

AROOSTOOK PATHFINDER

2025 Community Resource Guide



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DISCLAIMER STATEMENT

This directory is designed to help the people of Aroostook County find the support and services that they need. Inclusion or omission of any agency, organization, or provider in this publication is neither an endorsement nor disapproval of any agency, organization, or provider.

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211 MAINE

211 is a free, confidential information and referral service that connects people of all ages across Maine to local services. 211 Maine is based in Maine and is available 24 hours a day, seven days a week.

211maine.org

Call 211 or 1-866-811-5695

EMERGENCY PHONE NUMBERS

Call 911 for all ambulance, fire, or law enforcement emergencies anywhere in Aroostook County.

HELPLINES

- Alcoholics Anonymous 1-800-737-6237
- Hope and Justice Project 1-800-439-2323
- Child Abuse and/or Neglect 1-800-452-1999
- Substance Use 988
- Maine Sexual Assault Helpline 1-800-871-7741
- Elder Abuse 1-800-624-8404
- Domestic Violence Helpline 1-800-834-4357
- STD/AIDS Hotline 1-800-851-2437
- Suicide & Crisis Lifeline 988
- AMHC Mobile Crisis Response 1-800-244-6431 or 988
Crisis, Suicide, and Trauma Recovery Intervention Services
- Poison Control 1-800-222-1222
- Veterans Crisis Line 1-800 273-8255 press 1
- Internet Crimes www.ic3.gov
- National Runaway Switchboard 1-800-786-2929

HOSPITALS

- Cary Medical Center (207) 498-3111
- Houlton Regional Hospital (207) 521-2242
- Northern Maine Medical Center (207) 834-3155
After 8 PM. (207) 834-1421
- Northern Light Health AR Gould (207) 768-4100

NOTICE: Some of the services in this directory have phone numbers that ring into private homes or use shared office space; therefore, you may need to ask for the listed service to find out if you have reached the correct number.

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ABUSE

Adult/Elder Abuse/Neglect 1-800-624-8404

AMHC Children’s Advocacy Center (207) 472-6134

Aroostook Council for Healthy Families (207) 532-1141
37 Bangor Street, Suite #7, Houlton—More information on page 49.

Hope and Justice Project 24-Hour Helpline 1-800-439-2323

Trained advocates provide confidential crisis intervention, emergency shelter information, and safety planning. Court advocacy services assist with Protection from Abuse Orders, divorce, parental rights and responsibility petitions, family law court issues, and criminal proceedings. Community-based day and evening support groups for adult victims and survivors of domestic violence offer education and individual support; childcare may be available for clients.

Email: info@hopeandjusticeproject.org Website: www.hopeandjusticeproject.org

Child Abuse and Neglect (DHHS) 1-800-452-1999

24/7 Hotline to receive reports of child abuse or neglect by parent or caregiver for child 18 years of age and under; report can be anonymous or confidential.

Houlton Band of Maliseet Indians - Maliseet Domestic & Sexual Violence Advocacy Center

24-Hour Crisis Hotline (207) 532-6401
690 Foxcroft Road, Houlton (Office). (207) 532-3000

Crisis intervention, safety planning, emotional support, domestic violence, sexual assault, sex trafficking, stalking and dating violence information, teen dating violence prevention, and referral to local support programs. Court advocacy services and assistance with Protection from Abuse Orders, pro-se divorce, divorce, parental rights, responsibility petitions, family law court issues, and criminal proceedings.

ADOPTION

A Full Circle Adoptions 1-800-452-3678

225 Commercial Street, Suite 300, Portland

A Full Circle Adoptions is a fully-licensed nonprofit adoption agency with the full range of adoption services. We work with prospective adoptive families, expectant parents, and birth families throughout the country.

Website: www.fullcircleadoptions.org

Adoptive & Foster Families of Maine & The Kinship Program (207) 827-2331

304 Hancock Street, Suite 2A, Bangor

333 Lincoln Street, Suite 101, Saco

Providing support services and groups for adoptive, foster and kinship families in Maine.

Email: info@affin.net Website: www.affm.net

Maine Department of Health and Human Services (207) 624-7900

Providing complete information and training for prospective adoptive or foster parents for children with special needs. Services provided through A Family for Me.

Website: www.maine.gov/dhhs/ocfs/support-forfamilies/fostering-adopting

The Good Samaritan Agency (207) 942-7211

100 Ridgewood Drive, Bangor

Good Samaritan Agency is the oldest agency in Maine licensed to place children. The agency, established in 1902, is private, non-profit and non-sectarian.

Website: www.goodsamaritanbangor.org

The Maine Children's Home (207) 873-4253

93 Silver Street, Waterville

Home studies and assistance for domestic and international adoptions, pregnancy, and birth parent support services, post adoption services.

Website: www.mainechildrenshome.org

ADVOCACY

New England ADA Center 1-800-949-4232

The Institute for Human Centered Design’s New England ADA Center is one of the 10 regional ADA centers that make up the ADA National Network. Each center provides guidance, training, resources, and research on the Americans with Disabilities Act to help people understand and use the law.

Email: adainfo@newenglandada.org Website: www.newenglandada.org

American Civil Liberties Union of Maine (207) 774-5444

121 Middle Street, Suite 301, Portland

ACLU of Maine is dedicated to the preservation and enhancement of civil liberties and civil rights.

Email: info@mclu.org Website: www.aclumaine.org

Autism Society of Maine 1-800-273-5200

Consumers for Affordable Health Care Foundation 1-800-965-7476

Department of Health and Human Services (DHHS) (207)493-4000

30 Skyway Drive, Unit 100, Caribou

Adult Advocacy; Providing advocacy for anyone receiving adult services from DHHS.

Disability Rights Maine (DRM) 1-800-452-1948

Voice/TTY (207) 626-2774

160 Capitol Street, Suite 4, Augusta

Individual Advocacy Services include: developmental disabilities, developmental services, mental health, inpatient mental health, traumatic brain injury, rep payee review, and children’s advocacy.

Email: advocate@drme.org

Learning Disabilities Association of Maine 1-877-208-4029

P.O. Box 314, Westbrook

Dedicated to assisting individuals with specific learning disabilities through support, education, and advocacy.

Email: info@ldame.org Website: www.ldame.org

Maine Children’s Alliance/Kids Count (207) 623-1868

303 State Street, Augusta

Email: outreach@mekids.org Website: www.mekids.org

Continued

Maine Developmental Disabilities Council 1-833-713-2613

526 Western Avenue, Suite 2, Augusta

The purpose of the Council is to ensure that individuals with developmental disabilities and their families participate in the design of, and have access to needed community services, individualized supports, and other forms of assistance that promote self-determination, independence, productivity, integration, and inclusion in all facets of family and community life.

Website: www.maineddc.org

Maine Human Rights Commission (207) 624-6290

TTY/TTD Maine Relay 711

51 State House Station, Augusta

Has the duty of investigating discrimination in Maine. Including discrimination on the basis of: age, sex, color, religion, national origin, disability, sexual orientation, family status, and source of income as established by the Maine Human Rights Act.

Website: www.maine.gov/mhrc

NAMI (National Alliance on Mental Illness) 1-800-464-5767

Speaking Up For Us (SUFU) (207) 956-1004

P.O. Box 4139, Presque Isle

Self-advocacy network educates peers, legislators, and community members about issues related to disabilities; host statewide meetings on topics of interest to self advocates.

Email: SUFUNorth@sufumaine.org Website: www.sufumaine.org

Maine Office of the Public Advocate (207) 642-3687

103 Water Street, 3rd Floor, Hallowell

Advocacy for telephone, electric, gas and water customers.

E-mail: opa@maine.gov Website: www.maine.gov/meopa

Maine Public Utilities Commission Consumer Assistance Division . . 1-800-452-4699

26 Katherine Drive, Hallowell

The Maine Public Utilities Commission regulates electric, natural gas, telecommunications, and water utilities to ensure that Maine consumers have access to safe, reliable services at rates that are just and reasonable for both consumers and utilities.

Website: www.maine.gov/mpuc

Brain Injury Association of America 1-800-444-6443

Works to increase awareness of brain injury, provide information, resources, and support for individuals who have sustained brain injuries and their families, and advocate for prevention and improved funding and services across the state of Maine.

Website: www.biausa.org

Continued

The Good Samaritan Agency (207) 942-7211

100 Ridgewood Drive, Bangor

The purpose of the Good Samaritan Agency is to help individuals who have special needs concerning pregnancy and parenting to gain the services and support they need to improve the quality of their lives.

Website: www.goodsamaritanbangor.org

Maine Long-Term Care Ombudsman Program 1-800-499-0229

Investigate and resolve complaints, advocate for consumers of long-term care services, guide consumers through long-term care system, answer questions and provide information.

Email: mltcop@maineombudsman.org Website: www.maineombudsman.org

Rural Resiliency Community Alliance (207) 868-9895

174 Main Street, Van Buren

RRCA is an all-volunteer organization created to enable our community to work together, understanding the multi-generational effects of Adverse Childhood Experiences (ACEs) and promote greater resilience for our town and its people.

Email: vanburenresiliencyproject@gmail.com Website: www.ruralrca.org

CLOTHING

The Salvation Army of Houlton(207) 532-0632

12 Court Street, Houlton

Clean new and used cold weather outerwear for children, adolescents and adults in need of winter wear.

Good Samaritan Thrift Store of Caribou(207) 498-8655

40 Vaughn Street, Caribou

Used clothing, footwear and accessories for all ages, household items including furniture when available, pots, pans, utensils, dishes, small appliances, home decor, linens, toys, books, and baby items; donation center. Hours: Tuesday, Friday, and Saturday 9:00 am - 12:00 pm.

Good Shepherd Ministries Thrift Shop(207) 834-7166

214 West Main Street, Fort Kent

Very low-priced clothing, small household items, bedding, and toys. Vouchers for those in need, furniture, appliances, referrals, and other assistance available on case by case situation. Hours: Monday, Wednesday, and Friday 10:00 am - 3:00 pm.

People Helping People Thrift Shop(207) 868-9000

52 Main Street, Van Buren

Hours: Monday through Friday 12:00 pm - 4:00 pm.

Raven Center, County Cares.(207) 760-7491

18 Roberts Street, Presque Isle

All items are free: Used clothing, footwear, and accessories for all ages, household items including furniture when available, pots, pans, utensils, dishes, small appliances, home decor, linens, and toys. Hours: Tuesday and Thursday 2:00 pm - 7:00 pm, Saturday 10:00 am - 2:00 pm.

Family Thrift Salvation Army of Houlton.(207) 521-0230

65 Main Street, Houlton

Clothing and miscellaneous articles, including some furniture. Hours: Monday through Friday 9:00 am - 5:00 pm and Saturday 9:00 am - 3:00 pm.

The Cubby Thrift Store(207) 496-0600 or (207) 768-6200

40 Sweden Street, Caribou or 377 Main Street, Presque Isle

Dedicated to providing quality, gently used items at pocketbook friendly prices. Works with local agencies, auxiliaries, charities, and churches providing physical donations to help families in need.

Continued

Threads of Hope, Catholic Charities of Maine.(207) 493-8919

830 Main Street, Presque Isle

14 Old Van Buren Rd, Caribou

163 US Route 1, Monticello

From vintage clothing to second hand furniture, to shoes, handbags, dishes, lamps, and art. Our thrift store is good for your budget, good for the planet, good for our neighbors in need. Hours: Call for store hours and donation times available.

ECONOMIC ASSISTANCE & PLANNING

ACAP (Aroostook County Action Program) (207) 764-3721

Energy & Housing Services including: Heating Assistance, Housing and Rent Smart Education & Training, Heating System Cleaning & Repair, Home Repairs and Weatherization, Eviction Prevention, Overdue Electricity Bills, and many other programs.

Email: info@acap-me.org Website: www.acap-me.org

Power Adaptive Equipment Loan Program

Individuals: Contact Alpha One 1-800-640-7200

Businesses: Contact FAME/mPower 1-800-228-3734

Children with Special Health Needs Program 1-800-698-3624 ext. 5357

TTYMaine Relay 711

Coverage for children birth to age 21 who have or are at risk for a chronic physical, developmental, behavioral, or emotional condition, and who also require health and related services of a type or amount beyond that required by children generally.

Website: www.maine.gov/dhhs/boh/cshn

Money Management International 1-866-258-8426

Services Include: Debt Repayment Plans, Financial Counseling, Consumer Education, and Informational Resources.

Website: www.moneymanagement.org

Cubby Gives (207) 760-7070

Created to help provide financial support to cover lodging, food, fuel, medical equipment, and other expenses related to a need or hardship created by a life-threatening or chronic illness. Also strives to lessen the emotional burden faced by parents and families as they care for a child with a life-threatening illness.

Website: www.thecubby.org/cubbygives

Department of Health & Human Services (DHHS) 1-800-432-7366

Referral to Regional Offices. Food Stamps, TANF, Maine Care, and Emergency Assistance.

Dorothy Ames Trust Fund 1-866-238-8650

Contact Chris Moughton at Key Bank for grant requirements. Assist with grants for the purchase of hearing aids and auditory trainers for children in order to teach use of the voice.

General Assistance—Contact Your Town Office

Short-term voucher assistance for emergencies. If you feel that you have been treated unfairly by your town office, call the DHHS Bureau of Family Independence and ask for General Assistance at 1-800-442-6003.

Continued

HOPE (Helping Our People Eagerly) (207) 762-7711

Limited help for residents within the boundaries of the Parish of the Precious Blood (Mars Hill to Connor, Portage to Fort Fairfield, and Limestone) on a case-by-case basis. Available Monday, Tuesday, Thursday 9 to Noon & 1 to 4. At any other time leave a message and your call will be returned.

Howard and Espa Michaud Charitable Trust. 1-800-432-7366

Caribou and Presque Isle area. (207) 493-4135

Funds assist in care, treatment and/or furnishing of audio/hearing devices for children from Aroostook, with special emphasis on children from the greater Presque Isle area; all other funding sources must be accessed first.

Maine Education Services (207) 791-3600

Maine’s one-stop resource for college planning, offering FREE tools and resources for financial literacy, college preparation, and transitional support from high school to college and college to career. Assistance with loans, and scholarships.

Email: info@mesfoundation.org Website: www.mesfoundation.org

Make-A-Wish® Maine 1-800-491-3171

Scarborough office. (207) 221-2306

66 Mussey Road, Scarborough

Making wishes come true for Maine children who are under the age of 18, living with a life-threatening illness and have never had a wish granted before.

Email: wishme@maine.wish.org Website: www.maine.wish.org

Salvation Army of Houlton. (207) 532-2322

12 Court Street, Houlton

Providing vouchers to responsible persons that have become the victim of negative circumstances, including children that have abusive or irresponsible parents.

Social Security Administration 1-800-772-1213

365 Main Street, Presque Isle 1-866-837-2719

Filing for benefits, changing an address, making an appointment, etc. can be done online. Open a mySocialSecurity account today and rest easy knowing that you are in control of your future. There are also informational videos on YouTube. Social Security pays benefits for children in three different situations as follows:

- **SSI Benefits for Children:** These benefits are payable to children with disabilities who have limited income and resources. In order to qualify, the child must have a condition that is expected to last a year or more.
- **Social Security Dependents Benefits:** These benefits are payable to children under age 18 (or 19 if the child is still in secondary school) on the record of a parent who is

Continued

collecting retirement or disability benefits. Benefits are also payable to children on the record of a deceased parent who had worked under Social Security.

- **Social Security Disabled Adult Child Benefits:** Dependents benefits can be paid to individuals who became disabled before age 22. Like the benefits in the previous section, these are paid on the record of a parent receiving Social Security or on the record of a deceased parent who had worked under Social Security. Disabled adult child benefits are payable as long as an individual is disabled and not married.
- **Help With Prescription Drug Costs:** Medicare beneficiaries are eligible for the extra help if they have limited income and resources. The extra help can increase their cost savings by paying for part of the monthly premiums, annual deductibles and prescription co-payments under the new prescription drug program. The extra help could be worth an average of \$3,700 per year.

Website: www.socialsecurity.gov

EDUCATION: ADULT EDUCATION & GENERAL

Eastern Aroostook Adult & Community Education(207) 493-4272

MSAD#1 Adult & Community Education(207) 764-4776

MSAD#24 Adult Education(207) 868-5758

RSU 29 & MSAD 70 Adult & Community Education(207) 521-3100 ext. 5

Valley Unified Continuing Education. (207) 834-3536 and (207) 728-6314

Aroostook Training & Education Coalition(207) 493-4272

75 Bennett Drive, Caribou
ATEC strives to meet local and regional needs for a skilled (academically and technically) workforce in Aroostook County through targeted Career Pathways Initiatives, industry specific trainings, and workforce development initiatives.

Carleton Project(207) 521-1302

52 Main Street, Houlton
A private, not for profit alternative high school serving students who have not been successful in a traditional school setting. The mission is focused on student success.
Email: Lilly.haggerty@carletonproject.org Website: www.carletonproject.org

Maine Department of Education.(207) 624-6600

Office of Special Services and Inclusive Education(207) 624-6608
Website: www.maine.gov/doe/specialed

Maine Migrant Education(207) 530-1807

Migrant Education Hotline for migrant workers and their families. Providing referral for help with education, health, food, shelter, child-care or emergencies.
Numero para Educacion de los Migrantes Para trabajadoresmigrantes y sus familias. Para ayuda con: educacion, salud, comida, vivienda, cuidado para sus ninos o emergencias Esta llamada es gratis 1-800-234-8848.

EDUCATION: CAREER & VOCATIONAL

ACAP Employment & Training Services(207) 764-3721

771 Main Street, Presque Isle
Services provided Countywide:
• Help with job search techniques
• Resume writing assistance

Continued

- Interviewing tips
- Access training opportunities
- Information about financial aid, schools, apprenticeships and on-the-job training
- Career Counseling

ASPIRE Program (DHHS) (207) 493-4000 or 1-800-432-7366

30 Skyway Drive, Unit 100, Caribou

A comprehensive program, for TANF recipients, which provides assistance in acquiring work, training, and education. The goal of this program is to help people become self supportive and leave the welfare system.

Maine Department of Labor, Bureau of Rehabilitation Services. (207) 768-6829

Career Center, 66 Spruce Street, Presque Isle. 1-800-635-0357

TTY users call Maine Relay 711

Unemployment 1-800-593-7660

Loring Job Corps Center 1-800-733-5627 or (207) 328-4218

36 Montana Road, Limestone

An alternative, residential vocational school for youth ages 16-24 that are unable to find employment and need further education. Providing full services for eligible and committed young people. Students may live on site or commute from local area.

Website: www.loring.jobcorps.gov

State Workforce Board, Maine Dept. of Labor (207) 621-5087

45 Commerce Drive, Augusta

The SWB leads, advises, and manages the effort to create a world-class workforce development system in Maine.

Website: www.maine.gov/swb

New Ventures Maine 1-800-442-2092

181 Main Street, Preble Hall, Presque Isle

Career, business, and financial literacy services. Services include classes and workshops at no charge, in- person and online options and one-on-one coaching in building a career, starting a business, and managing finances.

Website: www.newventuresmaine.org

EDUCATION: COLLEGES

Husson College (207) 941-7000

One College Circle, Bangor

Maine Educational Opportunity Center - University of Maine 1-800-281-3703

Continued

5713 Chadbourne Hall Rm 314, Orono

Free assistance for adults who would like to go to (or return to) college to get an Associates or Bachelors Degree.

- Admission assistance
- Career Counseling
- Default loan advise
- Financial aid assistance
- Study Skills

Website: www.meoc.maine.edu

Northern Maine Community College (207) 768-2700 or 1-800-535-6682

Admissions Office. (207) 768-2785

33 Edgemont Drive, Presque Isle

Website: www.nmcc.edu

University of Maine at Fort Kent (207) 834-7500

Admissions Office. 1-888 -879-8635 x1

23 University Drive, Fort Kent

Website: www.umfk.edu

University of Maine at Presque Isle. (207) 768-9400

Admissions Office. (207)768-9532

Houlton Outreach Center (207)521-3100

181 Main Street, Presque Isle

Website: www.umpi.edu

University of New England Online Program 1-855-325-0896

Website: www.online.une.edu/contact-us

EDUCATION: PRESCHOOL & HEAD START

ACAP Head Start. (207) 764-3721

- **Head Start:** A comprehensive preschool program for children ages 3–5: offering education, health, and family services in a center base (class room) or in a public PreK partnership option. Please call for more information. Centers are located in the communities of; Fort Kent, Caribou, Presque Isle, Houlton, Limestone, and Dyer Brook.
- **Early Head Start (EHS):** A comprehensive early childhood development program for children aged 0-3 years of age; offering education, health, and family services in a center based (classroom) option. Prenatal services for pregnant women are also provided through Early Head Start services. Please call for more information. Centers are located in Presque Isle, Caribou and Houlton.

Continued

Little Feathers Head Start (207)768-3218

56 Micmac Drive, Presque Isle

Maliseet Head Start(207) 521-2410

1 Maliseet Drive, Houlton

Sunshine Corner(207) 532-9056

Nursery school located at the Houlton Wesleyan Church. Operates from September to May for ages 3 to 5.

EDUCATION: SPECIAL NEEDS

Bureau of Rehabilitation Services, Division for the Blind & Visually Impaired Education Program Presque Isle Office (207) 768-6835 or 1-800-635-0357

Providing evaluation, consultation, educational, and technical services for blind and visually impaired children ages 0-21 in their home, school, or community settings.

Central Aroostook Association(207) 764-0134

25 Lombard St, Presque Isle

Mission Statement: We provide people in our programs the necessary supports to reach their highest level of personal development.

Website: www.centralaroostookassociation.com

Services are provided through eight programs:

- **Opportunity Training Center (OTC):** Special purpose private school teaches fine and gross motor skills, self-help skills and academic development with the goal of semi-independent living.
- **Adult Day Program:** Adult day habilitation center teaches life and safety skills through community-based activities to help develop familiarity and increase independence within the community.
- **Home and Community Supports:** Assist with social and life skills, community resources, participate in local events and to make supportive acquaintances; medical and dental appointment coordination.
- **Case Management:** Case management services include, but are not limited to, representative payee services, budget monitoring, and bill paying; assisting individuals with Social Security documents, food stamp reviews, and home visits; ensuring that food and housing needs are met; and coordinating medical and dental appointments with limited transportation.
- **Children’s Services:** Home and community-based services address social, physical, and emotional development, including independent living skills, personal safety, environmental awareness, and appropriate use of community services and resources.

Continued

- **Residential Services:** Residential homes offer supervised activities and individualized programs designed to promote independence and community integration by developing social, life, and self-help skills and healthy relationships.
- **Shared Living:** Home shared program where an individual lives in a provider’s family home; individualized program to learn and develop life skills, social skills and healthy relationships to promote independence and community integration.
- **Training Department:** Training sessions in direct support, CPR/First Aid, safety care, and Certified Residential Medication Aide; skills-building and awareness training in boundaries, confidentiality, documentation, mandated reporting, teamwork, and sexuality.

Maine Educational Center for the Deaf and Hard of Hearing (207) 781-3165

Email: info@mecdhh.org Website: www.mecdhh.org

Maine Parent Federation 1-800-870-7746

EDUCATION: WELLNESS PROGRAMS

Cary Medical Center (207) 498-3111

TDD (207) 498-2024

163 Van Buren Road, Caribou

- **Childbirth Education Classes (207) 498-1240**
Childbirth classes are offered on a regular basis.
- **Community Tours of the Hospital (207) 498-1240**
- **CPR Classes (207) 498-1240**
Classes for the community and healthcare professionals throughout the year. CPR instructor training.
- **Diabetes Education (207) 498-1240**
Patients and family education provided.
- **Maine State Car Seat Program (Pines Women’s & Children’s) (207) 492-3451**
- **Seniority Program (Nancy Bergin) (207) 498-1380**
This is a wellness membership for those age 50 and over designed to provide a wide range of benefits: Includes free health screens, newsletters, health education, social activities, and much more.
- **Healthy You (207) 498-1361**
Community education programs address the overall well-being including physical, mental, spiritual, and social health.

Continued

Houlton Regional Hospital.(207) 532-2900

20 Hartford Street, Houlton

- **American Heart Association CPR(207) 532-5969**
Heart Saver and Healthcare Provider courses available.
- **Diabetes Self-Management(207) 532-5969**
Classes offered 6 times per year. Covered by most insurance.
- **Nutrition Counseling Services(207) 532-5969**

Northern Maine Medical Center(207) 834-3155

194 East Main Street, Fort Kent

Website: www.nmmc.org

- **Beat the Pack - Smoking Cessation Program(207) 834-1536**
- **CPR Courses “American Heart Association Courses”(207) 834-1933**
2-year certification

Northern Light Health AR Gould(207) 768-4000

Website: www.northernlighthealth.org/A-R-Gould-Hospital

- **Baby Sitting Education Program(207) 200-6311**
An American Red Cross course for ages 12 and older to learn safe babysitting practices, including CPR and First Aid training.
- **Childbirth Education Classes(207) 768-4325**
Classes are held regularly throughout the year for mothers-to-be and their coaches.
- **CPR – Cardiopulmonary Resuscitation(207) 768-4160**
While Northern Light Health does not offer courses directly, we can connect you with instructors in the community.
- **Diabetes Education.(207) 768-4000**
Learn about diabetes, how to treat it and set goals to help you self-manage the disease. Monthly program requires a provider referral.
- **Maine Child Safety Seat Program(207) 764-5437**
Car seats given to parents/legal guardians of child. Must show Maine residency. Income qualification apply.
- **Rehabilitation Services.(207) 768-4735**
Physical Therapy, Occupational Therapy, and Speech Therapy for those whose lives have been disrupted by physical injury or accident, birth defects, aging, stroke, emotional or developmental problems, arthritis, and spinal cord injuries.
- **Ostomy Counseling.(207) 768-4393**
Advice and counseling for patients with diseases of the colon.
- **Speakers Bureau.(207) 768-4044**
Speakers available for public functions on health related topics.

FOOD: FOOD ASSISTANCE

Food Supplement Program (DHHS) **1-800-452-4643 or (207) 493-4000**
30 Skyway Drive, Unit 100, Caribou

Hunters for the Hungry **(207) 287-7513**

Home Delivered Meals **1-800-439-1789 or (207) 764-3396**
260 Main Street, Presque Isle

WIC (Women, Infants, and Children) **(207) 764-3721**
771 Main Street, Presque Isle

FOOD: COMMUNITY FOOD CUPBOARDS

Pines Health Services
74 Access Highway, Caribou
Hours: 24 hours a day, 7 days a week

ACAP
91 Military Street, Houlton
Hours: Monday - Friday, 8:00 am - 5:00 pm

Region 2 Tech Center
5 Bird Street, Houlton
Hours: 24 hours a day, 7 days a week

Mapleton Town Office
103 Pulcifer Road, Mapleton
Hours: 24 hours a day, 7 days a week. Additional items inside the office: Monday - Friday
8:00 am - 4:00

Perham Post Office
2 Mouse Island Road, Perham
Hours: 24 hours a day, 7 days a week

ACAP
771 Main Street, Presque Isle
Hours: 24 hours a day, 7 days a week

UMPI Emergency Food Pantry
181 Main Street, Folsom-Pullen Hall (by the stairwell), Presque Isle
Hours: 24 hours a day, 7 days a week

Continued

NMCC Little Free Food Cart

33 Edgemont Drive, NMCC Library, Presque Isle

Hours: Monday 8:00 am - 5:30 pm, Tuesday - Thursday 8:00 am - 6:00 pm, Friday 8:00 am - 4:00 pm

Graves Shop n’ Save Community Cupboard

797 Main Street, Presque Isle

Hours: Monday - Saturday 7:00 am - 8:00 pm, Sunday 8:00 am - 7:00 pm

Washburn Wash n’ Fold

1269 Main Street, Washburn

Hours: 24 hours a day, 7 days a week

Washburn Town Office

1287 Main Street, Washburn

Hours: Monday - Thursday 7:00 am - 4:00 pm, Friday 7:00 am-12:00 pm

FOOD: COMMUNITY FOOD PANTRIES

Ashland Area Food Pantry

31 Station Street, Suite A, Ashland

Hours: 2nd Tuesday and following Thursday 2:00 pm - 4:00 pm; last Wednesday 2:00 pm - 3:00 pm.

Bread of Life Soup Kitchen(207) 493-4858

62 Collins Street, Caribou

Hours: A meal is served at 4:30 pm Wednesday and Friday. Open at 2:00 pm - 5:00 pm for people to come talk, have a coffee, and snack.

Caribou Ecumenical(207) 493-4860

31 Hershel Street, Suite #1, Caribou

Call between 9:30 am - 11 am. Serving Caribou Connor, Perham, Wade, Washburn, and Woodland.

Caribou United Baptist Food Pantry(207) 496-7881

Hours: Wednesday 7:30 am - 11:00 am.

Eagle Lake St. Mary’s Food Pantry.(207) 444-5404

Hours: 2nd Wednesday 7 am-9am.

Easton Friends Helping Friends(207) 227-3589

23 Station Road, Easton

Hours: 3rd Sunday of each month, 2:00 pm - 3:00 pm.

Continued

Fort Fairfield Basket of Blessings(207) 325-1635

4 Church Street, Fort Fairfield
Hours: 1st Wednesday after the 1st Tuesday 3:00 - 4 :15 pm and 3rd Saturday 9:00 am - 10:15 am.

Fort Kent Ecumenical Food Pantry(207) 834-4126

229 West Main Street, Suite 103, Fort Kent
Hours: 1st, 3rd, and 5th Wednesday 5:00 pm - 6:00 pm. 2nd and 4th Wednesday 9:00 am - 10:00 am.

Frenchville St. Luce Food Pantry(207) 728-4635

441 US Rt1, Frenchville
Hours: Last Saturday of the month, 9:00 am - 12:00 pm

Grand Isle St. Gerard/Mt. Carmel Food Pantry (Community Center) . . .(207) 895-6995

366 Main Street, Grand Isle
Hours: One Saturday each month 9:00 am - 1:00 pm

Hamlin St. Joseph Parish Pantry(207) 325-4592

1779 Hamlin Road, Hamlin
Hours: 1st Wednesday of each month 9:00 am - 10:30 am or call.

Haynesville Town Food Pantry(207) 448-2239

10 Danforth Road, Haynesville
Hours: Tuesday - Thursday 7:00 am - 2:30 pm.

St. Mary’s Ecumenical Food Pantry(207) 532-9122

110 Military Street, Houlton
Appointments Tuesday and Thursday 9:00 am - 11:00 am, pickup 1:30 pm - 3:00 pm.

Salvation Army(207) 532-2322

12 Court Street, Houlton
Hours: Monday, Wednesday, Thursday 9:00 am - 1:00 pm and Friday 9:00 am - 12:00 pm.

Mildred’s Food Pantry(207) 694-1066

12 Military Street, Houlton
Hours: Tuesdays and Thursdays 8:30 - 10:30 am.

Adopt-A-Block(207) 532-2273

307 Military Street, Houlton
Hours: Monday - Friday, 8:00 am - 2:00 am (Office). Saturday, open after the 1st of the month. Tuesday, drive-thru food distribution starts at 10:00 am (Nov - Apr) or 9:00 am (May - Oct) until food is gone.

Island Falls Baptist Church(207) 463-2449

64 Cleaves Street, Island Falls
Hours: 1st Tuesday and Thursday 10:00 am - 12:00 pm.

Continued

Limestone Ecumenical Community Food Pantry(207) 227-8184

106 Main Street, Limestone

Hours: 1st and 3rd Tuesday of the month, 3:00 pm - 6:00 pm. All other Tuesdays of the month, 9:00 am - 12:00 pm.

Madawaska St. Thomas Aquinas/St. David’s(207) 728-3209

309 St. Thomas Street, Suite 103, Notre Dame du Mont Carmel Parish, Madawaska

Hours: Monday, Wednesday, and Friday 7:00 am - 1:00 pm.

Mars Hill Community Food Cupboard(207) 429-9041

10 ACI Street, Mars Hill

Hours: 2nd Tuesday, 1:00 - 3:00 pm. 4th Tuesday, 6:00 pm - 8:00 pm. (November and December: 2nd Tuesday, 1:00 pm - 3:00 pm, and 3rd Thursday, 6:00 pm - 8:00 pm.)

New Limerick St. Mary’s Pantry(207) 532-9122

112 Military Street, New Limerick

Hours: Tuesday and Thursday 8:30 am - 10:30 am.

New Sweden The Lord’s Pantry(207) 540-2199

17 Westmanland Road, New Sweden

Hours: 2nd Saturday of each month 7:00 am - 10:00 am or call for other times.

Orient Food Pantry(207) 448-2730

82 School House Road, Orient

Hours: 1st Friday after 1st Tuesday 10:00 am - 12:00 pm.

ACAP - WIC Program(207) 764-3721

Presque Isle General Assistance(207) 764-2515

12 2nd Street, Presque Isle

Hours: Monday - Friday 8:00 am - 11:00 am.

GIFT (Grace Interfaith Food Table)(207) 764-8584

11 Industrial Street, Presque Isle

Hours: Wednesdays from 9: 00 am - 12:00 pm

Martha & Mary’s Kitchen(207) 764-0758

21 Parsons Street, Presque Isle

Food boxes last Friday 3:00 pm to 5:00 pm, 1 box per month. Soup Kitchen Monday, Wednesday, and Friday 3:00 pm - 5:00 pm.

Mi’kmaq Food Pantry(207) 764-1972

Call for appointment.

Sherman UVEC Pantry(207) 365-4366

36 School Street, Suite 4, Sherman

Hours: 2nd Tuesday 8:00 am - 12:00 pm.

Continued

St. Francis St. Charles Food Pantry(207) 834-5656

912 Main Street, St. Francis

Hours: 1st Thursday after the 1st Tuesday 11:00 am - 1:00 pm.

Sinclair St. Joseph's Food Pantry(207) 543-6634

413 Lake Shore Road, Sinclair

Hours: Tuesdays 1:00 pm - 3:00 pm

Van Buren St. Peter Chanel Food Pantry(207) 694-9199

52 Main Street, Van Buren

Hours: Every Thursday after the last Tuesday 1:00 pm - 2:20 pm

Wytopitlock Food Pantry(207) 765-8001

8 Springer Road, Wytopitlock

Hours: Wednesday following the 1st Tuesday 2:00 pm - 4:00 pm and 3rd Thursday 2:00 pm - 4:00 pm.

HOUSING SERVICES & ASSISTANCE

ACAP Housing Services.(207) 764-3721

771 Main Street, Presque Isle

Services and programs to assist renters and homeowners with safe energy-efficient housing and homeowner repair needs. Home ownership education and foreclosure prevention assistance programs also available.

Caribou Rehab & Nursing Home(207) 498-3102

10 Bernadette Street, Caribou

Harmony Nursing Facility(207) 532-1355

11 Abraham Court, Houlton

L’Acadie ICF/IDD Nursing Facility(207) 868-2798

Maine Veterans’ Home(207) 498-6074

163 Van Buren Road, Caribou

Local Housing Authorities (Low Income Housing)

- **Caribou Housing Agency.(207) 493-4234**

25 High Street, Caribou

Email: housing@cariboumaine.org Website: www.cariboumaine.org

- **Fort Fairfield Housing Authority(207) 476-5771**

18 Fields Lane, Fort Fairfield

Website: www.housingauthorityff.org

- **Presque Isle Housing Authority(207) 768-8231**

58 Birch Street, Presque Isle

Email: info@pihousing.org Website: www.pihousing.org

- **Van Buren Housing Authority(207) 868-5441**

16 Champlain Street, Van Buren

Website: www.vanburenhousing.org

Maine State Housing Authority 1-800-452-4668 or (207) 626-4600

TTY. Maine Relay 711

26 Edison Drive, Augusta

Maine Housing offers programs and services that make housing more affordable to Maine people. Over 100,000 households will benefit from our programs this year. We believe everyone deserves a good home.

Continued

- **Home Buyer Assistance:** Low, fixed rate mortgages and down payment assistance
- **Rental Assistance:** Section 8 Housing Choice Vouchers, and referrals to affordable rental housing.
- **Homeless Assistance:** Financing for emergency shelters, and short-term rental assistance.
- **Home Improvement:** Home repair and lead hazard control.
- **Energy Assistance:** Fuel assistance and home weatherization.
- **Housing development:** Financing to develop affordable multifamily housing and supportive housing for people with special needs.

For information on particular programs and services and how to apply, go to www.mainehousing.org

Homeless Services of Aroostook(207) 764-4125

See Shelters on page 51.

USDA Rural Development(207) 764-4157 ext. 4

735 Main Street, Suite 1, Presque Isle

Website: www.rurdev.usda.gov

- **Guaranteed Single Family Housing Program:**
Loans are made by mortgage lenders and guaranteed by USDA Rural Development to low and moderate income applicants to buy or build homes (30-year fixed interest rate) in rural areas of Maine.
- **Single Family Housing Program:**
(502 Loan) Low interest loans are made directly by USDA Rural Development to applicants whose incomes are less than 80 percent of the median income for the area. This program is focused towards purchasing modest housing, constructing new homes, or repairing pre-owned dwellings, located in rural areas of Maine. (Very Low to Low income)
(504 Loan) Loans are made at 1 - percent interest rate to repair, improve, or modernize modest single family homes in rural areas, making homes safer or more sanitary; or to remove health and safety hazards. Applicants’ incomes must be less than 50 percent of the median income for the area. (Very low income)
(504 Grant) For homeowners 62-years old or older who cannot repay a loan. Grant funds are available to remove health or safety hazards, or remodel dwellings to make them accessible to household members with disabilities. (Very low income)
- **Multi-Family Housing Program:**
(515 Loan) Loans made by USDA Rural Development to build or repair elderly or family apartment style housing in rural areas for very low, low and moderate income residents. Up to 102 percent of the appraised value or development costs, whichever is less, can be borrowed by non-profits and up to 97 percent can be borrowed by limited profits.
(521 RA) Tenant subsidy that provides assistance for very-low and low-income residents of Section 515 Rural Rental Housing apartments. Tenants are required to pay 30 percent of their adjusted monthly income for shelter costs.

LEGAL

American Civil Liberties Union of Maine(207) 774-5444

121 Middle Street, Suite 301, Portland

Dedicated to the preservation and enhancement of civil liberties and civil rights.

Email: info@mclu.org Website: www.aclumaine.org

Office of the Maine Attorney General(207) 626-8800

Consumer Protection Unit(207) 626-8849

Consumer Fraud Division (207) 626-8800

Consumer Mediation Service 1-800-436-2131

6 State House Station, Augusta

- Civil Rights
- Consumer Protection
- Children and Families
- Crime and Victims
- Elder Issues
- Health Issues

A free service to Maine consumers who have a problem with a business. Volunteer mediators work with the consumer and the business to resolve the problem.

Disputes not mediated: private – neither party is a business, business to business, disputes outside our jurisdiction, those disputes in which the consumer would be best served by contacting a private attorney or those disputes where suit has already been filed.

Email: attorney.general@maine.gov Email: consumer.mediation@maine.gov

Website: www.maine.gov/ag

Legal Services for the Elderly & Advocates for Medicare Patients . . . 1-800-750-5353

Free legal advice over the phone to Maine’s elderly.

Website: www.mainelse.org

Maine Bureau of Consumer Credit Protection 1-800-332-8529

TTY. Maine relay 711

Fax.(207) 582-7699

Website: www.credit.maine.gov

- State agency that enforces laws relating to consumer financial services including loans and credit sales, debt collection and credit reporting.
- Website permits consumers to file complaints on-line; processes about 1,000 complaints each year.
- Regulates through licensing of 5,000 business entities; conducts compliance exams; undertakes investigations and enforcement actions; administers Maine’s Foreclosure Diversion program; and offers many educational booklets for consumers, including students and senior citizens.

Continued

Maine Department of Corrections - Division of Juvenile Services

- **Caribou Office**(207) 764-2042
144 Sweden Street, Caribou
- **Presque Isle Office**(207) 764-2043
27 Riverside Drive, Suite 102, Presque Isle
- **Houlton Office.**(207) 521-0086
6 Water Street, Houlton

Long Creek Youth Development Center(207) 822-2600
675 Westbrook Street, South Portland

Promote public safety by ensuring juvenile offenders involved with the juvenile justice system are provided risk-focused interventions, effective treatment, education, and other services that teach skill and competencies; strengthen pro-social behaviors and require accountability to victims and communities.

Maine Equal Justice Partners.(207) 626-7058
126 Sewall Street, Augusta

Nonprofit legal aid provider whose mission is to find solutions to poverty and improve the lives of people with low income in Maine.

- Advocate for fair public policies in the legislature and with governmental agencies.
- Provide direct legal services and representation through impact litigation on systemic issues; and
- Partner with diverse low-income communities and agencies through outreach, organizing, and education.

Email: info@mejp.org Website: www.mejp.org

Maine Human Rights Commission(207) 624-6290
#51 State House Station, Augusta

Providing free investigation of discrimination charges and issuing non-binding decisions.
Website: www.maine.gov/mhrc

Maine Lawyer Referral and Information 1-800-860-1460

Maine Volunteer Lawyer’s Project 1-800-442-4293

National Do Not Call List 1-888-382-1222

Pine Tree Legal Assistance Inc.(207) 764-4349

TTY Maine Relay 711

373 Main Street, Presque Isle

Free civil legal services for low income Maine residents.

Website: www.ptla.org

Victim Witness Advocates - Offices of the District Attorney

Provide crime victims with help and guidance through the Criminal Justice process and Court hearings in criminal cases.

• **Caribou Office**(207) 498-2557

144 Sweden Street, Caribou

• **Presque Isle Office**(207) 764-0504

27 Riverside Drive, Presque Isle

• **Houlton Office.**(207) 532-4294

26 Court Street, Suite 101, Houlton

LENDING LIBRARIES

Aroostook Council for Healthy Families(207) 532-7405

37 Bangor Street, Suite 7, Houlton

Autism Society of Maine 1-800-273-5200

Mailed materials service available.

Health Equity Alliance - LBGQTQA topics(207) 990-3626

Maine Parent Federation. 1-800-870-7746

526 Western Avenue, Unit 2, Augusta

Maine State Library Outreach Services. 1-800-762-7106

64 State House Station, Augusta

Provides Books By Mail, Homebound Services, large print books, Talking Books, and Video Packets for Maine residents in towns without full-service libraries (open more than 10-15 hours per week). It also offers support to public libraries, including programming packets, large print deposit collections, and a Statewide Summer Reading Program. Libraries may also become Talking Books Service Centers.

Website: www.maine.gov/msl/outreach

National Multiple Sclerosis Society. 1-800-344-4867

Website: www.msmaine.org

The Aroostook Medical Center - Women’s Health Center(207) 769-6636

Books and videos covering many women’s issues.

MEDICAL: CLINICS

Acadia Family Health Center(207) 728-7300

460 Main Street, Madawaska

Aroostook Country VA Clinic 1-877-421-8263

723 Main Street, Presque Isle

Primary care for eligible veterans. Monday - Friday 7:00 am - 4:30 pm.

Cary Medical Center Walk-In Clinic(207) 498-1611

163 Van Buren Road, Suite 1, Caribou

Developmental Pediatrics (Northern Light Health)(207) 275-4263

133 Corporate Drive, Floor 2, Bangor

Clinics Available: Cleft lip and Cleft Palate, Cystic Fibrosis, Dermatology, Developmental Evaluation, Developmental Pediatrics, Genetics, Infectious Disease, Metabolic, NICU, Follow-up, and Spina Bifida. The team assessment can be specialized to address specific referral questions.

East Grand Health Center(207) 448-2347

201 Houlton Road, Danforth

Fish River Rural Health Center.(207) 898-9557

Website : www.frrh.org

- **Bolduc Avenue Health Center(207) 834-3971**
12 Bolduc Avenue, Fort Kent
Also providing Family Dental Care & Vision Care.
- **Eagle Lake Health Center(207) 444-5973**
10 Carter Street, Eagle Lake
Also providing Family Dental Care & Vision Care.
- **Fort Kent Health Center(207) 834-3971**
3 Mountain View Drive, Fort Kent
- **Madawaska Community Health Center(207) 728-3971**
309 Saint Thomas Street, Madawaska
Also providing Family Dental Care & Vision Care.

Katahdin Valley Health Center 1-866-366-5842

Website: www.kvhc.org

- **Ashland Clinic(207) 435-6341**
33 Walker Street, Ashland

Continued

- **Brownville Clinic** (207) 965-8700
180 Main Road
- **Houlton Clinic** (207) 521-0022
59 Bangor Street, Houlton
- **Island Falls Clinic** (207) 463-3600
1300 Crystal Road, Island Falls
- **Millinocket Clinic** (207) 723-6551
50 Summer Street
- **Patten Clinic** (207) 528-2285
30 Houlton Street, Patten

Acadia Family Health Center - Madawaska Outpatient Center (207) 728-7300

Maliseet Health Department. (207) 532-2240
88 Bell Road, Littleton

Many health and wellness services are available to eligible persons. Generally, eligibility requires being a Native American Indian from a federally recognized U.S. Tribe and that resides in Aroostook County. Must show proof of residency and tribal affiliation at point of registration.

- **HBMI Health Clinic** (207) 532-4229
Primary Care and Wellness Services.
- **HBMI Behavioral Health Program** 1-888-568-1112
Alcohol/Substance Use and Mental Health Services.

Mi'kmaq Service Unit. 1-800-750-1972 or (207) 764-1792
8 Northern Road, Presque Isle

Many health and wellness services are available to eligible persons. Generally, eligibility requires being a Native American Indian from a federally recognized U.S. Tribe and that resides in Aroostook County. Must show proof of residency and tribal affiliation at point of registration.

- **Mi'kmaq Family Clinic** (207) 764-1792
Primary Care and Wellness Services.
- **Micmac Family Dental Clinic** (207) 764-1792
Primary Dental Care and Prevention Services.

Pines Family Health Centers 1-800-371-6240

- **Caribou Health Center** (207) 498-2356
74 Access Highway, Caribou
- **Pediatrics** (207) 498-6921
163 Van Buren Road, Caribou (Behind Cary Medical Center)

Continued

- **OB/GYN**(207) 498-6921
163 Van Buren Road, Caribou (Behind Cary Medical Center)
- **Fort Fairfield Health Center**(207) 472-0590
11 Harmony Street, Fort Fairfield
- **Presque Isle Health Center**(207) 769-2025
66 Spruce Street, Suite 4
- **Van Buren Health Center**(207) 868-2796
4 Main Street, Van Buren
- **Washburn Health Center**(207) 455-4750
1260 Main Street, Washburn

Northern Light Health AR Gould - Primary Care Health Services

- **Caribou Health Center**(207) 498-3476
118 Bennett Drive, Suite 130, Caribou
- **Walk-In Care**(207) 498-3502
118 Bennett Drive, Caribou
- **Fort Fairfield Health Center**(207) 768-4753
23 High Street, Fort Fairfield
- **Presque Isle Family Practice & Internal Medicine**(207) 764-3142
23 North Street, Presque Isle
- **Walk-In Care**(207) 760-9278
23 North Street, Presque Isle
A convenient option for treatment of minor illnesses and injuries. Hours: Monday - Friday 8:00 am - 8:00 pm, Saturday and Sunday 8:00 am - 1:00 pm.

MEDICAL: COMPLEMENTARY THERAPIES

Togas VA Medical Center(207) 623-8411
1 VA Center, Augusta
Website: www.maine.va.gov

Acupuncture Dr. Connor(207) 492-0346
22 Birdseye Avenue, Caribou
Offering Chinese herbal medication.
Website: www.aroostookwellness.com

Knot-II-Bragg Farm, Natalia Bragg(207) 455-8386
469 New Dunntown Road, Wade

- Traditional herbal products by mail order or farmers market in Presque Isle.
- Herb walks - Herbal history of Aroostook County, by appointment.

Continued

- Herbal seminars - Once a month May - October by appointment.
- Learn traditional treatments and cultural history.
- Seminars off farm/ten or more people/upon request. (School resource for science and history)

Email: knotibragg@outlook.com Website: www.knotibragg.com

Myrtle Tree (Herbs), Donna Keegan(207) 764-4980

368 Fort Fairfield Road, Presque Isle

Herbal workshops, herbs, annuals, perennials, tree nursery, shrubbery, fruit trees, landscaping services, floral arrangements.

Email: info@myrtletreefarm.com

MEDICAL: EQUIPMENT

Rotech Healthcare(207) 764-1700

205 Cross Street, Bldg 609, Presque Isle

Providing a full line of respiratory supplies.

Lincare 1-800-464-6739 or (207) 498-6739

542 Main Street, Suite 2, Caribou

MEDICAL: FAMILY PLANNING

Genetics Program (Northern Light EMMC)(207) 275-4251

130 Corporate Drive, Bangor

Specializing in diagnostic and clinical management for prenatal, pediatric and adult patients who have or are suspected to have genetic disorders, including cancer.

Maine Family Planning(207) 922-3222

Ensuring that all Maine people have access to high quality affordable reproductive health care, comprehensive sexual health education, and the right to control their reproductive lives.

Website: www.mainefamilyplanning.org

- **Fort Kent Family Planning(207) 834-1188**

139 Market Street, Fort Kent

- **Houlton Family Planning & Primary Care(207) 521-0037**

91 Military Street, #B, Houlton

- **Presque Isle Family Planning & Primary Care(207) 768-3057**

5 Martin Street, Presque Isle

MEDICAL: HOSPITALS

Northern Light Health Acadia Hospital 1-800-640-1211

268 Stillwater Avenue, Bangor
Psychiatric and substance addiction treatment
Website: www.acadiahospital.org

Cary Medical Center (207) 498-3111

163 Van Buren Road, Caribou
Website: www.carymedicalcenter.org

Northern Light Health AR Gould (207) 768-4000

140 Academy Street, Presque Isle
Website: www.northernlighthealth.org/A-R-Gould-Hospital

Northern Light Eastern Maine Medical Center . . . 1-877-366-3662 or (207) 973-7000

489 State Street, Bangor
Website: www.northernlighthealth.org/Eastern-Maine-Medical-Center

Houlton Regional Hospital. 1-800-427-4771

20 Hartford Street, Houlton
Website: www.houltonregional.org

Northern Maine Medical Center (207) 834-3155

194 East Main Street, Fort Kent
Website: www.nmmc.org

MEDICAL: IN-HOME SERVICES

Rotech Healthcare (207) 764-1700

205 Cross Street, Bldg 609, Presque Isle

- Respiratory evaluation and assessment
- Respiratory therapy and medical equipment
- Durable medical supplies/wheel chairs, walkers, bathroom safety equipment
- Oxygen, nebulizers and medications, incont supplies, Cpap supplies, and Bipap supplies.

Aroostook Agency on Aging. 1-800-439-1789

260 Main Street, Suite B, Presque Isle

- Home Care Personal Support
- Care Partner Education & Support
- Friendly Visitors

Continued

- Eldercare Homecare Services

Website: www.aroostookaging.org Email: info@aroostookaging.org

Aroostook Home Health Services 1-877-688-9977

Providing CNA, PCA, and Homemaker services.

- **Caribou (207) 492-8250**
19 Marshall Street, Suite 3, Caribou
- **Fort Kent (207) 834-2990**
345 Market Street, Fort Kent
- **Houlton (207) 532-9971**
P.O. Box 1545, Houlton

Website: www.aroostookhomehealthservices.com

Andwell Health Partners 1-800-482-7412 or (207) 777-7740

181 Academy Street, Suite 6, Presque Isle

Home Health Services: Our goal is to help clients maintain their independence. We provide medically trained professionals to assist individuals with personal care and daily living skills so they can remain in their homes.

- In home personal care services
- Pediatric and adult long-term care and caring companions
- Skilled nursing (in-home)

Goold Health Systems 1-800-609-7893

Providing long term care assessments and care plan authorizations.

Lincare 1-800-464-6739 or (207) 498-6739

542 Main Street, Suite 2, Caribou

For people with mechanical ventilators, home oxygen, and other life supporting respiratory equipment. Our licensed Respiratory Care Practitioners visit people monthly in their homes and report vital information to the attending physician.

- Available 24-hours a day, 7-days a week
- Delivers equipment and supplies at no charge
- Direct billing to most insurance companies
- Durable medical supplies

Madigan Home Health Care 1-800-723-5552 or (207) 532-6593

93 Military Street, Houlton

- Home Health Aids
- Physical & Occupational Therapy
- Skilled Nursing
- Medical Social Workers
- Personal Care Attendants

Website: www.madiganestates.com/portfolio/home-health

Continued

Public Health Nursing (DHHS) 1-888-644-1130

Free services provided by home visits:

- Adult Health
- Breast-Feeding Support
- Children with Special Health Needs
- Communicable Disease Prevention and Control (including Screenings and Immunizations)
- Environmental Health
- Growth and Development
- Lead Poisoning Management
- Newborn/Infant Assessment
- Parenting
- Pregnancy
- Refugee/Migrant Health
- SIDS (Sudden Infant Death Syndrome)
- Tuberculosis

Seniors Domestics Home Care Agency (207) 764-5232

31 Maple Street, P.O. Box 1771, Presque Isle
Providing in-home PSS and RN/LPN services.

Valley Home Health Services 1-866-492-8447

Providing in-home services throughout Aroostook County, including home healthcare, skilled nursing, and physical and occupational therapy, ensuring personalized care, and support in the comfort of your home.

- **Caribou (207) 492-1149**
658 Main Street, Suite 2, Caribou
- **Fort Kent (207) 834-3756**
345 Market Street, Fort Kent
- **Houlton (207) 532-9686**
19 Court Street, Houlton

Email: www.valleyhomehealthservices.com

Northern Light Home Care & Hospice - Aroostook 1-800-757-3326

MEDICAL: INSURANCE

Consumers for Affordable Health Care (CAHC) 1-800-965-7476

108 Sewall Street, Augusta
Email: consumerhealth@mainecach.org Website: www.mainecahc.org

CAHC is a Maine public charity whose mission is to help Maine people get and understand affordable health care. We provide nonpartisan research, training and education

Continued

to the public, government officials, businesses, and organizations. Free services from our Consumer Assistance Program include:

- Comprehensive Guide to Maine Health Care on website
- Statewide, confidential HelpLine offering information & help for people without health coverage or who have problems with health coverage
- Enrollment assistance and advocacy for issues with MaineCare, the Health Insurance Marketplace, and other non-insurance programs, like hospital free care
- Free guidance and support for consumers filing appeals for private health insurance denials.

DHHS - Children with Special Health Needs Program 1-800-698-3624 ext. 5357
TTY. Maine Relay 711

MaineCare (DHHS, Medicaid Funded) 1-800-977-6740
TTY. Maine Relay 711

National Association for the Self Employed 1-800-649-6273

- Discounts
- Educational Resources
- Grant access
- Tax Consultations
- Insurance
- Prescription Care
- Roadside Assistance

MEDICAL: PHYSICIAN REFERRALS

Cary Physician Referral Service (207) 498-3111

Northern Light Health AR Gould (207) 768-4000

MEDICAL: PROSTHETICS & ORTHOTICS

Aroostook Orthotics & Prosthetics, LLC (207) 762-3808
40 North Street, Presque Isle

Northern Prosthetics & Orthotics (207) 768-5348
117 Academy Street, Presque Isle
Email: info@northernprosthetics.com Website: www.northernprosthetics.com

MEDICAL SUPPORT SERVICES: ACUTE INPATIENT REHAB

The Aroostook Medical Center - Acute Inpatient Rehab (207) 768-4416

140 Academy Street, Presque Isle

Focuses on helping those limited by illness or injury to restore function and to live independently. Inpatient rehab patients may work with physical, occupational, respiratory, and speech therapists, nurses, social workers, and dietitians.

MEDICAL SUPPORT SERVICES: BRAIN INJURY REHAB

AMHC - Center for Integrated Neuro-Rehab. (207) 498-3820

159 Bennett Drive, Suite 1, Caribou

11 Mill Street, Houlton

Services available in Aroostook County. Located in Caribou and Houlton, CINR provides comprehensive brain injury rehabilitation through a day treatment program specifically designed to address deficits that might hinder a brain injury survivor’s optimal recovery, focusing on intellectual, emotional, and social functioning. Fully accredited from CARF, the Commission on Accreditation of Rehabilitation Facilities.

Website: www.amhc.org/support

Northern Light Health AR Gould Rehabilitation (207) 768-4735

140 Academy Street, Presque Isle

MEDICAL SUPPORT SERVICES: HEARING & SPEECH SERVICES

Cary Medical Center - Outpatient Speech. (207) 498-1169

The Aroostook Medical Center - Outpatient Speech (207) 768-4734

MEDICAL SUPPORT SERVICES: MASSAGE THERAPY

Paige Czosnek Wellness. (207) 227-8256

17 Houlton Road, Suite B, Presque Isle

Email: paigeczosnekwellness@gmail.com

Katahdin Valley Health Center (207) 521-0022

59 Bangor Street, Houlton

Continued

Massage by RosieO(207) 496-7733

728 Main Street, Presque Isle

Therapeutic Massage and Spa - Norine "Sammy" Day, LCMT(207) 492-0987

143 High Street, Caribou

Thrive Body Spa(207) 496-0700

73 Sweden Street, Caribou

MEDICAL SUPPORT SERVICES: OCCUPATIONAL THERAPY

Cary Medical Center - Rehabilitation Services - PT, OT, Speech.(207) 498-1618

163 Van Buren Road, Caribou

Northern Maine Medical Center - Therapy Services(207) 834-3387

194 East Main Street, Fort Kent

Offers personalized physical, occupational, and speech therapy services designed to meet your unique needs and help you achieve your goals!

Northern Light Health - Rehab & Therapy Services Dept.(207) 768-4735

MEDICAL SUPPORT SERVICES: PHYSICAL THERAPY

Cary Medical Center - Rehabilitation Services - PT, OT, Speech.(207) 498-1618

163 Van Buren Road, Caribou

County Physical Therapy, LLC

• **Caribou(207) 498-6334**

118 Bennett Drive, Suite 140, Caribou

• **Fort Kent(207) 834-4117**

110 East Main Street, Fort Kent

• **Houlton(207) 521-0200**

98 Bangor Street, Suite A, Houlton

• **Madawaska.(207) 728-7778**

460 Main Street, Suite 10, Madawaska

• **Presque Isle.(207) 769-2160**

5 North Street, Presque Isle

Continued

Houlton Regional Hospital - Positive Steps(207) 532-4093

20 Hartford Street, Houlton

Northern Maine Medical Center - Therapy Services(207) 834-3387

194 East Main Street, Fort Kent

Northern Physical Therapy & Rehab Services.(207) 764-0400

52 Academy Street, Presque Isle

Northern Light Health AR Gould(207) 768-4735

140 Academy Street, Presque Isle

MENTAL HEALTH: AGENCIES

If you are struggling with mental health, emotional distress, or substance use? Call, text, or chat **988** for 24/7 free, confidential support—you're not alone.

AMHC	1-800-244-6431
180 Academy Street, Presque Isle	(207) 554-2352
43 Hatch Drive, Suite 310, Caribou	(207) 493-3361
11 Mill Street, Houlton.	(207) 532-6523
88 Fox Street, Suite 101, Madawaska.	(207) 728-6341
104 East Main Street, Fort Kent	(207) 834-3186

AMHC provides integrated healthcare services that empower individuals to recover and enhance their overall quality of life. Services are available in Aroostook, Hancock, and Washington counties and can be accessed by calling the AMHC Call Center at 1-800-244-6431. Most insurances are accepted, and a sliding fee schedule based on family size and income is available. No one is denied services due to an inability to pay, and several programs offer free services.

Website: www.amhc.org

Supporting youth, adults, and families with the following services:

- **Mental Health Services:** AMHC offers mental health treatment and recovery-focused services for adults, children, and families.
 - Mental Health Outpatient
 - Psychological Testing
 - Behavioral Health Home (BHH)
 - Home & Community Treatment (HCT)
 - Community Integration
 - Community Care Teams (CCT)
 - Adult & Children Residential
 - County Ride
 - Supportive Housing
 - Mental Health Support Centers
- **Substance Use Services:** AMHC offers treatment and recovery services for individuals, families, and impacted others.
 - OPTIONS
 - Substance Use Outpatient Services
 - Downeast Treatment Center (DTC)
 - Residential Treatment Facility (RTF)
 - Treatment Recovery Court
 - Recovery Support Centers
 - Share Facts Save Lives
- **Crisis Services:** These services encompass mental health and substance use assessments, safety planning, and necessary referrals for further support.
 - Mobile Crisis Response

Continued

- Crisis Stabilization
- Crisis Stabilization Units
- Critical Incident Stress Debriefing (CISD)
- **Sexual Assault Services:** Extending 24/7 confidential support to those impacted by sexual assault by promoting healing and justice through advocacy, education, and prevention efforts.
 - 24/7 Helpline at 1-800-871-7741
 - Advocacy & Prevention
 - Children’s Advocacy Centers
- **Prevention Services:** Prevention resources focused on adolescents.
 - Aroostook Teen Leadership Camp (ATLC)
 - Youth Prevention
 - Share Facts Save Lives Youth Resources
- **Community & Family Support Services:** Serving adults with intellectual disabilities and individuals with traumatic brain injury. The agency also supports family relationships and reunification.
 - Center for Integrated Neuro Rehab
 - St. John Valley Associates
 - Family Visitation
 - Family Time Coaching

For more information on AMHC services, please visit www.amhc.org/services.

CAPS (Central Aroostook Psychiatric Services) (207) 764-9700

521 Main Street, Presque Isle
 Website: www.capsmentalhealth.com

Providing:

- Adult, child, and couples’ therapy
- Psychiatric evaluations
- Medication management

Andwell Health Partners 1-800-482-7412

181 Academy Street, Suite 6, Presque Isle

Behavior Health Services are provided to a child in his/her home or community setting, which focus primarily on behavior management, increased skill development, and physical development activities. These services teach the child appropriate behaviors and/or specific skills and are short-term.

Northern Maine Vet Center (207) 496-3900

456 York Street, Caribou

- Bereavement counseling for families of combat fatalities
- Individual readjustment counseling
- Referral for benefits assistance
- Group readjustment counseling

Continued

- Liaison with community agencies
- Marital and family counseling
- Substance abuse information and referral
- Military sexual trauma counseling and referral
- Community education

Community Health and Counseling Services (207) 496-3166

Home, Health, and Hospice. 1-800-924-0366
 Mental Health (207) 496-3166
 40 Market Square. 1-800-924-0366
 Houlton. (207) 532-5510

7 Hatch Drive, Suite 120, Caribou

Website: www.chcs-me.org

Providing the following services:

- Behavioral Health Home program
- Community Integrations Workers
- Family Centered services
- HIV/AIDS Case management
- Kinship home studies
- Skills building
- Targeted case management
- Therapy (office / in home) Adult, Child and family
- Treatment Foster Care

County Behavioral Medicine (207) 554-2600

541 Main Street, Suite B, Presque Isle

Striving to provide quality behavioral healthcare for everyone. We will meet with clients in our office, homes, via the internet, or other safe and comfortable locations.

Providing the following services:

- Counseling - Individual, couples, family, group, substance use.
- Educational consultations, trainings, public talks, etc.
- Screenings for mental health and substance abuse issues.
- Assistance navigating health care, finding resources, and communication between consumers and providers.

Email: info@countybmed.org Website: www.countybmed.org

CTC of Aroostook (Consultation, Training & Counseling) (207) 488-6657

454 Houlton Road, Easton

Outpatient Mental Health Services:

- Clinical Supervision
- Community Training
- Consultation Services
- Divorce Education/Programs

Email: flewelling2001@yahoo.com

Continued

Department of Health & Human Services (DHHS) 1-800-432-7366

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

24-Hour Disabilities/Autism Crisis Line. 1-888-568-1112

Provides support services to people with intellectual disabilities and autism; age 18 and older, and their families. To be eligible a professional diagnosis must have been made before age 18. It is a voluntary state agency that provides services to individuals with their knowledge and consent, or the approval of their legal guardian. Adult mental health services are provided to people needing intensive community support.

- **Adult Mental Health Services:** Intensive Case Management Services for adults with mental illness.
- **Crisis Intervention:** BDS maintains a 24-hour on-call phone number to assist consumers with intellectual disabilities/autism when in crisis at 1-888-568-1112.
- **Family Support Program:** This program provides funds (as available) to the family to use as they choose to support the person with intellectual disabilities or autism in their home.
- **Guardian Services:** These services are available from the Division for people who do not have a family member or close friend and need assistance in making decisions about finances, health or a place to live or work. The BDS Office of Advocacy intervenes in instances of abuse, neglect and exploitation.
- **Representative Payee:** BDS can act as Representative payee and assist people who do not have a family member or close friend and need assistance in making decisions about finances.
- **Respite Services:** BDS will work with people to help find respite providers.
- **Support Service Coordination (Case Management/Individual Support Coordinator):** An individual support coordinator/case worker will work with the person and family to assist in determining and coordinating services and support based on individual choice. They will work with you to assist with transition planning, locating a doctor, finding a place to live or a place to work.

Empowering Life (207) 532-9906

144 Military Street, Houlton

Counseling focused on the whole person - mind, body and spirit. Biblically based counseling offered upon preference.

Email: empoweringlife51@gmail.com Website: www.empoweringlife.org

Fish River Rural Health. 1-888-335-3971

Counseling services available at both health centers.

Website: www.frrh.org

- **Eagle Lake Health Center (207) 444-5973**
10 Carter Street, Eagle Lake
- **Fort Kent Health Center (207) 834-3971**
12 Bolduc Avenue, Fort Kent

Continued

Healing Hearts, LLC(207) 492-1000

7 Prospect Street, Caribou

Services offered:

- Case Management for children, adults, adults with intellectual and developmental disabilities
- Community Support Services (CIS)
- DEEP program
- Mental Health Therapy: Adults, Children, Couples, Family, and Groups
- Substance Use Counseling
- Christian Counseling

Hope Recovery Services(207) 493-1700

2 Armco Avenue, Caribou

Providing Outpatient Mental Health and Substance Abuse evaluation and treatment, Mental Health testing using ASABA scoring and diagnosing. SAP evaluation for Commercial Drivers and DEEP Evaluation and Treatment.

Email: ehoperecoverys@maine.rr.com

Life By Design

Case Management for children MH, intellectual disabilities, and chronic medical conditions; Adult community support (CIS) and skill building; DEEP Program; Mental Health Treatment (Individual & Group; Substance Use Counseling (Individual & Group).

- **Houlton(207) 532-9660**
18 High Street, PO Box 723, Houlton
- **Presque Isle(207) 764-6825**
147 Academy Street, PO Box 509, Presque Isle
- **Fort Kent(207) 834-5430**
31 Market Street, Fort Kent

Website: www.lifebydesignpa.com

New Day Counseling(207) 492-1130

20 Old Van Buren Road, Caribou

- Children’s case management
- Child therapy
- Adult and family therapy
- Group therapy
- Sexual offender training

Northern Maine General 1-866-321-1999

5 Carter Street, Eagle Lake(207) 444-5152

21 Aldrich Drive, Caribou..... (207) 492-1036

Continued

Northern Maine General is a nonprofit social service organization that provides diverse services locally and regionally throughout Aroostook County.

- Adult case management
- Adult residential care
- Children’s case management
- Children’s in-home supports
- Daily Living Support Services
- Day programming for adults with cognitive/physical disabilities
- Nursing home care/skilled nursing
- Outpatient Mental Health Services
- Outpatient Rehabilitation Services
- Residential Services for individuals with Acquired Brain Injury
- Shared living
- Skill Development Services
- Waiver foster care for adults with cognitive and physical disabilities

Website: www.nmgeneral.org

Clarvida Behavioral Health (207) 492-3009

647 Main Street, Suite 14B, Caribou

Providing home-based behavioral health treatment services to children and families when there is significant family disruption, or risk of the child being removed from the home. Treatment includes individual treatment, group treatment, and is highly collaborative with other treatment providers.

- Children’s home and community-based treatment (HCT)
- Virtual residential program (VRP)
- Care Coordination (TCM, Children and Adult BHH)

Website: www.clarvida.com

Maine Psychological Association 1-800-287-5065

Website: www.mepa.org

The Northern Lighthouse, Inc.

Services include children’s case management (TCM), in-home supports, and home and community life skills for individuals with intellectual disabilities. Counseling is available for children, families, and adults, along with HCT services and Section 28 support. Residential treatment is offered for boys and girls, comprehensive assessments include the Vineland tool, and substance use disorder treatment is also available.

- **Presque Isle (207) 540-1522**
172 Academy Street, Presque Isle
- **Caribou (207) 492-2011**
559 Sweden Road, Caribou

Continued

- **Mars Hill**(207) 425-3880
14 Main Street, Mars Hill
- **Houlton**(207) 521-4730
40 Market Square, Houlton

Website: www.thlh.org

Wings for Children & Families, Inc.(207) 941-2988
Referrals1-800-823-2988
93 State Street, Suite A, Presque Isle

Serving all of Northern Maine. Wings is a certified sanctuary organization, providing specially trained staff to work with families to promote healing and recovery from trauma, chronic stress, and adversity. You can also make an instant referral by visiting our website.

- **Children’s Services - Behavioral Health Homes (BHH):** Wings is a Behavioral Health Home (BHH) providing care coordination (case management). Our BHH Care Coordinators will pay special attention to the overall health and wellbeing of your child. They will attend and facilitate meetings on behalf of your child and be resources for finding and accessing services and supports.
- **Children’s Services - Medical Case Management:** Wings offers specialized case management for children who are experiencing chronic medical conditions.
- **Adult Services - Adult Community Case Management:** Adults aged 18 and older who have been found eligible by DHHS Office of Aging and Disability can access our ACCM program for adults with intellectual and developmental disabilities.

Website: www.wingsinc.org

MENTAL HEALTH: COUNSELORS & THERAPISTS

Freeman Corey, LCSW, LADC, CCS(207) 498-2400
583 Main Street, Caribou

Crystal Hughes, LCSW 1-877-462-8701
Thrive Therapy, 45 Church Avenue, Wallagrass

Sarah McLean, LCSW (207)762-8863
Website: www.sarahemclean.com

Trisha Stubbs, LCSW(207) 610-6424
45 Hillside Street, Presque Isle

MENTAL HEALTH PROVIDER ACRONYMS

ACSW: Academy Certified Social Worker

CCS: Certified Clinical Supervisor

LCSW: Licensed Clinical Social Worker

LADC: Licensed Alcohol and Drug Counselor

LCPC: Licensed Clinical Professional Counselor

MD: Medical Doctor (Psychiatrist in this listing)

M.Ed: Master of Education

NCC: National Certified Counselor

Ph.D.: Doctor of Philosophy Degree (Psychologist)

Psychiatrist: A psychiatrist is a medical doctor (M.D. or D.O.) who specializes in preventing, diagnosing, and treating mental illness. A psychiatrist's training starts with four years of medical school and is followed by a one-year internship and at least three years of specialized training as a psychiatric resident. A psychiatrist is trained to differentiate mental health problems from other underlying medical conditions that could present with psychiatric symptoms. They also monitor the effects of mental illness on other physical conditions.

NUTRITION

ACAP Women, Infant, and Children (WIC)(207) 764-3721

Houlton Regional Hospital Nutrition Counseling(207) 532-2900

Services tailored to individual needs.

- Diets for specific medical conditions
- Eating disorders
- Nutrition for disease prevention
- Weight management

Northern Light Health AR Gould - Dietitians(207) 768-4358

University of Maine Cooperative Extension

Expanded Food and Nutrition Education Program.(207) 781-6099

Fort Kent 1-800-287-1421 or (207) 834-3905

Houlton 1-800-287-1469 or (207) 532-6548

Presque Isle 1-800-287-1462 or (207) 764-3361

An educational program that is free to income-eligible families and individuals. Nutrition Associates provide nutrition programs and nutritional guidance (menu ideas, low cost recipes, money saving tips)

ORAL HEALTH

ACAP Oral Health Programs.(207) 764-3721

- **KIDS Integrated Dental Services:** Provides clinical assessments, oral prophylaxis, fluoride treatments, sealants, referrals, and oral hygiene instruction to children enrolled in WIC and Head Start programs and at local contracted public schools in Aroostook County. MaineCare and private fee payment accepted.
- **Oral Health Education and Screening Services and Sealant Program:** In cooperation with other social service and health care providers. Coordinates a consolidated School Oral Health Program and is a resource for oral health programs in all elementary schools in Aroostook County. Administers a Dental Sealant Program for second and third grade students in every Aroostook County elementary school. Maintains an extensive lending library that includes audiovisual materials, books, and teaching aids.

County Roots Children’s Dentistry, LLC(207) 462-4767

181 Academy Street, Suite 4, Presque Isle

Fish River Rural Health.(207) 444-5973

10 Center Street, Eagle Lake

Accepting MaineCare.

Pines Dental Service.(207) 498-1314

163 Van Buren Road, Caribou (behind Cary Medical Center)

Accepting MaineCare and patients of all ages.

St. Apollonia Dental Clinic(207) 554-5045

122 Academy Street, Presque Isle

Pediatric dentistry and accepts MaineCare.

Dr. Robert Erickson(207) 992-2060

12 Stillwater Avenue, Bangor

Accepts MaineCare – Extraction and partials/dentures only

PARENTING: CHILD CARE

ACAP Child Care/Head Start Centers - ACAP Family Services. (207) 764-3721

Serves families regardless of income. Priority given to families who meet eligibility criteria. Centers located in Fort Kent, Caribou, Presque Isle, Houlton, Limestone, and Dyer Brook.

PARENTING: EDUCATION

Aroostook Council for Healthy Families

Aroostook’s Child Abuse Prevention Agency 1-877-207-2301

7 Hatch Drive, Caribou (207) 496-3495

37 Bangor Street, Suite #7, Houlton (207) 532-7405

342 W Main Street, Ste 102, Fort Kent (207) 834-1185

- Lending library of videos and books for parents and professionals
- Services for schools and educational programs for children, parents, and providers
- Support groups and parenting classes
- Playgroups, story times, and community events

Maine Families Aroostook:

- A home visiting program for all pregnant mothers and all families with newborns in Aroostook County.

Raising Stronger Families Program:

- Mandated reporting trainings
- Responding to child abuse and neglect courses
- Positive parenting classes

Email: info@achf-me.org Website: www.achf-me.org

Northern Light AR Gould - Women’s Health. (207) 769-6636

Childbirth Education Classes

Fish River Rural Health Center

Website : www.frrh.org

Eagle Lake Health Center (207) 444-5973

10 Carter Street, Eagle Lake
Maternal and child health program.

Fort Kent Health Center (207) 834-3971

3 Mountain View Drive, Fort Kent
Maternal and child health program.

March of Dimes 1-888-663-4637

Information and resources concerning birth defects, genetics, and pregnancy.

Website: www.marchofdimes.com

Continued

Pregnancy Care Center of Aroostook County 1-800-300-0220
830 Main St A-2, Presque Isle(207) 764-0022
37 North Street, Houlton. (207) 532-6380
272 West Main Street, Fort Kent (207) 834-5800

Supporting and caring for women with crisis pregnancies by providing:

- Abortion Recovery Program
 - Alternatives to abortions
 - Confidential counseling
 - Educational materials
 - Free pregnancy tests
 - Survivor Intervention Program
 - Teen Abstinence Program
- Website: www.pcc-hope.org

Public Health Nurses 1-888-644-1130

PARENTING: SPECIAL NEEDS RECREATION

These organizations have demonstrated an open and friendly attitude toward disabled and/or people with special needs using their facilities.

Manes and Tails, Shelley Taylor (207) 538-9376
560 North Street, Houlton
Supporting and promoting horse interaction programs for children and families with special needs throughout Aroostook County. Providing information, links, and resources. Follow Manes and Tails Aroostook on Facebook.
Email: shelleytay1952@gmail.com Website: www.manesandtails.org

Manes and Tails at Aroostook Horse and Pony Associates (207) 538-9376
560 North Street, Houlton
Riding service and a special needs provider. Certified PATH (Professional Association for Therapeutic Horsemanship) Follow Perfect Ponies Learning Center on Facebook.
Email: shelleytay1952@gmail.com Website: www.manesandtails.org

Manes and Tails at Perfect Ponies Learning Center (207) 868-5324
489 Main Street, Van Buren(207) 484-1231
Equine assisted learning visits available by appointment. Contact Nancy Dumond Violette.
E-mail: ponygirl489@msn.com

The Forum (207) 764-0491
84 Mechanic Street, Presque Isle
Adaptive skating equipment available during Open Skate (mid-Oct to mid-Mar).
Email: info@pirec.org Website: www.pirec.org

SHELTERS

Hope and Justice Project, Inc. 1-800-439-2323

For people affected by domestic abuse and violence.

CourageLives (207) 282-3351

A program of the St. Andre Home, Inc. CourageLIVES provides comprehensive community-based services for survivors of human trafficking, exploitation, and abuse, and their families. Services include outpatient therapy, case management, housing support, transportation assistance, employment support, educational assistance, referrals to resources and service providers, and, importantly, basic needs support through our Empowerment Pantry and Courage Clothing Closet.

Email: info@couragelivesme.org Website: www.couragelivesme.org

Homeless Services of Aroostook (207) 762-6000

745 Central Drive, Presque Isle

Email: director@aroostookhomeless.org Website: www.aroostookhomeless.org

- **Sister Mary O’Donnell Emergency Shelter (207) 764-4125**

Private non-profit, non-denominational organization which provides temporary shelter for families with/without children and also individuals eighteen (18) or older who have no means of support in a drug and alcohol free facility. All basic needs are met and case management is provided and required.

- **The Aroostook Bridge Program (207)764-4125**

A low barrier program. This program offers guests a safe place to sleep, meals, lockers for personal belongings, shower and laundry facilities, and navigator services that will help guide those residents that want assistance.

- **Transitional Housing. (207) 764-4125**

Provides a supportive housing program to families with children in transition from homelessness. It’s designed to assist families to reach self-sufficiency by providing them with temporary stable housing and life skills training while enabling them to work toward their goal of independence. Case management is provided and required

Email: tthm@aroostookhomeless.org

- **Veterans**

The Disabled American Veterans and their Auxiliary support this organization for veterans/homeless veterans and their families. When a veteran seeks help at the shelter, they call the DAV/DAVA to assist in setting them up in housing, i.e., most everything they need to start up a new apartment.

SOCIAL & SPECIAL SERVICES

Adult Multiple Alternative Center(207) 498-3518

253 Van Buren Road, Caribou

Day Habilitation services for dual diagnosis adults (21 or older).

Aroostook County Collaborative

Gary Sanfacon (Referrals or info)(207) 764-2042

Email: gary.m.sanfacon@maine.gov

Gloria Duncan (Referrals or info)(207) 554-4107

Email: gduncan@acap-me.org

Striving to develop and sustain collaboration, expand resources, and enrich the health, hope, and well-being of Aroostook County people. We want to be the resource that responds to the needs of Aroostook County. We believe each Aroostook resident has the opportunity to achieve. We are building healthier lives and communities through collaboration.

Alpha One 1-800-640-7200

Voice or TTY Maine Relay 771

66 Spruce Street, Presque Isle

ALPHA One is a private, community-based enterprise, managed by people with disabilities that are dedicated to developing independent living opportunities for Maine’s citizens with disabilities. We use peer interaction, development of self-advocacy skills in people with disabilities and community resources. Services include:

- Access design and consultation
- Adaptive drivers education and evaluation
- Assistive technology consultation and funding resources
- Independent living evaluation and training
- Information and referral
- mPower (adaptive equipment loan program)
- Peer support
- Personal assistance services
- Skills training

Website: www.alphaonenow.org

Aroostook Agency on Aging 1-800-439-1789 or (207) 764-3396

260 Main Street, Suite B, Presque Isle

- Alzheimer’s and related dementia assistance
- Memory Care Center & Adult Day Service
- Nutrition services
- Matter of Balance training for fall prevention
- Caregiver education and support
- Money Minders
- Retired & Senior Volunteer Program (RSVP)

Website: www.aroostookaging.org Email: info@aroostookaging.org

Continued

Aroostook County Action Program (ACAP)(207) 764-3721

771 Main Street, Presque Isle(207) 764-3721

40 Alfalfa Avenue, Fort Kent(207) 834-5135

88 Fox Street, Madawaska(207) 728-6345

91 Military Street, Houlton (207) 532-5300

ACAP services are open to all eligible persons. The following Community Services programs included:

- **Childcare & Early Childhood Education:**
 - Child Care & Child Care Food Program
 - Family Coaching
 - Head Start, Early Head Start & Preschool Partnerships
- **Coaching:**
 - Support with finding affordable safe housing
 - Goal planning
 - Job searching
 - Connection to needed resources
 - College preparation and support
 - Advocacy and empowerment
 - Support and guidance to overcome barrier
- **Energy & Housing Services:**
 - Energy, Moisture & Infiltration Audit Inspection Program
 - Home Energy Assistance & Crisis Intervention Program
 - Home Repair Network Program & Weatherization
 - Home Ownership Education & Support Counseling
 - Lead Paint Inspection Program
- **Health, Wellness & Nutrition Services:**
 - Healthy Eating & Physical Activity
 - Tobacco & Substance Misuse Prevention
 - Supplemental Food for Women, Infants & Children (WIC)
 - Oral Health & Kids Integrated Dental Services
- **Managing Money Services:**
 - Free Tax return preparation
 - Matched Savings Accounts
 - Diaper Program
- **Employment & Training Services:**
 - Career Counseling
 - Job Search
 - Skills Assessment
 - Youth Workforce Development

Continued

American Red Cross of Northern & Eastern Maine(207) 493-4620

7 Hatch Drive, Suite 250, Caribou

- Courses in: First Aid and Cardiopulmonary Resuscitation (CPR) for infant, child and adult, lifeguard training, babysitter training, swimming classes, pet first aid training.
- Disaster Services
- Emergency military personnel contact service
- No cost education in preparedness and prevention

Website: www.maineredcross.org

Twitter: @ARC_Maine Facebook: American Red Cross of Maine

AMHC 1-800-244-6431

Locations in Aroostook, Hancock, and Washington counties.

AMHC provides integrated healthcare services that empower individuals to recover and enhance their overall quality of life. Services are available in Aroostook, Hancock, and Washington counties and can be accessed by calling the AMHC Call Center at 1-800-244-6431. Most insurances are accepted, and a sliding fee schedule based on family size and income is available. No one is denied services due to an inability to pay, and several programs offer free services.

If you are struggling with mental health, emotional distress, or substance use? Call, text, or chat 988 for 24/7 free, confidential support—you’re not alone.

Website: www.amhc.org/services

Autism Society of Maine 1-800-273-5200

72 B Main Street, Winthrop

Autism Society of Maine: Advocates for improved services for individuals with autism, provides information and training regarding autism and related disabilities, promotes family and community support, acts as a public information and referral service. Services include giving workshops to schools, providers, etc., and attending IEP’s.

Email: info@asmonline.org Website: www.asmonline.org

Bureau of Rehabilitation Services(207) 760-6300 or (207) 623-6799

TTY. Maine Relay 711

66 Spruce Street, Suite 3, Presque Isle

Provides employment related support services for secondary education students and adults with disabilities.

Website: www.maine.gov/rehab

Child Development Services 1-877-770-8883 or (207)493-4000

985 Skyway Drive, Presque Isle

A network of coordination sites across the State of Maine that provides screening, evaluation, and other services for children with disabilities from age zero to age five.

Continued

Community Care 1-888-236-2273

Offering treatment and therapeutic foster care to youth, families and adults affected by mental health, behavioral issues, trauma, abuse, neglect and/or poverty issues.

Email: info@comcareme.org Website: www.comcareme.org

Community Living Association (CLA). (207) 532-9446

18 Military Street, Houlton

CLA assists people with intellectual and developmental disabilities to be independent, self-confident, valued members of the community. Services include:

- Assisted Living Homes and Intermediate Care Facilities
- Community Case Management
- Community Support Day Programs and Education
- Supported Independent Living and Home Supports
- Shared Living Services
- Work Supports

Department of Health & Human Services (DHHS) 1-800-432-7366

TTY. Maine Relay 711

Adult Abuse and Neglect Reporting Hotline 1-800-624-8404

Child Abuse and Neglect Reporting Hotline. 1-800-452-1999

Child Support Payment Status Hotline. 1-800-371-7179

Food Stamp Hotline. 1-800-452-4643

30 Skyway Drive, Unit 100, Caribou 1-800-432-7366 or (207) 493-4000

139 Market Street, Suite 109, Fort Kent 1-800-432-7340 or (207) 834-1000

11 High Street, Houlton 1-800-432-7338 or (207) 532-5000

DHHS provides many services including the following:

- Adoption
- ASPIRE Program
- Food Stamps
- Medicaid
- Child and Family Services
- Elderly and Adult Services
- Public Health Nursing
- Support Enforcement/Recovery
- TANF (Temporary Assistance for Needy Families)

Website: www.maine.gov/dhs

Disability Rights Maine (DRM) 1-800-452-1948 or (207) 626-2774

160 Capitol Street, Suite 4, Augusta

A private nonprofit organization serving people with disabilities, DRM’s mission is to enhance and promote equality, self-determination, independence, productivity, integration, and inclusion for people with disabilities through education, strategic advocacy, and legal intervention. DRM provides the following services:

- Information and referral

Continued

- Individual advocacy
- Assistance with self-advocacy
- Legal representation
- Education and training
- Legislative advocacy

Email: advocate@dvrme.org Website: www.drme.org

DRM Deaf Services (Voice/TTY) 1-800-639-3884 or(207) 797-7656

Video/Telehealth(207) 766-7111

1 Mackworoth Island Building C, Portland

Services include:

- Civil rights program
- Deaf-Blind equipment distribution program
- Telecommunications equipment program
- Peer Support Group and Visual Gestural Communication
- Communication Technology and Outreach Program

Email: deafservices@drme.org

EIM a Division of SeniorsPlus. (207) 795-7213

TTY 1-888-234-3920

Providing statewide Long-Term Care coordination services. These services include authorizing and monitoring care, including: Private Duty Nursing, Home and Community Benefits for the Elderly and Adults with Disabilities, Home Base Care, and Family Provider Service Option.

Website: www.seniorplus.org

G.E.A.R Parent Network. 1-800-264-9224

Providing services for the parents of children with special needs. GEAR exists to connect parents with other parents to share experiences.

- Arranging parent-to-parent information exchanges
- GEAR support group meetings
- Social events
- Training and workshops

Website: www.gearparentnetwork.com

Goold Health Systems 1-800-832-9672

Providing long term care assessments and care plan authorizations.

Health Equity Alliance (HEAL) (207) 990-3626

340 Hancock Street, Suite 3B, Bangor

- HIV Case Management Services
- Harm Reduction and HIV Prevention Education
- Confidential Rapid Result HIV Antibody Testing
- Hepatitis C Testing

Continued

- Lending Library
- Food Pantry
- Syringe Exchange
- Tobacco cessation program
- Free Triage Clinic 5-7pm on Tuesdays
- Naloxone Training and Distribution
- Sexual Health Services
- LGBTQ+ Youth Group

Learning Disabilities Association of Maine LDA of Maine(207) 712-9573

PO Box 314, Westbrook

LDA of Maine is a statewide grass roots, volunteer, membership organization including individuals with learning and attention disabilities, their families, and professionals. Serving children and adults with specific learning disabilities, their families, professionals and community members.

Email: info@ldame.org Website: www.ldame.org

Maine Educational Center for the Deaf and Hard of Hearing

Aroostook Outreach(207) 781-6224

TTY.(207) 781-3165

658 Main Street, Suite 1, Caribou

Aroostook Outreach provides free consultation services to parents and professionals serving students who are deaf or hard of hearing, ages birth to 21, in Aroostook county early intervention programs and public schools. Our early childhood and public-school outreach consultants are experienced certified educators of the deaf and hard of hearing prepared to provide consultation regarding: the impact of hearing loss, communication needs, literacy development, classroom modifications, program recommendations, hearing assistance technology, and the use of sign language interpreters and cued language translators.

Email: info@mecdhh.org

Maine Parent Federation, Inc. - Aroostook County 1-800-870-7746

Regional Support Coordinator(207) 538-0866

Lead Trainer/Youth Coordinator(207) 538-1352

526 Western Avenue, Unit 2, Augusta

The Maine Parent Federation, Inc. is a statewide family support organization which promotes individual aspirations for all people through information, education and advocacy. Parents and professionals can receive information about:

- Family Support Navigator Program (Parent Support)
- Disabilities and healthcare needs
- Parenting issues and concerns
- Education

Services/Resources available to assist within the home, school and community:

- Lending library of books and video tapes

Continued

- One-on-one telephone support
- The “Parent Connection” newsletter published quarterly
- Workshops to groups upon request

National Multiple Sclerosis Society - Greater New England Chapter 1-800-344-4867

74 Gray Road, Falmouth

- Financial assistance
- MS information workshops
- Professional education in-services
- Information and Referral
- Self Help Groups
- Peer Support Program

Email: info@msmaine.org Website: www.msnewengland.org

New Ventures Maine 1-800-442-2092

181 Main Street, Preble Hall 239, Presque Isle

A statewide organization with a Center in Presque Isle and outreach services are available in the St. John Valley and Houlton areas. Programming consists of training and individual advising to help people build careers and find employment, small business training and money management workshops to help people become financially secure. Also providing information and referral service.

Website: www.newventuresmaine.org

Personal Services of Aroostook (PSA) (207) 764-3766

150 Maysville Road, Suite 2, Presque Isle

Its mission is to empower and individually support persons with Intellectual Disabilities and/or Autism in their efforts to live full lives as respected members of their community.

RMHC Ronald McDonald House Charities of Maine

654 State Street, Bangor(207) 942-9003

Email: hmbangor@rmhbangor.org

250 Brackett Street, Portland(207) 780-6282

Email: office@rmhcmaine.org

The Ronald McDonald House provides temporary “home away from home” lodging for families of children under the age of 21 who are hospitalized or receiving treatment locally. For families traveling to Boston, the Bangor or Portland House may be a stopping point for an overnight stay or a break during the long drive. A referral is required from a doctor, nurse, or social worker at the hospital providing the service. A donation of \$10 a night is suggested to offset the costs of operation, but no family is ever turned away for inability to pay. Interested families should check with the social worker, nurse or medical professional they are working with for a referral to stay at RMH.

Website: www.rmhcmaine.org

Continued

The Salvation Army(207) 532-2322

12 Court Street, Houlton

Providing transient assistance, fuel assistance, ministry outreaches, and pastoral counseling.
Hours: Monday, Wednesday, and Thursday 9:00 am - 1:00 pm, and Friday 9:00 am - 12:00 pm.

St. John Valley Associates (AMHC)(207) 728-7197

291 Newberry Drive, Suite 105, Madawaska

Originating in 1959 with a pilot class organized by parents and friends, SJVA evolved from a center-based facility in 1978 to focus on community-based activities. In July 2023, SJVA merged with Aroostook Mental Health Services, expanding the organization’s dedication to enhancing the lives of individuals with intellectual disabilities. Services available in Aroostook County. St. John Valley Associates (SJVA) is committed to empowering adults with intellectual disabilities, offering various daily living skills, including cooking, socializing, physical development, and computer skills. SJVA provides day programming and home support services.

Website: www.amhc.org/support

The Brain Injury Association of America 1-800-444-6443

- Advocacy
- Brain injury prevention
- Education
- Information and referral
- Resources
- Support groups

Veteran’s Affairs General Benefit Information. 1-800-827-1000

Veteran’s Affairs Filing Claims Assistance 1 877 421-8263 ext. 5725

For medical, compensation, pension, education etc.

Victim Witness Advocates - Offices of the District Attorney

Provide crime victims with help and guidance through the Criminal Justice process and Court hearings in criminal cases.

- **Caribou Office(207) 498-2557**
144 Sweden Street, Caribou
- **Presque Isle Office(207) 764-0504**
27 Riverside Drive, Presque Isle
- **Houlton Office.(207) 532-4294**
26 Court Street, Suite 101, Houlton

SUBSTANCE USE DISORDER

If you are struggling with mental health, emotional distress, or substance use? Call, text, or chat 988 for 24/7 free, confidential support—you're not alone.

Alcoholics Anonymous (AA) 1-800-737-6237 or (207) 774-4335

Statewide meeting information. Help available 24-hours a day, 7-days a week. Some free literature available.

Website: www.csoaamaine.org

Al-Anon 1-800-498-1844

Al-Anon is a fellowship of those who are affected by another's drinking who come together to share their experience, strength and hope in order to solve their common problems. We have but one purpose: to help families and friends of alcoholics. If you feel you have been affected by someone's drinking, you are welcome at Al-Anon meetings.

Website: www.maineafg.org

AMHC 1-800-244-6431

We provide accessible, supportive, and tailored comprehensive substance use treatment options designed to meet your needs. AMHC offers substance use treatment and recovery services for individuals, families, and impacted others across Aroostook, Hancock, and Washington counties at multiple locations. Services include:

- Same-Day Access: Get started with treatment as soon as you reach out.
- In-Person and Virtual Care Options: Access support in your community or from home.
- Substance Use Peer Recovery Centers in Aroostook and Washington counties
- Assessment for Substance Use Disorder
- Individual and Family Counseling
- Intensive Group Counseling
- Co-Occurring Mental Health Treatment Counseling
- Medication for Opioid Use Disorder (MOUD), formerly known as Medication-Assisted Treatment (MAT), including Suboxone
- Opioid Health Home (OHH) for ongoing treatment and recovery support
- Driver Education and Evaluation Program (DEEP)
- Employee Assistance and Student Assistance Programs
- OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone, and Safety) online referral form available at www.amhc.org/options-form
- Residential Treatment Facility in Aroostook County, accepting statewide referrals
- Criminogenic Services in Washington and Hancock counties

Website: www.amhc.org/substanceuse

Continued

Freeman Corey, LCSW, LADC, CCS (207) 498-2400

583 Main Street, Caribou

County Behavioral Medicine (207) 554-2600

541 Main Street, Suite B, Presque Isle

Website: www.countybmmed.org

Family Anonymous 1-800-736-9805

FA is a 12-step fellowship for the family and friends of those individuals with drug, alcohol or related behavioral issues.

Fish River Rural Health. 1-888-335-3971

Alcohol, substance use disorder counseling services.

• **Eagle Lake Health Center (207) 444-5973**

10 Carter Street, Eagle Lake

• **Fort Kent Health Center (207) 834-3971**

12 Bolduc Avenue, Fort Kent

Website: www.frrh.org

Jonathan Freedman, Ph.D (207) 498-6395

46 Glenn Street, Caribou

DEEP Program, substance use disorder evaluation, and counseling.

Healing Hearts, LLC (207) 492-1000

7 Prospect Street, P.O. Box 87, Caribou

Substance Use Counseling and Christian Counseling.

Hope Recovery Services. (207) 493-1700

2 Armco Avenue, P.O. Box 313, Caribou

DEEP, SAP Programs, Substance Use Disorder Evaluation

Email: ehoperecoverys@maine.rr.com

Life By Design

DEEP Program, intensive outpatient services, individual and group substance use counseling.

• **Houlton (207) 532-9660**

18 High Street, PO Box 723, Houlton

• **Presque Isle (207) 764-6825**

147 Academy Street, PO Box 509, Presque Isle

• **Fort Kent (207) 834-5430**

31 Market Street, Fort Kent

Website: www.lifebydesignpa.com

Continued

**Maine Office of Substance Abuse and Mental Health
Services Resource Center 1-800-499-0027**

The Resource Center can provide information about substance abuse and listings of treatment agencies and support group meetings in Maine.

Narcotics Anonymous 1-800-861-9372

NA wants to carry the message of recovery. Please join us to share & hear the experiences of other addicts who are learning to live a better way of life without the use of drugs. Place: CCHE at Houlton Regional Hospital. Contact Hospital for dates and times (207)532-2900. There are additional meeting in other locations throughout the month, please contact Recovery Aroostook (207)493-1278.

Website: www.narcotics.com/na-meetings/maine

Northern Maine General 1-866-321-1999

5 Carter Street, Eagle Lake(207) 444-5152
21 Aldrich Drive, Caribou. (207) 492-1036

Substance use disorder diagnoses and tobacco counseling services.

Website: www.nmgeneral.org

The Northern Lighthouse, Inc.

- **Presque Isle(207) 540-1522**
172 Academy Street, Presque Isle
- **Caribou(207) 492-2011**
559 Sweden Road, Caribou
- **Mars Hill(207) 425-3880**
14 Main Street, Mars Hill
- **Houlton(207) 521-4730**
40 Market Square, Houlton

Substance use program with IOP, parent support groups, training and education.

Website: www.thlh.org

Pathways Wellness Group 1-800-499-0027

658 Main Street, Suite 1, Caribou

Substance use disorder evaluation and counseling.

Northern Maine Vet Center(207) 496-3900

456 York Street, Caribou

Substance abuse information and referral services for veterans.

Website: www.va.gov/northern-maine-vet-center

SUPPORT GROUPS: ABUSE (DOMESTIC)

Northern New England Community Resource Certified Domestic Violence Intervention Program

Contact Chuck Moody for Male Program.(207) 694-3066

Contact Desiree Chasse for Female Program(207) 728-3199

This 48-week program is designed to educate batterers to understand that violence is an act of power and control, the use of physical or verbal abuse is an individual choice, and the choice not to be abusive leads to improved communication with partners and children. Program will teach participants to take responsibility for their actions and to develop a willingness to change their abusive behavior.

- **Houlton:** Meets Every Wednesday from 6:00 pm - 7:30 pm at Houlton Regional Hospital
- **Caribou:** Meets every Thursday from 6:00 pm - 7:30 pm at Cary Medical Center
- **Presque Isle:** Meets every Monday from 6:00 pm - 7:30 pm at the Presque Isle Chamber of Commerce

SUPPORT GROUPS: ALZHEIMER’S GROUP

Houlton Alzheimer’s Support Group(207) 532-5969

Contact Janet Vose.

NMMC - Alzheimer’s Dementia Support Group(207) 834-1834

25 Bolduc Ave, Fort Kent

1st Monday of month at 6:30 pm in the conference room Forest Hill Rehab & Skilled Nursing Center, 6:00 pm in the conference room. Contact Melissa Cyr.

SUPPORT GROUPS: AUTISM

Autism Society of Maine 1-800-273-5200

72 B Main Street, Winthrop

Email: info@asmonline.org Website: www.asmonline.org

SUPPORT GROUPS: BEREAVEMENT

Compassionate Friends Support Group(207) 532-5969

Houlton Regional Hospital: Grief support offering friendship and understanding to those who have lost a child.

Continued

Duncan Graves Funeral Home Presque Isle (207) 764-0625

Northern Light Home Care & Hospice - Aroostook 1-800-757-3326

NMMC - Suicide Loss Support Group (207) 834-3155

Public Health Nurses (DHHS) 1-800-432-7338

Caribou 1-800-432-7366 or (207) 493-4000

Fort Kent 1-800-432-7340 or (207) 834-7700

Houlton 1-800-432-7338 or (207) 532-5000

Pathfinders: Support for Grieving Children (207) 275-2108

Website: www.northernlighthealth.org/pathfinders

SUPPORT GROUPS: CANCER

American Cancer Society 1-800-227-2345

Free information and publications. Always open.

Website: www.cancer.org

Breast Cancer Support Group - The Journey (207) 444-5973 ext. 212

12 Bolduc Avenue, Fort Kent

Support group for individuals newly diagnosed with breast cancer, breast cancer survivors and their loved ones.

Cancer Support Group (207) 498-1361

Contact Cary Medical Center for availability.

CANCER (Caring Area Neighbors for Cancer Education and Recovery) (207) 764-6826

Contact Sue Nickerson.

NMMC - St. John Valley Cancer Support Group (207) 834-1686

SUPPORT GROUPS: CARDIAC

Cary Medical Center (207) 498-1616

SUPPORT GROUPS: DIABETES

Houlton Regional Hospital - Diabetes Support Group(207) 532-5969

Please call for meeting dates and times.

NMMC - Diabetes Support Group(207) 834-1946

Contact Linda Russell or Stacy Raymond, RN.

SUPPORT GROUPS: MENTAL HEALTH

National Alliance on Mental Illness (NAMI) 1- 800-464-5767

Please call if you’re interested in starting or joining a support group for families of individuals living with mental health conditions.

Website: www.nami.org

SUPPORT GROUPS: PARKINSON’S DISEASE

Northern Light Health AR Gould(207) 768-4000

140 Academy Street, Presque Isle

SUPPORT GROUPS: STROKE

Houlton Regional Hospital - Stroke Support Group(207) 694-0883

Place: Center for Community Health Education at Houlton Regional Hospital (CCHE).
Contact for dates and times.

SUPPORT GROUPS: MISCELLANEOUS

AMHC Sexual Assault Services. 1-800-871-7741

Offering 24/7 advocacy and support groups for anyone affected by sexual assault in Arostook, Washington, and Hancock counties.

GEAR Parent Network Support Groups. 1-800-264-9224

The group meets the last Friday of each month from 6:30 pm - 8:00 pm at CCHE, Houlton Regional Hospital, and the 1st Monday of each month from 9:00 am - 11:30 am.

Website: www.gearparentnetwork.org

TRANSITION SERVICES

Bureau of Rehabilitation Services(207) 623-6799 or (207) 760-6300

TTY. Maine Relay 711

66 Spruce Street, Suite 3, Presque Isle

Provides employment related support services for secondary education students and adults with disabilities.

Website: www.maine.gov/rehab

Center for Community Inclusion and Disability Studies(207) 581-1084

TTY. Relay 711

Maine’s University Center for Excellence in Developmental Disabilities Education, Research and Service by providing special needs students with community education, technical assistance, and information dissemination.

Email: ccidsmail@umit.maine.edu Website: www.ccids.umaine.edu/

TRANSPORTATION

Air Care Alliance 1-888-260-9707

One stop central listing for free air transportation services provided by volunteer pilots and dozens of charitable aviation groups.

Email: mail@aircareall.org Website: www.aircarealliance.org

Angel Flight - Northeast 1-800-549-9980

Providing free air travel for life saving medical diagnosis or treatment for people who do not have the resources to travel by other means. Ground transportation may also be available at some destinations. People must be physically able to board a small aircraft by themselves. Requires at least one week notice, except for some emergency situations.

Email: angelflight@angelflightne.org Website: www.angelflightne.org

Aroostook Cab Company - Presque Isle (207) 764-1600

Caribou (207) 496-3227

Aroostook Regional Transportation System (ARTS) (207) 764-5246

Bus (Hours: 6:00 am - 5:00 pm) (207) 764-3384 or 1-800-442-3320

24 Houlton Road, Presque Isle

- All arrangements for services should be made at least one day in advance.
- County wide transportation
- Handicap accessible vehicles
- Service to general public, individuals with disabilities and the elderly
- Modes of transportation include: bus, volunteer drivers, private car drivers and taxis
- Required aides ride at no charge
- Service animals allowed

County Ride (AMHC) (207) 492-1379

43 Hatch Drive, Caribou

Services available in Aroostook County. County Ride service provides transportation support for adults 18 and older with serious mental illness under Section 17 eligibility. It helps access community resources like education, work, and social activities outlined in treatment plans, not covered by MaineCare. For those without MaineCare, it assists with medical transport and access to non-medical resources.

Cyr Bus Line 1-800-244-2335

DAV Transportation Network 1-877-421-8263

A reservation is required one week prior to appointment. Providing free transportation to veterans from Aroostook County to and from Togus.

Continued

Maine Care Non-Emergency Transportation 1-800-977-6740

MaineCare transportation services. Please make arrangements at least two business days in advance. Urgent care rides may be arranged quickly—urgent means you need to see your doctor soon, but not an emergency requiring an ambulance.

Mercy Medical Angels - Patient-Travel Helpline 1-888-675-1405

Mercy Medical Angels’ mission is to ensure that no one is denied access to medical evaluation, diagnosis or treatment for lack of a means of long-distance transportation.

Email: info@mercymedicalairlift.org Website: www.mercymedical.org

PALS SkyHope. 1-888-818-1231 or (631) 694-PALS

Patient Airlift Services is a 501 c3 nonprofit that arranges free air transportation for individuals requiring medical diagnosis, treatment or follow-up services who cannot afford or are unable to fly commercially.

Website: www.skyhope.org

Town Taxi (207) 496-3146

Presque Isle (207) 764-3200

Wings Flights of Hope, Inc.. 1-866-619-4647

The mission of Wings Flights of Hope is to help people in need of free air transportation.

Email: wingsflight@gmail.com Website: www.wingsflight.org

VETERAN SERVICES

Veterans Crisis Line call 988 and press 1 or text 838255.

Aroostook Veteran’s Alliance (207) 551-4475

Focusing on veterans and their families located throughout Aroostook County. Services include filing claim, education, death benefits, vocation rehab and many others.

Caribou Bureau of Veterans’ Services (207) 492-1173

14 Access Highway, Suite 5, Caribou

Providing assistance:

- Enrolling in the VA system to access healthcare services and VA benefits
- Filing a claim with the VA
- Obtaining a copy of your DD 214
- Applying for free park passes and hunting and fishing licenses

Website: www.maine.gov/veterans/veterans-services-offices/locations/caribou.html

Northern Maine Veteran Center (207) 496-3900

456 York Street, Caribou

- Bereavement counseling for families of combat fatalities
- Individual readjustment counseling
- Referral for benefits assistance
- Group readjustment counseling
- Liaison with community agencies
- Marital and family counseling
- Substance abuse information and referral
- Military sexual trauma counseling and referral
- Community education

Aroostook County VA Clinic 1-877-421-8263

723 Main Street, Presque Isle

Primary care for eligible veterans. Hours: Monday - Friday 7:00 am - 4:30 pm.

Homeless Services of Aroostook (207) 764-4125

745 Central Drive, Presque Isle

The Aroostook Veterans Alliance works with this organization to support homeless veterans and their families. When a veteran seeks help at the shelter, the AVA is contacted and will assist them in applying for benefits and/or services, securing housing and obtaining furniture and other needed household items.

Homeless Veterans 1-877-442-3838

Continued

Readjustment Counseling Service Combat Call Center 1-877-927-8387

Togus VA Medical Center 1-833-933-1106

1 VA Center, Augusta, ME

VA General Benefit Information 1-800-827-1000

Website: www.va.gov

VA (Help with filing claims) 1-877-421-8263 ext. 5725

For Medical, compensation, pension, education, etc.

GLOSSARY

ACRONYMS

ACOA - Adult Children of Alcoholics

ADA - Americans with Disabilities Act

ADHD / ADD - Attention Deficit Hyperactivity Disorder/Attention Deficit Disorder

ADL - Activities of Daily Living

AMI - Alliance for the Mentally Ill

ASPIRE - Additional Support for People in Retraining and Education

BD - Behavior Disorder

BPD - Borderline Personality Disorder

CF - Cystic Fibrosis

COT - Committee on Transition

CP - Cerebral Palsy

DD - Developmental Disabilities

DOE - Department of Education

IEP - Individual Education Plan

ISP - Individual Support Plan

LD - Learning Disability

LEA - Local Education Agency

MH - Mental Health

ODD - Oppositional Defiant Disorder

PDD - Pervasive Developmental Disorder

PET - Pupil Evaluation Team

PTSD- Post-Traumatic Stress Disorder

STD - Sexually Transmitted Disease

TANF - Temporary Assistance for Needy Families

TTY - Teletypewriter

Continued

WORD/TERM DEFINITIONS

- **Acute** - Symptoms come on suddenly and last for a short time.
- **Adjustment Disorder** - A debilitating reaction to a stressful event or situation that usually lasts less than six months.
- **Advocate** - An individual who speaks or acts on behalf of another.
- **Anorexia Nervosa** - A condition of self-inflicted starvation resulting in body weight that is at least 15% below the normal range. The condition is most prevalent in adolescent females.
- **Anxiety** - A feeling of apprehension, tension, or uneasiness that stems from the anticipation of danger from a largely unknown source, which may be internal or external. Symptoms include muscle tension, spontaneous hyperactivity, nervousness, and vigilance.
- **Attention Deficit Disorder (ADD)** - The person is easily distracted and has difficulty staying focused on an individual activity for any length of time.
- **Attention Deficit Hyperactivity Disorder (ADHD)** - Same as ADD with the additional symptoms of hyperactivity and impulsiveness; all symptoms are usually present before age 7.
- **Behavior Disorder (BD)** - 1. In children - displaying behaviors that are significantly deviant from socially acceptable norms for their age and situation and occur over long periods of time. 2. In adults - It implies an inability to care for oneself, function appropriately in society, and may present a threat to themselves or others due to behavioral excesses or deficits.
- **Bipolar Disorder** - A major affective disorder in which there are episodes of both mania and depression, it may be subdivided into manic, depressed, or mixed types.
- **Case Management (Service Coordination)** - A service that provides assistance in obtaining, monitoring, and coordinating community services such as: medical and/or mental health evaluation and care, housing, education, income assistance, recreation, etc.
 - Level 1 - level of needs are low, generally a one-on-one helping relationship with the individual and/or parent/guardian.
 - Level 2 - involves a moderate to high level of need and often uses a team approach that is guided by the parent/guardian.
- **Case Manager (Service Coordinator)** - An individual that performs case management duties.
- **Cerebral Palsy (CP)** - The name for a collection of movement disorders caused by brain damage that occurs before, during, or shortly after birth. A person with CP is often also affected by other conditions caused by brain damage.
- **Chronic** - Symptoms last a long time, often a year or more.
- **Congenital** - Occurring before birth
- **Crisis** - A state of being, an intense situation or feeling when an individual's normal ability to cope with life issues breaks down.

- **Crisis Intervention or Stabilization** - A program designed to assist an individual in crisis to become stabilized.
- **Cystic Fibrosis (CF)** - An inherited disease that affects the lungs, digestive system, sweat glands, and male fertility. Its name derives from the fibrous scar tissue that develops in the pancreas.
- **Day Care/Day Treatment** - A program that provides specialized care, teaching, and/or supervision during the day.
- **Depressed** - A type of bipolar disorder characterized by lowered mood, slowed thinking, decreased movement or agitation, loss of interest, guilt, lowered self esteem, sleep disturbance and decreased appetite.
- **Depression** - Is a treatable illness that produces feelings of indifference, emptiness, worthlessness, and apathy; as well as loss of pleasure in daily activities and irritability at an extreme level. Depression can make even the most basic of life functions, such as sleeping, eating, and thinking, very difficult.
- **Developmental Disability** - A chronic disability that is caused by mental and/or physical impairments that manifest by age 21, are likely to continue indefinitely, and result in substantial functional limitations that require special care and/or services.
- **Early Intervention** - Providing services to infants and children with disabilities from birth to age 5.
- **Entitlement** - A service or right guaranteed by law.
- **Evaluation** - An appraisal of specific characteristics such as intelligence, personality, physical aspects, or vocational readiness.
- **Family Support Services** - Services provided to families that have member(s) with disabilities at home. Such as: respite care, counseling, transportation, support groups, adaptive equipment, etc.
- **Family Therapy** - Therapy designed to improve relationships and understanding between family members.
- **Genetic Counseling** - Services that determine the likelihood that a genetic or hereditary disorder may occur in a family.
- **Group Home** - A supervised home for a small number of individuals with disabilities within the community.
- **Guardianship** - Authority granted to an individual, by Probate Court, to make decisions on behalf of another person that has been determined to be incapacitated.
- **Inclusion (education)** - Inclusion is the process of including all students in regular classes, with necessary supports.
- **Independent Living (supported living)** - A disabled person living as independently as possible in the community with the necessary supports provided.
- **Job Coach** - An individual who assists another, on or off the job, in developing the necessary skills to become and stay employed.
- **Learning Disability** - A brain processing problem involved with understanding or using language, which may interfere with the individual's ability to listen, think, speak, read,

write, spell, or perform math functions.

- **Licensed Clinical Social Worker (LCSW)** - An individual with a Master's Degree in Social Work who has worked two years under direct supervision and has been licensed by the state. They can provide individual, group, and family therapy, assessments, and consultations among other things.
- **Mainstreaming** - The placement of a special needs student in a classroom where equal expectations apply to all students.
- **Manic** - A type of bipolar disorder that is characterized by excitement, euphoria, expansive or irritable mood, hyperactivity, pressured speech, flight of ideas, decreased need for sleep, distractibility, and impaired judgment. Delusions consistent with elation and grandiosity may be present.
- **Mental Health Diagnosis** - Axis I diagnosis - a mental illness such as: ADHD, ADD, ODD, Depression, Adjustment Disorder, Bipolar, etc. Axis II diagnosis - Intellectual Disabilities, Autism, PDD (pervasive developmental disorder), Personality Disorders. Axis III diagnosis - a medical condition. Axis IV diagnosis - a psychosocial or environmental problem that is brought on by a person's circumstances. Axis V diagnosis - GAF (Global Assessment of Functioning) this is a rating from 1 to 100 that rates a person's ability to function at the time of assessment.
- **Mixed** - A type of bipolar disorder that is characterized by both manic and depressive symptoms.
- **Natural Supports** - Non-paid individuals in a person's life that provide a positive influence, which supports that person's ability to function as independently as possible within the community.
- **Neurological Evaluation** - Is an extensive (6 - 12 hours) evaluation of specific cognitive and behavioral functions.
- **Neuroses** - Behavior that involves a partial disorganization, characterized by combinations of anxieties, compulsions, and phobias.
- **Oppositional Defiant Disorder** - A recurring pattern of negative, hostile, disobedient, and defiant behavior in a child or adolescent, lasting for at least six months without serious violation of the basic rights of others.
- **Personality Disorder** - Behavior type disorders that are typified by the person being overly anxious, extremely shy, and/or extremely sad much of the time. The person's abilities to relate, to perceive, and to think tend to be inflexible, deeply ingrained, and maladaptive, which result in impaired functioning and/or distress. Onset usually occurs by adolescence or earlier, continues through adulthood, and tends to diminish by middle or old age.
- **Pervasive Developmental Disorder (PDD)** - 1. It is a vague diagnosis characterized by severe distortions or delays in the development of social behavior and language. 2. A term sometimes used to describe the results of prenatal drug exposure, which may include: an extremely short attention span, behavior disorders, limited or nonexistent processing skills, and difficulty understanding spoken words.
- **Post-Traumatic Stress Disorder (PTSD)** - A debilitating condition that affects people

who have been exposed to a major traumatic event. PTSD is characterized by upsetting memories or thoughts of the ordeal, “blunting” of emotions, increased arousal, and sometimes severe personality changes.

- **Psychological Evaluation** - Is a series of personality and intellectual assessments.
- **Psychologist** - An individual that has earned a Ph.D., performed an internship, and is licensed by the state. They can provide individual, group, and family therapy, assessments, testing, and consultations among other things, but cannot prescribe medications.
- **Psychiatrist** - Is an individual with a Medical Degree (Dr.) and extensive training in psychotherapy. They are the only therapists that can prescribe medications.
- **Release of Information** - A signed document giving permission to an individual and/or agency to obtain and review confidential information about an individual.
- **Respite Care** - Temporary care provided to a person with a disability that allows the regular caregiver to have a break from the constant demands of care giving.
- **Screening** - Is the process of using a series of health, hearing, vision, developmental, and behavioral tests to identify handicaps in children.
- **Syndrome** - Is a set of symptoms that collectively identifies a disease or disorder.
- **Transition (relating to education)** - The process of leaving high school and entering adult life, which may include college and/or work.
- **Teletypewriter (TTY)** - A special typewriter that converts typed messages into electronic signals and sends them over telephone lines to be printed at the other end by complementary equipment. Used by persons who are deaf or hearing impaired.

INFORMATION 1-800 NUMBERS

Abuse	National Child Abuse Hotline	1-800-422-4453
Aging	National Council on Aging	1-571-527-3900
AIDS	CDC National Center for HIV/AIDS, Viral Hepatitis, STD, TB	1-800-232-4636
AIDS	AIDS Info	1-800-448-0440
AIDS/HIV	Project Inform National HIV Treatment Hotline	1-800-822-7422
Alzheimer's	Alzheimer's Disease and Education and Referral Center	1-800-438-4380
Alzheimer's	Alzheimer's Disease Association	1-800-272-3900
Anorexia-Bulimia	National Institute on Health - Eating Disorders	1-866-615-6464
Arthritis	Arthritis Foundation	1-844-872-7100
Asthma	American Academy of Allergy, Asthma, & Immunology	1-414-272-6071
Autoimmune Disease	American Autoimmune Related Disease Association	1-800-598-4668
Autoimmune Disease	Scleroderma Foundation	1-800-722-4673
Batten Disease	Batten Disease Support & Research Assoc.	1-800-448-4570
Birth Injury	Birth Injury Guide	1-877-415-6603
Blind, visual	American Council of the Blind	1-800-424-8666
Blind, visual	National Alliance of Blind Students	1-800-424-8666
Bone marrow	National Bone Marrow Donor Program/Be the Match	1-800-627-7692
Brain/Head Injury	National Brain Injury Information Center	1-800-444-6443
Cancer	American Cancer Society	1-800-227-2345
Cancer	Cancer Care	1-800-813-4673

Cancer	NCI - Cancer Information Service & Counseling Line	1-800-422-6237
Cancer	University of Colorado Cancer Center - Patient Care Line	1-720-848-0300
Cerebral Palsy	United Cerebral Palsy Association	1-800-872-5827
Children with Disabilities	Center for Parent Information and Resources (CPIR)	1-443-906-3785
Children, Missing	Child Find of America	1-800-426-5678
Civil Rights, Healthcare	US DHHS Office for Civil Rights	1-800-368-1019
Cleft Palate Cleft	Palate Foundation Helpline	1-800-242-5338
Cochlear Implant	National Institute on Deafness and Other Communication Disorders	1-800-241-1044
Cornelia DeLange	Cornelia DeLange Syndrome Foundation	1-800-753-2357
Cystic Fibrosis	Cystic Fibrosis Foundation	1-800-344-4823
Deaf/Hearing Impaired	ME Dept. of Labor, Div. for the Deaf, Hard of Hearing & Late Deafened	1-800-635-0357
Deaf, Hearing	Described and Captioned Media Program, NAD	1-800-237-6213
Diabetes	American Diabetes Association	1-800-342-2383
Diabetes	Diabetes Education and Research Center	1-215-829-3426
Diabetes	Juvenile Diabetes Research Foundation	1-800-533-2873
Directory Assistance	AT&T Toll Free Directory Assistance	1-800-555-1212
Disabled Drivers	Automotive Mobility Solutions 1	-866-948-8341
Disorders	National Organization for Rare Disorders	1-800-999-6673
Down's Syndrome	National Down Syndrome Society	1-800-221-4602
Dyslexia	International Dyslexia Association (Emotional)	1-800-222-3123
Developmental	Devereux Foundation Providing Treatment	1-800-345-1292
Epilepsy	Epilepsy Foundation	1-800-332-1000

Headache	National Headache Foundation	1-888-643-5552
Head Injury	National Brain Injury Association	1-800-444-6443
Hearing	National Institute on Deafness & Other Communication Disorders	1-800-241-1044
Hearing	Cochlear Implant information	TTY 1-800-241-1055
Hearing	Center For Hearing Loss	1-717-993-8555
Hearing, Speech	American Speech, Language Hearing Association	1-800-638-8255
Heart	American Heart Association	1-800-242-8721
Heart/Lung	National Heart, Lung, & Blood Institute Health Info Line	1-301-592-8573
Hospice	National Hospice & Palliative Care Organization (NHPCO)	1-800-646-6460
Hospital	Shriner's Hospital Referral Line (Boston, MA 617-726-3575)	1-800-237-5055
Human Growth	Human Growth Foundation	1-800-451-6434
Informational	American Institute for Preventive Medicine	1-800-345-2476
Disability	Information National Easter Seals Society	1-800-221-6827
Kidney	American Association of Kidney Patients	1-800-749-2257
Kidney	American Kidney Fund Helpline	1-866-300-2900
Liver	American Liver Foundation	1-800-465-4837
Lou Gehrig's Disease	Lou Gehrig's Disease, Information and Referral for ALS	1-800-782-4747
Lung	American Lung Association - Lung Helpline	1-800-586-4872
Lung Disease Info	National Jewish Health - Lung Line	1-800-222-5864
Lupus	Lupus Foundation of America Information Request Line	1-800-558-0121
Medical Specialties	American Board of Medical Specialties, Certification Verification	1-866-275-2267
Medicare	Medicare Telephone Hotline	1-800-633-4227

Medicine, Preventive	American Institute for Preventive Medicine	1-800-345-2476
Mental Health	Mental Health of America	1-800-969-6642
Neurofibromatosis	Children's Tumor Foundation	1-800-323-7938
Organ Donation	The Living Bank (Organ Donors)	1-800-528-2971
Paralysis	Christopher & Dana Reeves Foundation	1-800-225-0292
Rehabilitation	National Rehabilitation Information Center	1-800-346-2742
Reye's Syndrome	National Reye's Syndrome Foundation	1-800-233-7393
Runaway Information	National Runaway Safeline	1-800-786-2929
Sclerosis	National Multiple Sclerosis Society	1-800-344-4867
Shriner's Hospital	International Shriner's Hospital (Referral Line)	1-800-237-5055
Sickle Cell	Sickle Cell Disease Association of America	1-800-421-8453
Special Needs	Job Accommodation Network	1-800-526-7234
Special Needs/Disability	Easter Seals Inc. (Services: medical rehab, job training, etc.)	1-800-221-6827
Speech, Language, Hearing	American Speech Language Hearing Association	1-800-638-8255
Spina Bifida	Spina Bifida Association 1	-800-621-3141
Stroke	National Institute of Neurological Disorders & Stroke	1-800-352-9424
Stroke	National Stroke Association	1-800-787-6537
Stuttering	National Center for Stuttering	1-800-221-2483
Support	National Institute of Mental Health	1-800-662-4537
Visually Impaired/Blind	National Association for Parents of the Visually Impaired	1-800-284-4422

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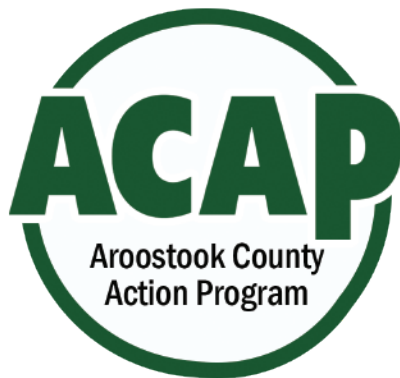
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