



AMHC

SERVICES DIRECTORY

Mental Health • Substance Use • Crisis • Sexual Assault

AMHC is a Certified Community Behavioral Health Clinic (CCBHC) offering integrated mental health and substance use treatment services.

Contact Our 24/7 Call Center

1-800-244-6431

center@amhc.org



AMHC is a Certified Community Behavioral Health Clinic (CCBHC) offering integrated mental health and substance use treatment services that empower individuals to recover and enhance their overall quality of life. Services are available in Aroostook, Hancock, and Washington counties and can be accessed by calling the AMHC Call Center at 1-800-244-6431. Most insurances are accepted, and a sliding fee schedule based on family size and income is available. No one is denied services due to an inability to pay, and several programs offer free services.

MENTAL HEALTH

AMHC offers mental health treatment, recovery services, and CCBHC Care Coordination, starting with assessments to create personalized care plans that connect individuals and families of all ages to ongoing support and resources.

Mental Health Outpatient

A variety of adult and children's services in Fort Kent, Madawaska, Caribou, Presque Isle, Houlton, Calais, Machias, and Ellsworth including outpatient therapy, co-occurring mental health and substance use services, couples and family therapy, medication management, Employee and Student Assistance Programs (EAP)/ (SAP) and school based mental health therapy services.

Psychological Assessment Services

Services are offered a) in the outpatient setting; b) school evaluations are provided under contract with school systems; and c) VA assessments are offered on-site at the Veterans Administration in Caribou.

Adult and Children's Behavioral Health Home (BHH)

A holistic case management service for adults and children challenged with behavioral, physical, and emotional needs. Services offered at outpatient offices, a client's home, or community setting, school, etc.

Home and Community Treatment (HCT)

An in-home clinical service that supports youth and their family manage mental health symptoms that impact daily life. For youth aged 0 – 21 with MaineCare or Katie Beckett waiver and a mental health diagnosis in need of intensive treatment beyond outpatient therapy.

Community Integration

Case management service provides a variety of skill and resource-focused interventions to achieve and maintain independent daily living, fostering self-determination to develop specific goals based on needs and wants in the areas of housing, financial stability, meaningful activities, employment as well as relationships and social interaction with family/natural supports and community members. Services are offered in an individual's home, community, or AMHC outpatient office.

Community Care Teams (CCT)

Available in Hancock and Washington counties. Support for individuals with chronic health conditions with help to follow doctor's orders, manage health, and care for oneself comfortably at home. CCT also offers advocacy, caregiver support, and referrals for various health, education, social, mental health, and substance use services.

Adult & Children's Residential

Each facility is staffed 24/7 and includes treatment in a structured environment to support individuals with behavioral health challenges. CARF Accredited.

- Located in Calais, Children's Residential is a 10-bed facility that supports children ages 7-19 who are facing behavioral and developmental challenges. CARF Accredited.
- Located in Madawaska (Madawaska Group Home) and Presque Isle (Skyhaven), adult residential homes offer residents the opportunity to learn independent living skills in a community setting.

County Ride

Available in Aroostook County. Transportation services for adults 18 and older with serious mental illness who meet the specific eligibility requirements for Section 17, Community Integration Services. The service can be reached at 207-492-1379.

Supportive Housing

AMHC offers housing for individuals eligible for Section 17 Community Integration Services. Caribou Apartments is a 10-unit complex owned and managed by AMHC. Vickers Hope includes units in Caribou, Presque Isle, and Houlton, administered in partnership with the property owner. Call 207-498-6403 for more information.

SUBSTANCE USE

AMHC offers treatment, recovery, and CCBHC Care Coordination for individuals, families, and affected others, including co-occurring mental health services.

OPTIONS

OPTIONS (Overdose Prevention through Intensive Outreach, Naloxone & Safety) liaisons focus on overdose prevention and help community members get connected to substance use treatment & recovery services. A direct referral can be made by filling out and submitting the form at www.amhc.org/OPTIONS. For more information, visit www.knowyouroptions.me.

Substance Use Outpatient

Services are provided in Fort Kent, Madawaska, Caribou, Presque Isle, Houlton, Calais, Machias, and Ellsworth including individual and group counseling, intensive outpatient (IOP), co-occurring substance use and mental health treatment,

rapid access to medication for opioid use disorder (MOUD)/Medicated Assisted Treatment (MAT), case management, peer recovery, nursing support, and Driver Education and Evaluation Program (DEEP). A focus on holistic support, integrating treatment, counseling, and care management for substance use and related issues.

Downeast Treatment Center (DTC)

Available in Hancock County. Located at 70 Kingsland Crossing, Ellsworth, DTC merges outpatient services for improved accessibility. Operating on a “hub and spoke” model, it collaborates closely with primary care providers, offering ongoing Medication Assisted Treatment (MAT) and robust recovery support.

Residential Treatment Facility (RTF)

Statewide referrals accepted. AMHC’s Residential Treatment Facility (RTF) is an 18-bed facility. Located at 176 Academy Street in Presque Isle, it is an intensive, structured care facility offering 24/7 treatment for up to 45 days. The program involves daily individual and group therapy, family treatment, weekly coordination meetings with community providers, and skill-building activities crucial for daily recovery. For referrals, please call 207-325-4727.

Treatment and Recovery Court

Criminogenic treatment services available in Hancock and Washington counties. AMHC provides substance use and co-occurring mental health treatment services for Washington and Hancock County treatment and recovery courts.

Substance Use Recovery Support Centers

Available in Aroostook and Washington counties. All services free of charge. Centers are staffed by individuals who are in long-term recovery and now assist others facing similar circumstances. They help individuals become and stay engaged in the recovery process, thereby helping to reduce the likelihood of reoccurrence or return to use. The services are available at Roads to Recovery (Caribou), Aroostook Recovery Center of Hope (ARCH) (Houlton), and Downeast Recovery Support Centers (Calais and Machias).

CRISIS SERVICES

AMHC offers 24/7 crisis services, available at home, in the community, and through telehealth. Additionally, during business hours from 8 a.m. to 5 p.m., crisis services are accessible at any AMHC outpatient office in Fort Kent, Madawaska, Caribou, Presque Isle, Houlton, Calais, Machias, and Ellsworth. These services encompass mental health and substance use assessments, safety planning, and necessary referrals for further support.

988 Lifeline

The 988 Lifeline offers 24/7 call, text, and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress.

Mobile Crisis Response

Providers meet with individuals in their home or other community setting to provide crisis assessments and establish levels of care and safety plans and appropriate interventions.

Crisis Stabilization

For those who need ongoing support after an initial crisis assessment to remain in the community. Mobile Crisis Services providers offer crisis follow-up care for sixty days (as long as it is clinically indicated).

Crisis Stabilization Units (CSU)

Statewide referrals accepted. Secure and supportive 24/7 short-term residential environment offering support, crisis intervention, safety planning, and service referrals for individuals stabilizing from behavioral health crises. Anyone can make a referral by directly contacting the unit.

Adult CSU: Presque Isle at 1-800-432-7805; and Calais at 207-454-1910.

Critical Incident Stress Debriefing (CISD)

Support for individuals or groups affected by community or workplace trauma like suicide, violence, or natural disasters. Ideally, CISD takes place within 24 to 72 hours post-incident and can be accessed by calling the AMHC Call Center at 1-800-244-6431.



SEXUAL ASSAULT SERVICES

All services free of charge. AMHC Sexual Assault Services operate 24/7, extending confidential support to those impacted by sexual assault. Additionally, advocates are accessible during business hours from 8 a.m. to 5 p.m. at AMHC outpatient offices in Fort Kent, Caribou, Houlton, Calais, Machias, and Ellsworth. Contact the 24/7 Helpline at 1-800-871-7741.

Advocacy and Prevention

Comprehensive advocacy services for survivors of sexual violence, their families, and friends. Support groups, crisis intervention, informational guidance, and assistance in accessing community resources. Accompaniment to medical facilities, law enforcement, or court regardless of when the violence occurred. Community-wide awareness programs and preventive education covering sexual violence prevention, harassment, internet safety, and personal body safety across diverse age groups.

Children’s Advocacy Centers

Located in Fort Fairfield, Marshfield, and Ellsworth, the centers alleviate trauma and support recovery for children and families impacted by sexual abuse allegations. They provide a secure, trauma-informed environment with a streamlined, evidence-based response to enhance coordination among child abuse resource agencies. Referrals are made by DHHS, the District Attorney’s Office, or law enforcement.



PREVENTION

Youth prevention resources focused on school-age youth.

Aroostook Teen Leadership Camp (ATLC)

Available in Aroostook County. Develops teen leaders who gain knowledge, skills, training, and support to work with other teens effectively through a five-day residential summer camp and school-based activities throughout the year. A focus on leadership skills, substance use awareness education, team building, and coping skills development. For more information, contact 207-834-3186.

Prevention Specialists

Mental health and substance use prevention education including Mental Health First Aid, Prime for Life, Botvin Life Skills, bullying prevention, bystander intervention, gender norms, media literacy, online safety, and cyber citizenship.

COMMUNITY & FAMILY SUPPORT

AMHC serves adults with intellectual disabilities and individuals with traumatic brain injury. The agency also supports family relationships and reunification.

Family Visitation

Facilitation of supervised and supportive visits with children (in DHHS custody) and their parents or designated individuals during the phases of reunification and rehabilitation. For more information contact 207-532-6523 (Aroostook) or 207-498-0289 (Hancock/Washington).

Family Time Coaching

A 16-week evidence based relational model that supports facilitation between parent and child. Change can be promoted through enhanced parent/child interaction in partnership with a coach/clinical social worker.

St. John Valley Associates (SJVA)

Available in Aroostook County. St. John Valley Associates (SJVA) is committed to empowering adults with intellectual disabilities, offering various daily living skills, including cooking, socializing, physical development, and computer skills. SJVA provides day programming and home support services. For more information, contact 207-728-7197.

Center For Integrated Neuro Rehab (CINR)

Available in Aroostook County. Located in Caribou and Houlton, CINR provides comprehensive brain injury rehabilitation through a day treatment program specifically designed to address deficits that might hinder a brain injury survivor's optimal recovery, focusing on intellectual, emotional, and social functioning. CARF Accredited. For eligibility information or to make a referral call 207-498-3820.



Fort Kent

Fort Kent Outpatient

Madawaska

Madawaska Outpatient
Madawaska Group Home
St. John Valley Associates

Caribou

Caribou Outpatient
Roads to Recovery Support Center
Center for Integrated Neuro Rehab
Caribou Apartments

Fort Fairfield

Children's Advocacy Center

Presque Isle

Skyhaven
Residential Treatment Facility (RTF)
Adult Crisis Stabilization Unit (ACSU)
Presque Isle Outpatient
Administration

Houlton

Houlton Outpatient
Aroostook Recovery Center of Hope

Calais

Calais Outpatient
Children's Residential
Adult Crisis Stabilization Unit (ACSU)
Calais Alternative School
Downeast Recovery Support Center

Machias

Machias Outpatient
Children's Advocacy Center
Downeast Recovery Support Center

Ellsworth

Ellsworth Outpatient
Children's Advocacy Center
Downeast Treatment Center

WHO WE SERVE

AMHC serves all persons regardless of race, color, religion, sex, gender identity (including gender expression), sexual orientation, age, marital status, family/parental status, national origin, ancestry, physical or mental disability, or other classification that is protected by Federal law or by Maine State law.

PAYMENT

AMHC accepts all forms of insurance, including MaineCare, Commercial Insurance, Medicare Advantage, Medicare Supplemental plans, and private pay. No one will be denied access to services due to an inability to pay. Payment plan options are available, and there is a sliding fee schedule for payment of services based on family size and income available to those who qualify.

CAREERS

Make a difference in your community! Visit our website at amhc.org/careers for a list of benefits and opportunities. AMHC is an equal opportunity employer and will not discriminate against any employee or applicant for employment in any manner prohibited by law.



Contact Our 24/7 Call Center
1-800-244-6431
center@amhc.org

For a full description of services, please visit:
www.amhc.org/services

988 | SUICIDE & CRISIS
LIFELINE

While AMHC regularly updates printed materials, for the most up-to-date information, contact AMHC's 24/7 Call Center at 1-800-244-6431 or visit amhc.org. AMHC services are supported in part by the Maine Department of Health and Human Services.