

Tobacco Treatment Services Guide

Services Listed by County

The Partnership For A Tobacco-Free Maine (PTM), Maine Department of Health and Human Services, Maine Center For Disease Control and Prevention, has made every effort to provide thorough and accurate information in this Tobacco Treatment Services Guide. **The programs listed below are for information purposes only, and are not meant to be an endorsement of their services by PTM, nor by PTM's Treatment Services Contractor, the Center For Tobacco Independence (CTI).** If a treatment program has been omitted or services listed have changed, please contact the PTM at 287-4627 or CTI at 662-7154, so that we may update this guide. This guide will be updated twice yearly, in the winter and summer.

ANDROSCOGGIN

Lewiston

St. Mary's Regional Medical Center Sisters of Charity Health System Prevention & Wellness Smoking Cessation 95 Campus Ave. Suite 8 Lewiston, ME 04243-0291				
			Contact	Maria Pete
			Telephone	777-8898
			Fax	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$500.00	1x per week	7	5 consecutive week and 2 follow-ups=7 total
Individual	\$45.00-one session \$75.00-three sessions	Ongoing	1 or 3	Call for Details

Healthy Androscoggin Quit & Win Free Tobacco Support group 300 Main Street Lewiston, ME 04240				
			Contact	Sarah Mayberry
			Telephone	795-5990
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Yearly	Ongoing	Thurs 6-7

WORKMED 77 Bates Street Lewiston, ME 04240				
			Contact	WORKMED
			Telephone	753-3080
			Fax	753-3088
Program Type	Cost	Frequency	# of Sessions	Duration
Worksite Outreach-Employers only	Call for Details	Ongoing	10	10 weeks

Central Maine Medical Center				
Pulmonary Rehab 300 Main Street Lewiston, ME 04240			Contact	Pat B. Smith
			Telephone	795-2687
			Fax	795-5686
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free (if not covered by insurance)	Ongoing by appt.	1-2	1/2 to 1hr (as needed)

AROOSTOOK

Caribou

Cary Medical Center Fresh Start: Smoking Cessation 163 Van Buren Road, Suite 1 Caribou, ME 04736				
			Contact	Val Theriault
			Telephone	498-1616 or 1327
			Fax	498-6399
Program Type	Cost	Frequency	# of Sessions	Duration
Group	When Requested – Call for Details			
Individual	\$10	Weekly	4-6	4-6 weeks

Fort Kent & Madawaska

St. John Valley				
Fresh Start Program 194 East Main Street Fort Kent, ME 04743			Contact	Sandy Pelletier
			Telephone	834-1934
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Monthly	4	1 hour
Individual	Free	Monthly	4	1 hour
Worksite Outreach	Call for Details			

Houlton

Houlton Regional Hospital				
Healthy Aroostook 20 Hartford Street Houlton, ME 04730			Contact	Tracy Tweedie
			Telephone	532-0908
			Fax	532-4755
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	When necessary	8	7 weeks
Individual	Free	Call for Details		

Presque Isle

Aroostook Medical Center				
Freedom from Smoking P.O. Box 151, Academy Street Presque Isle, ME 04769			Contact Darcy Kinney Telephone 768-4081 Fax 768-4085	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	3 times year	8	8 weeks
Individual	Call for Details			
Self-Help	Free	N/A	N/A	N/A

Aroostook County Action Program (ACAP)				
Healthy Aroostook P.O. Box 1116, 771 Main Street Presque Isle, ME 04769			Contact Carol Bell Telephone 768-3056 x 629 Fax 768-3021	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Self-Help				

CUMBERLAND

Brunswick

Mid Coast Hospital				
Healthline 123 Medical Center Drive Brunswick, ME 04011			Contact Marla Davis Telephone 373-6585 Fax 373-6588	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$38	1-2x per year		Call for info
Individual	\$35	Ongoing	1 +	1+
Worksite	\$400	As requested	4	2+

Parkview Hospital				
Breathe Free 329 Main Street Brunswick, ME 04011			Contact Sheryl McWilliams Wellness Dept. Telephone 373-2216 Fax 373-2209	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Call for Details	Quarterly	9	1 Month
Individual		Ongoing		
Worksite Outreach		Ongoing		

South Portland

Day One (YOUTH)				
Outpatient 525 Main Street South Portland, ME 04106			Contact Amy Stevenson or Don Burke Telephone 874-1045 Fax 842-3627	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Arranged with individual treatment plan			

Portland

Martin's Point Health Care				
Help for Smokers		Contact		Leigh Kirchner
Health Education Center		Telephone		1-800-260-6681
331 Veranda Street		Fax		791-3823
Portland, ME				
Groups also available in Portsmouth, NH-for more info call 1-800-260-6681 ask for Wendy Drew.				
Program Type	Cost	Frequency	# of Sessions	Duration
Group – Support Group	Free	Mondays-5pm	On-going	1 hour
Worksite Outreach	Call Bob Farnham for Details – 253-6330			

Univ. of Southern Maine				
Healthy USM Employee Wellness Program		Contact		Suzanne Roy
96 Falmouth Street		Telephone		228-8151
Portland, ME 04104		Fax		228-8447
Program Type	Cost	Frequency	# of Sessions	Duration
Group	NOT OFFERED AT THIS TIME			
Individual	NA	Counseling	Ongoing	
Worksite Outreach	NA	Resource materials & referrals to CTI	Ongoing	

Center for Tobacco Independence				
Tobacco Treatment Program		Contact		Linda Craig
315 Park Ave, 1 st Floor		Telephone		662-7150
Portland, ME 04102				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	NA	Individualized	Individualized	Individualized

Brunswick

Martin's Point Health Care				
Help for Smokers		Contact		Barbara Groth
Cook's Corner		Telephone		1-800-260-6681
Brunswick, ME				
Groups Portsmouth-for more info call 1-800-260-6681				
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Wednesday 12-1		1 Hour
Worksite Outreach	Call Bob Farnham for Details – 253-6330			

FRANKLIN

All of Franklin County

Healthy Community Coalition		Contact	Nate Morse, TTS-C	
105 Mt. Blue Circle, Suite 1		Telephone	779-3136	
Farmington, ME 04294				
Program Type	Cost	Frequency	# of Sessions	Duration
Group				Call for Details
Individual				Call for Details
Self-Help				Call for Details
Worksite Outreach				Call for Details

HANCOCK

Bar Harbor

MDI Hospital		Contact	Kathy Mulligan	
Wellness Program		Telephone	288-5082 x 1624	
Healthy Acadia (Loc: 10 Wayman Lane)				
P.O. Box 875 (Bar Harbor, ME 04609)				
Mt. Desert, ME 04660				
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Call for Details	As needed	4	2-4 weeks
Individual				Call for Details
Worksite Outreach				Call for Details

Blue Hill

Healthy Peninsula Project		Contact	Sally Christ, TTS-C	
P.O. Box 945			or Jane Freeman	
49 Main Street, Unit 7		Telephone	374-3257	
Blue Hill, ME 04614		Fax	374-5175	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual				Call for Details
Self-Help	Free	N/A	N/A	N/A

Ellsworth

Union River Healthy Communities		Contact	Kenneth Miller	
52 Christian Ridge Road		Telephone	667-5352	
194 Main Street		Fax	667-5396	
Ellsworth, ME 04605				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual				Call for Details
Worksite Outreach				Call for Details

Gouldsboro

Eleanor Widener Dixon Memorial Clinic				
Gouldsboro Clinic				
Smoking Cessation Services		Contact Marie Langlois		
37 Clinic Road		Telephone 963-4066		
Gouldsboro, ME 04607		Fax 963-7723		
Program Type	Cost	Frequency	# of Sessions	Duration
Individual/Group			Call for Details	

Southwest Harbor

Acadia Family Center				
1 Fernald Point Road		Contact Dee Clark, LCPC, LADC		
Southwest Harbor, ME 04679		Telephone 244-4012		
		Fax 244-4013		
Program Type	Cost	Frequency	# of Sessions	Duration
Individual/Group/ Worksite Outreach			Call for Details	

KENNEBEC

Augusta

Maine General Health		Contact Jamye, Martin		
Tobacco Cessation Services		Telephone 861-5275		
30 Chase Ave				
Augusta, ME 04330				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call for Details	
Group	Free	Wednesday	Call for Details	5-6pm
Worksite Outreach			Call for Details	

Veterans Administration Hospital (Togus)				
Smoking Cessation Program		Contact Rose Benner, RN		
1 VA Center		Telephone 623-8411 ext.5140		
Togus, ME 04330		Fax 621-4734		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Ongoing	6	6 weeks
Individual only if necessary – Call for Details				
NOTE: Veterans and Significant others or Support Person Only				
VA Employees welcome				

Waterville

MaineGeneral Health Tobacco Cessation Services		Contact Jamye Martin Telephone 861-5275		
30 Chase Ave. Waterville, ME 04901				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Group	Free	Mondays	Call for Details	5-6pm
Worksite Outreach	Call for Details			

***MaineGeneral is also providing the following services in Kennebec County (For more information on any of these programs please contact Jayme Martin 861-5275):**

Readiness Training: A free service designed for tobacco users and their support systems, offering information to assist in preparing for the quitting process. These trainings are presented in small or large groups in worksites and other various settings. They can usually be conveniently conducted at any location.

Telephonic support: A telephone based service people use to get information, resources and support to assist in overcoming tobacco dependence. Please call with any questions. This service is also provided to all MGMC inpatients that request information and support after they are discharged from the hospital and return home.

Print resources: MaineGeneral has a large variety of tobacco cessation resources that are free to the community and employers to assist individuals in overcoming tobacco dependence.

Policy and Environmental Change Consultation: A service for employers and organizations who are interested in supporting a smoke free culture, environment, and other strategies that support tobacco cessation with populations they serve. This service is free.

Knox

Rockport

Provided by Penobscot Bay Medical Center-a division of Pen Bay Healthcare Sponsored by Knox County Community Health Coalition-A Healthy Maine Partnership		6 Glen Cove Drive. Rockport, ME 04856		
		Contact	Education Dept.	
		Phone:	701-3393	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	There is no cost for this program.	Please call for Details	4	1 ½ hours

LINCOLN

Boothbay Harbor

St. Andrews Hospital				
Healthy Inspiration – Cardio Pulmonary Dept. 6 St. Andrews Lane Boothbay Harbor, ME 04538			Contact	Matt Campbell
			Telephone	633-1928
			Fax	633-1276
Program Type	Cost	Frequency	# of Sessions	Duration
Group	In the process of developing groups. Individuals may call Matt and he will direct them.			
Individual				
Self-Help				
Worksite Outreach				

Damariscotta

Lincoln County Healthcare				
Health Education 97 Bristol Road Damariscotta, ME 04543			Contact	Cathy Cole
			Telephone	563-4466
			Fax	563-4710
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By appointment	4-6	½ hr
Self-Help	NA			
Worksite Outreach	Free	By appointment	4-6	1 hr

Newcastle

Healthy Lincoln County				
597 US Route 1 Newcastle, ME 04553			Contact	Rebecca Morin or Dave Cross
			Telephone	563-6123
			Fax	563-7173
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	Call for Details		
Group	Call for Details			

OXFORD

Mexico

First Light Counseling Services, Inc.				
28 Congress Street Rumford, ME 04276			Contact	Judi Weeks or Jim Mello
			Telephone	364-7006 or 364-9059
			Fax	364-7007
			Email:	firstlightcs@yahoo.com
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$50/hr	Weekly	unlimited	1 1/2hrs
Individual	\$100.00/hr	Daily	unlimited	1 to 2hrs
Worksite Outreach	Call for Details			

Porter

Sacopec Valley Health Center		Smoking Cessation Services		Contact	Donna Burke
P.O. Box 777		Parsonsfield, ME 04047		Telephone	625-8126
				Fax	625-7820
Program Type	Cost	Frequency	# of Sessions	Duration	
Group	\$50.00 (2 Smokers/ 1 Family \$75)	On going	5	5 weeks	
Individual	\$28	As needed	Flexible	Flexible	

Rumford

Project NOW (Rumford Comm. Hosp.)		Smoking Cessation Group		Contact	Carol Emery
P.O. Box 86		94 River Street		Telephone	364-7408
Rumford, ME 04276				Fax	same as phone
Program Type	Cost	Frequency	# of Sessions	Duration	
Group/Individual	Sliding scale	Alternate months	5	5 weeks	
Worksite Outreach	Call for Details				

Norway

Healthy Oxford Hills		Fresh Start		Contact	Chris Davis
165 Main Street		Norway, ME 04268		Telephone	739-0352
				Fax	743-1566
Program Type	Cost	Frequency	# of Sessions	Duration	
Group-Fresh Start	Free	Call for class schedule	As needed		
Individual	Free	Call for Details			
Self-Help	Free	Call for class schedule	As Needed		

PENOBSCOT

Bangor

Eastern Maine Medical Center		Community Wellness Service		Contact	Rebecca Henry
Cianchette Bldg. 43 Whiting Hill Rd		Brewer, ME 04412-1006		Telephone	973-8456
				Fax	973-5939
Program Type	Cost	Frequency	# of Sessions	Duration	
Group	\$50/person	As requested	4	1 hr	
Individual	\$20/person	As Needed	As needed	30 mins	
Self-Help	Free	Will mail materials			
Worksite Outreach	See group above				
Group (Nicotine Anonymous)	Wednesdays, 6:30pm – 7:30pm at Maine Veterans Home Bangor				

Bangor

Transitions 263 State Street, Suite 3 Bangor, ME 04401 tayloratgreen@peoplepc.com					Contact Leeanne Taylor, MS, LADC, CCH Telephone 949-4959				
Program Type	Cost	Frequency	# of Sessions	Duration					
Group	\$20.00	Weekly	As needed	1 ½ hour					
Nicotine Support Group (starting mid September)	\$20.00-1 st session free	Weekly	Drop-in	1 hour					
Individual	\$75.00 (sliding fee)	1 to 2x per week	As needed	1 hour					

Lincoln

Penobscot Valley Hospital Cardiac Rehab. Program P.O. Box 368 Transalpine Road Lincoln, ME 04457-0368					Contact Jeremy Weatherby Telephone 794-7242 Fax 794-6536				
Program Type	Cost	Frequency	# of Sessions	Duration					
Individual				Call for Details					
Self-Help				Call for Details					

Health Access Network 175 West Broadway Lincoln, ME 04457					Contact Tracy Cousineau Phone: 794-6700				
Program Type	Cost	Frequency	# of Sessions	Duration					
Individual				Call for Details					
Self-Help				Call for Details					

Millinocket

Millinocket Regional Hospital Katahdin Area Partnerships 899 Central Street Millinocket, ME 04462					Contact Jane McGillicuddy Telephone 723-5288 Fax 723-7435				
Program Type	Cost	Frequency	# of Sessions	Duration					
Group				Call for Details					
Individual				Call for Details					

PISCATAQUIS

Dover-Foxcroft

Counseling Program				
Mayo Regional Hospital 69 High Street Dover-Foxcroft, ME 04426			Contact	John Spieker
			Telephone	564-4567
			Fax	564-4478
Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call For Details	
Self-Help			Call for Details	
Worksite			Call for Details	

Greenville

Charles A. Dean Memorial Hospital				
Adult and Teen Cessation Services Fresh Start P.O. Box 1129 Greenville, ME 04441			Contact	Education Office Nancy Pelletier
			Telephone	695-5236
			Fax:	695-2329
Program Type	Cost	Frequency	# of Sessions	Duration
Group			Call for Details	
Individual			Call for Details	
Self-Help			Call for Details	

SAGADAHOC

For services in this area, please refer to the city of Brunswick in Cumberland County.

SOMERSET

Pittsfield

Sebasticook Valley Hospital				
447 North Main Street Pittsfield, ME 04967			Contact: Dawn Littlefield	
			Telephone	487-3890 x114
			Fax	487-4591
Program Type	Cost	Frequency	# of Sessions	Duration
Self-Help			Call for Details	
Worksite Outreach			Call for Details	
Quit and Win			Call for Details	

Skowhegan

First Light Counseling Services				
Alcohol & Substance Abuse Counseling 316 Water Street Skowhegan, ME 04976			Contact	Scott LeBlanc
			Telephone	399-3286
Program Type	Cost	Frequency	# of Sessions	Duration
Group			Call for Details	
Individual				

Skowhegan

Redington Fairview General Hospital				
1:1 Program P.O. Box 468, Fairview Ave. Skowhegan, ME 04976			Contact	Jim Fortunato
			Telephone	858-2318
			Fax	474-5121
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Self-Help				
Worksite Outreach	Call for Details			

WALDO

Belfast

Healthy Waldo County				
Smoking Cessation P.O. Box 287, 119 Northport Avenue Belfast, ME 04915			Contact	Barbara Crowley and Vyvyenne Ritchie
			Telephone	930-6761
			Fax	930-2652
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Self-Help	Call for Details			
Group	Call for Details			
Worksite	Call for Details			

NIC'OUT Time				
P.O. Box 284 Belfast, ME 04915 partnersforchange@wildblue.net			Contact:	Dr. Rebekka Freeman
			Telephone	338-6055
			Fax	338-6038
Program Type	Cost	Frequency	# of Sessions	Duration
Group	If enough clients/interest. Individualized per group needs. Cost \$55 – negotiate – Length 1 ½ hour			
Individual	\$90	Varies	Varies	1 hour
Self-Help	Refer to 12-Step Meetings of all types			

WASHINGTON

Calais

Discovery House Washington County				
12 Beech Street Calais, ME 04619		Contact	Virginia Blake	
		Telephone	454-1300	
		Fax	454-1332	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Included in treatment	3x per week	Ongoing	1 hour
Individual	Included in treatment	Minimum of 1hr per month	Monthly	30min-1hr

Lubec

Healthways				
DownEast Healthy Tomorrows 79 Washington Street Lubec, ME 04652		Contact	Eleody Libby	
		Telephone	733-4760	
		Fax	733-2946	
Program Type	Cost	Frequency	# of Sessions	Duration
Group/Individual	Free	Weekly	10	1 hour

Machias

Downeast Community Hospital				
Court Street, RR 1, Box 11 Machias, ME 04654		Contact	Donna Stanley-Kelley, RN	
		Telephone	255-0495	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Call for details			
Individual				

Milbridge

Smoking Cessation 1:1 Counseling Program				
24 School Street Milbridge, ME 04658		Contact	Sunshine Strout	
		Telephone	546-7677	
		Fax	546-3680	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Billed through hospital, physician referral needed	As many as needed	As many as needed	30-45 min.

YORK

York

York Hospital				Contact	Nadine Wheeler
The Freedom Clinic				Telephone	351-3700
127 Long Sands Road				Fax	363-9864
York, ME 03909					
Program Type	Cost	Frequency	# of Sessions	Duration	
Group	\$99.00 for one year- includes 1 individual consultation and quit plan	Weekly	Once a week for 1 year	1 hour	

Sanford

Goodall Hospital				Contact	Connie Roux
Fresh Start				Telephone	490-7711
25 June Street				Fax	324-0440
Sanford, ME 04073					
Program Type	Cost	Frequency	# of Sessions	Duration	
Group	Free	Monthly	4	8 hours total	
Individual	Free	By request		varies	
Self-Help	Call for Details				
Worksite Outreach	Varies	By request	Varies	8 hours total	

SERVING ALL 16 COUNTIES

Maine Tobacco HelpLine				Telephone	1-800-207-1230
				Fax	207-774-3304
Program Type	Cost	Frequency	# of Sessions	Duration	
Individual Telephonic Counseling	Free	Ongoing	3	Flexible	

Maine Certified Tobacco Treatment Specialists (TTS-C)

Howland Bickerstaff, LCPC, LADC, CCS, TTS-C

Therapist III
Recovery Center at Mercy Westbrook
40 Park Road
Westbrook, ME 04092
207-857-8037
Bickerstaff@mercyme.com

Howland Bickerstaff, LCPC, LADC, CCS, TTS-C

Private Practice: c/o Danzig Counseling Services
936 Roosevelt Trail
Windham, ME 04062
207-831-3328
howlwoof@maine.rr.com

Deborah Brown, RN, TTS-C

Southern Maine Medical Center
207-283-7908
Nid.djb@smmc.org

Rachel Charette, TTS-C

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Fort Kent, ME 04743
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Rachel.charette@nmmc.org

Marla Davis, RN, MSN, TTS-C

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