

# What is Healthy Androscoggin doing in our community?

## Preventing Prescription Drug Abuse

The Androscoggin County Prescription Drug "Take Back" program has collaborated with the DEA's National Take Back Initiative since 2010. The program has removed over two and a half tons of expired and unwanted medications from over 1800 households in Androscoggin County, reducing the supply available for abuse.

## Reducing and Preventing Underage Drinking

Healthy Androscoggin, Project Unite!, and the Androscoggin Alcohol Enforcement Team have been working together for many years to reduce youth access to alcohol. The Alcohol Enforcement Team conducts retailer compliance checks and party patrols. Project Unite! educates parents and community members about the consequences of hosting underage drinking parties in their home. And Healthy Androscoggin offers Responsible Beverage Seller trainings for employees of on-premise and off-premise establishments. Together, this work has contributed to a dramatic reduction in the rates of underage drinking in Androscoggin County.

## Promoting Better Youth Access to Treatment Services

As a part of the Lewiston-Auburn Safe Schools/Healthy Students Initiative, substance abuse referral protocols were developed and adopted by both Auburn and Lewiston Public Schools. Liaisons are identified in each school and each area substance abuse treatment provider to facilitate efficient communication between schools and the provider community. This communication system ensures that students identified with substance abuse issues are quickly linked with available treatment resources in their community.

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



**Androscoggin County  
Alcohol & Other Drug  
Resource Guide**

**Help for You or  
Someone You Know**

## Index

Introduction..... 1

General Resources & Hot Lines ..... 2

Types of Treatment Services..... 3-4

Support Group General Information . 5-6

Local Support Groups ..... 7-10

Treatment Provider Listing ..... 11-12

Sources ..... 13

## Introduction

Healthy Androscoggin created this resource guide with funding support from the Drug Free Communities Support Program, Substance Abuse and Mental Health Services Administration. 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 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.

## HOTLINES to Call

### Maine Statewide Crisis Hotline

**1-888-568-1112**

Maine statewide 24 hour crisis hotline  
Department of Health and Human Services

### Office of Substance Abuse Information and Resource Center:

**1-800-499-0027 (in Maine only) or 207-287-8900**

Maine statewide information line  
Monday - Friday, 8:00 am - 5:00 pm

*They provide print information about substance abuse and listings of treatment agencies and support group meetings in Maine.*

### Statewide Alcoholics Anonymous

**1-800-737-6237**

### Statewide Alanon

**1-800-498-1844**

### Statewide Narcotics Anonymous

**1-800-974-0062**

### Statewide Adult & Child Abuse Protection

**1-800-452-1999**

### Gamblers Anonymous

**1-888-424-3577**

## 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 Rehabilitation

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

## Extended Care

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

## Intensive Outpatient

Non-residential rehabilitation programs provide intensive and structured substance abuse 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.

## 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 social support system to help them remain sober.

## Prevention

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

## 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 abuse.

## Treatment

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

## Co-Occuring

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

## **Adult Children of Alcoholics**

Web: [www.allone.com/12/aca](http://www.allone.com/12/aca)

## **Alanon/Alateen (National)**

Web: [www.al-anon-alateen.org](http://www.al-anon-alateen.org)

## **Alanon/Alateen (Maine)**

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

Email: [grouprecords@maineafg.org](mailto:grouprecords@maineafg.org)

## **Alcoholics Anonymous (National)**

Web: [www.aa.org](http://www.aa.org)

## **Alcoholics Anonymous (Maine)**

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

Email: [cso@aamaine.org](mailto:cso@aamaine.org)

## **Cocaine Anonymous**

Web: [www.ca.org](http://www.ca.org)

Email: [cawso@ca.org](mailto:cawso@ca.org)

## **Co-dependents Anonymous**

Web: [www.coda.org](http://www.coda.org)

Email: [outreach@coda.org](mailto:outreach@coda.org)

## **Marijuana Anonymous**

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

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

## **Narcotics Anonymous (National)**

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

## **Narcotics Anonymous (Maine)**

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

## **Nicotine Anonymous**

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

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

## **Secular Sobriety (SOS)**

Web: [www.cfiwest.org/sos](http://www.cfiwest.org/sos)

Email: [sos@cfiwest.org](mailto:sos@cfiwest.org)

## **Women for Sobriety**

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

## Alcoholics Anonymous

<i>DAY</i>	<i>TOWN</i>	<i>TIME</i>	<i>TYPE</i> * See Legend on page 9	<i>GROUP NAME</i>	<i>BUILDING</i>	<i>ADDRESS</i>
Sun	Lewiston	9:30 AM	O/A	Beginners' Group	12 Hour Club	120 Lisbon Street
Sun	Lewiston	9:30 AM	O/B/A	Beginners' Group	12 Hour Club	120 Lisbon Street
Sun	Auburn	7:00 PM	C/TP/75/	Keep it Green Group	High Street Congregational Church	35 High Street
Sun	Lewiston	7:00 PM	O/SP/A	Lisbon Freedom Group	South Lewiston Baptist Church	1919 Lisbon Road
*Sun	Auburn	4:00 PM	C/W/ST/D/A	Women Stepping into Sobriety	Grace Lutheran Church	757 Summer Street
Mon	Auburn	7:00 PM	DR	Auburn Attitude Adjustment Group	St. Michael's Church	78 Pleasant Street
Mon	Lewiston	Noon	D/A	Noon Drop in Meeting	12 Hour Club	120 Lisbon Street
Mon	Lewiston	5:30 PM	C/W/D/A	There Is A Solution	12 Hour Club	120 Lisbon Street
Mon	Lewiston	7:00 PM	ST/D/A	Step 123	Salvation Army	67 Park Street
Mon	Auburn	7:30 PM	BB/D	Keep Coming Back Group	United Methodist Church	439 Park Avenue
Tue	Auburn	7:00 AM	DR	Auburn Attitude Adjustment Group	St. Michael's Church	78 Pleasant Street
Tue	Lewiston	Noon	C/ST/A	Drop In Step Meeting	12 Hour Club	120 Lisbon Street
*Tue	Lewiston	6:30 PM	O/M/D	I've Had Enough	Calvary United Methodist Church	59 Sabattus Street
Tue	Lewiston	7:00 PM	O/BB/90	Lewiston Chapter 2 Group	St. Mary's Medical Center Potvin Room	99 Campus Avenue
Tue	Turner	7:00 PM	C/D	Turner Twilight Group	Central Maine Veterinary Hospital	10 Business Parkway
Tue	Lisbon Falls	7:30 PM	O/BB/A	Let's Get Real Group	St. Matthew's Episcopal Church	496 Lisbon Street
Wed	Auburn	7:00 AM	DR	Auburn Attitude Adjustment Group	St. Michael's Church	78 Pleasant Street
Wed	Lewiston	Noon	D/A	Drop In Discussion Group	12 Hour Club	120 Lisbon Street
Wed	Auburn	8:00 PM	SP/A	Serenity Group	St. Philip's Catholic Church	2365 Turner Road, Rt 4
Thu	Auburn	7:00 AM	DR	Auburn Attitude Adjustment Group	St. Michael's Church	78 Pleasant Street
Thu	Lewiston	Noon	BB/A	Noon Drop In Discussion	12 Hour Club	120 Lisbon Street
Thu	Auburn	7:00 PM	D/A	Into Action Group	High Street Congregational Church	35 High Street
Fri	Auburn	7:00 AM	DR	Auburn Attitude Adjustment Group	St. Michael's Church	78 Pleasant Street
Fri	Lewiston	Noon	D/A	Drop In Discussion Meeting	12 Hour Club	120 Lisbon Street
Fri	Auburn	7:00 PM	C/ST	Back to Basics	St. Michael's Church	78 Pleasant Street
Fri	Lewiston	7:00 PM	SP/A	Friday Night Recovery Basics	Trinity Episcopal Church	247 Bates Street
*Fri	Mechanic Falls	7:00 PM	O/D/A	Freedom of Choice Group	Vineyard Church	90 Lewiston Street
*Fri	Livermore	7:30 PM	O/TP/L	Jay-Livermore Transformation Group	North Livermore Baptist Church	555 Federal Road
Sat	Auburn	7:30 AM	DR	Auburn Attitude Adjustment Group	St. Michael's Church	78 Pleasant Street
Sat	Lewiston	7:00 PM	O/SP/A	Saturday Night Hope Group	Holy Family Church	607 Sabattus Street
*Sat	Lewiston	8:15 PM	O/SP/D	Walk the Walk Young People's	St. Mary's Medical Center Lepage Conference Room	99 Campus Street

## \* Legend (referenced on page 8)

*All meetings Non-Smoking unless designated otherwise*

75 – 1 ¼ Hour Meeting

90 – 1 ½ Hour Meeting

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 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 Support Groups

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

DAY	TOWN	TIME	BUILDING	ADDRESS
Mon	Auburn	7:30 P.M.	United Methodist Church	439 Park Avenue
Wed	Auburn	10:00 A.M.	Grace Lutheran Church	757 Summer Street
Wed	Auburn	8:00 P.M.	St. Phillips Church	Center Street, Rte 4
Wed	Lewiston	12:15 P.M.	Center for Wisdom's Women	97 Blake Street
Sat	Auburn	7:00 P.M.	Grace Lutheran Church	757 Summer Street

## Narcotics Anonymous Support Groups

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

DAY	TOWN	TIME	TYPE	GROUP NAME	BUILDING	ADDRESS
* See Legend						
Wed	Lewiston	5:45 P.M.	O, D, H	Simply Addicts	12 Hour Club	120 Lisbon Street
Thu	Mechanic Falls	6:00 P.M.	O, D, H	Recovery Road	The Vineyard Church	Rt 11/121 Minot Avenue

### \* Legend

O = Open Meeting, all welcome    D = Discussion    H = Handicapped Accessible

For more information or help, call the HELPLINE at 1-800-974-0062 or visit them on the web at [www.namaine.org](http://www.namaine.org)

*Please note: Addicts needing recovery may attend any meeting regardless of how it is listed.*

***For Tobacco Support Group Listings in Androscoggin County,  
call Healthy Androscoggin at 795-5990 or visit [www.healthyandroscoggin.org](http://www.healthyandroscoggin.org)***

<i>Organization</i>	<i>City</i>	<i>Physical Address</i>	<i>Services Provided</i>	<i>Telephone</i>	<i>Those Served</i> <i>M = Men W = Women</i> <i>Y = Youth</i> <i>D = DUI/DWI offenders</i>	<i>Physician Referral</i> <i>Yes/No</i>	<i>Maine Care</i> <i>Yes/No</i>
St. Francis House	Auburn	Catholic Charities of Maine 24 Dunn Street	Treatment, Outpatient Services, Extended Shelter, Halfway House	207-784-2901	M	N	Y
Blue Willow Counseling Center	Lewiston	Central Maine Family Counseling 300 Pine Street., Suite 303	Treatment, Outpatient, Intensive Outpatient, DEEP, Co-Occurring Disorder	207-777-3399	M, W, Y, D	N	Y
Central Maine Counseling Services, Inc.	Lewiston	276 Main Street	Treatment, Outpatient, Intensive Outpatient, DEEP, Family counseling	207-782-3386	M, W, Y, D	N	Y
Healthy Androscoggin	Lewiston	130 East Avenue	Prevention, Parent Education, Technical Assistance	207-795-5990	M, W, Y	N	N
Community Clinical Services	Lewiston	100 Campus Avenue	Treatment, Outpatient, DEEP, Family/Couples Counseling, Stress Management, Depression, Psychiatric Services	207-777-8848	M, W, Y, D	N	Y
Facing Change, PA	Lewiston	4 Park Street, Suite 1	Treatment, Outpatient, DEEP, Co-Occurring Disorder, Aftercare, Family Counseling	207-784-0922	M, W, Y, D	N	Y
KIDS Consortium	Lewiston	215 Lisbon Street, Suite 12	Prevention	207-784-0956	Y	N	N
St. Mary's Addiction Medicine	Lewiston	P.O. Box 291 Campus Avenue	Detox, Treatment, Intensive Outpatient, Co-Occurring Disorder, Hospital Inpatient	207-777-8700	M, W, Y	Y	Y
Being One Counseling Services, Tibby York-Longpre, LADC	Lewiston	689 Sabattus Street	Treatment, Outpatient, DEEP	207-783-4268	M, W	Y	Y
Tri County Mental Health Services	Lewiston	1155 Lisbon Street	Treatment, Outpatient, DEEP, Co-Occurring Disorder, Residential, Services for Veterans	1-800-787-1155 207-783-9141	M, W, Y, D	Y	Y
Right Direction Counseling, George M McLean	Lisbon Falls	679 Lisbon Road	Outpatient, DEEP	207-751-2537	M, W, Y, D	N	N
Community Concepts Alcohol and Drug Treatment Svcs	Poland	Poland Regional High School Main Street	Treatment, Outpatient	207-998-5400	M, W, Y	Y	Y
Community Substance Abuse Centers	Lewiston	18 Mollison Way	Treatment, Outpatient, Family Counseling	207-312-6860	M, W	N	Y
Spurwink Services	Auburn	220 Danville Corner Road	Treatment, Outpatient, Co-Occurring Disorder	207-871-1200	Y	N	Y
Sweetser	Varies by Affiliate	Varies by Affiliate	Treatment, DEEP	1-800-434-3000	Varies by Affiliate	Varies by Affiliate	Varies by Affiliate
Food Addiction/Chemical Dependency Consultants, LLC	Lewiston	1008 Lisbon Street	Treatment, Outpatient, DEEP, Affected Others, Batterers, Co-Dependency, Co-Occurring Disorder	207-754-4050	M, W, Y	N	Y

*The following websites and publications were consulted in developing this guide.*

***Alcoholics Anonymous (Maine)***

www.csoaamaine.org

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

www.maineafg.org

***Narcotics Anonymous (Maine)***

www.namaine.org

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

Prepared by the Information Resource Center, Maine Office of Substance Abuse,  
Department of Health and Human Services, May 2011.

*Prepared by*

**Healthy Androscoggin**

**Mailing address:**

300 Main Street  
Lewiston, ME 04240

**Located at:**

130 East Avenue, Bottom Floor  
Lewiston, ME 04240

**(207) 795-5990**

**www.healthyandroscoggin.org**



 A Local **Healthy Maine** Partnership

**PROJECT**   
**UNITE!**

Every attempt was made to create a comprehensive guide for substance abuse resources. However, there may be changes in hours, locations, addresses, and so on. If you are aware of such a change, please contact Healthy Androscoggin so that we may update our files. Also, please visit our website for the most current provider and support group listings. You can contact us at: **(207) 795-5990** or by e-mail: **info@healthyandroscoggin.org**

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 abuse 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 abuse.