

## Provider List - Mental Health Case Management - Cumberland & York Counties

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### Alternative Wellness Services

**Contact:** [Business]\*  
**Last Updated:** 02/04/2020 1:19:22PM  
**Last Reviewed:** 02/04/2020

**Phones:** (207) 494-8010 [Business]\*,  
 (207) 494-8471 [Fax]

**Address:** [Business]\*  
 640 Brighton Ave  
 Suite 5  
 Portland, ME 04102 (Cumberland county),  
 [Business]  
 275 Main St.  
 Suite 205  
 Biddeford, ME 04005 (York county)

**Web Site:** <http://alternativewellnessservices.com/>

**Eligibility:**

**Notes:** Alternative Wellness Services (AWS) is a licensed behavioral health agency providing quality supportive services to individuals and families in the Southern Maine area. Services include case management, in-home supports, Daily Living Skills Services (DLSS), Skills Development Services (SDS) and counseling. They have a partnership with a local psychiatric program if clients need of medication management. For more information or to make an initial appointment, Please call or complete the online information form.

### Catholic Charities Maine: Support and Recovery

**Contact:** [Business]\*  
**Last Updated:** 02/19/2020 1:58:24PM  
**Last Reviewed:** 02/19/2020

**Phones:** (207) 871-7431 [Business]\*

**Address:** [Business]\*  
 400 Cumberland Ave  
 PO Box 797  
 Portland, ME 04101 (Cumberland county)

**Web Site:** <http://www.ccmaine.org/a-z-services/support-recovery>

**Eligibility:**

**Notes:** Support and Recovery serves adults living with serious and prolonged mental illness. Services include Case Management, Assertive Community Treatment Team (ACT), Outreach, Psychiatric care and assistance location safe affordable and appropriate. Please call or complete online referral form; may be self-referrals, from family members or service providers. Serves: Cumberland County. Hours: Monday through Friday 8am - 5pm.

### Direct Community Care

**Contact:** [Business]\*  
**Last Updated:** 02/24/2020 9:47:44AM  
**Last Reviewed:** 02/24/2020

**Phones:** (207) 899-7987 [Business]\*,  
 (207) 512-2424 [Business]

**Address:** [Business]\*  
 9 Green St.  
 Augusta, ME 04330 (Kennebec county)

**Web Site:**

**Eligibility:**

**Notes:** Direct Community Care provides mental health services in the community to individuals living with persistent mental illness. Eligibility - Adults 18 years of age and older and Axis I diagnosis and must have full MaineCare. Services include Community Integration, Dialectical Behavior Therapy, Daily Living Support, Skills Development, and Targeted Case Management. Please call for more information and/or to request services. They have recently partnered with the VA so do case management and in-home support for qualifying veterans.

Call or email Field Supervisor for more info 899-7987

**Provider List - Mental Health Case Management - Cumberland & York Counties**

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**Gateway Community Services**

**Contact:** [Business]\*  
**Last Updated:** 02/25/2020 11:31:09AM  
**Last Reviewed:** 02/25/2020

**Phones:** (207) 536-1590 [Business]\*,  
(207) 536-1591 [Fax]

**Address:** [Business]\*  
501 Forest Ave.  
Portland, ME 04101 (Cumberland county)

**Web Site:** <http://www.gatewaycommunityservice.org/>

**Eligibility:** Accepts Mainecare/Medicaid, Disability / Health Condition

**Notes:** Gateway Community Services provides:  
- personal Care services for Elderly and Adults with Disabilities. These are in-home services to assist eligible Members remain in their homes, or other residential community settings.  
- counseling services.  
- behavioral health home services in Cumberland, Androscoggin, Kennebec and York counties. Behavioral health home services provide mental health case management on a monthly basis, with a focus on coordination of physical health issues and medical support.

**Maine Behavioral Healthcare - Portland**

**Contact:** [Business]\*  
**Last Updated:** 02/28/2020 1:14:46PM  
**Last Reviewed:** 02/28/2020

**Phones:** (207) 874-1043 [TTY/TDD],  
(844) 292-0111 [Toll free in state],  
(207) 874-1030 [Business]

**Address:** [Business]\*  
165 Lancaster Street  
Portland, ME 04101 (Cumberland county),  
[Business]  
106 Gilman Street  
Portland, ME 04102 (Cumberland county)

**Web Site:** <https://mainehealth.org/maine-behavioral-healthcare>

**Eligibility:** Accepts Mainecare/Medicaid, Accepts Medicare

**Notes:** Maine Behavioral Healthcare, formerly known as Community Counseling Center, offers family, individual and group therapies to all populations and self-identifies as welcoming to LGBT (Lesbian - Gay - Bisexual - Transgender) community.

The Case Management program provides a full range of services to people with developmental disabilities, including advocacy, referrals, and connections to local resources. Geriatric Case Management is available for clients eligible for MaineCare and who have a mental illness diagnosis (Axis I or 2, GAF 50 or less) or consent decree member

Maine Behavioral Healthcare's Assertive Community Treatment (ACT) is an intensive community based (outpatient) treatment program with a multi-disciplinary team of providers that supports MaineCare eligible adults who may have a major mental illness diagnosis and often co-occurring disorders. The goal of the ACT Program is to improve the client's functioning in the least restrictive setting, while strengthening family, work, school and community ties.

Elderworks is a day support program that provides group therapy services to older adults with chronic mental illness. Through this program, clients are able to engage with one another and individually with clinicians, while learning how to cope with depression, anxiety, isolation, and social stigma.

Clinicians and Case Managers fluent in American Sign Language provide mental health services to deaf and hard of hearing, deaf-blind, and late deafened adults and children in a deaf-culture friendly program. The team serves people throughout Maine, as well as family members of deaf individuals.

Service area is Cumberland County and Northern York County. Fees: Accepts most private insurance, Mainecare & Medicare.

Intake: Please visit during business hours or call and ask to speak with a member of the intake team; they will help determine if the agency is the best choice for you or refer you to another provider.

**Provider List - Mental Health Case Management - Cumberland & York Counties**

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**Maine Behavioral Healthcare: Biddeford**

**Contact:** [Business]\*  
**Last Updated:** 02/28/2020 1:12:46PM  
**Last Reviewed:** 02/28/2020

**Phones:** (888) 568-1112 [Hotline],  
 (207) 282-1500 [Business]\*,  
 (844) 292-0111 [Alternate]

**Address:** [Business]\*  
 2 Springbrook Drive  
 Robert G Dodge Business Park  
 Biddeford, ME 04005 (York county),  
 [Business]  
 31 Beach Street  
 Saco, ME 04072 (York county),  
 [Business]  
 12 Union St.  
 Rockland, ME ( county)

**Web Site:** <https://mainehealth.org/maine-behavioral-healthcare>

**Eligibility:** Accepts Mainecare/Medicaid, Accepts Medicare

**Notes:** Maine Behavioral Healthcare provides community mental health and substance abuse treatment and support services for southern Maine residents of all ages. Services include: 24/7 Crisis Response Services/Intake, Community and Home-based Treatment Services and Case Management Services, Outpatient Counseling and Substance Abuse Treatment Services, Psychiatric Services, Residential and Supportive Services.

Please call Central Intake (207) 761-6644 to access all services; Call the hotline # (888) 568-1112 for emergency services and (207) 284-0009 for emergency TTY.

**MVRA/Maine Vocational and Rehabilitation Assoc.**

**Contact:** [Business]\*  
**Last Updated:** 08/13/2019 4:12:30PM  
**Last Reviewed:** 08/13/2019

**Phones:** (207) 774-4248 [Business]\*

**Address:** [Business]\*  
 59 Preble Street  
 Portland, ME 04101 (Cumberland county)

**Web Site:** [www.mainevocandrehab.com](http://www.mainevocandrehab.com)

**Eligibility:**

**Notes:** MVRA (Maine Vocational and Rehabilitation Associates) offers services to adults and children with mental health or developmental disability diagnoses. The Community Supports Program offers daily activities and skill building assistance to adults with mental retardation or an autistic disorder.

MVRA offers Mental Health Case Management services to adults 18 years and older. MVRA assists in connecting people to the appropriate place to receive a mental health evaluation if an Axis I diagnosis is not already documented.

Eligibility: 18 years and older, MaineCare eligible, MR or autism diagnosis and have adult services case manager MVRA will assist individuals in obtaining MaineCare, diagnosis and case managers if needed for intake. Transportation can be arranged to the facility through RTP.

MVRA's Employment Support Services provides trained employment specialists & job coaches to assist people with disabilities or barriers to employment find and keep a job. All referrals come from the state Dept of Vocational Rehabilitation; must be MaineCare eligible.

Daily Living Skills - provides therapeutic supports to assist individuals with difficulty integrating into and accessing the community of their choice. They support individuals in developing and maintaining skills of daily living and independence.

Please call for more information and the admission process.

## Provider List - Mental Health Case Management - Cumberland & York Counties

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### Sweetser -

**Contact:** [Business]  
**Last Updated:** 07/23/2018 12:50:29PM  
**Last Reviewed:** 07/23/2018

**Phones:** (800) 434-3000 [Business]\*,  
 (888) 568-1112 [24-hour hotline]

**Address:** [Business]  
 2 Pendleton Dr.  
 Saco, ME 04072 (York county),  
 [Mailing]\*  
 50 Moody Street  
 Saco, ME 04072 (York county)

**Web Site:** [www.sweetser.org](http://www.sweetser.org)

**Eligibility:**

**Notes:** Sweetser offers services that address major mental illnesses, substance abuse disorders and educational disabilities. Community-based adult services include Adult Day Services, Community Integration Services, Housing Support Services and Rep Payee Services. They also offer crisis services, outpatient counseling, medication management clinics and psychological testing. Specifics of each program & eligibility can be obtained by calling the PromiseLine. They also offer Veterans Services @ 1-800-434-3000.

Serves: Cumberland and York counties.

### The Opportunity Alliance Support Services

**Contact:** [Business]\*  
**Last Updated:** 02/13/2020 9:01:59AM  
**Last Reviewed:** 07/23/2018

**Phones:** (207) 523-5049 [Business]\*,  
 (207) 874-1180 [TTY/TDD],  
 (877) 429-6884 [Toll-Free],  
 (888) 568-1112 [Emergency]

**Address:** [Business]\*  
 190 Lancaster St.  
 Portland, ME 04101 (Cumberland county)

**Web Site:** <http://www.opportunityalliance.org/programs/adult-mental-health-services/>

**Eligibility:**

**Notes:** The Opportunity Alliance offers case management for adults with a diagnosed mental illness who are MaineCare eligible.

CRISIS HOTLINE - 1-888-568-1112 - for assistance with mental health crisis.

Serves Cumberland County  
 Hours: Monday through Friday 8am - 5pm; crisis hot line available 24/7.

Gordon Green: An eight-bed permanent residence providing intensive treatment and support for elderly adults under guardianship with a combination of challenges including mental illness and disabilities related to age or physical impairments.

Helen Winslow Ray House: A seven-bed comprehensive rehabilitation residence providing support, counseling and advocacy for adults with a major mental illness.

Morrison Place at Randall Street: This 12-bed facility, serving homeless men and women from across the state offers intensive individualized treatment, education around mental health diagnosis and the complexities of co-occurring disorders, coping skills to help manage symptoms, and relapse prevention skills such as anger management, conflict resolution, ADL skills, and transitional living skills.

Please call Central Access for program information, eligibility, and application procedures.

## Provider List - Mental Health Case Management - Cumberland & York Counties

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### Tri-County Mental Health: Bridgton Office

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**Contact:**

**Last Updated:** 07/26/2018 3:31:44PM

**Last Reviewed:** 07/26/2018

**Phones:**

(800) 286-5629 [Toll-Free],  
(207) 647-5629 [Business]\*,  
(207) 304-4673 [Business]

**Address:** [Business]\*

32 No. High Street  
Suite 1  
Bridgton, ME 04009 (Cumberland county)

**Web Site:**

[www.tcmhs.org](http://www.tcmhs.org)

**Eligibility:** Accepts Mainecare/Medicaid, Accepts Medicare

**Notes:**

Tri-County Mental Health Services provides comprehensive mental health services for children, adults, and elders. Services offered address mental health, substance abuse, mental retardation/developmental disabilities, and other issues. Please email [referral@tcmhs.org](mailto:referral@tcmhs.org) with referrals and questions for all locations. Fees: MaineCare, Medicare, private insurance, private pay. Please call for an appointment for an assessment by a clinician. Serves: Northern Cumberland County (Bridgton office 207-647-5629)  
Statewide Crisis hotline (888) 568 1112  
Fees: accepts MaineCare, Medicare, private insurance, private pay.  
Please call Central Intake (888) 304-4673 for an appointment for an assessment by a clinician.