How can the money be used?
The Competitive Skills Scholarship pays for tuition and fees that are not paid from other sources, including federal financial aid. The grant may also pay for other supports while you are in training including: childcare, transportation, books, supplies, equipment, and remedial and prerequisite training.

How much can I expect to receive?
If you are eligible, you can receive up to $6,000 per year for full-time student and $3,000 per year for a part-time student. You can qualify for a grant each year you remain in your training program.

Do I have to pay it back?
The Competitive Skills Scholarship is a grant, not a loan, and does not have to be paid back at the completion of your program.

How do I get started?
Contact or go to your local Career Center to apply for the Competitive Skills Scholarship or to learn more.

Information

- Maine.gov
- Department of Labor
- Site Map
- Privacy Policy

Teri Mann, MEOC/Hope Coordinator

Cell (207) 551-3331 – Teresa.mann@maine.edu

HOPE BEGINS HERE!

The Higher Opportunity for Pathways to Employment (HOPE) Program is committed to helping students reach their educational goals by helping cover costs related to school. Whether you are seeking a short-term training certificate, or an associate or bachelor's degree, the HOPE Program has the tools and resources to help you.

You may be eligible for the HOPE Program if you:

1) **Are a Maine Resident (16-64) and a Parent (step-parent/caretaker relative) of a child (under 18).**
2) Meet the financial qualifications.
3) Are accepted into or currently enrolled in an approved training program (at least half-time)
4) Are **NOT currently receiving TANF** or **PAS benefits.**
5) Are a U.S. citizen or eligible non-U.S.
6) Do not have a marketable bachelor's degree.
7) Are making satisfactory progress and on track to graduate.

HOPE could possibly assist with:

- Tuition and fees
- Prior Tuition and fees preventing you from reenrolling in school
- Books, Supplies, Tools and Equipment
- Child Care
- Transportation
- Automobile Repairs, Registration, Insurance, and Inspection
- Computer or other Technology costs
- Glasses or Dental Care (if needed to help you stay in school)
- And potentially other costs related to school

If you have questions and would like more information you can –

Attend a Zoom Session – Call for scheduled sessions

If you cannot make the Zoom session and would like to chat individually – call or email

Call for Individual Appointment – Call (207) 551-3331

Parenting

This introduction page explains a little about the following information:

Incarcerated Parenting from jail or prison can be unbelievably difficult. Not only are you unavailable to be at home with your child every day, but also have to think about the care of your child in your absence. It is important to keep in mind that most families who are separated due to incarceration are able to reunite. Both parents play very important roles in their children's lives such as their sense of identity and belonging.

Being in your child(s) life is important and there are parenting programs in correctional facilities that will help you continue to have a bond with your children. Just because you are incarcerated does not mean you do not stay active in your children(s) lives. Discussing school, homework, the work you are doing to be a good farther to your children, this is all important weather you realize it or not. Children do not forget things and when you continue to care and stay active in your children(s) lives, they will know you are, even when you are unsure. Just because you are incarcerated does not mean you are not a mother or farther. There is information that can help you with some direction on how to stay active in your child's lives as a parent.

There are resources available in this section to assist you in areas that may be challenging as a parent, especially who is incarcerated or previously incarcerated. Discipline that works, the ages and stages of change. "Ages and stages" discipline is based on normal changes in your child's growth and behavior. Children's behavior changes just like their bodies change—in predictable patterns. Stages of growth build one upon another, like the circles in a "slinky" toy. Each child grows according to his or her own genetic "time plan," moving forward towards maturity. As they grow, children switch back and forth between "comfortable" ages or stages and "uncomfortable" ages.
The comfortable stages come when they take in all that they've learned—all the old and new pieces seem to fit together well. Uncomfortable stages of rapid growth and change. Change, for most of us, causes stress and anxiety—discomfort. A child in a time of discomfort may have trouble coping with day to day life, may seem extra-sensitive or may argue more. However, some children are naturally more relaxed. They are easier to discipline, even if they're at an "uncomfortable" stage. Other children may be more difficult. They may have more stress at a certain stage of growth. It is important that parents who are incarcerated continue to be active in their children's lives to help them through difficult times.

Kids Legal is a great resource to help your children in need of addition assistance when needed. KIDS LEGAL uses a **multidisciplinary approach** in providing legal services to Maine's children and youth. This means they work with non-legal professionals such as doctors, teachers, case managers and others who also work with our young clients. They do this because they believe it is the most effective way to achieve better health, safety, educational, and economic outcomes for children. Youth and their caregivers can call them directly, and they also take referrals from providers who work with youth. Currently, they have a medical/legal partnership with the Barbara Bush Children's Hospital in Portland, and they provide outreach to teen homeless shelters in Bangor and Portland and to Penobscot Nation tribal youth.

Safe Families *for* Children is a Central and Southern Maine Chapter who will assist families in a crisis. Many of us rely on relatives and friends for support. But for some parents, this is not an option. Safe families seek to help parents in crisis get on their feet by providing short-term care for their children with volunteer families for as little as a couple of days to as long as a year.

Incarcerated Parenting

Parenting from jail or prison can be unbelievably difficult. Not only are you not at home to be with your child every day, but also have to think about the care of your child in your absence. It is important to keep in mind that most families who are separated due to incarceration are able to reunite. Both parents play very important roles in their children's lives such as their sense of identity and belonging.

Many parents who are incarcerated share some similar concerns such as:

1. Talking with their children about incarceration and the behavior that caused it.
2. Dealing with the emotions of being separated from their children, other family members, and home.
3. Making decisions regarding the placement and care of their children.
4. Reuniting with their children and other loved ones upon release.

It is possible to parent from jail or prison. You can still play an active role in the lives of your children but this requires some work on your part, the part of the caregiver, and perhaps the court as well.

The following are some things you can do to help deal with the separation from your children:

- **Acknowledge your feelings.** It is okay to express your feelings whether you have contact with your children or not. If you deny your feelings you may just shut down and not be able to be there for your children. It is common to struggle with being away from your children and so there are lots of other people who are also feeling many of the same things you are about not being able to be with their children.
- You may want to **write down your thoughts and feelings** on a regular basis in a journal. If available, you can also participate in a writing group while in custody, and potentially focus on your children and that relationship as you wish.
- **Make a list of your personal strengths** and how you have survived so far. You have faced many challenges along the way – think of how you overcome these.
- **Talk with other parents who are incarcerated about their experiences**. They may feel the same way or have a different perspective that might help you.
- **Create and use your support system** of family friends or a spiritual counselor. It is OK to reach out to others for help.
- **Learn as much as you can about child development and parenting** from books in the prison library and education department. There are also educational programs available, Long Distance Dads and Inside Out Dads offered at the Maine State Prison.
- **Set realistic goals for yourself** about what you can do to be involved in your children's lives and do those things.
- **Try to find ways to reduce your stress** whenever possible. Regular exercise, prayer, or meditation may help.
- **Be patient with yourself, your children and their caregiver.** You are all going through a stressful time.

Talking with your children about where you are can be very difficult. Try and use age appropriate language and ideas. For instance, if your child is under 5, you might say that you are in a "grownup's time out." For a child between 6-teen years, answering questions about what you did and how long you will be gone may come up more. You can let your child know when you will be home – "Mommy/Daddy will be home when you are ____ years old."

Some creative ways to connect with your kids
When you are in custody:

Encourage your child to read. Read to him or her when/if they are able to visit. The stories can give you some things to talk about.

Read your child stories over the phone when you can. It is great if both you and she/he have a copy of the book to look at during call.

Send your child a hug by tracing your arms on paper, connecting them together and then drawing accessories like a watch, nail polish, a bracelet. Mail the hug to your child-perhaps monthly or weekly.

Write your child. Most people love getting mail and your child will enjoy hearing from you. If you feel like you don't have a lot to write about, spend some time describing your day, your feelings about not being with him or her, write about what is going on in one of your kids' favorite TV show, etc. Most of all, express your love!

Make a mobile for a younger child by drawing special pictures they might like such as stars, hearts, animals, etc. and connect them with yarn. If available. Work with your child's caregiver to laminate these if possible.

Write a poem or story for your child about why you love them.

Make a growth chart for your child by marking out on paper vertically tickers for their height. Mark off your child's birth height and do brackets around ages when you remember they accomplished milestones such as losing a first tooth, learning to tie their shoes, attending school, etc.

When talking about your conviction, you may want to be as simplistic as possible. "Daddy stole something and now has to pay for his mistake."
If you have a more complicated offenses, you may want to just explain that you did something wrong and will not be able to come home for a while.

Be sure to reinforce that you miss your child, they did nothing to cause you to be away from them, and that you love them.
Parenting Resources in Maine – from Access Maine @ http://www.accessmainr.org/

The following resources are available in various parts of Maine. These programs, and their websites, are designed to help you with the many challenges that you may face as a parent.

Autism Society of Maine – The Autism Society of Maine provides informational and referral services, outreach programs, newsletter, lending library, free publications, trainings and workshops for parents, educators and providers.
http://www.aane.org

Catholic Charities of Maine – This organization provides information and services including substance abuse, mental health, refugee placement and immigration, disability, and case management.
http://www.ccmaine.org/programs.html

Center for Grieving Children – The Maine-based center's mission is to provide support to children who have lost a loved one and to the community through peer support, outreach and education.
http://www.cgcmaine.org

Child Care Choices in Maine – This Maine State site explains how to choose quality child care for your child.
http://www.maine.gov/dhhs/OIAS/services/child care/index.html

Child Care Connections – This organization promotes quality child care in Cumberland County. They work with families, child care providers, and employers.
http://www.childcaremaine.org/

Community Counseling of Maine – This organization offers mental health support for any age through case management, outpatient treatment, and community support.
http://www.commcc.org

G.E.A.R. - This Maine State site offers information and support groups to parents who are raising children with special needs. They offer local workshops, conferences, and social support.
http://gearparentnetwork.homestead.com/ar
easupport.html

Goodwill Industries of Northern New England – Goodwill Industries of Northern New England helps people with disabilities live more independently. Our mission is through employment, residential, education and support services, Goodwill works to enhance the social and economic independence of people with disabilities and others who experience barriers to such independence.
http://www.goodwillnne.org/

A Guide to Special Education in Maine -
This is s guide to special education in Maine, it can help parents understand and navigate school-based services and includes eligibility info, time lines, checklists and sample letters.
http://www.somepa.org/services.htm

Healthy Families – Healthy Families is a free and voluntary home visiting program for all first-time parents and pregnant teens living in Kennebec and Somerset Counties.
(800) 542-8227, ext. 2537

Hear Me Now! - This school teaches Maine's deaf and hard-of-hearing children to participate in auditory-oral learning to speak and listen. 1-866-688-4544
http://www.hear-me-now.org/

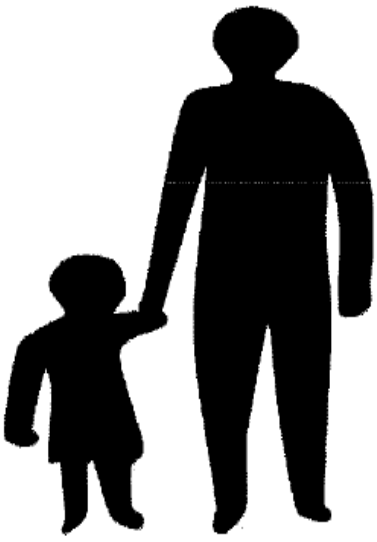
Kids First Center – This is a Maine based agency that helps families who are experiencing separation or divorce. They offer trainings and counseling for kids and for each parent.
http://www.kidsfirstcenter.orh/

Maine Caring Families – This is a therapeutic foster care program administered by the Office of Child and Family Services in the Department of health and Human Services and partnered with Spurwink. They offer training and support for foster children with behavioral needs.
http://www.cwti.org/AFFT/MCF/mcf.htm

Maine Child Care and Head Start – This is Maine's source for parents, child care providers, early childhood educators, and others interested in the health and development of young children and their families.
http://www.maine.gov/dhhs/ocfs/ec/occhs/index.shtml

Maine Children's Alliance – A Maine based organization that supports families and provides information about services.
http://www.mekids.org/

Maine Lead Prevention Program – The Maine Lead Prevention Program provides information to families who are concerned about lead poisoning.
http://www.maine.gov/dhhs/etl/lead/.htm



Maine Medical Centers – Autism and Development Disorders Early Evaluation Clinic (ages birth to 5)
Resources for families in Maine who have or suspect they may have a youth who requires treatment for autism-spectrum disorders.
216 Vaughan Street
Portland, Maine 04102
(207) 662-2221
http://wwwspringharbor.org/spharbody.cfm?id=4608

Maine Parent Federation – Maine Parent Federation is a private non-profit organization that provides free information, support and training to parents and professionals including parenting, education, services, support groups, information on specific disabilities, and other resources to assist families and professionals within the home, school and community.
http://www.mpf.org/

Maine Post Adoption Resource Guide – This guide is found on the Child Welfare Training Institute Website.
http://www.cwti.org/

Maine Youth Suicide Prevention Program - This resource was developed to reduce the number of completed and attempted suicides by Maine teens. http://www.maine.gov/suicide/

Mainely Parents – To talk to someone about anything bothering you relative to caring for your children. A trained volunteer from day one will answer or call you back. Callers may remain anonymous.
(800) 249-5506
http://www.mainelyparents.org/

Opportunity Farm – This New Gloucester, Maine organization provides residential group-home settings to provide safe and supportive environments for at-risk youth.
p://www.opportunityfarm.org/info.php?info_id-5

Parents as Advocates: A Guide to Special Education in Maine – A Guide to Special Education in Maine was produced by the Disability Rights Center and includes rules, regulations, and eligibility and FAQs.
http://www.empowermentzone.com/parents.text

Parent Resource Center – This organization provides parenting classes, information referral, and other activities that support good parenting and safe environments for children. Classes are offered through the Parent Resource Center located in Springvale.
http://www.parentresourcecenter.info

Paying the Bills Guide – This document, called "Tips for Families on Financing Health care for Children with Special Needs," was developed by new England Serve.
http://www.neserve.org/neserve/publications.html

Pine Tree Society for Handicapped Children and Adults – This Maine-based organization provides community services to children and adults. They have "respite weekends" and camps for children and much more.
http://www.pinetreesociety.org

Service Tapestry Database – Developed by the Center for Community Inclusion. This is a searchable database of programs in Maine for youth in transition.
http://www.umaine.edu/cci/servicetapestry/index.htm

Southern Maine Parent Awareness – Southern Maine Parent Awareness provides information, support and training to families who have children with special needs, it is a family-centered organization that promotes partnerships among families, schools, communities, and policy makers.
http://somepa.org

Spring Harbor Hospital's –
Neurodevelopment Disorders Unit
123Andover Road
Westbrook, Maine 04092
(207) 761-2200
http://www.springharbor.org/spharbody.cfm?id=4608

Sweetser – Sweetser provides behavioral health services to children, teens and adults.
http://www.sweetser.org

Tri-County Mental Health Services – This agency has been serving Maine people for more than 55 years. Our mission is to provide the people of Maine with excellence in mental health, substance use, rehabilitation and life skills services, to respect consumer rights and personal dignity, and to maintain Agency financial stability. The agency is one of the largest in Maine, and serves a large and varied geographic area encompassing Androscoggin, Franklin, Oxford, and parts of Cumberland Counties.
http://www.tcmhs.org

UCP of Northeastern Maine – This agency provides services for people with a wide range of disabilities. Services include assistive technology, early intervention, respite care, social work, therapeutic recreation and case management. (The name of the agency was once United Cerebral Palsy of Maine, but has changed the name to UCP of Northeastern Maine to reflect the diverse populations it serves.
http://www.ucp.org

Wings for Children and families – This organization provides case management and referral services to children and families in Penobscot, Piscataquis, Hancock, Aroostook, and Washington counties. They have a Family Center in their Bangor office that provides resources and computer access.
http://www.wingsinc.org/

Women Infants Children – This Maine program provides health foods for women, children, and infants as well as nutrition education, breastfeeding support, and referrals to other community resources.
http://www.maine.gov/dhhs/wic/

Woodfords Family Services – Woodfords offers foster care information, in-home support, respite, preschool programs, case management and a variety of other services for children with disabilities in Southern Maine. (800) 439-0314
http://www.woodfords.org/

Youth Alternatives – This Portland based organization creates homes for children and youth in residential programs, provides community services for families in conflict and crisis and homeless youth, offers substance abuse services, family advocacy, and works to prevent child abuse and neglect.
http://www.yaimaine.org

Discipline that Works: The Ages and Stages Approach

Prepared by Judith Graham, Extension human development specialist at the University of Maine.
Full article available online at extensionpubs.umext.maine.edu.

"Ages and stages" discipline is based on normal changes in your child's growth and behavior. Children's behavior changes just like their bodies change—in predictable patterns.
Stages of growth build one upon another, like the circles in a "slinky" toy. Each child grows according to his or her own genetic "time plan," moving forward towards maturity. As they grow, children switch back and forth between "comfortable" ages or stages and "uncomfortable" ages.
The comfortable stages come when they take in all that they've learned—all the old and new pieces seem to fit together well. Uncomfortable stages of rapid growth and change. Change, for most of us, causes stress and anxiety—discomfort. A child in a time of discomfort may have trouble coping with day to day life, may seem extra-sensitive or may argue more. However, some children are naturally more relaxed. They are easier to discipline, even if they're at an "uncomfortable" stage. Other children may be more difficult. They may have more stress at a certain stage of growth.

The Difference Between Discipline and Punishment

Discipline and punishment are not the same. Discipline is about guiding children in ways that support their development of self-control. It is respectful, accepting and comforting. It enhances self-worth. Punishment is used to hurt. It focuses on the child rather than the actor behavior.

Discipline is ongoing. It is the way you talk to your child, the way you treat your child, the way you live. It is how you help your child respond to the day-to day events in their lives. Examples of discipline for every young child include child-proofing cupboards in the kitchen and bathroom to keep children safe or putting fragile items out of reach. For school-age children, making sure they have a good snack after school is an example of discipline that helps both them and you cope better with end-of-the-day fatigue.

Base Discipline on Your Child's Development

Children change very quickly, especially in the years before they start school. Discipline that works at one stage may not work at another. A child of 2-1/2 is very different from a 3-year-old. At 2-1/2, many children are in an "uncomfortable" stage. They can be very aggressive one minute and withdrawn the next. A key to disciplining a 2 ½ year-old is to use routines and avoid giving the child choices. By the age of 3, however, many children have reached a much more "comfortable" stage. Discipline at this stage can be much easier and relaxed. The more you know about normal development changes, the more you'll be able to guide children well. Knowing more about what they are going through also takes some stress off you as a parent.

Roadblocks to Good Discipline:

1. **Confusing discipline with punishment.** Discipline helps children develop self-control and self-esteem. It teaches right from wrong. Punishment might restrain a child temporarily, but it does not teach alternative behavior. Punishment can even damage the parent-child relationship by reducing a child's trust in the parent.
2. **Believing that what works one time will work all the time.** You need to change the way you discipline your children to keep peace with their natural growth. Different ages and stages as well as different children, require different techniques.
3. **Thinking that when you have difficulty disciplining a child, you are a "bad" parent.** Don't put yourself down if you don't get the results you want. Think it through and try again.
4. **Believing your children "should" behave a certain way at a certain time.** Children are unique and special. They develop at their own speed, in their own way.
5. **Believing you must "win" every battle.** It is important to "pick your battles." Don't fight over unimportant issues.
6. **Parents disagreeing in front of a child about discipline.** Solve serious disagreements in an area that is not ear shot away from children. Doing so will reduce any future arguments with children by them thinking one parent will allow them to do something verses the other parent saying no.

Kids Legal

protecting the rights and improving the lives of Maine's Children

KIDS LEGAL is a statewide project at Pine Tree Le-gal Assistance. They specialize in legal services addressing the needs of low-income Maine children and youth. Their services are free of charge.

Their Services:

* **Represent** children and youth individually or through their caretakers

* **Consult** with attorneys and community providers regarding the rights of youth in Maine

* **Train** groups on legal issues affecting low income children and youth in Maine

* **Write** client education materials on youth rights in Maine

Cases They Take:

***** school issues including special education

* legal issues facing unaccompanied youth

* public benefits for minors

* access to needed medical services

* safety issues in some family law matters

* juvenile defense work for Native American youth

KIDS LEGAL uses a **multidisciplinary approach** in providing legal services to Maine's children and youth. This means they work with non-legal professionals such as doctors, teachers, case managers and others who also work with our young clients.
They do this because they believe it is the most effective way to achieve better health, safety, educational, and economic outcomes for children. Youth and their caregivers can call them directly, and they also take referrals from providers who work with youth. Currently, they have a medical/legal partnership with the Barbara Bush Children's Hospital in Portland, and they provide outreach to teen homeless shelters in Bangor and Portland and to Penobscot Nation tribal youth.
See their website: www.kidslegal.org

* resources for kids, teens, youth adults, parents and community providers in Maine

* legal information about youth rights in Maine

Contact them: 1-866-624-7787 (toll-free)

P.O. Box 54788 Federal St. Room 41
61 Main Street **Portland, Maine**
Bangor, Maine **(207) 774-8246**
(207) 942-8241

Safe Families *for* Children

Are you overwhelmed?

Is dealing with a crisis keeping you from being the best parent you can be? Would a break from your kids help you achieve your goals?

Helping Families in Crisis Get Back on Their Feet

Families helping Families
When a crisis strikes, many of us rely on relatives and friends for support. But for some parents, this is not an option. Safe Families seek to help parents in crisis get on their feet by providing short-term care for their children with volunteer families for as little as a couple of days to as long as a year.

How does Safe Families work?
Some parents call us directly while others work with existing case workers to arrange care for their children. We work quickly to match children with volunteer families, often placing them on the same day we receive a parent's call.

Safe Families provides a loving, temporary home for children whose parents are in a crisis situation.

- ✓ Placing parents maintain full custody and can request the return of their children at any time
- ✓ Volunteer families are extensively screened with background checks and home studies
- ✓ Children ages 0-18 are eligible, including parenting teens
- ✓ Stays can be as short as a couple of days and as long as a year
- ✓ We are committed to reuniting parents and children as soon as possible

Family Friends
Family Friends are volunteer mentors who come alongside parents to support them in making necessary changes to their lives.

Support for Existing Situations
If a relative or friend is already caring for a child and is in need of support, Safe Families welcomes them into our vibrant volunteer network by making home support visits, inviting them to community groups and giving them access to physical resources in order to strengthen them as they provide a stable environment for a child.

Contact Information
Central & Southern Maine Chapter:
CentralandSouthernME@safefamilies.net www.safe-families.org
(207) 713-0523

Employment Preparation & Information



Employment Essentials

Connect with a workforce development center or a community organization

Resources will vary by locality, but there are many organizations out there that can help you with your job search, develop a resume, and start networking. Some programs may even have on-the-job training or work experience programs. There's nothing wrong with asking for help and many people utilize these opportunities to land a job they're happy with, and you know what, employers typically prefer people who show their commitment by working with these types of services.

Prepare yourself as much as you can for your job search

Lack of work experience, mistakes or misspellings on applications, poor interviewing skills and inadequate education or training are among a few things that typically keep people from getting a job offer. Have someone review your applications before you submit them, and practice interviewing.

Network and Volunteer

Maybe the crowd you used to run with is how you got into trouble in the first place, so you've decided you want to steer clear of them this time around. Which is a good idea, but don't take it too far and separate yourself altogether. The solution is not for you to isolate yourself completely but to find a new, positive circle of friends. Getting involved in community organizations and volunteering are great ways to do this.

Read every question on the application carefully

Check your spelling, read the questions carefully and be honest. Resist the temptation to lie on your application when asked about your felony conviction. That's almost a guaranteed way not to get the job, since most employers do background checks. Don't put too much information, though, keep it brief and note that you'll explain more during the interview.

Prove yourself

You'll need to prove the stereotypes wrong. While your co-workers might have the luxury of slacking off and calling in sick, you need to hold yourself to a higher standard because you know the difficulty of getting a good job and keeping it. If you really want to get ahead, you'll probably need to put in a little extra effort.

Employment Preparation & Information

This introduction page explains a little about the following information:

Preparation to get a job is important, especially for individuals who have little to no job skills, no previous employment and who have been previously incarcerated. In this section there is essential information that will help prepare you for employment. Remember that if you have not had much employment before incarceration, utilize skills that you have for any job. For example, quick learner, you listen well, motivated, complete task quickly, work well with others, can read blueprints. These skills are just as important as previous employment.

Writing resumes can create anxiety when we once again are unsure about certain areas due to lack of past employment. Remember to just utilize skills you are good at. There is an example resume you can use to help with drafting your own. There is resume writing tips that will be useful for you.

The Work Opportunity Tax Credit (WOTC) can help you. When you go to a job interview, be sure to bring up the WOTC. It could be a piece of your selling point while in the interview.

When filling out the application and it asks about your criminal history. If you are uncomfortable putting anything down, you can write, *will explain at interview.* Be sure to always be HONEST. Your criminal information is public knowledge.

Fidelity/Federal Bonding is an incentive to the employer to hire an at-risk job applicant. It is a unique tool for marketing applicants to employers. Being NOT BONDABLE is a significant barrier to employment for the hardest-to-place job applicants; this barrier can be eliminated only by the Federal Bonding Program.

Preparing for an interview is important. Be sure to always wear clean respectable clothing. Be respectable and always prepared.

There is information explaining how getting back into the workforce can be challenging. There is information to help you with that in this section. You: At Work, tips for when you are working, what employers expect of you, tips for success. Also, in this section there is an example of you getting paid and understanding required deductions. There are benefits from the company/employer that will help you with. For example, health insurance coverage for you and family, 401K.

There is an example of a spread sheet to manage a budget when you are in the community. Paying bills and being sure you have money to live daily, weekly & monthly is one way you will be successful.

Maine Career Centers are available in most all counties throughout the state. They are there to help you be successful. If you have questions regarding workshops, job fairs education & training, resume assistance, internet access, etc. the Career Center will help you. There is much more available help as well. Visit the Career Center to see what they have to offer.

Western Maine Community Action (WMCA) is available to help individuals in need of employment & training. If you are going to reside I the Western part of the state, utilize the information in this section to **reach** out to them for assistance. Make a request through your caseworker to call and get an address for you**. Remember, for those who are incarcerated at the Maine State Prison (MSP), any mail reentry related is FREE!** Surely, if another DOC facility including county jails were aware of mail being reentry related, they will help with the postage. That small amount of help can be the reason for your success. Give it to your caseworker/coordinator and they will mail it for you.

Transportation can be difficult. There is information with names of regional transportation available throughout the state. It would not be difficult to find the telephone number utilizing 211 state wide information as telephone numbers change all the time.

This introduction page explains a little about the following information: (Continued)

It is all up to you. You got to be confident in achieving your goals. Be respectful, honest, punctual and ready. You will be successful if you want to succeed. If you want to succeed, your employer will know you want to succeed.

Preparing to Get A Job

Getting a job is not easy for most people—particularly if they have criminal histories. However, there are some things that you can do to prepare to get a job once you're back in the community. Putting some effort into preparing to get a job now can help you get one sooner upon release.



What would you like to do for work?

It is important to start thinking about what kind of job would be a good fit for you-one that you would be able to do, that interests you, and one where you would be able to get to work every day.
In order to begin putting together a resume, you should also start thinking about what your skills and strengths are.

It may help to talk to friends, family, or professionals you work with who can help you look at what your strengths are. Sometimes it is easier for an outsider to identify strengths!

What kinds of things do you do for fun or Enjoyment?

example: Cooking, working on cars, yard work.

_____
_____
_____
_____
_____
_____
_____
_____
_____

What strengths do you have? Write them down, they will be useful in putting together your resume.

Examples Include: goal oriented, organized, Hard worker, get along well with others, a leader, team player, focused.

_____
_____
_____
_____
_____
_____

Your Employment History



Whether you apply for a job with a resume or using a potential employer's application, you need a thorough and complete employment history.

One way to do this is to think through all of your previous jobs, and write them down. You will find a space for this on the following page. It is also important to think through what you have done to improve or maintain your employability while in custody. Use the boxes below to identify this information.

Finally, you can contact the Social Security Administration and request a copy of your job history from them. They will send you a listing of all employers, dates of employment and, income reported for the last ten years. You can use the attached form to do so. Mail it to your local SSA office (address listed on Page 3).

Job Title/Description	Skills you used or learned

Employer	Employer Dates	Job Title	Skills Used/Job Duties
ABC Convenience Store	**January 2020-December 2020**	**Cashier/Clerk**	**Customer service work, attention to detail, friendly attitude, worked as a part of the team.**

Put It Together!

Now that you have spent some time thinking about what kind of jobs would be a good fit for you, you can start to prepare a resume to use upon release. If you can't type it up while in custody, you can hand-write it and then type it up at your local career center shortly after release.

Your Resume should include:

- Your name and contact information at the top of the page
- An employment objective that describes the kind of job you are looking for
- Your education and employment experiences: you may also consider including classes or programs you participated in while in custody
- A separate sheet prepared listing at least three personal references. This could include former employers, teachers, counselors, etc.

John Doe
807 Cushing Road
Warren, Maine 04864-4600
(207) 555-5555

Qualifications:

- Experienced, capable customer service associate.
- Excel at working collaboratively to meet or exceed deadlines and company goals.

Employment History:

- December 2019-March 2019 Your Jail Community Service Work Crew-Member—Your town, Maine.
- Participated in work-crew opportunity while incarcerated in [your jail], providing painting and carpentry assistance to local non-profit and government agencies. May 2019-December 2019 ABC Convenience Store – Portland, Maine.
- Provided friendly and fast customer service to patrons, working as part of a team. Also stocked shelves, helped With checking-out, the bagging customer's orders, (Worked as a cashier). This position also required inventory assistance and being able to work a flexible schedule.

Education:

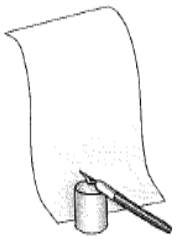
Your town High School, your town, Maine – Graduated in 2019.

Any higher education and/or Vocational Certificates.

Skills and Accomplishments:

- Able to work as part of a team
- Flexible schedule
- Dependable and on time
- Attention to detail

Resume Writing Tips



- **Check your spelling and grammar!** A resume with errors will reduce your likelihood of being considered for a job. Run spell-check and have a friend, family member, caseworker or reentry coordinator assist you with edits.
- Be concise – highlight your skills and strengths, but keep the topic at hand.
- Be thorough. If you cannot remember an employer's address or phone number, use a phone book to look that information up. Do not leave blank spaces unless absolutely necessary.
- Do not use the pronoun "I" in your resume – only use "I" in your cover letter, instead, use action words like "Participated in," "Maintained" and "Organized."
- Focus on what your skills are and what you can offer the company with whom you are applying for a position. Don't exaggerate or be deceitful—employers usually check with references and former employers.
- Include a cover letter – and if possible, address the cover letter to the individual who will likely be considering your application materials. If you cannot call and get that persons' name, address it to the Personnel Department or Human Services instead.

- Make up a template cover letter that you can modify for your own use. An example is included here, but write one up that fits your skills, if you cannot type, a Peer Reentry Coordinator may be able to it for you or, if you cannot type it up while in custody, visit your local Career Center to type it up.
- Get a flashdrive or other re-writable storage device. This can make applying for jobs a lot easier because you will be able to use any computer with a printer to update or modify your basic cover-letter and resume as needed.

John Doe
123 Main Street
Your town, Maine 04123
(207) 555-555
June 1st, 2019

Human Resources [or contact's name]
123 Convenience Store
456 Main Street
Your town, Maine 04123

Dear [contact's name or Sir or Madam]:

I am writing in response to the position posting for a convenience store clerk that appeared online at [Your town's Newspaper] on May 31st.

As you can see from my enclosed resume, I have previous experience in the customer service field, and in particular, I have been employed at convenience stores before. I believe that I have the skills and experience to be successful in your open position.

I would appreciate your consideration in regards to your opening. I would be pleased to speak or meet with you any time, and can be reached using the contact information above. Please do not hesitate to contact me with questions or to set up an interview. I look forward to hearing from you soon.

Sincerely,
Signature
Print Your Name
Enclosure

"What do I do if I don't have an employment history or other activities to put in a resume?"



If you do not have any employment history to fill out a resume, there are several things you can do. One option is to visit your local Career Center for assistance in developing some different ways to market yourself and to gain access to job training programs.

Also, keep in mind that some jobs do not require a resume. Many entry level positions will simply require you to fill out an application. If you have no employment history and are in your early twenties, having no employment history is not that uncommon.
You may want to prepare a cover letter that you can submit with applications that highlights your strengths and skills. Focusing on why you would be a good fit for the open position will draw attention to good attributes and help make up for your limited employment history.

You do not need to tell your potential employer why you do not have any previous employers. If asked in an interview, you can explain what you were doing during that time – school, caring for children, volunteering, etc. You may also let the employer know at that time if part of your time was spent in jail or prison. If that is the case, you will want to tell them why briefly and highlight the programs and or opportunities you took advantage of while incarcerated.

WE BELIEVE IN SECOND CHANCES

Join Prison Fellowship and more than 275 partner organizations nationwide as we observe Second Chance Month this April. Together, we can break down barriers, unlock second chances, and change the lives of approximately 70 million women and men who dream of a better future.

HOW TO WRITE A RESUME WHEN YOU HAVE A CRIMINAL RECORD

Need to know how to write a resume when you have a criminal record?

FILL OUT AN APPLICATION

Most companies will require an application. The application needs to be completely filled out and the best way to ensure this is to come prepared. A detailed resume will help in this process. Remember to include your past work history and current contact information including address, telephone number, and email address. In today's workforce, the application process is completed online.

You will also want to have a list of both personal and professional references. Don't forget to list your pastor if you have one.

PREPARE A RESUME

When writing your resume, format it to the job you are applying for. Your resume gives you a chance to highlight your skills and experience and gives you the interviewer something to reference during and after the interview.

Resumes are typically one page typed; if you are further along in your career, two pages may be appropriate, but keep it concise. The main components are your contact information, education, and previous employment.

It is also a good idea to include any special skills, trades, or certifications you have that are relevant to the job. For example, if you speak more than one language, are CPR certified, or have experience with computers, these are all things you can list on a resume.

You may consider including things such as volunteer work, professional organizations or associations you belong to, or any other experience that is directly relevant to the characteristics, skills, or experience needed for the job.

If you are creating a resume for the first time, start by looking at a several examples and/or templates. You'll notice that the exact format and content will vary, but the goal remains the same: To provide a complete picture of your qualifications for the job. Therefore, be sure to tailor your resume to the specific position for which you are interviewing by looking at the job description and incorporating examples of how you fulfill the criteria.

BE HONEST: ADDRESS YOUR CRIMINAL RECORD

It is extremely important that you are honest in your resume. Everything in your resume should be verifiable. As a returning citizen, this may present some unique challenges. For example, you may have gaps in your employment history. You may also have skills you learned, degrees you earned, or jobs you held while incarcerated. You should not falsify information to hide these facts. However, there are some strategies you may consider to present this information in a way that allows you to put your best foot forward:

REVERSE TIMELINE

If you have spent a good deal of time working, volunteering, or earning a degree since you were released, consider featuring these items first. Start with your most recent experience and work backward from there. This will bring the focus to the present and your potential.

If your incarceration was more recent, a functional resume may be more appropriate. A functional resume is organized by skill rather than by position. For instance, you may list "Organizational Skills" and then provide specific examples of how you have learned and/or displayed strong organizational skills. This allows you to focus on the qualities you'd most like to highlight and draw examples from both traditional and nontraditional sources of experience.

SUBMITTING YOUR RESUME

Be sure to have a friend or mentor read over your resume a few times for mistakes and errors. When your resume is complete, save a digital copy and print several hard copies.

Submit a copy of your resume with each job application. This way the potential employer can learn more about who you are and what you can contribute.

Bring several copies to interviews. You will need at least two copies, one for the interviewer and one for yourself. You might have more than one interviewer, so be prepared.

**Adapted from* "Employment Information Handbook for Ex-Offenders (http://www.doc.state.nc.us/Publications/DOL.Exoffender.Handbook.pdf)." *PDF. U.S. Department of Labor, 2005*

Functional Resume

(Limited Relevant Experience)

Name Here

100 Success Lane
The Best Place, Maine 04111

Tel. (207) 123-4567
Email: 1234@gmail.com

Objective

An entry-level warehouse position with a small business that requires an energetic worker and values hard working, responsible, and loyal employees who are focused on getting the job done right on time.

Summary of Qualifications

- Experienced in lifting heavy boxes and equipment
- Enjoy solving inventory problems and keeping a well-organized work area
- Work well with supervisors, co-workers, and clients in getting jobs done
- Reputation for being a hard worker, quick learner, and adaptable

Experience

Heavy Lifting: Regularly handle heavy boxes and equipment weighing up to 100 pounds. Experienced in operating a forklift, packaging equipment, and computers.

Organization: Maintain a well-organized work area, keep good records, stock shelves, and load trucks. Sited by supervisor as one who is exceptionally dependable, well-organized, and takes initiative in solving problems.

Customer service: Experienced in handling customer orders and solving customer problems.

Work History

State of Maine: Education and training programs centered on developing new workplace skills. Portland, Maine. 2019 to present.

Great Construction Company: Varied maintenance jobs involving commercial construction and warehouse functions. Saco, Maine, 2017-02018

After Hours Office Business Cleaner: Ordered supplies, disinfected all areas, provided great customer service. Bangor Maine, 2016.

Education/Training

- Currently achieved Hi-Set diploma
- Completed a basic workplace skill computer training course

Combination Resume

(Relevant Experience)

Name Here
100 Success Lane
The Best Place in Maine, 04111
(207) 123-4567
1234@gmail.com

OBJECTIVE: A position as architectural drafter with a firm specializing in commercial construction where technical knowledge and practical experience will enhance construction design and improve building operations.

EXPERIENCE: Draftsman: A.C.T. Construction Company, Lewiston, Maine. Helped develop construction plans for $15 million of residential and commercial construction. 2018-2020

Cabinet Maker: Garner-Williams Company, Kingfield Maine. Designed and constructed kitchen counter tops and cabinets; installed the material in homes; cut and laid linoleum flooring in apartment complexes. 2016-2017

Carpenter's Assistant: Thomson Associates, Newport Maine. Assisted Carpenter in reconstruction of a restaurant and in building of forms for pouring concrete. 2014-2015

Materials Control Auditor: Battles Machine and Foundry, Caribou, Maine. Collected data on the amount of material being utilized daily in the operation of the foundry. Evaluated the information to determine the amount of materials being wasted. Submitted reports to production supervisor on the analysis of weekly and monthly production. 2012-2013

TRAINING: Drafting School, Maine Vocational and Technical Center, 2012. Completed 15 months of training in drafting in night school.

EDUCATION: Ellsworth High School, Ellsworth, Maine. Graduated in 1999.

PERSONAL: Single…willing to relocate…prefer working both indoors and outdoors…strive for perfection…hard worker…enjoy photography, landscaping, furniture design and construction.

REFERENCES: Available upon request.

Resume Cover Letter

(Parts Manager)

100 Success Lane
The Best Place in Maine, 04111

December 25, 2020

John Doe
Napa Auto Parts
153 West 19th Street
Bar Harbor, Maine 04661

Dear Mr. Doe:

Please accept the enclosed resume as my application in response to your ad in today's Ellsworth American for a Part's Manager. You stated you needed an experienced manager who has worked with large equipment and who is familiar with ordering inventory and managing personnel.

I believe I have the necessary experiences and skills to do this job well. During the past 10 years I have worked at all levels and in a variety of positions in the parts business. I began in receiving, moved on to manage a stockroom, took customer orders, and managed a parts warehouse with 11 employees. I'm experienced in operating computerized inventory systems. In my last job I decreased warehouse labor costs by 35% by installing a new inventory system.

I would greatly appreciate the opportunity to interview for this position. Please expect a phone call from me on Thursday afternoon. I'll be calling for more information about the position as well as to answer any questions you may have about my candidacy.

Sincerely,

Reentrant

Reentrant
1234@gmail.com

Alternative to Resume

October 30, 2020

Jack Tillman
ACE Solutions
1234 Washington Ave
Belfast, Maine 04123

Dear Mr. Tillman:

I'm responding to your ad that appeared in today's Free Press for an electrician. I believe I am an excellent candidate for this position. Given my interest's, training, and experience as an electrician, I would bring to this position the following qualifications:

Your Requirements	My Qualifications
One-year commercial	Completed one-year apprenticeship and served two years as an electrician's helper on complex commercial projects.
Responsible	Praised by previous employer and co-workers as being a quick starter who takes initiative, is responsible, and gets the job done well and on time.
Trouble-shooter	Skilled at solving complex wiring problems that have saved customers additional costs.
Good customer relations	Received several letters from repeat customers expressing satisfaction for quickly solving problems and proposing cost-effective solutions to lighting issues.

In addition, I know the importance of building strong long-term customer relations as part of building a small business. I enjoy taking on new challenges and working with teams to achieve company goals.

I believe there is a strong match between your needs and my qualifications. Could we meet soon to discuss how we might best work together? I'll call your office on Wednesday at 11 AM to see if your schedule might permit such a meeting.

I appreciate your consideration and look forward to speaking with you on Wednesday.

Sincerely,

Reentrant

Reentrant
1234@gmail.com

Thank-You-Letter

(Post Job Interview)

100 Success Lane
The Best Place in Maine, 04111

January 15, 2021

Tom Peterson
Circulation Department
123 Job Street
Lewiston, Maine 04240

Dear Mr. Peterson:

I really appreciate having the opportunity to interview with you today for the position of Dispatcher. I remain extremely interested in this position since it is perfect fit for my interests, skills, and experience. I am especially interested because it is an evening job. Since I am used to working an evening schedule, this would be a perfect schedule for me.

If I have not heard from you by next Friday, I will check back with you to see how your selection process is progressing. I look forward to hearing from you and hope I will have the opportunity to work with you.

Sincerely,

Reentrant

Reentrant
1234@gmail.com

Employment and Your Criminal History

You may think that because you have a criminal history that you will not be able to get a job. What is true is that it can be more difficult to get a job when you have to explain criminal conduct, but there are some ways to approach the subject that will help you to overcome this barrier to employment.

Honesty is the only policy.

If you are asked on an application or in an interview if you have a criminal history, you need to be honest with your potential employer.

If you are filling out an application with a yes/no question about criminal history, answer honestly. If spaces for explanation are provided, either fill in with a response you have prepared ahead of time, write that you will discuss in an interview, or fill "see attached" for explanation that you brought with you.

Employment

How to address your criminal history in a job interview:
A record does not have to be a deal-breaker.

The question, "Tell me about your record?" can be a very different question to different people. For job candidates with a criminal background, however, that question can be difficult to answer.

While questions about your legal issues may be uncomfortable to answer in an interview, you can use them to show how you've turned things around, discuss your talents and turn a perceived negative into a positive.

Mention your criminal history early in the process

Although it may seem counterintuitive, mentioning a conviction early allows you to take control and explain the circumstances on your terms. Disclosing information upfront builds trust. If the interviewer discovers your criminal history and has to dig to find out more, it looks like you're trying to hide something.

Most interviews begin with a general question like, "Tell me about yourself." Kick it off by mentioning two or three positive credentials in about 60 seconds, then divulge your record.

When you get to your record, you can use this as a template:

"I'd also like to bring your attention to the fact that I served [X] years of time at a correctional facility [X] years ago. Here's what I learned from it [list two to three learning lessons]. ... Here's how I changed my life [point to two to three tangible examples/proof of change]. ... Here's how I'll bring value to your company [mention two to three ways you'll contribute]. ..."



Remember!

Most employers run criminal background checks, so failing to be honest about your criminal history will probably be caught-- and then you really **would not** get a job!

Limit this explanation to two minutes or less. Memorize it so you're confident in your delivery. Rather than pausing and waiting for a reaction, move into how you'll benefit the company. (It's not necessary to mention the crime you were incarcerated for at this point. If the interviewer wants more details, they'll ask.)

Why timing is important

Being straightforward with an interviewer shows you're truthful and that you take ownership of your past. Everyone makes mistakes. Readily admitting to them shows you're human and you've learned from them.

Most employers conduct criminal background checks, so they'll find out one way or another. Laying it out at the beginning prevents the interviewer from bringing it up first.

That said, listing your record on a résumé or cover letter is not a good idea. You only want to discuss your record in person with an interviewer. Do list your record honestly if required on an application, and note that you'll explain in the interview.

Ellen Mulqueen, writing for *The Gladiator*, said it best: "This is your turn to re-educate the employer about incarceration."

How to answer questions about your record

Once your record comes up, the interviewer may want to know more. Here are a few things to prepare for:

If you've served multiple sentences, say you've served a total of [X] years by adding the time together. Never lie, but if you aren't specifically asked about multiple sentences, don't provide more information than the interviewer needs to make a decision about you.

If asked about your offense, keep the explanation short. Don't make excuses or say, "I was at the wrong place at the wrong time." Reiterate how your incarceration helped you realize your error, and express your excitement to contribute.

Some criminal charges are frequently misunderstood and could benefit from some explanation. For example, aggravated assault often implies a gun offense, when in reality, it could have been a bar fight.

Roy Cohen, a career coach who teaches Defy Ventures' career training, notes, "We want the interviewer to ask the right questions at the right time, but we don't want them to think that we're hiding anything."

Even if you don't get the response you're hoping for, never lie about your record. The employer will find out eventually, and dishonesty will make you appear untrustworthy.

Interviewing can be stressful, especially if you have a criminal record. Prepare your story and believe in your own transformation. You've had time to build skills and focus on your growth, and owning your past shows accountability and confidence. Be honest, accommodating and enthusiastic. There's a far greater chance that people will notice the person you are now.

Catherine Hoke from https://www.monster.com/career-advice/article/criminal-history-job-interview-1126

Preparing for an Interview

So, you have finally gotten a call-back from one of the applications you submitted for a job. You need to start thinking about the interview now. It may be helpful to focus on three areas: **What to Say, What to Wear, How to Look and What to Bring.**

What to Say: Plan to answer a lot of questions-this is the potential employer's chance to get to know you. The following questions are examples of what you might be asked. Fill in your own answers to prepare.

What kind of training do you have? _____

Do you work well with others? _____

Tell me three of your greatest strengths. _____

Tell me three of your greatest challenges. _____

How would you resolve a dispute with a co-worker? _____

Tell me why you are the best person for this position. _____

How did you prepare for this interview? _____

Tell me about yourself. _____

Tell me about a challenging work place problem you have you had to face. _____

What to Wear / How to Look



When preparing for an interview, you need to spend some extra time getting ready and making yourself look as good as possible for the job. By looking clean and neat, and presenting yourself well will increase your chances of being hired.

Employers often see the outside person you present as a reflection of who you will be as an employee so take the time to do the following:

- Shower and put on deodorant.
- Wear an appropriate outfit for the interview. Do not wear anything gaudy or outlandish or that is low-cut or revealing.
- Even if it is an entry job, do NOT wear jeans unless you have nothing nicer. You need to dress professionally and appropriately for the job, with khakis or nicer slacks as the bare minimum.
- Do not wear clothing with holes in it, logos on it, bearing any inappropriate language or pictures.

- Even if it is an entry job, do NOT wear jeans unless you have nothing nicer. You need to dress professionally and appropriately for the job, with khakis or nicer slacks as the bare minimum.
- Do not wear clothing with holes in it, logos on it, bearing any inappropriate language or pictures.
- Brush / Style your hair. Yon do not want to look unkempt.
- If you have one, wear your watch.
- Wear a small amount of cologne or perfume, if any. You do not want to overpower the room with your scent.
- Brush your teeth. A few minutes before your interview freshen your breath with a mint/gum or brush your teeth again.
- Make sure your finger nails are clean and neat, with no dirt under them.
- Do not drink alcohol or use drugs before your interview.

What to Bring

It is important to be prepared for your interview both mentally and physically. You may consider bringing the following items with you during an interview.

- A copy of your resume.
- A list of references if you have not already been required to provide them.
- A small notebook and a pen/pencil.
- A folder that includes copies of any recently completed courses (i.e. HI-SET, Vocational Programming when in custody and not, etc.). Letters of recommendations, school transcripts. You can provide them to the prospective employer as the topic may come up.

Other Hints

- Be on time (or better yet – 5 minutes early!)
- Be polite to the receptionist as well as to the interviewers.
- Shake your interviewers' hand when you meet them and when you leave.
- Do not swear or use foul language or slang.
- Answer questions as simply as possible.
- Promote yourself! Focus on your strengths and accomplishments.
- Thank the interviewers for their time when you leave and ask when/how you may follow up.

Be sure to smile,
Make eye contact,
And be friendly

Getting back into the Workforce

Finding a job can be challenging for anyone. When you get out of custody, you may feel a little lost or discouraged, feeling like it will be impossible to get a job. This is not the case! Lots of individuals with criminal histories are able to get jobs – even people with felony records. Here are some tips for beginning your job search.

- If you were employed successfully prior to your incarceration and left on good good terms, contact your former employer to inquire about possible available openings.

- Talk with friends and family about your job search. They may have ideas of places you can look or know of open positions. This type of networking can be very effective.

- Start small. Even though you may want a high paying job, you may not have the skills or experience to obtain that kind of employment. Focus your energy on getting a job that fits your interests, skills, education and employment backgrounds. This may mean taking a job at minimum wage – but keep in mind that minimum wage is far better than no wage.
- **Go to your local Career Center –** they have resources to help you look for a job, get training, and type up a resume.
- Contact local Temporary Agencies. These agencies generally hire out workers to employers for short periods of time. Sometimes these job placements are "temp to hire," meaning that if the worker is successful and the position continues to need to be filled, an offer for permanent placement may happen.
- For short-term labor, day laborer companies are in some of Maine's larger cities. These agencies provide limited employment opportunities where you work a full day and are then paid for that day. You can find these companies in your local yellow pages or by using online directories.
- Check out your local Sunday paper's classified ads – Sunday classifieds usually have the most ads.

You can find job leads by Looking online at-banks, And help-wanted websites. Some local sites are:

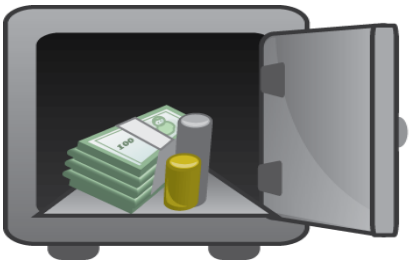
* JobsinME.com
* JobsinMaine.com
* Southernmainehelp-Wanted.com
* Maine-Jobs.com
* Myjobwave.com
* Mainevillejobs.com
* Maine.craiglist.org

Other employment re-Sources can be found Online at
MaineCareerCenters.com
Or
Maine.gov









"What is the recipe for successful achievement? To my mind there are just four essential ingredients: Choose a career you love, give it the best there is in you, seize your opportunities, and be a member of the team."

– Benjamin Fairless

You: At Work

Once You've begun your new job, you want to do your best to keep it. In the workforce, it is a good idea to try and keep every job a minimum of a year. This shows potential future employers that you can be reliable.

Most employers will expect you to:

- Show up to work on time.
- Be ready to start working at the beginning of your shift.
- Follow the work-place rules.
- Keep your breaks to the time allowed, and follow the break-time rules (i.e. some employers ask you to stay on grounds during breaks, etc.).
- Be polite to your coworkers and the public.
- Not use cell phone to talk, text or use the internet during your shift.
- Get along well with others.
- Do the job as they have trained you to do it.
- Be Honest.
- Ask questions when you are unsure what to do.
- Not steal money or products.
- Not use alcohol or drugs while on the job or come to work high/drunk.
- Be dependable – do not call out sick or absent unless absolutely necessary.
- If you must be absent, call your supervisor and let him/her know as soon as possible.
- Be friendly, positive, upbeat.
- Not talk about your personal life in any great detail.
- Be willing to stay until the job is done.

Tips for Success

Do your share of the work. It is important for everyone in your work place to feel like their co-workers are working as hard as they are. This goes for you, too. So be sure to work as part of the team to get the job done.

Focus on you. When you make a mistake, own up to it. Don't blame others or circumstance. Do your best and when mistakes happen, as they do for everyone, take responsibility for what happened. This will help earn the respect of your Co-workers. Likewise, when others make mistakes, don't hold it against them.

Be Polite. In this day and age, it may seem old fashioned, but be sure to say "Please" and "Thank-you" when necessary. Being polite and treating others as you would like to be treated makes for a happier work place. Being polite also means not gossiping about co-workers or talking badly behind someone's back. Also, do not use foul language. It is unprofessional, no matter what line of work you are in.

Know how to tackle problems. When people are in confrontational situations, it is important to do your best to keep a cool head. If you have trouble with heated situations, let the person you're in the situation with know that you need to take a few minutes and go to the bathroom or outside for a few minutes and calm down.

- Don't spend your time focusing on finding blame.
- Think about what the problem really is and what you are feeling.
- Think about what outcome you would like to see.
- Do some problem solving and think about how you can get to the outcome you want.
- Go back and talk to the person you were having a problem with.
- Use "I" statements and talk quietly, without yelling, about how you feel and your suggestions for solving the issue.

Being Positive Will Always Encourage You To Do Better

What Is Fidelity Bonding?

- Insurance to protect employer against employee dishonesty
- Covers any type of stealing: theft, forgery, larceny, and embezzlement
- In effect, a guarantee of worker job honesty
- An incentive to the employer to hire an at-risk job applicant
- A unique tool for marketing applicants to employers
- DOES NOT cover "liability" due to poor workmanship, job injuries, work accidents, etc.

Why is Fidelity Bonding Needed for Job Placement?

- Employers view ex-offenders and other at-risk job seekers as potentially untrustworthy workers and deny them employment.
- Insurance companies will not cover risky job applicants under commercial Fidelity Bonds purchased by employers to protect themselves against employee dishonesty.
- Anyone who has ever "committed a fraudulent or dishonest act" is deemed NOT BONDABLE by insurance companies, a situation leading to routine denial of employment opportunities for such persons.
- Being NOT BONDABLE is a significant barrier to employment for the hardest-to-place job applicants; this barrier can be eliminated only by The Federal Bonding Program.
- Job bonding enables the employer to "obtain worker skills without taking risk."

Persons who are NOT BONDABLE can ultimately become commercially BONDABLE by demonstrating job honesty during the 6 months of bond coverage under the Federal Bonding Program.

Who Is Eligible for Bonding Services?

- Any at-risk job applicant is eligible for bonding services, including: ex-offenders, recovering substance users (alcohol or drugs), welfare recipients and other persons having poor financial credit, economically dis-advantaged youth and adults who lack a work history, individuals dishonorably discharged from the military, and others.
- Anyone who cannot secure employment without bonding.
- All persons bonded must meet the legal working age set by the State in which the job exists.
- Self-employed persons are NOT ELIGIBLE for bonding services (bondee must be an employee who earns wages with Federal taxes automatically deducted from paycheck).
- Bonds can be issued to cover already employed workers who need bonding in order to (**a**) prevent being laid off, or (**b**) secure a transfer or promotion to a new job at the company.

How Can Bonds Be Accessed Under the Federal Bonding Program?

- Any organization is eligible to deliver bonding services under The Federal Bonding Program; for many years bonding services were almost exclusively delivered by the State Employment Service.
- All organizations issuing Fidelity Bonds must be "certified" to do so by The Federal Bonding Program.
- The Fidelity Bonds issued to employers covering at-risk applicants are made available exclusively to The Federal Bonding Program by Travelers which is not duplicated by any other U.S. program.
- Bonds are issued instantly to be in effect the day that the applicant is scheduled to start work; the bonds are self terminating (no termination paperwork needed), and the employer does not sign any papers in order to receive the bond free-of-charge.
- The bond insurance issued ranges from **$5,000** to **$25,000** coverage for a 6-month period with no deductible
- amount (employer gets 100% insurance coverage); when this bond coverage expires, continued bond coverage can be purchased by the employer if the worker demonstrated job honesty under coverage provided by The Federal Bonding Program.

Bond can be issued to the employer as soon as the applicant has a job offer with a date scheduled to start work

123 – John R. Doe		**Pay Period** 06/02/2020 - 06/14/2020		**Required Deductions**		
Earnings				Federal Income Tax	00.00	00.00
Hours	**Rate**	**This Period**	**YTD**	FICA – Medicare	06.08	12.16
50	9.00	450.00	900.00	ME State Income Tax	24.75	49.50
				FICA – Social Security	25.92	51.84
Gross Pay		**450.00**	**900.00**	**Other Deductions**		
				Health Insurance	00.00	00.00
				401K	00.00	00.00
				Parking	00.00	00.00
				NET PAY	**$393.25 - $786.50**	

Your Employer
1234 Some Street
Your town, ME 04111

Check Number: XXXXXX
Pay Date: 06/19/2020

Pay ***Three hundred ninety-three dollars and 25 cents**********$393.25

To the Order of
John R. Doe
123 Main St.
Your town, ME 04123

Your deductions include Taxes and required contributions to Social Security and Medicare. Ask Your employer's Human Resources Department for assistance in determining how many "exemptions" you should Claim on your W-2 form. The more you claim, the less you pay in weekly taxes. That means you could pay more tax money in at the end of the year.

That being said, think clearly when making that decision.

Check your paystub weekly to make sure that your employer correctly paid you for all your hours worked and that you were paid at the right rate of pay. If you see a problem, speak to your boss or to human resources to find out what the issue is and how to get it fixed.



Many employers permit or Even require a direct depositing of your pay-check into your checking account. This is easy to set up-talk to Human Resources to find out how. If it is deposited automatically, it will save you a trip to the bank or a check cashing store.

Some Notes About Benefits:

- You may get health insurance, paid time off through sick or vacation/holiday hours, life or accident Insurance, and/or retirement benefits like contributions to a 401K.
- Sometimes you will be required to pay a part of these benefits, such as for health insurance, and your Employer will pay the rest. Some employers offer health insurance coverage for families as well and this will usually cost more.
- Sometimes employers will match all or part of the contributions you make towards your benefits, such as towards your retirement. This can help you to save a lot more towards your retirement and is like free Money.
- Sometimes you will have to wait a certain period of time before you become eligible for benefits.
- Though paying for benefits will make your paycheck smaller, it may be worth it. For example, paying out-of- pocket medical expenses may be more expensive than paying for health insurance. It is a good idea to have health insurance. For reasons why, see "Health" section.

You: On A Budget

INCOME	BUDGETED AMOUNT	ACTUAL AMOUNT	DIFFERENCE
Wages/Tips/Bonuses			
Other Income			
Child Support (+/-)			
Alimony (+/-)			
Total Spendable Income			
EXPENSES			
HOME			
Rent or Mortgage			
Home Owners/Renters Insurance			
UTILITIES			
Telephone			
Internet			
Water/Sewer			
Electricity			
Heating Fuel			
Laundry			
FOOD			
Groceries			
Eating Out/Snacks			
HEALTH / MEDICAL			
Insurance (medical/dental)			
Co-pays			
Fitness / Gym			
TRANSPORTATION			
Car Payments			
Gas			
Repairs			
Insurance			
Other Transport (bus, etc.)			
DEBTS			
Credit Cards			
Student Loans			
Other Loans			
RECREATION			
Cable TV/Movies			
Computer Expenses			
Hobbies/Vacation			
INVESTMENT / SAVINGS			
Investments			
Savings			
Emergency Fund			
MISCELLANEOUS			
Toiletries, Household Products			
Grooming (Hair, Makeup, Other)			
Clothing			
Miscellaneous			
Total Expenses and Investments			

While managing money is probably one of the last things that you want to think about, it is important to set up a budget so that when you are released you have a plan on how to stay within your means. Thinking about money can be really stressful. Not having enough money can be anxiety producing and can cause you to worry. Knowing what your situation actually looks like can help relieve some of your fears about managing your money and can help you to start making better choices about spending.

On this page and the beginning of the following page is a budget worksheet. You can feel free to fill this one out or set up your own with the fields that are important to you.

If you need further help with budgeting and paying your debts upon release, you can contact Money Management International (formerly Consumer Credit Counseling Services of Maine). They can be especially helpful if you have concerns about unpaid debts, improving your credit, or filing for bankruptcy.

Auburn Branch
250 Center Street
Suite 205

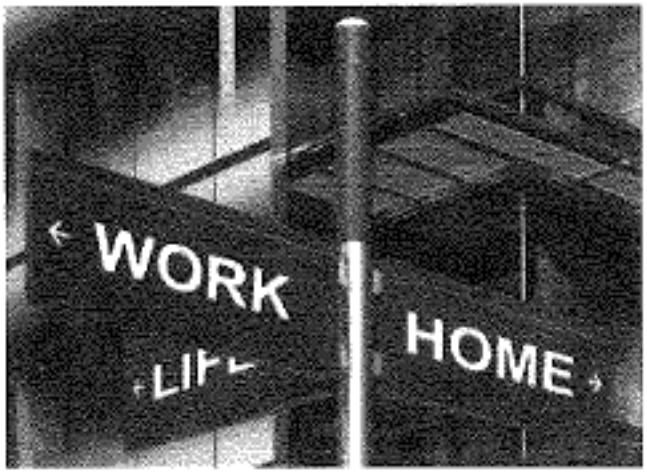
Auburn, ME 04210
Augusta Branch
1 Bangor Street
Augusta, ME 04330

Bangor Branch
175 Exchange Street
Suite 200
Bangor, ME 04401

South Portland
111 Wescott Road
South Portland, ME 04106

Or at **866-531-3433**

Maine Career Centers Can Help You!



The **Maine Career Center** provides a variety of employment and training services at **no charge for Maine workers and businesses—**even if you have a criminal history. Anyone can use the center's services.

It is the place to start when you're looking for your first job, your next job, a better job – or a whole new career. You do not need to be claiming unemployment benefits or be out of work to use our services.

The Career Center system is a collaboration of the Maine Department of Labor, local Workforce Investment Boards, and employment, education and training providers.

The Maine Career Center network consists of 12 full-service centers and additional service points and partner providers located throughout the state.

The Information Center is open to job seekers at no cost for education and employment-related purposes. The library has information about:

- Economics, the labor market, employment trends and specific industries
- Career planning and exploration, job hunting and starting a business
- Businesses, education and training resources, and support services
- Labor laws and regulations

The computer center provides:

- Access to internet, computers and software to prepare resumes, search for jobs online, or file your unemployment claim.
- Wireless internet access (Wi-Fi) for use with your wireless-capable laptop (at most Career Center locations)
- Access to telephone, fax and copier for education and employment-related purposes

The Career Center offers services in both individual and group settings.

Some Career Centers may invite you to attend an orientation to find out what kinds of services you are eligible for or fit your individual needs. Ask the staff person at your local Career Center Information Center how to get started.

Workshops: Career Centers offer workshops and classes on a variety of topics including networking, job search techniques, Resume writing and more.

Job Fairs: get an online list of upcoming job fairs in your area or around the state.

Start your job search by registering for Maine's Job Bank.

- Accessible 24 hours a day, 7 days a week
- Search for job openings based on your individual qualifications
- Get matched with employers looking for your skills
- Receive automatic e-mail notifications when jobs that match your qualifications and preferences are posted
- Post a resume that can be sent to employers

Career Center staff can help you determine what programs are available to assist you and put you in touch with the best education and training resources in your area.

You can access many of the resources of the Career Center by visiting the Career Center website:

- Search Maine's Job Bank
- Find information on Career Center programs and services
- Research training and education opportunities
- File your unemployment claims
- Link to hundreds of other unemployment resources

Career Center

A proud partner of the American job center network

STATEWIDE VETERANS REPRESENTATIVES:

MAINE DEPARTMENT OF LABOR

Career Center Veterans' Representatives are located around the state and are ready to serve you.

- Disabled Veteran Outreach Program Specialists (**DVOPS**) counsel veterans in all aspects of job search and career development.
- Local Veterans Employment Representative

Augusta/Northern Kennebec Valley Representatives

LVER – Steven Roy
Steven.L.Roy@maine.gov
Phone: (207) 624-5156

DVOP – Ralph Hendrix
Phone: (207) 623-7999
Address: Augusta Career Center
45 Commerce Drive
Augusta, Maine 04333

Brunswick Representatives

John.W.Wagner@maine.gov
Phone: (207) 721-8200
Address: Southern Mid-coast Career Center
29 Seawall Street
Brunswick, Maine 04011

Machias/Calais Representatives

Career Center Staff
Phone: (207) 255-1900
Address: Machias Career Center
53 Prescott Drive, Suite 1
Machias, Maine 04654

Lewiston/Wilton/South Paris/ Rumford/Representatives

DVOP-Val Graffa
Val.J.Graffa@maine.gov
Phone: (207)753-9086

LVER – Leon Deon
Leo.Jdeon@maine.gov
(207) 753-9092
Address: Lewiston Career Center
5 Mollison Way
Lewiston, Maine 04240

Presque Isle Representatives

DVOP- Marcel Bosse
Marcel.J.Bosse@maine.gov
Phone: (207)768-6840
Address: Presque Isle Career Center
66 Spruce Street
Presque Isle, Maine 04769

Bangor/Rockland Representatives

DVOP-David Michaud
David.A.Michaud@maine.gov
Phone: (207) 561-4049
Address: Tri-County Career Center
45 Oak Street Suite 3
Bangor, Maine 04401

LVER – Frank Martin
Frank.Martin@maine.gov
Phone: (207) 561-4051
Address: Tri-County Career Center
45 Oak Street Suite 3
Bangor, Maine

LVER-Leo Deon
LeoJ.Doen@maine.gov
Phone: (207) 753-9092
Address: Lewiston Career Center
5 Mollison Way
Lewiston, Maine 05240

Northern Kennebec Valley Representatives

Career Center Staff
Phone: (207) 474-4950 or
1-800-760-1572

DVOP-Ralph Hendrix
Ralph.Hendrix@gmail.gov
Phone: (207) 624-5172
Address: KVCC-Alfond Campus,
Averill Building
23 Stanley Road
Hinckley, Maine 04944

Portland Representatives

LVER – Mark Blackstone
Mark.J.Cafiso@m
(207) 822-3344

Portland Representatives

DOVP – Allen Blackstone
Allen.Blackstone@maine.gov
Phone: (207) 822-3352

DVOP – Jade Graczyk
Jade.S.GraczykAmaine.gov
Phone: (207) 822-3311

Address: Greater Portland Career Center
151 Jetport Blvd
Portland, Maine 04102

Springvale Representatives

DVOP – J.R. (Francis) Abbott
Francis.N.Abbott@maine.gov
(207) 324-5460 x 2208

Address: York County Career Center
9 Bodwell Court
Springvale, Maine 04083

Central Office – Augusta

Program manager – Auta Main
Auta.M.Main@maine.gov
Phone: (207) 623-7975

Division Director – David Klein
David.Klein@maine.gov
Phone: (207) 623-7987

Address: Maine Dept. of Labor
45 Commerce Drive
Augusta, Maine 04333

Western Maine Community Action (WMCA)

WMCA Employment & Training Staff Directory

Cathy Stairs – Employment & Training Specialist (case manager); Androscoggin, So. Oxford, Kennebec;

cstairs@wmca.org, (207) 753-9037

Lisa Hartnett – Employment & Training Specialist (case manager; Androscoggin, So. Oxford, Kennebec; lhartnett@wmca.org, (207) 753-9034

Keri Robichaud – Employment & Training Specialist (case manager); Androscoggin, So. Oxford, Kennebec; krobichaud@wmca.org, (207) 753-9045

Cher Tyra – Employment & Training Specialist (case manager); Androscoggin; ctyra@wmca.org, (207) 753-9043

Myles Robert – Employment & Training Specialist (case manager); Kennebec, Somerset; mrobert@wmca.org, (207) 624-5145

Athena Briggs – Employment & Training Specialist (case manager); Somerset; Kennebec; abriggs@wmca.org, (207) 474-4952

Karen Henderson – Employment & Training Specialist (case manager), Franklin and Northern Oxford; khenderson@wmca.org, (207) 860-4463

Marlene Gile – Employment & Training Specialist (case manager), Northern Oxford and franklin; mgile@wmca.org, (207) 369-5000 or (207)860-4454

Christina King – Regional Employer Assistance Point (Business Services); 5 counties; cking@wmca.org, (207) 753-9096

Monica Millhime – Regional Employer Assistance Point (Business Services); 5 counties; mmillhime@wmca.org, (207) 713-7045

Patti Saarinen – WIOA Program Site Coordinator (Supervisor); All 5 counties; psaarinen@wmca.org, (207) 753-9032

Visiting your Local Career Center

When you visit your local Career Center, you can make an appointment with a career counselor or assess your skills, come up with a plan, and learn about special programs you may be eligible for. You can also attend workshops on job search skills and resume creation, networking and interviewing. From a Career Center computer on your own home computer, you can register with Maine's Job Bank, create a profile, and get matched with current and future job opportunities.



Full-Service Career Centers

Augusta Career Center
21 Enterprise Drive
109 State House Station
Augusta, Maine, ME 04333

Bangor Career Center
45 Oak Street
Bangor, ME 04401-6667

Brunswick Career Center
275 Bath Road
Brunswick, ME 04011

Calais Career Center
One College Drive
Calais, ME 04619-0415

Lewiston Career Center
5 Mollison Way
Lewiston, ME 04240-5805

Machias Career Center
53 Prescott Drive
Machias, ME 04654-9752

Portland Career Center
151 Jetport Boulevard
Portland, ME 04102-9974

Presque Isle Career Center
66 Spruce Street Suite 1,
Presque Isle, ME 04769-3222

Rockland Career Center
91 Camden Street Suite 201,
Rockland, ME 04841-2421

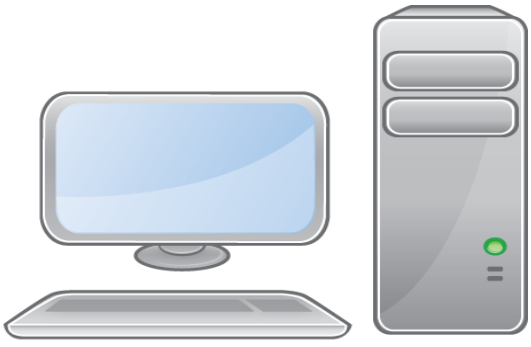
Skowhegan Career Center
98 North Avenue
Skowhegan, ME 04976-1923

Springvale Career Center
9 Bodwell Court
Springvale, ME 04083-1801

Wilton Career Center
865 US Route 2E
Wilton, ME 04294-6649

"The only place Success comes Before work is in The dictionary."

- Vince Lombardi



Limited Career Center Service Providers

The following centers provide limited Career Center Services. Go to www.mainecareercenter.org for more information or call your local Career Center





Bar Harbor
Bar Harbor Municipal Building
93 Cottage Street
Bar Harbor, ME 04609

Belfast
Goodwill Workforce Solutions Center
407 Alfred Road, Park 111
Biddeford, ME04005



Dexter
Town of Dexter
23 Main Street
Dexter, ME 04930

Dover-Foxcroft
Eastern Maine Development Corp.
Morton Ave School
Dover-Foxcroft, ME 04426



East Millinocket
Eastern Maine Development Corp.
One Industrial Drive, Suite 2
East Millinocket, ME 04430-1062

Ellsworth
Eastern Maine Development Corp.
Ellsworth Higher Education Center
Mill Mall
Ellsworth, ME 04605

Greenville
Greenville Town Office
8 Minden Street
Greenville, ME 04441



Guilford
Guilford Memorial Library
4 Library Street
Guilford, ME 04443

Houlton
Aroostook County Action Program
91 Military Street, Suite 3
Houlton, ME 04730-2421

Madawaska
Aroostook County Action Program
88 Fox Street, Suite 103
Madawaska, ME 04756-1352

North Windham
Goodwill Workforce Solutions Center
57 Tandberg Trail
North Windham, ME 04062

Rumford
Western Maine Community Action
60 Lowell Street
Rumford, ME 04276-2096

South Paris
Western Maine Community Action
232 Main Street
South Paris, ME 04281

Sullivan
Sullivan Town Office
1888 US Highway 1
Sullivan, ME 04664

Trenton
Trenton Town Office
59 Oak Point Road
Trenton, ME 04605

YOU: Getting To Work
Regional Transportation

Aroostook Regional Transportation
(207)
Caribou-Fort Kent-Houlton-Madawaska
Presque Isle areas

Brunswick Explorer-Brunswick area
(207)

BAT Community Connector
(207)
Bangor-Brewer-Hamden-Veazie-
Orono-
Old Town

CityBus and Trolley—City of Bath
(207)

Shuttle Bus
(207)
Biddeford-Saco-Old Orchard Beach
Scarborough & South Portland
(Maine Mall)

ZOOM Turnpike Express
888-THE ZOOM
Biddeford-Saco-Portland

Coastal Trans
800-444-6207 or 800-289-6605
Knox, Lincoln, Sagadahoc Counties
Brunswick & Harpswell

Downeast Transportation
(207)
Mount Desert Island/Bar Harbor,
Ellsworth, Bangor & points throughout
Hancock County

Kennebec Valley Transit (KVCAP)
Explorer Bus
(207)
Augusta-Hallowell-Farmington-
Gardiner
Waterville-Fairfield

Citylink—Lewiston /Auburn
(207)

The Lynx
866
Penobscot & Piscataquis Counties

Metro (Greater Portland Transit District) (207)
Portland-Westbrook-Maine Mall

Regional Transportation Program (RTP)
800
Cumberland County

Sanford Transit-My Bus
(207)
Sanford-Springvale

York Wave
(207)
Sanford-Wells, Sanford-Biddeford

South Portland Bus Service
(207)
South Portland-Portland-Maine Mall

Waldo County CAP
800-
Belfast-Waldo County

Western Maine Transportation Services
(207)
Farmington and Rumford area to
Lewiston, Norway-South Paris

Lisbon Connection
(207)
Lisbon-Lisbon Center-Lisbon Falls-
Lewiston

Coast
(603)
Dover New Hampshire-Somersworth
New Hampshire-Berwick Maine

COMMUTER SHUTTLES

Go MAINE Commuter Vanpools
800
Maine Statewide Vanpool, Carpool,
Bike-pool services

ZOOM Turnpike Express
888
Biddeford-Saco-Portland

Aroostook Express
(207)
Presque Isle-DFAS Limestone



INTER-CITY BUS

C&J
800
Seacoast New Hampshire-Boston MA

Concord Coach
800
Bangor-Maine Coast-Portland-Boston
MA

Cyr Bus Lines
800
Bangor-Northern Maine-Fort Kent

Greyhound
800
Bangor-Portland-Boston MA

Mermaid Transportation
800
Portland-Boston (Logan Airport) and
Manchester New Hampshire Airport

West's Coastal Connection
800
Calais-Machias-Ellsworth-Bangor and
points in between

COASTAL FERRIES

Casco Bay Lines
(207)
Peaks, Little Diamond, Great Diamond,
Long Island, Diamond Cove,
Chebeague, and Cliff Islands

Maine State Ferry Service
(207)
Rockland-Vinalhaven-North Haven-
Matinicus Island

Chebeague Transportation Co.
(207)

RAILROAD

Amtrak Downeaster
800
Portland-Saco-OOB-Wells-Dover NH-
Exeter NH-Haverhill/Boston MA

CAR SHARE SERVICES

U-Car Share 800
Car Share option for Portland, ME Zip
Car 1-866

Identification Documents Information

This introduction page explains a little about the following information:

You need a number of pieces of identification to be able to do things like obtain housing, get a job, get public assistance benefits, cash a check or apply for credit. It can take many weeks to get some kinds of identification, so it makes sense to begin now, before your release. To be safe, be sure to leave any correctional facility with a Wardens ID. This can be used to cash a check, money you may leave the correctional facility with. There is mailing address instructions to acquire temporary mailing address before release if you do not have one. This is needed to acquire some available Resources/services in the community for release. There is addresses available to request a birth certificate, social security card, citizenship documents, identity documents, military discharge papers, military personal records, high school diploma/GED/Hi-Set, occupational or professional license, criminal report, duplicate driver license, state ID, the newly available MAIE REAL ID/ driver license and driver license study guide. Having identification for release is vital for everyone. Even if you believe you have identification for release, request from your caseworker a Wardens ID, JUST TO BE SAFE! Being released from incarceration without any ID can be very difficult for example: to cash a check, get set up with resources in the community, be able to prove who you are for any reason.

If your driver license is under suspension due to an operating under the influence (OUI), there is available information for you to reach out to the Maine Driver Education and Evaluation Programs for OUI Offenders (DEEP). Doing so will help guide you in the direction needed to acquire your driver license before or soon after release.

This handbook belongs to:

_____

Use the space below to write down

The following important information for easy access:

Probation Officer:

Name: _____

Office Phone: _____

Cell Phone: _____

Reporting Location:

_____

Reporting Instructions: _____

_____

ICM (Intensive Case Manager)

Name: _____

Office Phone: _____

Cell Phone: _____

Office Location: _____

_____

Health-Care Provider:

Name: _____

Address: _____

_____

Phone: _____

Other:

Name: _____

Address: _____

_____

Phone: _____

Transitions can be hard. Preparing while you're in a facility can improve your chances for success.

You need a number of pieces of identification to be able to do things like obtain housing, get a job, get public assistance benefits or apply for credit. It can take many weeks to get some kinds of identification, so it makes sense to begin now, before your release. If you need help, be sure to ask facility staff.

Birth Certificate

You will need to write to the bureau of vital statistics where you were born- often a city hall or, if you were born in Maine, you can mail the Office of Data, Research and Vital Statistics. Most of the time, copies of these records cost money. Ask facility or reentry planner for help to find out the following information:

- For a copy of a birth certificate recorded in Maine, you can mail:

Vital Records
11 State House Station
244 water Street
Augusta, Maine 04333-0011

A sample request, below, includes the information required for processing. You must also include a $15.00 check, payable to "Treasurer- State of Maine" per certified copy.

Date
Your Address
City, State, Zip

Vital Records
11 State House Station
244 Water St.
Augusta, ME 04333-0011

Dear Sir or Madam,
Please send me a certified copy of my birth certificate.

My name: Include first, middle and last name
Gender:
Date of Birth:
Place of Birth: Name of City Birth Occurred in
Parents Names: List the names of both your parents, including your mother's maiden name. Your relationship: Indicate your relationship to the name on the birth record being requested. Phone Number: Include the phone number for your permanent residence, if available.

I am enclosing a check for the fee and a stamped, self-addressed envelope.

Thank you,
Sign
Print your full name

Social Security Card

Your social security card, a form of identification given shortly after birth which assigns you a social security number, can be obtained in a number of different ways but you will need to fill out an application form. To get this form:

- Call (800) 772-1213 or (800) 325-0778 (TTY)
- Visit www.socialsecurity.gov
- or, go to your local Social Security Administration office once you're out.

Social Security Administration Offices

Auburn
600 Turner Street
Auburn, ME 04210

Bangor
202 Harlow Street
Bangor, ME 04401

Presque Isle
365 Main Street
Presque Isle, ME 04769

Rockland
169 Camden Street
Rockland, Maine 04841

Saco
110 Main Street
Saco, ME 04072

Waterville
14 Colby Street
Waterville, ME 04901

Augusta
330 Civic Center Dr.
Augusta, ME 04330

Portland
550 Forest Ave
Portland, ME 04101

Rumford
600 Turner Street
Auburn, ME 04210

Identification: Warden ID

Be sure to let your caseworker know that you will need a Warden ID for your release whether you "believe" or "think" you already have sufficient ID. You MUST always be prepared!

Mailing Address Instructions

If you do not have a mailing address for when you are released from incarceration and know what part of the state including town you are going to; request from your case worker the address to the Post Office in that area. Write to the Post Office in that area and request to have mail sent to that Post Office under General Delivery. Doing this will provide you with an address that you will need not only for mail but any needed resources you may inquire about for example (Vocational Rehabilitation) will request a mailing address on the application to have before your release. There are other applications and/or reasons it is needed.

Having this done will only simplify the process for your release.

You: A Copy Machine

Getting all your documents in order prior to leaving your facility, or at least getting that process started, is important so that when you get out you are not waiting around for documents to come in the mail. In addition, a lot of documents can be obtained by mail simply through a written request and this cuts down on you having to go physically go get copies of documents you'll need.
Sending out a request now will save you long lines later!

Veteran Documents You May Need

- Military discharge papers – Veterans can get a copy of their DD214 Report of Separation by:
- Going to www.archives.gov/vaterans
- By submitting a standard form180 – Request Pertaining to Military Records, available from: National Personnel Records Center

  Military Personal Records
  1 Archives Drive
  St. Louis, MO 63138-1002

- Green Card / Alien Registration Card: If your green card was lost or stolen, you may apply for a replacement card using an I-90 form. This application, five pages in length, can be printed off by at then filled out and mailed. Ask a caseworker to print out this form for you if you have lost your current card.



Documents At–A-Glance

If you are applying for a replacement social security card because yours was lost or stolen, you will need to prove citizenship and identity.

Citizenship documents:

- U.S. Birth Certificate
- U.S. Consular Report of Birth
- U.S. Passport
- U.S. Certificate or Naturalization
- U.S. Certificate of Citizenship

Identify Documents:

- U.S. Driver's License
- State-issued non driver identification card
- U.S. Passport

Some documents can be used for both citizenship and identity purposes, such as a U.S. Passport.

If you are a non-citizen applying for an original new ID card, you will need additional documentation, and should check online for the full requirements

Maine Prisoner Reentry Network (MPRN)

Be sure to get as many of your identification documents before your release so that when you get out, you will have them!

Returning home can be the most difficult part of going to jail or prison: you may feel like the puzzle pieces have changed while you were locked up and that your pieces no longer fit in.





Other Documents:

High School diploma or HI-SET- Write the School you graduated from and request a copy along with your transcript. Include a self-addressed stamped envelope for their convenience.

Occupational or professional license- Mail the certifying agency and request a copy of your license. Include a stamped self-addressed envelope for their convenience.

Criminal Report- A written request with your name, including any previous names, date of birth, and reason for requesting the criminal record must be submitted along with a check for **$8.00** payable to the "Treasurer, State of Maine" to:

Identification Division
State Bureau of Identification
Maine State Police
36 Hospital Street
Augusta, ME 04330

Use this record to make sure that you are accurately filling out housing and employment applications. It is a good idea to review the record to make sure it does not include any errors. If you are going to be released from custody within eight weeks or so, fill out the return envelope address with an address other than the facility you currently reside in. Ask loved ones if they will accept mail from you if you do not have a permanent residence to return to upon release.

Duplicate Maine Driver's License or State Identification- You can use the mail process to provide a written request which should include your name, date of birth and current address as well as a brief statement certifying the original license/identification card is not in your possession and what happened to your original. The digital image and signature on file will be verified and your duplicate license/identification card will be processed and mailed to you. You will need to submit along with the written request a **$5.00** fee, payable to "Treasurer, State of Maine." If your license expires while you are incarcerated, you have five (5) years after the date of expiration to renew your license without having to re-take the exam. This can be done on line or you can go to your local DMV and complete the process in person. You may also request a duplicate card online. You must have your social security number and a credit card to pay the fee.

Written requests should be mailed to:

While incarcerated, it would be a good time to study for your driver's license. You can do this by requesting a study guide from the following address.

Bureau of Motor Vehicles
License Information Unit
29 State House Station
Augusta, Maine 04333-0029

"Every day do something that will inch you closer to a better Tomorrow"
– Doug Firebaugh –

REQUEST FOR DUPLICATE MOTOR VEHICLE OPERATOR'S LICENSE OR IDENTIFICATION CARD

Send the complete form to:

Secretary of State
Bureau of Motor Vehicles
License Services
29 State House Station
Augusta, Maine 04333-0029

I hereby make application for a duplicate license or identification card. I have enclosed the $5.00 fee.

Please state briefly what happened to your original Maine driver's license or identification card.

I certify that my original Maine driver's license or identification card is not in my possession because:

_____

Name (printed): _____

Date of Birth: _____ Driver License or Identification Number: _____

Mailing Address: _____

Do you wish to be an organ donor? Yes ___ No ___

Signature: _____ Date: _____

****

Please complete the bottom portion if the application was completed by someone other than the license or identification card holder.

Your Name (printed): _____

Your Date of Birth: _____

Your Driver License or Identification Card number: _____

Relationship to License (**must be immediate family member**): _____

Your Signature: _____

This Page Left Blank Intentionally

MAINE REAL ID

Document Check List:

Maine Department of the Secretary of State
Bureau of Motor Vehicles
29 State House Station
Augusta, Maine 04333

Main Office phone lines are open
(207) 624-9000
8:00 AM – 5:00 PM
(Closed all state Holidays

The Real ID Driver's License or Identification Card Check List

REQUIRED DOCUMENTS FOR A REAL ID LICENSE OR IDENTIFICATION CARD

When applying for a Real ID Maine License or identification card, you must present documents that demonstrate:

1. Identity (name and birth date); **and**
2. Lawful status in the United States; **and**
3. A valid Social Security number or proof of ineligibility; **and**
4. Maine residency (at least two documents are required).

IDENTITY

Present ONE original document to establish Identity. More than one document may be required.

- ☐ Unexpired U.S. Passport or Passport Card*
- ☐ Certified copy of birth certificate*
- ☐ Consular Report of Birth Abroad*
- ☐ Certificate of Citizenship*
- ☐ Certificate of Naturalization*
- ☐ Unexpired Permanent Resident Card*
- ☐ Unexpired foreign passport with unexpired U.S. Visa and approved I-94
- ☐ Unexpired employment authorization card
- ☐ Real ID driver's license or identification card

***Document may establish identity and lawful status.

LAWFUL STATUS IN THE UNITED STATES

Present ONE original document to establish lawful status.

- ☐ Unexpired U.S Passport or Passport Card
- ☐ Certified copy of birth certificate
- ☐ Consular Report of Birth Abroad
- ☐ Certificate of Naturalization
- ☐ Unexpired Permanent Resident Card
- ☐ Employment Authorization Card
- ☐ Unexpired foreign passport with unexpired U.S. Visa and approved I-94

Secondary documents that may be required dependent on immigration status

- ☐ SEVIS Forms I-20 or DS 2019
- ☐ Proof of application for asylum: Notice of Action or Form I-589
- ☐ Other USCIS documentation that can be Used to verify lawful status

SOCIAL SECURITY NUMBER

Present ONE original documentation with your name and Social Security Number.

- ☐ Social Security Card
- ☐ W-2 Form
- ☐ SSA 1099 Form
- ☐ A non-SSA 1099 Form
- ☐ Pay stub

IMPORTANT NAME CHANGE INFORMATION: If your name has been legally changed and now differs from your identity document(s) (i.e., birth certificate or passport), proof of that name change must be provided to obtain a Real ID. Acceptable documents supporting a legal name change include a marriage license, divorce decree, or court order. In all cases, the documents must show a clear trail of name changes from the name of the identity document to the current name.

If you are unable to provide any of the above residency or legal presence documents, please check our website www.maine.gov/sos/bmv for additional options or visit one of our branch offices. www.maine.gov/realid

MAINE RESIDENCY

Present TWO original documents with your name and Maine residential address. Documents must contain a residential address; **a post office box will not be accepted.**

- ☐ Maine driver's license or ID
- ☐ Property Tax Bill or Deed
- ☐ Maine Vehicle Registration
- ☐ Insurance Binder, card, or policy
- ☐ Pay stub
- ☐ Utility bill (cable TV, phone, satellite, etc.)
- ☐ Financial statement
- ☐ Maine vehicle title
- ☐ Concealed firearms permit
- ☐ Maine hunting/fishing license
- ☐ School transcript or report card
- ☐ Lien or lease agreement (auto or property)
- ☐ Tax return or W-2
- ☐ Home services contract
- ☐ Two Residency Affidavits (equals one document)
- ☐ DHHS Compliance

How much will a REAL ID Cost?

Identification card Original or renewal (any age)	$30.00
Non-commercial license Original or renewal (under 65)	$55.00
Non-commercial license Original or renewal (65 plus)	$41.00
Commercial license Original or renewal (under 65)	$59.00
Commercial license Original or renewal (65 plus)	$48.00
All duplicate licenses or Duplicate identification cards	$30.00

When can I get a REAL ID driver's license or identification card?

READ ID compliant driver's license and identification cards will be available beginning July 1, 2019.

Motor Vehicle Branch Offices
Monday – Friday
8:00 AM – 4:30 PM

E-mail for the branches may be sent to:
Branch.bmv@maine.gov

Branch Phone Lines are open from
Monday – Friday
8:00 AM – 4:30 PM
(Closed ALL State Holidays)

Augusta – 19 Anthony Ave
Phone: 287-3330

Bangor - Bangor Airport Mall
1129 Union St. Suite 9
Phone: 942-1319

Calais - 23 Washington Street, Suite 2
Phone: 454-2175

Caribou - 14 Access Highway, Suite 2
Phone: 492-9141

Ellsworth - 22 School street
Phone: 667-9363

Kennebunk - 63 Portland Road
Phone: 985-4890

Lewiston - 36 Mollison Way
Phone: 753-7750

Portland - 125 Presumpscot Street
Phone: 822-6400

Rockland - 360 Old County Road, Suite 1
Phone: 596-2255

Rumford - 65 Lincoln Avenue
Phone: 369-9921

Scarborough - 200 Expedition Drive, Suite G
Phone: 883-2596

Springvale - 456 Main Street
Phone: 490-1261

Topsham - 125B Main Street
Phone: 725-6520

Substance Use
and Mental Health Services
An Office of the
Department of Health and Human Services

WHAT YOU NEED TO KNOW ABOUT

DEEP

MAINE'S DRIVER EDUCATION AND EVALUATION PROGRAMS FOR OUI OFFENDERS

DEEP'S PROGRAMS

IF YOU ARE:
21 or older at the time you register for DEEP

- ✓ You will take the Risk Reduction Program (20 hours)
- ✓ Fee: $300.00

Under 21 at the time you register for DEEP

- ✓ You will take the Under 21 Program (16 hours)
- ✓ Fee: $225.00

OR:
If you believe you have a problem with alcohol or other drugs and are willing to seek help

- ✓ You may be eligible to take the "Completion of Treatment" Program And enter directly into treatment.
- ✓ You may also take this program if you have completed treatment with DEEP-certified provider since your most recent OUI and can provide documentation.
  Fee: $300.00

  This fee includes a non-refundable non-transferable $75.00 registration fee.

DEEP ACCEPTS ONLY MONEY ORDERS OR CREDIT CARD PAYMENTS. NO CHECKS!

There is an additional $10 processing fee for use of Credit cards.

Call DEEP at (207) 626-8600, Monday – Friday Between 8:30 AM and 4:30 PM and we will be Glad to assist you in registering for a program.

IMPORTANT

IF YOU TAKE THE RISK REDUCTION PROGRAM OR THE UNDER 21 PROGRAM: After your program is completed, you **may** be required to seek a two to four session clinical substance use evaluation based on the results of a self-assessment survey you take during your class.

The evaluation will have one of the two findings:

- A "Negative" finding means that there is no indication of a current substance use problem and you will not be referred to counseling.
- A "Positive" finding means that you need counseling for a substance use problem, and you will be required to complete treatment.

If you are referred to counseling, the number of sessions will depend on the extent of your problem and on your progress in treatment.

For any evaluation or treatment services, you must see a counselor who is certified by DEEP. DEEP will provide you with the names and phone numbers of approved counselors and agencies in your area and you will inform DEEP of your choice.

Counselors and agencies are private businesses. You are responsible for paying for any services you receive.

What Conditions must I meet before my driver's license or operating privileges may be restored from an OUI suspension by the Secretary of State?

To get a suspended license restored, the convicted driver must satisfy certain requirements which include:

- Serving the entire suspended period set by the court and/or the Secretary of State;
- Payment of the entire reinstatement fee:
- Satisfy any other suspensions that may be in effect;
- Completion of the requirements of the Drivers Education and Evaluation Programs (DEEP).

If you would like more specific information regarding your driver's license suspension, the insurance of a restricted license, or the license restoration requirements that apply to your case, please contact

Driver Licensing Division
Maine Bureau of Motor Vehicles
29 State House Station
Augusta, Maine 04333-0029

Or call (207) 624-9000, ext. 52104

Phone: (207) 626-8600
Fax: (207) 287-3903
TTY Users: Dial 711 (Maine Relay)
Email: deep.osa@maine.gov
Web: www.maine.gov/dhhs/samhs/osa/deep

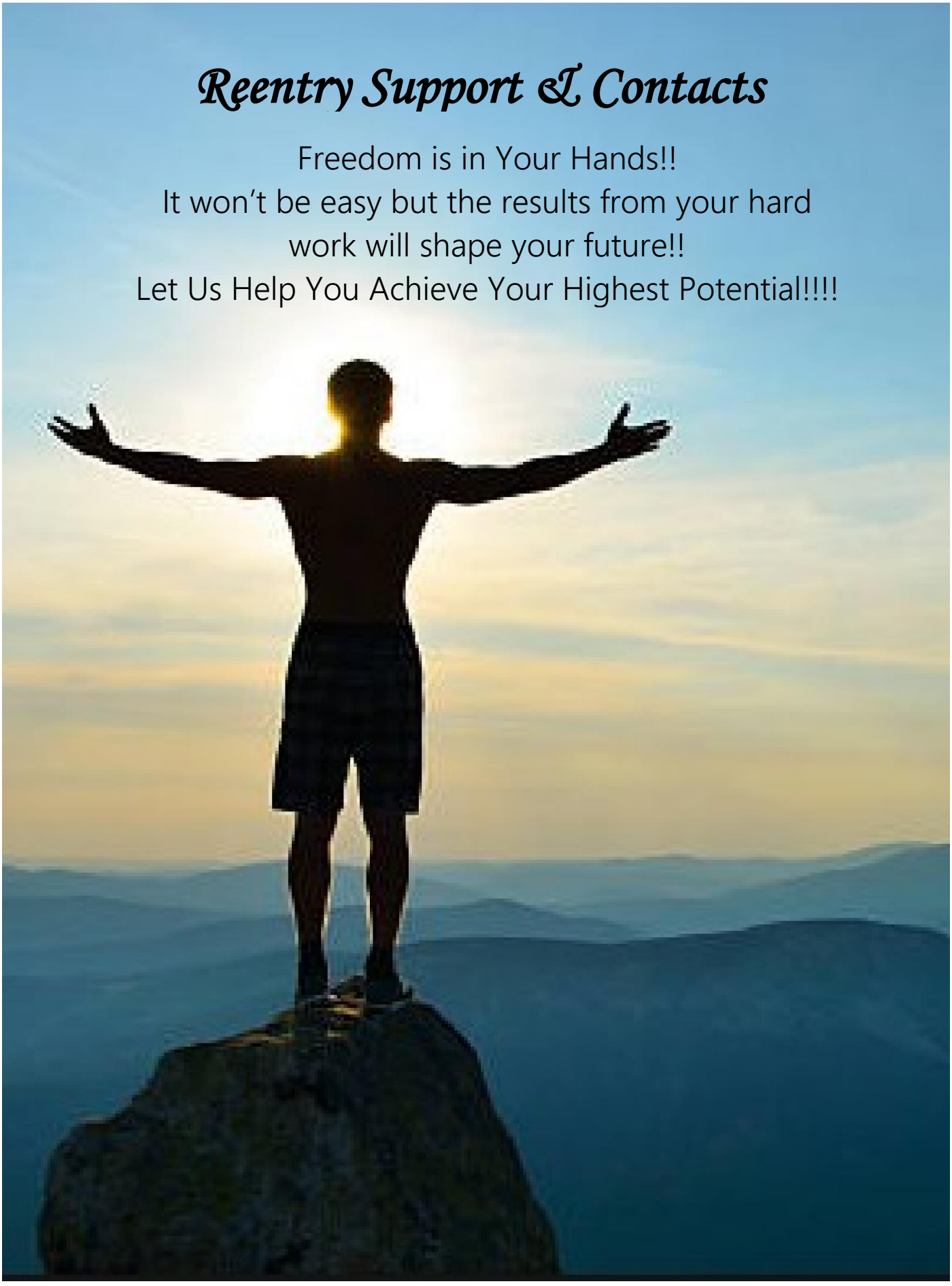
In accordance with federal state laws, the Maine Office of substance Use does not discriminate on the basis of sex, race, religion, color, national origin, creed, disability, or age in admission or access to treatment services or employment in its programs and activities. If you require special accommodations at a DEEP education program due to a disability, please notify us 15 working days prior to the class so that we may make arrangements for your needs. This publication may be available in an alternate format upon request.

OFFICE OF SUBSTANCE USE
AND MENTAL HEALTH SERVICES
DRIVER EDUCATION & EVALUATION PROGRAMS

Mailing address:
DEEP
11 State House Station
41 Anthony Avenue
Augusta, Maine 04333-0011

Reentry Support & Contacts

Freedom is in Your Hands!!
It won't be easy but the results from your hard work will shape your future!!
Let Us Help You Achieve Your Highest Potential!!!!



This introduction page explains a little about the following information:

Reentry is very important for many reasons. Men & women releasing from incarceration as well as coming home from the service need reentry. It is a process that takes time for most. Getting a good plan in place begins with goals and a support system that will assist you with your needs. Most men & women who are or have been incarcerated suffer from some type of trauma and or mental health that needs to be addressed. Most of us don't like to let anyone in to our "safe" place, our "bubble." If you do not take the time to address the important factors that seem to get you in a situation, you will keep getting what you have always been getting, in trouble, most likely jail/prison time and let us not forget the victims that suffer from your selfish actions. There are people who will help, who will listen, who truly care. You need to do the work, reach out to the available resources for assistance/help. It is not easy to do this, there is a lot of emotions and a big one is fear. You are in fear of how others view you is a big one. When you continue to commit crimes for selfish reasons, hurt loved one's from being absent from their lives, victimize communities and members of the community, let down the one's you care about repeatedly, that is scary! Let's not forget about the one's whom you committed a crime against. For once, think about how your selfish actions affected their lives in some way forever. Seriously!!! You are the only one who can right your wrongs. You will be judged for what you have done in your past, that will never go away. Don't let that define who you truly are! Putting the work in to understand who you truly are, the positive things you are capable of doing and accomplishing, taking inventory of the one's including yourself whom you have affected negatively and change your behaviors by getting to the root cause of those behaviors that got you and may continue to get you in trouble will help you see who you truly are. Doing so will bring to light, your true meaning in life. Don't worry about how people look at you, worry about the deadline that you have to get the paperwork in for FASFA so you can attend college and receive your degree! That's what up!!!!! Utilize all these resources the Maine Prisoner Reentry Network has established wonderful working relationships with to assist you in building your future to be successful and helping your dreams to come true!!! It's your responsibility to do this, its not easy but the result is priceless!!!! Let's get to work!!!!!

Maine Prisoner Reentry Network (MPRN) is based out of Lewiston. Founder Bruce Noddin, Legislative Representative as well as Maine State Prison NAACP liaison Rachel Talbot-Ross, Keith Arvantitis, Peter Lehman, Sean Crothers, Robert Porter and dozens of community organizations assists individuals who are returning to the community from incarceration. MPRN employs a community approach to the issues facing the formerly incarcerated and our communities at large. MPRN representatives travel throughout the state of Maine to educate communities around the importance to be supportive with formerly incarcerated being reintegrated back into the community. Remember, it is your job, your mission to do the right thing and put the work in. It is not about handouts, it is about being independent, working, paying your bills, staying active with your recovery, developing healthy relationships in the community who will support you in succeeding and paying it forward by giving back.

MPRN, and its Team, develops relationships, and none more important than our strong relationships with Department of Corrections and Sheriffs' Departments. We have direct contact with the MDOC Commissioner Randy Liberty, Warden Matt Magnusson, Dave Simpson & MDOC Caseworkers, Regional Correctional Administrator's (RCA's), Maine Correctional Center (MCC), Mountain View Correctional Center (MVCC), Southern Maine Women's Reentry Center (SMWRC), Bolduc Correctional Facility staff (partners) and more. MPRN and our partners have now direct access to the facility's caseworkers, where outside supports can coordinate with caseworkers and the person being released. This ensures a clear plan and continuum of care for reentry into our communities and neighborhoods. Developing that relationship with reentrants is vital, it is about TRUST! The continued wrap around care will provide that connection for individuals to be successful. Making that connection with the individual is not only important, it is the most important factor for anyone to succeed.

MPRN has been working with Kennebec County in develop a Pilot Program beginning in 2020. The program consists of community organizations working together in training individuals preferably with a lived experience of incarceration as a Peer Reentry Support Person. As we know and understand it is extremely important to have resources and support once released from incarceration. Individuals who do not have the lived experience of incarceration and want to help can be trained as well! MPRN has been establishing amazing community relationships who want to help incarcerated citizens reintegrate back into the community.

This section explains a little about the following information: (Continued)

MPRN works with the Co-occurring Drug Court in August for the most part, all day on Mondays. It is important to have this working relationship to intertwine MPRN services with the goal for everyone to have equal support services and needed treatment to live a stable successful life in the community.

Maine Coastal Regional Reentry Center (MCRRN) "the center" is based out of Belfast Maine. The facility provides evidence-based programming, intensive case management that targets individual's high-risk domains as identified in the Level of Service Inventory Revised (LSI-R); and aggressive strategy of reducing risk, MCRRC is a full-service risk reduction center. MCRRC targets individuals who are high-risk of reoffending. The center uses a Phase Level System, Phase 1 through 4 which is merit based. There is a seventeen-and-a-half-acre garden for men at the center to work in that produces over 110,000 pounds of produce which is provided to local food pantries, other non-profit organizations and their own kitchen each year.

The Maine Coastal Regional Reentry Center (MCRRC) offers transitional services to men serving the remaining 6-18 months of their state or county sentences. The center is operated by the Waldo County Sheriff's Office in conjunction with Volunteers of America Northern New England (VOANNE). Volunteers of America is a faith-based, national, non-profit organization, which manages human service programs and provides opportunities for individual and community involvement. Recognition of the potential in every person, the desire to assist the less fortunate, and continuously creating compassionate social programs are the foundation of the Volunteers of America.

The Center provides a multitude of programming to assist individuals returning to the community. The available programs are centered around helping you recognize, understand and work to change areas of your life so you can life a productive happy life once released. Also, it provides an opportunity to develop supportive relationships in the

community for when you need them. Our goal is to assist each resident in achieving his reentry goals and aspirations. An application is provided in this section to apply to be a resident at MCRRC)

Maine Pretrial Services, Inc. (MPS) is a private, nonprofit agency committed to providing pretrial services, post-conviction alternatives and diversion options throughout the State of Maine. MPS operates in twelve of Maine's sixteen counties with administrative offices in Augusta and Portland. MPS provides pre-arraignment screening; pretrial risk assessment, release and supervision, Community Confinement Program (home release); and case management for all of Maine's problem-solving courts. MPS staff are members of the National Association of Pretrial Services Agencies (NAPSA), the National Association of Drug Court Professionals, and the Co-occurring Collaborative of Maine.

Services provided are Pretrial Services are available to any criminal defendant who has not made bail on criminal charges prior to initial appearance. Historically, pretrial services have been primary provided to indigent criminal defendants, but over the last fifteen (15) years, these services have also been made available to those defendants for whom the Court seeks additional supervision and monitoring of the Court orders. MPS works closely with local, regional, and statewide service providers. MPS offers supervision bail contracts to promote the integrity of the Judicial process by assuring appearance of defendants and reducing the likelihood of re-arrest while applying conditions that are least restrictive, pursuant to the Maine Bail Code. This program is invaluable as an option for persons who might otherwise have to wait in jail until trial. Pretrial services are offered in the following counties: Aroostook, Androscoggin, Cumberland, Franklin, Kennebec, Knox and Somerset. Maine Pretrial Service Office list is available for areas throughout the state.

This section explains a little about the following information: (Continued)

There is a Transition Plan in this section to help you work to establish the needed identification documents, other documents like G.E.D., high school diploma, needed Veteran documents, etc. It would be good to be sure you have health insurance through MaineCare. Have you identified where you would like to live upon release? If not if would be good to start looking with approximately twelve (12) months remaining as it will take time to get things set up. You may also need to stay with someone for a short time as well so it would be good to reach out to any family or friends to set that up. Employment is a must to make it out in the community. It would not hurt to start reaching out to potential employers. Remember, be honest and motivated to work. In today's world, it does not take much to find out anything about you. Your criminal record is public knowledge.

Wabanaki Release & Reentry Program Pre-Release Survey is to fill out providing as much information around the questions asked. This program is available for Natives who will need assistance transitioning back into the community. It is good to begin working on your reentry/release planning sooner than later. There is always something that does not fall into place. Having some time to work it out or find an alternate option is the best way to achieve a positive outcome to be successful.

There is a Transition Planning form with transition goals, steps to take to accomplish the goal, goal date and goal completion. It will help you with a schedule of your goals as well. Goals are very important when you are working to achieve the most difficult needs in life which is to be a tax-paying law-abiding happy citizen. I know it sounds dry but so doesn't sitting in a jail/prison cell.

In this section there is a form to help you create some personal goals. Goals are important, they help us achieve positive accomplishments in life. There is a form to use and establish a good support system in this section. A support system will help you when you feel like no progress is being made, looking to maybe resort to using substances, etc.

If you build your support system utilizing the resources that are available to you, you will not need to resort to the "stinking thinking." Remember, this will not be easy but it will for sure bring continued happiness in your life, good people to talk to, good people to be around, good people who will offer their help to be sure you succeed. You must do the work.

There is a Reentry Check list in this section to help you think about what you need to have established before your release. The person who has been an incarcerated citizen and is now reentering society from jail/prison (aka, the "reentrant") has not been preparing for reentry pro-actively, has little or no outside support network, has very little money/none, yet has a real heart to be rehabilitated, not return to prison, and to become a contributing member of the community. This check list will help direct you in how to get yourself established.

Contacts are important to have. It is always good to keep a list of important contacts you can reach out to at any given time. You can never have enough contacts available to utilize for a support system.

MAINE PRISONER REENTRY NETWORK (MPRN)

"Connecting Maine's Re-Entry Community"
Overview Autumn 2019

Maine Prisoner Reentry Network (MPRN) exists to measurably reduce Maine's recidivism rate. MPRN employs a local community approach to the issues facing the formerly incarcerated and our communities at large.

MPRN consists of four (4) interconnected parts;

Maine Prisoner Reentry Network, Reentry Maine, Rose's Room, R4R Mentor Training

- **MPRN**: MPRN employs a community by a community approach drawing organizations together around the mission of supporting citizens returning from prison & jail. MPRN travels the state, convening monthly community meetings, developing relationships between non-profits, community leaders, faith-based organizations, Maine Department of Corrections (MDOC), mental health & substance use professionals, County jails, recovery advocates, formerly incarcerated, family, and all interested in assisting returning citizens. Currently MPRN has held dozens of monthly meetings in Lewiston-Auburn, Augusta, Bangor, Rockland, Maine State Prison, So. Portland, Westbrook, Somerset County Jail with plans for Kennebec Sheriff's Office, York County, Belfast, Aroostook County, and Downeast. MPRN is proud of the 100s of Network members working together to address reentry challenges, with participation from MDOC and Sheriff's Departments from the start.
- **Reentry Maine**: Reentry Maine is a unique direct care reentry program started in the Lewiston-Auburn area and growing to other Maine communities. Reentry Maine contacts those being released while still in prison/jail and develops a release plan in coordination with MDOC caseworkers. Reentry meets these folks when released and supports them with transportation, housing, employment, mental health, substance use resources, faith connections and any other needs.
- **Rose's Room**: Rose's Room is a monthly support group for family and loved ones of incarcerated citizens. Rose's Room motto is, "individuals don't go to prison, whole families go to prison." These meetings act as a support to loved ones and the people in custody. Formerly incarcerated, community support groups faith-based organizations, and loved ones share the Rose's Room space, providing insight and hope that can only come from someone who has been incarcerated and/or helps those when they are released.
- **R4R Reentry Coach Training**: Recidivism rates are greatly reduced when returning citizens are paired with well-trained mentors (Reentry Coaches). MPRN is committed to training an army of mentors, armed with knowledge and skills to support citizens returning from corrections facilities. MPRN pairs appropriate Reentry Coaches before release and supports the client in their own community. R4R mentors work together with Reentry Maine navigators to provide wrap around services and ongoing consultation. R4R Reentry Coaches are encouraged to take additional training like Recovery Coach Training.

MPRN, and its Team, develops relationships, and none more important than our strong relationships with Department of Corrections and Sheriffs' Departments. We have direct contact with the MDOC Commissioner Randy Liberty, Warden Matt Magnusson, Dave Simpson & MDOC Caseworkers, Regional Correctional Administrator's (RCA's), Maine Correctional Center (MCC), Mountain View Correctional Center (MVCC), Southern Maine Women's Reentry Center (SMWRC), Bolduc Correctional Facility staff (partners) and more. MPRN and our partners have now direct access to the facility's caseworkers, where outside supports can coordinate with caseworkers and the person being released. This ensures a clear plan and continuum of care for reentry into our communities and neighborhoods. Making that connection with the individual is not only important, it is the most important factor for anyone to succeed.

Maine Coastal Regional Reentry Center (MCRRC)

Waldo County Sheriffs Office

"Our Mission is Your Future"

Volunteers Of America NORTHERN New England

MCRRC Program Overview

With a full array of evidence-based programming; intensive case management that targets the individual's high-risk domains as identified in the Level of Service Inventory Revised (LSI-R); and an aggressive strategy of reducing risk, the Maine Coastal Regional Reentry Center (MCRRC) is a full-service risk reduction center.

A full risk/needs assessment (LSI-R) is completed on all individuals upon entry at the Reentry Center ensuring that we are targeting those who are at a high risk of re-offending. During their six to eighteen-month stay, we address criminogenic risk through prescriptive case planning and an evidence based, program rich environment ensuring that upon graduation from the center, their risk of re-offending has been substantially reduced as they reenter our communities.

Just prior to graduation from the program, a full/risk needs assessment is completed to review and confirm a resident's progress. Upon graduation from the program, MCRRC maintains regular follow up and contact with former clients for up to six months, assuring that the needs are being met and to provide ongoing support.

Providing a program rich environment that creatively addresses criminogenic risk, utilizing case management and prescriptive case planning that focuses on actual risk/needs, while implementing a phase level system that engages and slowly transitions offenders into a pro-social lifestyle, has made MCRRC a cost-effective alternative to incarceration as well as a responsible, proactive approach to reducing recidivism.

The MCRRC Phase Level System

The MCRRC Phase Level System is a merit-based system that rewards residents with earned privileges both inside and outside the program. Initially, each resident is introduced to the program at Orientation Phase with restricted access to outside activities. The focus is to formulate an individualized case plan to correspond with the needs of each resident. Future advancement is based primarily on positive engagement with programming and demonstrated change in attitudes and beliefs as determined by staff. There are four phase levels after Orientation.

The Garden Project

Organized by Waldo County Commissioner Bill Shorey, this seventeen and a half-acre garden produces over 110,000 pounds of garden produces that is provided to the local food pantries, other non-profit organizations and our own reentry kitchen each year. Residents participating in the garden project provide over 900 hours of labor ensuring its success.

Examples of Available Programming at MCRRC

- Active Parenting Class
- Alcoholics Anonymous (AA) Meetings
- Changing Offender Behavior Journals
- Courageous Communication
- Culinary Arts
- Differential Substance Abuse Treatment (DSAT)
- Education Collaboration with Belfast Adult Education Center, and the Hutchinson Center – University of Maine Campus
- Epictetus Club
- Family Strengthening Strategies
- Financial Skills
- Introduction to Restorative Justice 101
- Meditation, Communication, and Conflict Resolution
- Men's Group
- Men's Health Education
- Mentoring Program
- Mindfulness-Based Stress Education
- Narcotics Anonymous (NA) Meetings
- Nurturing Fathers
- Psychodrama

- Recreation
- Recovery Coach Program
- Relationships Class
- Restorative Writing
- The Four Agreements
- Thinking for a Change
- Work Ready
- Trauma Recognition

IMPORTANT

Eligibility Criteria for Program

- Must have a current LSI-R and must score moderate (21) to high-Risk on LSI-R
- Must be minimum or community custody
- Preference will be given to those reentering to a community in central Maine
- Must have 6-18 months left on their sentence
- Mental health medications will be reviewed on a case by case basis

Other Activities

- Community Service
- Employment Assistance

How to Apply

- Have the conversation with your caseworker to foresee if you meet the criteria for the program. If you are recommended, ask your case worker for an application to complete and submit to MCRRC.
- Write an essay explaining why you want to participate in the program.

About Us, Who We Are

The Maine Coastal Regional Reentry Center (MCRRC) offers transitional services to men serving the remaining 6-18 months of their state or county sentences. The center is operated by the Waldo County Sheriff's Office in conjunction with Volunteers of America Northern New England (VOANNE). Volunteers of America is a faith-based, national, non-profit organization, which manages human service programs and provides opportunities for individual and community involvement. Recognition of the potential in every person, the desire to assist the less fortunate, and continuously creating compassionate social programs are the foundation of the Volunteers of America. Our goal is to assist each resident in achieving his reentry goals and aspirations.

Contact Us

Maine Coastal Regional Reentry Center
45 Congress Street, Belfast, Maine 04915

Phone: (207) 930-7042 / (207) 338-1080
Fax: (207) 338-3026
Web: https://www.voanne.org/maine-coastal-regional-reentry-center
https://www.waldocountyme.gov/corrections-divison

This Page Left Blank Intentionally

Maine Coastal Regional Reentry Center (MCCRC)
Institutional Referral Intake Form

Prior to the release of the inmate to the Maine Coastal Regional Reentry Center, please ensure to have the following information completed:

1. Please attach copy of ***Judgment and Commitment*** paperwork, Classification Status (for county referrals only), **Restitution/Fine Orders** (for county referrals only), Applicable Physical and Mental Health Assessments and Disciplinary paperwork.
2. **Prisoner shall read and sign** the Resident Program Expectations Agreement (pg.2).
3. **Prisoner shall write a short essay** explaining his reason(s) for choosing the MCRRC program (Please fax with intake from and/or copy of CORIS Notes).
4. **Please forward all information to:**

   Ray Porter, Corrections Administrator, Maine Coastal Regional Reentry Center
   45 Congress Street, Belfast, Maine 04915
   Phone # (207) 930-7042 Fax # (207) 338-3026

Prisoner Name: _____ DOB: _____ MDOC # or SSN: _____

Institution: _____ Referral has been incarcerated since: _____

Current Crime(s) of Conviction: _____

_____

Current Release Date: _____ Earliest Release Date: _____

Classification Level (e.g. Minimum/Community Custody) _____

Disciplinary History (Include Dates and attach copies of reports): _____

_____

Is referral on any Medication (circle one): **Yes or No**

Is referral on any type of narcotic medication (circle one): **Yes or No**

Is Referral taking a Scheduled II Prescribed Medication (circle one): **Yes or No**

Is referral compliant with his medications (circle one): **Yes or No**

Is referral limited by any medical issues or light duty restrictions (circle one): **Yes or No**

If yes, please describe: _____

_____

Program Involvement History: (List Completed Programs): _____

_____

County Returning to and Address (if applicable): _____

_____

Connection to the County: _____

_____

Primary Prisoner Address: _____

Previous Work History (if any): _____

This Page Left Blank Purposely

Wabanaki
Health and Wellness

157 Park Street, Bangor, Maine 04401
(207) 992-0411

Wabanaki Health and Wellness

An agency for tribally-enrolled Native Americans, based in Bangor. Our services include culturally sensitive case management; free HIV testing and screening; and health promotion.

Case Management

A division of Cornerstone, Wabanaki Health and Wellness offers case management for adults and children.

Adults

For an adult, age 18 and above, our case management is designed to help you stabilize mental health issues, and address co-occurring substance use, trauma and other health issues that affect your independence and functioning in your community. This involves the identification; planning, linking, monitoring and evaluating services and supports you might need.

Community Integration

Our community integration services are person-centered, strength-based and culturally sensitive. We involve your active participation and/or participation of your guardian, as well as your team and informal supports, such as your significant other or a member(s) of your family, unless their participation is not feasible or in contrary to your wishes or those of your guardian. We flexibly provide these services in your home or community, and on an as-needed basis.

Children

For your child age 5 to 20, our case management services address emotional, behavioral, developmental and/or cognitive needs. We use a wrap-around approach to identify your child's strengths; normalized needs; and barriers to meeting those needs in the home, community and school.

Once identified, case management services will help link you with your community's culturally congruent supports and resources, helping keep your child in the community and in the least restrictive setting. Our team approach includes natural supports. We provide assessment, support planning, team facilitation, linkage, coordination and monitoring advocacy to meet your child's needs.

Substance Use -Tribal Communities

Under the Tribal District – Healthy Maine Partnership program, Wabanaki Health and Wellness shares information and education with Wabanaki Tribal communities to lessen underage drinking, substance use and prescription drug misuse.

Wabanaki Health and Wellness hosts and supports culturally-oriented peer recovery through its Wellbriety group.

Supporting Housing

In partnership with Community Housing of Maine, Wabanaki Health and Wellness offers safe, affordable and supportive housing to tribally-enrolled Native Americans. Our goal is to end homelessness and help people achieve self-sufficiency.

WARRP
Wabanaki Release & Re-entry Program

Date: _____
Case Manager: _____
Age (If offered): _____
Offense (If offered) _____
Tribe: _____
Registered: _____

Pre-Release Survey

Name: _____
Previous residence: _____
Incarceration Date: _____ Release Date: _____
Recidivism #: _____ Probation: _____ Length: _____

Male/Female: _____ Health: _____ Allergies: _____ Meds: _____
Special Needs: _____
Please tell us a little about yourself? _____

1. Tell us about your hobbies?
2. Do you have any special skills?
3. What is your highest level of education? Do you have a degree? Do you have any accreditations or certificates?
4. Can you read & write? ☐ Yes ☐ No Level or Skills? _____
5. Tell us about your work experience? _____
6. Have you developed a Resume/Biography for yourself? _____
   -have blank ones to fill in.
7. Have you completed any other Assessments/Surveys? Review?
8. Do you have employment lined up for release? _____
9. Do you have a particular job in mind? What do you think would be a fun job?
10. Do you have a place to stay? _____
11. Is there a particular area of the state that you would like to be living or working in? _____
12. Do you have a Driver's License? What class? _____
13. Would you be interested in getting a Class A or B Trucking license? ☐ Yes ☐ No
14. Tell us about your Recovery/Transition Plan? _____
15. Do you want/need support in recovery or treatment for addiction? ☐ Yes ☐ No
16. Would you have interest as a Recovery Coach? ☐ Yes ☐ No House Attendant? ☐ Yes ☐ No

17. Would you be interested in living in a transitional home with other people who are making a major life transition? i.e. treatment/recovery, new release, etc. ☐ Yes ☐ No

18. Do you have Social Anxiety? ☐ Yes ☐ No

19. Do you have insurance? ☐ Yes ☐ No Are you on/eligible for disability insurance? ☐ Yes ☐ No

20. Are you eligible for Maine Care/Medicare? ☐ Yes ☐ No_____

21. Are you eligible for retirement? ☐ Yes ☐ No

22. Do you have any immediate needs? ☐ Yes ☐ No _____

_____

23. Please tell us what you are most worried about upon your release? _____

_____

24. If you could describe your "Best Day Ever", what would you say? _____

_____

Notes:

_____

_____

_____

_____

_____

_____

_____

_____

_____

This reentry/reintegration program is available for Tribal Natives.

Contact Information:

Wabanaki Health & Wellness
Tom Martin
157 Park Street, Suite 5
Bangor, Maine 04401
(207) 692- 6837
thomashmartinjr65@gmail.com

This Page Left Blank Intentionally

Creating YOUR Transition Plan

In this handbook we have gone through a lot of different areas with some basic information, helpful tips, resources and how to access them. Now it is time for you to start thinking about your own life and your plan for what you are doing to do upon release. The following several pages are a do-it-yourself guide to building a transition plan.

Identification	**YES**	**NO**
Do you have a driver's license, state ID, or other photo identification?		
Do you have a copy of your birth certificate?		
Do you have a copy of your Social Security card?		
Other Documents		
Do you have a copy of your high school diploma/GED/Hi Set, and any other educational degrees or certificates?		
If you are a Veteran, do you have a copy of your Military Discharge Papers?		
If you completed any courses while in custody, do you have documentation supporting your achievements?		
Benefits Information		
Do you currently have health insurance?		
If you do not have health insurance, have you applied for Maine Care?		
If you are not eligible for Maine Care, have you contacted your local hospital to find out about their uncompensated care program?		
Housing		
Have you identified a place to live upon your release?		
If not, have you contacted family about letting you stay with them while you get back on your feet?		
If you do not have any housing options, have you put in a request slip to the appropriate party for assistance prior to release?		
Do you have a reliable phone service? If not, see Page XX for SafeLink information.		
Health		
Do you have a primary doctor?		
Have you had a physical within the last three (3) years?		
Do you feel like you are or will be in need of mental health counseling upon release?		
Do you feel like you are or will be in need of substance use treatment upon release?		
Do you want a Recovery/Reentry Coach upon release?		
Employment		
Have you worked on building your resume while in custody?		
Have you practiced job interviewing skills with anyone?		
Have you learned about the Employment Opportunity Tax Credit and Federal Bonding? (Employment Preparation Information section, Pg. 22-24).		
Have you been checking the paper to see about employment opportunities (close to release)?		
Have you reached out for available assistance within your institution? i.e. WorkReady, Reentry Classes, etc.		

Transition Planning

In the following table, identify your most important goals related to transitioning, the steps you are going to take to achieve those goals, and the date you hope to accomplish these goals. The final date box is to fill out when you complete a goal. Use the previous page to help you identify some areas, but feel free to include goals like family reunification, getting a handle on your anger, improving your mental health, etc.

[Example] Transition Goal 1: Get ready to become employed upon release.	Goal Date:	
Steps I will take to accomplish my goal: Take WorkReady Classes, create resume with the help of case manager, keep an eye on the help wanted section of the paper, reach out to Reentry resources to establish employment while still in custody.		Completed Date:
Transition Goal 1:	Goal Date:	
Steps I will take to accomplish my goal:		Completed Date:
Transition Goal 2:	Goal Date:	
Steps I will take to accomplish my goal:		Completed Date:
Transition Goal 3:	Goal Date:	
Steps I will take to accomplish my goal:		Completed Date:
Transition Goal 4:	Goal Date:	
Steps I will take to accomplish my goal:		Completed Date:

Setting Some Personal Goals

There is little doubt that as you think about transitioning back into the community, you have many things on your mind. Though many specific concerns may have crossed your mind, like where you will live and work, you may have been thinking about your life on the outside in general terms, too. Take the following space to think and write about what you would like to make happen in the future.

In the first 30 days after release, I am looking forward to: _____

My goals for the first three months after I get out are to: _____

Some Strategies for staying out in the first year – things that I can do to stay sober, to follow the law, to not break probation, and to move myself towards the kind of life I really want: _____

What I want my life to be like in a year: _____

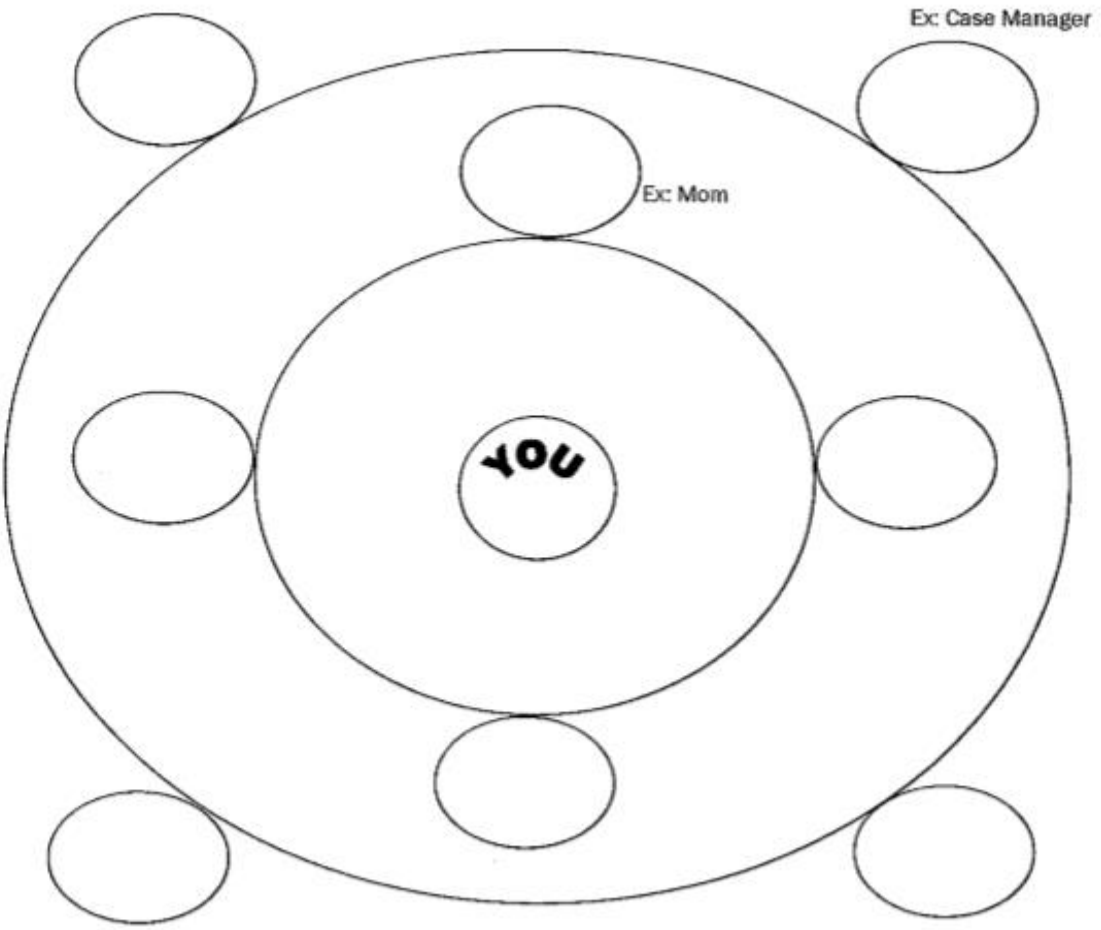
People who can help me reach my goals: _____

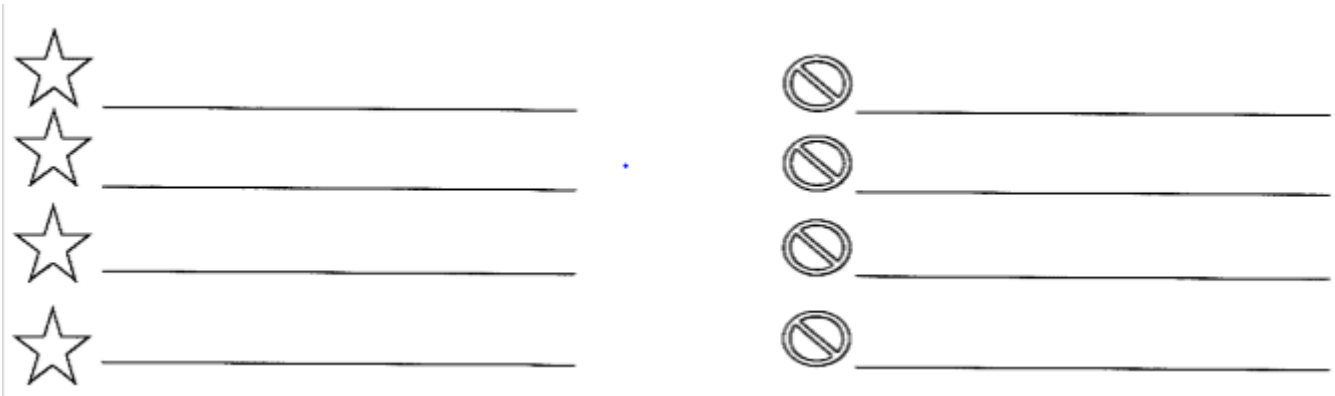
People I should stay away from so I can reach my goals:

Other Goals I will need to work on in order to be successful:

Your Support System

Use the following page to take a look at who is in your support system and who you can rely upon once you return to the community. The spaces in your circle closest to you are for your closest supports. On the further out spaces, identify those who you can trust and want in your life but are not as close to you. Finally, at the bottom of the page, identify those people in your life who you need to stay away from as well as those people you should be turning to when you need someone to listen.





Reentry Checklist

This list is created with the understanding that there are things than an incarcerated citizen could be doing to prepare for release and reintegration into society, but this does not always happen. It is also created as a resource for family members who are tasked with helping their loved one return home from jail/prison, with no prior experience with all the steps required. **Remember: THE FIRST 72 HOURS AFTER RELEASE ARE THE MOST CRUCIAL IN REENTRY!**

DISCLAIMER: Reentry of incarcerated citizens into society is a broad and complex subject, with many variables – too broad to be solved by a single checklist. This list is provided as a starting point, but does not cover such issues as mental illness, geriatric needs, chronic illness, institutionalization, addiction, severe family problems, generational poverty, and the list goes on.

ASSUMPTIONS: The person who has been an incarcerated citizen and is now reentering society from jail/prison (aka, the "reentrant") has not been preparing for reentry pro-actively, has little or no outside support network, has very little money/none, yet has a real heart to be rehabilitated, not return to prison, and to become a contributing member of the community.

NOTE: if the reentrant is on probation, you should work with their Probation Officer (PO) on most of this. Also, this checklist should apply equally as well to male or female reentrants.

1.0 - The first 72-HOURS

☐ 1.1 – Clothing to wear out of the facility.

☐ 1.2 – Transportation away from the facility.

☐ 1.3 – Trip to the bank to cash the check the facility gave the reentrant.

☐ 1.4 – Go to lunch.

☐ 1.5 – Over lunch, review the details of their "Personal Reentry Plan" document (aka a "Pre-Release Plan", a "Personal Transition Plan", a Reentry Needs Profile, etc.) If it does not exist, consider starting one.

☐ 1.6 – Determine based on the amount of money available, where the reentrant will spend the night on the first night: ($0 - $50: family member or homeless shelter; $50 - $300: cheap motel, pay for one week if at all possible; $300 and up – various options).

☐ 1.7 – Go to the department store and get basic hygiene items (underwear, socks, toothpaste, etc.); if needed, get a small suitcase, backpack, or gym bag (reference "Reentry Budget" in the last section of this checklist.)

☐ 1.8 – If it is the winter time, make sure the reentrant has a warm coat (usually from a thrift store); also consider a warm hat and gloves.

☐ 1.9 – Contact any possible family members.

☐ 1.10 – Investigate the possibility of an inexpensive cell phone.

☐ 1.11 – Program your number into the cell phone and make sure they know how to use it.

☐ 1.12 – Contact any possible church affiliation or other faith-based contacts the reentrant might have.

☐ 1.13 – Make sure the reentrant has a basic supply of groceries.

☐ 1.14 – Make sure the reentrant has a bible.

☐ 1.15 – Give the reentrant a day or two to "decompress" to get acclimated to the outside world.

☐ 1.16 – If the reentrant has a sex offense and will need to register, make sure they register with local law enforcement the day of release.

☐ 1.17 – Help the reentrant get to the first available church service.

☐ 1.18 – If they have a chronic need for medication, they "should" exit the system with a thirty (30) day supply; if not contact the County Health Dept. to determine what options are available.

2.0 – WEEK 1

☐ 2.1 – Help the reentrant accumulate all identification documents and determine what is needed:

- ✓ Birth Certificate
- ✓ State Picture ID
- ✓ Social Security Card
- ✓ Proof of Citizenship
- ✓ Veteran's ID
- ✓ Certificate of Degree of Indian Blood (CDIB card)
- ✓ Eventually, their Driver's License

☐ 2.2 – Develop a plan for obtaining necessary documents as soon as possible (NOTE: there can be costs associated with obtaining some of these).
☐ 2.3 – Analyze the various court costs, fines and fees that may have been levied against the reentrant and make a plan for going to the courthouse to address these.
☐ 2.4 – Analyze the back-Child Support payments that may have been accrued by the reentrant and make a plan for going to DHHS to address these.
☐ 2.5 – Analyze the status of the reentrant's driver's license and, if needed, develop a plan for paying any restitution costs, fines, etc.
☐ 2.6 – Work with DHHS to acquire Food Stamps (SNAP program) as soon as possible.
☐ 2.7 – Show the reentrant how to call 2-1-1 for help with various social services.

3.0 – WEEK 2

☐ 3.1 – Begin the process of searching for employment with a basic skills assessment and a needs assessment.
☐ 3.2 – Use the document "A Roadmap to Employment in Maine" as a starting point, if they are going to be living in Maine. Otherwise, contact your local Work-Force office.
☐ 3.3 – If bus transportation is available, help the reentrant purchase a bus pass (7-day, etc.); otherwise transportation may need to be provided to facilitate the job search.
☐ 3.4 – If housing is becoming an issue, contact Maine Housing Authorities as well as DHHS for housing alternatives.
☐ 3.5 – Involve the reentrant in one or more community-based or faith-based support groups to provide a healthy circle of potential friends (Celebrate Recovery, AA, NA, etc.).
☐ 3.6 – In between social services appointments and job searching, help the reentrant earn some spending money to help them find old jobs such as raking leaves, washing windows, working at the local car wash (part time) or working through local "day labor" staffing companies.

4.0 – REENTRY BUDGET

Here we provide a basic budget for helping someone re-establish their life immediately after returning home from jail/prison. Obviously, housing is the biggest cost. If they cannot stay with a family member, we assume they must stay in a motel for the first 30 days, and start our budget there. (*Example* is for a man.)

- ❖ If you can find a decent motel with a monthly rate, you can often get it for close to $25 per night, *but it could be higher, depending on various factors, like weekly rate only*. Thirty (30) nights $25 = $750

*** make sure you get a room with a microwave & small refrigerator!**

- ❖ $100 cash, spending money (*be careful giving a reentrant large sum of money – ready cash, which leads to temptations, has been the downfall of many reentrants*)

- Clothing and Personal Items (*remember, Goodwill will often help a new reentrant with $40 of free clothing, etc.*) Budget $100 (at a thrift store):
    - Change of clothes: 2 pair blue jeans, 2 work shirts, belt, tennis shoes, socks, underwear
    - Winter clothing: warm coat, insulated hat, warm gloves, thermal underwear
    - Personal items: wallet, key chain, backpack, duffle bag, portfolio (for important papers)
    - Miscellaneous items: rain poncho, steel-toed boots (optional)
- Cell phone - $100
- Bicycle (used), chain, bike lock - $50 (preferably more)
- 30-day bus pass (if available) - $50
- TOTAL: $1,150 – (*don't forget food stamps & food programs, otherwise meals are very expensive*)

Where does the time go?

Directions: Put the amount of time you spend in each of these activities as you go through the next three days. Use decimals to include parts of an hour. If something you do is not indicated by one of these categories, add your own at the bottom. Make sure each day adds up to 24 hours!

After calculating the average-time you spent on each of the following activities over the last three days, put the average in the "Actual Time Used." Work with your mentor to discuss your choices and potential better ways to use your time, put those suggestions in a blank column. Then decide on your goal and record that in the next column.

Category	Actual Time Used Day One	Actual Time Used Day Two	Actual Time Used Day Three
Sleeping/Resting			
Dressing/Hygiene			
Eating			
Travel			
Classes			
Extra-Curricular			
Work			
Chores			
Appointments			
Study Time			
Homework Time			
Volunteering			
Leisure Time			

IMPORTANT CONTACTS

Name	Address	Phone

Rental Assistance & Recovery Residences/Housing

This introduction page explains a little about the following information:

This section provides information to help you with obtaining housing and or rental assistance. The Maine Prisoner Reentry Network (MPRN) takes the time to venture out throughout the state and have conversations in communities with hopes of developing a working relationship with them in assisting previously incarcerated citizens.

In the Rockland area, there is a large number of sober/transitional residences to assist men and women reintegrating back into the community. The Unity House in Rockland is a safe place for men to build a foundation under them while being active in their recovery. Also, there is a non-profit organization called humankindr that will assist individuals who are struggling to find funds to get set up. This is a good way to help set started in the right direction and at the same time, build pro-social relationships with individuals who care and are willing to listen and help.

In this section there is a list of Maine Recovery Residences to reach out to for a place where you can begin living a productive life. I would suggest reaching out to these places no sooner than 90-60 days in the area you wish to live. Developing a report with the house manager is important. It is also a great time to express the importance of their assistance in helping you succeed. There are some available applications in this section to help you get started for example: Fresh Start sober living in Bangor, WellSpring Rehab in Bangor, Teen Challenge which is a great program for support with individual's sobriety, building structure in their lives. This can be all done while utilizing a strong biblical foundation. There is a list of shelters provided as well. Keep in mind that it would make sense to not got on shelter but, if all else fails, it is better than being without a place to rest.

In this section there is information regarding subsidized rental housing to help you understand what is available for you in the community. There is information on housing vouchers, Bridging Rental Assistance (BRAP). It was established in recognition that people with psychiatric disabilities are often unable to afford to rent safe, decent and sanitary housing of their choice in the community. BRAP is designed to assist individuals with housing assistance for up to 24 months or until they are awarded a Housing Choice Voucher or other form of federal subsidy, whichever comes first. For this reason, units subsidized by BRAP funding must meet Section 8 requirements (within Fair Market Rent and meet Housing Quality Standards) so recipients may continue to reside in their apartments once awarded a voucher. There is a list of addresses to local administrative agents in the county you wish to live in. You can reach out to them with any additional questions you may have. There is a BRAP application available in this section.

Shelter Plus Care is a federal program funded by the U.S. Department of Housing and Urban Development (HUD) designed to provide rental subsides and supportive services to homeless individuals with disabilities primarily those with chronic mental illness, substance use, HIV/AIDS, or any combination of those listed. Shelter Plus Care is administered by the State of Maine Department of Health and Human Services, in partnership with Shalom House Inc., which provides centralized administration. The City of Bangor also administers a Shelter Plus Care grant. Local Service Agencies throughout the state have committed to providing the direct support services component of the program. For eligibility, individuals must meet the homelessness and disability criteria as defined by HUD. Program participants pay 30% of their adjusted gross income towards rent and Shelter Plus Care subsidizes the remaining portion of the rent. Participants are able to choose their own living units, providing the units meet Housing Quality Standards and fall within the Fair Market Rent established for the area by HUD.

This introduction page explains a little about the following information: (Continued)

This section provides information about Maine Centralized Section 8/HCV and the waiting list. There is an application available in this section along with participating housing authorities for you to contact with any questions and or concerns.

Maine Prisoner Reentry Network (MPRN)

Maine Prisoner Reentry Network (MPRN)
Announcement of NEW Transitional Reentry Housing in Old Town

As of April 2020, Galen and Bonnie Young just received a Certificate of Occupancy on their Transitional Reentry/Recovery/Veteran's Residence (Starfish Old Town LLC). Ten (10) Affordably priced Efficiencies units, 261 Maine State. In Old Town, being made available NOW!

Benefits to MDOC Releases:

- **Location:** "Starfish Old town" sits across the street from the Bangor area Bus Line providing easy access to services provided in Bangor and sits in close proximity to Labree's Bakery. Helen Hunt Health Center (PCHC) is within walking distance also.
- **Employment Transition:** This residence is a benefit to Labree's Bakery and releasing citizens, allowing men who are employed at Labree's Bakery, on work release from Mt. View, the opportunity to maintain employment.
- **Affordable:** Interior apartments run $450/mo. and window view apartments are $500/mo., both with a six (6) month lease. The rent includes heat, hot water and electricity. Each comes equipped with bathroom with shower, refrigerator, microwave and hotplate. There is also a laundry room available (no coins required)
- **Supervised Community Confinement ready:** With the increased urgency to release more individuals on SCCP, caused by the COVID – 19 Crisis, "Starfish Old Town" provides the stable housing piece. Arguably the most difficult to fill even before the current health crisis.
- **Housing that promotes dignity:** Unlike most transitional efficiencies, these residences are clean, well equipped and well placed in a quiet, welcoming community. MPRN toured these apartments and building and we highly recommend "Starfish Old Town" for men releasing from MDOC facilities.
- **Community Connection:** A community center will be established downstairs, offering volunteer opportunities and community connection. Currently there is a weekly Celebrate Recovery meeting on this site.

The Vision: Gale and Bonnie Young are fulfilling a dream. They're vision is guided by the wishes of Bonnie's sister, Holly brooks, who passed away April of 2016. Bonnie inherited her sister's assets and she and her husband have persisted for the better part of four (4) years, making this residence available for folks in need; the formerly incarcerated, veterans, and folks in recovery. Galen & Bonnie are longtime members of the Bangor area MPRN Team. **We hope you will make Caseworkers aware of this much needed resource.**

Bonnie Young & Galen Young, bonnie.1.young@gmail.com Galen.the.beekeeper@gmail.com

Bruce Noddin, Executive Director (Maine Prisoner Reentry Network) bruce@re-entry.org **(207) 332-1446**

Unity House

Community Support = Success
Kathryn Matlack
founder

Unity House

Community Support = Success
House Manager
Rob Porter
raporter65@gmail.com
Rockland, Maine
(207) 213-7101

unityhousemaine@gmail.com
www.unityhousemaine.com

Rockland Maine
207) 200-4088

- Recovery and Reentry Residence for men
- Live-in House Manager
- Dedicated team addressing the unique needs of each resident

humanKindr

A New Future
Kathryn Matlack
humankindrme@gmail.com

To apply for
funding please go to
www.tinyurl.com/humankindr

humankindr is a non-profit organization who can assist you in developing a foundation for you to succeed once you are released. It is for individuals who are willing to put the work in and want to succeed. This is not a handout. Individuals will be screened to determine whether they are an acceptable candidate. It is up to you to be in control of your life. The question is, will you utilize resources available to help you succeed and be a productive member of your community or will you be a statistic?

Directory – Maine Recovery Residences



IMPORTANT

Maine Recovery Residences are ALWAYS closing and relocating. To be sure the resident is available, and the contact information is correct, PLEASE see your caseworker!

See important Notes at the end of this Directory

† Signifies Religious affiliation O – denotes Oxford Household
MARR indicates certification by the Maine Association of Recovery Residences, an affiliate of the National Alliance of Recovery Residences
MAT – Indicates if Medication Assisted Treatment is provided or permitted

House Name	Serving	MAT	Street Address	City	Contact Name	Phone
Aletheia House **MARR**	Women	No	Brighton Ave.	Portland	Lisa Nashawaty	(617) 690-9020
Amethyst House	Women	No	Non-Published	Portland	Laura Gobis	(603) 701-2413
Amistad (Beacon) **MARR**	Women	Yes	Non-Published	Unlisted	Erica Lowe	(207) 408-8428
Amistad **MARR** (Patty's Place)	Women	Yes	Non-Published	Unlisted	Erica Lowe	(207) 408-8428
Atlantic	Men	No	221-223 Brighton Ave.	Portland	Jack McCarthy	(207) 233-4484
Back Bay-O	Women	No	37 William Street	Portland	Oxford House contacts change frequently	(207) 899-4687
Bangor Oxford House	Men	No	1209 Union Street	Bangor	Oxford contacts change frequently	(207) 573-1068

Beacon Sober Living	Women	No	Non-Published	Portland	Kerry MacDonald	(774) 392-2865
Betsy Ann Ross	Women	No	Non-Published	Augusta	Nanci Porter	(207) 494-8306
Biddeford House - O	Men	No	386 Main Street	Biddeford	Oxford House contacts change frequently	(207)494-8306
The Bridge	Men	Yes	756 Main street	Sanford	ENSO Recovery	(207) 324-4056
The Bridge **MARR**	Men	Yes	93 Western Ave	Augusta	ENSO Recovery	(207) 324-4054
The bridge	Women	Yes	21 Western Ave	Augusta	ENSO Recovery	(207) 324-4054
The Bridge **MARR**	Women	Yes	29 Main Street	Sanford	ENSO Recovery	(207) 324-4054
Brighton House	Men	No	4070 Brighton Ave	Portland	Gabriel Carter, Gilkey Lester	Gabriel (207) 521-4101 Lester (207) 409-8671

Chestnut Street Sober Living @ Oxford **MARR**	Men	No	10 East Oxford Street	Portland	Ryan O'Connor	(774) 200-7070
Chestnut Street @ Sober Living Sherman **MARR**	Men	No	116 Sherman Street	Portland	Ryan O'Connor	(774) 200-7070
Congress **MARR**	Men	No	199 Congress Street	Portland	Lenny Smith	(603) 254-9260
Courage House	Men	Yes	24 School Street	Gorham	Al Garcia CourageHouseMaine@gmail.com	www.CourageHouse.com (207)400-5590
Crescent House	Men	No	9 Crescent Street	Portland	Gabriel Carter Lester Gilkey	Gabriel (207) 521-4101 Lester (207) 409-6671
Crossroads	Women & Children	Yes	Non-Published	Windham	Leslie Rawlings	(207) 773-9931
Crossroads Backcove Women's Residential Treatment (2 Properties)	Women	Yes	Non-Published	Portland	Leslie Rawlings	(207) 773-9931
Dam Mahoney **MARR**	Men	Yes	48 High Street	South Portland	Dan Mahoney	(207)317-7646
Dan Mahoney **MARR**	Men	No	146 Rochester	Westbrook	Dan Mahoney	(207) 317-7646
Easy Does It	Men	No	826 Portland Rd.	Saco	Kim Tobin	(207) 653-0859
Esther House †	Women	Yes	Non-Published	Saco	Sister Joanne Roy	(207) 283-0323
Exchange House One	Men	No	1 Exchange Street	Portland	Gabriel Carter Lester Gilkey	(207) 521-4101 (207) 409-6671
Exchange House Two	Men	No	1 Exchange Street	Portland	Gabriel Carter Lester Gilkey	(207) 521-4101 (207) 409-6671
Forest Ave **MARR**	Men	No	1514 Forest Ave.	Portland	Mike Morris	(617) 413-8288

Foundation House (3 Properties)	Men	No	40 Deering Ave. 235 State Street 42 Mellen Street	Portland	Patrick Babcock Mary O'Brien	(207) 767-1717
Freedom House	Men	No	Non-Published	Portland	Ben Skillings	(207) 807-0257
Freedom House	Men	No	841 Broadway	South Portland	Ben Skillings	(207) 807-0257
Freedom House	Men	No	Non-Published	Westbrook	Ben Skillings	(207) 807-0257
Freedom House	Men	No	Non-Published	Falmouth	Ben Skillings	(207) 807-0257
Freedom House	Men	No	1748 Broadway	South Portland	Ben Skillings	(207) 807-0257
Fresh Start Sober Living **MARR**	Men	Yes	87 Ohio Street	Bangor	James Rickrode Scott Parady	(207)307-1292 (207) 944-2235
Fresh Start Sober Living	Men	Yes	155 Warren Street	Bangor	James Rickrode Scott Parady	(207) 307-1292 (207) 944-2235
Fresh Start Sober Living	Men	Yes	185 Center Street	Brewer	James Rickrode Scott Parady	(207) 307-1292 (207) 944-2235
Friendship † House **MARR**	Men	Yes	390 Lincoln Street	South Portland	Herb Blake	(207) 671-8277
Friend's House **MARR**	Men	Yes	22 Brewer Street	Rockland	Ira Mandel	(207) 701-1182
Glenwood **MARR**	Men	No	145 Glenwood Ave	Portland	Lenny Smith Mike Morris	(603) 254-9260
Grace House **MARR**	Women	Yes	Non-Published	Portland	Sarah Coupe	(207) 615-4356
Grace House **MARR**	Women	Yes	Non-Published	Portland	Sarah Coupe	(207) 615-4356
Grace House **MARR**	Women	Yes	Non-Published	Portland	Sarah Coupe	(207) 615-4356
Guidance Place †	Both LT Residential	No	325 North Street	Saco	Wanda & Rick Martin	(207)571-4981
Hadlock Recovery House	Men	No	240 Park Ave	Portland	Will Ryan	(781) 985-8501
Hillview sober House	Men	No	90 Atlantic Street	Portland	Bill Kimball	(207) 805-4973
The Landing Recovery Home	Men	No	1446 Forest Ave	Portland	Danny Roberts	(781) 726-2998
Light House Recovery	Men	No	19 Whitney Avenue	Portland	Ben Kapelson	(603) 557-4993
Hope House † Transitional Housing	Men	No	179-182 Corporate Drive	Bangor	Will Baldwin	(207) 217-6713
Hope House †	Women	No	Non-Published	Bangor	Kasie	(207) 631-6985
Hope House †	Women	No	Non-Published	Ellsworth	Kasie	(207) 631-6985
Holyoke Haven	Women	No	Non-Published	Brewer	Penny Joy	(207) 659-5475
7 Holyoke	Women	Yes	7 Holyoke Street	Brewer	Joanna Russell	Joanne.rusell2012@yahoo.com (207) 951- 5332
Horton Place-O	Men	No	6 Horton Place	Portland	Oxford House Contacts Change Frequently	(207) 536-0765
Joseph Francis House	Men	No	1423 Riverside	Westbrook	Chad Nazer	(207 391-9669 9207

Joseph Francis House	Men	Yes	86 High Street	Saco	Chad Nazer	(207) 391-9669
Joseph Francis House	Men	No	36 Seavey Street	Westbrook	Chad Nazer	(207) 391-9669
Joseph Francis House	Men	No	62 Sherman Street	Portland	Chad Nazer	(207) 391-9669
Journey House Recovery **MARR**	Men	Yes	77 Oak Street	Lewiston	Ashley Reny	www.jhrecovery/apply (207) 317-7654
Journey House Recovery **MARR**	Men	Yes	Boyd Street	Sanford	Ashley Reny	www.jhrecovery/apply (207) 317-7654
Journey House Recovery **MARR**	Women	Yes	Non-Published	Sanford	Ashley Reny	www.jhrecovery/apply (207) 317-7654
Journey House Recovery **MARR**	LGBTQ/ Women Nonbinary	Yes	Non-Published	South Portland	Ashley Reny	www.jhrecovery/apply (207) 317-7654
Liberty Bay Recovery (3)	Both	7-10 Day	835 Forest Avenue	Portland	Jasmine Cermelj RN	(207) 772-9800 X3
LIFE. † Pen Bay Ministries	Both	No	40 Washington Street	Camden	NA	(207) 236-0900
McClean Borden Cottage	Both	Yes	235 Bayview Street	Camden	NA	(800) 906-9531
McAuley Residence	Women & Families	Yes & No	Non-Published	Portland	Jennifer Moss	(207) 747-4121
Mary Dowd House **MARR**	Women	Yes	Non-Published	Portland	Joe McNally Toby Simon	(207)808-4589
Milestone Recovery	Men (Includes Dual DX)	Yes	24 Portland Ave.	Old Orchard Beach	Jayne Villarneve LADC	(207) 937-7001
Morrison PL at Randal Street	Men (Dual DX)	N/A	12 Randal Street	Portland	Dariene Panzio	(207) 523-5049 (Main)
Myrtle Street	Men	No	43 Myrtle Street	Portland	Tommy Sep	(917) 650-0803
New Hope Alliance	Women	Yes	Non-Published	Biddeford	Kat Stieg	(207) 807-8937
New Hope Alliance						
NOVA House	Women	No	Non-Published	Portland	Gina Magnani Lauren Campbell	(413) 504-9619 (978) 578-0398
Oak House (The Family Restored) **MARR**	Women	No	Non-Published	Portland	Anna Parker Sarah O'Donnel	(207) 200-1117
Oakdale House—O	Men	No	106 Oakdale	Portland	Oxford House Contacts Change Frequently	(207)835-0302
Payson	Women	No	Non-Published	Portland	Kerry MacDonald	(207) 761-4445
Penobscot Oxford House—O	Men	No	261 Griffin Rd.	Bangor	Oxford House Contacts Change Frequently	(207)573-4677
Portland Sober Living **MARR**	Men	No	16 Mechanic St.	Portland	Eric Girard	(978) 257-2699

Prospect Place—O	Women	No	Non-Published	Portland	Oxford House Contacts Change Frequently	(207) 619-7385
Providence PL **MARR**	Men	No	19 Bramhall	Portland	Joy Caren Gary Lamson	(207) 671-4753
Providence PL **MARR**	Men	No	25 Bramhall	Portland	Joy Caren Gary Lamson	(207) 671-4753
Providence **MARR**	Women	No	Non-Published	Portland	Joy Caren	(207) 613-9085
Recovery Housing of Maine	Men	Yes	79 Golf Street	Auburn	Jeremy Hiltz	(207) 513-0770
Restoration House	Men	N/A	33 Main Street	North Berwick	Joseph Pelletier Lindsay Badger	(207) 558-21
Steve's Place	Men	No	31Warren Ave.	Portland	Nic Plenning Bryan Rosa	(207) 332-2991
Theresa Louise--O	Women	No	Non-Published	Portland	Oxford House Contacts Change Frequently	(207) 899-1700
Twelve Step Education of New England	Men	No	71 Sullivan Street	Berwick	Tom Short	(207) 698-5802
Town Farm House – O	Men	No	138 Town Farm Road	Hallowell	Elena George	(207) 213-6751 (207) 660-7080
Unity House	Men	No	Talbot Ave.	Rockland	Kathryn Mattlack	(207) 542-9282
Valley Street House	Men	No	210 Valley St.	Portland	Gabriel Carter Lester Gilkey	(207) 521-4101 (207) 409-6671
Viv's Place	Women	No	Non-Published	Bangor	Sara Gaudette Mathew Roy	(207) 631-7218 (207) 659-2965
Walton **MARR**	Women	No	Non-Published	Portland	Kerry MacDonald Anna Parker	(207) 761-4445
Washburn II-O	Women	No	Non-Published	Portland	Oxford House Contacts Change Frequently	(207) 899-1584
Washington Ave Sober Living	Women	No	Non-Published	Portland	Jade Mercier	(774) 289-3007
Waverly Street (Myrtl)	Men	No	36 Waverly Street	Portland	Tommy Sepulveres	(207) 650-0803
Wellspring Men's Residence	Men	Yes	98 Cumberland Street	Bangor	Jill Sanborn	(207) 941-1600 Ext. 401
Wellspring Women's Residence	Women	Yes	Non-Published	Bangor	Christine Steel	(207) 941- 1639 Ext. #01
Wellspring Infinity House	Women & Children	Yes	Non-Published	Bangor	Jane Colburn	(207) 217-6559 Ext. 510
63 Washington	Women & Children	Yes	63 Washington St.	Camden	Ira Mandell	(207) 701-1182

York County SP (Lehman's Way)	Both	Yes	Non-Published	Sanford	Steve Mazza	(207) 459-7321 (207) 274-4822

* NOTES: This directory represents a "best effort" to collect basic information about recovery residences in Maine. As its purpose is purely educational, it is not to be used for commercial purposes. This directory contains a variety of programs

offering different living situations. These include simple recovery residences with few restrictions (e.g., Oxford Houses designated with an "O" after their name) to residential homes offering a high level of treatment. Many are in-between. Some are associated with inpatient treatment or detox facilities (e.g. Wellspring and Liberty Bay.) Please contact each program for individual information. No effort has been made to evaluate the quality of services offered or to endorse any program. This Directory Is not affiliated with the Maine Association of Recovery Residences or any organizations. Updates, corrections or additions to this directory are sincerely appreciated and may be sent to: Dr. Ron Springel. Email: **rspringelmd@gmail.com** Call or text: (207) 228-5456

Men's Recovery Residences May 2020

Acceptance Recovery House
Men's Recovery Residence
Biddeford, Maine
(207) 423-8035

Chestnut Sober Living
Men's Recovery Residence
Sherman St.
Portland, Maine 04102
(774) 200-7070

Chestnut Sober Living
Men's Recovery Residence
E. Oxford Street
Portland, Maine 04101
(774) 200-7070

Courage House
Structured Level Three Program for Men
Gorham, Maine 04038
(207) 632-0763

El Rancho de la Vida
CO-ED Structured Level Three Program
Fairfield, Maine 04944
(207) 387-2101

Friendship House
Men's Recovery Residence
Lincoln Street
South Portland, Maine 04106
(207) 767-7403

Fresh Start Inc.
Men's Recovery Residence
Ohio Street
Bangor, Maine
(207) 944-2235

Fresh Start Inc.
Men's Recovery Residence
Center Street
Brewer, Maine
(207) 944-2235

Fresh Start Inc.
Men's Recovery Residence
Fourth Street
Bangor, Maine
(207) 944-2235

Friends House
Men's Recovery Residence
Brewster Street
Rockland, Maine 04841
(207) 701-1182

Journey House – Lewiston
Men's recovery Residence
Boyd Street
Sanford, Maine 04073
(207) 509-0000

Journey House – Sanford
Men's Recovery Residence
Boyd Street
Sanford, Maine 04073
(207) 459-0166

Myrtle Street Sober Living
Men's Recovery Residence
Myrtle Street
Portland, Maine 04104
(207) 200-4303

Men's Recovery Residences May 2020

Plymouth House
Sober Living at Congress Street
Structured Level Three Program for Men
Portland, Maine 04101
(207) 805-1176

Plymouth House
Sober Living at Forest Ave
Structured Level Three Program for Men
Portland, Maine 04103
(207) 805-1176

Plymouth House
Extended Care at Glenwood
Structured Level Three Program for Men
Portland, Maine 04103
(207) 805-1176

Portland Sober Living
Men's Recovery Residence
Mechanic Street
Portland, Maine 04102
(978) 257-2699

Providence Place
Men's Recovery Residence
Bramhall Street
Portland, Maine 04102
(207) 835-0682

The Bridge
Enso Recovery
Structured Level Three Program for Men
Western Ave
Augusta, Maine
(207) 324-4054

The Bridge
Enso Recovery
Structured Level Three Program for Men
Western Ave
Augusta, Maine
(207) 324-4054

The Bridge
Enso Recovery
Men's Recovery Residence
Main Street
Sanford, Maine
(207) 324-4054

The Bridge
Enso Recovery
Men's Recovery Residence
Shaw Street
Sanford, Maine
(207) 324-4054

Unity House
Men's Recovery Residence
Rockland, Maine
(207) 542-9382

Valdar Group
Men's Recovery Residence
High Street
South Portland, Maine 04106
(207) 317-7646

Valdar Group
Men's Recovery Residence
Westbrook, Maine 04092
(207) 317- 7646

Recovery Housing of Maine
Men's Recovery Residence
Auburn, Maine
(207) 513-0770

Women's Recovery Residences May 2020

Amistad (Beacon)
Women's Level Two Recovery Residence

Amistad (Patty's Place)
Women's Level Two Recovery Residence

Beacon House Sober Living
Women's Level Two Recovery Residence
Portland, Maine 04103
(207) 613-5382

Grace House for Women
(3 Houses, Phased)
Structured Level Three Program for Women
Pleasant Avenue
Portland, Maine 04103
(207) 615-4356

El Rancho de la Vida
CO-ED Structured Level Three Program
Fairfield, Maine 04944
(207) 387-2101

Journey House – Sanford
Women's Recovery-Oriented Housing
High Street
Sanford, Maine 04073
(207) 1943

Journey House – South Portland
Women's LGBTQ+ Recovery-Oriented Housing & Peer Support
South Portland, Maine 04106
(207) 292- 8404

Milestone Recovery-Mary Dowd House
Women's Recovery Residence
Portland, Maine 04103

Oak House-The Family Restored
Women's Recovery Residence
Portland, Maine 04102
(207) 300-1117

Plymouth House
Extended Cate at Payson Place
Structured Level Three Program for Women
Portland, Maine 04102
(207) 761-4445

Providence Women
Women's Recovery Residence
Portland, Maine 04103
(617) 690-9020

Aletheia House
Women's Recovery Residence
Portland, Maine 04103
(617) 690-9020

63 Washington
Women's Recovery Residence
Camden, Maine 04843
(207) 701-1182

Esther's Residence
Structured Level Three Program for Women
Saco, Maine 04072

Courage House

APPLICATION FOR RESIDENCY

First Name / Last Name

Date of Birth

Phone Number

Email Address

Where are you currently living?

When would you like to move in? Is there a deadline?

Case Worker: Name / Position (If Applicable)

Case Worker: Contact (If Applicable)

RECOVERY FROM SUBSTANCE USE DISORDER

Are you currently in or seeking recovery? What do you do to stay sober? Be as detailed as possible.

How long have you been sober? Is this your first attempt at recovery?

Are you willing to attend 3 "pro-social" activities a week, such as AA, NA, Celebrate Recovery, counseling, church, volunteering, etc.? ____ Yes ____ No

Substance of Choice

____ Alcohol ____ Heroin ____ Cocaine ____ Meth
____ PCP ____ Benzos ____ THC ____ Other _____

How long did you actively use drugs? How much / frequently did you use?

Are you currently taking / interested in taking a prescribed medication to help address your addiction (Suboxone, Vivitrol, etc.)? ____Yes ____No

CRIMINAL HISTORY

Do you have any felony convictions? If so, what and when?

Have you ever been / are you currently incarcerated? Is so, how long have you been incarcerated for?

Are you on any community supervision / Probation? If so, what are the terms of it?

Why do you want to reside at Courage House?

How will you occupy your time at Courage House?

____ Work 40 hours per week or more ____ Will not work, but will enroll in school and/or volunteer substantially
____ Work between 20 and 40 hours per week ____ Work less than 20 hours per week
____ None of the above

What kind of work or trade are you interested in doing? Do you have experience in this profession?

Where would you like to live after your time at Courage House? Have you lived there before?

Do you have any medical conditions, disabilities and/or difficulties with activities of daily living? If yes, what?

Do you have any co-occurring disorders? If yes, what? Do you take any psychiatric medications? If yes, medications and doses:

CLOSING

Do you have the full $300.00 to move in? (This will cover your first two weeks in the house).

What are some dates and times that work for us to call you at the number you provided at the top?

Two references and / or emergency contacts? Please provide name, phone number and relationship:

How did you hear about us? Be as detailed as possible (name, location, etc.)

By signing my name here, I affirm all the facts above are accurate.

Signature **Date**

Submit to:
CourageHouseMaine@gmail.com
www.CourageHouse.me
(207) 632-0763

MID-COAST RECOVERY COALITION

Date: _____

Name: _____ DOB: _____

Address: _____ Phone Number: _____

_____ Email: _____

Emergency Contact (Name, Phone Number & Relation):

_____

Current Treatment Center: _____

Phone: _____ Primary Counselor: _____

Length of Program: _____ Discharge Date: _____

Past Treatment Programs	City/State	Counselor	Entry/Exit Date

Have you ever lived in a Sober House Y or N Where? _____

When? _____

Substance Use:	Drug	How Long Used?	How Long Since Last Use?

PO Box 1002
Camden, Maine 04843
(207) 701-1182
(877) 360-9122 (fax)
Info@midcoastrecovery.org
www.midcoastrecovery.org

Which recovery program are you currently working, or interested in? _____

_____

What meetings do you attend? _____

Do you have a Sponsor (Y/N)? What is your current source of income? _____

Monthly Income: $ _____

Pending legal matters (Please Explain);

_____

_____

Any felony convictions? (Y/N) If "yes" please explain: _____

_____

Are you required to register as a sex offender? (Y/N) _____

Have you been convicted of arson? (Y/N) _____

Do you have any other Mental Health diagnosis? (Y/N) _____

What is that diagnosis (and treatment)? _____

_____

_____

Have you ever experienced any suicidal ideations, attempts, or received in-patient treatment for self-harming behaviors? (Y/N) _____ When? _____

Current Medications and Dosage:

_____

_____

_____

Why do you think you are a good fit for Sober Living?

_____

_____

_____

Applicant's Signature: _____ Date: _____

Mid-Coast Recovery Coalition (MCRC)
Residential Phases

Phase 1 – (14-30 days)

Curfew is 8 PM, (Exceptions only if job hours require work later than 8 PM)

No overnight passes will be approved during Phase 1

Visitors to the residence must be approved 24 hours in advance

Seven Pro-Recovery activities**must be attended and documented per week

Work/volunteer requirement is waived during Phase 1

Any written warnings will extend Phase 1 by one week

Requirements to graduate to Phase 2 are as follows:

Negative evidence for use of drugs and alcohol

Recovery plan completed with house supervisor

Pro-recovery activities attended and documented

Phase 2

Curfew is 9 PM

Overnight passes granted on conditional basis

Visitors allowed in common areas

20 hours per week required performing either work, volunteering, or school

Four Pro-Recovery activities must be attended and documented per week

**Pro-Recovery activities could include 12-Step or other recovery-based meetings, counseling or therapy. IOP, meeting with sponsor/mentor/recovery coach, or other activities agreed upon with house supervisor

MCRC HOUSE RULES

As a resident of a MCRC recovery residence, I understand and agree to the following:

1. I will not possess any drugs, alcohol or illegal mood-altering substances and/or paraphernalia.
2. I agree to take random drug/alcohol tests when requested by MCRC staff.
3. If transitioning from a treatment facility, jail or prison, I agree to the following aftercare recommendations and any court or probation conditions.
4. I agree not to enable housemates by keeping secrets about their chemical use, rule violations, or destructive behaviors – and I agree to notify MCRC staff if I become aware of these behaviors.
5. I agree to attend and be on time for all house meetings.
6. I agree to exchange my phone number with housemates and any house residents and MCRC staff.
7. I agree to be actively engaged in a recovery program, support group and/or other prosocial activity.
8. I agree to work with MCRC staff to establish with a primary care physician and/or arrange an initial appointment as appropriate to my health conditions.
9. I will work to create a full day's schedule that combines work, recovery activities, and volunteering with the support of MCRC staff.
10. I agree to abide by the curfew daily by 9 PM, unless otherwise approved by MCRC staff in advance in writing.
11. I agree to submit an overnight/extended curfew request for 48-hours in advance and understand it must be approved in writing (required at least for first 30 days or longer of living in the house, as addressed by MCRC staff).
12. I understand that visitors must be approved by MCRC staff and are **ONLY** permitted to the first floor, except to use the 2nd floor bathroom in the men's house.
13. I will not engage in sexual activity or have or view pornographic materials in the house or on the property.
14. I understand that violence or threats of emotional or physical violence (including weapons brought into the house or stored in a vehicle) will **NOT** be tolerated.
15. I understand that MCRC staff are "mandated reporters" and house residents must report any question of suspected child abuse behaviors to MCRC staff.
16. I agree to allow MCRC house staff to search my room at any time, announced or unannounced.
17. I agree to sign in and out every time I leave and return to the house (required at least for first 30 days or longer of living in the house, as addressed by MCRC staff).
18. I will follow house policies regarding noise levels, personal spaces, personal possessions and common living areas – and MCRC is NOT responsible for personal items during my stay or after I leave the house.
19. I understand that I am only permitted one vehicle on house property.
20. I understand that I will be responsible for completing house chores and that my bedroom is to be clean and my bed made every-day.
21. I understand I am NOT allowed in other resident's bedroom without their permission, unless a clear medical emergency exists.
22. Residents are responsible for using their lockbox appropriately.
23. I understand that smoking (including vaping) is only allowed in the designated smoking areas which are outside BEHIND the house – not in bedrooms, anywhere inside the house or on house porches.
24. I agree not to gamble in any form.
25. When I move out of the house, I will leave a clean space for the next resident.

_____ _____

Resident Signature MCRC Staff Signature

Date: _____/_____/_____ Date: _____/_____/_____

Mid-Coast Recovery Coalition (MCRC) Resident Contract

I, _____, am a person who:
(Name)

1. Wishes to improve my life at this time.
    a. I wish to stop using mind-and-mood altering substances
    b. I wish to heal my damaged way of living
    c. I wish to heal relationships that I have damaged
    d. I wish to learn how to live independently in the community, to support myself and to be of help/to be of service to all people that I know and interact with
    e. I will seek all the help I need to accomplish my goals to improve my life
    f. I will work with the MCRC house staff to accomplish my goals to improve my life
2. Wishes to live in a house with other people who I will support and whose support I need for my recovery, including sharing a room with another resident when asked
3. Promises to abide by the rules of the house – I understand I cannot continue to stay in the house if I don't.
4. Promises to abide by any court, probation conditions or treatment plans that I am required to comply with
5. Wishes to contribute to creating a positive atmosphere in the house by always
    a. Being completely honest
    b. Being respectful
    c. Being a good listener without interrupting others
    d. Going out of my way to help other residents
    e. Doing the "extra" thing in the house when that is needed
    f. Meeting my responsibilities and doing my chores on time without being reminded
    g. Increasing the reputation of the house, your fellow residents at MCRC.
6. Wishes to give meaningful support to the house as part of the process of my recovery – and I will work with house staff to define how I will support the house each month based on my abilities
    a. Contributing funds monthly to cover expenses
    b. Volunteering to help with house projects and activities
    c. Representing MCRC positively in the community by
        i. Helping neighbors as coordinated by the house staff
        ii. Attending MCRC events
        iii. Volunteering to help MCRC's leadership with projects and tasks
        iv. Enrolling or joining community programs/organizations as a "face of MCRC" and as "a person in recovery" including but not limited to
            1. Educational or vocational training
            2. Mutual help peer groups
            3. Kiwanis, Rotary, Elks or other groups
7. Accepts these "zero tolerance" behaviors as reasons to be discharged from the house
    a. Have drugs in the house or in possession including vehicles
    b. Any smoking in the house
    c. Any violent behaviors including threatening
8. Wishes to remain in the MCRC recovery residence long enough to make meaningful progress towards independent living and sobriety

_____ ___/___/_____ _____ ___/___/_____

Resident Signature Date House Manager/Supervisor Date

This Page Left Blank Intentionally

Fresh Start

Sober Living MENS HOUSE

87 Ohio St. Bangor (207) 307-1292 **Entry Date** _____

Member Agreement:

Full Name (First, Middle, Last): _____

Phone Number: _____

Present Address: _____

Previous Address: _____

Home of Record: _____

Date of Birth: _____

List Family Member(s): _____

List Family Member(s) Contact #: _____

List Your Present Employer: _____

Employer Address: _____

Employer Supervisor/Contact Person: _____

Emergency Contact/Relationship: _____ Contact Phone: _____

Have you ever been convicted of a crime? Yes _____ No _____ (If Yes, Please explain below)

_____

_____

Are you presently in the legal system? Yes _____ No _____ (If Yes, Please explain below)

_____

_____

List any (current) Parole or Probation Officers and contact Numbers:

_____

Are you addicted to drugs and/or alcohol? Yes ___ No ___ (If yes, Please explain below) Sobriety/Clean Date: _____

_____

Have you been in a Treatment Facility? ___ Yes ___ No (If yes, please explain below)

_____

_____

Are you taking any prescription medications? ___ Yes ___ No (If Yes, Please list all medications below and reason)

_____

_____

_____

ALL MEDICATIONS ARE KEPT SECURED IN A LOCKED SAFE/BOX. RESIDENTS ARE INDIVIDUALLY RESPONSIBLE FOR THE PROVISION OF HIS/HER OWN SAFE/BOX.

Have you ever been in a Recovery House, Halfway House or similar facility? ___ Yes ___ No (If Yes, explain when/where) _____

_____

Do you have a sponsor? ___ Yes ___ No If yes, Sponsor's Name/#: _____

_____

Please read and initial to indicate your understanding and agreement:

___The ***Fresh Start Sober Living*** house requires a **$50.00 administrative entry fee.**

___**Membership** is **$125.00** weekly or **$540.00** monthly. Rooms are by the week/month only. Members—specifically those in arrears—can make daily monetary payments in the sum/amount. To make a payment, see house manager and ensure receipt is provided. Each week begins on Sunday and ends on Saturday. A membership arrearage **can/will** result in eviction. ***Provided a member departs sober and in good standing (i.e., packs and carries his/her belongings the day he/she departs washes and places linen back on his/her bed, cleans his/her respected living area, does not return to the premises without permission, etc.) he/she is likely to receive a refund of any overpayment; anything less will result in a pro-rated refund or no refund at all. All refunds are given at the discretion of Fresh Start Sober Living. Departing members must allow at least (14) days for the processing of any kind.***

___**I realize that the *Fresh Start Sober Living* house for which I am applying for membership requires complete abstinence from Drugs and/or Alcohol. Any use of Drugs and/or Alcohol is strictly prohibited and will result in immediate eviction from our residence(s). Disruptive and/or Discourteous behavior within our residence or community will not be tolerated and can/will result in eviction from our residences. Finally, a member's inability to maintain employment and pay his/her dues in a timely manner can/will result in eviction from our residences. By initialing/signing, I acknowledge agreement to the terms stated, and hereby waive my right(s) to normal due process afforded by local landlord-tenant laws.**

___I have read all the material on this application, and answered each question honestly. I have **sincere desire** to live ***Clean and/or Sober***, and achieve comfortable recovery from alcohol and/or drug addiction without relapse. Any questions I may have had were answered to my satisfaction.

Signature: _____ Date: _____

Witness: _____

Fresh Start

Sober Living MENS HOUSE

87 Ohio St. Bangor (207) 307-1292

General House Rules/Requirements/Guidelines:

You are in a Sober Living Environment. Your Success and continuance in this environment are dependent upon your consistent good behavior and cooperation. Disruptive and/or Discourteous behavior will not be tolerated. Any contact with illegal Drugs and/or Alcohol and/or violation of any of the following Rules & Guidelines can/will result in eviction. Your initials and signature indicate your understanding and agreement. When in doubt…ASK!

_____ Consumption or possession of beverage alcohol in any form is strictly prohibited.

_____ Use or possession of illegal drugs in any form is strictly prohibited.

_____ Use and/or possession of drugs and/or alcohol **will** result in immediate eviction. If evicted for drugs and/or alcohol, the resident agrees to leave the premises immediately and not return for any reason whatsoever, without permission from the House Manager and/or Fresh Start Sober Living.

_____ Lying, Cheating & Stealing are strictly prohibited. If caught, you **will** be fined and/or evicted.

_____ Residents are required to submit to a Drug and Alcohol Screen/Test at any time (24/7) it is requested. A refusal and/or failure to provide an adequate sample will be treated the same as a positive test result. Any attempt to Cheat/Circumvent test **will** result in a fine/eviction.

_____ Daily attendance at "12 Step" meetings is **strongly encouraged/recommended;** the minimum daily attendance requirement is (5) per week. Acceptable meeting attendance is seated & present prior to the Serenity prayer, present for all readings as well as the meeting itself up until and after the Lord's Prayer is concluded. ARRIVE EARLY, STAY LATE! MEN WITH MEN, WOMEN WITH WOMEN!

_____ Residents are required to maintain in a Home Group.

_____ Residents are required to maintain a working relationship with a Sponsor. It is recommended that each Resident be on track to take all "12 Steps" within 6 – 9 months from date of arrival at *Fresh Start Sober Living.*

_____ Residents are required to maintain employment. If at any time a client is/becomes unemployed and is capable of working (not injured or sick), he/she must actively seek employment from 8:00 AM – 5:00 PM Monday through Friday, and is not permitted at the house during this time. A resident's employment is prohibited from interfering with their adherence to any of the other terms of this agreement.

_____ Behavior considered to be a "Conflict of Interest" (i.e., Sponsorship, Employment, Dating, etc.) between Residents is strictly prohibited. NO DATING OR VISITATION BETWEEN RESIDENTS/HOMES OR FRESH START SOBER LIVING WITHOUT PERMISSION.

_____ Smoking inside any Fresh Start Sober Living home is strictly prohibited.

_____ Fresh start Sober Living is NOT (at any time) responsible for a resident's personal item's/belonging(s). Residents are responsible for the security and safekeeping of their own personal item's/belongings and are to pack and carry their item's/belongings when they depart. If for any reason this does not occur, the Resident may contact the House Manager or Fresh Start Living regarding the retrieval/disposition of their personal item's/belongings. Fresh Start Sober Living will not store personal belongings for more than seventy-two (72) hours.

Fresh Start

Sober Living MENS HOUSE

87 Ohio St. Bangor (207) 307-1292

_____ Disruptive/Discourteous behavior will not be tolerated and **can/will** result in eviction.

_____ Guests of the opposite sex are strictly prohibited from entering any Fresh Start Sober Living home.

_____ Overnight guests are strictly prohibited.

_____ Guests are not permitted at the house beyond curfew and are only permitted in the common areas.

_____ Guests cannot be under the influence or in possession of drugs and/or alcohol.

_____ New Resident curfew is 6:00 PM every night. All others must be in by 10:00 PM Sunday through Thursday and 11:00 PM Friday and Saturday. Residents must adhere to more strict curfews when required (i.e., Parole, Probation, etc.). Failure to return to the house on time **can/will** result in eviction.

_____ House quiet time is 10:00 PM to 5:00 AM. Any activity (i.e., Lights, TV, Telephone conversations, etc.) that disturb another residents ability to sleep/rest is prohibited.

_____ Evicted Residents are required to leave the premises immediately and not return under any circumstances.

_____ Residents of Fresh Start Sober Living are discouraged from maintaining relationships with those evicted from the Fresh Start Sober Living program.

_____ House Business Meetings are held weekly at date/time determined by House Manager/Fresh Start Sober Living and are mandatory for every client. An unexcused absence from any House Business Meeting **can/will** result in a fine, or eviction.

_____ Overnight/Weekend Passes are to be submitted to the House Manager a minimum of (1) week in advance. Authorization will be granted at the discretion of the House Manager and Fresh Start Sober Living.

_____ Residents are not permitted in any bedroom other than their own without permission from the resident(s) residing in that room; they must also be accompanied by the permitting resident.

_____ Thermostat is to be adjusted by the House Manager **ONLY**.

_____ Washer & Dryer – Be courteous. Clean dryer lint screen before and after every use and do not leave clothes unattended in the washer/dryer.

_____ Chores are required to be completed daily. The House Manager is responsible for chore assignment and completion. Failure to complete assigned chore **can/will** result in fine/eviction.

_____ A good General Clean-up of all areas inside & outside the home is required at all times.

_____ Beds are required to be made upon awakening. Respective areas are to be kept neat, clean and picked up at all times. NO SLOBS; YOU **CAN/WILL** BE FINED!

_____ Turn off lights, TV's, Radio's, Fans, etc., when not in use. Exterior doors are required to be locked when entering/exiting; **NO EXCEPTIONS!**

_____ Residents are required—at all times—to wear appropriate dress in common areas.

_____ Sleeping in common areas is prohibited.

Fresh Start

Sober Living MENS HOUSE

87 Ohio St. Bangor (207) 307-1292

_____ Kitchen—Appliances, Counter-tops, Utensils, Dishes, Pots, Pans, etc. will be cleaned and returned to their respective place (immediately) after each use.

_____ Refrigerator—Mark food/leftovers with Name/Date when initially placed in the refrigerator.

_____ Be Accountable/Responsible and Communicate! Accountability, Communication eliminates need for excuses with House Manager.

_____ A violation of any one of the aforementioned Rules & Guidelines **can/will** result in a fine or eviction. Fines range from as little as $25.00, up to a full $50.00 (the equivalent of an entry/reentry fee).

Signature: _____ Date: _____

Witness: _____

New Member Status

Resident's Name: _____

Every "new member" entering the *Fresh Start Sober Living* Program and those residents that violate the conditions of their agreement with *Fresh Start Sober Living* are placed on "new member" status. The *Fresh Start Sober Living* requires strict adherence to these conditions and all Rules & Guidelines. While on "new resident" status, you must:

- **Attend an AA/NA meeting daily & get a meeting sheet signed.**
- **Have a Sponsor (Members are required to maintain a working relationship with a Sponsor. It is recommended that each Resident be on track to take all "12 Steps" within 6-9 months from date of arrival at Fresh Start Sober Living).**
- **Have attended and participate in a Home group.**
- **Have and fulfill a Service commitment.**
- **Adhere to a 9:45 PM curfew to allow for "AA/NA" meetings.**
- **Be employed and/or have satisfied all financial obligations. (Any resident in financial arrears is responsible to pay rent of $17.00 per day.**
- **Satisfy all conditions of your agreement with *Fresh Start Sober Living*. (A client will remain on new member status until all conditions of his/her agreement with *Fresh Start Sober Living* are met/satisfied. If at any time a client violates the conditions of his/her agreement with *Fresh Start Sober Living*, he/she will automatically be placed on "new resident" status.**

Client Signature: _____ Date: _____

Witness: _____

Fresh Start

Sober Living MENS HOUSE

87 Ohio St. Bangor (207) 307-1292

Dug Screen/Test

I _____, understand that I can be tested for Drugs and/or Alcohol at any time, for any reason, per my agreement with *Fresh Start Sober Living*. I am aware and have full knowledge that the person(s) administering the test(s) are my peers and not medical personnel. I am also aware that if I test positive, refuse compliance or attempt to cheat/circumvent the test in any way, I **will** be evicted from the *Fresh Start Sober Living* house and will be required to leave the premises immediately. My signature below indicates my understanding and consent.

Signature: _____ Date: _____

Witness: _____

Witness: _____

This Page Left Blank Intentionally

FINDING STRENGTH

WellSpring

EMPOWERING CHANGE

Substance Use & Mental Health Services

To our valued Referring Agencies and Individuals:

The Wellspring Residential Programs have put together this application packet to assist with the screening and admissions process. These documents need to be fill ed out completely and returned to Wellspring in order for our agency to communicate with you with regard to scheduling screenings, informing you where your clients are on the waiting list, and for Wellspring to be able to work with you throughout the admission process. We are hoping this packet will ensure ongoing communication between Wellspring, your agency, and the client, as well as, assist with getting these individuals served in a timely manner.

This packet includes: Wellspring's updated residential application including the AC OK, Wellspring's Medication Policy, Wellspring's Room and Board policy, and at least one Wellspring Authorization to Release Information for the applicant to complete. This will allow Wellspring to communicate with you and the agency you represent after the screening, so that arrangements can be made for admission. All of these documents need to be completed prior to a screening being scheduled. Once the screening occurs, there may be more releases needed so that we can communicate with previous treatment providers, lawyers, and probation officers. It is of utmost importance for these releases to be signed and returned to Wellspring in a timely manner. This will allow us to make a final evaluation of the Clients' appropriateness for treatment in our facility, or to allow Wellspring to communicate with the client's lawyer or probation officer so they can assist with the client's admission process.

If there are any questions or concerns please contact the Men's House Administrative Assistant Barbara Marquis at 941-1600 ext. 401, the Women's House Administrative Assistant Ashley Homestead at 941-1639 ext. 301, or the infinity House Administrative Assistant Betsy Peasley at 217-6550 ext. 501.

Respectfully,

Travis Lenfest LMSW – CC, LADC, CCS

Travis Lenfest LMSW-CC, LADC, CCS
Director of Residential Services
Wellspring Inc.

FINDING STRENGTH

WellSpring

EMPOWERING CHANGE

Substance Use & Mental Health Services

RESIDENTIAL PROGRAMS

I understand that I am financially responsible for any medical and doctor's fees not covered by any insurance I may have; this includes the initial physical within my first 5 days of admission, and for all prescription medications purchased while I am a resident at Wellspring, INC. If I am unable to pay for the medications when it is purchased, I will reimburse Wellspring, INC. before I leave the program.

Wellspring may assist me in applying for financial assistance for help with medications and or medical treatment.

I also understand that if I am found eligible for food stamp benefits, or already received food stamps benefits, I will submit my EBT (food Stamp) card to Wellspring to use toward my food consumption while in the program. Upon leaving the program, Wellspring will return my card to me. I am aware that if I leave the program after the 16th of the month, Wellspring will have used all amounts of my food stamp card, excluding any amount that was on the card at the time of my admission to the program. If I leave before the 16th of the month I will receive the full amount on my EBT card returned to me.

I am also aware of the Room & Board Fee which I will be charged for on a per day basis. The minimum amount charged will be $1.00 per day and the maximum will be $10.00 per day. The administrative assistant will assess my financial situation upon admission to the program and determine, based on a sliding fee scale, the amount I will be responsible to pay.

NOTE: Maine Care covers only your treatment, it <u>does not</u> cover the cost of room & board or food.

Client Signature: _____ **Date:** _____

Witness Signature: _____ **Date:** _____

United Way

MAILING ADDRESS for ALL PROGRAMS: 98 Cumberland Street, Bangor, Maine 04401-5293 Men's Residential Treatment (207) 941-1600 – Women's Residential Treatment (207) 941-1639 Outpatient Services and Administrative Offices – (207) 941-1612

United Way of Eastern Maine

FINDING STRENGTH
WellSpring
EMPOWERING CHANGE

WELLSPRING'S MEDICATION POLICY REGARDING STIMULANTS, BENZODIAPINES, AND OPIOD REPLACEMENT THERAPY

Wellspring has been in the substance use treatment and recovery for 50 years, and we have collaborated with Community Health and Counseling Services for several years to provide psychiatric consultation, evaluation, and medication management for our residential clients. As a result of our work together, wellspring has established the following medication policy: As a policy and a practice, we do not support prescribing controlled substances to individuals with diagnosed substance use disorders. Regardless of previous treatment, individuals admitted to Wellspring will not the prescribed the following medications:

Commonly Prescribed Stimulants:

Ritalin, Concerta, (Methylphenidate)
Adderall (Dextroamphetamine)
Focalin (Dexmethylphenidate)
Vyvanse (Lisdexamfetamine)

Commonly Prescribed Benzodiazapines:

Xanax (Alpralozam)
Ativan (Lorazapam)
Valium (Diazapam)
Clonazapam (Klonapin)

<u>Please be advised as you apply for admission to Wellspring, these medications are not prescribed while you are a resident at Wellspring.</u> This may have a bearing upon whether or not you choose to come to Wellspring for treatment. We do take your mental health seriously, and we employ alternatives for these medications in addition to the cognitive behavioral therapy you will be receiving in your treatment at Wellspring.

Also, medication assisted treatment for opioid use disorders utilizing Suboxone will be considered on a case-by-case basis and upon the recommendation of the Clinical Team, but is not administered through spilt dosing.

By signing below, you are acknowledging that you have read and understood this policy.

_____ _____

Client **Date**

Wellspring Residential Programs
APPLICATION FOR ADMISSION

Rev. 10-17

I. PERSONAL INFORMATION

Name: _____ Date: _____

Date of Birth: _____ Phone: _____ Soc. Sec #: _____

Address: _____

Person to contact if you can't be reached:

_____
Name address phone

Referral Source: _____
name/agency address phone

II. PRESENTING PROBLEM – Why do you want to come to Wellspring?

_____

_____

_____

_____

III. BACKGROUND INFORMATION

Current or Recent Living Arrangement: (prior to incarceration, if applicable)

_____

_____

Marital Relationship status: ☐ single ☐ married ☐ divorced ☐ separated ☐ widowed ☐ significant other

Children:

Age	Name	who has custody	living with who	reason

Is the Department of Human Services involved with your family? ☐ Yes ☐ No

If applying for Infinity House you must complete the Alternative Child Care Plan on Page 6

Nature of Current Family Relationships: _____

_____

_____

Family Make-up When Growing Up (parents, step-parents, brothers, sisters, grandparents): _____

_____

_____

Relationships with Extended or Other Family Members: _____

_____

_____

Significant events, losses, delays, trauma/abuse (physical, emotional, sexual, verbal): _____

_____

Education: (highest grade completed, diploma GED, history of significant problems, current activities, plans/interests)

Employment/finances:

If currently employed, list occupation _____

When last employed & occupation _____

Source of Income & amount _____

Health Insurance: ☐ private ☐ Blue Cross ☐ Maine Care ☐ Medicare ☐ Military Coverage/Togus

☐ other - specify _____

Are You a Veteran? ☐ Yes ☐ No

Legal Status: Current

☐ Legal proceedings pending – what/when _____

☐ Probation – how long? _____ Name of Probation Officer _____

☐ Parole & Parole Officer: _____

☐ Drug court – Where? _____

Attorney's Name & Number _____

Legal History: Number of Arrests _____ Charges _____

Convictions: Number of OUI's _____ Number/Types Felonies _____

Recreation (hobbies, interests, things you like to do) _____

Spirituality/Religion: _____

Social Support (friends, neighbors, churches, agencies) _____

IV. HEALTH INFORMATION

Current Health Status: ☐ excellent ☐ good ☐ fair ☐ poor

Describe current health (incl sleep, appetite, limitations/specific needs, illness, nutrition -☐ adequate ☐ inadequate):

Have you been tested for HIV? If so, when, where _____ **HIV testing offered** _____

Have you been tested for Hep C? If positive, when/status: _____

Pregnant: ☐ Yes ☐ No If yes, how long? _____ **Received pre-natal care?** _____

Specific Health History (health problems, surgery, injuries, head trauma, etc.): _____

Current tobacco use: ☐ Yes ☐ No If yes, amount _____ Interested in quitting? _____

Caffeine use: ☐ Yes ☐ No If yes, amount _____ Interested in quitting? _____

Last physical: _____ **Current primary care provider:** _____

Allergies (food, meds, other): _____

Limitations or specific needs: ☐ Walking ☐ Stairs ☐ Chores ☐ Lifting ☐ Hearing ☐ Vision ☐ None
Explain _____

Current Medications (Medical & Mental health/Prescribed and over-the-counter):

I have read and agree to Wellspring's medication prescribing policy: ☐ **Yes** ☐ **No**

Name	Reason for taking	Amount	How often	Since when

V. SUBSTANCE USE HISTORY

Drug (List all drugs – be specific)	Check your top 3 drugs of choice (1, 2, 3,)	Age when use became regular	Used drugs IV?	How much Did you use?	How often did you use?	When did you last use?
Alcohol						
Amphetamines						
Cocaine/Crack						
Hallucinogens (LSD, Mushrooms, PCP)						
Heroin						
Inhalants (specify)						
Marijuana						
Narcotics/opiates other than heroin						
Sedatives/benzodiazapines (Xanax, Klonapin, etc)						
Bath Salts						
Steroids (muscle enhancers)						
Other (specify)						

Problem from AOD use (check):

Physical		**Psychological**	**Social**
☐ Trauma/ Accidents	☐ loss of consciousness	☐ mood fluctuations	☐ relationships
☐ health	☐ tremors	☐ depression	☐ school
☐ blackout	☐ hangovers	☐ anxiety	☐ job
☐ DT's	☐ vomiting	☐ anger/rage	☐ legal
☐ overdose	☐ tolerance	☐ paranoia	☐ financial
☐ hallucination	☐ loss of control	☐ personality changes	☐ fights/quarrels

Comments on the three things that bother you most: _____

_____

_____

_____

_____

Previous Substance Use Disorder Treatment:

Describe any recent (within the last two (2) years) any **Detox** experiences (Alcohol, Opiates, Benzos, Meth, Bath Salts, etc.):

_____

_____

Outpatient Substance Use Disorder Treatment (Counseling, IOP, Methadone, Suboxone, DEEP etc.):

Type of Treatment & Where	When	Length of Stay	Sobriety After
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Residential Substance Use Disorder Treatment (Wellspring, Cross Roads, Serenity House, St. Francis, Maine Gen., etc.):

Where	When	Length of Stay	Sobriety After
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Any Period(s) of Abstinence? ☐**No** ☐**Yes** If yes:

	When/Length	Quality of Life	What Helped or Motivated
Latest period of abstinence			
Longest period of abstinence			

Self-help group experience (type, when, length of involvement, participation): _____

Reasons for/circumstances of relapse: _____

_____

Other compulsive/excessive behaviors – circle and describe (laxatives, sex, eating, spending, shoplifting, Internet, etc):

_____

If you gamble or play scratch tickets, have you ever felt the need to bet more and more? Yes ____ No ____

Have you ever had to lie to people important to you about how much you gambled? Yes ____ No ____

Family history of substance abuse: _____

_____

VI. MENTAL HEALTH HISTORY

Current problems: Have you been given a mental health diagnosis? ☐Yes ☐No ☐Don't know

Do you know what it is? Please describe: _____

Psychiatric/Mental Health Hospitalizations (Acadia Hosp., Spring Harbor, Dorothea Dix, Riverview, AMHI, Mid-Coast, St. Mary)

Where	When	For how long	Reason/Problem

Residential Mental Health Treatment (Morrison Place, Maine Stay, The Bridge, Sweetser, etc.):

Where	When	For how long	Reason/Problem

Outpatient Psychiatry & Mental Health Treatment (McGeachey Hall, CHCS, Acadia Hosp., Maine Med., St. Mary, etc.)

Where	When	For how long	Reason/Problem

Are you a member of the Consent Decree? _____

Have you attempted suicide? ☐No ☐Yes How many times? ___ last time _____ how _____

Consequences _____

Have you engaged in self-harm? ☐cutting ☐burning ☐hitting self ☐other _____

when _____ how often _____ last time_____

Have you been a victim of: ☐ domestic violence ☐ physical abuse ☐ sexual assault

Have you been charged with: ☐ domestic violence ☐ physical abuse ☐ sexual assault

Do you have a family history of mental health problems? If so, who and what? _____

_____

_____

Current or recent mental health symptoms of concern (check, circle and describe):

☐ Depression (sadness, low self-esteem, lack of interest/pleasure): _____

_____

☐ Anxiety (worry, fear, panic): _____

_____

☐ Anger (irritability, outbursts, reactivity): _____

_____

☐ Sleep (falling asleep, awakening, nightmares, excessive): _____

_____

☐ Cognitive (poor attention, memory problem): _____

_____

☐ Disturbing thoughts/memories: _____

☐ Restlessness, fidgeting: _____

☐ Hallucinations (hearing/seeing things others don't): _____

_____

☐ Other: _____

_____

Does your drug use make these symptoms worse or better? Please explain:

_____

_____

_____

_____

_____

If you have had periods of sobriety or abstinence, were these symptoms worse or better? Please explain:

_____

_____

_____

_____

_____

Alternative Child Care Plan: **(For those applying for Infinity House)**

Who should program staff contact in the event you are unable to provide care to your child (i.e., hospitalization, discharge from program, etc.):

Name:	**Relation:**	**Telephone #:**

Please note: You must sign a release of information for individuals listed on your alternative care plan upon admittance to the program and are responsible for updating this plan with staff immediately with changes.

VII. AC-OK SCREENING QUESTIONNAIRE

PLEASE ANSWER THE FOLLOWING QUESTIONS BY CIRCLING YES OR NO

During the past year:

1. Have you been preoccupied with drinking alcohol and/or using other drugs?	Yes	No
2. Have you experienced problems caused by drinking alcohol and/or using other drugs, and you kept using?	Yes	No
3. Do you, at times, drink alcohol and/or used other drugs more than you intended?	Yes	No
4. Have you needed to drink more alcohol and/or use more drugs to get the same effect you used to get with less?	Yes	No
5. Do you, at times, drink alcohol and/or used other drugs to alter the way you feel?	Yes	No
6. Have you tried to stop drinking alcohol and/or using other drugs, but couldn't?	Yes	No
7. Have you experienced serious depression (felt sadness, hopelessness, loss of interest, change of appetite or sleep pattern, difficulty going about your daily activities)?	Yes	No
8. Have you experienced thoughts of harming yourself?	Yes	No
9. Have you experienced a period of time when your thinking speeds up and you have trouble keeping up with your thoughts?	Yes	No
10. Have you attempted suicide?	Yes	No
11. Have you had periods of time where you felt that you could not trust family or friends?	Yes	No
12. Have you been prescribed medication for any psychological or emotional problem?	Yes	No
13. Have you experienced hallucinations (heard or seen things others do not hear or see?	Yes	No
14. Have you ever been hit, slapped, kicked, emotionally or sexually hurt, or threatened by someone?	Yes	No
15. Have you ever experienced a traumatic event and since had repeated nightmares/dreams and/or anxiety which interferes with you leading a normal life?	Yes	No

MH	SA	T

_____

Counselor Reviewed - Signature

SIGNATURE OF APPLICANT:

_____ _____

Print Your Name Signature

_____

Date

WELLSPRING
98 Cumberland Street
Bangor, ME 04401

Name _____
DOB _____
SS# _____

Authorization to Release/Receive Information

I understand that my alcohol and/or drug treatment records are protected under the federal regulations governing Confidentiality of Alcohol and Drug Abuse Patient Records, 42 C.F.R. Part 2, and the Health Insurance Portability and Accountability Act of 1966 (HIPPA), 45 C.F.R. Parts 160 % 164, and cannot be disclosed without my written consent unless otherwise provided for in the regulations. These rules prohibit the recipient of confidential information from further disclosure of it, unless that disclosure is expressly permitted by your written consent or as otherwise permitted by 42 C.F.R. Part 2. I understand that generally Wellspring may not condition my treatment on whether I sign a consent form, but that in certain limited circumstances I may be denied treatment if I do not sign a consent form. I will be given a copy of this form if I request it.

I, _____, authorize Wellspring and

_____

(name, agency, address, phone)

to communicate with and disclose to one another the following information:

X Admission status ☐ Biopsychosocial ☐ Medical Consultation ☐ Aftercare Plan
☐ Presence in Treatment ☐ Clinical Assessment ☐ Treatment Plan ☐ Discharge Summary
☐ Admission Summary ☐ Psychological/Psychiatric Eval ☐ Progress in Treatment ☐ Recommendations
☐ Other _____

The purpose of this disclosure is to:

X Schedule appointments X Plan or coordinate treatment and services
☐ Facilitate meeting legal obligations ☐ Obtain/maintain employment, government, other benefits
☐ Other _____

I understand that I may revoke this consent in writing at any time, except to the extent that action has been taken on it.

Unless revoked, this consent will expire automatically on: _____

_____

(Specify date: day, month, year: event, or condition, not to exceed one year from date of signing)

CHCS is a contract provider for Wellspring. Wellspring will not release any copies of CHCS services provided at Wellspring. To obtain a copy of those records, please submit your request for records to Community Health and Counseling Services, Health Information Management, 117 Broadway, Bangor, ME 04401. TEL 207-992-4712; FAX 207-990-0399

I ☐do ☐ do not authorize information to be faxed. I understand that there are confidentiality risks in fax transmissions.
I ☐do ☐ do not authorize disclosure of information that refers to treatment or diagnosis of drug or alcohol abuse.
I ☐do ☐ do not authorize disclosure of information that refers to treatment or diagnosis of psychiatric illness.
I ☐ do ☐ do not authorize disclosure of information that refers to treatment or diagnosis of HIV, ARC, or AIDS
I ☐ do ☐ do not authorize redisclosure of this information to _____
I ☐ do ☐ do not wish to review my Wellspring records before their release. If I do, a program director or designee will supervise my review and document the supervision below.

Client Signature _____ Date _____
Parent/Guardian _____ Relationship _____
Witness Signature _____ Date _____

To be valid, all sections above must be completed.

Office: The records were reviewed as required above:
Client Signature: _____ Date of Review: _____
Supervisor Signature: _____

Revocation: ☐ by phone ☐ in person ☐ other _____ Date _____ Date written confirmation rec'd _____

This Page Left Blank Intentionally

FREQUENTLY ASKED QUESTIONS

HOW LONG IS THE PROGRAM?

Our adult long-term program (both men and women) is twelve to fifteen months long. For those who may need an extra touch, we offer a six-month restoration program.

Our adolescent girl's program is three to five months long. For more information on this program please visit Bloom: A Place for Girls.

Our outpatient program is provided and administered by Teen Challenge Clinical Group. Outpatient services have no set duration.

WHAT DOES IT ENTAIL?

Strong biblical foundation is core in both our **adult long-term program** and our **adolescent girl's program**. We teach a Biblical approach not only for recovery from addiction, but for living a full productive life.

Our adult long-term program includes clinical counseling and life coaching for each resident. Each resident, should it be needed, will earn high school equivalency prior to graduating.

HOW MUCH DOES IT COST?

Our adult long-term adolescent girl's programs are funded by private donations. We do ask families if they can help with a monthly contribution to offset the cost. We do try to help anyone who is ready to change their life, even if they don't have the financial means to contribute. It is a $750.00 monthly sponsorship (unless waived due to hardship). Proof of hardship must be documented, **(Upon admission, you will be required to provide the names of those sponsoring you).**

For more information on our **outpatient program** pricing structure, please visit Teen Challenge Clinical Group.

WILL YOU ACCEPT MY INSURANCE?

Our adult long-term and adolescent girl's programs are such that they cannot accept insurance of any sort.

Our outpatient program *does* accept insurance. To find out if your insurance policy is accepted by Teen Challenge Clinical Group, please contact us directly.

HOW CAN I GET MY LOVED ONE INTO THE PROGRAM?

For our **adult program**, we recommend that you have your loved one contact our admissions department or call us directly at (207) 377-2801. Although we will be happier to help you through the process, we aren't able to assist an adult who is unwilling to accept the help we offer.

For our **adolescent girl's program**, you must be the child's parent or legal guardian. Please contact the Bloom admissions department for more information.

For our **outpatient program**, please contact Teen Challenge Clinical Group directly.

Teen Challenge Maine

Giving Hope to Adults & Teens

Teen Challenge New England is a faith based 15-month minimum residential recovery program for men and women with life-controlling problems in the areas of drugs, alcohol and serious legal and social problems. The goal of Teen Challenge is to provide men and women with effective and comprehensive Christian faith-based solutions in order that they may become mentally sound, socially adjusted, physically well, emotionally balanced and spiritually well, thus becoming productive members of society.

The overall objective of the program is to initiate a positive change in one's **values** and lifestyles in the resident by applying biblical principles in their lives. We have trained, capable staff who live on the premises to ensure an atmosphere of warmth, trust and support. The residents are involved in academics and work training. We provide mentoring sessions on a monthly and as needed basis regarding drug and alcohol use. Also, we provide marriage counseling, farther hood classes as well as anger management and other issues.

We facilitate a Family Ministry Support Meeting that promotes healing and understanding to the individuals and families as they seek to improve relationships damaged by substance use.

The residential component of Teen Challenge is a five-phase 15-month minimum Christian discipleship program. Each phase of the program has a purpose with certain goals set for the student to achieve as they progress, and a customized curriculum, with biblical and life changing principles, which each student must complete before graduating the program.

We believe that through character quality studies, scripture memorization, biblical application and self-examination, our students can experience a changed life. It is our mission that every student who graduates our program leaves with a GED or HI Set diploma.

We offer Aftercare Planning and Development with five different track options to help our resident's transition back into society with success. We recommend one of the five following exit plans for higher rates of success; college, trade schools, employment and careers, ministry and missions, or a Teen Challenge Apprentice program.

The above curriculum along with additional classes teaches principles of life which will equip each person an understanding of how they can deal with their problems and overcome them successfully.

Teen Challenge provides the residents with three daily meals, full laundry service, clothing, haircuts, toiletries, and cosmetic items. We provide the residents with Bibles and study materials to obtain their G.E.D. or HI-Set diploma. They are also provided a staff member to represent them in their legal matters.

Teen Challenge provides the residents with leadership, mentoring and vocational opportunities in the areas of food culinary, fund raising, communications, clerical and other ministry related business functions.

All programs are provided without cost to the taxpayer since Teen Challenge is a faith-based organization, which receives no government funding. Many of our students have gone on to use the training that we have given them to better their lives.

MINISTRY PHILOSOPHY & THERAPUTIC DESCRIPTION

As a Christian Faith-based rehabilitation program, Teen Challenge New England (TCNE) does not conform to contemporary philosophy for providing therapeutic care. However, TCNE offers services that address every aspect of an individual's life.

THERAPUTICALLY:

There is no psychological counseling within the structure of TCNE. However, our center facilitates Mentors/Leaders who have already gone through the program to provide support, assistance, and guidance to the resident so that they may

become competent at developing an awareness of their behavior, motives, and overall attitude towards themselves and others. They also learn how to change in the following areas:

COGNITIVELY:

TCNE affords opportunities for the resident to develop more appropriate thinking patterns and attitudes. This takes place through the renewing of their minds as they study and apply the principles of the Bible, which is accomplished through Scripture memorization and the evaluation of personal goals.

SOCIALLY:

TCNE offers an environment that is conducive for social development and change. The resident lives in a dormitory type setting in which they must share living space, have corporate mealtimes, and take part in any group activities and classes. Learning new skills for social interactions is often a challenge for anyone; however, with the safe structure and support of TCNE, the student is enabled to discover Biblically appropriate personal relationships. This often includes the reconciliation of family members.

BEHAVIORALLY:

TCNE incorporates behavior modification through positive and negative reinforcements. The resident learns how to comply with a set of rules and standards that are established for their benefit and the benefit of others. However, our goal is that they learn how to base their motivation for change, not on a desire for rewards and the avoidance of negative consequences, but rather on a genuine desire to simply do the right thing. Developing this new motivation is enhanced when a student has a personal relationship with the Lord Jesus Christ.

MORALLY:

TCNE assists the resident in developing a healthy moral standard for living. They are exposed to the Bible and its teachings by attending chapel services, devotional time and corporate worship. The student is also encouraged to develop a personal one-on-one relationship with the Lord and to rely on the Holy Spirit for strength.

MAINE MEN'S

Located on 488 beautiful acres at 11 Hudson Lane in Winthrop, Maine. Teen Challenge Maine serves as a refuge from devastation of a life run by addiction. A leader in long-term recovery success, Teen Challenge Maine utilizes a unique combination of vocational training coupled with Biblical life studies to replace the identity of an addict with that of an identity in Christ Jesus.

Teen Challenge Maine challenges individuals to dig deep and seek the true purpose and focus of their lives. During their program, residents learn to rely on Jesus as well as trust in the process of learning discipline, obedience, and surrender. This is not possible without the structure and discipline of a program which cultivates a new and changed life in anyone who truly seeks the irreplaceable redemption and grace of Jesus Christ. *This type of transformation does not occur rapidly.*

A long term (12-15 month) residential facility, Teen Challenge Maine has the capacity and ability to save 20 men at any given time from lives of addiction they choose to leave behind. Teen Challenge Maine has not denied anyone entrance into the program regardless of financial means for the entirety of its existence. Anyone and everyone who truly seeks recovery is given an opportunity to change their lives and begin to serve their families, friends, and communities as responsible, spiritually mature, and dedicated members of society.

IMPORTANT INFORMATION!

There are multiple Teen Challenge Maine throughout the state. Everyone is different. Schedule an appointment with your caseworker to acquire information and application to the one you would like to go to. This is an eye-opening experience for individuals who are struggling with addiction and who's faith is in Jesus Christ. This is not only a stairway to Heaven; it is a stairway to succeed!

Housing Homeless Shelters in Maine



It is well known that finding safe, secure and affordable housing can be a real challenge. There are some programs available that you may be able to participate in that are sponsored through the State and Federal Governments. Some of these programs require you have a disability. Others require that you have a limited criminal history. The best you can do to find out if you are eligible is to contact your local DHHS office or housing program.

If you find yourself in an unsafe housing situation upon release due to a domestic violence relationship, be sure to contact one of your local Domestic Violence programs.

If you have no place to go when you are released, the homeless shelters throughout the state are listed on this page.

If you know that you are not going to have a place to live upon release, let someone know! Talk to your Case manager, Peer Reentry Specialist, Reentry Specialist, Recovery Coach, Care and Treatment Worker, ICM, etc. They may be able to help you find a safe place to live.

Faith Based Housing
As well as
Substance Use Housing



Stop Addiction Kevin McGeyor
Bangor, Maine 659-5709
kevinmcrstaff@gmail.com

Pastor Graves **Calvary Residential Discipleship**
The Cure/CRD
David Norsworthy
Orrington, Maine
(207) 991-9555
davidnorsworthy@ccbangor.org

Shelters that receive MaineHousing funding, are designated with an asterisk (*) below.

City	Shelter Name	Phone Number
Alfred	York County Shelter Programs Inc. (Individual Shelter)	(207) 324-1137
Auburn	Safe Voices (Domestic Violence)	800-559-2927
Augusta	Bread of Life Ministries (General)	(207) 626-3479
Augusta	Family Violence Project (Domestic Violence)	800-890-7788
Bangor	Bangor Area Homeless Shelter (General)	(207) 947-0092
Bangor	Partners for Peace (Domestic Violence)	800-863-9909
Bangor	PCHC – Hope House (General – Adults)	(207) 217-6717
Bangor	Shaw House (Youth)	(207) 941-2874
Bangor	The Shepard Godparent Home (Pregnant Women)	(207) 949-2273
Brunswick	Tedford Housing (Family Shelter)	(207) 729-1161 ext. 113
Brunswick	Tedford Housing (Adults)	(207) 729-1161 ext. 104
Caribou, Houlton, Fort Kent	Hope and Justice Project (Domestic Violence)	800-439-2323
Ellsworth	H.O.M.E. Inc – Emmaus * (General)	(207) 667-3962
East Orland	H.O.M.E. Inc – St. Francis Inn * (General)	(207) 469-7961
Ellsworth	The Next Step – Ellsworth * (Domestic Violence)	800-315-5579
Farmington	Western Maine Homeless Outreach * (Families)	(207) 491-4100
Houlton	Maliseet Domestic Violence & Sexual Assault Program (Domestic Violence)	(207) 532-6401
Lewiston	Hope Haven Gospel Mission (General)	(207) 783-6086
Lewiston	New Beginnings * (Youth)	(207) 795-4070
Leeds	Rural Community Action Ministries * (Families)	(207) 524-5095

Faith Based Housing & Support

Shelters by Jesus Inc.
Thomas Nelson
(207) 474-8833
y.omann2828@yahoo.com

HARVEST HOUSE
5 Cherry Street (PO Box 5)
Mexico, Maine 04257
(207) 36408712

Machias	The Next Step (Domestic Violence)	800-315-5579
Norway	Rumford Group Homes – Norway Family Center * (Family)	(207) 369-9439

Orland	H.O.M.E. Inc – Dorr House * (General)	(207) 469-7961
Pleasant Point	Passamaquoddy Peaceful Relations (Domestic Violence)	877-853-2613
Portland	City of Portland Family Shelter * (Family)	(207) 772-8339
Portland	City of Portland Oxford Street Shelter * (General - Adults)	(207 761- 2072
Portland	Family Crisis Shelter * (Domestic Violence)	800-537-6066
Portland	Milestone * (substance use – Men	(207) 775-4790
Portland	Preble Street – Florence House (General – Women)	(207) 699-4392
Portland	Preble Street – Joe Kreiser Teen Shelter (Youth)	(207) 775-0026
Portland	Preble Street – Resource Center (Day Shelter – No Overnights)	(207) 775-0026
Rockland	New Hope For Women (Domestic Violence)	800-522-3304
Rockport	Knox County Homeless Coalition Hospitality House * (General)	(207) 593-8151
Rumford	Rumford Group Homes – Rumford Family Center * (Family)	(207) 743-6363
Rumford	Rumford Group Homes – Monier Family Center * (General)	(207) 743-6363
Sanford	Caring Unlimited * (Domestic Violence)	800-239-7298
Sanford	York County Shelter Programs, Inc. - Family Shelter * (General)	(207) 324-1137
Skowhegan	Trinity Shelter (General – Adults)	(207) 399-7538
Somerset County	Family Violence project * (Domestic Violence)	877- 890-7788
Solon	New Hope Shelters (Women and Children)	(207) 669-4402
Waterville	Mid – Maine Homeless Shelter * (General)	(207) 872- 8082

SUBSIDIZED RENTAL HOUSING

A housing subsidy is financial assistance given to people to help them rent or purchase housing that they could not otherwise afford. In this section, different types of rental housing subsidies are examined and information is provided regarding how they may be accessed.

Types of Subsidized Rental Housing

Rental housing subsidies can either be attached to specific housing units and properties("project-based") or they can be portable, attached to eligible tenants ("tenant-based"). It is important to understand the type of subsidy for which you are applying. These are discussed in more detail below.

Project-Based Rental Assistance

Project -based assistance is tied to specific housing developments. With project-based assistance, you must continue to live in the unit in order to receive the benefit. When you move out, even if your income still qualifies you for assistance, the subsidy stays with the unit and the property owner or manager will find a new eligible tenant.

The majority of these rental properties are owned by private entities, either for-profit or nonprofit, with funding from state or federal government agencies. In some areas of the state, especially Portland, Lewiston-Auburn, or Bangor, the rental properties may be owned by a housing authority. Sometimes housing authorities will offer both project-based and tenant-based assistance. Sometimes all the units in a particular rental property will be subsidized, and sometimes only a portion of them will have subsidies attached.

The amount of subsidy that project-based rental assistance programs can offer will also vary according to the program. In some projects the housing subsidy will pay the difference between 30% of your adjusted gross income and the fair market rent. Typically, with this sort of "deep subsidy" as your income increases, the amount you have to pay increases as well; If your income decreases (for example due to health reasons, or a job layoff) the amount of subsidy will increase to cover the rent. In other properties, the subsidy amount may be lower (a "shallow subsidy.")

Tenant-Based Rental Assistance

With tenant-based rental assistance, you must locate your own apartment (your community support worker can assist you with this.) The unit must be located within the catchment area of the Public Housing Authority/Agency. If you move, the voucher assistance will follow you, as long as you remain eligible for the program, you do not leave the old unit in violation of the lease, and you choose a unit within the cost guidelines. The landlord must also agree to accept you as a tenant and accept the housing assistance payment from the administrating agent.

Vouchers can be used to rent apartment units, units in housing cooperatives, or for a pad lease if you own a manufactured home. The size of your household typically determines size of unit. Vouchers administered by Public Housing Authorities & MSHA agents:
Housing Choice "tenant-based" vouchers tend to be the most popular form of the assistance, since they give the people who hold them a great deal of choice and portability as to where they live. This program generally has the longest waiting list. In some areas of the state, the waiting list for Housing Choice vouchers may get so long the Housing Agents will close the list to new applications. When the Housing Agent begins accepting applications again, a notice will be posted in local newspapers. You can also call the agent's office from time to time to find out when the list will re-open. While it may be discouraging to think that you may have a long wait before you receive rental assistance, the only way to get help is to get on waiting lists for as many types of housing assistance for which you are eligible. Getting on the waiting list does not mean that you are automatically on all lists for housing assistance; you have to apply to each complex or program individually.

If you have a disability you should be sure to ask the housing agent if there are any Mainstream Vouchers. Fair Share Vouchers, or 1915© Vouchers available. In many cases, the wait list for these vouchers is not as lengthy as it is for the Housing Choice vouchers. In the voucher program, the subsidy is based on a local "payment standard" that reflects the cost to lease a unit in the local housing market. If the rent is less than the payment standard, the tenant generally pays 30% of adjusted gross monthly income for rent. If the rent is more than the payment standard, the tenant pays a larger share of the rent.

Did You Know? Housing agents are required to update their waiting lists at least once a year. They do this by sending a form to all the people on the waiting list, ask if there has been a change in income, disability status, etc., and ask whether they are still interested in remaining on the list. Keep in mind that when the Housing Agents choose to update the waiting list may have no relationship to when you first completed your pre-application and got on the waiting list. If you filled out

the paperwork in May, they may decide to update in June or in any month after that. Housing agents are on different schedules, also, so you may receive re-certification throughout the year if your name is on multiple waiting lists.

If you move, be sure to contact the Housing Agents where you have applied, and tell them your new address. It is best to put your new address in writing. It is not enough to leave your forwarding address with the post office; this may expire before the Housing Agents get around to updating their waiting lists and then you will be dropped from the list and have to start the process all over again.

Housing Vouchers Through the Department of Health & Human Services

Recognizing that persons with disabilities often face even a greater burden of finding safe, decent, and affordable housing, DHHS is responding to this need through the development and operation of two subsidy programs, Bridging Rental Assistance Program and Shelter Plus care.

Bridging Rental Assistance Program (BRAP)

BRAP was established in recognition that people with psychiatric disabilities are often unable to afford to rent safe, decent and sanitary housing of their choice in the community. BRAP is designed to assist individuals with housing assistance for up to 24 months or until they are awarded a Housing Choice Voucher or other form of federal subsidy, whichever comes first. For this reason, units subsidized by BRAP funding must meet Section 8 requirements (within Fair Market Rent and meet Housing Quality Standards) so recipients may continue to reside in their apartments once awarded a voucher.

COMPLETE BRAP APPLICATION AT LEAST 30 DAYS BEFORE RELEASE.

Program Participants pay 51% of their gross income for rent. BRAP subsidizes the remaining portion of the rent, up to the Fair Market Rent as established by HUD.

The eligibility criteria for an individual to receive a BRAP rental subsidy is as follows:
The participant must have a psychiatric disability (and receive SSI/SSDI).
The individual must already have applied for or be willing to apply for federal Section 8 through their local Public Housing Authority or other management agencies and maintain waiting list status.
DHHS has established four statewide priorities for recipients. The following is a list of priority populations to be served by BRAP.

1. Eligible individuals who are leaving state psychiatric institutions and individuals in private psychiatric hospital beds or those who have been discharged in the last six months from psychiatric institutions.
2. Eligible individuals who are homeless under certain definitions.
3. Eligible individuals who are moving from community residential programs funded by DHHS to mre independent living arrangements.
4. Eligible individuals who are living in substandard housing in the community under certain definitions.

Shelter Plus Care

Shelter Plus Care is a federal program funded by the U.S. Department of Housing and Urban Development (HUD) designed to provide rental subsides and supportive services to homeless individuals with disabilities primarily those with chronic mental illness, substance use, HIV/AIDS, or any combination of those listed. Shelter Plus Care is administered by the State of Maine Department of Health and Human Services, in partnership with Shalom House Inc., which provides centralized administration. The City of Bangor also administers a Shelter Plus Care grant. Local Service Agencies throughout the state have committed to providing the direct support services component of the program.
For eligibility, individuals must meet the homelessness and disability criteria as defined by HUD. Program participants pay 30% of their adjusted gross income towards rent and Shelter Plus Care subsidizes the remaining portion of the rent. Participants are able to choose their own living units, providing the units meet Housing Quality Standards and fall within the Fair Market Rent established for the area by HUD.

Eligibility: The first step in obtaining a household subsidy is to find out whether you are eligible for assistance. Remember, being eligible does not mean you automatically receive assistance; you have to complete the application process and may have to spend some time on a waiting list. Eligibility factors may include income, age, disability, household composition, as well as tenant credit, and criminal history.

Where to apply: In some areas of Maine the local Public Housing Authority (PHA) is the place to apply for rental subsidy; in other areas some other entity serves as the Housing Agent. There is often a long wait for vouchers administered by Public Housing Authorities and MSHA agents, sometimes as long as three years. In order to get into the subsidized rental housing, it is first necessary to get on the waiting lists for various housing programs, and then stay on them until your name rises to the top. This is true for all forms of subsidized rental housing.

Waiting Lists: Once all the paperwork is submitted, the Housing Agent will send you a letter indicating whether your application was accepted or denied, or asking for more information. If your application is accepted, you will be informed that you have been placed on a waiting list, and the Housing Agent will contact you when funding or an apartment is available to serve you.

State of Maine, Department of Health and Human Services
BRAP and Shelter Plus Care – Local Administrative Agents

Penobscot, Washington, Hancock, Piscataquis Counties	**Aroostook County**	**Lincoln, Sagadahoc, Waldo, Knox, Lincoln Counties & Brunswick, Harpswell, Freeport**
Community Health and Counseling 42 Cedar Street, PO Box 425 Bangor, Maine 04402 (207) 947-0366 Ext-520	AMHC Facilities Inc. PO Box 1018 Caribou, Maine 04736 (207) 764- 0759	Sweetser MH 329 Bath Road #1 Brunswick, Maine 04011 (207) 373-3049
Androscoggin, Franklin & Oxford Counties	**Kennebec & Somerset Counties**	**Cumberland & York Counties**
Common ties 140 Canal Street PO Box 1319 Lewiston, Maine 04240 (207) 795-6710 Ext-101	Kennebec Behavioral healthcare67 Eustis Parkway Waterville, Maine 04901 (207) 873- 2135 Ext-1256	Shalom House Inc. 106 Gilman Street Portland, Maine 04102 (207) 874-1080
Central Administering Agent	*** Bangor**	
Shalom Household106 Gilman Street Portland, Maine 04102 (207) 874-1080	City of Bangor Dept. of Health & Welfare 103 Texas Avenue Bangor, Maine 04401 (2070 941- 0257	* Not a DHHS Local Administrative Agent. The City of Bangor also administers Shelter Plus Care.
		Updated June 1, 2020

From the Maine.gov Website – a Valuable Resource when looking for Assistance!!

For More Information, go to your local DHHS office, contact an Intensive Case Manager (ICM) outreach reentry worker in your facility, or go to
http://www.gov/dhhs/mh/Housing/home.html

"The future depends upon what you do in the present."

– Mahatma Ghandi –

MAINE CENTRALIZED SECTION 8/HCV WAITING LIST

Housing Data Link of Maine, LLC

WHAT YOU NEED TO KNOW WHEN YOU APPLY

If you already applied for this program online or with one of the participating Housing Authorities, and are currently on the waiting list, **you do not need to complete another application.** If you are not sure, you may contact one of the participating Housing Authorities and they can check for you.

HOW TO APPLY ON LINE

To complete an online application, please visit our website at http://MaineSection8CentralWaitlist.org. From our website, you can get more information about the Section 8 Housing Choice Voucher Program and the Maine Centralized Section 8/HCV Waiting list. You can also access our Applicant Portal to complete an online application, update your application, check your waiting list status, and even print an Application Receipt.

To access the Applicant Portal from the website, click on "Applicant Log In" under the Quick Links on the right side of the screen. The first time you log into the Maine CWL Applicant Portal, you will need to register for access. To do this, you must have your own email address. Your email address will be your user name.

CAN'T APPLY ONLINE?

If you are unable to complete an online application, you can download an application directly from our website, or you can pick up or call for an application from any of the participating Housing Authorities. Please fill out the entire application, sign it and return it to **ONE** of the participating Housing Authorities **nearest you**. Each participating Housing Authority accepts applications via mail or in person during normal business hours. Only ONE application per family is accepted. **There is no need to go to more than one participating agency to submit an application**. When the application is received, it will be checked and if any corrections are needed the application will be sent back to you. Once the corrected application is received your name will be placed on the waiting list for the Section 8 Housing Choice Voucher program.

WHERE AM I ON THE WAITING LIST?

We cannot tell you where you stand on the waiting list or estimate the length of time before you are chosen from the wait list for a voucher. A lot of factors determine how names are selected from the list. Funding from HUD determines how many vouchers each of the Housing Authorities can issue. Some vouchers can only be issued to persons with disabilities; veterans; or homeless persons, for example.

REMEMBER TO KEEP YOUR APPLICATION UP-TO-DATE!

The most important thing you can do, while you wait for a Voucher, is keep your information updated. You can update your application through the Application Portal at http://MaineSection8CentralWaitinglist.org. If you are unable to access your application on line, you can fill out the Change Form to report a new home address or mailing address, phone number, of change of preference. This form can be downloaded from our website, picked up or be mailed to you by any participating Housing Authority. Write down the change and get it back to the Housing Authority.

If the Housing Authority can't reach you by mail when your name comes up, your application will be made inactive, and you will have to apply again.

MAINE CENTRALIZED SECTION 8/HCV WAITING LIST

Housing Data Link of Maine, LLC

PARTICIPATING HOUSING AUTHORITIES

Questions? Please contact the participating Housing Authority NEAREST YOU

Auburn Housing Authority 20 Great Falls Plaza, P.O. Box 3037 Auburn, ME 04212-3037 Phone: (207) 784-7351 Relay Service: 711	**Maine State Housing Authority** 353 Water Street Augusta, ME 04330 Phone: (207) 624-5789 or 1-866-357-1453 Relay Service: 711
Augusta Housing Authority 33 Union Street, Suite 3 Augusta, ME 04330 Phone: (207) 626-2357 Relay Service: 711	**MDI & Ellsworth Housing Authority** 80 Mount Desert Street, P.O. Box 28 Bar Harbor, ME 04609 Phone: (207) 288-4770 Relay Service: 711
Bangor Housing Authority 161 Davis Road Bangor, ME 04401 Phone: (207) 942-6365 Relay Service: 711	**The Housing Authority of the City of Old Town** 358 Main Street, P.O. Box 404 Old Town, ME 04468 Phone: (207) 827-6151 Relay Service: 711
Bath Housing Authority 80 Congress Avenue Bath, ME 04530 Phone: (207) 443-3116 Relay Service: 711	**Portland Housing Authority** 14 Baxter Boulevard Portland, ME 04101 Phone: (207) 773-4753 TDD: (207) 447-2570
Biddeford Housing Authority 22 South Street, P.O. Box 2287 Biddeford, ME 04005 Phone: (207) 282-6537 Relay Service: 711	**Presque Isle Housing Authority** 58 Birch Street Presque Isle, ME 04769 Phone: (207) 768-8231 Relay Service: 711
Brewer Housing Authority 15 Colonial Circle, Suite 1 Brewer, ME 04412 Phone: (207) 989-7890 V/TDD: (207) 989-9810	**Sanford Housing Authority** 17 School Street, P.O. Box 1008 Sanford, ME 04073 Phone: (207) 324-6747 Relay Service: 711
Brunswick Housing Authority 12 Stone Street, P.O. Box A Brunswick, ME 04011 Phone: (207) 725-8711 Relay Service: 711	**South Portland Housing Authority** 100 Waterman Drive, Suite 101 South Portland, ME 04106 Phone: (207) 773-4140 Relay Service: 711
Caribou Housing Agency 25 High Street Caribou, ME 04736 Phone: (207) 493-4234 Relay Service: 711	**Waterville Housing Authority** 88 Silver Street Waterville, ME 04901 Phone: (207) 873-2155 Relay Service: 711
Fort Fairfield Housing Authority 18 Fields Lane Fort Fairfield, ME 04742 Phone: (207) 476-5771 Relay Service: 711	**Westbrook Housing** 30 Liza Harmon Drive Westbrook, ME 04092 Phone: (207) 854-9779 Relay Service: 711
Lewiston Housing Authority 1 College Street Lewiston, ME 04240 Phone: (207) 783-1423 Relay Service: 711	**Van Buren Housing Authority** 130 Champlain Street Van Buren, ME 04785 Phone: (207) 868-5441 Relay Service: 711

This Page Left Blank Intentionally

MAINE CENTRALIZED SECTION 8/HCV WAITING LIST
Housing Data Link of Maine, LLC

For Agency Use
Date & Time Rec'd
Application IC# _____

PRE-APPLICATION
COMPLETE ALL INFORMATION

1. **HEAD OF HOUSEHOLD**

First Name	Middle Initial	Last Name	Suffix (Sr. / Jr.)
Date of Birth	Gender	Social Security Number	
Physical/Home Address (Do not list P.O. Box)		Unit/Apartment#	
City/Town	State	Zip Code	
Home Phone#	Cell Phone#	Email Address (optional)	
Mailing Address		Unit/Apartment#	
City/Town	State	Zip Code	

2. **SPOUSE/CO-HEAD OF HOUSEHOLD (*If applicable*)**

First Name	Middle Initial	Last Name	Suffix (Sr. / Jr.)
Date of Birth	Gender	Social Security Number	
Phone#		Email Address (optional)	

3. TOTAL NUMBER OF PEOPLE WHO WILL LIVE IN THE UNIT (including yourself):

# of Adults	# of Children (under18)

4. ANNUAL HOUSEHOLD INCOME (income before deductions for all family members):

Total Gross Amount per YEAR $

5. RACE AND ETHNICITY OF HEAD OF HOUSEHOLD (not mandatory – For HUD Statistics Only)

Check all that apply: ☐ White ☐ Black/African American ☐ American Indian/Alaskan Native ☐ Asian ☐ Native Hawaiian/Other Pacific Islander
Check One: ☐ Hispanic or Latino ☐ Non-Hispanic or Non-Latino

Nationality:
Do you require a translator or interpreter? ☐ Yes ☐ No If yes, what language?
Do you or a family member require and accommodation to participate fully in this application process? ☐ Yes ☐ No If yes, describe the accommodations you require:

6. PREFERENCES – Qualifying for a preference(s) will affect your position on the waiting list. Please read the attached *Definitions of Preferences* carefully, and indicate what preferences apply to your household. **NOTE:** Participating housing authorities may or may not use some or all of the preferences listed below. These definitions are minimum qualifications; housing authorities may have more specific criteria within a particular preference. You will be required to verify any preference(s) you claim when you are selected from the waiting list.

Check all that apply:

☐ 1. Disabled (Head of Household or Spouse/Co-Head)
☐ 2. Family with minor children or dependents
☐ 3. Veteran
☐ 4. Where do you live? (city/town if in MAINE only)
☐ 5. Elderly – 62 years or older (Head of Household or Spouse/Co Head)
☐ 6. Displaced by Natural or National Disaster
☐ 7. Chronically Homeless **(Please see definition of preferences)**
☐ 8. Where do household members Work? (List city(s) town(s) in MAINE only 1._____ 2._____ 3._____
☐ 9. Non-Subsidized (not currently receiving housing assistance)
☐ 10. Full-Time Student attending school in Auburn, Mechanic Falls, Minot, New Gloucester, Poland or Turner (*Head or Spouse)*
☐ 11. Working, Employed (*Head of Household or Spouse)*
☐ 12. Single-Person Family (one-person household), whose sole member is **not** Disabled and is **not** elderly
☐ 13. Tedford Shelter Resident
☐ 14. Attending School in Augusta Housing Jurisdiction: Augusta, Belgrade, Chelsea, China, Coopers Mills, Farmingdale, Gardiner, Hallowell, Manchester, Monmouth, Mt. Vernon, Pittston, Randolph, Readfield, Vassalboro, Whitefield, Windsor or Winthrop
☐ 15. Paying more than 30% of income for rent
☐ 16. Paying more than 60% of income for rent
☐ 17. Elderly, Disabled, or Family of two (2) or more **AND** Lives or Works in Maine
☐ 18. Single -Person Family, whose sole member is **not** Disabled and is **not** Elderly **AND** Lives or Works in Maine
☐ 19. **NOT** Living or Working in Maine
☐ 20. Full-Time Student attending school in Waterville, Winslow, Sidney or Oakland *(Head or Spouse)*
☐ 21. Retired from working in Waterville, Winslow, Sidney or Oakland *(Head or Spouse)*
☐ 22. Family of two or more persons
☐ 23. Serviceman **OR** Family of Deceased Veteran whose Death was Service-Related
☐ 24. Displaced by Municipal Development in the City of Lewiston
☐ 25. Displaced by Domestic Violence **OR** Living in a Domestic Violence situation
☐ 26. Displaced by Government Action
☐ 27. Homeless family with Dependent Children
☐ 28. Enrolled in Aroostook County Institution of Higher Education

☐ 29. Participating in an Education or Training Program to prepare individual for the job market

☐ 30. Full-Time Student in Presque Isle, Mapleton, Castle Hill, Chapman, Washburn, Westfield or Eastern *(Head or Spouse)*

7. CURRENT HOUSING SITUATION *(Checked items are for additional information only. Your waiting list position is not changed in any way.*

☐ Staying in a shelter ☐ Staying with friends or family ☐ Have been or are being evicted
☐ Living in sub-standard housing ☐ Victim of domestic violence
☐ Pay more than 50% of income for rent
☐ Other (*please explain)*_____

8 I CERTIFY THAT THE INFORMATION PROVIDED IN THIS APPLICATION IS ACCURATE AND COMPLETE.

I understand that submission of false information or misrepresentation may result in loss of eligibility to participate in the Housing Authority's Housing Choice Voucher Program. I understand I am required to notify one of the Housing Authorities of any change in information on this application. I understand if I cannot be contacted at the last mailing address given, my name mat be removed from the waiting list and I will have to reapply. I certify that I have attained the age of 18 yrs. or I am an emancipated minor and therefore have the full legal capacity to act on my own behalf in the matter of contracts.

Signature of Head of Household: Date: _____ Date: _____

Equal Access. We are committed to making sure that all of our programs, services and activities are fully accessible to persons regardless of race, color, religion, gender, sexual orientation, national origin, ancestry, age, physical or mental disability, familial status or the receipt of public assistance. If you, or anyone in your family, encounter any type of barrier that prevents you from receiving the full benefit of the Section 8 Housing Choice Voucher Program, please contact a participating Housing Authority. You can also contact the Fair Housing and Equal Opportunity National toll-free hot line number: 1-800-669-9777.

Applicants may request a "reasonable accommodation" if they or any other family member has a disability when such an accommodation is necessary to afford persons with disabilities an equal opportunity to use and enjoy their housing. Language assistance and other appropriate communication auxiliary aids and services are available upon request. Please call any of the Participating Housing Authorities if you have questions about your rights to accommodation.

Note: Federal regulations prohibit rental assistance to persons other than United States citizens, nationals, or certain categories of eligible non-U.S. citizens. Families with some eligible family members may be entitled to prorated housing assistance.

Participating housing authorities may have separate waiting lists for project-based vouchers or other housing programs. Please contact participating housing authorities directly to request information on other housing options that may be available. **Please submit the completed application to the participation Housing Authority NEAREST YOU.** Incomplete applications will not be accepted. They will be returned, if possible, for completion. If you have any questions, please contact one of the Participating Housing Authorities.

OMB Control # 2505-0581
Exp. (02/28/2019)

Supplement and Optional Contact Information for HUD-Assisted Housing Applicants

SUPPLEMENT TO APPLICATION FOR FEDERALLY ASSISTED HOUSING

This form is to be provided to each applicant for federally assisted housing

Instructions: Optional Contact Person or Organization: You have the right by law to include as part of your application for housing, the name, address, telephone number, and other relevant information of a family member, friend, or social health, advocacy, or other organization. This contact information is for the purpose of identifying a person or organization that may be able to help in resolving any issues that may arise during your tenancy or to assist in providing any special care or services you may require. **You may update, remove, or change the information you provide on this form at any time.** You are not required to provide this contact information, but if you choose to do so, please include the relevant information on this form.

Applicant Name:	
Mailing Address:	
Telephone No:	**Cell Phone No:**
Name of Additional Contact Person or Organization	
Address	
Telephone No:	**Cell Phone No:**
E-Mail Address (if applicable)	
Relationship to Applicant:	

Reason for contact: (Check all that apply)

- ☐ Emergency
- ☐ Unable to contact you
- ☐ Assist with Application Process
- ☐ Termination of Rental Assistance
- ☐ Eviction from Unit
- ☐ Late payment of rent
- ☐ Assist with Re-certification Process
- ☐ Change in lease terms
- ☐ Change in house rules
- ☐ Other: _____

Commitment of Housing Authority or Owner: If you are approved for housing this information will be kept as part of your tenant file. If issues arise during your tenancy or if you require any services or special care, we may contact the person or organization you listed to assist in resolving the issues or in providing any services or special care to you.

Confidentiality Statement: The information provided on this form is confidential and will not be disclosed to anyone except as permitted by the applicant or applicant law.

Legal Notification: Section 644 of the Housing and Community Development Act of 1992 (Public Law 102-550, approved October 28, 1992) requires each applicant for federally assisted housing to be offered the option of providing information regarding an additional contact person or organization. By accepting the applicant's application, the housing provider agrees to comply with the non-discrimination and equal opportunity requirements of 24 CFR section 5.105, including the prohibitions on discrimination in admission to or participation in federally assisted housing programs on the basis of race, color, religion, sex, disability, and familiar status under the Fair Housing Act, and the prohibition on age discrimination under the Age Discrimination Act of 1975.

☐ Check this box if you choose to not provide the contact information

Signature of Applicant	**Date**

The information collection requirements contained in this form were submitted to the Office of Management and Budget (OMB) under the Paperwork Reduction Act of 1995 (44 U.S.C. 3501-3520). The public reporting burden is estimated at 15 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Section 644 of the House of Community Development Act of 1992 (42 U.S.C. 13604) imposed on HUD-assisted housing with the option to include the application for occupancy the name, address, telephone number, and other relevant information of a family member, friend or person associated with a social, health, advocacy, or similar organizations. The objective of providing such information is to facilitate contact by the housing provider with the person or organization identified by the tenant to assist in providing any delivery of services or special care to the tenant and assist with resolving any tenancy issues arising during the tenancy of such tenant. This supplemental application information is to be maintained by the housing provider and maintained as confidential information. Providing the information to the operations of the HUD Assisted-Housing Program is voluntary. It supports statutory requirements and program and management controls that prevent fraud, waste and mismanagement. In accordance with the Paperwork Reduction Act, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information, unless the collection displays a current valid OMB control num

Privacy Statement: Public Law 102-550, authorizes the Department of Housing and Urban Development (HUD) to collect all the information (except the Social Security Number (SSN) which will be used by HUD to protect disbursement data from fraudulent actions.

MAINE CENTRALIZED SECTION 8/HCV WAITING LIST
Housing Data Link of Maine, LLC

DEFINITIONS OF PREFERENCES

Note: *Participating Housing Authorities may or may not use some or all of the preferences listed below. These definitions are minimum qualifications; Housing Authorities may have more specific criteria within a particular preference. A Housing Authority will request documentation of preferences at the time you reach the top of the waiting list and are selected for final determination.*

1. **DISABLED** – A family whose head, spouse or sole member have a physical or mental disability. This may require verification from a third-party source for eligibility purposes. (For Additional Terms or Exceptions see 5 M.R.S.A 4553-A). "Physical or mental disability" means:
    A. Physical or Mental disability defined – "Physical or Mental" disability means:
        1. A physical or mental impairment that substantially limits one or more of the major life activities of an individual;
        2. Significantly impairs physical or mental health;
        3. Requires special education, vocational rehabilitation or related services;

Without regard to severity unless otherwise indicated: absent, artificial or replacement limbs, hands, feet or vital organs; alcoholism; amyotrophic lateral sclerosis; bipolar disorder, blindness or abnormal vision loss; cancer; cerebral palsy; chronic obstructive pulmonary disease; Crohn's disease; cystic fibrosis; deafness or abnormal hearing loss; diabetes; substantial disfigurement; epilepsy; heart disease; HIV or AIDS; kidney or renal diseases; lupus; major depressive disorder; mastectomy; intellectual disability; multiple sclerosis; muscular dystrophy; paralysis; Parkinson's disease; pervasive developmental disorders; rheumatoid arthritis; schizophrenia; and acquired brain injury.

B) With respect to an individual, having a record of any type of the conditions in paragraph A; or
C) With respect to an individual, being regarded as having or likely to develop any of the conditions in paragraph A.

2. **FAMILY WITH MINOR CHILDREN OR DEPENDENTS –** At least one member of a family is under eighteen (18) years of age and the legal responsibility of an adult member in the family; OR at least one disabled person of any age who is not the head or spouse/partner; OR a person eighteen years of age or older who is claimed as a dependent under IRS rules.
3. **VETERAN** – A person who served in the active military, naval or air service and who was discharged or released from such service under conditions other than dishonorable.

4. **WHERE DO YOU LIVE? -** To receive this preference, the family must live in a specific town.

5. **ELDERLY –** A family whose head of household or spouse is sixty-two (62) years of age or older.

6. **DISPLACED BY NATURAL or NATIONAL DISASTER** – Persons displaced by natural or national disaster.

7. **CHRONICALLY HOMELESS** – This preference is available to **Chronically Homeless Individuals and Families** who may be eligible for special Voucher Set-Asides provided by certain Housing Authorities. Chronically homeless is defined as an unaccompanied homeless individual with a disabling condition or a family with a member who has a disabling condition and has been continuously homeless for one year or more, or had at least four (4) episodes of homelessness in the past three (3) years. To be considered chronically homeless, a person or family must have been sleeping in a place not meant for human habitation (i.e. living on the streets or in a car, camping, etc.) and/or been in an emergency shelter within the area of the Housing Authority during that time.

8. **WHERE DO HOUSEHOLD MEMBERS WORK? -** To receive this preference at least one member of the household must work, or be hired to work, in a specific town.

9. **NON-SUBSIDIZED** – A family who is not currently residing in subsidized housing or receiving subsidized rental assistance based on their monthly income.

10. **FULL-TIME STUDENT attending school in Auburn, Mechanic Falls, Minot, New Gloucester, Poland or Turner –** To qualify for this preference the head of household or spouse must be attending school full-time within Auburn, Mechanic Falls, Minot, New Gloucester, Poland or Turner.

11. **WORKING/EMPLOYED** – A family whose head of household or spouse is currently employed.

12. **SINGLE PERSON FAMILY** – A one-person family, where the sole member is **not** Disabled and is **under** sixty-two (62) years of age.

13. **TEDFORD SHELTER RESIDENT –** A family that is currently residing at the Tedford Housing Individual or Family Shelter.

14. **ATTENDING SCHOOL IN AUGUSTA HOUSING'S JURISDICTION** – At least one household member must be attending school in one of the following towns to qualify for this preference: Augusta, Belgrade, Chelsea, China, Coopers Mills, Farmingdale, Gardiner, Hallowell, Manchester, Monmouth, Mt. Vernon, Pittston, Randolph, Readfield, Vassalboro, Whitefield, Windsor or Winthrop.

15. **PAYING MORE THAN 30% INCOME FOR RENT** – Rent is defined as the actual amount due under a lease or occupancy agreement calculated on a monthly basis, plus the monthly amount of tenant supplied utilities.

16. **PAYING MORE THAN 50% INCOME FOR RENT –** Rent is defined as the actual amount due under a lease or occupancy agreement calculated on a monthly basis, plus the monthly amount of tenant supplied utilities.

17. **ELDERLY DISABLED, OR FAMILY OF TWO (2) OR MORE AND LIVES OR WORKS IN MAINE** – Families that meet the definition of Elderly or Disabled, or that consists of Two (2) or more Persons **AND** also lives or works in the State of Maine.

18. **SINGLE PERSON FAMILY AND LIVES OR WORKS IN MAINE** – A one-person family, where the sole member is *not* Disabled, is *under* sixty-two (62) years of age, **AND** also Lives or Works in the State of Maine.

19. **NOT LIVING OR WORKING IN MAINE** – A family that does not work or live in the state of Maine.

20. **FULL-TIME STUDENT attending school in Waterville, Winslow, Sidney or Oakland –** To qualify for this preference the head of household or spouse must be attending school full-time within Waterville, Winslow, Sidney or Oakland.

21. **RETIRED FROM WORKING in Waterville, Winslow, Sidney or Oakland** – To qualify for this preference, the head of household or spouse must be retired and must have been working in Waterville, Winslow, Sidney or Oakland at the time of retirement.

22. **FAMILY OF TWO OR MORE** – A family consisting of two or more persons.

23. **SERVICEMAN OR FAMILY OF DECEASED VETERAN WHOSE DEATH WAS SERVICE-RELATED** – A person currently serving in the active U.S. Military; **OR** a Family of a deceased Veteran whose death was service-related, as determined by the U.S. Veterans Administration.

24. **DISPLACED BY MUNICIPAL DEVELOPMENT IN THE CITY OF LEWISTON** – A family which will be, or has been within the three-year period ending on the date of application, displaced by any low-rent housing project, public slum-clearance project or public redevelopment project, in the city of Lewiston.

25. **DISPLACED BY DOMESTIC VIOLENCE OR LIVING IN A DOMESTIC VIOLENCE SITUATION** – The family has been vacated or displaced as a result of fleeing domestic violence in the home; **OR** the family is currently living in a situation where they are being subjected to or victimized by domestic violence in the home. "Domestic Violence" means actual or threatened physical violence directed against one or more members of the applicant family by a spouse or other member of the applicant's household.

26. **DISPLACED BY GOVERNMENT ACTION** – Unit is uninhabitable due to activities carried out by an agency of the United States or by any state or governmental body or agency in connection with code enforcement, public improvements or development program.

27. **HOMELESS FAMILY WITH DEPENDENT CHILDREN** – A family with dependent children who lacks a fixed, regular and adequate nighttime residence and who has a primary nighttime residence defined as a supervised public or privately-operated shelter designated to provide temporary living accommodations. Includes welfare, hotels, congregate shelters and transitional housing; an institution that provides temporary residence for individuals intended to be institutionalized-not incarcerated (i.e. jails and prisons); a place not designated or normally used as a regular sleeping place for humans.

28. **ENROLLED IN AROOSTOOK COUNTY INSTITUTION OF HIGHER EDUCATION** – At least one adult household member is enrolled in an Aroostook County institution of higher education.

29. **LIVE OR WORK IN AROOSTOOK COUNTY** – A family that lives in Aroostook County or at least one household member works or has been hired to work in Aroostook County.

30. **FULL-TIME STUDENT attending school in Presque Isle, Mapleton, Castle Hill, Chapman, Washburn, Westfield or Easton** – To qualify for this preference, the head of household or spouse must be attending school full-time within Presque Isle, Mapleton, Castle Hill, Chapman, Washburn, Westfield or Easton.

31. **EDUCATION/JOB TRAINING** – Actively participating in an education or training program designed to prepare individuals for the job market.

32. **ADULT HOUSEHOLD MEMBER ATTENDING SCHOOL IN OLD TOWN, ORONO, VEAZIE, STILLWATER, MILFORD, BRADLEY, GREENBUSH, GREENFIELD, COSTIGAN, HUDSON, ALTON OR ARGYLE -** At least one adult household member must be attending school in one of the following towns to qualify for this preference: Old Town, Orono, Veazie, Stillwater, Milford, Bradley, Greenbush, Greenfield, Costigan, Hudson, Alton or Argyle.

MAINE CENTRALIZED SECTION 8/HCV Waiting List
Housing Data Link of Maine, LLC

Date: _____

Name: _____

Address: _____

Several housing authorities in Maine have been awarded funds for Section 811 Mainstream Vouchers. These vouchers provide a housing subsidy to eligible candidates who have one or more non-elderly adults (between the ages of 18-61) with disabilities living in their household.

When applying for a Housing Choice Voucher; we will determine if you are eligible for a Section 811 Voucher and we will need additional information.

Is there an adult in your family between the ages of 18-61 who is disabled? ☐ Yes ☐ No
If you answered No, STOP, you are not eligible for a section 811 Voucher and you do not need to continue; your application will remain on the waiting list. You do not need to return this form.

If you answered YES; please answer the following questions and return this form to Bath Housing at 80 Congress Ave., Bath Maine 04530 within (10) business days.

Name of the disabled person: _____

Date of birth of the disabled person: _____

Check all the following that apply for this person: _____

☐ 1. I/other disabled adult in my household am currently living in a car, on the street, or other place not meant for habitation.

☐ 2. I/other disabled adult in my life household am at risk of becoming homeless. I have nowhere else to live and lack the resources or support networks, including family, friends, faith-based, or other social networks, to obtain permanent housing.

☐ 3. I/other disabled adult in my household am currently living in an emergency shelter, transitional housing, Safe Haven, or motel paid for by a charitable organization or by a government program.

☐ 4. I/other disabled adult in my household was recently discharged from an institution, including a hospital, substance use or mental health treatment facility, or jail/prison, where I stayed for 90 days or less and was living in an emergency shelter or place not meant for human habitation immediately before entering the institution.

☐ 5. I/other disabled adult in my household am (or planning to) transition out of an institution (such as a nursing home or group home) or other segregated setting or at serious risk of institutionalization.

☐ 6. I/other disabled adult in my household am currently fleeing from or attempting to flee domestic violence, dating violence, sexual assault, stalking or other dangerous or life-threatening condition against myself or another family member. I have nowhere else to live and lack the resources or support networks, including

I CERTIFY THE INFORMATION PROVIDED IN THIS APPLICATION UPDATE IS ACCURATE AND COMPLETE. I understand that submission of false information or misrepresentation may result in loss of eligibility to participate in the Section 811 Mainstream Voucher program. I understand I am required to notify the Housing Authority of any change of information on this application. I understand that if I cannot be contacted at the last mailing address given, my name may be removed from the Section 811 Mainstream Voucher waiting list and I will have to reapply. I certify that I am at least 18 years of age.

Print the name of applicant: _____ Date: _____

Signature of applicant: _____

DEFINITION OF DISABLED

An adult family member who has a physical or mental disability. This may require verification from a third-party source for eligibility purposes. (For additional information regarding Additional Terms or Exceptions see 5 M.R.S.A 4553-A)

A. Physical or mental, defined – "Physical or mental disability means:
family, friends, faith-based, or other social networks, to obtain permanent housing.

2. A physical or mental impairment that substantially limits one or more of the major life activities of an individual;
2. Significantly impairs physical or mental health;
3. Requires special education, vocational rehabilitation or related services;

Without regard to severity unless otherwise indicated: absent, artificial or replacement limbs, hands, feet or vital organs, alcoholism, amyotrophic lateral sclerosis; bipolar disorder, blindness or abnormal vision loss; cancer; cerebral palsy; chronic obstructive pulmonary disease; Crohn's disease; cystic fibrosis; deafness; or abnormal hearing loss; substantial disfigurement; epilepsy; heart disease; HIV or AIDS; kidney or renal diseases; lupus; major depressive disorder; mastectomy; mental retardation; multiple sclerosis; muscular dystrophy; paralysis; Parkinson's disease; pervasive development disorders; rheumatoid arthritis; schizophrenia; and acquired brain injury.

B.) With respect to an individual, having a record of any of the conditions in paragraph A; or

C.) With respect to an individual, being regarded as having or likely to develop any of the conditions in paragraph

Bath Housing Authority
HCV/MVP Department's
80 Congress Ave.
Bath, Maine 04530
(207) 295-3096

This Page Left Blank Intentionally

20 Application for Bridging Rental Assistance Program (BRAP)
Adults with a <u>Severe and Disabling Mental Illness</u> who:

- Require Community Support Services in the Community **<u>and</u>**
- Currently receive SSI/SSDI benefits, or have applied for benefits and awaiting determination, or are in the process of appealing a denial; and have written proof dated within 120 days of application **<u>and</u>**
- Have applied for a Section 8 Housing Voucher and have written proof; **<u>and</u>**
- Meet the following criteria:

1. Applicant is being discharged within the next 30 days from a correctional facility (jail/prison); or has been adjudicated through a mental health treatment court.
2. Applicant must have a current Axis 1 diagnosis and is being seen by mental health or psychiatry.
3. If Axis 1 diagnosis is not Schizophrenia or Schizo- Affective Disorder, then the mental health clinician must provide a written statement regarding the person's impaired functioning in the community by describing past and current behavior health issues, how impairments in adaptive functioning and behaviors significantly limit their ability to function without supports in the community.

SUBMITTING YOUR COMPLETED APPLICATION

For more information or to submit a completed application, please contact one of the following agencies depending on County preference.

ANDROSCOGGIN, FRANKLIN, AND OXFORD COUNTIES

Common Ties
PO Box 1319
Lewiston, ME 04243
Tel. (207) 795-6710 Fax: (207) 795-6714 (Attn: Housing)

AROOSTOOK COUNTY, HANCOCK, PENOBSCOT, PISCATAQUIS, AND WASHINGTON COUNITES

Community Health & Counseling Services
P.O. Box 425
Bangor, Maine 04402-0425
(42 Cedar Street, Bangor, ME 04401)
Tel. (207) 947-0366

YORK AND CUMBERLAND COUNTIES (except Brunswick, Harpswell, and Freeport)

Shalom House Inc.
106 Gilman Street
Portland, Maine 04102
Tel. (207) 874-1080 Fax: (207) 874-1077 (Attn: BRAP)

KENNEBEC AND SOMERSET COUNTIES

Kennebec Behavioral Health
67 Eustis Parkway
Waterville, Maine 04901
Tel. (207) 873-2136 Fax: (207) 660-4532

KNOX, LINCOLN, SAGADAHOC, WALDO COUNTIES (Cumberland County: Berwick, Harpswell, and Freeport)

Sweetser Mental Health Services
329 Bath Road, Suite 1
Brunswick, Maine 04011
Tel. (207) 373-3049 or (207) 373-3118 Fax: (207) 373-3105

Revised June 2020

BRIDGING RENTAL ASSISTANCE PROGRAM (BRAP)
APPLICATION

First Name: _____ **Last Name:** _____

Gender: ☐ Male ☐ Female ☐ Transgender MTF ☐ Transgender FTM ☐ Gender Non-Conforming

Social Security Number: _____

D.O.B. _____

Veteran: ☐ Yes ☐ No **Are you Hispanic or Latino?** ☐ Yes ☐ No

Race (check all that apply):

☐ American Indian or Alaskan Native ☐ Asian
☐ Black or African-American ☐ Native Hawaiian or Pacific Islander
☐ White or Caucasian ☐ Other: _____

Mailing Address: _____

Telephone Number: _____

Preferred Counties (1st & 2nd choice): _____

1. **Is the applicant an AMHI Consent Decree Class Member?** ☐ Yes ☐ No
   *(A Consent Decree Class Member is someone who was hospitalized at AMHI/Riverview Psychiatric Center on, or after January 1, 1988.)
2. **Does Applicant meet Eligibility for Care for Community Support Services?** *(As defined in Section 17 of the Maine Care Benefits Manual effective 4/08/2016) ☐ Yes ☐ No ***If you answered 'no' to question #1 and #2, you are not eligible for assistance under BRAP***
3. **Is the applicant currently receiving SSI or SSDI (Attach documentation dated within 120 days of application date)?** ☐ Yes ☐ No
4. **If no, are you in the process of applying for or appealing SSI or SSDI (Attach documentation of application or appeal)?** ☐ Yes ☐ No
   If you answered 'no' to question #3 and #4, you are not eligible for assistance under BRAP
5. **Is applicant currently on a waitlist for federally subsidized housing?** ☐ Yes ☐ No
   a. **If 'No", why?** _____ .

****ATTACH VERIFICATIONFROM THE HOUSING AUTHORITY OR MANAGEMENT COMPANY WHERE YOU APPLIED FOR SUBSIDIZED HOUSING AND/OR SECTION 8.**

6. **Correspondence: Do you want us to copy all correspondence** (i.e., acceptance letter, denial letter, debt information) **to your referal source or other service provider?** If yes, please provide name, address, and phone number for all that apply.
   Payee: ☐ Yes ☐ No
   Case Manager: ☐ Yes ☐ No
   Guardian: ☐ Yes ☐ No
   Service Provider: ☐ Yes ☐ No

Revised June 2020

7. **Household Composition:** Please list everyone who will be residing in the household.
Please note: Each additional Household Member must complete and attach a Household Member Form

Name:	**Relationship to Applicant:**	**Pregnant:**
_____	_____	☐ Yes ☐ No
_____	_____	☐ Yes ☐ No
_____	_____	☐ Yes ☐ No
_____	_____	☐ Yes ☐ No

8. **Applicant Income & Other Assistance Sources:**
Documentation of current monthly income must be attached.

Income Sources		**Other Assistance Sources**
No financial resources	$_____	☐ None
Supplemental Security Income (SSI)	$_____	☐ SNAP / Food Stamps
Social Security Disability Income (SSDI)	$_____	☐ Medicare
Social Security	$_____	☐ Medicaid (Maine Care)
Employment Income	$_____	☐ SCHIP
General Public Assistance (GA)	$_____	☐ VA Medical Services
Unemployment Benefits	$_____	☐ WIC
Temporary Aid Needy Families (TANF)	$_____	☐ TANF (Child Care / Transp.)
State Supplement	$_____	☐ Indian Health Services
Other (Source): _____	$_____	☐ Employer Provided Insurance
TOTAL Monthly Income:	$_____	☐ Other (Source)_____

9. **Please indicate priority and ATTACH VERIFICATION for ALL that apply:**

Priority 1

Psychiatric Discharge: BRAP Applicants who are being discharged from Riverview Psychiatric Center or Dorothea Dix Psychiatric Center, private Psychiatric Hospitals, or who have been discharged in the past (30) days and were admitted to a Psychiatric facility for a period greater than (72) hours. Also, BRAP Applicants who are moving from Community Residential Treatment Programs, 10-144 C.M.R. Ch. 101 MaineCare Benefits Manual, Ch. II Section 97, Appendix E, to less restrictive accommodations, to allow for appropriate discharges, as determined by the clinical team from the institution mentioned above. *Intake and/or discharge paperwork from institution or program referenced above with a clear intake and discharge date must be attached.*

☐ Applicant is being discharged from a State Psychiatric Hospital (RPC or DDPC) after a seventy-two (72) hour or greater psychiatric inpatient hospital admission;

☐ Applicant is being discharged from a private psychiatric hospital after a seventy-two (72) hour or greater psychiatric inpatient hospital admission;

☐ Applicant is moving from a Community Residential treatment Program (Mental Health PNMI), to less restrictive accommodations to allow for appropriate discharges, as determined by the clinician team from the institutions mentioned above;

☐ Applicant has been discharged within the past thirty (30) days from a State Psychiatric Hospital (RPC or DDPC) after a seventy-two (72) hour or greater psychiatric impatient hospital admission;

☐ Applicant has been discharged within the past thirty (30) days from a private psychiatric hospital after a Seventy-two (72) hour or greater psychiatric inpatient hospital admission.

Priority 2

Applicant is being released within the next thirty (30) days from a Correctional Facility and meets Section 17 criteria; or Applicant has been released within the past thirty (30) days from a Correctional facility and meets Section 17; or Applicant has adjudicated through a Mental Health treatment court and meets Section 17 criteria; who have no subsequent residences identified. *Intake and/or release paperwork from Correctional Facility referenced above on agency letterhead stating Correctional Facility, dates of stay, and include the title of the person completing the verification must be attached.*

☐ Is being released within the next thirty (30) days from a Correctional Facility and no subsequent residences have been identified;

☐ Has been released within the past thirty (30) days from a Correctional Facility and no subsequent residences Have been identified;

Priority 3

Applicant is Literally Homeless, as defined by HUD. Applications received are on a ranked basis according to length of homelessness, with those being homeless the longest as the top priority. *Verification of current living situation typed on agency letterhead stating current living situation, length of stay and dates of homelessness; include title of person completing the verification. The last documented incidence must be dated within 14 days of application submission. Please note: Eviction proceedings and living with family and/or friends does not meet the qualification guidelines for literal homelessness.*

☐ *Chronic Homelessness:* Documented Literal Homelessness (homeless continuously for at least 365 days or on at least 4 separate occasions in the last 3 years where the combined occasions must total at least 12 months); or

☐ *Long Term Stayer:* Documented Literal Homelessness (*180 nights of past 365 days*);

☐ Living in a place not designed for habitation such as cars, parks, sidewalks, and abandoned or condemned buildings. This may include persons who originally sleep in one of the above places but are spending a short time (90 consecutive days or less) in a hospital or other institution;

☐ Living in an Emergency Shelter or hotel/motel with emergency funds;

☐ Living in Transitional Housing for homeless persons *(verification of homelessness prior to program entry Must be attached.)*

Non-Discrimination Notice

The Department of Health and human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333, (207) 287-4289 (V), (207) 287-3488 (V), 1-800-606-0215 (TTY). Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/CEO Coordinators. This notice is available in alternate formats, upon request. Applicants are encouraged but not required to engage in services as a condition of acceptance into the Bridging Rental Assistance Program.

10. **Certifications:**

_____ **Initials** Any previous BRAP/SPC recipient may re-apply for subsidy, as long as he or she is eligible and in good standing with any housing subsidy program administered by DHHS administered by DHHS (Bridging Rental Assistance Program & or Shelter Plus Care.) Applicants, who owe any DHHS administered housing subsidy program for back rent, damages, security, etc., may be considered for readmission providing that one of the following minimum criterions have been met:

- 100% of account balance must be paid before move in and/or unit transfer; or
- Establishment of a Representative Payee and a documented payment plan not to exceed 12 months.

Failure to meet at least one of the above criterions may result in program in-eligibility.

_____ **Initials** Section 8 compliance: I understand that one of the eligibility criterions for BRAP is that I must maintain an active application for federally assisted housing during my entire tenure with BRAP, with a local Public Housing Authority or Administrator. If a wait list is closed, I understand that I am obligated to get on the list at the earliest opening date. I understand that if I do not comply with this and other requirements detailed in the Tenant Responsibility Agreement, I may be immediately terminated from BRAP.

_____ **Initials** Release of information: I/We agree to complete the necessary release(s) of information which will allow _____ (Name of LAA) to obtain, verify, and document information pertaining to initial and ongoing eligibility for rental assistance provided under this program.

_____ **Initials** Release of information: I/We agree to have any and all correspondence relating to initial and ongoing eligibility for rental assistance copied to my guardian and/or representative payee and/or other designated person as identified in Question 6.

_____ **Initials** Tenant's Certification: I/We certify that the information contained in this application is true and complete to the best of my/our knowledge and belief. Failure to furnish true, accurate, and complete information, now or in the future, will result in one or more of the following: termination from program, eviction, formal investigation, legal action. Intentionally submitting false or incomplete information, including but not limited to submitting false household income and/or composition, is a crime.

_____ **Initials** If you were homeless prior to enrolling in BRAP: The Bridging Rental Assistance Program you are a participant in the statewide Homeless Management Information System (HMIS). Participation in the BRAP program means your information and the information of your household members will be submitted to a secure database so that Maine can generate mandated federal reports about homelessness.

Print Applicant Name	Applicant Signature	Date
Print Name-Other Adult Member	Other Adult Member Signature	Date

ELIGIBILITY VERIFICATION

1. I hereby affirm the above-enclosed information concerning current housing situation, current address, and eligibility criteria are true and accurate for this client as indicated above; and
2. I verify the Applicant meets the Eligibility for care for Community Support Services as defined in Section 17 of the Maine Care benefits Manual or is enrolled in PNMI services:

   CHECK APPROPRIATE BOX and ATTACH VERIFICATION:

   i. ☐ Applicant is already enrolled in Adult Mental health Services funded Community Support (Section 17) and/or PNMI services (Section 97) – verification of enrollment with KEPRO HealthCare or DHHS attached" **OR**

   ii. ☐ No KEPRO HealthCare or DHHS Adult Mental Health Enrollment form is currently on file. I have attached a complete BRAP Enrollment Form to provide a mental health diagnosis or have attached such a signed qualifying diagnosis my agency deems appropriate to document eligibility for services under Section 17 as may be approved by KEPRO HealthCare and/or DHHS to the BRAP Enrollment Form.

Referring Agency: _____

_____	_____	_____
Printed Name	Signature	Date

LAA OFFICE USE ONLY

Representative Signature: _____ **Date:** _____

Program: _____ **Slot assigned:** _____ / _____ / _____ **Slot Size:** _____

Date Housed in Program: _____ / _____ / _____ **Work Assigned:** _____

Revised June 2020

Office of Adult Mental Health Services
BRAP ENROLLMENT FORM

To be completed ONLY for persons not already Enrolled in Section 17 Services AFTER April 7, 2016

Client Information:

Name: _____

Date of Birth: _____

Social Security Number: _____

Diagnosis and LOCUS Information:

Primary Diagnosis: _____

Date Given: _____

LOCUS Score: _____ Rater ID: _____

Date Given: _____

Requirements for Eligibility. A person is eligible to receive covered services if he/she meets both general Maine Care eligibility requirements and specific eligibility requirements for Community Support services under Section 17 of the Maine Care Benefits Manual.

General Requirements. Individuals must meet the eligibility criteria as set forth in the *Maine Care Eligibility Manual.* Some members may have restrictions on the type and the amount of services they are eligible to receive.

Risk Factors. Documented or reported history, stating that he/she is likely to have future episodes, relate to mental illness with a non-excluded DSM 5 diagnosis.

Specific requirements. A member meets specific eligibility requirements for covered services under this section if:

A. The Person is age eighteen (18) or older or is an emancipated minor with:

1. A primary diagnosis of Schizophrenia or Schizoaffective Disorder in accordance with the DSM 5 criteria; or
2. Another primary DSM 5 diagnosis or DSM 4 equivalent diagnosis with the exception of Neurocognitive Disorders, Neurodevelopmental Disorders, Antisocial Personality Disorders and Substance Use Disorders; or
    a. Has a written opinion from a clinician, based on documented or reported history, stating that he/she is likely to have future episodes, related to mental illness, with a non-excluded DSM 5 diagnosis, that would result in or have significant risk factors or homelessness, criminal justice involvement or require a mental health impatient treatment greater than seventy two (72) hours, or residential treatment unless community support program services are provided; based on documented or reported history; for the purposes of this section, reported history shall mean an oral or written history obtained from the member, a provider, or a caregiver; or
    b. Has received treatment in a state psychiatric hospital, within the past twenty-four (24) months, for a non-excluded DSM 5 diagnosis; or
    c. Has been discharged from a mental health residential facility, within the past twenty-four (24) months, for a non-excluded DSM 5 diagnosis; or
    d. Has had two or more episodes of impatient treatment for mental illness, for greater than seventy-two (72) hours per episode, within the past twenty-four (24) months, for a non-excluded DSM 5 diagnosis; or
    e. Has been committed by a civil court for psychiatric treatment as an adult; or
    f. Until the age of 21, the recipient was eligible as a child with severe emotional disturbance, and the recipient has a written opinion from a clinician, in the past 12 months, stating that the recipient had risk factors for mental health impatient treatment or residential treatment, unless ongoing case management or community support services are provided.

B. Has significant impairment or limitation in adaptive behavior or functioning directly related to the primary diagnosis and defined by the LOCUS or other acceptable standardized assessment tools approved by the Department. If using the LOCUS, the member must have a LOCUS score, as determined by a LOCUS Certified Assessor, of seventeen (17) (Level III) or greater, except that to be eligible for Community Rehabilitation Services (17.04-2) and ACT (17.04-3), the member must have a LOCUS score of twenty (20) (Level IV) or greater.

C. Eligible members who are eighteen (18) to twenty-one (21) years of age shall elect to receive services as an adult or as a child. Those members electing services as an adult are eligible for services under this Section. Those electing services as a child may be eligible for services under Chapter II, Section 65, Behavioral Health Services or Section 13 or both.

D. The LOCUS or other approved tools must be administered, at least annually, or more frequently, if DHHS or an Authorized Entity requires it.

History of (check all which apply):

☐ Has received treatment in a state psychiatric hospital, within the last 24 months;
☐ Has been discharged from a mental health residential facility, within the past 24 months;
☐ Has had two or more episodes of impatient treatment for mental illness, for greater than 72 hours per episode, within the past 24 months;
☐ Has been committed by a civil court for psychiatric treatment as an adult;
☐ Until the age 21, the recipient was eligible as a child with severe emotional disturbance. *

*If selecting this qualifier, please indicate a written opinion stating that the recipient, in the last 12 months, had risk factors for mental health impatient treatment or residential treatment, unless ongoing case-management or community support services are provided.

Based on documented or reported history, stating that he/she is likely to have future episodes, related to mental illness, with a non-excluded DSM 5 diagnosis, that would result in or have significant risk factors of (check all which apply):**

☐ Homelessness
☐ MH Residential Treatment
☐ MH Impatient greater than 72 hours
☐ Criminal Justice involvement

** Reported history may include oral or written history from the client, a provider, or a caregiver

Signature and Certification:

I, _____ certify and attest that the diagnostic
Clinician Signature
information listed on the previous page (7) are in accordance with the Specific Requirements section of this form (Part A, paragraph 2, sub-paragraph a) and is true and complete to the best of my knowledge and belief.

_____
Print Name and Credentials (***must be MD, LCSW, LCPC, Ph D, APRN, NPC, PA or DO***)

Date: _____

Revised June 2020

MAINE HOMELESS MANAGEMENT INFORMATION SYSTEM
AUTHORIZATION FOR DISCLOSURE OF HEALTH AND/OR PERSONAL INFORMATION

Agency: _____

For:_____ _____
(First Name) (Middle) (Last Name) (Date of Birth)

Children/Incapacitated: _____ _____
(Date of Birth)

_____ _____
(Date of Birth)

_____ _____
(Date of Birth)

Your personal information is confidential. We and anyone with access to the information we collect from you must keep your information confidential and protect the information under strict safeguards. Your personal information and that of the above listed persons for whom you have authorization to sign will be collected by the above agency and entered into Maine's Homeless Management Information System (HMIS). With your consent, your personal information including historical information in HMIS will be made available to other agencies providing services to you through HMIS.

A list of agencies participating in HMIS that may have access to your information if you sign this authorization is at www.mainehmis.org and available Agency.

Why disclose your information to other agencies?

- Sharing reduces the amount of time you have to spend answering basic questions about your situation
- Sharing allows agencies to focus on meeting your unique needs quickly
- Sharing makes it easier for multiple agencies to coordinate housing and services for you and your family

What information might be disclosed to other agencies?

- Family Household Information
- Name, Birthdate, Social Security Number
- Gender, Race, Ethnicity
- Reasons for seeking service
- Living situation and housing history
- Services you receive
- If you are homeless or not
- Your income and income sources
- Disabling condition(s)
- Public benefits you receive
- History of domestic violence
- Education background
- Employment information
- Military history
- Health information, including physical health, HIV, behavioral health (mental health and substance use disorder information)

Please check (✓) a box:

☐ **DISCLOSE (share):** I consent to have the information collected by Agency about me and historical information about me already in HMIS disclosed through Maine's HMIS to other partner agencies in order to improve services to me and the services offered to others. I intend that this authorization permit Agency to disclose through the HMIS system any HIV, mental health and substance use or substance use disorder information Agency may collect about me. Maine law requires us to tell you that releasing HIV information may have implications. Release of HIV information may help us better serve you. However, misuse of the information could result in discrimination.

This consent does not apply to any information collected by Milestone Recovery, Shaw House, New Beginnings (not including 169 Holland Street), Preble Street (only Joe Kreisler Teen Shelter or youth related project), any Runaway and Homeless youth program or any victim service provider.

☐ **DO NOT DISCLOSE (Do Not Share):** I do not want any of the information collected by Agency about me disclosed (shared) to any other agencies through Maine's HMIS. I understand that not disclosing my information to other agencies may affect the ability to quickly and appropriately identify services for me.

Maine HMIS Authorization to Disclosure Information Form
June 2020

MAINE HOMELESS MANAGEMENT INFORMATION SYSTEM
AUTHORIZATION FOR DISCLOSURE OF HEALTH AND/OR PERSONAL INFORMATION

When you sign this form, it shows that you understand the following:

- You have the right to refuse to sign this authorization
- Agency will not deny you help if you do not want to disclose your personal information to other agencies. At the same time, disclosing your information does not guarantee that you will receive assistance from the recipient agency.
- If you permit us to disclose your information to other agencies:
    - This consent is valid for one (1) year
    - You have the right to review any mental health information that may be disclosed under this authorization, upon request prior to signing this authorization.
    - You may change your mind and cancel this authorization at any time. If Agency is a Health Insurance Portability and Accountability Act of 1996 (HIPPA) covered entity, see Agency's HIPPA Notice of Privacy Practices on how to revoke this authorization. If you cancel this authorization, your information will no longer be disclosed from that date forward, except to the extent that your authorization has already been relied upon by Agency or others.
- Subsequent disclosure may be made under this same authorization
- Your information may be disclosed by someone who receives the information and no longer protected
- You have the right to receive a copy of this authorization

_____	_____	_____	_____
SIGNATURE OF CLIENT OR AUTHORIZED REPRESENTATIVE	**DATE**	**SIGNATURE OF AGENCY WITNESS**	**DATE**

☐ **Verbal Authorization obtained by phone**

(Agency Staff Authorization): _____ Date:_____

Maine's HMIS Authorization to Disclosure Information

Maine's HMIS Notice of Privacy Practice

This Agency (Name: _____) and other service providers, homeless agencies and social service agencies, including street outreach, shelters and housing programs. Collect personal information about the people we serve in a computer system called Maine's Homeless Management Information System (HMIS). If Agency is a HIPAA covered entity, this HMIS Notice of Privacy Practices is a supplement to Agency's HIPAA Notice of Privacy Practices and you should also review Agency's HIPPA notice for additional information about how agency protects the privacy and security of your protected health information. This HMIS Notice of Privacy Practices may be amended at any time and an amendment may affect information given to the agency prior to amendment.

Why do we collect this information?

- ✓ So we know how many people we serve and the types of people we serve at our Agency and in the state.
- ✓ So we al understand what people need and can plan services to meet those needs.
- ✓ To satisfy U.S. Department of Housing and Urban Development requirements.

Who can see information that is in Maine's HMIS?

- ✓ People who work for this Agency will use it to help provide services to you and your family
- ✓ Other Agency's like this Agency that provide services and have received permission from your information. The Agency's that participate in Maine's HMIS may change from time to time. A copy of the current list of participating agencies is available upon request or on our website: www.mainehmis.org
- ✓ Auditors or funders who have legal rights to review the work of this Agency. Such as the U.S. Department of Housing and Urban Development and other state or local government entities.
- ✓ Organizations that run, administer and work on the HMIS system. When these organizations work on the system, they may see information about you. They are required to protect your confidential information.
- ✓ The law says we have to report physical or sexual abuse of children and vulnerable adults. If we have cause to suspect that there is abuse or neglect in your household, we must report it to Child or Adult Protection.
- ✓ We may disclose your information to protect the health or safety of you or others as required by law.
- ✓ Others as required by law including officials with a valid subpoena, warrant or court order.
- ✓ We may disclose your information to prevent or lesson a serious and imminent threat to the public or safety of an individual or the public.

We will not disclose your information for any other use unless you permit us in writing.

How is your privacy protected?

- ✓ All users of HMIS data must sign an agreement to protect your privacy and comply with state and federal laws and policies before seeing any information.
- ✓ The HMIS computer program used for this purpose has industry standard security safeguards and protocols and is updated regularly to meet these security requirements.

What are your rights?

- ✓ If you do not want your name, social security number or date of birth entered in HMIS, tell the intake worker. This agency will not refuse to help you if you refuse to authorize Agency to share your information with other providers, agencies throughout HMIS. However, federal and state regulations may require limited data collection for funding purposes.
- ✓ You have a right to request a copy of Maine's HMIS information about you.
- ✓ You have the right to correct mistakes in HMIS information about you.
- ✓ If you think this Agency or Maine's HMIS violated your privacy rights, you have the right to complain or appeal. Ask a staff person for a complaint and appeal form. If Agency is a HIPPA covered entity, see Agency's HIPPA Notice of Privacy Practices for information about how to file a HIPPA privacy complaint.

EXHIBIT A

Maine Homeless Management Information System

AUTHORIZATION DISCLOSURE OF HEALTH AND/OR PERSONAL INFORMATION

PARTICIATING AGENCIES

Aroostook Mental Health Services, Inc.

The Bangor Area Homeless Shelter

Bread of Life Ministries, Inc.

Catholic Charities Maine

City of Portland

Area IV Mental Health Services Coalition (Common Ties Mental Health Center)

Community Health and Counseling Services

Community Housing of Maine, Inc.

Employment Specialist of Maine, Inc.

H.O.M.E, Incorporated

Homeless Services of Aroostook

Kennebec Valley Mental Health Center

Knox County Homeless Coalition

Maine Department of Health and Human Services

Maine state Housing Authority

Mid-Maine Homeless Shelter, Inc.

New Beginnings, Inc.

Penobscot County Health Center

Preble Street

Portland Housing Authority

Rumford Group Homes, Inc.

Rural Community Action Ministry

Shalom House, Inc.

Shaw House

Sweetser

Tedford Housing

York County Shelter Program, Inc.

Washington Hancock Community Agency

Western Maine Homeless Outreach

YANA Inc.

U.S. Department of Veteran Affairs

Veterans Inc.

Volunteers of America Northern New England, Inc.

***Applicant Initials: _____**

Revised June 2020

DHHS SUBSIDY PROGRAMS

BRAP / SPC Household Member Form

Instructions: Please complete a Household Member form for each individual household member who will be residing in the unit.

**If form is not completely filled out, the LAA reserves the right to return the application.*

---

1. **Household Member Name:** _____
2. **Program:** ☐ BRAP ☐ Shelter Plus Care
3. **Relationship to HOH:** _____
4. **Gender:** ☐ M ☐ F ☐ Transgender M to F ☐ Transgender F to M ☐ Gender Non-Conforming
5. **Date of Birth:** _____
6. **Social Security Number:** _____
7. **Are you a Veteran?** ☐ Yes ☐ No
8. **Are you Hispanic or Latino?** ☐ Yes ☐ No
9. **Race (check all that apply):**
   - ☐ American Indian or Alaskan Native
   - ☐ Asian
   - ☐ Black or African-American
   - ☐ Native Hawaiian or Pacific Islander
   - ☐ White or Caucasian
   - ☐ Other: _____
10. **Do you have a Disabling Condition?** ☐ Yes ☐ No
    If yes:
    - ☐ Severe Mental illness
    - ☐ HIV/AIDS
    - ☐ Developmental Disability
    - ☐ Alcohol Use
    - ☐ Substance Use
    - ☐ Chronic Health Condition
    - ☐ Physical Disability
11. **Income and Other Assistance Sources:** *Documentation of current monthly income must be attached.*

Income Sources:	***Monthly Amount***	***Other Assistance Sources:***
☐ No Financial Resources	$_____	☐ None
☐ Supplemental Security Income (SSI)	$_____	☐ SNAP/Food Stamps
☐ Social Security Disability Income (SSDI)	$_____	☐ Children's State Health Program
☐ Social Security Retirement	$_____	☐ Medicare
☐ Employment Income	$_____	☐ Maine Care
☐ General Public Assistance (GA)	$_____	☐ Veteran's Health Care
☐ Unemployment Benefits	$_____	☐ Employee-Provided Health Insurance
☐ Temporary Aid Needy Families (TANF)	$_____	☐ Indian Health Services
☐ State Supplement	$_____	☐ WIC Insurance
☐ Other (Source):_____	$_____	☐ Other (Source): _____

TOTAL MONTHLY INCOME: $_____

12. **Where are you currently residing?**

☐ Place not meant for habitation (e.g., a vehicle, an abandoned building, bus/train/subway station/airport, tent, camping site, or anywhere outside)
☐ Emergency Shelter, including Hotel or Motel paid for with emergency shelter voucher
☐ Safe Haven
☐ Foster care home or foster care group home
☐ Hospital (non-psychiatric)
☐ Jail, prison or juvenile detention facility
☐ Long-Term Care facility or Nursing home
☐ Psychiatric hospital or other psychiatric facility
☐ Substance Use Treatment Facility or Detox center
☐ Hotel or Motel paid for without emergency shelter voucher
☐ Owned by client, no ongoing housing subsidy
☐ Permanent Housing for homeless persons (such as SHP, S+C, or SRO Mod Rehab)
☐ Rental by client, no ongoing housing subsidy
☐ Rental by client, with VASH housing subsidy
☐ Rental by client, with other (non-VASH) ongoing housing subsidy
☐ Staying or living in a family member's room, apartment or house
☐ Transitional housing for homeless persons (including homeless youth)

Length of Stay: _____ Zip Code: _____

13. **If coming from a Homeless Situation:**

How many separate times have you been on the streets or in a shelter in the past 3 years?_____

Appropriate Date Homelessness Started: _____ / _____ / _____

14. **Are you a victim or survivor of domestic violence?** ☐ Yes ☐ No

a. **If yes, when:** ☐ Within the past three months ago ☐ Three to six months ago ☐ From six to twelve months ago ☐ More than a year ago ☐ Don't Know ☐ Refused to Answer

b. **If yes, are you currently fleeing?** ☐ Yes ☐ No ☐ Refused

Tenant's Certification: By signing below, I certify that the information in this form is true and complete to the best of my knowledge and belief.

_____

APPLICANT or HOUSEHOLD MEMBER (18+) or GAURDIAN SIGNATURE DATE

Department of Health And Human Services

Maine People Living Safe, healthy and practical laws

Authorization to release Information

We are committed to the privacy of your health Information. Please read this form carefully.

☐ Office of MaineCare Services	☐ Substance Use and Mental Health Services
☐ Office for Family Independent including Medical Review	☐ Office of Child and Family Services
☐ Maine Centers for Disease Control and Prevention	☐ Office of Aging and Disability Services
☐ Dorothea Dix Psychiatric Center	☐ Office of Administrative Hearings
☐ Riverview Psychiatric Center	☐ Other:

Individual's Name:	Individual's Date of Birth Individual's Social Security Number:

Street Town/City State Zip Code

Records to be released, including written, electronic and verbal communication:

☐ All Healthcare, including treatment, services, supplies and medicines

☐ Claims Information ☐ Billing, payment, income, banking, tax, assets, and/or other information regarding eligibility for DHHS program benefits such as MaineCare

☐ Other: _____

☐ Limit to the following date(s) or type(s) of information
(e.g. "lab test dated June 2, 2021" or "hospital records from 1/1/2021 – 1-15-2021)

I authorize the DHHS office(s) checked above ☐ Release my information to: ☐Obtain my information From:

Name: _____

Address: _____

Street Town/City State Zip Code

Fax No., when applicable: _____Phone No. to verify Receipt of Fax _____

By initialing below, I agree to disclose the following types of information from my records:

____ Mental Health Services

____ Drug and Alcohol use program services

____ HIV infection status or test results: Maine law requires us to tell you that releasing this information may have Implications. Positive implications may include giving you more complete care, and negative implications may Include discrimination if the data is misused. DHHS will protect your HIV data, and all your records, as the law requires.

Please release the information noted on Page 1 for the following purpose(s):

☐ For a legal matter, including an administrative hearing ☐ To see if I qualify for insurance coverage or benefits

☐ For coordination of my care ☐ A personal request ☐ Other: (Note Below):

I permit DHHS to release and/or obtain my records as noted in this form. I understand and agree to the following:

- This form will expire one year from the date I sign below, unless I revoke (take back) my permission sooner by completing, signing and sending in the Revocation Form found on the DHHS website at http://www.maine.gov/dhhs/privacy/index.shtml. I may call DHHS at (207) 287-3707 and ask for the office where I receive services if I need help revoking this form.
- I understand that taking back my permission to release my information does not apply to the information that was already shared after I signed this form.
- If I take back my permission to release my information, or if I refuse to release some or all of my healthcare or insurance information, that may result in improper diagnosis or treatment, denial of insurance coverage or a claim for health benefits, or other adverse consequences.
- This form permits the people or offices listed on page 1 to speak to each other for the purpose(s) on this form.
- If I am disclosing healthcare information, I agree that records of any other providers (such as doctors, hospitals, and counselors) in my life are included in this release.
- Unless I am applying for benefits, DHHS will not condition my treatment, payment for services, or benefits on whether I sign this form.
- I have the right to make a written request to review my records. If I wish to receive a copy of my healthcare or billing information, a fee may be charged as permitted by law.
- If I want to review my mental health program or provider records before they are released, I must check **THIS BOX.** ☐ I understand that the review will be supervised.
- DHHS offices will keep my information confidential as required by law. If I give my permission to share my records with people who are not required by law to keep them private, they may no longer be protected by federal confidentiality laws.
- If alcohol or drug treatment or program records are included in this release, federal law requires the person sharing those records to include a notice saying that such information may not be re-released or shared without my written permission, unless required or permitted by law.
- I am signing this form voluntarily, and I have the right to a signed copy of this form if I request one.

If requesting that electronic records be transmitted by email, please clearly print the email address below:
☐ I understand that DHHS systems may not be able to send my information securely through email. I understand that email and the internet have risks that DHHS cannot control and that the information possibly could be read by a third party. I accept those risks and still request that DHHS send my information by email. **INITIAL HERE** _____

Date: _____ Signature: _____

Personal Representative's authority to sign: _____

Community Health and Counseling Services

42 Cedar street

Bangor, ME 04401

(207) 933-4707

Fax: (207) 990-0399

AUTORIZARION TO RELEASE CONFIDENTIAL INFORMATION

Instructions: Each section of this form must be carefully reviewed. Please note incomplete or inaccurately completed forms will not be honored by CHCS.

Client Name: _____ Case #: _____ Date of Birth: _____

I understand that health care information is confidential and will not be released without my authorization unless permitted by law. I understand that I have the legal right to refuse authorization to disclose all or some health care information, but refusal may result in improper diagnosis or treatment, denial of insurance coverage, or other adverse consequences.

SECTION 1: Releasing / Requesting Information

By law, providers are required to release the minimum amount of information necessary to carry out the purpose of a release. Use the line beside each document type below to indicate the date or range of dates for written information to be disclosed under this authorization as appropriate. ***Note:*** *CHCS is only able to release information which it has generated.*

I hereby grant my permission for the authorization employees or agents of **Community Health and Counseling Services (CHCS)** to release and/or to request the following information:

IMPORTANT: At least one box in the column MUST be checked:

To **RELEASE** the following information:

☐ Admission/Intake Summary: _____
☐ Assessment/Evaluation Information: _____
☐ Psycho-Social History: _____
☐ Treatment Plan/Plan of Care: _____
☐ Laboratory/X-ray Results: _____
☐ Medication Record: _____
☐ Psychiatric Evaluation/Diagnosis: _____
☐ Psychiatry Progress Notes: _____
☐ Discharge Summary/Discharge Orders: _____
☐ Progress Notes: _____
☐ Ongoing verbal communication for treatment and/or discharge planning
☐ Ongoing verbal communication for visitation
☐ Other (Specify): _____
_____

To **REQUEST** the following information:

☐ Admission/Intake Summary: _____
☐ Assessment/Evaluation Information: _____
☐ Psycho-Social History: _____
☐ Treatment Plan/Plan of Care: _____
☐ Laboratory/X-ray Results: _____
☐ Medication Record: _____
☐ Psychiatric Evaluation/Diagnosis: _____
☐ Psychiatry Progress Notes: _____
☐ Discharge Summary/Discharge Orders: _____
☐ Progress Notes: _____
☐ Ongoing verbal communication for treatment and/or discharge planning
☐ Ongoing verbal communication for visitation
☐ Other (Specify): _____
_____

I authorize Community Health and Counseling Services to exchange my information with:

Company: (if app.) _____
Attention [name]: _____
Address: _____
City/State/Zip: _____

SECTION 2: Purpose of the above release (Place a √ by each appropriate option. **At least one (1) box MUST be checked.**) **The information and material above may only be used for the following purpose(s):**

☐ Verification of Services ☐ Ongoing Service Coordination ☐ Treatment/Service Planning

☐ Legal Matter(s) ☐ Other (Specify): _____

Client Name: _____ Case #: _____ Date of Birth: _____

SECTION 3: Special Consents

I understand tat the party(ies) listed in Section one (1) of this authorization need(s) my specific consent to disclose information pertaining to treatment and/or diagnosis of mental health conditions, substance use and/or HIV status. I understand that authorizing the release of such information does not confirm the existence of such history or treatment.

I ☐ DO ☐ DO NOT authorize the release of my information, which refers to the diagnosis or treatment of ALCOHOL OR DRUG USE under this authorization.

If I authorize the release of this information, I understand that the recipient of such information may not further release this information without specific consent or unless permitted by law.

I ☐ DO ☐ DO NOT authorize the release of any information, which refers to the diagnosis or treatment of MENTAL HEALTH under this authorization.

I ☐ DO ☐ DO NOT authorize you to release the material indicated without my reviewing it first.

I ☐ DO ☐ DO NOT authorize the release of any information, which refers to the testing, diagnosis or treatment of HIV / AIDS.

SECTION 4: Revocation of Expiration

I have the right to revoke this authorization verbally by speaking with designated CHCS staff or by submitting a Revocation Form (CHCS #3C) at any time. Revocation will not cover information/material released prior to that date but will prevent further release of information. I understand that revocation may be the basis for denial of health benefits or other insurance coverage or benefits.

This release **<u>will automatically expire</u>** one year from the date signed (six months for a minor in a residential facility) unless I indicate another date here _____
Specify Date or Event

This release may not exceed a maximum of 1-year (six months for minors in residential treatment facilities).

SECTION 5: Signatures

My signature below indicates that I have read this release form and have had all of my questions answered, if any.

- I understand what this form authorizes and consent to the release of information as recorded on this form.
- I authorize the party(ies) listed in section1 of this form to make subsequent disclosures to the same recipient pursuant to this authorization.
- I understand that information released by CHCS might be further released by the receiving party noted in section one (1), and that if this occurs, CHCS cannot guarantee the protection of this information once disclosed.
- I understand that I have a right to request a copy of this authorization.

_____ _____
Client Signature Date

_____ _____
Representative* Date

*Indicate relationship to client ☐ Parent
☐ Legal Guardian
☐ Other Legally Authorized Representative (Specify): _____

Original-CHCS Clinical Record – Copy, as needed, for release/request purposes. Copy for client (parent/guardian) as requested.

Shelter Plus Care

Application for Housing Assistance

1. Name: _____
2. County Preferred: _____
3. Mailing Address: _____
4. Telephone Number: _____
5. Gender: ☐ Male ☐ Female ☐ Transgender MTF ☐ Transgender FTM ☐ Gender Non-Conforming
6. Social Security Number: _____
7. DOB: _____
8. Veteran: ☐ Yes ☐ No
9. Are you Hispanic or Latino? ☐ Yes ☐ No
10. Race (check all that apply):

    ☐ American Indian or Alaskan Native ☐ Black or African-American ☐ White or Caucasian

    ☐ Asian ☐ Native Hawaiian or Pacific Islander ☐ Other: _____
11. Correspondence: Do you want us to copy all correspondence (i.e. acceptance letter, denial letter, debt information) to your referral source or other service provider? If yes, please provide name, address and phone number

    Payee: ☐ Yes ☐ No _____

    Service Provider: ☐ Yes ☐ No _____

    Case Manager: ☐ Yes ☐ No _____

    Guardian: ☐ Yes ☐ No _____

12. Disabilities: *(Information below should match Disability Verification form).* Please check all that apply.

    ☐ Severe mental illness (SMI) ☐ AIDS-related disease ☐ Physical Disability ☐ Brain Injury

    ☐ Chronic alcohol use ☐ Other: Specify: _____
13. Are you a victim or survivor of domestic violence? ☐ Yes ☐ No

    a. If yes, when: ☐ Within the past three months ago ☐ Three to six months ago

    ☐ From six to twelve months ago ☐ More than a year ago

    ☐ Don't know ☐ Refused to answer

    b. If yes, are you currently fleeing? ☐ Yes ☐ No ☐ Refused

Revised 1/22/2018

14. **Current Housing:** The U.S. Department of Housing and Urban Development requires documentation of homelessness and disability. (*Please note: Verification of current living situation stating location, length of stay and dates of homelessness on agency letterhead must be attached*)

☐ Chronically homeless: Documented Literal Homeless (Homeless continuously for at least 12 months or on at least 4 separate occasions in the last 3 years where combined occasions total at least 12 months)

☐ Long Term Stayer: Documented Literal Homeless **(180 nights out of the past 365 days)**

☐ Living in a place not designed for habitation

☐ Living in an emergency shelter or hotel with emergency funds

☐ Transitional housing for homeless persons

☐ Victim of Domestic Violence Situation

☐ Other: Specify: * _____

***Please note eviction proceedings and living with family and friends do not meet the qualification guidelines for Shelter Plus Care**

15. Household Composition: # of Household Members who will be residing in the unit: _____

*Please note: *Each additional Household Member must complete and attach a Household Member Form*

Name:	Relationship to Applicant:	Pregnant:
_____	_____	_____Yes _____ No
_____	_____	_____Yes _____ No
_____	_____	_____ Yes _____ No
_____	_____	_____ Yes _____ No

16 Applicant Income & Other Assistance Sources: *Documentation of current monthly income must be attached.*

Income Sources		**Other Assistance Sources**
No Financial resources	$_____	☐ None
Supplemental Security Income (SSI)	$_____	☐ SNAP / Food Stamps
Social Security Disability Income (SSDI)	$_____	☐ Medicare
Social Security	$_____	☐ Medicaid (MaineCare)
Employment Income	$_____	☐ SCHIP
General Public Assistance (GA)	$_____	☐ VA Medical Services
Unemployment benefits	$_____	☐ WIC
Temporary Aid Needy Families (TANF)	$_____	☐ TANF (child Care / Transp.)
State Supplement	$_____	☐ Indian Health Services
Other (Source): _____		☐ Employer Provided Insurance
		☐ Other (Source): _____
TOTAL Monthly Income:	$_____	

All application information is true and correct to the best of my knowledge. I give my consent to release the above information to persons or agencies involved with the program for the purpose of determining program eligibility, as well as coordination of locating an apartment, calculating housing assistance, and providing appropriate services.

This consent will automatically expire in one year or on: _____

_____ _____

Applicant Signature *Date*

_____ _____

Guardian Signature (If Applicable) *Date*

Guardian Address & Phone Number: _____

Prepared/Reviewed by: _____

Please sign name and credentials

Agency: _____ Telephone: _____

OFFICE USE ONLY

Application Completed On: _____

Was applicant accepted into program: _____ Yes _____ No

Was applicant verified as chronic homeless: _____ Yes _____ No

Was applicant verified as a Long-Term Stayer: _____ Yes _____ No

If denied, please describe reason: _____

_____

_____

Local Administrative Agency: _____

_____ _____

Representative Signature Date

Grant: _____ Slot assigned: /_____/_____ Slot Size: _____

Date Housed in program: _____/_____/_____ Worker Assigned: _____

DISABILITY VERIFICATION FORM

INSTRUCTIONS:

A qualified professional with one of the following credentials (MD, DO, LCPC, LCSW, APRN-BC, NP, PA, Psychologist; or any other person Licensed by the State of Maine to diagnose and treat persons with the conditions listed below) must complete this form. For example, LADC staff may complete this form only for applicants with a qualified substance use disability.

Name:_____ DOB: _____

SECTION 1: APPLIES TO INDIVIDUALS WITH PSYCHIATRIC DISABILITIES, CHRONIC SUBSTANCE USE (alcohol and or drug use), POST-TRAUMATIC STRESS DISORDER, BRAIN INJURY, AND HIV/AIDS.

A person shall be considered to have a disability if she or he has an impairment that:

a. Is expected to be of long-continued and indefinite duration AND
b. Substantially impedes the person's ability to live independently AND
c. Could be improved by more suitable housing conditions AND
d. Is a physical, mental, or emotional impairment, including an impairment caused by alcohol or drug use, post-traumatic stress disorder, or brain injury.

If a, b, c, and d above are true then please check 'Yes', otherwise check 'No' ☐ Yes ☐ No

SECTION 2: APPLIES TO INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

The above-named individual has a chronic and severe developmental disability which:

(a) Is attributable to a mental and/or physical impairment or combination mental and physical impairment; AND
(b) Was manifested before the person attained age 22; AND
(c) Is likely to continue indefinitely; AND
(d) Results in substantial functional limitations in three (3) or more of the following areas of major life activity: self-care; receptive expressive language; learning mobility; self-direction; capacity for independent living; and economic self-sufficiency; AND
(e) Reflects the individual's needs for a combination and sequence of special interdisciplinary or generic services, individualized support, or other forms of assistance that are of lifelong, or extended duration and are individually planned and coordinated.

If a, b, c, d, and e above are true, then please check 'Yes', otherwise check 'No' ☐ Yes ☐ No

OR

(f) An individual from birth to age 9, inclusive, who has a substantial developmental delay or specific congenital or acquired condition, maybe considered to have a developmental disability without meeting three or more of the criteria described in the above paragraphs through the definition of "developmental disability" in this section if the individual, without services and supports has a high probability of meeting these criteria later in life.

Please check 'Yes' or 'No' ☐ Yes ☐ No

SECRION 3: Applies to all applicants

The individual named above is an individual with (a): (Check all that apply)

☐ Psychiatric Disability ☐ Developmental Disability ☐ Brain Injury
☐ HIV/AIDS ☐ Chronic Alcohol Use ☐ Physical Injury
☐ Post-Traumatic Stress Disorder ☐ Chronic Substance Use ☐ Other Disability: _____

_____ _____
Name and Credentials of Provider Agency and Telephone Number

_____ _____
Signature Date

Revised 1/22/2018

Domestic Violence Support & Resources

This introduction page explains a little about the following information:

What is Domestic Violence and Abuse? Domestic violence and abuse are a pattern of coercive behavior. Domestic Violence is used by a person against family or household members or dating partners to gain power or control over the other party in a relationship. This behavior may include any of the following: physical violence, sexual abuse, emotional and psychological intimidation, verbal abuse and threats, stalking, isolation from friends and family, economic control, destruction of personal property and animal cruelty. Domestic violence occurs between all racial, economic, educational and religious backgrounds. It occurs in heterosexual and same-sex relationships, between married and unmarried partners, between current and former partners and between other family and household members. Domestic violence affects every community across the country, regardless of ethnic group, culture, or background. People of all ages, income levels, faiths, sexual orientation, gender, and education levels experience domestic violence. The Power and Control Wheel is an example of how one likes to treat others.

There are resources available to anyone who is experiencing Domestic Violence. It is an ongoing issue throughout the country. Over the past decade, it is getting progressively worse than ever. The Maine Coalition to End Domestic Violence (MCEDC) provides a great deal of support. For example: Temporary emergency shelter, referrals are available to meet special needs, court advocacy, support groups, batterer's education groups, specialized children's programs and more.

There is a list of Domestic Violence Programs in Maine available in this section. For anyone who may need to address behaviors that result in domestic violence, there is a list of certified batterers intervention programs in Maine available in this section. If you want to know more, you could ask your caseworker to go on the web site and get more information that may be helpful.

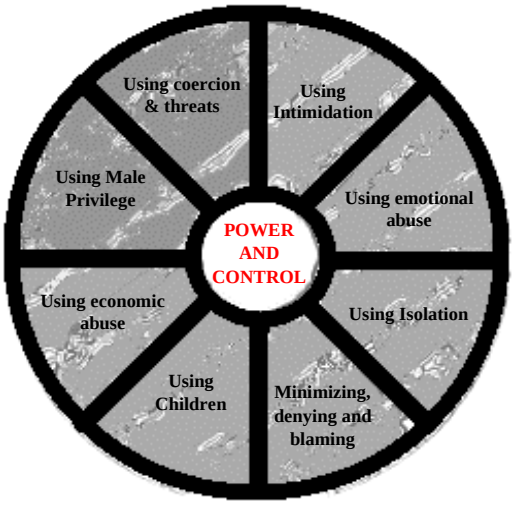
What is Domestic Violence and Abuse?

[excerpted from the Maine Coalition to End Domestic Violence]

POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the partner's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors., which are used by a batterer to establish and maintain control over their partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



Coercion & Threats: Making and/or carrying out threats to do something to hurt someone. Threatening to leave your partner, commit suicide, or report your partner to welfare. Making your partner drop charges. Making your partner do illegal things.

Intimidation: Make your partner afraid by using looks, actions, and gestures. Smashing things. Destroying your partners property. Abusing pets. Displaying weapons.

Emotional Abuse: Putting your partner down. Making your partner feel bad about themselves. Calling your partner names. Making your partner believe they are crazy. Playing mind games. Humiliating your partner. Making your partner feel guilty.

Minimizing, Denying, and Blaming: Making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying she caused it.

Using Children: Making your partner feel guilty about the children. Using the children to relay messages. Using visitation to harass children's mother. Threatening to take the children away.

Economic Abuse: Preventing your partner from getting or keeping a job. Making your partner ask for money. Giving your partner an allowance. Taking your partners money. Not letting your partner know about or have access to family income.

Male Privilege: Treating your partner like a servant: making all the big decisions, acting like the "master of the castle," being the one who define each person's roles.

Domestic Violence and abuse are a pattern of coercive behavior. Domestic Violence is used by a person against family or household members or dating partners to gain power or control over the other party in a relationship. This behavior may include any of the following: physical violence, sexual abuse, emotional and psychological intimidation, verbal abuse and threats, stalking, isolation from friends and family, economic control, destruction of personal property and animal cruelty. Domestic violence occurs between all racial, economic, educational and religious backgrounds. It occurs in heterosexual and same-sex relationships, between married and unmarried partners, between current and former partners and between other family and household members. Domestic violence affects every community across the country, regardless of ethnic group, culture, or background. People of all ages, income levels, faiths, sexual orientation, gender, and education levels experience domestic violence.

Domestic violence isolates the person being abused and can rob inner strength, feelings of self-worth and the ability to make personal choices. Often people experiencing abuse begin to feel responsible for the abuse.

Domestic violence is not a private matter, a family problem, a domestic "squabble" or a "fight." It is not a momentary loss of temper or the abuse of drugs and alcohol. Abusers choose to use tactics of violence repeatedly to gain power and control. Exposure to domestic violence traumatizes children and can destroy their ability to feel safe in the world as well as cause them to feel responsible for the abuse. Physical and sexual violence against a family member or intimate partner is a crime and perpetrators can be arrested and prosecuted. Ending domestic violence requires a social, political, and economic environment to ensure that all people affected by domestic abuse and violence are supported and batterers are held accountable.

NATIONAL CENTER on Domestic Violence
4612 Shoal Creek Blvd. Austin, Texas 78756
(512) 407-9020 www.ncdsv.org

National Resources

www.loveisnotabuse.com – Liz Claiborne's teen dating violence website has great information for both those living with violence and their friends/family.

www.ncadv.org – The National Coalition Against Domestic Violence's websites contains current information for survivors and those dealing with violence.

www.endabuse.org – The Family Violence Prevention Fund website provides materials which can be ordered, including "No Excuse for Abuse" materials and health care provider brochures.

www.nrcdv,org – The National Resource Center on Domestic Violence's web-site features various publications and resources for organizations and individuals working to end domestic violence.

The National Domestic Violence Hotline

(800) 799-SAFE (7223)

OR

(800) 787-3224 (TTY)

Anonymous & Confidential Help 24/7

www.ncvc.org – The National Center for Victims of Crime information site includes materials on domestic violence, stalking and sexual assault.

www.womenslaw.org – Legal information website, including referrals and detailed protective/restraining order information, state by state.

Maine Coalition to End Domestic Violence Services (MCEDV)

- Temporary emergency shelter and transitional housing: The availability of shelters, safe homes, and transitional housing units is critical to the safety of those who might otherwise remain in or return to abusive situations due to lack of economic and housing alternatives.
- Referrals and information: Referrals and information about community resources are available to meet the special needs of individuals.
- Court advocacy: Advocates help with Protection from Abuse Orders and Parental Rights and Responsibilities and Pro Se Divorce forms. Other services are available, contact your local project.
- Support Groups: Survivors share their problems, offer encouragement in making difficult life choices, and provide support toward personal growth. These groups offer safety planning information, encouragement, hope and strength.
- Batterer's Education Groups: Forty-eight-week behavioral change educational programs certified and monitored by the Department of Corrections to help batterers examine controlling behaviors and their belief systems, which batterers use to give themselves permission to abuse. The goal of batterers' Intervention Programs is to work toward the safety of victims and hold batterers accountable for their actions.
- Outreach and Community Education: Community Education strategies influence community norms as well as increase public awareness about specific issues and problems related to domestic abuse, attract community support for other program efforts, reinforce the necessity for healthy relationships, and keep the public informed about program progress. Training is available for law enforcement agencies, schools, social service providers, faith communities, judicial system personnel medical professionals, businesses, and state and local entities.
- School Based Education: Each project has designed their program to educate and inform youth and adults about the issue of Teen Dating Abuse as well as what is healthy and unhealthy behavior in relationships.
- Specialized Children's Programming: Contact your local project to find out what specialized programs they offer for children exposed to domestic violence.
- Public Policy: MCEDV advocates on behalf of battered women through policy development and legislative initiatives that support battered women and hold batterers accountable.

Most services are free of charge. All projects offer additional services. Call your local domestic violence project for information.

Domestic Violence Programs in Maine
Send E-mail to: mail@caring-unlimited.org or look on the web at: www.caring-unlimited.org

Family Crisis Services (Cumberland & Sagadhoc Counties)
PO Box 704, Portland, Maine 04101
Admin: (207) 767-4952
Hotline: 1-800-537-6066; (207) 874-1973
All numbers TTY accessible

Family Violence Project (Kennebec and Somerset Counties)
PO Box 304, Augusta, ME 04332
Admin: (207) 623-8637
Hotline: 1-877-890-7788; (207) 623-3569
Send E-mail to: fvp@familyviolenceproject.org or look on the web at: www.familyviolenceproject.org

Hope and Justice Project (Aroostook County)
754 Main Street, Presque Isle, ME 04769 (207) 764-2977
Send E-mail to: info@hopeandjusticeproject.
Or look on the web at www.hopeandjusticeproject.org

New Hope for Women (Knox, Lincoln, & Waldo Counties)
PO Box A, Rockland, ME 04841-0733
Admin: (207) 504-2128

Caring Unlimited (York County
PO Box 590, Sanford, ME 04073
Admin: (207) 490-3227
Hotline: 1-800-522-3304
Belfast area hotline (207) 338-6569
Damariscotta area hotline: (207) 563-2404
Send E-mail to: newhope@newhopeforwomen.org or look on the web at: www.newhopeforwomen.org

1-866-834-HELP

The Next Step (Hancock & Washington Counties)
Hancock County
PO Box 1465, Ellsworth, ME 04605
Admin: (207) 667-0176
Hotline: 1-800-315-5579 or (207) 667-4606
Send E-mail to: nextstep@midmaine.com
Washington County:
PO Box 303, Machias, ME 04654
Admin: (207) 255-4934
Hotline: 1-888-604-8692 or (207) 255-4785
Send E-mail to lfogelman@nextstepdvproject.org or look on the web at: www.nextstepdvproject.org

Womencare (Piscataquis County)
PO Box 192, Dover-Foxcroft, ME 04426
Admin & Hotline: (207) 564- 8165
Send E-mail to: wmncare@wmncare.org or look on the web at: www.wmncare.org
Collect calls are accepted at all (207) hotline numbers

Culturally Specific Organizations Providing Domestic Violence Services:
Sudanese Development Institute of Maine
Admin & Hotline: (207) 553-2252
United Somali Women of Maine
Admin & Hotline: (207) 753-0061

Spruce Run (Penobscot County)
PO Box 653, Bangor, ME 04402
Admin: (207) 945-5102
Hotline: 1-800-863-9909 or (207) 947-0496 or TTY: (207) 955-3777
Send E-mail to: sprucerun@sprucerun.net or look on the web at: www.srucerun.net

Safe Voices
(Androscoggin, Franklin & Oxford Counties)
PO Box 713 Auburn, ME 04212-0713
Admin: (207) 795-6744
Hotline: 1-800-559-2927 or (207) 795-4020
Send E-mail to: safevoices@safevoices.org or
Look on the web at: www.safevoices.org

"There never was a moment and never will be, when we are not without the power to alter our destiny." -Steven Press field

Certified Batters Intervention Programs http://www.maine.gov/corrections/victimservices/batintervent.htm

County	Program	Address	Meeting time/location
ANDROSCOGGIN, FRANKLIN, OXFORD	Alternatives to Abuse (AWAP)		
AROOSTOOK	Northern New England Community Resource Center		
CUMBERLAND	A Different Choice		
CUMBERLAND And SAGADAHOC	Choices—The Men's Group		
CUMBERLAND	Opportunity for Change		
HANCOCK And PENOBSCOT	Choice V		
KENNEBEC And SOMERSET	Men's Work		
KNOX, LINCOLN And WALDO	Time for Change		
PENOBSCOT	Batter's Intervention Program		
PISCATAQUIS	DV Classes for Men		
YORK	Violence No More		

Understanding Anger

This introduction page explains a little about the following information:

Understanding Anger sounds pretty simple doesn't it? The emotion of anger is neither good nor bad. It's perfectly healthy and normal to feel angry when you've been mistreated or wronged. The feeling isn't the problem – it's what you do with it that makes a difference. Anger becomes a problem when it harms you or others.

There are myths and facts about anger in this section that will help you better understand how easy it is to express emotion in a verbally and or physical way where it hurts someone including your-self.

Why learning to control your anger is important. You might think that venting your anger is healthy, that the people around you are too sensitive, that your anger is justified, or that you need to show your fury to get respect. But the truth is that anger is much more likely to damage your relationships, impair your judgment, get in the way of success, and have a negative impact on the way people see you. There is information explaining how anger hurts you and others, physically, mentally, your relationships with others, your career.

There are clue's that there's something more to your anger. You may have trouble expressing emotions other than anger. Viewing different opinions and viewpoints as a personal challenge.

Anger control & management tips are available. Be aware of your anger warning signs. Identify the negative thought patterns that trigger your temperature.

More about your Health Relationships: What is a Healthy Relationship? Studies show that people who have healthy relationships are happier and have less stress. Healthy relationships encourage individuality, freedom, and provide room for personal growth. Every relationship is different, but there are a few characteristics that make healthy relationships possible. It is important for both people in a relationship to recognize that any violence is unacceptable. This section explains various examples of healthy relationships. For example, mutual respect, support, rust, honesty, good communication, fairness and equality. When you get mad at someone or about something, help someone and that anger will go away. It always feels good to help someone in need.

Understanding Anger – From Helpguide.org

The emotion of anger is neither good nor bad. It's perfectly healthy and normal to feel angry when you've been mistreated or wronged. The feeling isn't the problem – it's what you do with it that makes a difference. Anger becomes a problem when it harms you or others.

If you have a hot temper, you may feel like it's out of your hands and there's little you can do to tame the beast. But you have more control over your anger than you think. You can learn to express your emotions without hurting others – and when you do, you'll not only feel better, but you'll also be more likely to get your needs met. Mastering the art of anger management takes work, but the more you practice, the easier it will get. And the payoff is huge. Learning to control your anger and express it appropriately will help you build better relationships, achieve your goals, and lead a healthier, more satisfying life.

Myths and Facts about Anger

Myth: **I shouldn't "hold in" my anger. It's healthy to vent and let it out.**

Fact: While it's true that suppressing and ignoring anger is unhealthy, venting is no better. Anger is not something you have to "let out" in an aggressive way in order to avoid blowing up. In fact, outbursts and tirades only fuel the fire and reinforce your anger problem.

Myth: Anger, aggression, and intimidation help me earn respect and get what I want.

Fact: True power doesn't come from bullying others. People may be afraid of you, but they won't respect you if you can't control yourself or handle opposing viewpoints. Others will be more willing to listen to you and accommodate your needs if you communicate in a respectful way.

Myth: I can't help myself. Anger isn't something you can control.

Fact: You can't always control the situation you're in or how it makes you feel, but you can control how you express your anger. And you can express you anger without being verbally or physically abusive. Even if someone is pushing your buttons, you always have a choice about how to respond.

Myth: Anger management is about learning to suppress your anger.

Fact: Never getting angry is not a good goal. Anger is normal, and it will come out regardless of how hard you try to suppress it.

Why learning to control your anger is important.

You might think that venting your anger is healthy, that the people around you are too sensitive, that your anger is justified, or that you need to show your fury to get respect. But the truth is that anger is much more likely to damage your relationships, impair your judgment, get in the way of success, and have a negative impact on the way people see you.

- **Out-of-control anger hurts your physical health.** Constantly operating at high levels of stress and tension is bad for your health. Chronic anger makes you more susceptible to heart disease, diabetes, high cholesterol levels, a weakened immune system insomnia, and high blood pressure.
- **Out-of-control anger hurts your mental health.** Chronic anger consumes huge amounts of mental energy and clouds your thinking, making it harder to concentrate, see the bigger picture, and enjoy life. It can also lead to stress, depression, and other mental health problems.
- **Out-of-control anger hurts your career.** Constructive criticism, creative differences, and heated debate can b healthy. But lashing out only alienates your colleagues, supervisors, or clients and erodes their respect. What's more, a bad reputation can follow you wherever you go, making it harder to get ahead.
- **Out-of-control anger hurts your relationships with others.** It causes lasting scars in the people you love most and gets in the way of your friendships and work relationships. Chronic, intense anger makes it hard for others to trust you, speak honestly, or feel comfortable – they never know what is going to set you off or what you will do. Explosive anger is especially damaging to children.

Anger control and management tips 1: Explore what's behind your anger

If you're struggling with out-of-control anger, you may be wondering why your fuse is so short. Anger problems often stem from what you've learned as a child. If you watched others in your family scream, hit each other, or throw things,

you might think this is how anger is supposed to be expressed. Traumatic events and high levels of stress can make you more susceptible to anger as well.

Anger is often a cover-up for other feelings

In order to get your needs met and express your anger in appropriate ways, you need to be in touch with what you are really feeling. Are you truly angry? Or, is your anger masking other feelings such as embarrassment, insecurity, hurt, shame, or vulnerability?

If your knee-jerk response in many situations is anger, it is very likely that your temper is covering up your true feelings and needs. This is especially likely if you grew up in a family where expressing feelings was strongly discouraged. As an adult, you may have a hard time acknowledging feelings other than anger.

Clues that there's something more to your anger

You have a hard time compromising. It is hard for you to understand other people's point of view, and even harder to concede a point. If you grew up in a family where anger was out of control; you may remember how the angry person got his or her way by being the loudest and most demanding. Compromising might bring up scary feelings of failure and vulnerability.

- **You have trouble expressing emotions other than anger.** Do you pride yourself on being tough and in control, never letting your guard down? Do you feel that emotions like fear, guilt, or shame don't apply to you? Everyone has those emotions, and if you think you don't, you may be using anger as a cover for them.
- **You view different opinions and viewpoints as a personal challenge to you.** Do you believe that your way is always right and get angry when others disagree? If you have a strong need to be in control or a fragile ego, you may interpret other perspectives as a challenge to your authority, rather than simply a different way of looking at things.

Pay attention to the way anger feels in your body

- Knots in your stomach
- Clenching your hands or jaw
- Feeling clammy or flushed
- Breathing faster
- Headaches
- Pacing or needing to walk around
- "Seeing red"
- Having trouble concentrating
- Pounding heart
- Tensing your shoulders

If you are uncomfortable with many emotions, disconnected, or stuck on an angry one-note response to everything, it might do you some good to get back in touch with your feelings. Emotional awareness is the key to self-understanding and success in life. Without the ability to recognize, manage, and deal with the full range of human emotions, you'll inevitably spin into confusion, isolation, and self-doubt.

Anger control and management tip 2: Be aware of your anger warning signs

While you might feel that you just explode into anger without warning, in fact, there are physical warning signs in your body. Anger is a normal physical response. It fuels the "fight or flight" system of the body, and the angrier you get, the more your body goes into overdrive. Becoming aware of your own personal signs that your temper is starting to boil allows you to take steps to manage your anger before it gets out of control.

Identify the negative thought patterns that trigger your temperature

You may think that external things – the insensitive actions of other people, for example, or frustrating situations – are what cause your anger. But anger problems have less to do with what happens to you than how you interpret and think about what happened. Common negative thinking patterns that trigger and fuel anger include:

- **Overgeneralizing.** For example, "You always interrupt me. You NEVER consider my needs. EVERYONE disrespects me. I NEVER get the credit I deserve.
- **Obsessing on "shoulds" and "musts."** Having a rigid view of the way things should or must be and getting angry when reality doesn't line up with this vision.
- **Mind reading and jumping to conclusions.** Assuming you "know" what someone else is thinking or feeling – that he or she intentionally upset you, ignored your wishes, or disrespected you.
- **Collecting straws.** Looking for things to get upset about, usually while overlooking or blowing past anything positive. Letting these small irritations build and build until you reach the "final straw" and explode, often over something relatively minor.

- **Blaming.** When anything bad happens or something goes wrong, it's always someone else's fault. You blame others for the things that happen to you rather than taking responsibility for your own life.

Avoid people, places, and situations that bring out your worst

Stressful events don't excuse anger, but understanding how these events affect you can help you take control of your environment and avoid unnecessary aggravation. Look at your regular routine and try to identify activities, times of day, people, places, or situations that trigger irritable or angry feelings. Maybe you get into a fight every time you go out for drinks with a certain group of friends. Or maybe the traffic on your daily commute drives you crazy. Then think about ways to avoid these triggers or view the situation differently so it doesn't make your blood boil.

More about your Health: Relationships

What is a Healthy Relationship? Excerpted from the Maine Coalition to End Domestic Violence (www.mcedv.org)

Studies show that people who have healthy relationships are happier and have less stress. Healthy relationships encourage individuality, freedom, and provide room for personal growth. Every relationship is different, but there are a few characteristics that make healthy relationships possible. It is important for both people in a relationship to recognize that any violence is unacceptable.

Characteristics of Healthy Relationships Mutual Respect

- You can say "no" without feeling guilty about it.
- Your partner does not try to change or control you when you disagree.
- You and your partner acknowledge how great the other person is.
- Mistakes are accepted and learned from.
- Boundaries are respected and your partner listens to you.

Support

- You and your partner are there for each other to celebrate when things are going well and to help when things are not going well.

Trust/Honesty

- You trust each other. You feel trust and you have reason to trust. You each work hard to be trustworthy for one another.
- You feel safe and comfortable with each other.
- There is a willingness to take risks and be vulnerable.
- You and your partner are honest with each other.

Good Communication

- Communication is open and spontaneous. You listen to each other and feel that you are heard. You make decisions together.
- You can express your feelings without fear of your partner's reactions.
- Feelings and needs are expressed, appreciated, and respected by both.
- Conflict is faced directly and resolved with win-win outcomes.
- Rules and boundaries are clear and defined, yet allow for flexibility if you desire change. Both of you feel free to express your needs.

Separate Identities

- You can be together as a couple without losing your sense of self. Each person feels self-confident and secure in his/her own worth.
- Personal growth, change, and exploration are encouraged for each and by each partner.

- Each person can enjoy being alone and requests for privacy are expected.

Fairness/Equality

- Partners are fair when they work things out.
- Tolerance – forgiveness of self and others – is present.
- You each take responsibility for your own behaviors and happiness (one doesn't blame the other for feelings or things that happen.)
- You are able to let go the need to "be right."
- There is a balance of giving and receiving in your relationships. Equality is both affirmed and celebrated.

"No road is long with good company." –Turkish Proverb

Social Security

This introduction page explains a little about the following information:

Social Security Benefits information is important to help incarcerated citizens returning to the community. There is always a number of questions being asked to whether or not incarcerated citizens are eligible for benefits or not. This section is designed to assist you in understanding what you are eligible for through social security and if at all eligible for assistance. It is to help direct you to know so you can successfully transition from incarceration back into the community. As part of the Federal Interagency Reentry Council, social security has partnered with other federal agencies to provide a portal to information about available services. Social Security share the common goal to see you find gainful employment and receive benefits which you may be eligible for such as health care, food, and shelter.

The information provided in this section will with hope answer any questions you may have revolving around what benefits are available and what benefits are not available. If there is not information in this section you are looking for, please reach out to your caseworker and he/she will help you acquire the information needed.

Social Security

Benefits after incarceration: What you need to know

This website is designed to assist you in successfully transitioning from incarceration back into the community. As part of the Federal Interagency Reentry Council, we have partnered with other federal agencies to provide a portal to information about available services. We share the common goal to see you find gainful employment and receive benefits which you may be eligible for such as health care, food, and shelter.

Social Security Benefits

Individuals released from incarceration may be eligible for **Social Security retirement, survivors, or disability benefits** if you have worked or paid into Social Security enough years or **Supplemental Social Security Income benefits** if you are 65 or older, or are blind, or have a disability and have little or no income or resources.

Social Security's Definition of Disability

We consider you disabled under Social Security rules if:

- You cannot do work that you did before
- We decide that you cannot adjust to other work because of your medical condition(s); and
- Your disability has lasted or is expected to last for at least one year or to result in death.

SSA does not pay partial or short-term disability benefits.

If you meet the above requirements, Social Security benefits also may pay:

- Your child who is under age 18, or severely disabled before age 22, or
- Your wife who is age 62 or older, or is caring for your child who is under age 16 or severely disabled before age 22.

For additional information via our pamphlets, please see the links below:

- What Prisoners Need to Know
- Entering the Community After Incarceration—How We Can Help

If you believe you qualify, call our toll-free telephone number, **1-800-772-1213** to schedule an appointment. If you are deaf or hard of hearing, call TTY **1-800-325-0778**.

Does Social Security pay benefits to prisoners?

We pay benefits under both the social security and Supplemental Income (SSI) programs. Both of these programs prohibit payments to most prisoners. Social Security benefits are suspended if an otherwise eligible person is confined in a jail, or other penal institution for more than 30 continuous days due to conviction of a crime.

We cannot pay benefits to someone who, by court order, is confined in an institution at public expense in connection with a criminal case if the court finds that the person is: guilty, but insane; not guilty of such an offense by reason of insanity or similar factors (such as mental disease); or incompetent to stand trial for such an alleged offense.

Also, we cannot pay benefits to someone who, immediately upon completion of a prison sentence for conviction of a criminal offense (an element of which is sexual activity), is confined by court order in an institution at public expense. The confinement must be based on a court finding that the individual is a sexually dangerous person or sexual predator (or a similar finding.) However, if a person is not confined in prison or other similar place, benefits may be paid to an eligible individual.

If I am arrested on a criminal charge, or a parole, or probation violation, will I still get my monthly Social Security payments?

We generally do not pay Social Security and Supplemental Security Income (SSI) recipients during confinement for a crime in jail, person or certain other public institutions.

Supplement Security Income (SSI) payments

If you get SSI, we will stop your payments after you are imprisoned for a month. If you were convicted in March to serve at least a month-long sentence, you will not get an April payment. We can reinstate your payments the month you get out. However, if you are jailed 12 consecutive months or longer, you will have to file a new application and again be approved for SSI by Social Security.

Social Security benefits

If you are receiving Social Security retirement or disability, we will stop your benefits if you are institutionalized for more than 30 continuous days after a crime conviction. Although you cannot receive monthly Social Security benefits while you are confined, benefits to your dependent spouse or children will continue as long as they remain eligible.

If you, for example are convicted in March and jailed more than 30 days, you will not be eligible for March benefit. Your payments will stop with your April payment. We can reinstate your benefits starting with the month you are released. To restart your payments, visit your local Social Security office with proof of your release.

Why does Social Security need to know that I am in jail?

When you initially applied for Social Security benefits, either Supplemental Security Income (SSI) or for retirement, disability, or survivors (RSDI), also known as Title II) benefits, Social Security advised you about certain changes that could affect your ability to continue to get payments. For SSI benefits, the law states that you cannot live in a public institution (for example, a jail, prison, penal facility, etc.) for a full calendar month or more, and continue to get your SSI benefits. For Title II benefits, the law states that if you commit a crime and a court convicts you, and you serve more than 30 continuous days in jail following the conviction, you cannot get your Title II benefits.

It is important that you tell Social Security of any of these changes as soon as possible to avoid getting money that you are not due. You can contact Social Security at any time at www.socialsecurity.gov/reach.htm to report any changes that may affect your Social Security payments.

How a conviction affects your Social Security benefits?

By law, you cannot get payments for any month (including any part of the month) in which you have been convicted and confined in a correctional facility for more than 30 consecutive days.

For example, if you were convicted and confined on March 29, 2020 and you remained in jail until May 2, 2020, you would not get benefits for the months of March, April, or May because you were in jail for 35 consecutive days.

My checks stopped while I was incarcerated. How do I restart my benefits?

If the prison has a prerelease agreement with the Social Security Administration, you or the prison's representative mat initiate contact with Social Security 90 days before your scheduled release date.

If the prison does not have a prerelease agreement with Social Security, contact us at **1-800-772-1213** Monday through Friday, 7AM to 7PM to schedule an appointment to apply for benefits:

- Inform Social Security you were released from prison. Our representative will then provide further instructions.
- As proof of your release, bring your official prison release documents to your appointment.

Release from prison does not automatically make you eligible for benefits. However, depending on the circumstances of your case, we may be able to have your checks started effective with the month after the month of your release.

Will my benefits start again if the court reverses my conviction?

If you are entitled to Retirement, Survivors or Disability Insurance benefits, we can restart your benefits if the correctional institution releases you and the court reverses all charges of your conviction. The court must also agree not to prosecute you again on the same charges. If the court retries you on the same charges, it must find you not guilty after your new trial.

If you are eligible for Supplement Security Income payments and you live in a public institution (jail, prison, detention center, etc.) over a calendar month, we cannot start your benefits until the institution releases you.

My husband is presently incarcerated and does not receive Social Security benefits. Is my son and I eligible for any benefits while he is in jail?

The answer depends on the payment status before your husband's incarceration.

If your husband was not receiving Social Security benefits before his incarceration, we cannot pay benefits to you or your son during his incarceration.

If you and your son were receiving Social Security benefits on your husband's record before his incarceration, benefits to you and your son would continue during his incarceration.

What happens to my Medicare when my checks stop because I go to jail?

Your Medicare Part A (Hospital Insurance) coverage will continue. To keep your Part B (Medical Insurance) coverage, you must pay the monthly premiums or your coverage will end.

If your coverage ends while you're in jail because you didn't pay your Medicare premiums, you'll be able to enroll during the general enrollment period (January through March of each year). If you enroll during a general enrollment period, your Part B coverage will start in July in the year in which you enroll. You will be responsible for any past-due premiums and you may have to pay a late enrollment penalty for as long as you have Part B. Learn more about Part B late enrollment penalty.

NOTE: Medicare generally doesn't pay for your hospital or medical bills if you're incarcerated.

I was transferred from prison to a halfway house that is under the control of my state's Department of Corrections. Can I have my benefits started again since I am no longer in prison?

No. Social Security will not pay benefits while you reside in any facility under the authority of your state's Department of Corrections. Even though you are no longer in prison, you are still under the control and custody of your state's Department of Corrections until you complete your court-ordered sentence and you are officially released, or until the Department of Corrections places you on parole.

Can I have my benefits started again if I am on home monitoring and must wear a monitoring ankle bracelet at all times?

Your benefits can start again once you contact your local Social Security office to report your release from a correctional institution and change to ankle bracelet monitoring.

Veteran Resources, Services & Housing

This introduction page explains a little about the following information:

Veteran Resources are available in this section. There are Vet Centers available to contact. There is information explaining who is eligible for VA health care benefits. Volunteers of America is committed to ending homelessness for those already on the street and preventing others from becoming homeless. This section provides information on combat veterans & life insurance.

In this section information is available about Easterseals Maine. They provide military & veteran services, care coordinated programs, community integration program, care coordinators & veteran count Maine. Veteran Emergency Financial Assistance (VEFA) provides assistance for Maine Veterans who suffer an emergency and do not have sufficient savings or access to other financial assistance.

VA Health Care information is available in this section. You served your country. Now let your country serve you. The VA New England Healthcare system is a state-of-the-art, comprehensive health care system that understands the special needs of Veterans. For example. Does your private doctor ever ask about environmental exposures you've encountered during your service? There is VA facility locations in this section.

Health Affiliates Maine information is available in this section for you to utilize if needed. Gary Owen House is available as well to help Veterans with transitional shelter and to help veterans find hope for the future through a fellowship with other veterans dedicated to helping them link up with the opportunities they have earned in service to our country, in an atmosphere of safety, dignity and respect. The goal is to provide temporary housing for homeless veterans in a safe, comfortable, supportive environment that facilitates transition from a life of insecurity, dependency and social isolation. This has been accomplished through the establishment of a facility that fosters a combination of privacy and social interaction with fellow veterans and the community.
The facility is located in a small, rural community which is key to providing a peaceful, non-threatening and non-stressful place that facilitates adaption to the realities of life. The environment is conducive to participating in recreational and vocational activities such as gardening and small-scale agricultural projects. The facility accommodates outside support services that can be provided to each veteran privately or in groups.

"Hope" Program Addiction Services information is available. The Mission of the Hope Program is to assist Veteran's in achieving and maintaining a lifestyle free of all mood-altering substances.

Kieve-Wavus Veterans Camp info is included in this section to help you relax. The Goal is for you to relax, enjoy great food, sleep like a baby and most importantly, reconnect with your family and other veterans by building memories – the only cost to you is your travel to and from camp, the rest is all free of charge. You can expect to stay in one of our cozy cabins, eat great food with other veterans and their families and enjoy our seasonal activities that could include: fishing, canoeing, ropes course, pottery, or just sitting and enjoying a campfire, just to name a few!

Veterans Housing Services information is provided for Veterans in need of support. Preble Street Veterans Housing Services (VHS) is a housing stabilization program funded by the Veterans Administration. A collaborative effort between Preble Street and Pine Tree Legal Assistance, VHS offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans' families throughout Maine.

Veterans Upward Bound information in this section helps Veterans to further education and skill development. Maine Veteran's Homes (MVH) is for Veterans Recovering from significant illness or surgery becomes increasingly more difficult as we age. MVH can provide the assistance needed in our homes until you are well enough to return to your own home.

This introduction page explains a little about the following information: (Continued)

Our therapy services do not end when your therapy sessions are over as we also provide comprehensive discharge planning. This could include home assessments for modification, equipment recommendations and home exercise programs. Family education is also available to help the people closest to you become even stronger sources of support during your recovery.

Information regarding the Vet Center in this section was established by Congress in 1979 1979 out of the recognition that a significant number of Vietnam-Era veterans were still experiencing lingering readjustment problems associated with their military service. The program continued to expand, to the present distribution of 300 Vet Centers, throughout the United States, including Puerto, the U.S. Virgin Islands, and Guam.

Vet Centers provide a personal and informal atmosphere in which to assist eligible veterans and their families. In addition to individual counseling, we also provide therapy groups. Therapy groups enable veterans to discuss their experiences among veterans who have had similar experiences. Family members and significant others are also eligible for readjustment counseling when related to the resolution of the veterans' readjustment issues. We also focus on increasing public awareness of the effects of military trauma, to help ensure that we all can be a contributing factor in the healing of our veterans.

This section provides information about Honor Flight Maine is a nation-wide group of non-profit organizations called hubs, created solely to honor America's veterans for all their sacrifices. We transport our heroes to Washington, D.C., to visit and reflect at **their** memorials. Top priority is given to the senior veterans; World War II survivors, along with those veterans who may be terminally ill regardless of the campaign in which they served.

There is information in this section explaining Preble Street Veterans Housing Services. It is a short-term housing stabilization program funded by the Veterans Administration. VHS offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans' families throughout Maine and is a collaborative effort between Preble Street, the City of Portland, and Pine Tree Legal Assistance.

VETERAN RESOURCES

If you are a Veteran, you are entitled to special benefits for the service you gave to the United States.

A helpful guide, referenced below, is available to Veterans—from Small Business Administration and VA home loans on how to get help for health or mental health issues and everything in between (like day-passes to State parks!). All of the contact information for the Bureau of Veterans' Services is provided in that guide.

In addition, if you are struggling with mental health, substance use, or trauma issues, reach out within your institution. Many facilities have staff to help you. It is important that you reach out not only for you**, but also for those who may come after you as the system is working on trying to address Veterans needs more fully. In order to do that, we need to know what you need!**
From OPERATION "I SERVED" RESOURCE GUIDE at
http://www.maine.gov/dvem/bvs/index.htm

Vet Centers

Vet Centers provide re-adjustment counseling and outreach services to all Veterans who served in any combat zone. Services are also available for their family members for military related issues. Veterans have earned these benefits through their service and all are provided at no cost to the Veteran or family. The Department of Veteran Affairs Vet Center program operates a system of 207 community-based counseling centers. The Vet Centers are staffed by multi-disciplinary teams of dedicated providers, many of which are combat Veterans themselves.

☐ Bangor 352 Harlow Street, In-Town Plaza, Bangor, Maine 04401 (207) 947-3391

☐ Caribou 456 York Street, York County Complex, Caribou, Maine 04736 (207) 496-3900

☐ Lewiston Parkway Complex, 29 Westminster Street, Lewiston, Maine 04240 (207) 783-0068

☐ Portland, 475 Stevens Avenue, Portland, Maine 04103 (207) 780-3584

☐ Sanford, 628 Main Street, Springvale, Maine 04083 (207) 490-1513

Vetcenter staff are available toll free during normal business hours at 1-800-905-4675

VA SUICIDE HOT LINE 1-800-273-8255

Who is Eligible for VA Health Care Benefits? You may be eligible for VA *health care benefits* if you are a Veteran

Health Care

☐ The VA provides a number of health care services.

☐ Hospital, outpatient medical, dental, pharmacy and prosthetic services.

☐ Domiciliary, nursing home, and Community-based Residential care.

☐ Sexual trauma Counseling.

☐ Specialized health care for Women Veterans at the VA Women Veterans Clinic (207) 628-8411 x 5039.

☐ Health/Rehabilitation programs for homeless Veterans.

☐ Re-adjustment counseling.

☐ Alcohol and drug dependency treatment.

☐ Medical evaluation for military service exposure, Including Gulf War, Agent Orange, radiation, or Other environmental hazards.

A Side Note:

Volunteers of America®

NORTHERN NEW ENGLAND

Volunteers of America is committed to ending homelessness for those already on the street and preventing others from becoming homeless. Volunteers of America provides a wide array of well-designed and managed services to meet the specific needs of homeless Veterans.

Volunteers of America Northern New England operates two houses for homeless Veterans. The Veterans Career House, in partnership with Cumberland Housing of Maine, provides supportive housing and workplace readiness training for previously homeless Veterans. The Author B. Huot Veterans Housing in Saco is the only Veterans housing in the State of Maine for men and women who have mental health issues.

Combat Veterans- VA will provide combat veterans free medical care for any illness possibly associated with service against a hostile force in a war after the Gulf War or during a period of hostility after November 11, 1998. This benefit may be provided for two years from the veteran's release from active duty.

Life Insurance

☐ **Service members Group Life Insurance *(SGLI)*** is low-cost term life insurance for service members and reservists. Generally, coverage begins when you enter the service. It is available in amounts up to $250,000. Generally, it expires 120 days after you get out of service.

☐ **Veterans Group Life Insurance *(VGLI)*** is renewable five-year term life insurance for veterans. It is available in amounts up to $250,000. You may apply any time within one (1) year from the date your ***SGLI*** expires.

☐ **Service-Disabled Veterans Insurance**, also called **"RH"** Insurance, is life insurance for service-disabled Veterans. The basic coverage is $10,000, If your premium payments for the basic policy are waived, due to total disability, you may be eligible for a supplement policy of up to $20,000. Generally, you have two (2) years after being notified of your service-connected disability to apply for basic coverage.

Easterseals Maine

Military & Veteran Services, Care Coordinated Programs
Financial Assistance

Easterseals helps veterans, or their family members, remove financial barriers which hinder their success by temporarily assisting with: rent/mortgage payment, vehicle repair, heating/electric bill, groceries, financial literacy development, gas, job placement items.
Financial assistance can be provided on a case by case basis to qualified veterans and current service members. Proof of veteran status needed to receive financial aid (DD214, VA ID card, NGB Form 22) Veterans are encouraged to self–refer.

Community Integration Program (CIS)

Experienced care coordinators meet you in your home or community to help assist you in navigating any of the following resources/needs: Medical Appointments, counseling or mental health treatment, employment, financial management, navigating the VA system, connecting with community to VA benefits, emotional support and overall help in obtaining self-sufficiency.

Qualifications & Cost

Qualifying veterans include:

- A veteran who has received a mental health diagnosis or mental health disability rating from the United States Department of Veterans Affairs.
- Any veteran who has served in the United States Armed Forces, including Active Duty as well as National Guard and Reserve members, who need mental health treatment or mental health navigation.
- Any service member currently serving in the Armed Forces.

Homeless Veteran Reintegration Program (HVRP)

A program for any unemployed or under employed veterans who are either homeless or at risk of being homeless and wanting to work towards gainful employment. This program is for any veteran who has served in the US Military under any military with at least one day of active duty time served.

- Case management
- Housing stability assistance
- Job search help
- Job skills training
- Resume building and interview preparation
- Financial assistance for job placement items

Contact Info →

125 Presumpscot Street
Portland, Maine 04103
(207) 828-0754 x1004
Easterseals.com/maine
MVSreferral@eastersealsme.org
Easterseals.com/maine

Contact a Care Coordinator for Free, Confidential & Local Assistance

A Care Coordinator will come to you – meet with you in your home, school, work or location of your choice.
Our Mission is to provide critical and timely financial assistance and services when no other resource is available to Veterans, Service Members and their families, to ensure their dignity, health and overall well-being.

Veterans Count Maine

The Philanthropic arm of Easterseals, Veterans Count works with public and private community partners to ensure out services are available to any Veterans at no cost. Vetscount.org/maine

For Immediate Crisis Support Please Contact

Maine Crisis Hotline
1-888-568-1112
24 Hours a day, seven days a week

Health Affiliates Maine
306 Rodman Road
Auburn, Maine 04210
(207) 333-3278
Healthaffiliatesmaine.com

Maine Bureau of Veteran Services
117 State House Station
Augusta, Maine 04333
(207) 430-6035
Maine.gov/veterans

Department of Health and Human Services
221 State Street
Augusta, Maine 04333
(207) 287-3707
Maine.gov

Veteran Emergency Financial Assistance (VEFA)

VEFA was created to provide assistance for Maine Veterans who suffer an emergency and do not have sufficient savings or access to other financial assistance to resolve the emergency. Examples of assistance may include: Damage to the veterans home due to fire, flood or hurricane that is not covered by in insurance; Illness of the veteran or family member that results in hardship, assistance to prevent or resolve the veteran being homeless; and any other condition that puts the veteran at risk of not having the basic necessities of food, shelter, or safety.

The Bureau may approve up to $2,000 to a veteran who is currently a resident of Maine. For more information, or to request financial assistance, please contact one of the following organizations:

Easterseals Maine
(207) 828-0754 ext. 1004
https://www.easterseals.com/maine/

American Legion
(207) 873-3229
https://www.mainelegion.org

Bureau of Veterans' Services
(207) 430-6035
https://www.maine.gov/veterans

DID VA YOU HEALTH CARE KNOW?

We've Created a Healthcare System Just for You

OUR VETERANS DESERVE THE BEST.

You served your country. Now let your country serve you. The VA New England Healthcare system is a state-of-the-art, comprehensive health care system that understands the special needs of Veterans. For example. Does your private doctor ever ask about environmental exposures you've encountered during your service?

The VA operates New England's largest integrated health care system with eight Medical Centers and over 45 Community Based Outpatient Clinics. What's more, VA is the only national health care system in the country. That means that if you get sick or need medical while traveling, you can simply go to the nearest VA facility and get the care you need.

VA New England Healthcare

YOUR BENEFITS. OUR COMMITMENT

At VA New England Healthcare our Mission is to focus on all aspects of a Veteran's well-being. That's why we offer a benefits package that covers the health, wellness, foundational and long-term needs of each and every Veteran who walks through our doors. Our services include:

Health:
Primary care, pharmacy, optometry and audiology, labs and imagery

Wellness:
Personal training, nutritional planning, and recreational programs

Foundation:
Vocational training, housing assistance, and small business start-up assistance

Long Term:
Residential care, home health, adult daycare and end of life programs

- There are no annual fees or deductibles
- Co-pays, little to no cost
- More than 50 locations-we're New England's largest health care provider
- Great prescription benefits
- You are eligible to use VA Healthcare with your private insurance
- Having VA Healthcare will allow you to meet the Affordable Care Act requirement

Who's Eligible?

If you served in the military and received an honorable discharge, you may qualify for VA Healthcare benefits. If you were in the Reserve or National Guard, you may also qualify if you were called to active duty (other than for training only) by a Federal order and completed the full period of your active duty.

"Every time I connect with anybody from the VA, there is always a helpful, lending hand reaching out to me."

Vietnam Veteran, New Bedford

Enroll Now

You can enroll in the VA New England Healthcare System anytime—but don't wait. To enroll, complete VA Form 10-10EZ (Application for Health Benefits). The form may be obtained at any VA Healthcare facility, by calling **877-222-8387**, or online at www.1010ez.med.va.gov/sec/vha/1010ez. If you have any questions just call or stop by the nearest facility— we'll be glad to help. And once enrolled, you can access health care at any VA Healthcare facility in the country.

Specialized Services for Women

- Preconception counseling
- Contraceptive services
- Maternity care
- Infertility treatment
- Mammography
- Breast exams
- Menopause
- Pap smear/pelvic exams

"I didn't realize that by enrolling in the VA, I am creating new services for my fellow Veterans—not taking them away."

OEF/OIF Veteran, Nashua, NH

Access to over 50 facilities throughout England

We are located throughout six New England states and have 8 Medical Centers, over 45 Community-Based Outpatient Clinics,
6 Nursing Homes and 2 Domiciliaries.

New England VA Medical Centers

Connecticut
Newington
(860) 667-6838

West Haven
(203) 938-4767

Massachusetts
Bedford
(800) 838-6331

Brockton
(508) 583-4500

Jamaica Plain
(617) 232-9500

Northampton
(413) 584-4040

West Roxbury
(617) 323-7700

New Hampshire
Manchester
(800) 364-4486

Rhode Island
Providence
(866) 364-4486

Vermont
White River Junction
(866) 687-8387

VA Facility Locations

Connecticut
Danbury
Newington
New London
Stamford
Waterbury
West Haven
Willimantic

Maine
Augusta
Bangor
Bingham
Calais
Caribou
Fort Kent
Houlton
Lewiston
Lincoln
Portland
Rumford
Saco

Massachusetts
Bedford
Boston
Brockton
Fitchburg
Framingham
Gloucester
Haverhill
Hyannis
Jamaica Plain
Lowell
Lynn
New Bedford
Northampton
Pittsfield
Plymouth
Quincy
Springfield
West Roxbury
Worcester

New Hampshire
Conway
Keene
Littleton
Manchester
Portsmouth
Somersworth
Tilton

Rhode Island
Middletown
Providence

Vermont
Bennington
Brattleboro
Burlington
Newport
Rutland
White River Junction

For more information for all VA New England Healthcare System facilities go to:
www.newengland.vagov/outreach
or call 1-844-VA-CARES (822-2327)

Health Affiliates Maine (HAM)

Resilience.
Recovery.
Wellness.

Mental Health and Wellness Services for Active Service Members, Veterans and their Families

At Health Affiliates Maine (HAM), our specially-trained clinicians are proud to work with active and retired service members, veterans, Reservists and Guard members, and their families. We provide evidence-based services that support the unique challenges of military life, including readiness for battle and assimilation into the "new normal."

Working with You Toward Well-Being

Health Affiliates Maine is committed to helping the men and women of the armed forces manage:

- Post-traumatic stress
- Trauma
- Relationship challenges
- Substance use disorder
- Anger, grief, and loss
- Depression and anxiety
- Other mental health concerns

Everyone needs help now and then.
We are here to support you.

"Having served for many years, I understand that there is an enormous burden put on service members and their families. Many times, this leaves people with emotional scars you cannot see. Having the resources, which HAM provides our veterans, can help people heal and enrich their lives."

Jeffrey Lagueux
Sergeant First Class, US Army (ret.)

Clinicians with Specialized Training

HAM counselors have an understanding of military culture, knowledge of Maine's military history, and speak frequently with members of the Maine National Guard (Army and Air). Based on proven best practices, we have carefully tailored our mental health and substance use disorder services to encourage successful outcomes for military members and their families.

Above all, our skilled professionals respect and value a soldier's strength and resilience.

Grant-Funded Case Management Services

Designed to help you discover and gain access to needed resources, our case management services are offered free of charge through a state grant to all active and inactive members of the military. Veterans, National Guard, Reservists, and active duty members are all eligible. Whether insured or not and regardless of discharge status, all men and women of the armed forces are eligible for this service.

Do You Want to Make A Referral?

If you or someone you know could benefit from this service, do not hesitate to call our Referral Coordinator. We would be happy to answer your questions, and there is no wait list.

To make a Referral:
Call toll free 1-877-888-4304
Visit *healthaffiliatesmaine.com*
Email *referral@healthaffiliatesmaine.com*
healthaffiliatesmaine.com

GARRY OWEN HOUSE

VETERANS ADVOCATE, VETERANS SHELTER

(Transitional Shelter, Advocacy and Support for Homeless Veterans)

Mission

The mission of the Garry Owen House is to provide a transitional shelter where homeless veterans find hope for the future through a fellowship with other veterans dedicated to helping them link up with the opportunities they have earned in service to our country, in an atmosphere of safety, dignity and respect. The goal is to provide temporary housing for homeless veterans in a safe, comfortable, supportive environment that facilitates transition from a life of insecurity, dependency and social isolation. This has been accomplished through the establishment of a facility that fosters a combination of privacy and social interaction with fellow veterans and the community.
The facility is located in a small, rural community which is key to providing a peaceful, non-threatening and non-stressful place that facilitates adaption to the realities of life. The environment is conducive to participating in recreational and vocational activities such as gardening and small-scale agricultural projects. The facility accommodates outside support services that can be provided to each veteran privately or in groups.

Peer Groups

The peer groups are facilitated by board members, volunteers, volunteer professionals such as Public Health Nurses, Social Workers, and Veteran Service Officers representing DAV, VFW, American Legion, AMVETS, State of Maine Veteran Service Representatives on an as needed basis. These groups primarily take place in-house.

How You Can Help

Help is needed in the form of funds, volunteerism, services and support. A facility like Gary Owen House is needed not only within the community but throughout the state.

Monetary Donations

Send Donations to:

Gary Owen House
PO Box 34
Liberty, Maine 04915
or:
Bangor Savings Bank
7 Belmont Ave
Belfast, Maine 04915

We are a 501c3 public charity so your donation(s) is a tax reduction

Gary Owen House Board of Directors:

Dana Philippi, President (207) 589-4730
Don Harriman, Vice President (207) 322-8309
Heather Carle, Treasurer (207) 592-0175
Toby Dodge, Secretary (207) 691-4746
Neil Pollis, Sergeant at Arms (207) 542-4281
Warren Ard, Member (207)837-3749
Gene Kelly, Member (207) 975-7167
Lou Pelletier, Member (207) 589-3123
Dennis Urick, Member (207) 323-1070
Luther Thornton (207) 505-5119

Contact Information: Gary Owen House

Alex Allmayer-Beck, CSW, Executive Director
Admissions (207) 338-3105
Neil Pollis, Deputy Director
Admissions (207) 542-4281
garryowenhouse.org

For questions or comments, please feel free to contact any board member.

No Brother Left Behind·

"Hope" Program Addiction Services

What are Addiction Services?
The "Hope" Program

Addiction Services operates the Substance Use Disorders (SUD) Intensive Outpatient Program (IOP) as well as the Substance Use weekly Relapse Prevention Support Groups for Veterans with SUD's.
The Intensive Outpatient Program offers a 3 week, 3 days a week, program based on a curriculum driven by Acceptance and Commitment Therapy, Motivational Interviewing and The 12 Steps of Recovery.

Mission

The Mission of the Hope Program is to assist Veteran's in achieving and maintaining a lifestyle free of all mood-altering substances.

Addition Services Goals

- Assist Veteran's in achieving a lifestyle free from mind altering substances.
- Increase Veteran's commitment to change by encouraging an open dialog in treatment related to their current substance use and any concerns it may be causing.
- Assist Veteran's in developing a positive support network.
- Utilize empirically based treatment to reinforce moves toward "Valued Living" as outlined in our Acceptance and Commitment Therapy Curriculum.

Who Is Eligible?

1. Veterans who are psychiatrically and medically stable and have a desire to quit using alcohol and drugs.

2. Veterans who qualify for VA services and feel that they may have a drug or alcohol problem.

Exclusionary Criteria

1. Veterans who do not wish to participate in treatment.
2. Veterans who are medically or psychiatrically unstable.
3. Veterans who do not qualify for VA services.

How Will Referrals Be Made?

Veterans may self-refer themselves by calling the SUD program directly or by having a consult placed by the provider.

Addiction Services Includes…

- Individualized treatment plan consisting of the Intensive Outpatient Program and/or weekly Relapse Prevention Support Groups.
- Discharge Planning include Weekly Relapse Prevention Support Groups.
- Individual and couples' therapy, as needed.
- Referral to other VA Hospitals, VA Outpatient Clinics and Vet Centers when necessary.
- Access to Medical, Psychiatric and Homeless Services.
- Health and Wellness Education.
- Tobacco Cessation, if desired.

Treatment is available at Togus and the Lewiston CBOC and via telehealth at the Bangor, Calais and Saco CBOC's.
For more information or to make a referral, please call:
Cathy Burgees MSN, RN-BC, Carn Program Manager
Phone: (207) 623-8411 ext. 4098
U.S. Department of Veteran Affairs
1-877-421-8263

Kieve-Wavus Veterans Camp

Kieve-Wavus would like to say thank you for your service to our nation by offering you and your family a stress-free week long program at one of our Veteran Camps. We offer 1 Family Camp and 2 specialty camps that reach out to Vietnam Veterans and Women Only Veterans.
Our Goal is for you to relax, enjoy great food, sleep like a baby and most importantly, reconnect with your family and other veterans by building memories – the only cost to you is your travel to and from camp, the rest is all free of charge. You can expect to stay in one of our cozy cabins, eat great food with other veterans and their families and enjoy our seasonal activities that could include: fishing, canoeing, ropes course, pottery, or just sitting and enjoying a campfire, just to name a few!

Our Mission

The Kieve-Wavus Veterans Camp offers free programs that support veterans and their families, giving them a chance to relax, reflect and connect in the tranquility of the Maine woods.
We're committed to those who have devoted service to our nation. We invite you and your loved ones to be our guests on beautiful Damariscotta Lake in mid-coast Maine. We'll provide all the food, fun and friendship you need to build memories that will last a lifetime.

Kieve-Wavus Education, Inc
PO Box 169
Nobleboro, Maine 04555

For camp session dates and to apply for a Kieve-Wavus Veteran Camp, visit our website at www.kievewavus.org/veterans-camp/27 And click on the "application" link.

Veterans Housing Services

- Are You a Veteran?
- Have you **ever been in the military?**
- Do you need Help?
- Contact us Today!

Preble Street Veterans Housing Services (VHS) is a housing stabilization program funded by the Veterans Administration. A collaborative effort between Preble Street and Pine Tree Legal Assistance, **VHS offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans' families throughout Maine.**

To find out if you're eligible call:
(207) 956-6556
toll-free: 1-800-377-5709
email: vhs@preblestreet.org

Veterans Upward Bound

You served your country. What's next?

Veterans Upward Bound is a free-of charge program that helps veterans find success through further education and skill development.

Veterans Upward Bound assists veterans beginning or returning to post-secondary education in a variety of ways.

- Academic, financial, career and /or personal counseling and skills assessment.
- Classroom instruction in reading, writing, study skills, and other essential subjects.
- Tutoring and computer-based instruction.
- Mentoring programs.
- Information on post-secondary education opportunities.
- Assistance in completing college entrance and financial aid applications to the college or program of your choice.
- Assistance in preparing for college entrance exams.
- Information on the full range of Federal Student financial aid programs and benefits.

Maine Veterans Upward Bound program is located at:
102 Bedford Street
Portland, Maine 04104
Contact us at: (207) 780-4627 | vub@maine.edu/vub

Maine Veteran's Homes (MVH)

Caring for those who served. An independent nonprofit organization serving Maine's veterans and families

2019 **Services & Benefits Guide**

You were there for us... we are here for you.

The Services You've EARNED
Skilled Nursing & Therapy Services

Recovering from significant illness or surgery becomes increasingly more difficult as we age. MVH can provide the assistance needed in our homes until you are well enough to return to your own home.
Our therapy services do not end when your therapy sessions are over as we also provide comprehensive discharge planning. This could include home assessments for modification, equipment recommendations and home exercise programs. Family education is also available to help the people closest to you become even stronger sources of support during your recovery.

Memory Care

This service is available for those who require supervision by trained professionals. MVH has dedicated units that are capable of handling advanced dementia in a secure environment, which is an important consideration when choosing a facility. In addition to taking care of our residents' daily living needs, we also provide security, medication assistance and social interaction – essential service for a safe, healthy and dignified experience.

Residential Care

At MVH, we use a variety of enjoyable therapeutic programs such as music events, games, parties, special meals, religious services and other organized events developed by our activities staff. Helping our residents live safely, comfortably and with complete dignity is what Residential Care is all about.

Long Term Care

MVH's Long-Term Care provides residents with 24-hour access to health care professionals. Our full continuum of care means that we have the capacity and personnel to handle our residents' changing needs, such as:

- Skilled Nursing
- Rehabilitation Services
- Memory Care
- Pain Management
- Respite Care

Exceptional Value

Significant Savings to Maine's Veterans

At Maine Veterans Homes, qualified veterans may be eligible for a Stipend from the VA. The Nursing Facility Care Stipend is more than $107 a day. The Residential Care Stipend is more than $47 a day. For qualified private pay veterans, the stipend is credited toward the daily room rate. For qualified veterans whose care is covered under a Medicare or Medicare Advantage plan, the stipend is credited toward the resident's account based on terms of plan.

The 2017 median monthly cost of nursing home care in Maine was more than $9,000*. A qualified veteran who receives the VA stipend under Medicare or private pay for nursing care at MVH will save more than 23% a month. This works out to a savings of more than $2,129.

Based on the Genworth 2017 Cost of Care Survey, the average cost for a Semi-Private Nursing Home Bed in Maine is $301 per day. MVH's daily cost is approximately $231 when you deduct the stipend for qualified veterans.

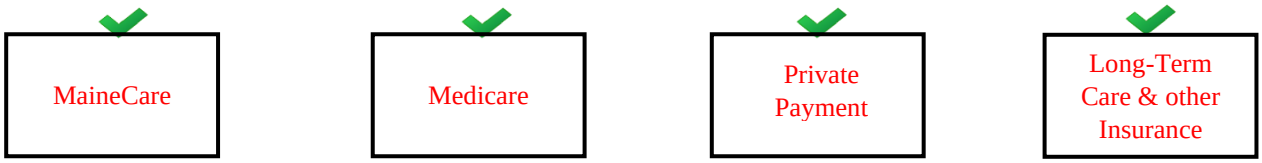
Some Frequently Asked Questions

Who can come to a Maine Veteran's Home?

- Honorably discharged veterans who served at least one (1) day of active duty other than for training (both wartime & peacetime.
- Spouses, widows, widowers and Gold star parents of qualified veterans.

Is MVH part of the VA Maine Healthcare System (Togus)?

No. We are a separate organization from the US Department of Veterans Affairs (VA). Maine Veterans' Homes is an **independent nonprofit organization** created by the people of Maine through the state legislature.



Who pays for my care at Maine Veterans' Homes?

We accept the same payment sources as other nursing homes:

Eligible nursing home veterans earn $107 a day and residential care veterans receive $47 per day to help with their cost of care. This benefit only applies to the veteran.

Eligible veterans with service-connected disabilities rated 70% or greater by the VA are eligible to stay at MVH at no cost.

How is MVH different from other nursing homes?

- Veteran-centric experience and environment.
- We understand veterans, their needs, and their benefits.
- We provide veteran camaraderie.
- Engaged community activities and volunteer support.
- Nationally recognized for top quality care.
- Specialized Clinical Programs.

If you have specific questions, or you would like to see how Maine Veterans; Homes can serve you, please email info@MaineVets.org

Augusta
310 Cony Road
Augusta, ME 04333
888-684-4664

Bangor
44 Hogan Road
Bangor, ME 04401
888-684-4665

Caribou
163 Van Buren Road
Caribou, Me 04736
888-684-4667

Machias
32 Veterans Way
Machias, ME 04654
877-866-4669

Scarborough
290 U.S. Route 1
Scarborough, ME 04074
888-684-4666

South Paris
477 High Street
South Paris, ME 04281
888-684-4668

Vet Center

U.S. Department of Veterans Affairs
Readjustment Counseling Services

Our Mission

Vet Centers serve veterans and their families by providing a continuum of quality care that adds value for veterans, families and communities. Care includes professional readjustment counseling, community education, outreach to special populations, the brokering of service with community agencies and provides a key access link between veterans and other services in the U.S. Department of Veteran Affairs.

Vet Center Programs

The Vet Center Program (Readjustment Counseling Service) was established by Congress in 1979 out of the recognition that a significant number of Vietnam-Era veterans were still experiencing lingering readjustment problems associated with their military service. The program continued to expand, to the present distribution of 300 Vet Centers, throughout the United States, including Puerto, the U.S. Virgin Islands, and Guam.

Vet Centers provide a personal and informal atmosphere in which to assist eligible veterans and their families. In addition to individual counseling, we also provide therapy groups. Therapy groups enable veterans to discuss their experiences among veterans who have had similar experiences. Family members and significant others are also eligible for readjustment counseling when related to the resolution of the veterans' readjustment issues. We also focus on increasing public awareness of the effects of military trauma, to help ensure that we all can be a contributing factor in the healing of our veterans.

Any Veterans and active duty Service members, to include members of the National Guard and Reserve components who:

- Have served on active military duty in any combat theater or area of hostility*
- Experienced a military sexual trauma
- Provided direct emergent medical care or mortuary services, while serving on active military duty, to the casualties of war or;
- Served as a member of an unnamed aerial vehicle crew that provided direct support to operations in a combat zone or area of hostility
- Vietnam Era veterans who have assessed care at a vet center prior to January 1, 2004

Vet Center services are also provided to family members of Veterans and Service members for military related issues including bereavement counseling for families who experience an active duty death.

**Service in combat theater or area of hostility to include but not limited to:*

World War II (including American Merchant Marines)

- Korean War
- Vietnam War
- Lebanon
- Grenada
- Desert Storm/Desert Shield
- Bosnia
- Bosnia Kosovo
- Operations in the former Yugoslavia area
- Yugoslavia area
- Global War on Terrorism
- Operation Enduring Freedom
- Operation Freedom's Sentinel
- Operation Iraqi Freedom
- Operation New Dawn

What Services Are Offered

- Individual and group counseling
- Couples/marital/family counseling
- Sexual trauma/harassment counseling
- Bereavement counseling
- Substance use counseling
- VA information and assistance
- Outreach and education about veteran issues and services

Vet Centers also serve as a referral source for Veterans in need of the following services:

- VA Maine Healthcare System-Togus, including PTSD program
- Veterans' Service Center (claims and benefits) Togus-Building 248
- Chemical dependency/dual diagnosis to other outpatient clinics
- Chemical Dependency Recovery Program (CDRP)

Confidentiality

No information will be communicated to any person or agency, without written consent from the veteran, except in circumstances to avert a crisis. (HIPPA, 1996) Services are FREE to all eligible veterans and their families

Readjustment Issues /PTSD

Adjustment to being home after serving in the military during periods of conflict, has long been recognized as a process that all former warriors must confront. What is known today as **Post-Traumatic Stress Disorder** (PTSD), is essentially a better-defined form of what has been called **soldier's heart** (Civil War), **shell shock** (WWI), **battle fatigue** (WWII & Korea), and **Vietnam Syndrome**, prior to the recognition of PTSD as a distinct diagnosis by the American Psychiatric Association in 1980.

Readjustment can be mild and brief in duration to severe and lifelong. We now know that everyone exposed to traumatic events, such as war or sexual assault, can have difficulties adapting to those experiences.

Symptoms may include irritability/anger (**Short fuse**), anxiety (**nervous/tense**), depression, difficulty trusting, emotional numbing (**shutting down**), hyper-alertness and startle reactions (**jumpy**), unwanted memories, isolation, loss of interest in things you use to like, and low tolerance of everyday stress. Veterans experiencing trauma/severe operational stress may also struggle with disturbed sleep, survivor guilt, increased substance use (drinking to sleep, etc.), and employment issues.

Many veterans are able to put their combat or traumatic experience in manageable perspective with appropriate assistance. Vet Center staff are highly trained in this area and many counselors are war zone veterans themselves.

Maine Vet Centers:

Bangor Vet Center
368 Harlow Street
Bangor, Maine 04401
(207) 947-3391
Bangor Vet Center is located in the town Plaza at the edge of downtown.

Lewiston Vet Center
35 Westminster St.
Lewiston, Maine 04240
(207) 783-0068
Lewiston Vet Center is near the USM L/A campus. ME Turnpike Exit 80, turn toward 196E, then left at second light.

Sanford Vet Center
628 Main St.
Springvale, Maine 04083
(207) 490-1513
Sanford Vet Center is located on Rt. 109 (Main St.), a few blocks down from the American Legion Post.

Caribou Vet Center
456 York Street
Caribou, Maine 04736
(207) 496-3900
Caribou Vet Center is on RT. 164. Washburn/ Outer York Street.

Portland Vet center
475 Stevens Ave.
Portland, Maine 04103
(207) 780-3584
Portland Vet Center is located on the corner of Stevens and Clinton Ave. It is two blocks north of Deering High School.

Should you have any questions, please call the nearest Vet Center listed here or call our center 24/7 at:
(877) 927-8387
www.vetcenter.va.gov

Honor Flight
MAINE

Maine Veterans at the World War II Memorial

Help us FIND and SEND WWII, Korean, Vietnam, or Terminally ILL Veterans to their memorials at NO COST to them.
Freedom is Not Free!
Support Honor Flight Maine

Our Mission

The Honor Flight Network is a nation-wide group of non-profit organizations called hubs, created solely to honor America's veterans for all their sacrifices. We transport our heroes to Washington, D.C., to visit and reflect at **their** memorials. Top priority is given to the senior veterans; World War II survivors, along with those veterans who may be terminally ill regardless of the campaign in which they served.

Of all the wars in recent memory, it was World War II that truly threatened our very existence as both a nation and a culturally diverse free society. According to the Department of Veterans Affairs, an estimated 555 WWII veterans die each day. Our time to express our thanks to these brave men is running out.

Honor Flight Maine was established in March 2014 and joined the national network May 1, 2014. We accept WWII, Korean, War and Vietnam War veterans as well as any terminally ill veteran. Our goal is to get ***all Maine Veterans*** of these wars to see their memorials in Washington, D. C. at ***NO COST*** to the veteran.

Veteran Testimonials

"It was a trip of a lifetime."

"I haven't thought about this stuff in years."

"I will never forget this trip."

"I just wish my buddies could have seen this."

Family Testimonials

"He hasn't stopped talking about his Honor Flight Trip!"

"We are so thankful he got to go."

"Standing among true American heroes at the Memorial was breathtaking."

"Thank You."

Honor Flight Maine Contact Info:

Post Office Box 1770
Portland, Maine 04104-1770
(207) 370-7210
www.HonorFlightMaine.org
MaineHonorFlight@gmail.com

Preble Street Veterans Housing services

Preble Street Veterans Housing Services is a short-term housing stabilization program funded by the Veterans Administration. VHS offers case management, housing search assistance, budget counseling, and financial assistance to eligible Veterans and Veterans' families throughout Maine and is a collaborative effort between Preble Street, the City of Portland, and Pine Tree Legal Assistance.

ARE YOU A VETERAN?

[HAVE YOU **EVER BEEN IN THE MILITARY**]

DO YOU NEED HELP?

CONTACT US TODAY!

To find out if you're eligible

Call: (207) 956-6556 or 1-800-377-5709
Email: vhs@preblestreet.org

You Have Provided Your Services to Protect our Freedom

Now Let Us Provide Our Services to Show Our Appreciation

Restorative Justice

Working with communities to build a safe pro-social place to live

This introduction page explains a little about the following information:

There is so much to talk about when Restorative Justice is mentioned. For nonviolent community safety and peace building, using power is key. For example: **power-over**. Power-over is a term used to describe the ways of using power that dominate or control. It stems from a value set that sees one person is better than another and therefore can use power-over them. Power-over is often characterized by threats and intimidation. It aims to subordinate, control, dominate or manipulate. It is often backed in some way by violence or threat of violence. In other ways power-over can be used in deceptive, manipulative, secretive, distorting, lying ways. In many of our daily interactions we use power-over in subtle and not so subtle ways. When we utilize our privilege as white people, or tertiary educated people, or as men etc. we are using power-over, often in a subtle or unconscious way. Police, security personnel and others in authority positions will commonly use power-over techniques as the way in which to do their jobs.

In many ways we are extremely familiar with how power-over is used because it is so common in our society from the family, school to our social institutions. Its consequences can be mistrust, defensiveness, fear and the breakdown of relationships. Power-over is the dominate way of using power in our society today.

Another example is: **power-with**. Power-with is another way in which we use power that doesn't seek to dominate or control, in fact the opposite. Power-with is the cooperative use of power. It sees power as something that happens in the interaction between people. When we work together with other people to achieve a goal, we are using power-with. The use of power-with can be seen all around us all the time. People working together. People carrying a large piano up-stairs are using power-with. Musicians in a band or orchestra are using power extremely cooperatively. People join a trade-union to utilize power together cooperatively to achieve an end. We are constantly working with other people in complex and cooperative ways and using power together.

The Definition of Restorative Justice: **Restorative Justice – we advocate for justice that is about interpersonal, group, societal and systemic relationships:**

"Those who are all familiar with restorative justice point to the importance of relationships to its practice. Indeed, the current restorative archetype is a face-to-face encounter between victim and offender with their communities. Success too often is cast in relational terms as restorative stories tell of relational repair, reconciliation and transformation.

Restorative Justice is a relational approach to justice, but this does not mean it is only focused on mediating interpersonal relationships. Justice viewed restoratively is fundamentally about just relations. In simple terms, as an approach to justice it says relationship matters to the way we understand justice and the issues at stake, as well as how we respond. This relational view extends beyond interpersonal relationships to relations at the level of groups, of institutions, of systems and of society.

In many situations, relations between those involved have never been just. In all situations, restorative justice is focused on figuring out what would be required to arrive at just relations in the future and how to move away from the current injustice(s) to justice.

This way of thinking about justice is different from the current criminal justice system's focus on individuals and on breaches of law. Instead, restorative justice is concerned with individuals in relation to one another and all that surrounds them."

From Jennifer Llewellyn: *http://policyoptions.irpp.org/magazines/may-2018/realizing-the-full-potential-of-restorative-justice/*

This introduction page explains a little about the following information: (Continued)

The Definition of Restorative Practices: **Restorative Practices – we utilize a wide variety of practices, and we build an accountable and supportive community of practices**

The practices that help to forward Restorative Justice, which are not only responsive to harm, but which also ***prevent*** the causes and conditions that give rise to harm and injustice. These include circle practice, mediation, policy change, and any practices that center and give power to those most impacted, address root causes of harm and injustice, and heal in an attempt to prevent future harm.

Definition of Transformative Justice: **Transformative Justice – we aim towards transformative justice, and support those engaged in transformative justice.**

"Transformative Justice [is] a liberatory approach to violence…[which] seeks safety and accountability without relying on alienation, punishment, or State or systemic violence, including incarceration or policing.

Three core beliefs:

1. Individual justice and collective liberation are equally important, mutually supportive, and fundamentally intertwined –the achievement of one is impossible without the achievement of the other.
2. The conditions that allow violence to occur must be transformed in order to achieve justice in individual instances of violence. Therefore, Transformative Justice is both a liberating politic and an approach for securing justice.
3. State and systemic responses to violence, including the criminal justice legal system and child welfare agencies, not only fail to advance individual and collective justice but also condone and perpetuate cycles of violence.

Transformative Justice seeks to provide people who experience violence with immediate safety and long-term healing and reparations while holding people who commit violence accountable within and by their communities. This accountability includes stopping immediate abuse, making a commitment to not engage in future abuse, and offering reparations for past abuse. Such accountability requires on-going support and transformative healing for people who …abuse."

From INCITE!: https://www.transformativejustice.eu/en/accountability-and-sexual-violence/what-are-ca-and-ty/

Integrating Racial Justice and Restorative Justice

Here is important information from Restorative Justice Advocates.

As I learned more about restorative justice, the large number of books, papers and essays on the subject was astonishing. Not surprisingly given my lifelong journey as a racial justice activist, I was particularly interested in exploring the intersection of racial and restorative justice. A Google search, however, turned up not even a handful of publications addressing race, whiteness, the civil rights movement, mass incarceration, or the overrepresentation of persons of color in the criminal justice system. Nor had there been any conference or other gatherings on the subject. The restorative justice movement appeared to have no racial justice consciousness!

The following overview of the nature and history of race and racism in the United States sheds light on why the restorative justice community has failed to address race. This chapter also urges us to see restorative justice as a social movement, not solely as social services, and concludes with reflections on the importance of race in the restorative justice movement and of healing in the racial justice movement. Though we are seeing glimmers of change, racial justice and restorative justice are often perceived as opposites. In archetypal terms, one invokes the warrior and the other, the healer. If we are to be as transformative as possible, however, whether as racial justice or restorative justice advocates, we must transcend the binary and integrate warrior and healer.

The following is a partial /brief history of Circle Practice written by Living Justice Press, a publisher of Restorative Justice literature:

The circle process that many non-Native people are using today is rooted in the tradition of talking Circles that Indigenous Peoples in North America use and have used for millennia.

This introduction page explains a little about the following information: (Continued)

Different Native Peoples practice different forms of the Circle process. The form of Circles described in Living Justice books most closely reflects the talking

Circle process practiced by the Plains Peoples of North America. In these traditions, Circles are far more than a technique; they are a way of life. Circles embody a philosophy, principles, and values that apply whether people are sitting in Circle or not.

During the 1990's, members of First Nations in Canada began teaching the Circle practice to non-Native people. They chose to do this because First Nation communities were seeking alternatives to the mass incarceration of their people, which was—and remains—another form of genocide. Returning to the Native ways to resolve conflicts and harms required collaboration with non-Native people: lawyers, prosecutors, judges, as well as non-Native neighbors.

In the process, non-Native people experienced the Circle process and its power to bring positive transformation for everyone involved. From these origins, the use of Circles among non-Natives has grown.

Because Circles have the capacity to bring people in conflict together in a good way, different Native communities have, at different times, sought to use the process to resolve differences and conflicts with their non-Native neighbors. The form of the process reflects the traditions of each Native People. A form of the Circle process has been used by Native Elders for several decades in Wyoming, for example, to protect the Bighorn Medicine Wheel from non-Native tourist abuse and violations.

Indigenous peoples around the world have clearly used processes similar to Circles to attend to the community's work. Circles of stones or wood can be found all over Europe. Some European circular sites date back 5,000years or more. Though Indigenous European forms of Circles have been largely lost, many Indigenous Peoples continue to use Circle-like processes today. We are deeply indebted to those who have carried these traditions into modern times.

Restorative Justice Institute of Maine provide various supports in the community. For example, youth justice program, restorative school's program, demonstration project, grounded leadership, cross-contextual impact, priority communities, they partner with communities to address harm and injustice through practices that build connections, equity, accountability and healing. Reentry circles are provided for incarcerated citizens in need of support, reentering the community is difficult for an individual who is coming from a correctional facility. It is important to form a circle of support that will assist with his/her reintegration

Restorative Justice Institute Restorative Justice Institute of Maine partnered with the Department of Corrections to transform the culture of the Maine State Prison (MSP). Restorative Justice (RJ) established a steering committee November 29, 2017 with the help of incarcerated citizens and the Department of Corrections (DOC) at the time MSP Warden Randal Liberty now DOC commissioner. Restorative Justice Institute of Maine and men at MSP have worked to formulate a restorative/transformative justice curriculum to present to the prison population and co-facilitate the classes to help the population understand the principle of restorative/transformative justice practices. These practices will provide men an opportunity to implement restorative/transformative practices in their lives. Doing so will help them to be cautious and more understanding of others, how they present themselves in the community and how they treat others. The goal now is for RJ to work alongside the corrections officers at MSP and develop a curriculum that will be workable and affective for them.

Restorative Justice Project (RJP) are building community justice infrastructure, explain why do community justice practices matter? Provide reentry circles for incarcerated citizens reintegrating back into the community. Their mission is to promote a justice that is community-based, repairs harm, and creates safety and well-being for all. This section explains and shows RJP's vision. The Director Sarah Mattox and staff are always working with communities to build relationships and bridge the gap by educating community members. RJP provides services in Sagadahoc, Lincoln, Waldo & Hancock Counties. RJP helps communities understand restorative justice practices with an option to work with them to implement the practices in their community/lives. There is a Restorative Justice program available at the Maine Coastal Regional Reentry Center (MCRRC) in Belfast Maine.

This introduction page explains a little about the following information: (Continued)

May 2021, a group of men who are actively involved with bringing culture change to Maine State Prison (MSP) utilizing restorative and transformative justice practices received a letter form District Attorney Natasha Irving expressing gratitude for the RJ work being done in the facility. Ms. Irving asks a few questions: does restorative justice have more potential in creating a safe community than traditional prosecution within MSP? Would community members respond better to accountability and justice efforts if the messengers were part of their community, and not solely players they do not know, never meet, and will only see when they enter a court room? Would face to face accountability and restoration be more effective than an interrupting sentence? Ms. Irving asks the Maine State Prison NAACP membership for assistance in creating a Restorative Justice Pilot Project at the facility. She envisions addressing matters pre-charge or post-charge, the sky is the limit. In her mind, the most important aspect of the project will be that the MSP community develop practices and **ALL** players have buy in. Ms. Irving expresses that her role is to support, assist, listen, learn and commit, not to dictate or direct. Having the Restorative Justice Project (RJP) located in Belfast to assist with this pilot project would be an honor.

Restorative Justice is something that we all should know about. It is a very interesting educational experience with an amazing opportunity to apply important practices in our lives. Doing so will attract the attention of others curiosity. Restorative practices are serious life changing steps. It truly brings the best in one's self out and helps us to not only learn more about who we are as a human being, it exposes our true meaning in life!!!

"I LIKE THE IDEA THAT JUSTICE IS ANYTHING THAT MAKES WAY FOR JOY, THAT MAKES THE CONDITION OF JOY A POSSIBILITY AGAIN."

~LACEY M JOHNSON

Restorative Justice Institute Maine

Youth Justice Program

- We've facilitated support and accountability circles with ***400 young people and thousands of community members,*** family members, supporters, and survivors of harm all across the state.
- We host monthly zoom calls challenging our dozens of facilitators to analyze their practice through a social justice lens. Questions like "What is the role of system in harming the healing?"
- We partner with organizations in Northern Maine to replicate our program, and make it our own.
- We play a supportive role in the Juvenile Restorative Justice Council, a statewide cross-disciplinary group dedicated to sustaining Restorative Justice work for youth.

Restorative Schools Program

- We are ***building learning communities with hundreds of educators*** in Lewiston, Auburn, Lake Region, Harpswell, Augusta, and others to establish trauma-informed, restorative approaches in the school communities that fundamentally change relationships and discipline practices.
- School partnership have led to policy changes like eliminating zero-tolerance policies in another.

Demonstration Project

- ***We are working hand in hand with people directly impacted by challenges in Maine's communities*** to design projects using restorative principles that meet needs they identify—in the way they want to meet them.
- With men inside Maine state Prison, peer-to-peer Restorative Practice curriculum, and art to raise awareness of the possibilities of Restorative Justice.
- With survivors of sexual assault, practices to meet the needs of sexual assault survivors and transform the harmful behavior of those who caused harm.
- With advocates for adults with developmental disabilities, work on designing restorative circles to keep people in place who are at risk of losing their placement.
- With middle school students in southern Maine, addressing racism and harassment in their school.

Our work makes clear that with a little creativity, restorative approaches can help our communities in a million little ways—but it's up to community members to imagine it. ***We are here to spark that imagination and facilitate design, implementation, and sustainability.***

Grounded Leadership:

We are people directly impacted by harm and injustice in Maine communities and our allies and accomplices.

Our knowledge comes from lived experiences, in-depth training, practice, sharing and reflection.

Our community practice is made up of community members, schools, organizations, restorative justice practitioners, organizers for social change, and allies inside of systems.

Cross-Contextual Impact:

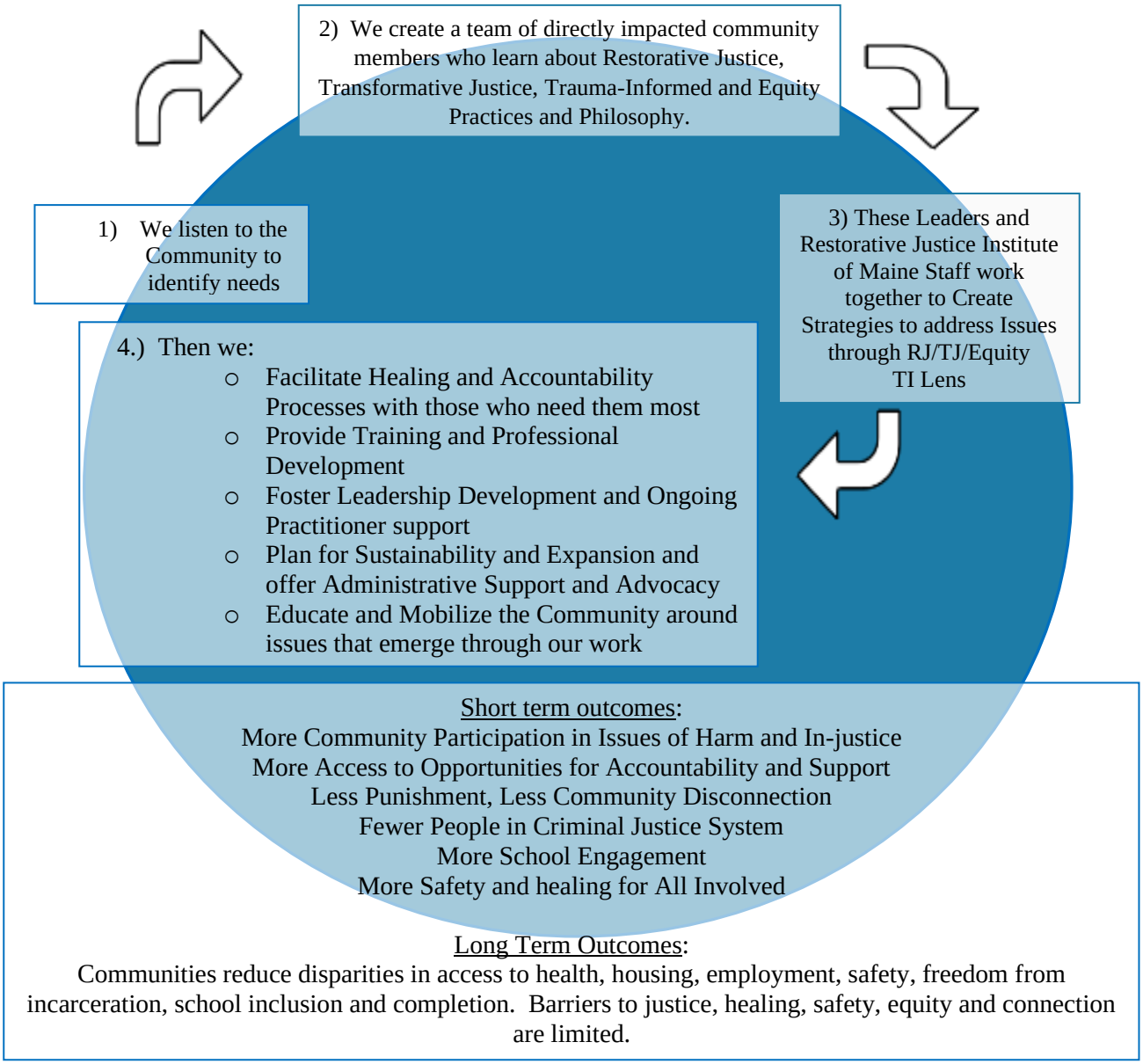
We work with the following:
Community Members
Interested Organizations
School Systems

Public Safety/Corrections Systems
Individuals Seeking Healing and Reconciliation in Community

Priority Communities

We prioritize collaboration with people and communities most at risk for interpersonal harm and harm done by school and criminal legal punishment systems. We center the teachings of indigenous people and people of color as we learn how to build justice in community.

We Partner with communities to address harm and injustice through practices that build connections, equity, accountability and healing.



Contact Information:

Restorative Justice Institute of Maine (207) 939-4599
142 High Street Suite 315
Portland, Maine 04101

Restorative Justice Project (RJP) Maine: Toward a Restorative Future

Restorative Justice Project – Maine – Origins:

Founded in 2005, RLP was conceived as a grass-roots citizen effort to promote alternatives to punishment, isolation and incarceration in favor of collaborative, non-adversarial processes focused on accountability, support and healing – inviting those most directly affected by harm to the center of determining a resolution.

Present Day RJP Work:

- **Community Resolution** facilitated by trained local volunteers in response to harm across prosecutorial district six: Waldo, Knox, Lincoln & Sagadahoc[1]
- **Training and Coaching towards whole-scale implementation** of restorative practice in discreet settings: Maine Coastal Regional Reentry Center (Belfast); Long creek Youth Development Center (South Portland); RSU 13 (Rockland-area); RSU 71 (Belfast area)
- Foundations in Restorative Practices Certificate Program-in partnership with the University of Maine, Hutchinson Center for individuals and schools interested in learning restorative practices.

Innovations in Crime Prevention Grant

RJP will use these resources to prevent and reduce crime and its impacts by implementing a data-informed, collaborative, place-based infrastructure and replicable model designed especially for rural communities. These Community Justice Centers will build safety through increased community connections and networks of care built around the factors that drive crime in rural communities, especially for young adults. In addition, CJCs will offer all community members meaningful ways to belong and become involved in community life, building protective factors and social cohesion.

A Look Into the Future



Building Community Justice Infrastructure:

- A **central doorway** for all services that make up the continuum of care for the county
- A literal, **physical space** to convert meetings, where people can gather for support and connection around a variety of issues and needs.
- A set of **meaningful roles** that community volunteers can take on to participate more fully in the process of justice. Volunteer roles: leaders; advocates; mentors/creditable messengers; circle keepers and connectors.
- A place for the **diversion/community resolution processes**, where instead of court hearings, restorative circles happen to provide a place for impacted parties to come together when crime or wrongdoing has taken place to repair, resolve conflict, and agree upon consequences.

Building Community Justice Infrastructure



1 At present, limited funding to support referrals of adult offenders and those they have harmed is available in Waldo, Knox and Hancock Counties. Juvenile services are available district wide.

- A **central hub and clearinghouse**, a place for community outreach, training's, social events, support circles, discussions and dialogue and where proactive relationship building practice can take place.
- A **collaborative space** to be shared with other service providers working in the same geography toward the same ends, streamlining the process for those seeking support and increasing synergy and collaboration among service providers.
- A **data hub**, a place where shared measures are kept and tracked, or where data can be pooled, analyzed, and discussed – and from which continuous quality innovation can flow.



Why do community justice practices matter?

- Victims report high rates of satisfaction through direct participation.
- Active accountability: restorative practice can attend to the root cause of the harm and reduce the likelihood that something similar will happen again.
- Citizen engagement promotes local understandings of local concerns, spurs empathy, drives allocation of resources, and offers direct support to fellow community members – all of which enhances community safety[1]

What is Restorative Reentry?

Restorative Reentry is a community-facilitated, circle process intended to support people who have been incarcerated in coming back into the community. The idea is that everyone needs healthy relationships in order to thrive. This is one way to connect with other people in the community you are returning to and **build relationships** to assist you in successful reentry. This process is built upon the values of *voice, choice and dignity*. You, and those who know you best, should be at the center of planning what you need to be successful with your transition.

What is the Restorative Reentry Process?

- Let RJP know you are interested in trying this / **self-refer OR someone like a family member or a friend can refer you**; RJP will connect you with a team of volunteer facilitators.
- **Introductory conversation** with these facilitators focused on your reentry goals and on what type(s) of support you will need in order to be accountable to your goals and who you would like to have there.
- **Reentry support circle** to share: 1) your feelings and needs about this transition, 2) your goals and requests for support, as well as the commitments you will make to your own success; 3) what people at the circle can offer you by way of support and accountability to assist your reentry.
- **Follow-up** on whatever resolutions or action steps your group agrees to. This could include facilitated conversations with folks where you both want to try to repair the relationship.

Who participates in a Restorative Reentry Circle?

Restorative Reentry is **completely voluntary** for all involved. You will talk with circle facilitators about who you would like to invite. This could include family members, friends, peers who have reintegrated back into the community, members of the recovery community (such as a Recovery Coach or Sponsor), community volunteers from RJP, and / or professionals from the fields where you would appreciate extra support (like employment, housing, or mental health).

2 Sherman, LW and Strang, H (2007) Restorative Justice: The Evidence London: The Smith Institute.

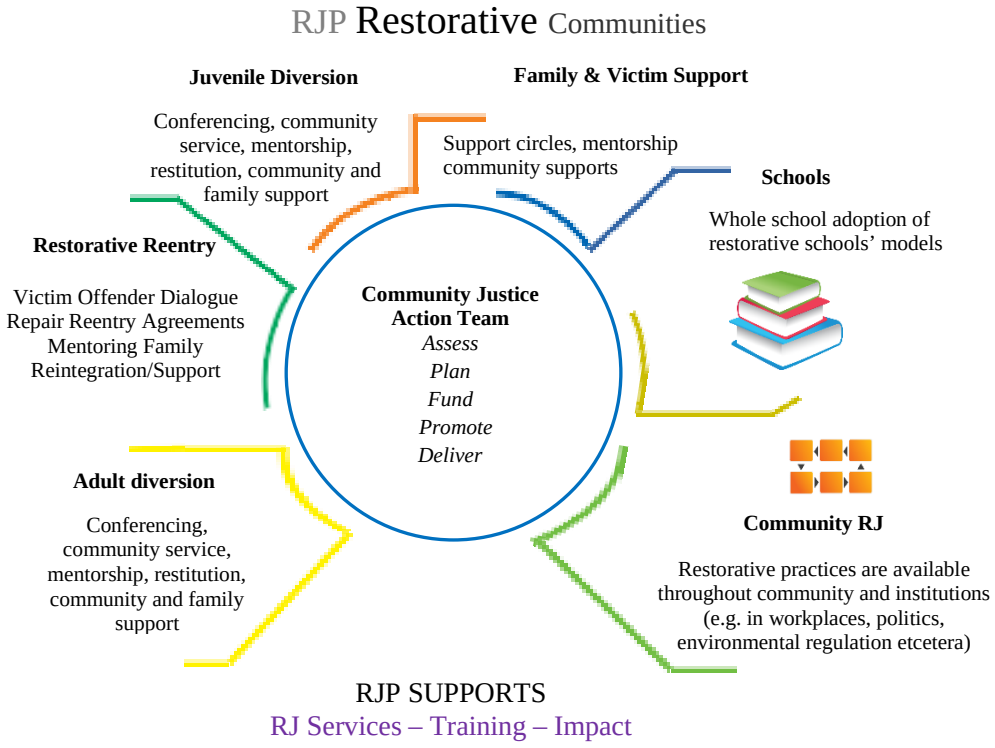
RJP Mission

The Restorative Justice Project of Maine was founded to offer responses to crime and wrongdoing that are grounded in restorative principles. Our mission is to promote a justice that is community-based, repairs harm, and creates safety and well-being for all.

RJP Legacy Goals:

- All crimes in Maine are met with a restorative response
- Restorative solutions are the norm, punitive solutions are the exception. Victims and communities have a prominent role in repairing harm caused by crime.
- All schools and education institutions in Maine use restorative practices *to support learning, build community and for dealing with conflict and wrongdoing.*
- Restorative practices are well understood, used effectively and with fidelity to core values and standards.
- Restorative solutions are widely available: Anyone, anywhere, anytime can seek a restorative solution. Sufficient, sustainable resources are dedicated to restorative practices; it is easy to find professionals and volunteers who are able to facilitate restorative responses.

RJP Vision



Contact Info:
Restorative Justice Project (RJP)
Director Sarah Mattox
PO Box 141
Belfast, Maine 04915
(207) 338-2742
sarah@rjpmidcoast.org

NAACP

National Association For The Advancement of Colored People
Maine State Prison (MSP) Executive Branch, Warren, Maine

This introduction page explains a little about the following information:

NAACP Board Members: President Foster Bates, Vice President Santanu Basu (Operations), 2nd Vice President Jeff Taylor (Reentry), Leo Hylton, (Executive Secretary), Shawn Tuttle (Finance & Treasury), Abdi Awad (Membership & Recruitment) all work hand-in-hand with our incredible, remarkable, miraculous leader NAACP Liaison Rachel Talbot-Ross since this chapter's inception in 2004. Ms. Talbot-Ross is also a State Representative of Legislation. She has dedicated seventeen (17) years of service and support for incarcerated citizens throughout the Department of Corrections. The NAACP leadership works along-side of the Department of Corrections, Maine Prisoner Reentry Network (MPRN), Restorative Justice and many more community stakeholders to build pro-social relationships in the community. As a team, we all share a common goal, which is to assure the rights of all incarcerated citizens to be fair while providing the essential reintegration/reentry services for all in need. The NAACP developed leadership skills among its members to contribute to their surrounding communities while improving our own skill levels. The NAACP provides a service to attain higher levels of achievement within the penal system. The NAACP is currently working on Criminal Justice Reform through legislation, local state advocacy and National advocacy groups to help legislative leaders in the decisions made involving criminal justice reform. The Mission of the NAACP is to ensure the political, educational, social, and economic equality of rights for **ALL** and to eliminate racial hatred and racial discrimination.

The Maine State Prison NAACP Chapter provides Laptops and Smartphones for individuals reentering the community who may need them through the Maine Prisoner Reentry Network (MPRN). Also, we are in talks with the National Digital Equity Center (NDEC) to provide technology training to utilize these devices to their full potential. These devices will assist you in navigating the needed resources, support & employment throughout the state to succeed. The NAACP is united with the Maine Prisoner Reentry Network (MPRN). MPRN, NAACP liaison Rachel Talbot-Ross & NAACP 2nd Vice President/MPRN Peer Reentry Specialist Jeff Taylor meet with men at the Maine State Prison to assist with services to provide resources for their release. Structured reentry has been one of the NAACP's focus for the last sixteen (16) years. MPRN & NAACP work in collaboration to be sure that everyone receives wrap-around care. We are here to listen and help with your needs to be successful. There is a farm established by NAACP Dawud Ummah, (Ummah) means community, it is where individuals previously incarcerated can go to utilize this place to heal, to learn new skills, build a foundation with support & resources in the community. Temporary housing may be available. It is a great peaceful place to find one's meaning in life. **The name of the farm is Ummah Farms, it is located in Turner Maine. To inquire about Ummah Farms, write to Dawud Ummah at 248 Lower Street Turner, Maine 04282.**

Advocacy work, always keeping the incarcerated citizens rights at the forefront. Some examples are:

- Irraticate discrimination & have fair and equitable treatment for **ALL** incarcerated citizens.
- Disciplinary Policy-eliminating fines, proper due process
- Level System & Prisoner Performance Reports (PPR) Policy
- Not infringing on community connection resources (Phone, Mail, Visits etc.)
- Partnering with the Maine Prisoner Reentry Network (MPRN) & the Department of Corrections to provide a structured transition into the community with necessary resources such as (housing, employment, recovery support, etc.)
- Working to correct the barriers to utilize Supervised Community Confinement Program (SCCP) to the fullest
- Promote alliances, legislation and initiatives that reduce recidivism
- Up-coming Proposed Legislative bill: Structured Reentry Program

This Introduction page explains important details about the flow chart on the following page: (Continued)

Structured Three Phase Reentry Program Overview

The Maine state Prison (MSP) NAACP is currently working with community stakeholders to finalize a legislative structured reentry program bill. This reentry program currently is being worked on with the potential to be instituted in the Department of Corrections. The program will afford incarcerated citizens the opportunity to utilize the structured three phases to build a meaningful future in the community, providing for their families, being a tax payer and paying it forward by giving back to others who are in need. Structured three phase reentry is organized to assist men and women to utilize evidence-based rehabilitative programming in a correctional facility. It is important for men and women to understand the reason(s) for the behaviors that brought them to be incarcerated. Most will not be so quick to not want to participate in programs if they have a better understanding why it is a need and also why it is on their case-plan. The first phase occurs in the prison setting and to be most effective, should include elements that lay a foundation upon which community reentry programs can build. The second phase begins when participant's exhibit excellent program compliance, self-liberation and behavior. Doing so provides incarcerated citizens an opportunity to continue healthy behavior and transition into the community under supervision of DOC. The third phase provides continued programming, support services and aftercare during supervision and once the program is completed, reducing the likelihood of returning to prison. To be enrolled for participation in the program, a person who is sentenced to the Department of Corrections for a term of a minimum of ten (10) years enters into phase one upon screening to identify risk factors for behavior and recidivism, mental health and substance abuse needs as well as any other programming needs. Enrollment into phase two is a comprehensive review by the participants case-manager and reentry professionals of institutional behavior, case-plan compliance, educational/vocational achievements, any mental health and substance use screenings, programs completed, and the participants reentry plan for reintegration. Once enrollment into phase two is granted by the reentry professionals, a participant is already enrolled in phase three by utilizing the resources established in the reentry plan in collaboration with the case-manager, reentry professions and the participant. Phase three is the continuum of care utilizing the resources and support established in the community to be successful and not return to prison.

This Introduction page explains important details about the flow chart on the following page: (Continued)

Structured Three Phase Reentry Program Overview

The program is a structured for Maine using the ten processes of change.

There are 'ten processes of change that haven been identified for producing progress along with decisional balance, self-efficacy and temptations' (Prochaska, Velicer, 1997). We can see the ten processes of change includes 'consciousness raising, dramatic relief, self-re-evaluation, environmental re-evaluation, social liberation, self-liberation, helping relationships, counter conditioning, reinforcement management, and stimulus control' (Boston School of Public Health, 2013):

- Consciousness Raising- Increasing awareness about the healthy behavior.
- Dramatic Relief- Emotional arousal about the health behavior, whether positive or negative arousal.
- Self-Reevaluation- Self-reappraisal to realize the healthy behavior is part of who they want to be.
- Environment Reevaluation- Social reappraisal to realize how their unhealthy behavior affects others.
- Social Liberation- Environmental opportunities that exist to show society is supportive of the healthy behavior.
- Self-Liberation- Commitment to change behavior based on the belief that achievement of the healthy behavior is possible.
- Helping Relationships- Finding supportive relationships that encourage the desired change.
- Counter-Conditioning- Substituting healthy behaviors and thoughts for unhealthy behaviors and thoughts.
- Reinforcement Management- Rewarding the positive behavior and reducing the rewards those come from negative behavior.
- Stimulus Control- Re-engineering the environment to have reminders and cues that support and encourage the healthy behavior and remove those that encourage the unhealthy behavior.

Structured Three Phase Reentry Flow Chart

Reentry Defined

The United States Congressional Research Service (CRS), a division of the Library of congress, provides research services for the U.S. Senate and the House of Representatives. In a 2015 abstract prepared for members of Congress, the CRS defines reentry as, "all activities and programming conducted to prepare offenders to return safely to the community and to live as law abiding citizens." The Congressional Research Service further defines reentry as three-phase programming that ideally begins as soon as an offender is sentenced to the Department of Corrections (DOC). The first phase occurs in the prison setting and to be most effective, should include elements that lay a foundation upon which community reentry programs can build. The second phase begins when participant's transition to the community and the third phase provides continued programming, support services and aftercare during supervision and once the program is completed, reducing the likelihood of failure. This program is designed for all incarcerated citizens of Maine with a minimum ten-year term of imprisonment, however not all incarcerated citizens are ready to take charge of their lives. Through this program, the DOC supports those who are motivated to successfully reintegrate back into the community.

Reentry Facts

If properly resourced and administered, Supervision can be an effective and efficient tool for recidivism reduction. Source: Danielle Kaeble "Probation and Parole in the United States", 2016 Washington D.C. Bureau of Justice Statistics.

The Maine Coastal Regional Reentry Center conducted a study in 2015 titled "Breaking the Cycle" which states that the MDOC's current estimated rate of recidivism is 70%. Dropping that recidivism rate by more than half would free up millions of dollars to implement a reentry program, which would continue to compound savings. Thinking long term, it is entirely conceivable that reentry programs could reverse the 25 percent increase in prison population that Maine experienced in the past 25 years.

Phase One: Provides evidence-based programming to address and identify criminogenic needs to change behaviors that brought them to prison in preparation for phase two.

Phase Two: Once the incarcerated citizen has exhibited positive and pro-social changes in behavior, attitude and values addressed in phase one, a structured reentry transition plan is developed. Once the plan is developed and the case-manager has verified all other program requirements have been met, the incarcerated citizen will appear in front of the reentry professionals to Determine suitability for supervised community transition.

Phase Three: If the reentry professionals approve supervised transition, phase three provides continued support and structure through community volunteer work, programs and other resources deemed necessary for successful reentry such as reentry/recovery coaching

Custody and Control: While in the program, a person is under the custody of the warden or chief administrative officer of the correctional facility from which the person was granted acceptance into the structured reentry program but, under the immediate supervision of and subject to the rules of the department and any special conditions of the program imposed by the reentry professionals. The reentry professionals may terminate A person from the program if any condition of the program is violated.

Envisioned Outcome: Strengthen public safety by preparing incarcerated citizens for successful supervised reintegration through structured reentry. This will increase the safety of Maine's communities by reducing recidivism and therefore sparing one less victim the trauma of crime. By decreasing the prison population, the burden on taxpayers will be lessened allowing additional resources to be available where needed throughout the state of Maine. Also, by reducing recidivism, the chronic concern with the lack of corrections officers throughout the Department of Corrections will be reduced.

Probation & Court Ordered Restitution

This introduction page explains a little about the following information:

Probation, what you need to know. Your probation officer (PO) is not out to put you back in jail/prison. Realistically, a PO is a resource to help you succeed. If you decide to break the law, your PO will help you succeed at going back to jail/prison if that is the choice you wish to choose. If you would like to succeed when released in the community, reaching out to your PO with any questions and concerns you may have would be an ideal way to develop a report with he/she with the possibility of meeting with them before your release. If you already know your PO, it would make sense to reach out to he/she and request to meet with them and discuss the resources you will need assistance with before your release. Your probation officer is available to help you. Although the officer you work with will have some specific goals, including your compliance with the laws and your particular probation conditions, your officer wants you to succeed and get you out of the criminal justice system once and for all.

Tips for working with your PO is available for you to utilize. There is a form included in this section explaining potential conditions of your probation. Also, there is information pertaining to Maine court ordered restitution. This information will be helpful to those who have court ordered restitution. If you are incarcerated, 25% of all the funds you receive or earn each month will be taken until the active restitution order has been paid in full or until you are released. The facility that you are in will work with the Department of Corrections Victims Services to establish accurate restitution records and balances due on the active restitution cases.
There is a form in this section that is used or is a good information example to explain what could potentially be used in your case regarding restitution, supervision fee collections.

This information is good to know. Any additional information needed that is not available in this section that you may need, please ask your caseworker or designee.

Probation: What You Need to Know

Your probation officer is available to help you. Although the officer you work with will have some specific goals, including your compliance with the laws and your particular probation conditions, your officer wants you to succeed and get you out of the criminal justice system once and for all.

The following is a listing of the main Adult Community Corrections Offices (Probation) in Maine. To find the satellite offices closest to you, call the number provided for your region.

Region One:
(207) 822-0806 0r (207) 822-0807
Address: 315 Park Ave
Portland, Maine 04101
Coverage: Cumberland, York ONLY!

Region Two:
(207) 287-2401
Address: One Weston Court
Augusta, Maine 04333
Coverage: Androscoggin, Kennebec, Lincoln, Sagadahoc, Somerset, Oxford, Franklin

Region Three:
(207) 941-4714 or (207) 941-4718
Address: 102 Hogan Road
2nd Floor
Bangor, Maine 04401
Coverage: Aroostook, Hancock, Knox, Penobscot, Piscataquis, Waldo, Washington

Tips for Working with your Probation Officer (PO):

- Keep an open mind that your PO is there to help you stay on track and; out of custody!
- Be honest with your PO; even when it is difficult to do so. Establishing a working relationship will your PO is important for your success.
- Stay in contact! Not reporting as directed is a violation and could potentially send you back to jail/prison. This will help you avoid that. Remember, you are in charge of your successes as well as your failures, no one else is.
- If you have a relapse or other violation, be upfront with your PO about the problem. It can be helpful for you to have some ideas about ways to avoid the problem in the future.
- Your PO is a resource, if you show her/him you are serious, they will help!
- If you have a violation, don't add on to it; it's better to have only one problem. In other words:



Don't Let A Slip Become A Fall!

Your Conditions of Probation

The following is a sample Conditions of Probation form. If you have one of these, READ IT! If you have questions, ASK YOUR PROBATION OFFICER! You are expected to not only know your conditions but also follow them. You signed this form and a Probation Officer (PO) or Judge will not accept it if you claim to not have known your conditions!

STATE OF MAINE **CONDITIONS OF PROBATION**

Court: _____ (Superior) (District) Docket # _____

DEFENDANT D.O.B. SSN

You have been convicted of

which (is a) (are) Class crime(s). You are placed on probation and committed to the Department of Corrections for

a term of (months) (years) subject to the condition below.

THE CONDITIONS OF YOUR PROBATION ARE AS FOLLOWS: YOU SHALL

1. refrain from all criminal conduct and violation of federal, state and local laws.
2. report to the probation officer immediately and thereafter as directed and within 48 hours of your release from jail or prison.
3. answer all questions by your probation officer and permit the officer to visit you at your home or elsewhere.
4. obtain permission from your probation officer before changing your address or employment.
5. not leave the State of Maine without written permission of your probation officer.
6. maintain employment and devote yourself to an approved employment or education program.
7. not possess or use any unlawful drugs and not possess or use alcohol (excessively).
8. identify yourself as a probationer to any law enforcement officer if you are arrested, detained or questioned for any reason and notify your probation officer of that contact within 24 hours.
9. waive extradition back to the State of Maine from any other place.
10. not own, possess or use any firearm or dangerous weapon if you have ever been convicted of a crime in any jurisdiction with a potential penalty of one year or more of any crime involving domestic violence or the use of a firearm or dangerous weapon.
11. pay to the Department of Corrections a supervision fee of $ a month.

☐ 12a. Provide DNA sample as required. ☐ 12b. Fully comply with the Sex Offender Registration and Notification Act.

☐ 13. pay to the Department of Corrections an (electric monitoring fee) (substance testing fee) of $ _____

☐ 14. not own, possess or use any firearm or dangerous weapon.

☐ 15. submit to random search and testing for (alcohol) (drugs) (firearms) (dangerous weapons) (sexually oriented material) (_____) at the direction of the probation officer or law enforcement officer.

☐ 16. complete (evaluation and) counseling and treatment as an (out-patient / in-patient) (at. _____ _____or a similar facility) as directed by your probation officer for (substance use) (sex offender) (psychological) (domestic violence) (certified batterer's intervention) (anger management) (medical) (_____) issues and sign any release requested by your probation officer.

☐ 17. pay restitution in the [maximum] amount of $ _____ through the (Department of Corrections) (Office of District Attorney) by _____ on a schedule set by the court or your probation officer for the benefit of $ _____

☐ 18. pay all fines fees, surcharges and assessments in full (and counsel fees as ordered) to the clerk of the court no later than _____ (date), on a schedule set by the court or your probation officer.

☐ 19. not operate or attempt to operate motor vehicle (including ATV, snowmobile, motorboat or aircraft) (until properly license by the Secretary of State).

☐ 20. not associate with any other person who is on probation or parole without written permission of your probation officer.

☐ 21. have no contact with (male) (female) children under the age of _____ have no direct or indirect contact or enter the residence, place of work, or education location of _____ (and their family except with the written permission of your probation officer).

☐ 22. not be present in an establishment that serves liquor for on premises consumption (after AM/PM).

☐ 23. support your dependents and meet your responsibilities.

☐ 24. not view or possess any sexually oriented material or utilize access to the internet.

☐ 25. not have any possessory interest in any bank account except as authorized in writing by your probation officer.

☐ 26. appear for periodic judicial review as directed by the court or your probation officer.

☐ 27. Perform _____ hours of public service work within ____ months as directed by your probation officer.

If you violate or fail to fulfill any of the above conditions, you may be arrested. Your probation may be revoked and you may be required to serve the rest of your sentence in jail or prison.

ORDERED: All conditions of probation are incorporated into the judgment and docket by reference.

Date: _____ Justice / Judge _____

I acknowledge receipt of these conditions and accept them as written.

Witness: _____ Probationer: _____

CR-122, Rev. 10/03 White—Court Copy / Yellow-Probation Officer Copy / Pink-Probationer

Maine Court Ordered Restitution

Restitution can be granted for out of pocket expenses or economic loss for the victim of the crime or the dependent of the deceased victim. Restitution can also be ordered for any person, firm, organization, corporation or government entity which has provided recovery to the victim. The victim's losses have to be determined and noted prior to your sentencing in order for the District Attorney's Office to review and request that you be ordered to pay restitution as part of your sentence.

Restitution can be ordered for expenses such as counseling costs, medical bills, property damage, fraud, funeral expenses, loss of wages and other out of pocket expenses. Once the court determines that the victim has an economic loss then restitution can be imposed as part of your sentence. Restitution is ordered by the Court as a condition of sentencing to be paid either through the Maine Department of Corrections as a condition of Probation or through the District Attorney's Office in the County in which you were prosecuted.

An income without order can be issued by the sentencing judge. An income withholding order allows the Court to order a portion of your income to go directly from the paycheck to be applied toward the restitution order. Bail money posted in your name can be applied toward restitution by the sentencing Judge. Bail money cannot be applied toward restitution if the bail was posted in someone's name other than yours (i.e. third-party bail).

If you are incarcerated:

If you are incarcerated, 25% of all the funds you receive or earn each month will be taken until the active restitution order has been paid in full or until you are released. The facility that you are in will work with the Department of Corrections Victims Services to establish accurate restitution records and balances due on the active restitution cases.

Maine State Revenue Set-Off:

It is mandatory under 36 M.R.S. §5276-A that when an offender is sentenced and the Court orders restitution as a condition of probation that the offender disclose his/her Social Security number. Collection of any fine or reimbursement of money which is owed to the State of Maine will be accomplished by offsetting money that the offender owes to the State of Maine income tax refund. This means that your tax refund will be used to pay off your restitution, if you owe any.

Restitution as a Condition of Probation:

If you are paying restitution as a Condition of Probation, the restitution payments are monitored by the Supervising Probation Officer. Sometimes the amount of restitution order is an "Up To" amount because the exact cost was not known at the time of sentencing. In that case, the victim must provide the Maine Department of Corrections with documentation to support the amount of restitution they are seeking.

If you do not pay your restitution and you are on probation, it is a violation. A motion to revoke probation can be filed by the Probation Officer summonsing you to Court to answer to the violation of non-payment of restitution. A number of outcomes could occur: revocation ending probation and returning you to jail or prison to serve the rest of the suspended sentence; a partial revocation continuing probation; or a termination of probation.

Submitting Your Restitution
The following is a sample of a restitution submission form. Follow the instructions when submitting your restitution payments to the Maine Department of Corrections.

DEPARTMENT OF CORRECTIONS
RESTITUTION/SUPERVISION FEE COLLECTIONS

Client Name: _____ Client Address: _____

Client MDOC # _____ _____

_____

Restitution and Supervision Fee payments will only be accepted if they meet one of the following methods:

1. **A certified bank or cashier check.** These may be obtained at a bank, or any credit union. You must ask them for a cashier check/treasures check, **not** a bank money order. The bank check should be made payable to: **Treasurer, State of Maine.**
2. **A U.S. Postal Service Money Order.** These may be obtained at any U.S. Post Office. Postal money orders should be made payable to **Treasurer, State of Maine.**
3. **Credit Cards.** Credit card payments may **only be made in person.** Payments may be made at Regional Probation Offices or at the Department of Corrections' Central Administrative Office. The Central Administrative Office is located in the Tyson Building, on the 3rd floor. See the receptionist and let her know the purpose of your visit. You will need to bring a form of identification when paying with a credit card.

Any payment that does not meet one of the methods outlined above will be returned to you.

<u>When sending payments in by mail, please follow these guidelines:</u>

1. All payments should be made payable to: Treasurer, State of Maine.
2. All payments should be sent to:

Department of Corrections
111 State House Station
Augusta, Maine 04333-0111
Attn: Finance Division

3. ** All payments must include the purpose of the payment (Restitution, Supervision Fee, Drug Testing, etc.) **
4. Restitution payments must be on a separate check and not included with any fee's payment.
5. Along with your name, all payments must include one or more of the following types of information to properly identify who the payment is for (MDOC#, Social Security #, Docket #, Probation Officer, etc.). If this information is not included with your payment, you may not be properly credited for your payment and/or your payment may be returned to you if it cannot be identified.

**** Receipts will be sent only if requested ****

Thank you for your cooperation.
6/02/2020

Sex Love Addicts Anonymous

This introduction page explains a little about the following information:

Everyone needs support. If order for men & women who are or have been incarcerated to succeed, they need support. Everyone's needed support is different ways. The only way to succeed is utilizing the support that is available. People care and want to help.

This section talks about support for individuals with an addiction. Sex and Love Addicts Anonymous (S.L.A.A.) is a support group and the qualification for membership is a desire to stop living out a pattern of sex and love addiction. S.L.A.A. is supported entirely through the contributions of its membership and is free to all who need it. Support is vital for anyone to succeed. Ask your caseworker to get you an address to reach out to S.L.A.A for support.

Waldo County Al-Anon meetings are available in this section. If you are from Waldo County, there is S.L.A.A support there too.

National Association for Rational Sexual Offense Laws (NARSOL) is another support group for individuals to reach out to. In September of 2016, NARSOL launched a project with the goal of creating dynamic, self-sustaining support groups around the country, specifically for registered citizens and their adult family members and closest friends who are impacted by our draconian sexual offense laws.

These groups are much MORE than support groups, however, their goal is two-fold: first, to provide a strong community for persons who find themselves marginalized and ostracized by our society at large, bringing hope and empowerment and, second, to educate group members on such wide-ranging topics of advocacy, self-improvement, and civil rights. The ultimate goal is to empower registrants and their loved ones to succeed in *spite* of our society's restraints so that they may become a part of the solution. Meetings contain two key components: a presentation of some sort that will inspire and educate Fearless members and a sharing/discussion component where members can apply what they heard, connect with one another, and build community.

Sex and Love Addicts Anonymous S.L.A.A

You are not alone.

Sex and Love Addicts Anonymous is a Twelve Step. Twelve Tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous. The only qualification for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. S.L.A.A. is supported entirely through the contributions of its membership and is free to all who need it.

To counter the destructive consequences of sex and love addition, we draw on five major resources:

o stop acting out in our own personal bottom-line addictive behavior on a daily basis.
ur capacity to reach out for the supportive fellowship within S.L.A.A.
welve Step program of recovery to achieve sexual and emotional sobriety.
the S.L.A.A. community what we continue to freely receive.
g a relationship with a Power greater than ourselves which can guide and sustain us in recovery.

As a fellowship S.L.A.A. has no opinion on outside issues and seeks no controversy. S.L.A.A. is not affiliated with any other organization, movements or causes, either religious or secular.

We are, however, united in a common focus: dealing with our addictive sexual and emotional behavior. We find a common denominator in our obsessive/compulsive patterns, which transcends any personal differences of sexual orientation or gender identity.

We need to protect with special care the anonymity of every S.L.A.A. member. Additionally, we try to avoid drawing undue attention to S.L.A.A. as a whole from the public media.

©1985, 2003, 2012 The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.

For information, please contact slaa.Portland@gmail.com. Please allow 1-3 business days for a response.

The Portland S.L.A.A. intergroup does not speak for all of S.L.A.A. This website is not official S.L.A.A. Fellow-Wide Services (F.W.S.) website, which can be found here: www.slaafws.org. We are autonomous except in matters affecting other Groups or S.L.A.A. as a whole.

Waldo County Al-Anon Meetings

MONDAY: Noon-1Pm First Baptist Church Annex 95 High Street, Belfast.

WEDNESDAY: 7PM 1st Baptist Church, High Street Belfast.

SATURDAT: 10am St. Margaret's Episcopal Parish House Basement, 95 Court Street, Belfast.

SEX & LOVE ADDICTS ANONYMOUS
For meeting information, e-mail: mmislaa@yahoo.com
www.211maine.org (click on 211 Directory, then keyword: Augustine fellowship) Phone 211
Sex Love Addicts Anonymous (Portland Maine) (855) 900-7357

ISO of COSA
9219 Katy Freeway, Suite 266
Houston, Texas 77024
(866) 899-2672 info@cosa-recovery.org

Fighting to restore dignity and constitutional rights to millions

NARSOL

National Association for Rational Sexual Offense Laws

Building a Foundation For Effective Advocacy

In September of 2016, NARSOL launched a project with the goal of creating dynamic, self-sustaining support groups around the country, specifically for registered citizens and their adult family members and closest friends who are impacted by our draconian sexual offense laws.

These groups are much MORE than support groups, however, their goal is two-fold: first, to provide a strong community for persons who find themselves marginalized and ostracized by our society at large, bringing hope and empowerment and, second, to educate group members on such wide-ranging topics of advocacy, self-improvement, and civil rights. The ultimate goal is to empower registrants and their loved ones to succeed in *spite* of our society's restraints so that they may become a part of the solution. Meetings contain two key components: a presentation of some sort that will inspire and educate Fearless members and a sharing/discussion component where members can apply what they heard, connect with one another, and build community.

A Fearless Manifesto

- *I will take responsibility for my current situation and future progress.*
- *I refuse to believe there is nothing I can do. I refuse to complain.*
- *I refuse to be silent in the face of state sanctioned hatred, in the face of laws designed to destroy me and my family.*
- *I have paid the legally prescribed penalty for my offense, and refuse to be broken by an unforgiving system.*
- *If I can't find work, I will become an entrepreneur who hires other registered citizens.*
- *If someone refuses to rent to me, I will educate them and create an opportunity for change.*
- *Whenever possible, I will boycott and educate businesses that would not hire a registered citizen, in hope of change.*
- *I will not be a victim, and I will learn to stand on my own.*
- *I will not let my past dictate my future nor let a label rob me of my dignity. Who I am today can change hearts and minds tomorrow?*

Fearless groups are aimed specifically at providing a supportive community for persons who are required to register, along with their family members and significant others who face the same challenges, which are immense. Fearless groups may initially be launched or promoted by an advocacy group. Ideally, however, they will run independently and have no direct ties to any particular advocacy organization. Instead, group members are encouraged to launch or get involved in such organizations as part of becoming "fearless."

Three Key Goals of Fearless Groups:

- Ending the fear, we experience as registered citizens or friends and family of registered citizens.
- Ending the fear of the general public due to false stereotypes and hype regarding registered citizens.
- Helping each other to overcome obstacles and succeed in life, in spite of the laws that keep us down.

About Fearless Meetings:

Meetings are held in a location that can provide plenty of privacy and a safe and comfortable atmosphere for sharing. There are two components to the meetings: (1) a presentation, and (2) sharing, discussion, and feedback.

The presentation component is open somewhat, with the group's knowledge and consent, and can involve a presentation by a guest, or a recording of a useful presentation from another source. The sharing and discussion portion are completely private, open only to registrants and their adult family members. This portion of the meeting is NOT open to law enforcement or state-paid treatment professionals.

Meetings begin with a reading of our Courtesies by all present, and also may include a group reading of the Fearless Manifesto. The two main portions of the meeting can come in any order, depending on the topic and the preferences of the group. The presentation is an opportunity to introduce participants to ways to take charge of their own lives and affect change in the laws that oppress them.

In the sharing and discussion portion participants are encouraged to do a very quick check-in: where they are, what they may be dealing with etc. then proceed to discussion and feedback on a range of topics selected by the moderator or brought up by group members. Examples include:

- The presentation topic.
- Sharing your story with others
- Taking care of ourselves
- Discuss a manifesto declaration
- Combatting sadness
- Coping with stress
- Getting past fear
- Letting go of anger

Participants are encouraged, via "I statement's," to give feed-back on the discussion topic or things that other participants have brought up. Courtesies are encouraged at all times, and attendees are encouraged but never required to speak.

Interested in starting a group in your area? Just want to know more about the project? Ask your caseworker to get you a pamphlet with more information. We have a conference panel you can watch where we discuss what it takes to lead a Fearless Group. Contact us to request a starter packet of materials which includes printable pdfs of the following documents:

- Instructions for group leaders
- Pamphlet to share with members and interested persons

Contact Info:

https://narsol.org/projects/support/fearless/

National Association for Registered Sexual Offense Laws (NARSOL)
Headquarters
P.O. Box 25423
Raleigh, NC 27611

Operations
P.O. Box 36123
Albuquerque, NM 87176

Frequently Asked Questions (FAQ)
Reentry Resource Guide Questionnaire

This introduction page explains a little about the following information:

This questionnaire is designed to help provide the needed resources to the fullest in assisting everyone who utilizes this guide to reach their full potential. One can never have enough available resources to succeed while developing a reentry/recovery plan to live a life outside of incarceration with the needed support. This questionnaire will provide information for us to continue directing incarcerated citizens to live a life outside of incarceration to the fullest. Your information is valued while we continue to better the resource guide as it is very important to US. Thank you for your time and willingness to work on your selves.

This Page Left Blank Intentionally

Maine State Prison NAACP, Maine Prisoner Reentry Network & Maine Department of Corrections Frequently Asked Questions (FAQ) Reentry Resource Guide Questionnaire.

(This questionnaire can be read to individuals who have difficulty understanding & answering questions. Please take notes if needed).

Name:	**Date of Birth:** / / **Date of Completion** / /
DOC #:	**Race:** *Check one* ☐ White ☐ Black ☐ Latino ☐ Other _____
Correctional Facility:	**Gender:** ☐ Male ☐ Female ☐ Transgender
Housing Unit:	**Interviewer:**

I'd like to ask you some questions about the Frequently Asked Questions (FAQ) Reentry Resource Guide.

1. Who gave you the Guide?

2. Approximately, how many days, weeks or months have you had the Guide?

_____ **Days** _____ **Weeks** _____ **Months**

3. Where you provided guidance regarding how to use this Guide?

4. How much time have you spent reading the Guide?

5. Was the Guide easy to read? ☐ Yes ☐ No

Why? **[explain in your own words]**

6. Which of the programs or agencies have you contacted since receiving the Guide? **[explain in your own words and specify pre and post release if on probation.]**

7. If the program, agency or information was not helpful, please explain why?

8. Are there any programs, agencies and/or information that you read about in the Guide that you did not know about before the guide was given to you?

a.

b.

c.

d.

9. Did the Guide include all the information that you need to know? ☐ Yes ☐ No **[explain]**

10. How would you make the Guide better? **[explain in your own words]**

15. Have you ever participated in any other programs in Maine Correctional Facilities including County Jails that you have not mentioned? ☐ Yes ☐ No If yes: Which ones

16. Will the services listed in this Guide help you in the future? ☐ Yes ☐ No Why or why not?

17. Does this Guide help you understand the availability and location of services you wouldn't have had otherwise?
☐ Yes ☐ No Explain:

18. I would now like to ask you about specific services you have or plan to use in the future.

a. **Incarcerated Citizen:** Can you tell us where you plan to live once you are released?

Did the Guide help you locate that place? ☐ Yes ☐ No

b. Have you figured out if you need any identification documents? If so, can you tell us where you plan to obtain them?

Did the Guide help you locate these identification services? ☐ Yes ☐ No

c. Can you tell us any places where you plan to get your medical needs met?

Did the Guide help you locate these medical services? ☐ Yes ☐ No

d. Can you tell me any places where you plan to go for job assistance?

Did the Guide help you locate these job assistance services? ☐ Yes ☐ No

19. Can you name agencies or programs that you have used in your past?

a.

Was the agency/program helpful? ☐ Yes ☐ No (explain)

b.

Was the agency/program helpful? ☐ Yes ☐ No (explain)

c.

Was the agency/program helpful? ☐ Yes ☐ No (explain)

20. In school, what was the last grade you completed?

☐ 8th Grade
☐ 8th - 11th Grade
☐ High School Graduate
☐ G.E.D.
☐ Technical/Vocational
☐ Some College
☐ College Grad or More

21. Is there anything you'd like to tell the person who compiled the Guide?

IMPORTANT! Provide this questionnaire to your caseworker, Maine State Prison (MSP) NAACP, Maine Prisoner Reentry Network (MPRN). Thank you for your time. Be a success!

This Page Left Blank Intentionally

This Frequently Asked Questions (FAQ) Reentry Resource Guide was compiled to assist incarcerated citizens to utilize while creating recovery and reentry goals, community and support before release. This guide is also designed to take with you into the community to utilize the resources to the fullest. Anyone who may have questions and concerns with their transition back into the community, Please reach out to your caseworker to set up a zoom meeting with the Maine Prisoner Reentry Network (MPRN) Director Bruce Noddin: brunoski317@gmail.com

Maine State Prison (MSP) NAACP Branch 2nd Vice President, Maine Prisoner Reentry Network (MPRN) Board Member, Peer Reentry Support Person, Restorative Justice Peer Facilitator Jeff Taylor In Association with the Restorative Justice, Maine Department of Corrections (MDOC) & Other Reentry Stakeholders.

-a collaborative group made up of stakeholders throughout Maine. **Special thanks** go to the **incarcerated citizens,** who provided comment, suggestions, and assistance in the development of this project.

We wish you all the best!