



MaineGeneral Prevention Center

Substance Abuse Services
in the Kennebec Valley

Resources for Parents

Toll-Free Helpline
1-855-DRUGFREE
(1-855-378-4373)

Call Monday - Friday 10 a.m. - 6 p.m.
to speak with a licensed social worker
or psychologist for support. If you are
feeling overwhelmed, stressed or
have a specific question about your
child's alcohol or drug use – call.

Website Resource:
timetogetherhelp.drugfree.org



Are you worried your child is
using drugs or alcohol?

**Here's how you can get them the
right help at the right time.**



Your resource for life.

MaineGeneral
Medical Center

Prevention Center
9 Green Street
Augusta, ME 04330
207.872.4102

www.maine-general.org/preventioncenter



Your resource for life.

MaineGeneral
Medical Center

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Here are some signs to watch for:

- Change in eating habits
- Change in sleep patterns
- New friends
- Decrease in school grades
- Mood swings
- No energy to do things
- Sneaking around/keeping secrets
- Lying
- Unexplained cash flow
- Drug supplies (pipe, lighter, etc.)

Most drugs have physical side effects. Parents and other caring adults should look for:

- Slowed or staggering walk
- Red, watery eyes
- Cold, sweaty palms
- Puffy face, blushing or paleness
- Smell of substance on breath, body or clothes
- Very talkative
- Runny nose; hacking cough
- Nausea, vomiting or sweating

Adapted from Phoenix House Academy

If you think your child is abusing substances, help is available from the following resources:**Private Counseling**

AAA Steppingstone LLC;
Tom McWalters, LADC, CAS (CM, F, I)
 Phone: 649-1762

Aardwolf Counseling LLC;
Maxine Wolph Johnson, LADC, LSW (F, G, I)
 Phone: 696-4225

Jeff Bickford, LCPC, LADC (F, I)
 Phone: 626-3373

Lori Green-Stade, LCPC, LADC (F, I, MH/SA)
 Phone: 629-9226

David Lawrence, LADC, CCS (F, G, I)
 Phone: 838-0146

Scott Leblanc, LADC (G, I, MH/SA)
 Phone: 399-3286

Tammy Trask, LADC (F, G, I)
 Phone: 624-1959

Adolescent Programs (Kennebec Valley)*

ACME Counseling Cooperative (CM, F, G, I)
 Phone: 861-2420

Augusta Boys and Girls Club (CM)
 622-0452; www.augustateencenter.org

Cornerstone Behavioral Health (I, MH/SA)
 680-2065; www.cornerstonebhc.com

Crisis and Counseling Centers (F, I)
 626-3448 ; www.crisisandcounseling.org

Family Medicine Institute (F, G, I)
 626-1561; www.maine-general.org

Healthy Communities of the Capitol Area (E)
 588-5012; www.healthycommunitiesme.org

Kennebec Behavioral Health (CM, F, I, HS, MH/SA)
 888-322-2136; www.kbhmaine.org

Maine Dartmouth Family Practice (F, G, I)
 453-3000; www.maine-general.org

**MaineGeneral Mental Health
& Substance Abuse Services (F, G, I)**
 877-777-9393; www.maine-general.org/BHS

Phoenix House Academy of Maine (R)
 622-7106; www.phoenixhouse.org/locations/new-england/new-england-drug-help/maine/

**School-Based Services
(Kennebec Behavioral Health) (I)**
 Phone: 873-2136, ext. 2201

Sweetser (CM, F, G, I)
 Phone: 861-2420

Spurwink Services (CM, F, I)
 582-9205; www.spurwink.org

Youth Matter! (E)
 859-9840; www.youthmatter.net

Service codes:

CM: Case Management; **E:** Educational Intervention;
F: Family Counseling; **G:** Group Counseling; **HS:** Homeless Shelter; **H:** Hospitalization; **I:** Individual Counseling;
MH/SA: Mental Health & Substance Abuse;
R: Residential Facility

*Contact the school guidance department to find out about counseling services in your child's school.