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

Alternative Wellness Services

Contact:
Last Updated: 11/22/2024 3:15:56PM
Last Reviewed: 11/22/2024

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 t 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 manageme Behavioral Health Homes is a collaborative approach to providing you with a comprehensive plan of care designe by your behavioral health and medical providers. This is a MaineCare funded service designed to help you manag your behavioral and physical health needs more effectively. The BHHO has a comprehensive behavioral health tea 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-judgm tal, supportive counselor who works with a client to tell their story, identify what they want to change, sett 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 appro , 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

Brighter Heights Maine

Contact:
Last Updated: 12/23/2024 1:29:22PM
Last Reviewed: 12/23/2024

Phones: (207) 847-2273 [Business],
(888) 800-6193 [Business]*

Address: [Business]*
70 Bayview St
Yarmouth, ME 04096 (Cumberland county)

Web Site: http://www.bh-maine.com

Eligibility:

Notes: BrighterHeights Maine (formerly known as SequelCare of Maine). We provide a wide-range of Personal Support Specialist and Behavioral Health programs and services to children, teens, and adults that are designed to help every individual and family we serve to reach their best and full potential. Our programs and services are availabl in our offices and in community settings, as well as in the homes of our clients. Our professionals work in conjunction with local resources to develop a strength-based plan to support success for our children, adults and families.

Outpatient therapy, Case Management, Daily Living Skills, Medication Management, Substance Use Counseling an our Opioid Health Home, also known as Medication Assisted Treatment for those using opioids are all offered at o locations. Some services are available through telehealth as well. We accept self-pay (credit cards or certified checks) in addition to MaineCare for outpatient therapy, medication management, substance use counseling and diagnostic and vineland assessments.

Residential housing program consists of small group homes located in Westbrook and Winthrop. Our homes supp adults living with developmental disabilities and qualify for housing through MaineCare Section 21 waiver. Our homes in Westbrook are new town house style homes built for 2 adults each. We work closely with the client's team members to ensure that they are thriving and living a fulfilling life. Our hope for our clients is that they establish meaningful community relationships and to assist them in maintaining them. We support the exploration their interests and passions, and help them find new ones. These homes are staffed 24/7 in the ratio needed to support the level of care the resident requires.

Accepts Mainecare.

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

Catholic Charities Maine: Support and Recovery

Contact:
Last Updated: 12/24/2024 10:12:15AM
Last Reviewed: 12/24/2024

Phones: (207) 781-8550 [Business]*

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: SSince 1966, Catholic Charities Maine has been providing help and creating hope for individuals, families, and children in need, regardless of faith or ability to pay. From emergency help and food to counseling and child care, we deliver our services with competence, confidentiality, and compassion.

Behavioral Health:
-Adult Services: Adult Mental Health; Behavioral Health Home; Community Integration
-Substance Use Disorder Services: Outpatient Substance Use Disorder Treatment; Intensive Outpatient Program; Medication Assisted Treatment (MAT); Medication Management Services (MMS); Opioid Health Home Services; St Francis Recovery Center
-Community Outreach: FARM for ME; Food Bank; Jessie Albert Dental & Orthodontic Center; Language Partners; PATH; Parish Social Ministry; Refugee & Immigration Services; Threads of Hope Thrift Stores
-Senior Services, Services for Persons with a Disability: Independent Support Services; SEARCH: Seek Elderly Alor , Renew, Courage and Hope

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

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 illne . 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 ca 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: 01/28/2025 1:47:23PM
Last Reviewed: 01/28/2025

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 conditio to become more independent in their communities and more able to navigate the systems with which they engag 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 mo 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-h me 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 contac 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.

MaineHealt Behavioral Health Care: Springvale

Contact:
Last Updated: 11/14/2024 3:40:09PM
Last Reviewed: 11/14/2024

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: www.mainehealth.org/maine-behavioral-healthca e

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.

This resource information is provided as a service of AgeMaine, 30 Barra Road, Biddeford, ME 04005, 1-800-427-7411. AgeMaine does not licence, endorse or recommend any specific provider, nor can we guarantee the quality of service from providers .

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

MaineHealth Behavioral Healthcare: Portland

Contact:
Last Updated: 01/28/2025 2:09:42PM
Last Reviewed: 11/14/2024

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: www.mainehealth.org/care-services/behavioral-health-care

Eligibility: Accepts Mainecare/Medicaid, Accepts Medicare

Notes: Maine Behavioral Healthcare, formerly known as Community Counseling Center, offers family, individual and grou 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, includi 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 (outpatier 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 improv 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 illne . 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 o 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 he 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

MaineHealth Behavioral Healthcare: Biddeford

Contact:
Last Updated: 11/14/2024 3:40:39PM
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: www.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:
Last Updated: 02/06/2025 2:46:52PM
Last Reviewed: 02/06/2025

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

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

Web Site: www.mainevocandrehab.com

Eligibility:

Notes: MVRA (Maine Vocational Rehabilitation Association) provides community support to Adults receiving Section 20, 2 or Section 29 Support Waiver. This is a group program that focuses on community integration and learning independent living skills. Our Community Support program is an HCBS waiver program geared around member choices and informed decision making. We focus on life skills, informed decision making, and getting more involve with the community.

Clinical Case Management (Also known as Community Integration Services as defined by the State of Maine). We help consumers connect to services and actively engage with service providers in such areas as medication management, therapy, housing, Vocational Rehabilitation, and much more. We are able to assist with assessmen , planning, evaluations, and help monitor your well-being. Services are individualized and in accordance with an Individualized Treatment Plan and are provided by certified and experienced staff.

Outpatient Therapy- 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.

MVRA Mental Health Clinic Jail Program- The Jail Program works with individuals in the criminal justice system diagnosed with a severe and persistent mental illness. The Jail Program ensures delivery of clinically appropriate mental health services, addressing co-occurring issues, working collaboratively with Probation/Maine Pretrial Services, and supporting the individual's re-entry into the community identifying the necessary approach to reduc recidivism.

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

Spurwink Services

Contact:
Last Updated: 11/21/2024 2:36:26PM
Last Reviewed: 11/21/2024

Phones: (888) 889-3903 [Toll-Free],
(207) 871-1200 [Business]*,
(207) 871-1233 [TTY/TDD]

Address: [Business]*
901 Washington Ave., Suite 100
<administration Office>
Portland, ME 04103 (Cumberland county)

Web Site: http://www.spurwink.org/

Eligibility:

Notes: Spurwink provides services for individuals with an intellectual/developmental disability or autism. Community Support Programs offer a range of activities that are individually tailored, with attention paid to personal interests sensory issues, and other identified needs. There are sites in Limerick, Westbrook, North Yarmouth and Portland. Shared Living offered by Spurwink helps adults with a developmental disability or autism create a meaningful and connected life.

Spurwink also provides services to support foster families and children in foster care.

ShifaME's Multicultural Care Coordinators partner with youth and families, natural supports, and service providers the home, school, and community to reduce barriers that face refugee, asylee, and immigrant families. ShifaME counseling is a service for children and families who have experienced trauma or severe stress associated with being a refugee, asylee, or immigrant. This includes stress related to trauma, acculturation, resettlement, or isolation. The model for treatment is Trauma Systems Therapy adapted for Refugees (TST-R).

Spurwink Center for Safe & Healthy Families, formerly known as the Child Abuse Program, was developed in 1994 in response to the need for expert diagnostic services for children who may have been abused. The program serv children throughout Maine with clinics in South Portland, Bangor, Lewiston, and Augusta.

Provides Psychiatric medication management, Psychiatric nursing, Therapy in conjunction with medication management, and Assertive Community Treatment (ACT). ACT provides psychiatric treatment, vocational/employ ent supports and community support, case management. Eligibility: Adults with MaineCare who suffer from seriou and persistent psychiatric disorders, mental retardation or Autism. Referral from a clinician/medical provider is required

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: 03/06/2025 1:07:44PM
Last Reviewed: 03/06/2025

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. 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-occuring 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. Broadway Crossings Adult Crisis Stabilization Unit can be accessed by calling The Maine Crisis Line (MCL) at 1-888-568-1112. Or (207) 799-4160

Ocean St: With a capacity of eight residents, provides trauma-informed treatment and support services to adults living with mental illness complicated by co-occurring chronic health conditions as well as a potential substance use disorder.

PATH program- Provides outreach to homeless individuals (sleeping outside, in a vehicle, or any place not meant human habitation) struggling with mental health or substance use, and currently unconnected to resources.

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

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