

# Androscoggin County Alcohol & Other Drug Resource Guide



## Help for You or Someone You Know

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#### Introduction

Healthy Androscoggin created this resource guide with funding support from Maine Prevention Services and the Maine Center for Disease Control and Prevention. This guide is intended to be a resource for those who think they or a friend or family member might have a problem with alcohol, tobacco, or other drugs. It includes quick and easy-to-read reference lists of local support groups and treatment providers. We encourage you to share this resource guide with anyone who might benefit from it.

## Statewide Hotlines

**Maine Statewide Crisis Hotline (24/7 Support)**  
1-888-568-1112

**988 Suicide & Crisis Lifeline**

**Maine 211**  
**2-1-1 or 1-877-463-6207 (if out of state)**  
[www.211maine.org](http://www.211maine.org)  
Email: info@211maine.org

Statewide directory of over 8,000 resources including agency services and support groups.

**The Maine QuitLink**  
**1-800-207-1230**  
[www.thequitlink.com](http://www.thequitlink.com)

**Statewide Alcoholics Anonymous**  
1-800-737-6237

**Statewide Alanon - Maine**  
1-800-498-1844

**Statewide Narcotics Anonymous**  
1-833-436-6166

**Statewide Adult & Child Abuse Protection – Maine**  
1-800-452-1999

**Gamblers Anonymous - Maine**  
1-855-222-5542

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## Types of Treatment Services

### Detoxification

A “detox” is a residential program that provides assessment, diagnosis, and medical treatment to stabilize people who are experiencing withdrawal from alcohol or other drugs.

### Residential Rehab

Residential rehabilitation programs offer substance use treatment in twenty-four hour residential setting for seven to twenty-one days. Treatment includes lectures, groups, and individual counseling.

### Extended Care

Clients with extensive substance use or coexisting disorders of substance use and mental illness may enter an extended care program, a residential treatment program that offers treatment stays in excess of 180 days.

### Shelter

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

### Extended Shelter

An extended shelter offers structured residential treatment for people who are on waiting lists for residential treatment or have completed detoxification and need to develop a support system to help them remain sober.

### Prevention

Organizations working to prevent and reduce substance use and related problems by providing information, education, referrals and implementing evidence-based environmental strategies.

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### **Intensive Outpatient**

Non-residential rehabilitation programs provide intensive and structured substance use treatment, three to four days a week. The programs usually last three or four weeks and may be conducted during the daytime or in the evening.

### **Outpatient**

This treatment model is non-residential. Outpatient programs offer individual, group, and family sessions, usually for an hour or ninety minutes once a week.

### **Halfway House**

Halfway houses are three to six-month residential programs that provide support for sobriety, and prepare clients to re-enter the work force and re-establish themselves in the community. The programs help clients develop socialization skills and vocational needs.

### **DEEP (Driver Education and Evaluation Programs)**

Programs for people with one or more alcohol or other drug-related motor vehicle offenses including programs for those under 21 years of age, risk reduction for adult offenders, and treatment for substance use.

### **Treatment**

Refers to individual counseling provided by a trained substance use counselor to help people quit substance use.

### **Co-Occurring**

Agencies where treatment for substance use and co-occurring mental health conditions, is integrated in policies, procedures, and practices.

### **Recovery Centers**

Non-profit centers for the recovery community that offer local networks of non-medical, recovery support services

## General Resources and Information

**OPTIONS  
(Overdose Prevention)**  
[www.knowyouroptions.me](http://www.knowyouroptions.me)

**Eyes Open (Opioid Education)**  
[www.eyesopenforme.org](http://www.eyesopenforme.org)

**Good to Know Maine  
(Marijuana Education)**  
[www.goodtoknowmaine.com](http://www.goodtoknowmaine.com)

**The Maine QuitLink**  
[www.mainequitlink.com](http://www.mainequitlink.com)

**Adult Children of Alcoholics**  
310-534-1815  
[www.adultchildren.org](http://www.adultchildren.org)

**Alanon/Alateen (National)**  
[www.al-anon.org](http://www.al-anon.org)

**Alanon/Alateen (Maine)**  
[www.maineafg.org](http://www.maineafg.org)  
Email: [grouprecords@maineafg.org](mailto:grouprecords@maineafg.org)

**Alcoholics Anonymous (National)**  
[www.aa.org](http://www.aa.org)

**Alcoholics Anonymous (Maine)**  
[www.csoaamaine.org](http://www.csoaamaine.org)  
Email: [cso@aamaine.org](mailto:cso@aamaine.org)  
207-774-4335

**Cocaine Anonymous**  
[www.ca.org](http://www.ca.org)  
Email: [cawso@ca.org](mailto:cawso@ca.org)

**Co-dependents Anonymous**  
[www.coda.org](http://www.coda.org)  
Email: [outreach@coda.org](mailto:outreach@coda.org)  
(Maine): 207-782-9697

## Marijuana Anonymous

[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

Email: [office@marijuana-anonymous.org](mailto:office@marijuana-anonymous.org)

## Narcotics Anonymous (National)

[www.na.org](http://www.na.org)

## Narcotics Anonymous (Maine)

[www.namaine.org](http://www.namaine.org)

## Nicotine Anonymous

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Email: [info@nicotine-anonymous.org](mailto:info@nicotine-anonymous.org)

877-879-6422

## Secular Sobriety (SOS)

[www.sossobriety.org](http://www.sossobriety.org)

Email: [info@sossobriety.org](mailto:info@sossobriety.org)

## Women for Sobriety

[www.womenforsobriety.org](http://www.womenforsobriety.org)

215-536-8026

## St. Mary's Regional Medical Center

207-777-8120

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## Local Support Groups

### *Alcoholics Anonymous*

DAY	TOWN	TIME	TYPE <small>*see legend on page 9</small>	GROUP NAME	BUILDING	ADDRESS	TELEPHONE
Sunday	Lisbon Falls	7:00 PM	O/SP/A	Lisbon Freedom Group	St. Matthew's Episcopal Church	1919 Lisbon Road	207-783-3316
Monday	Auburn	5:00 PM	C/W/D/A	There is a Solution Group (Women)	United Methodist Church	439 Park Avenue	207-782-3972
Thursday	Auburn	5:30 PM	C/W/ST/D/A	Women Stepping into Sobriety	Grace Lutheran Church	757 Summer Street	207-782-9697
Monday through Saturday	Auburn	7:00 AM	DR/O	Auburn Attitude Adjustment Group	St. Michael's Church	78 Pleasant Street	207-782-1346
Monday	Lewiston	7:00 PM	ST/D/A	Monday Night Step Meeting	Salvation Army	67 Park Street	207-783-0801
Monday	Auburn	7:30 PM	BB/D/A	Keep Coming Back Group	United Methodist Church	439 Park Avenue	207-782-3972

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Tuesday	Lisbon Falls	7:00 PM	O/BB/A	Let's Get Real Group	St. Matthew's Episcopal Church	496 Lisbon Street	207-353-8453
Wednesday	Auburn	7:30 PM	SP/A/O	Serenity Group	Grace Community Church	1498 Turner Street	207-689-9070
Tuesday	Mechanic Falls	7:00 PM	O/D/A	Mechanic Falls Recovery Group	Vineyard Church	90 Lewiston Street	207-345-9501
Friday	Livermore	7:00 PM	O/TP/L/A/BB	Livermore Group	North Livermore Baptist Church	619 Federal Road	207-897-5377
Saturday	Lewiston	7:00 PM	O/SP/A	Saturday Night Hope Group	Holy Cross Church	1080 Lisbon Street	207-777-1200
Saturday	Auburn	7:30 PM	O/SP/D/A	The Young People's Group	Grace Community Church (also virtual)	1498 Turner Street	207-689-9070
Thursday	Auburn	6:00 PM	C/L	Men's Recovery Group Women's Recovery Group (different meetings, same time)	East Auburn Baptist Church	560 Park Avenue	207-782-0348
Sunday	Lewiston	9:30 AM	O/B/A	Beginner's Group	Marden's Plaza	750 Main Street	
Sunday- Saturday	Lewiston	5:30 PM	O/D/A	Happy Hour Meeting	Marden's Plaza	750 Main Street	
Monday- Saturday	Lewiston	9:00 AM	O/BB/A	The Breakfast Club	Marden's Plaza	750 Main Street	
Monday- Saturday	Lewiston	12:00 PM	O/D/A	Noon Time Drop In Meeting	Marden's Plaza	750 Main Street	

## Local Support Groups

### \*Legend (referenced on page 8)

All meetings are non-smoking unless designated otherwise

A – Wheelchair Accessible

B – Beginner's Meeting – NOT for beginners only, but usually concentrating on the first 3 steps

BB – Group reads and discusses the Big Book

C – Closed Meeting – For alcoholics only. Tradition 3 states the only requirement for membership is a desire to stop drinking

D – Meeting for discussion on anything alcohol related

DR – Group reads and discusses the day's topic from the book of Daily Reflections

L – Meeting where AA literature is available for sale

M – A meeting that discusses men's issues as relates to their alcoholism

O – Open meeting – Can be attended by alcoholics, their friends, family, or anyone interested in AA

SP – A meeting with one or more alcoholics sharing what they were like, what happened, and what they are like now. Speaker Meeting

ST – Group reads and discusses AA's 12 Steps

TP – A discussion meeting based on an alcohol related topic

W – A meeting that discusses women's issues as related to their alcoholism

## Al-Anon and Alateen Support Groups

*A fellowship of those who are affected by another's drinking*

DAY	TYPE OF MEETING	TOWN	TIME	BUILDING	ADDRESS	TELEPHONE
Tuesday	Al-Anon	Auburn	7:30 PM	United Methodist Church	439 Park Avenue	207-782-3972
Wednesday	Al-Anon	Auburn	10:00 AM	Grace Lutheran Church	757 Summer Street	207-782-9697
Monday	Alateen	Al-Anon	6:00 PM	N/A	Find app on Google or	N/A
Wednesday		Family Groups	7:00 PM		Apple Store	
Thursday		Mobile App	7:30 PM			

## Narcotics Anonymous Support Groups

***If you think you might have a problem with drugs, attend a Narcotics Anonymous meeting.***

DAY	TOWN	TIME	TYPE *see legend	BUILDING	ADDRESS
Tuesday	Lewiston	7:30 PM	D/O/A	R.E.S.T Center	205 Main Street
Thursday	Lewiston	7:30 PM	D/O/A	R.E.S.T Center	205 Main Street

**\*Legend:** O = Open meeting, all welcome, D = Discussion, A = Handicapped accessible

For more information or help, call the Narcotics Anonymous HELPLINE at 1-800-974-0062 or visit them on the web at [www.namaine.org](http://www.namaine.org)  
*Please note: People living with addiction needing recovery may attend any meeting regardless of how it is listed.*

## Syringe Services Programs

TOWN	BUILDING	HOURS	ADDRESS	TELEPHONE/WEBSITE
Lewiston	Tri-County CommUNITY Recovery	Mon-Fri 12-3 PM	1155 Lisbon Street	888-304-4673 <a href="http://www.tcmhs.org">www.tcmhs.org</a>
Lewiston	Church of Safe Injection (CoSI)	Call Ahead	195 Main Street	207-241-2537 <a href="http://www.churchofsafeinjection.org">www.churchofsafeinjection.org</a>

Syringe Services Programs (SSPs) are a public health strategy for persons who inject drugs (PWID). SSPs aim to reduce HIV infection, viral hepatitis, and other blood-borne infections, such as endocarditis, by promoting the use of new or sterile injection equipment for each injection (US CDC).

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## Substance Use Treatment, Coaching, and Prevention Providers

Organization	City	Physical Address	Services Provided	Telephone	Those Served M=Men, W= Women, Y=Youth, D=DUI/DWI offenders	Physician Referral Yes/No	Maine Care Yes/No
St. Francis Recovery Center	Auburn	Catholic Charities of Maine, 24 Dunn Street	Treatment, Outpatient, Extended Shelter, Halfway House	207-784-2901	M	N	Y
Blue Willow Counseling Center	Lewiston	Central Maine Family Counseling, 101 East Ave	Treatment, Outpatient, Intensive Outpatient, DEEP, Family counseling, Medication-Assisted	207-777-3399	M, W, Y, D	N	Y
Healthy Androscoggin	Lewiston	124 Lisbon Street	Prevention, Parent Education, Technical Assistance	207-795-5990	M, W, Y	N	N/A
Community Clinical Services	Lewiston	100 Campus Ave	Treatment, Outpatient, DEEP, Family/Couples Counseling, Stress Management, Psychiatric Services	207-777-8974	M, W, Y, D	Y	Y
Left Bank Recovery Services	Lewiston	37 Park Street, Suite #303	Treatment, Outpatient, DEEP, Group Therapy, Medication-Assisted	207-777-1046	M, W	N	Y
Avalon Counseling	Lewiston	37 Park Street, Suite #302	Treatment, Couples/Family Counseling, Intensive Outpatient, Medication-Assisted	207-333-1080	M, W, Y	N	Y
R.E.S.T. Center	Lewiston	205 Main Street	Recovery Coaching, Drop-in Center, Employment Services	207-783-7378	M, W	N	Y
Recovery Housing of Maine	Auburn	64 Highland Avenue	Halfway House	207-520-9415	M	N	Y

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St. Mary's Addiction Medicine	Lewiston	PO Box 291 Campus Avenue	Detox, Outpatient, Treatment, Co-Occurring Disorders, Hospital Inpatient	207-777-8700	M, W, Y (psychiatric services only)	N	Y
Tri County Mental Health Services	Lewiston	1155 Lisbon Street	Treatment, Outpatient, Intensive Outpatient, DEEP, Co-Occurring Disorders, Veterans Counseling	207-783-9141	M, W, Y, D	N	Y
Health Affiliates Maine	Auburn	306 Rodman Road (Administrative Office)	Treatment, Evaluations, Affected Other Counseling, Outpatient, Intensive Outpatient, Services for Veterans and National Guard	207-333-3278	M, W, Y	Depends on program	Y
Recovery Connections of Maine	Lewiston	105 Middle Street	Treatment, Assessment, Outpatient, Intensive Outpatient, Group Counseling, DEEP	207-440-7922	M,W	N	Y
Carpe Diem Behavioral Assoc.	Lewiston	954 Lisbon Street	Treatment, Group Counseling, DEEP, Family Counseling, Community Education, Co-occurring Disorders	207-241-7959	M, W, D	N	Y
Community Substance Abuse Centers	Lewiston	18 Mollison Way	Treatment, Group/Family Counseling, Medication-Assisted	207-312-6860	M, W	N	Y
Spurwink Services	Lewiston	581 Sabattus Street	Treatment, Outpatient, Co-Occurring Disorders, School Counseling	207-871-1200	M, W, Y	N	Y
Sweetser	Lewiston	217 Main Street	Treatment, DEEP, Medication-Assisted, Co-Occurring Disorders	1-800-434-3000	M, W, Y, D	N	Y
Journey House Sober Living	Lewiston	71 Oak Street	Sober Living House, Medication-Assisted Treatment	207-613-4709	M	N	N

## Sources

### ***Alcoholics Anonymous***

The following websites and publications were consulted in developing this guide:

**Alcoholics Anonymous (Maine)**

[www.csoaamaine.org](http://www.csoaamaine.org)

**AI-Anon and Alateen (Maine)**

[www.maineafg.org](http://www.maineafg.org)

**Narcotics Anonymous (Maine)**

[www.na.org](http://www.na.org)

***Maine Alcohol & Other Drug Use Treatment Services***

Maine Substance Use and Mental Health Services,  
Department of Health and Human Services

Prepared by  
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Lewiston, ME 04240

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**Website:** [www.healthyandroscoggin.org](http://www.healthyandroscoggin.org)



Every attempt was made to create a comprehensive guide for substance use resources. However, there may be changes in hours, locations, addresses, and so on. If you are aware of such change, please contact Healthy Androscoggin so that we can update our files. Please visit our website for the most current provider and support group listings.

Healthy Androscoggin is a community coalition dedicated to improving the health of Androscoggin County citizens through collaborative planning, community action, education, and prevention.

Project Unite! Is a standing work group under the Healthy Androscoggin coalition that is dedicated to reducing and preventing substance use in Androscoggin County. Project Unite! achieves these goals through engaging all sectors of the community in initiating activities to address the local conditions and root causes that contribute to substance use.

## What is Healthy Androscoggin doing in our Community?

### Substance Misuse Prevention

Healthy Androscoggin, in partnership with a community-based substance use task force, works to provide education, training, technical assistance, tools, and resources to prevent and reduce misuse of alcohol, marijuana, and prescription drugs.

### Reducing and Preventing Underage Drinking

Healthy Androscoggin, Project Unite! and other community partners have worked together tirelessly to reduce underage drinking in Androscoggin County. We offer education to parents, students, liquor retailers, and community members on preventing youth alcohol use.

### Marijuana Prevention

Healthy Androscoggin distributes information and provides free training and presentations on marijuana, its impact on youth, and public health to multiple audiences including parents, parent organizations, community leaders, civic organizations, teachers and educational professionals, and many others.

### Prescription Drugs

Healthy Androscoggin partners with several community organizations to sponsor a twice annual medicine take-back day. Permanent medicine drop boxes are available year round in eight communities in Androscoggin County where you can dispose of unwanted medicines whenever the appropriate facility is open. Healthy Androscoggin also provides education and tools to safely store and dispose of medications in the home.

Do you have an interest in preventing substance use in Androscoggin County? Consider joining Project Unite! To join, call 207-795-5990 or e-mail us at [info@healthyandroscoggin.org](mailto:info@healthyandroscoggin.org)