

Provider List - Mental Health Case Management - Cumberland & York Counties

Alternative Wellness Services

Contact:

Last Updated: 04/06/2023 11:59:18AM

Last Reviewed: 04/06/2023

Phones: (207) 494-8010 [Business]*,
(207) 494-8471 [Fax]

Address: [Business]*
640 Brighton Ave
Suite 5
Portland, ME 04102 (Cumberland county),
[Business]
281 Main St.
Suite 205
Biddeford, ME 04005 (York county)

Web Site: <http://alternativewellnessservices.com/>

Eligibility:

Notes: Alternative Wellness Services (AWS) is a licensed behavioral health agency providing quality supportive services to individuals and families in the Southern Maine area. Services include behavioral health, in-home supports, Daily Living Skills Services (DLSS), Skills Development Services (SDS), Substance Use counseling and counseling. They have a partnership with a local psychiatric program if clients need of medication management.

Behavioral Health Home (Formally known as "case management") is an alternative to traditional case management. Behavioral Health Homes is a collaborative approach to providing you with a comprehensive plan of care designed by your behavioral health and medical providers. This is a MaineCare funded service designed to help you manage your behavioral and physical health needs more effectively. The BHHO has a comprehensive behavioral health team that will support you in your journey to a healthier life. Inquire about our Free Care Program for uninsured clients who need help too!

"Counseling" or outpatient therapy is utilized by individuals who seek to make a change or adjust to a change in their life, but need some guidance or support in doing so. We use a collaborative process, involving a non-judgmental, supportive counselor who works with a client to tell their story, identify what they want to change, set viable goals and develop the strategies necessary to accomplish their goals. We work with our clients in making change in the way they think, feel, and behave. We work with our clients on developing healthy copings, healthy relationships and a healthier life for themselves. For some people this process takes a few visits, but for others, the process will take much longer. We will support you in reaching your goals independently; or, with your approval, we can involve family members or significant others.

For more information or to make an initial appointment, Please call or complete the online information form.

Provider List - Mental Health Case Management - Cumberland & York Counties

Catholic Charities Maine: Support and Recovery

Contact:

Phones: (207) 871-7431 [Business]*

Last Updated: 04/06/2023 12:10:57PM

Last Reviewed: 04/06/2023

Address: [Business]*
400 Cumberland Ave
PO Box 797
Portland, ME 04101 (Cumberland county)

Web Site: <http://www.ccmaine.org/a-z-services/support-recovery>

Eligibility:

Notes: Support and Recovery serves adults living with serious and prolonged mental illness. Services include Case Management, Assertive Community Treatment Team (ACT), Outreach, Psychiatric care and assistance location as affordable and appropriate. Please call or complete online referral form; may be self-referrals, from family members or service providers.

Behavioral Health Home (BHH)- Although "home" is included in the name, it is not a residential service. While similar to traditional Case Management, we utilize a multidisciplinary team. This team recognizes the importance of balancing both your physical and mental health. We work closely with your Primary Care Provider to ensure continuity of medical care in addition to addressing your mental health symptoms.

Community Integration Case Management (CI) This is the traditional Case Management model. Availability of this service is limited and requires meeting eligibility criteria. This will be explained during the intake process. You will work one on one with your case manager and create an Individualized Service Plan which will guide treatment.

Assertive Community Treatment (ACT) differs from case management services in that a medical/psychiatric component is added to the case management team, with a half-time psychiatrist and one psychiatric nurse providing twenty-four hour a day/seven day a week service capability. The Team also has four clinical community support workers, a vocational specialist, and a dual diagnosis/substance abuse specialist

It is the goal of Counseling Services to provide the opportunity and resources to support this goal and maximize the prospects for long-term healthy functioning and quality of life. Counseling Services embrace an underlying belief that everyone is capable of positive changes and that change happens in stages. Counseling Services acknowledge differences in the individual's resources and readiness for change and strive to respond accordingly with the most appropriate treatment. Counseling Services offers a sliding fee scale based on income eligibility and accepts many private insurances, MaineCare, Medicare, and self-pay by the client.

Serves: Cumberland County.
Hours: Monday through Friday 8am - 5pm.

Provider List - Mental Health Case Management - Cumberland & York Counties

Community Care

Contact:

Last Updated: 04/06/2023 12:42:51PM

Last Reviewed: 04/06/2023

Phones: (207) 945-4240 [Business]*,
(888) 236-2273 [Business]

Address: [Business]*
40 Summer St
Bangor, ME (Penobscot county),
[Business]
8 Pomerleau St
Biddeford, ME 04005 (York county)

Web Site:

Eligibility:

Notes: Community Care provides mental health services in the community to individuals living with persistent mental illness. Eligibility - Adults 18 years of age and older and Axis I diagnosis and must have full Mainecare. Services include Community Integration, Dialectical Behavior Therapy, Daily Living Support, Skills Development, and Targeted Case Management. Please call for more information and/or to request services.

For the Biddeford Satellite Office call Bangor office at 207-945-4240, Toll Free: 1-888-236-2273

Provider List - Mental Health Case Management - Cumberland & York Counties

Gateway Community Services

Contact:

Last Updated: 04/06/2023 12:49:58PM

Last Reviewed: 04/06/2023

Phones: (207) 536-1590 [Business]*,
(207) 536-1591 [Fax]

Address: [Business]*
501 Forest Ave.
Portland, ME 04101 (Cumberland county)

Web Site: <http://www.gatewaycommunityservice.org/>

Eligibility: Accepts Mainecare/Medicaid, Disability / Health Condition

Notes: Gateway Community Services provides Case management through the Section 17 program provides adults with support in increasing their independence in everyday life. Case managers support clients through linking them to needed services such as mental health support, medical care, housing services, transportation, education, and employment opportunities. Case managers seek to support clients who are struggling with mental health conditions to become more independent in their communities and more able to navigate the systems with which they engage in their everyday lives, such as DHHS, Mainecare, FedCap, and the like.

Gateway's counseling program serves clients of all ages, and clinicians can see clients in their homes, the community, or in the traditional office setting. Clinicians are adept at addressing both mental health and behavior health concerns. Common issues that we work on in counseling include helping clients learn to cope with and move past traumatic experiences, managing anxiety, overcoming depression, learning anger management, and dealing with problematic interpersonal relationships. **Note: Do NOT accept clients with Medicare insurance for counseling.**

Personal Support Specialist (PSS), also known as Personal Care Assistant (PCA), is an individual who provides in-home Personal Care Services to both the elderly and disabled adult population throughout Maine. The PSS/PCA provides hands-on assistance with tasks of daily living. In order to qualify for PSS services, you must either contact your primary care provider or Maximus and request an assessment. Once you complete your assessment you will be assigned a Care Coordinator and will be placed on the statewide waitlist.

Maine Behavioral Health Care: Springvale

Contact:

Last Updated: 04/06/2023 1:05:24PM

Last Reviewed: 04/06/2023

Phones: (207) 490-5263 [Fax],
(207) 324-1500 [Business]*,
(844) 292-0111 [Toll free in state]

Address: [Business]*
474 Main St
Springvale, ME 04083 (York county)

Web Site: <https://mainehealth.org/maine-behavioral-health-care>

Eligibility: Accepts Mainecare/Medicaid, Accepts Medicare

Notes: Maine Behavioral Healthcare provides an array of services at our outpatient practices for adults, adolescents and children challenged with mental health, developmental disorders, co-occurring and/or substance abuse issues. Specifically, our Springvale location provides these Adult Assertive Community Treatment (ACT), Residential and Supported Housing, Case Management and Behavioral Health Homes, Counseling, Psychiatry, and Substance Use Treatment.

Provider List - Mental Health Case Management - Cumberland & York Counties

Maine Behavioral Healthcare: Portland

Contact:

Last Updated: 04/06/2023 1:00:16PM

Last Reviewed: 04/06/2023

Phones: (207) 874-1043 [TTY/TDD],
(844) 292-0111 [Toll free in state],
(207) 874-1030 [Business]

Address: [Business]*
165 Lancaster Street
Portland, ME 04101 (Cumberland county)

Web Site: <https://mainehealth.org/maine-behavioral-healthcare>

Eligibility: Accepts Mainecare/Medicaid, Accepts Medicare

Notes: Maine Behavioral Healthcare, formerly known as Community Counseling Center, offers family, individual and group therapies to all populations and self-identifies as welcoming to LGBT (Lesbian - Gay - Bisexual - Transgender) community.

The Case Management program provides a full range of services to people with developmental disabilities, including advocacy, referrals, and connections to local resources. Geriatric Case Management is available for clients eligible for MaineCare and who have a mental illness diagnosis (Axis I or 2, GAF 50 or less) or consent decree member

Maine Behavioral Healthcare's Assertive Community Treatment (ACT) is an intensive community based (outpatient) treatment program with a multi-disciplinary team of providers that supports MaineCare eligible adults who may have a major mental illness diagnosis and often co-occurring disorders. The goal of the ACT Program is to improve the client's functioning in the least restrictive setting, while strengthening family, work, school and community ties

Elderworks is a day support program that provides group therapy services to older adults with chronic mental illness. Through this program, clients are able to engage with one another and individually with clinicians, while learning how to cope with depression, anxiety, isolation, and social stigma.

Clinicians and Case Managers fluent in American Sign Language provide mental health services to deaf and hard of hearing, deaf-blind, and late deafened adults and children in a deaf-culture friendly program. The team serves people throughout Maine, as well as family members of deaf individuals.

Service area is Cumberland County and Northern York County. Fees: Accepts most private insurance, Mainecare & Medicare.

Intake: Please visit during business hours or call and ask to speak with a member of the intake team; they will determine if the agency is the best choice for you or refer you to another provider.

Provider List - Mental Health Case Management - Cumberland & York Counties

Maine Behavioral Healthcare: Biddeford

Contact:

Last Updated: 04/06/2023 12:55:50PM

Last Reviewed: 04/06/2023

Phones: (888) 568-1112 [Hotline],
(207) 282-1500 [Business]*,
(844) 292-0111 [Alternate]

Address: [Business]*
2 Springbrook Drive
Robert G Dodge Business Park
Biddeford, ME 04005 (York county)

Web Site: <https://mainehealth.org/maine-behavioral-healthcare>

Eligibility: Accepts Mainecare/Medicaid, Accepts Medicare

Notes: Maine Behavioral Healthcare provides community mental health and substance abuse treatment and support services for southern Maine residents of all ages. Services include: 24/7 Crisis Response Services/Intake, Community and Home-based Treatment Services and Case Management Services, Outpatient Counseling and Substance Abuse Treatment Services, Psychiatric Services, Residential and Supportive Services.

Please call Central Intake (207) 761-6644 to access all services; Call the hotline # (888) 568-1112 for emergency services and (207) 284-0009 for emergency TTY.

Provider List - Mental Health Case Management - Cumberland & York Counties

MVRA/Maine Vocational and Rehabilitation Assoc.

Contact:

Phones: (207) 774-4248 [Business]*

Last Updated: 04/06/2023 1:09:32PM

Last Reviewed: 04/06/2023

Address: [Business]*
59 Preble Street
Portland, ME 04101 (Cumberland county)

Web Site: www.mainevocandrehab.com

Eligibility:

Notes: MVRA (Maine Vocational and Rehabilitation Associates) offers services to adults and children with mental health or developmental disability diagnoses. The Community Supports Program offers daily activities and skill building assistance to adults with mental retardation or an autistic disorder.

MVRA offers Mental Health Case Management services to adults 18 years and older. MVRA assists in connecting people to the appropriate place to receive a mental health evaluation if an Axis I diagnosis is not already documented.

Eligibility: 18 years and older, MaineCare eligible, MR or autism diagnosis and have adult services case manager. MVRA will assist individuals in obtaining MaineCare, diagnosis and case managers if needed for intake. Transportation can be arranged to the facility through RTP.

MVRA provides professional assessments, counseling, and therapeutic services. These services are provided to individuals seeking to improve functioning, address symptoms, relieve excess stress, and promote positive orientation and growth. The goal of these services is to increase integrated and independent levels of functioning. Services are individualized, in accordance with an Individualized Treatment Plan. Services may include, and are not limited to, a comprehensive assessment, diagnosis, and individual therapy. Services are provided by licensed clinicians.

MVRA's Employment Support Services provides trained employment specialists & job coaches to assist people with disabilities or barriers to employment find and keep a job. All referrals come from the state Dept of Vocational Rehabilitation; must be MaineCare eligible.

Daily Living Skills - provides therapeutic supports to assist individuals with difficulty integrating into and accessing the community of their choice. They support individuals in developing and maintaining skills of daily living and independence.

Please call for more information and the admission process.

Provider List - Mental Health Case Management - Cumberland & York Counties

Sweetser -

Contact:

Last Updated: 04/06/2023 1:14:51PM

Last Reviewed: 04/06/2023

Phones: (800) 434-3000 [Business]*,
(888) 568-1112 [24-hour hotline]

Address: [Business]
2 Pendleton Dr.
Saco, ME 04072 (York county),
[Mailing]*
50 Moody Street
Saco, ME 04072 (York county)

Web Site: www.sweetser.org

Eligibility:

Notes: Sweetser is Maine's adult mental health resource. Our clinicians assist with housing challenges, treat difficult and disruptive behaviors and emotional instability issues, and coordinate different types of specialized care so your medical, emotional, social, and vocational services all work toward a common goal. And because we accept MaineCare as well as most insurance plans, adult mental health help is always within reach.

Assertive Community Treatment – Our team-based approach to adult mental health provides a psychiatrist, nurse employment specialist, and counselor to support independence, rehabilitation, and recovery.

Behavioral Health Home – An integrated team approach to reaching mental and physical health goals that include home health coordinator, nurse, clinical lead and peer specialist.

Community Integration – Community integration services support adults experiencing serious mental illness with a full spectrum of services in their community.

Primary Care Integration – Our behavioral health specialists break through mental health barriers with brief, focused solutions right in your primary care physician's office.

The help you need, where you need it. To access our statewide adult mental health services, call the Sweetser PromiseLine toll-free at 1.800.434.3000. They also offer Veterans Services @ 1-800-434-3000.

Serves: Cumberland and York counties.

Provider List - Mental Health Case Management - Cumberland & York Counties

The Opportunity Alliance Support Services

Contact:

Last Updated: 04/06/2023 1:23:11PM

Last Reviewed: 04/06/2023

Phones: (207) 523-5049 [Business]*,
(207) 874-1180 [TTY/TDD],
(877) 429-6884 [Toll-Free],
(888) 568-1112 [Emergency]

Address: [Business]*
190 Lancaster St.
Portland, ME 04101 (Cumberland county)

Web Site: <http://www.opportunityalliance.org/programs/adult-mental-health-services/>

Eligibility:

Notes: The Opportunity Alliance offers case management for adults with a diagnosed mental illness who are MaineCare eligible.

CRISIS HOTLINE - 1-888-568-1112 - for assistance with mental health crisis.

Serves Cumberland County

Hours: Monday through Friday 8am - 5pm; crisis hot line available 24/7.

The Behavioral Health Home (BHH) delivers integrated care to people who struggle with mental health. Intent is to involve each client in their own care, so that they will be able to achieve the level of health and wellness that they desire and maintain this success on their own. BHH care coordinators help clients consider their needs around housing, health care, finances, work, education, social and recreation time, and other areas that are important to them. Together clients and care coordinators use this information to develop a treatment plan made up of individual goals and preferences. Adult residents of Cumberland County (18 and over) who have been diagnosed with a mental illness and who are covered by categorical MaineCare.

Gordon Green: An eight-bed permanent residence providing intensive treatment and support for elderly adults under guardianship with a combination of challenges including mental illness and disabilities related to age or physical impairments.

Helen Winslow Ray House: A seven-bed comprehensive rehabilitation residence providing support, counseling and advocacy for adults with a major mental illness.

Morrison Place at Randall Street: This 12-bed facility, serving homeless men and women from across the state offers intensive individualized treatment, education around mental health diagnosis and the complexities of co-occurring disorders, coping skills to help manage symptoms, and relapse prevention skills such as anger management, conflict resolution, ADL skills, and transitional living skills.

Broadway Crossings: Adult Crisis Stabilization Unit, with a capacity of eight adult beds, is a short-term crisis stabilization unit providing a consumer-friendly alternative to hospitalization that allows people to remain connected to their support networks in the community.

Opioid Health Home (OHH) is an office/community-based program that exists to support optimal service delivery for individuals living with opioid use disorder by offering Medication for Opioid Use Disorder (MOUD), clinical counseling, case management, nurse care management and peer support.

Please call Central Access for program information, eligibility, and application procedures.

Provider List - Mental Health Case Management - Cumberland & York Counties

Tri-County Mental Health: Bridgton Office

Contact:

Last Updated: 04/06/2023 1:30:03PM

Last Reviewed: 04/06/2023

Phones: (207) 647-5629 [Business]*,
(207) 304-4673 [Business],
(888) 304-4673 [Toll-Free]

Address: [Business]*
32 No. High Street
Suite 1
Bridgton, ME 04009 (Cumberland county)

Web Site: www.tcmhs.org

Eligibility: Accepts Mainecare/Medicaid, Accepts Medicare

Notes: Tri-County Mental Health Services provides comprehensive mental health services for children, adults, and elders. Services offered address mental health, substance abuse, mental retardation/developmental disabilities, and other issues. Please email referral@tcmhs.org with referrals and questions for all locations. Fees: MaineCare, Medicare, private insurance, private pay. Please call for an appointment for an assessment by a clinician. Serves: Northern Cumberland County (Bridgton office 207-647-5629)

Statewide Crisis hotline (888) 568 1112

Fees: accepts MaineCare, Medicare, private insurance, private pay. Please call Central Intake (888) 304-4673 for appointment for an assessment by a clinician.

Veterans Counseling Services in Lewiston, ME- To reach the Veterans Crisis Line, call 1-800-273-8255 and press 1
Tri-County Mental Health Services (TCMHS) is happy to announce it has been named a Veterans Choice Provider. This is exciting news for Tri-County and the communities and Veterans who will be able to access services. Tri-County is committed to the betterment and wellbeing of all service men and women and is proud to have the honor of supporting them. Veterans seeking services will still need to be referred and authorized through the Mental Health Department at Togus Veterans Hospital in Augusta before receiving services at one of our many locations.