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:
timetogethelp.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.
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.mainegeneral.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.mainegeneral.org

Maine General Mental Health & Substance Abuse Services (F, G, I)
877-777-9393; www.mainegeneral.org/BHS

Phoenix House Academy of Maine (R)

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.