

St. Mary's Regional Medical Center Sisters of Charity Health System Free Tobacco Support Group Potvin Conference Center 99 Campus Ave Lewiston, ME 04240		Contact Erin Guay Telephone 795-5990		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Yearly	Ongoing	Thursdays 6-7

AROOSTOOK

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 768-3022		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	2 times year	6	6 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 768-3022		
Program Type	Cost	Frequency	# of Sessions	Duration
Self-Help	Free Resources-Call for Details			

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	4	Call for info
Individual	\$38	Ongoing	1 +	1+
Worksite	\$500	As requested	4	2+

Martin's Point Health Care				
Help for Smokers Cook's Corner Brunswick, ME			Contact Telephone	Barbara Groth 1-800-260-6681
Groups Portsmouth-for more info call 1-800-260-6681				
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Ongoing		Wednesday 3:30-4:30
Worksite Outreach	Call Bob Farnham for Details - 253-6330			

Portland

Martin's Point Health Care				
Help for Smokers Health Education Center 331 Veranda Street Portland, ME			Contact Telephone Fax	Leigh Kirchner 1-800-260-6681 791-3823
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 96 Falmouth Street Portland, ME 04104			Contact Telephone Fax	Suzanne Roy 228-8151 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 110 Free Street, 2 nd Floor Portland, ME 04102			Contact Telephone	Linda Craig 662-7150
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	NA	Individualized	Individualized	Individualized

Scarborough

Cardiovascular Consultants of Maine

Tobacco Treatment Program
 96 Campus Drive, Suite 1
 Scarborough, ME 04074

Contact Melissa Graham
 Telephone 885-9905

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details	Individualized	1 st visit-1 hour f/u-30 mins	Individualized

FRANKLIN

All of Franklin County

Healthy Community Coalition
 105 Mt. Blue Circle, Suite 1
 Farmington, ME 04294

Contact Nate Morse, TTS-C
 Telephone 779-2931

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
 Wellness Program
 10 Wayman Lane
 Bar Harbor, ME 04609

Contact Kathy Mulligan
 Telephone 288-5082 x 1624

Program Type	Cost	Frequency	# of Sessions	Duration
Group			Call for Details	
Individual			Call for Details	
Worksite Outreach			Call for Details	

Blue Hill

Healthy Peninsula Project				
P.O. Box 945 49 Main Street, Unit 7 Blue Hill, ME 04614			Contact	Sally Christ and Kenny Miller
			Telephone	374-3257 and 479-2663
			Fax	374-5175
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Self-Help	Free	N/A	N/A	N/A
Worksite Outreach	Call For Details			

Bucksport

Bucksport Bay Healthy Communities Coalition				
PO Box Drawer X 66 Bridge Street Bucksport, ME 04416			Contact	Mary Jane Bush
			Telephone	469-6682
			Fax	469-7369
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Worksite				

Ellsworth

Health Peninsula				
PO Box 648 18 Avery Lane Ellsworth, ME 04605			Contact	Kenney Miller
			Telephone	479-2663
			Fax	667-5396
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Worksite Outreach	Call for Details			

KENNEBEC

Augusta

Maine General Health Tobacco Cessation Services Augusta, ME 04330			Contact Wendie Lagasse Telephone 621-3741	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Call for Details	
Worksite Outreach	Call for Details			

Veterans Administration Hospital (Togus) Smoking Cessation Program 1 VA Center Togus, ME 04330			Contact Rose Benner, RN Telephone 623-8411 ext.5140 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 6 E. Chestnut Street Waterville, ME 04901			Contact Wendie Lagasse Telephone 861-5275	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Call for Details	
Worksite Outreach	Call for Details			

***MaineGeneral is also providing the following services in Kennebec County:**

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.

Person to Person support: Free quit tobacco support offered in Augusta & Waterville. Individuals receive help creating a tobacco quit plan, access to educational tools to help with quitting, strategies for managing stress, triggers and relapse prevention with ongoing support from a MaineGeneral Health Educator.

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 tobacco 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 Local Healthy Maine Partnership	
Knox County Health Clinic	Contact Education Dept.
Bok Medical Art Building, 22 White Street	Phone: 701-3393
Rockland, ME 04841	

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/Lincoln County Healthcare	
Call Lincoln County Healthcare's	Contact: Cathy Cole
Education and Community Outreach Dept.	Phone: 563-4830
66 Chapman St., Damariscotta, ME 04543	

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By appointment	4-6	½ hr
Self-Help	NA			
Worksite Outreach	Small Fee	By appointment	4-6	1 hr

Damariscotta

Miles Memorial Hospital/Lincoln County Healthcare

Education and Community Outreach
66 Chapman St.
Damariscotta, ME 04543

Contact: Cathy Cole
Phone 563-4830
Fax 563-2344

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By appointment	4-6	½ hr
Self-Help	NA			
Worksite Outreach	Small Fee	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

Rumford

Smoking Cessation Group

P.O. Box 86
94 River Street
Rumford, ME 04276

Contact Carol Emery

Telephone 364-7408

Fax same as phone

Program Type	Cost	Frequency	# of Sessions	Duration
Group/Individual	Call for Details			
Worksite Outreach	Call for Details			

Norway

Healthy Oxford Hills

Cessation Support Group
165 Main Street
Norway, ME 04268

Contact Chris Davis
Telephone 739-0352
Fax 743-1566

Program Type	Cost	Frequency	# of Sessions	Duration
Group-Fresh Start	Free	Wednesdays	As needed	Ongoing 4:30-5:30
Individual	Free	Call for Details		
Self-Help	Free	Call for class schedule	As Needed	

PENOBSCOT

Bangor

Private Practice

263 State Street, Suite 3
Bangor, ME 04401

tayloratgreen@peoplepc.com

Contact Leanne Taylor, MS, LADC, CCH
Telephone 949-4959

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Call for Details			
Nicotine Support Group	Call for Details			
Individual	\$75.00 (sliding fee)	1 to 2x per week	As needed	1 hour

Brewer

Eastern Maine Medical Center

Community Wellness Service
Cianchette Bldg. 43 Whiting Hill Rd
Brewer, ME 04412-1006

Contact Lynn DeGrenier
Telephone 973-7242
Fax 973-8557

Program Type	Cost	Frequency	# of Sessions	Duration
Group (Fresh Start)	Call for details	As requested	4	1 hr each
Individual	Free print materials	As requested	NA	NA

Lincoln

Penobscot Valley Hospital

S.P.R.I.N.T for Life

P.O. Box 368

Transalpine Road

Lincoln, ME 04457-0368

Contact Robin Carr-Slauenwhite

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-None offered at this time.

SAGADAHOC

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

SOMERSET

Pittsfield

Sebasticook Valley Hospital		Contact	Karen Hawkes	
447 North Main Street		Telephone	487-3890	
Pittsfield, ME 04967		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

Redington Fairview General Hospital		Contact	Jim Fortunato	
Free Tobacco Cessation Support Group		Telephone	858-2318	
P.O. Box 468, 46Fairview Ave.				
Skowhegan, ME 04976				
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	1 st and 3 rd Thursday of each month	Ongoing	5:30pm-6:30pm
Individual				Call for Details
Worksite Outreach				Call for Details

WALDO

Belfast

Healthy Waldo County		Contact	Vyvyenne Ritchie	
Smoking Cessation		Phone:	930-6761	
P.O. Box 287, 119 Northport Avenue				
Belfast, ME 04915				
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		Contact: Dr. Rebekka Freeman		
Belfast, ME 04915		Telephone 338-6055		
partnersforchange@bluestreakme.com		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-None offered at this time.

YORK

Biddeford

Southern Maine Medical Center				
Be Tobacco Free		Contact: Deborah Brown, RN, TTS-C		
Cardiopulmonary Wellness Center		Telephone 283-7908		
1 Medical Center Drive		Fax 283-7755		
Biddeford, ME 04005				
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	4 sessions beginning the 1 st Monday of each month	4-for 4 consecutive weeks	

Sanford

Goodall Hospital				
Fresh Start		Contact Connie Roux		
25 June Street		Telephone 490-7704 ext. 311		
Sanford, ME 04073		Fax 324-0440		
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

York

York Hospital The Freedom Clinic 127 Long Sands Road York, ME 03909		Contact Telephone Fax	Nadine Wheeler 351-3402 363-9864	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Based on individual need	Based on client interest	Based on individual need	1 hour

SERVING ALL 16 COUNTIES

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

Maine Certified Tobacco Treatment Specialists (TTS-C)

****Indicates availability to be contacted regarding facilitating groups.**

Cherry Baker, MSN, FNP-C, TTS-C

University of New England
Petts Health Center
11 Hills Beach Road
Biddeford, ME 04005
207-602-2787
Cbaker2@une.edu

Ellen Langford, TTS-C

Anthem
2 Gannett Drive
South Portland, ME 04106
207-822-5345
1-800-231-2398 ext. 5345
Ellen.Langford@anthem.com

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

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

Dawn Littlefield, TTS-C

dawn.littlefield@maine.gov

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

Maura A. McDonald, RN, NP, TTS-C

Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7144

****Deborah Brown, RN, TTS-C**

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Southern Maine Medical Center
1 Medical Center Drive
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Nid.djb@smmc.org

****Nate Morse, TTS-C**

105 Mt. Blue Circle, Suite #1
Farmington, ME 04938
207-779-2931
nmorse@fchn.org

Rachel Charette, TTS-C

Project Director
Saint John Valley Partnership
194 East Main Street
Fort Kent, ME 04743
207-834-3195 ext 3621
Rachel.charette@nmmc.org

****Marjorie "Maggie" Miller, TTS-C**

Maine Tobacco Helpline
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22 Bramhall Street
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millem1@mainehealth.org

Mary Cannon, TTS-C
Portland, ME

Marla Davis, RN, MSN, TTS-C
Community Health Status Improvement
Mid Coast Hospital
123 Medical Center Drive
Brunswick, ME 04579
207-373-6586
mdavis@midcoasthealth.com

John Foley, LSW, LADC, TTS-C
Addiction Counselor
Spring Harbor Hospital
123 Andover Road
Westbrook, ME 04092
207-253-2625
foleyj@springharbor.org

Jim Fortunato, TTS-C
MaineGeneral Medical Center
Prevention Center
Augusta, ME

Emily Freeman, TTS-C
Maine Tobacco Helpline
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
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****Rebekka L. Freeman, Psy.D, LADC, LCDC,
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Clinical Supervisor, Hypnotherapist, Counselor
Partners for Change
PO Box 284
Belfast, ME 04915
207-338-6055
partnersforchange@bluestreakme.com

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Ann Tyler, TTS-C
Cape Elizabeth, ME

****Amelia (Amy) Giles, TTS-C**

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22 Bramhall Street
Portland, ME 04102
207-662-7154
gilesa@mainehealth.org

Rebecca Hitchcock, RN, NP, TTS-C

Center for Tobacco Independence
Maine Medical Center
22 Bramhall Street
Portland, ME 04102
207-662-7137
hitchr2@mmc.org

Bonnie Irwin, LPN, AE-C, TTS-C

Regional Tobacco Coordinator
Bangor Region Public Health & Wellness
103 Texas Ave.
Bangor, ME 04401
207-992-4467
bonnie.irwin@bangormaine.gov

Sally Keck, MA, CCS, LADC, TTS-C

The Cottage Program
York Hospital
15 Hospital Drive
York, ME 03909
207-351-2430
skeck@yorkhospital.com

****Caitlin Walsh, TTS-C (Portland and South Portland only)**

Maine Tobacco Helpline
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7154
walshc1@mainehealth.org

Debora Warner, MS, TTS-C

National Institute of Fitness and Sport (contractor at Anthem BC/BS)
175 Rochester Street
Berwick, ME 03901
603-817-6882
Mangala.warner@gmail.com
www.nesyt.com

Vicky S. Wiegman, BA, M.Ed., CAS-PH, TTS-C

Substance Abuse Counselor
Lewiston High School
207-795-4190 ext. 2230
vwiegman@lewistonpublicschools.org

Fred Wolff, LADC, LCPC, TTS-C

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