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:

Is at risk
- Doctor’s screen & referral

Has substance use disorder
- An evaluation & referral to referral to group and/or family counseling
- Hospitalization
- Self-help and support

Is chemically dependent
- An evaluation and referral to medication-assisted detox and/or medication-assisted treatment
- Hospitalization
- Group home
- Self-help and support

Is in maintenance/recovery
- Case management
- Self-help and support

Has relapsed
- 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

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.

MaineGeneral Prevention Center
Substance Abuse Services in the Kennebec Valley

MaineGeneral Medical Center
Prevention Center
9 Green Street
Augusta, ME 04330
207.872.4100
www.mainegeneral.org/preventioncenter

Rev. 11-12
### Kennebec County

#### Organizations

- **ACME Counseling Cooperative**: 861-2420  
  F, G, I
- **Al-Anon**: 800-498-1844  
  SH/S
- **Alcoholics Anonymous**: 800-737-6237  
  SH/S
- **All Recovery Support Group**: 626-3448  
  SH/S
- **Catholic Charities Maine**: 453-4368  
  SH/S
- **Central Maine Recovery**: 888-774-9922  
  SH/S
- **Cornerstone Behavioral Healthcare**: 680-2065  
  F, I
- **Crisis & Counseling Centers**: 626-3448  
  or 888-568-1112  
  F, G, I, IOP, SH/S
- **Discovery House**: 872-7272  
  I, MAT
- **Family Medicine Institute**: 626-1561  
  F, G, I
- **Kennebec Behavioral Health**: 888-322-2136  
  F, G, I, SH/S
- **Linc Club - Augusta**: 626-2817  
  SH/S
- **Maine Dartmouth Family Practice**: 453-3000  
  F, G, I
- **MaineGeneral Mental Health & Substance Abuse Services**: 622-9252  
  (MMHP)
- **ME Alliance for Addiction Recovery**: 458-4368  
  SH/S
- **Narcotics Anonymous**: 800-974-0062  
  www.namaine.org
- **Portland Recovery Community Center**: 553-2575  
  ext. 103  
  SH/S
- **Recovery Coach Program**: 872-7272  
  I
- **SMART Recovery**: 800-737-6237  
  www.smartrecovery.org
- **Teen Challenge New England, Augusta**: 877-890-7788  
  www.tcenewengland.org/11.html  
  377-2801  
  R (male adults)
- **Television Growth**
- **The Opportunity Alliance**
- **Waterville Social Club**: 873-1027  
  SH/S
- **Providers/Practices**
  - **AAA Steppingstone LLC**: 648-1762  
    F, I
  - **Aardwolf Counseling LLC**: 666-4225  
    F, G, I
  - **Crisis & Counseling Centers**: 626-3448  
    or 888-568-1112  
    F, G, I, IOP
- **Linc Club - Waterville**: 626-2817  
  SH/S
- **Maine Dartmouth Family Practice**: 453-3000  
  F, G, I
- **MaineGeneral Mental Health & Substance Abuse Services**: 622-9252  
  (MMHP)
- **ME Alliance for Addiction Recovery**: 458-4368  
  Recovery Coach Program
  www.masap.org — “recovery” link
- **Narcotics Anonymous**: 800-974-0062  
  www.namaine.org
- **Portland Recovery Community Center**: 553-2575  
  ext. 103  
  SH/S
- **Recovery Coach Program**: 872-7272  
  I
- **The Opportunity Alliance**
- **The Women's Project**: 800-611-1779  
  SH/S
- **VA Department of Veteran Affairs**: 877-421-8263  
  www.togus.va.gov  
  877-241-8263  
  ext. 4127  
  G, I, IOP
- **Waterville Social Club**: 873-1027  
  SH/S
- **ACME Counseling Cooperative**: 861-2420  
  F, G, I
- **Al-Anon**: 800-498-1844  
  SH/S
- **Alcoholics Anonymous**: 800-737-6237  
  SH/S
- **Aardwolf Counseling LLC**: 666-4225  
  F, G, I
- **Cornerstone Behavioral Healthcare**: 680-2065  
  F, I
- **Crisis & Counseling Centers**: 626-3448  
  or 888-568-1112  
  F, G, I, IOP
- **Kennebec Behavioral Health**: 888-774-9922  
  www.crisisandcounseling.org  
  888-774-9922  
  ext. 103  
  G, I, IOP
- **Linc Club - Waterville**: 626-2817  
  SH/S
- **Maine County Behavioral Healthcare**: 872-4400, opt. 2  
  MAT
- **Maine Dartmouth Family Practice**: 453-4368  
  SH/S
- **Maine General Medical Center**: 872-4400, opt. 2  
  MAT
- **Maine General Medical Center**: 877-777-9393  
  MAT
- **Jennifer McConnell, MD**: 620-4449  
  www.mainegeneral.org
- **Linc Club - Augusta**: 626-2420  
  F, G, I
- **Maine Migrant Health Program**: 622-9252  
  (MMHP)
- **ME Alliance for Addiction Recovery**: 458-4368  
  www.masap.org — “recovery” link
- **Narcotics Anonymous**: 800-974-0062  
  www.namaine.org
- **Portland Recovery Community Center**: 553-2575  
  ext. 103  
  SH/S
- **Recovery Coach Program**: 872-7272  
  I
- **The Opportunity Alliance**
- **The Women's Project**: 800-611-1779  
  SH/S
- **VA Department of Veteran Affairs**: 877-421-8263  
  www.togus.va.gov  
  877-241-8263  
  ext. 4127  
  G, I
- **Maine County Behavioral Healthcare**: 872-4400, opt. 2  
  MAT
- **Maine General Medical Center**: 877-777-9393  
  MAT
- **Providers**
  - **Aardwolf Counseling LLC**: 696-4225  
    F, G, I
  - **Maine General Medical Center**: 872-4400, opt. 2  
    MAT
  - **The Rehabilitation Institute**: 872-4400, opt. 2  
    MAT
  - **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