

Is there a problem?

Alcohol and drug use can go from risky behavior to dependence before people realize it is a problem. How will you know if drug and alcohol use is a problem? How can you help?

At risk

If you think a friend or family member is drinking too much, or is experimenting with alcohol or drugs, encourage him/her to see a doctor. You could volunteer to go to the doctor with your friend/family member if you feel comfortable doing so.

The doctor should screen for substance use.

If the doctor feels your loved one might be developing a serious problem, he/she may be referred to counseling. **Call one of the treatment access lines (inside table).**

Substance use disorder

If your family member is drinking or using drugs and begins missing work (or school) or making excuses for not keeping appointments, he/she may have a substance use disorder and need an evaluation and referral to a counselor NOW. **Call one of the treatment access lines (inside table).**

Chemical dependence

If your friend is usually drunk or high, is lying about his/her use or is stealing to get drugs or alcohol, then he/she may be chemically dependent and needs an evaluation and referral to a counselor NOW. **Call one of the treatment access lines (inside table).**

Maintenance and recovery

Even when your friend or family member is no longer using alcohol or drugs, he/she still needs support and self-help. **Call one of the treatment access lines (inside table).**

Relapse

Substance use disorder is a chronic disease, and even people with the best intentions may relapse into alcohol or drug use. When a family member relapses, he/she may need an evaluation and referral for return to treatment. **Call one of the treatment access lines (inside table).**

Right treatment at the right time

If your friend or family member:

then he/she may need:

- | | |
|----------------------------|---|
| Is at risk | <ul style="list-style-type: none">♦ Doctor's screen & referral |
| Has substance use disorder | <ul style="list-style-type: none">♦ An evaluation & referral to referral to group and/or family counseling♦ Hospitalization♦ Self-help and support |
| Is chemically dependent | <ul style="list-style-type: none">♦ An evaluation and referral to medication-assisted detox and/or medication-assisted treatment♦ Hospitalization♦ Group home♦ Self-help and support |
| Is in maintenance/recovery | <ul style="list-style-type: none">♦ Case management♦ Self-help and support |
| Has relapsed | <ul style="list-style-type: none">♦ An evaluation and referral to individual, group and/or family counseling♦ An evaluation and referral to medication-assisted detox and/or medication-assisted treatment♦ Hospitalization♦ Self-help and support |

Find out more online

To find out if you or someone you love might have a drinking or drug problem, try these online screening tools. Start by answering a few short questions about past and present use of various drugs, such as marijuana, cocaine, tobacco, inhalants or alcohol. You'll get feedback about the likely risks of drug use, and advice about when and where to seek more information, evaluation and help.

All responses are completely confidential and anonymous.

www.alcoholscreening.org; www.drugscreening.org

Toll-Free Treatment access lines

Crisis and Counseling Centers
888-568-1112

Kennebec Behavioral Health
888-322-2136

MaineGeneral Mental Health & Substance Abuse Services
Central Access Line
877-777-9393

MaineGeneral Prevention Center

Substance Abuse Services in the Kennebec Valley



Do you or someone you love have a drinking or drug problem?

Here's how you can get the right treatment at the right time.



Your resource for life.

MaineGeneral
Medical Center

Prevention Center
9 Green Street
Augusta, ME 04330
207.872.4102

www.mainegeneral.org/preventioncenter



Your resource for life.

MaineGeneral
Medical Center

Service providers

Kennebec County

Organizations

ACME Counseling Cooperative	861-2420 F, G, I
AI-Anon www.maineafg.org	800-498-1844 SH/S
Alcoholics Anonymous www.csoaamaine.org	800-737-6237 SH/S
All Recovery Support Group	626-3448 SH/S
Catholic Charities Maine www.ccmaine.org	453-4368 SH/S
Central Maine Recovery	888-774-9922 SH/S
Cornerstone Behavioral Healthcare www.cornerstonebhc.com	680-2065 F, I
Crisis & Counseling Centers www.crisisandcounseling.org	626-3448 or 888-568-1112 F, G, I, IOP, MAT, SH/S
Discovery House www.discoveryhouse.com	872-7272 I, MAT
Family Medicine Institute www.mainegeneral.org/FMI	626-1561 F, G, I
Kennebec Behavioral Health www.kbhmaine.org	888-322-2136 F, G, I, SH/S
Linc Club - Augusta www.mocomaine.com/ social_clubs.htm#linc	626-2817 SH/S
Maine Dartmouth Family Practice www.mainegeneral.org	453-3000 F, G, I
MaineGeneral Mental Health & Substance Abuse Services www.mainegeneral.org/BHS	877-777-9393 F, G, H, I, IOP, R SH/S
Maine Migrant Health Program (MMHP)	622-9252 I
ME Alliance for Addiction Recovery Recovery Coach Program www.masap.org – “recovery” link	458-4366 SH/S
Narcotics Anonymous www.namaine.org	800-974-0062 SH/S

Phoenix House Academy www.phoenixhouse.org/locations/ new-england/new-england-drug-help/maine/	622-7106 R
Portland Recovery Community Center Telephone Recovery Support www.portlandrecovery.org	553-2575 x 103 SH/S
SMART Recovery® Group www.smartrecovery.org	458-4366 SH/S
Sweetser	861-2420 F, G, I
Teen Challenge New England, Augusta www.tcnewengland.org/11.html	377-2801 R (male adults)
The Opportunity Alliance The Women’s Project	800-611-1588 SH/S
VA Department of Veteran Affairs www.togus.va.gov	877-421-8263 ext. 4127 G, I, IOP
Waterville Social Club www.mocomaine.com/ social_clubs.htm#watervillesocial	873-1027 SH/S

Providers/Practices

AAA Steppingstone LLC; Tom McWalters, LADC, CAS	649-1762 F, I
Aardwolf Counseling LLC; Maxine Wolph Johnson, LADC, LSW	696-4225 F, G, I
Jeff Bickford, LCPC, LADC	626-3373 F, I
Family Medicine Institute	626-1561 MAT
Gail Ferry, LCSW	620-8495 F, I
James Fine, MD Crisis and Counseling www.crisisandcounseling.org	623-3448 MAT
Paul Gosselin, DO	877-7588 MAT
David Lawrence, LADC, CCS	838-0146 F, G, I

Scott Leblanc, LADC	399-3286 G, I
MaineGeneral Medical Center The Rehabilitation Institute	872-4400, opt. 2 MAT
MaineGeneral Medical Center Opiate Treatment Clinic	877-777-9393 MAT
Jennifer McConnell, MD Maranacook Family Health www.suboxone.com	620-4449 MAT
Tammy Trask, LADC	624-1959 F, G, I

Somerset County

Organizations

ACME Counseling Cooperative	861-2420 F, G, I
AI-Anon www.maineafg.org	800-498-1844 SH/S
Alcoholics Anonymous www.csoaamaine.org	800-737-6237 SH/S
Catholic Charities Maine www.ccmaine.org	453-4368 SH/S
Cornerstone Behavioral Healthcare www.cornerstonebhc.com	680-2065 F, I
Crisis & Counseling Centers www.crisisandcounseling.org	626-3448 or 888-568-1112 F, G, I, IOP
Discovery House www.discoveryhouse.com	872-7272 MAT
Family Violence Project – Somerset House www.familyviolenceproject.org	877-890-7788 R
Kennebec Behavioral Health www.kbhmaine.org	888-322-2136 F, G, I
MaineGeneral Mental Health & Substance Abuse Services www.mainegeneral.org/BHS	877-777-9393 G, I

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Sweetser	861-2420 F, G, I
The Opportunity Alliance The Women’s Project	800-611-1779 SH/S
VA Department of Veteran Affairs www.togus.va.gov	877-421-8763 ext. 4127 G, I

Providers

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MaineGeneral Medical Center Opiate Treatment Clinic	877-777-9393 MAT

Service Codes

F: Family Counseling
G: Group Counseling
H: Hospitalization
I: Individual Counseling
IOP: Intensive Outpatient Program
MAT: Medication-Assisted Treatment
SH/S: Self-help/Support programs
R: Residential Facility