

**SUBSTANCE USE DISORDER & RECOVERY**

# **PROVIDER RESOURCE PACKET**



**COMMUNITY PARTNERSHIPS**  
FOR PROTECTING CHILDREN

**York County, Maine**

**Updated July 2017**

“Recovery emerges from **HOPE.**

THE BELIEF THAT RECOVERY IS REAL PROVIDES THE ESSENTIAL AND MOTIVATING MESSAGE OF A BETTER FUTURE—THAT PEOPLE **CAN AND DO OVERCOME** THE INTERNAL AND EXTERNAL CHALLENGES, BARRIERS, AND OBSTACLES THAT CONFRONT THEM. HOPE IS INTERNALIZED AND CAN BE FOSTERED BY PEERS, FAMILIES, PROVIDERS, ALLIES, AND OTHERS.

**HOPE** is the catalyst of the recovery process.”

*(SAMHSA.gov)*

# RECOVERY

RECOVERY IS A **PROCESS OF CHANGE** THROUGH WHICH INDIVIDUALS IMPROVE THEIR HEALTH AND WELLNESS, LIVE A SELF-DIRECTED LIFE, AND STRIVE TO REACH THEIR FULL POTENTIAL.

**RECOVERY HAS MANY PATHWAYS.** INDIVIDUALS ARE UNIQUE WITH DISTINCT NEEDS, STRENGTHS, PREFERENCES, GOALS, CULTURE, AND BACKGROUNDS — INCLUDING TRAUMA EXPERIENCE - THAT AFFECT AND DETERMINE THEIR PATHWAY(S) TO RECOVERY.

## GUIDING PRINCIPLES OF RECOVERY

Addresses Trauma  
Responsibility  
Hope Peer Support  
Many Pathways  
Relational Strengths  
Culture Holistic  
Respect  
Person-Driven

# SUBSTANCE USE DISORDER (SUD)

THE DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS, FIFTH EDITION (DSM-5), **NO LONGER USES THE TERMS SUBSTANCE ABUSE AND SUBSTANCE DEPENDENCE**, RATHER IT REFERS TO SUBSTANCE USE DISORDERS, WHICH ARE DEFINED AS MILD, MODERATE, OR SEVERE TO INDICATE THE LEVEL OF SEVERITY, WHICH IS DETERMINED BY THE NUMBER OF DIAGNOSTIC CRITERIA MET BY AN INDIVIDUAL.

SUBSTANCE USE DISORDERS OCCUR WHEN THE RECURRENT USE OF ALCOHOL AND/OR DRUGS CAUSES CLINICALLY AND FUNCTIONALLY SIGNIFICANT IMPAIRMENT, SUCH AS HEALTH PROBLEMS, DISABILITY, AND FAILURE TO MEET MAJOR RESPONSIBILITIES AT WORK, SCHOOL, OR HOME. ACCORDING TO THE DSM-5, A DIAGNOSIS OF SUBSTANCE USE DISORDER IS BASED ON EVIDENCE OF IMPAIRED CONTROL, SOCIAL IMPAIRMENT, RISKY USE, AND PHARMACOLOGICAL CRITERIA.

*(SAMHSA.gov)*

# LANGUAGE

“Words have immense power to wound or heal...**the right words catalyze** personal transformation and offer invitations to citizenship and community service. The wrong words stigmatize and disempower.”

WILLIAM WHITE, AUTHOR & RECOVERY ADVOCATE

## SUBSTANCE USE DISORDER & RECOVERY: RECOMMENDED LANGUAGE

INSTEAD OF	TRY
ADDICT	PERSON WITH A SUBSTANCE USE DISORDER PERSON WITH A SERIOUS SUBSTANCE USE DISORDER
ADDICTED TO X	HAS AN X USE DISORDER OR A SERIOUS X USE DISORDER HAS A SUBSTANCE USE DISORDER INVOLVING X (IF MORE THAN ONE SUBSTANCE IS INVOLVED)
ADDICTION	SUBSTANCE USE DISORDER SERIOUS SUBSTANCE USE DISORDER  “ADDICTION” IS APPROPRIATE WHEN QUOTING FINDINGS OR RESEARCH THAT USED THE TERM OR IF IT APPEARS IN A PROPER NAME OF AN ORGANIZATION “ADDICTION” IS APPROPRIATE WHEN SPEAKING OF THE DISEASE PROCESS THAT LEADS SOMEONE TO DEVELOPING A SUBSTANCE USE DISORDER THAT INCLUDES COMPULSIVE USE (FOR EXAMPLE, “THE FIELD OF ADDICTION MEDICINE,” AND “THE SCIENCE OF ADDICTION.”) IT IS APPROPRIATE TO REFER TO SCHEDULED DRUGS AS “ADDICTIVE.”
ALCOHOLIC	PERSON WITH AN ALCOHOL USE DISORDER PERSON WITH A SERIOUS ALCOHOL USE DISORDER
ALCOHOLICS ANONYMOUS/NARCOTICS ANONYMOUS	NOTE: WHEN USING THESE TERMS TAKE CARE TO AVOID DIVULGING AN INDIVIDUAL’S PARTICIPATION IN A NAMED 12-STEP PROGRAM.
CLEAN	ABSTINENT
CLEAN SCREEN	SUBSTANCE-FREE TESTING NEGATIVE FOR SUBSTANCE USE
DIRTY	ACTIVELY USING POSITIVE FOR SUBSTANCE USE
DIRTY SCREEN	TESTING POSITIVE FOR SUBSTANCE USE
DRUG HABIT	SUBSTANCE USE DISORDER COMPULSIVE OR REGULAR SUBSTANCE USE
DRUG/SUBSTANCE ABUSER	PERSON WITH A SUBSTANCE USE DISORDER PERSON WHO USES DRUGS (IF NOT QUALIFIED AS A DISORDER) NOTE: WHEN FEASIBLE, “DRUG/SUBSTANCE ABUSE CAN BE REPLACED WITH “SUBSTANCE USE DISORDER.”
FORMER/REFORMED ADDICT/ALCOHOLIC	PERSON IN RECOVERY PERSON IN LONG-TERM RECOVERY
OPIOID REPLACEMENT/METHADONE MAINTENANCE	MEDICATION ASSISTED TREATMENT MEDICATION ASSISTED RECOVERY
RECREATIONAL/CASUAL OR EXPERIMENTAL USERS (AS OPPOSED TO THOSE WITH SUBSTANCE USE DISORDER)	PEOPLE WHO USE DRUGS FOR NON-MEDICAL REASONS PEOPLE STARTING TO USE DRUGS PEOPLE WHO ARE NEW TO DRUGS INITIATORS

SOURCE: WHITE HOUSE OFFICE OF NATIONAL DRUG CONTROL POLICY



# TREATMENT & RECOVERY RESOURCES YORK COUNTY

## SACO BIDDEFORD OPIATE OUTREACH INITIATIVE

Maegan Lambert-Irish, Coordinator

207.710.1785 (cell)

207.571.1652 (office)

[maegan.lambert-irish@biddefordmaine.org](mailto:maegan.lambert-irish@biddefordmaine.org)

Providers are encouraged to contact Meagan with referrals for Substance Use Disorder treatment and recovery. The mission of this position is to connect with individuals struggling with substance use and link them with the services that best meet their current needs. Maegan's role includes performing assessments to help providers and individuals make the correct referral to community resources.

*The following resources were identified in March of 2016 by the Maine Opiate Collaborative. List is continually updated and available for download at [www.cppcmaine.org/learning-tools](http://www.cppcmaine.org/learning-tools).*

## Resources to Help People Access Treatment & Recovery

- Groups Recover Together: [www.joiningroups.com](http://www.joiningroups.com) or (800) 683.8313
- Out of the Shadows: 207.439.1105
- Young People in Recovery (YPR) – Biddeford Chapter: 207.776.0420
- NAR-ANON: [www.nar-anon.org/find-a-meeting/](http://www.nar-anon.org/find-a-meeting/)
- Maine Alliance for Addiction Recovery: <http://maar.thealliancemaine.org> or 207.621.4111

## Emergency Departments

*Emergency departments can provide short-term comfort packs*

- Southern Maine Health Center (SMHC) – Biddeford, Sanford, Tele-Psychiatry
  - Biddeford  
1 Medical Center Drive  
Phone: 207.294.5000
  - Sanford  
25 June St  
Phone: 207.490.7450



WALK-IN CARE  
Kennebunk  
2 Livewell Dr. North Tower (Behind Shoppers Village)  
(207) 467-6900

Saco  
655 Main Street (Route 1)  
(207) 294-5600

Sanford  
25A June Street  
(207) 490-7900

Waterboro  
10 Goodall Drive  
(207) 490-7760

- York Hospital
  - York Hospital Emergency Center  
3 Loving Kindness Way  
York, Maine  
Phone: 207.363.4321
  - Wells Emergency Care  
York Hospital in Wells  
114 Sanford Road, Wells, ME  
Phone: 207.646.5211  
Open Daily 8a-7p
  
- Portsmouth Regional Hospital  
333 Borthwick Ave  
Portsmouth, NH  
Phone: 603.436.5110
  
- Maine Medical Center  
22 Bramhall Street  
Portland, ME  
Phone: 207.662.0111
  
- Brighton Campus walk-in  
335 Brighton Avenue  
Portland, ME
  
- Mercy Hospital  
144 State Street

Portland, ME  
Phone: 207.879.3000

- Frisbie Hospital  
11 Whitehall Road  
Rochester, NH  
Phone: 603.332.5211
  - Wentworth-Douglas Hospital  
789 Central Avenue  
Dover, NH  
Phone 603.742.5252
  - Nason Health Center  
15 Oak St  
Springvale ME  
Phone: 207.490.6900
- 2 Springbrook St.  
Biddeford, ME  
Phone: 207.490.6900
- Noble Student Health  
388 Somersworth Rd.  
North Berwick, ME  
Phone: 207.676.2175

## Partial Hospitalizations

- SMHC (includes co-occurring and has some free-care)  
235 Main Street  
Biddeford, ME  
Phone: 207.283.766
- McGeachey Hall at Maine Medical Center (has some free-care)  
216 Vaughan Street  
Portland, ME  
Phone: 1.844.292.0111
- Portsmouth Regional Hospital  
55 High Street  
Hampton, NH  
Phone: 603.758.1376

## Intensive Out-Patient (IOP)

- Maine Behavioral Health Care – Springvale  
474 Main Street  
Springvale, ME  
Phone: 1.844.292.0111
  - Sliding scale – accepts federal and state funds
  - Primary diagnosis must be substance abuse but includes co-occurring treatment
  - 4 weeks, 9AM-12PM, Mon/Tues/Thurs
- Central Maine Counseling – Key3West  
407 Alfred St.  
Biddeford, ME  
Phone: 207.391.6084
  - Sliding scale – accepts MaineCare
  - Abstinence-based (except Suboxone)
  - 12-3PM Mon-Thurs and 5-8PM Mon-Thurs
- York County Shelter Program  
24 George St.  
Alfred, ME  
Phone: 207.324.1137
  - Serves individuals with no insurance
  - Accepts MaineCare
  - Offers Medication-Assisted Treatment (Suboxone)
  - 9-12, three days per week; early evening IOP coming soon
- Southern Maine Healthcare  
1 Medical Center Dr.  
Biddeford, ME  
207.283.7660
  - 3 days/wk.; 11:00-2:20
- Grace Street Recovery Services  
60 Eagle Dr.  
Sanford ME  
207.245.1800
  - 11-2:30PM Mon/Tues/Thurs
- Crossroads – Kennebunk  
2 Livewell Dr.  
Kennebunk, ME  
Phone: 207.467.3369
  - M-F, 8:30 -4:30; outpatient

- York Hospital – Cottage Program (Phase One)  
15 Hospital Dr.  
York, ME  
Phone: 207.351.2118
  - Abstinence-based except MAT
  - Weekly individual counseling
  - 6 weeks, 3-7PM Mon/Wed/Thurs
  
- Addiction Recovery Services – Portsmouth  
1145 Sagamore Ave.  
Portsmouth, NH  
Phone: 603-433-6250
  - Day IOP: M, T, TH & F 10:00 AM - 1:00 PM
  - Evening IOP: M, T, TH & F 4:00 PM - 7:00 PM
  
- Portsmouth Hospital  
333 Borthwick Ave  
Portsmouth, NH  
Phone: 603.436.5110
  
- Day One
  - Homeless Youth Program  
343 Cumberland Ave.  
Portland, ME  
Phone: 207.874.1122
  
  - Outpatient  
525 Main St.  
South Portland, ME  
Phone: 207.874.1045
  
- Affordable prescriptions for uninsured
  - <http://www.buildcommunity.org/familywise-discount-prescription-card>
  - <http://freedrugcard.us/york-county-me-discount-drug-card.html>; Phone: 877.321.6755
  
- LogistiCare (Non-Emergency Transportation) through MaineCare
  - York County: 877.659.1302
  - Cumberland County: 855.608.5178
  
- Central Maine Counseling – Key3West, Lewiston  
369 Main St, Lewiston  
Phone: 207.782.3386
  - IOP programs offered evenings and weekends (Fri, Sat, Sun from 12-3PM)

- Crossroads – Scarborough  
71 US Rt. One, Suite E, Scarborough  
Phone: 207.773.9931
  - Abstinence-based program that does not administer meds, but open to working with patients utilizing Med Assisted Treatment.
  
- SMART – Biddeford  
180 Main St., Biddeford  
Phone: 207.894.3111
  - They also offer Med Assisted Treatment
  - Accept MaineCare and Anthem Insurance
  - Programs are M-F, 9AM-12PM

## Residential Rehab

- Our Father’s House  
325 North St  
Saco, ME  
Phone: 207.571.4981
  
- Day One  
Residence at Hinckley  
14 Wandrup Dr.  
Hinckley, ME  
Phone: 207-238-0277
  - Youth 6-18 months
  
- Residences at Buxton & Hollis  
Bar Mills, ME  
Phone: 207.767.0991 option 3
  - Youth 6-18 months
  
- Liberty Bay Recovery Center  
835 Forest Ave.  
Portland, ME  
Phone: 844.894.2673
  - Rehab, detox, dual diagnosis
  
- Milestone  
65 India St.  
Portland, ME  
Phone: 207.775.4790

- Detox 3-7 days
- 12-18 months (Old Orchard Beach), male only
- York County Shelter Programs
  - Serenity House, Portland, 207.774.2722
  - Angers Farm, West Newfield, 207.324.1137
    - 28 beds for men
    - Of 28 beds, only 4 are dedicated as MaineCare beds, remaining 24 are free to support people with no insurance
    - 6 months of residential treatment
  - Residential Mental Health Program, Alfred, 207.324.1137.
    - Serves those with chronic mental illness (or co-occurring disorder), who need stabilizing and learning coping skills related to mental health issues
- Recovery Maine Inc.  
 33 Maine St.  
 North Berwick, ME  
 Phone: 207.558.2111
  - Half-way house
  - Sober living
  - Male only
- Green Mountain Treatment Center  
 244 High Watch Rd.  
 Effingham, NH  
 Phone: 877.824.5992
  - Detox
  - 28-day
  - Male and female
- Crossroads – Children & Mothers Program (CAMP)  
 Windham, ME  
 Phone: 877-978-1667
  - Women and children
  - Some scholarship beds
- Crossroads - Back Cove Women’s Residential Program  
 Portland, ME  
 Phone: 877-978-1667
  - Women only
  - 2 beds on scholarship

- Journey House (Sober Living House for men – accepts individuals on Med Assisted Treatment)  
Hill St., Biddeford  
High St., Sanford  
Email: [journeyhouse@mail.com](mailto:journeyhouse@mail.com)  
Phone: 207-230-4517  
Web: <https://www.facebook.com/journeyhousesoberliving/>

## Medication Assisted Treatment

*Suboxone prescribers can have 30 patients in year one and 100 patients after that. Currently only physicians can prescribe.*

- Groups Recover Together  
265 Main Street, Suite 201  
Biddeford, ME  
Main Phone: 207.520.793  
Intake/Assessment: 207-808-7935
  - Suboxone, group counseling, no Vivitrol
  - About 24 months
  - Biddeford (2 prescribers)
  - Portsmouth coming soon
- York County Shelter Program  
24 George St.  
Alfred, ME  
Phone: 207.324.1137
  - Individuals must be enrolled in some level of care with YCSP (IOP, residential, outpatient)
  - YCSP has the capability to pay for up to 2 months of Suboxone
  - Also offers Medication Management services through a psychiatrist (see below)
- Key3West  
407 Alfred Street  
Biddeford, ME  
Phone: 207.391.6084
  - Suboxone, Methadone, psychiatry (mental health prescribers), no Vivitrol
  - No hard timetable
  - Biddeford (2 prescribers)
  - Lewiston
- Southern Maine Healthcare  
Phone: 207.283.7660
  - Vivitrol
  - Good hand-offs with primary care providers (2 prescribers)

- Sanford methadone clinic – in process
  
- Merrimack River Medical Services  
2300 Congress Street, Portland  
Phone: 207.221.2292
  - Suboxone
  - Group & Individual Counseling
  
- Discovery House  
400 Western Ave, South Portland  
Phone: 207.774.7111
  - Methadone, Suboxone, and others
  - Counseling Services
  
- CAP Quality House  
1 Delta Drive, Suite A, Westbrook  
Phone: 207.856.7227
  - Methadone, Suboxone, and others
  - Counseling Services

## Aftercare & Preventive Care for Individuals and Families

- York Hospital - Cottage Program (Phase Two)  
15 Hospital Dr.  
York ME  
Phone: 207.351.2118
  - Abstinence-based
  - Individuals, affected others, women's trauma
  - 18 weeks
  
- York County Shelter Programs  
24 George St.  
Alfred ME  
Phone: 207.324.1137
  - Community-Based Case Management Services
    - Community integration
    - Co-occurring disorders, but must have a primary mental health diagnosis
    - Serves Sanford, Biddeford/Saco, Newfield, Berwick
    - Can serve those without insurance, and those who have MaineCare
  - Medication Management
    - Psychiatry services
    - Individuals must be enrolled in some level of care (IOP, residential, case management) to access doctor
    - Can serve individuals without insurance
    - Accepts MaineCare



- Emergency Shelters
  - Emergency shelter for adults, ages 18+, men and women
  - Family Emergency shelter, Sanford, 16 beds for homeless families
- Maine Behavioral Health
 

2 Springbrook Dr.  
Biddeford, ME  
Phone: 207.282.1500

  - Family, group counseling
  - Sliding scale
- Key3West
 

407 Alfred St.  
Biddeford, ME  
Phone: 207.391.6084

  - Assessment, treatment, co-occurring, case management
  - Federal probation grant
  - Individuals, couples, families
  - 12 weeks after-care
- Esther House
 

11 Aspen Avenue  
South Portland, ME  
Phone: 207.775.1128

  - Re-entry
  - Women only
  - Pre-trial services
- AA, NA, NAR-Anon, AL-Anon  
[www.aa.org](http://www.aa.org)

## Recovery Support

- Young People in Recovery
 

Biddeford Chapter: 207.776.0420  
[youngpeopleinrecovery.org](http://youngpeopleinrecovery.org)
- Groups Recover Together
 

265 Main St, Suite 201, Biddeford  
[diane@joingroups.com](mailto:diane@joingroups.com) or 800-683-8313
- AA, NA: [www.aa.org](http://www.aa.org)

# Resources & Supports for Affected Others

SUBSTANCE USE DISORDER NOT ONLY AFFECTS THE ONE WHO USES; IT CAN HAVE IMPACTS ON ALL THE MEMBERS OF THE FAMILY. THESE FAMILY MEMBERS ARE REFERRED TO AS "AFFECTED OTHERS." AFFECTED OTHERS CAN SUFFER PHYSICALLY, EMOTIONALLY AND SPIRITUALLY. LIVING WITH A SUBSTANCE USER CAN BE DIFFICULT AND UNPREDICTABLE; THERE ARE NO EASY ANSWERS FOR AFFECTED OTHERS. AFFECTED OTHERS OFTEN NEED SUPPORT AND TREATMENT TOO. HERE ARE SOME RESOURCES:

## Addict in the Family Support Group

- [info@thefamilyrestored.org](mailto:info@thefamilyrestored.org)
- <https://www.thefamilyrestored.org/our-programs/addict-in-the-family/>

## AL-ANON Family Group

- (207) 284-1844
- <https://sites.google.com/a/mainefg.org/ais/Home>

## Crossroads

- (877) 978-1667
- <http://www.crossroadsme.org/>

## Day One

- (207) 767-0991
- <http://day-one.org/>

## Family Hope

- 207-396-4313
- [info@familyhopeme.org](mailto:info@familyhopeme.org)
- <http://familyhopeme.org/>

## Family Restored

- [info@thefamilyrestored.org](mailto:info@thefamilyrestored.org)
- <https://www.thefamilyrestored.org/>

## NAR-ANON Family Group

- <http://www.nar-anon.org/>

## Out of the Shadows

- (207) 439-1105
- [outoftheshadowscommunity@gmail.com](mailto:outoftheshadowscommunity@gmail.com)