



**BRAIN INJURY  
ASSOCIATION**  
OF AMERICA - MAINE

Maine  
Brain Injury and Stroke

# RESOURCE DIRECTORY

EIGHTH EDITION

[biausa.org/maine](http://biausa.org/maine)







### Brain Injury Association of America, Maine Chapter

126 Western Ave., #261

Augusta, ME 04330

Website: [www.biausa.org/maine](http://www.biausa.org/maine)

The Maine Brain Injury and Stroke Resource Directory is intended to provide information and resources available to individuals with acquired brain injuries including stroke. The fluid nature of services and service providers makes it likely that contact information and service availability will change and that some services and/or providers may not be included. It is the responsibility of the user to verify and investigate services and providers to determine the best options for your individual situation.



### Brain Injury Association of America, Inc.

Website: [www.biausa.org](http://www.biausa.org)

National Brain Injury Information Center: 800-444-6443



BIAA-Maine gratefully acknowledges partial support for the Maine Brain Injury and Stroke Resource Directory, Eighth Edition from Brain Injury Services, Office of Aging and Disability Services, Maine Department of Health and Human Services under contract ADS-24-9713.

BIAA-Maine gratefully acknowledges partial support from the Administration for Community Living (ACL), U.S. Department of Health and Human Services under Grant #90TBSG0046-01-00.

**Disclaimer:** The Brain Injury Association of America, Inc. (hereafter BIAA) and its Maine Chapter (hereafter BIAA-ME) have created this directory as a service to those in need of brain injury information and services. This directory includes paid advertising. BIAA and BIAA-ME do not endorse, recommend, or guarantee any services or service providers listed in this directory and are not liable or responsible for any claim, losses, or damages resulting from use of the agencies or services listed within this directory. The information contained in this directory is believed to be accurate but is not guaranteed. All content is provided "as is" without any warranty, expressed or implied. BIAA and BIAA-ME disclaim liability for any errors or omissions and disclaims any implied warranty or representation of accuracy or completeness in this directory.

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## TABLE OF CONTENTS



BIAA-ME Services & Support . . . . .	2
Brain Injury Fundamentals . . . . .	2
State of Maine Services & Support . . . . .	3
ADA Assistance & Advocacy . . . . .	5
Aging & Disability Resource Centers . . . . .	6
Assistive Technology & Adaptive Equipment . . . . .	6
Child & Family Services . . . . .	9
Chiropractic Neurology . . . . .	10
Concussion . . . . .	11
Counseling Services . . . . .	12
Domestic Violence . . . . .	14
Driving Evaluations & Consultants . . . . .	15
Employment Services & Vocational Rehabilitation . . . . .	16
Financial Assistance . . . . .	17
Group Homes / Supported Living . . . . .	20
Housing . . . . .	20
Legal Services . . . . .	21
Medical Equipment & Supplies . . . . .	24
Neurofeedback . . . . .	25
Neurologic Music Therapy . . . . .	25
Neurologists . . . . .	26
Neuropsychologists . . . . .	27
Physiatrists . . . . .	28
Physical Therapy . . . . .	28
Prescription Drug Discount Programs . . . . .	29
Psychiatrists & Neuropsychiatrists . . . . .	29
Recreation . . . . .	29
Rehabilitation . . . . .	31
Services for People Who Have Visual or Hearing Impairments . . . . .	35
Social Security . . . . .	36
Speech-Language Pathology . . . . .	38
Stroke . . . . .	38
Substance Use Disorder / Behavioral Health . . . . .	40
Transportation . . . . .	41
Veterans Services . . . . .	43
Vision . . . . .	46
Websites for Other Helpful Information . . . . .	47
Appendix A . . . . .	47
Appendix B . . . . .	48

## THE BRAIN INJURY ASSOCIATION OF AMERICA – MAINE CHAPTER (BIAA-ME)



**BIAA-Maine Chapter (BIAA-ME)** serves the more than 10,000 Mainers affected by brain injury, their families, and the professionals who provide caring services after brain injury. BIAA-ME provides advocacy, education, and information about brain injury to all those in need who have sustained a traumatic or acquired brain injury. A free monthly e-newsletter published by BIAA-ME helps keep Mainers informed about important issues and BIAA-ME events. To subscribe, email [BIAMaine@biausa.org](mailto:BIAMaine@biausa.org).

### BIAA-ME SERVICES & SUPPORT

#### MAINE BRAIN INJURY INFORMATION CENTER

Toll-free: 800-444-6443

E-mail: [BIAMaine@biausa.org](mailto:BIAMaine@biausa.org)

BIAA-ME offers free personalized information, direction to available services, and support through the Maine Brain Injury Information Center. A toll-free phone call connects persons living with a brain injury, family members or friends, professionals, and the public with an experienced brain injury specialist. Inquiries may also be e-mailed.

#### NEURO-RESOURCE FACILITATION (NRF)

BIAA-ME operates the Maine Acquired Brain Injury NeuroResource Facilitation program, a service supported through a contract with the Maine Department of Health and Human Services, Office of Aging and Disability Services. NeuroResource Facilitation services are personalized to an individual's situation using a collaborative process that involves participants (individuals living with a brain injury and

their personal support systems) working together with BIAA-ME to achieve agreed upon goals. For more information about the BIAA-ME NeuroResource Facilitation program, call 800-444-6443.

#### SUPPORT GROUPS

Brain injury support groups are available in Maine and serve to help Mainers living with a brain injury and their families to know that they are not alone. Being part of a strong local support network makes a huge difference in coping after you or a loved one sustains a brain injury. Visit our website [biausa.org/find-bia/states/maine/resources-support](http://biausa.org/find-bia/states/maine/resources-support) to see a list of current support groups.

#### BRAIN INJURY EDUCATION

BIAA-ME provides a variety of educational resources for persons affected by brain injury, their families/caregivers, and the professionals who serve them. These resources include an annual conference, webinars, booklets, and brochures. BIAA-ME provides Brain Injury Fundamentals and Certified Brain Injury Specialist training throughout the state, offers educational programs for community service providers, and cross-trains substance use disorder and brain injury professionals about co-occurring brain injury and substance use disorders.

### BRAIN INJURY FUNDAMENTALS

Brain Injury Fundamentals is a training and certificate program designed by BIAA to address the unique needs and challenges of those who care for or encounter individuals living with a brain injury. This includes non-licensed direct care staff, facility staff, family members, friends, first responders, and others in the community. The training course covers essential topics such as:

- *Cognition*
- *Guidelines for interacting and building rapport*
- *Brain injury and behavior*
- *Medical complications*
- *Safe medication management*
- *Families coping with brain injury*

The Brain Injury Fundamentals course is grounded in adult learning principles to maximize participant engagement and application through an interactive workbook. Using real-life scenarios to anchor the course concepts, participants learn about the challenges people face following brain injury and the types of support they need. For more information, contact the BIAA office at [acbis@biausa.org](mailto:acbis@biausa.org).

### STATE OF MAINE SERVICES & SUPPORT

#### Maine Department of Health and Human Resources

109 Capitol St.

11 State House Station

Augusta, ME 04333

Phone: 207-287-3707

TTY: Maine Relay 711

Website: [maine.gov/dhhs](http://maine.gov/dhhs)

The Maine Department of Health and Human Services includes many agencies that provide services and benefits to individuals living with a brain injury, stroke, and other disabilities. Some of the most important ones are listed below. Be sure to ask about other services, benefits, or programs that may be available to meet your needs when meeting with an eligibility specialist at a local office or calling for information.

#### Office of Aging and Disability Services

*Maine Department of Health and Human Services*

SHS #11, 41 Anthony Ave.

Augusta, ME 04333

Phone: 207-287-9200

Toll-free: 800-262-2232

TTY: Maine Relay 711

Website: [maine.gov/dhhs/oads](http://maine.gov/dhhs/oads)

The Maine Office of Aging and Disability Services (OADS) is the primary Maine state agency that supports Mainers living with a brain injury. In addition to services specifically designed for individuals living with brain injuries and their families, OADS provides adult protective, intellectual and developmental disability, long-term care, and aging and community services to the people of Maine. It is a division of the Maine Department of Health and Human Services.

#### Medicaid

*Office of MaineCare Services*

Maine Department of Health and Human Services

11 State House Station

Augusta, ME 04333-0011

Toll-free: 855-797-4357

Website: [maine.gov/dhhs/oms](http://maine.gov/dhhs/oms)

MaineCare (Maine's Medicaid Program) is a health insurance program managed by the Maine Department of Health and Human Services (DHHS). It pays for the medical expenses of people who are unable to pay some or all of their own medical expenses. MaineCare eligibility is based on income, age, and family situations. To apply for MaineCare, contact the Maine DHHS or visit a local office. An eligibility specialist will help determine whether you are eligible for MaineCare and answer questions about the application process and benefits.

Reference: [www.maine.gov/dhhs/oads/get-support/adults-with-brain-injury](http://www.maine.gov/dhhs/oads/get-support/adults-with-brain-injury)

#### My Maine Connection

*Office for Family Independence (OFI)*

Maine Department of Health and Human Services

Toll-free: 855-797-4357

Website: [mymaineconnection.gov](http://mymaineconnection.gov)

Through My Maine Connection, information and applications are available for a wide range of programs and services offered by the state of Maine. Some of the programs and services include: MaineCare; Food Supplemental Nutrition Assistance Program (commonly known as the food stamp program or SNAP); Temporary Assistance for Needy Families; and a Childcare Subsidy program. Eligibility requirements vary by program.



**Brain Injury Waiver: Home and Community-Based Services for Adults with Brain Injury***Office of Aging and Disability Services*

Maine Department of Health and Human Services

Phone: 207-287-9200

*(Ask to speak to someone in Brain Injury Services)*

The Maine Brain Injury Waiver Program may provide community-based services instead of placement in an institutional setting to eligible people who are aged 18 or older with an acquired brain injury through a MaineCare package of benefits known as the Maine Brain Injury Waiver. Community services available include assistive technology, care coordination, community/work reintegration, home support, non-medical transportation, career planning, and more. To apply, an assessment by a neuropsychologist or psychiatrist is required to determine eligibility. Once a completed application is received, OADS makes a referral to the Assessing Services Agency (ASA) to determine medical eligibility. Once medically eligible, the individual will be placed on a wait list. Once a person is awarded a funded offer and can start services under the Brain Injury Waiver, a person-centered plan will be developed with OADS staff.

**Adult Protective Services (APS)****HOTLINE: 800-624-8404***Maine Department of Health and Human Services*

11 State House Station

41 Anthony Ave.

Augusta, ME 04333

Phone: 207-287-9200

Toll-free: 800-262-2232

Website: [maine.gov/dhhs/oads/get-support/aps](http://maine.gov/dhhs/oads/get-support/aps)Online Reporting Form: [maine.gov/dhhs/oads/get-support/aps/report-abuse-neglect-exploitation](http://maine.gov/dhhs/oads/get-support/aps/report-abuse-neglect-exploitation)

APS provides or arranges for services to protect incapacitated and/or dependent adults in danger. APS staff also petition for public Guardianship and/or Conservatorship of incapacitated adults when all less restrictive alternatives have failed.

**OTHER HEALTHCARE RESOURCES****Consumers for Affordable Healthcare**

P.O. Box 2490

Augusta, ME 04338

Phone: 207-622-7083

Toll-free: 800-965-7476 Consumer Assistance

Helpline

TTY: 877-362-9570

Website: [mainecahc.org](http://mainecahc.org)Guide to Maine Health Care: [mainecahc.org/guide-to-maine-health-care/](http://mainecahc.org/guide-to-maine-health-care/)

Nonprofit organization that provides free information and help in understanding health care coverage options and costs in Maine. Offers a Consumer Assistance Program for help understanding rights and responsibilities with insurance denials and appeals. Language line interpreter services are available.

**coverME.gov**

Toll-free: 866-636-0355

Maine Relay 711

Website: [coverme.gov](http://coverme.gov)

Find a broker or Maine Enrollment Assister:

[coverme.gov/find-help-near-you](http://coverme.gov/find-help-near-you)

[coverME.gov](http://coverme.gov) is the website for the Maine Health Insurance Marketplace. The website is designed to help people find affordable health care coverage and includes tools for plan comparisons, information about financial help, a FAQs page for people who have recently lost MaineCare coverage, and more.

**Medicare**

Medicare is a health insurance program available through the Centers for Medicare and Medicaid Services (CMS). While most commonly used by people aged 65 or older, younger people with disabilities resulting from brain injury and stroke may be eligible for Medicare. Medicare helps pay for health care costs but does not pay for all expenses or for long-term care. For more information, visit [www.medicare.gov](http://www.medicare.gov).

**Social Security**

Toll-free: 800-772-1213

Website: [ssa.gov](http://ssa.gov)Link to online forms: [ssa.gov/forms](http://ssa.gov/forms)**ADA ASSISTANCE & ADVOCACY****Americans with Disabilities Act (ADA)**

Information Line: 800-514-0301

TTY: 833-610-1264

Introduction to the ADA: [ada.gov/topics/intro-to-ada/](http://ada.gov/topics/intro-to-ada/)Guide to Disability Rights Laws: [ada.gov/resources/disability-rights-guide/](http://ada.gov/resources/disability-rights-guide/)

The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life including jobs, schools, transportation, and all public and private places that are open to the public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.

When you call the ADA Information line, an accessibility specialist can answer questions and provide information regarding requirements of the ADA, how the ADA applies to your situation, how to file a complaint, and answers to technical questions.

**Disability Rights Maine (DRM)**

160 Capitol St., Suite 4

Augusta, ME 04330

Phone: 207-626-2774 (V/TTY)

Toll-free: 800-452-1948 (V/TTY)

Email: [advocate@drme.org](mailto:advocate@drme.org)Website: [drme.org/brain-injury](http://drme.org/brain-injury)

DRM is Maine's designated Protection & Advocacy agency for people with disabilities. DRM represents people whose rights have been violated or who have been discriminated against based on their disability. DRM also provides training on rights and self-advocacy and advocates for public policy reform.

**Equal Employment Opportunity Commission (EEOC)**

Regional Office:

JFK Federal Building

15 New Sudbury Street, Room 475

Boston, MA 02203-0506

Toll-free: 800-669-4000

The EEOC is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant

or an employee because of the person's disability, race, color, religion, sex, national origin, age, or genetic information. To file a complaint and schedule an intake appointment with an Equal Opportunity Investigator, visit EEOC's online portal system: [publicportal.eeoc.gov/Portal/Login.aspx](http://publicportal.eeoc.gov/Portal/Login.aspx)

**Job Accommodations Network (JAN)**

Toll-free: 800-526-7234

TTY: 877-781-9403

Website: [askjan.org](http://askjan.org)

JAN is a service that provides free, expert, and confidential guidance on workplace accommodations and disability employment issues. JAN can help individuals with disabilities explore accommodation ideas and provide practical suggestions for requesting and negotiating reasonable accommodations with an employer.

**The Maine Long-Term Care Ombudsman Program**

61 Winthrop St.

Augusta, ME 04330

Phone: 207-621-1079

Toll-free: 800-499-0229

Email: [MLTCOP@MaineOmbudsman.org](mailto:MLTCOP@MaineOmbudsman.org)

The Maine Long-Term Care Ombudsman Program is an advocacy program for long-term care consumers. Services provided by the Ombudsman program are free and confidential. This program serves residents of nursing homes, assisted housing programs including residential care and assisted living, and consumers receiving home services including homemaker, adult day programs, and hospice. This program also serves patients in hospitals who are facing barriers in accessing long-term care services.

Maine Brain Injury  
INFORMATION CENTER  
**1-800-444-6443**

[www.biausa.org/maine](http://www.biausa.org/maine)[MaineBrainInjury@biausa.com](mailto:MaineBrainInjury@biausa.com)



## AGING & DISABILITY RESOURCE CENTERS (ADRC)

The Maine ADRC is an initiative of the U.S. Department of Health and Human Services. In Maine, there are five ADRCs. These centers answer questions about options for in-home, community-based, and long-term support and services. They also offer Medicare counseling, wellness and nutrition programs, and family caregiver support. To learn more about the services offered through your local ADRC, find the center that serves your county.

Toll-free: 877-353-3771

Website: [maine.gov/dhhs/oads/get-support/older-adults-disabilities/area-agencies-on-aging](http://maine.gov/dhhs/oads/get-support/older-adults-disabilities/area-agencies-on-aging)

## ANDROSCOGGIN, FRANKLIN, AND OXFORD COUNTIES

### Seniors Plus

8 Falcon Rd.

Lewiston, ME 04240

Toll-free: 800-427-1241

Website: [seniorsplus.org](http://seniorsplus.org)

Additional satellite offices in Wilton and Norway

## AROOSTOOK COUNTY

### Aroostook Agency on Aging

260 Main St.

Presque Isle, ME 04769

Phone: 207-764-3396

Toll-free: 800-439-1789

Email: [info@aroostookaging.org](mailto:info@aroostookaging.org)

Website: [aroostookaging.org](http://aroostookaging.org)

## CUMBERLAND AND YORK COUNTIES

(Does not include Brunswick and Harpswell)

### Southern Maine Agency on Aging

Sam L. Cohen Center

30 Barra Rd.

Biddeford, ME 04005

Phone: 207-396-6500

Toll-free: 800-427-7411

Maine Relay 711

Website: [smaaa.org](http://smaaa.org)

## HANCOCK, PENOBSCOT, PISCATAQUIS, AND WASHINGTON COUNTIES

### Eastern Area Agency on Aging

240 State St.

Brewer, ME 04412

Phone: 207-941-2865

Toll-free: 800-432-7812

Email: [info@eaaa.org](mailto:info@eaaa.org)

Website: [eaaa.org](http://eaaa.org)

## KENNEBEC, KNOX, LINCOLN, SADAHOCS, SOMERSET, AND WALDO COUNTIES

(Includes Brunswick and Harpswell)

### Spectrum Generations, Home Office

One Weston Ct., Suite 109

Augusta, ME 04330

Toll-free: 800-639-1553

TTY: 800-464-8703

Email: [spectrum@spectrumgenerations.org](mailto:spectrum@spectrumgenerations.org)

Website: [spectrumgenerations.org](http://spectrumgenerations.org)

Additional locations in Belfast, Brunswick, Camden, Damariscotta, Hallowell, Skowhegan, Waterville

## ASSISTIVE TECHNOLOGY & ADAPTIVE EQUIPMENT

Assistive Technology (AT) is any piece of equipment or product that makes it easier for someone with a disability to live more independently and safely, to work at a job, learn in school, to get out into the community, or pursue play and leisure. Examples include communication devices, power lifts, wheelchairs, adapted vehicles, eye-gaze trackers, environmental controls, and smart home technology.

The service providers listed in this section may provide or assist with the identification, modification, funding, and/or acquisition of the AT that can make everyday life

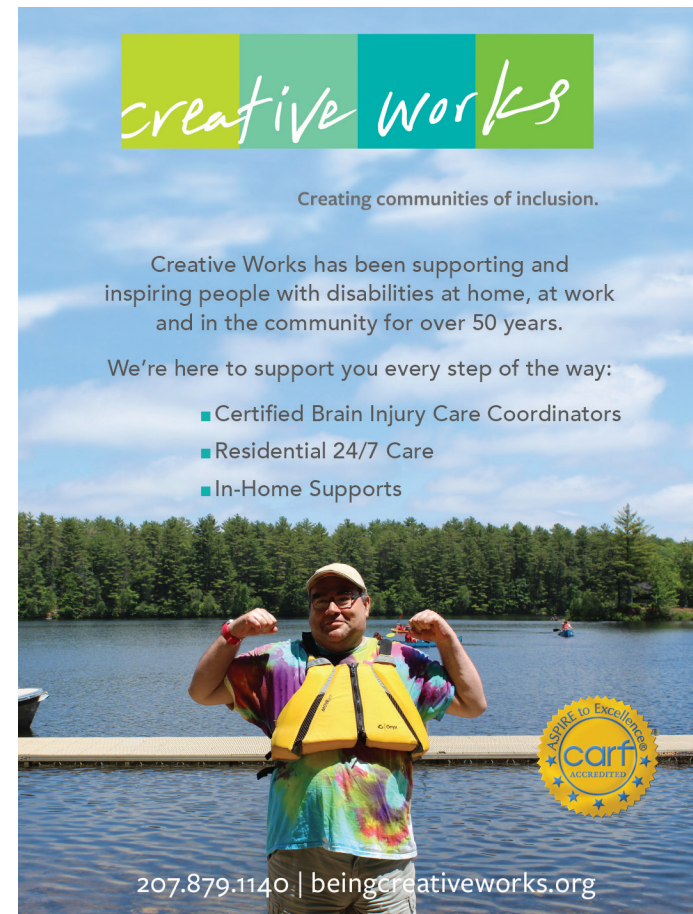
### Adapt-Able Living

Brie Weisman, OTR/L ECHM, CAPS

53 E Andover Rd.

Rumford, ME 04276

Phone: 207-364-7056



Email: [brieweisman@yahoo.com](mailto:brieweisman@yahoo.com)

Website: [adapt-ableliving.com](http://adapt-ableliving.com)

Occupational Therapist with background in Assistive Technology, has certifications in Home Modification and Aging in Place. Primarily serves Western Maine.

### Alpha One

Maine's Center for Independent Living (CIL)

Toll-free: 800-640-7200

Website: [alphaonenow.org](http://alphaonenow.org)

Home accessibility consultation, Adaptive Equipment Loan Program (AELP), and ramp construction through their Critical Access grant program

### Office Locations:

Presque Isle

66 Spruce St.

Presque Isle, ME 04769

### South Portland

P.O. Box 1870

Portland, ME 04104

### Disability Rights Maine (DRM)

160 Capitol St., Suite 4

Augusta, ME 04330

Telecommunications Equipment Program: 207-797-7656

Toll-free: 800-452-1948

Website: [drme.org/assistive-technology](http://drme.org/assistive-technology)

DRM provides advocacy assistance to individuals who seek assistive technology services and devices. They also offer the Adaptive Telecommunication Equipment Program (TEP), which provides 'No' or 'Low' cost adaptive telecommunications equipment to low-income Maine residents who cannot use their home's conventional telephone due to physical and/or cognitive disability.

### Happy at Home Seniors, LLC

Sherry Boothby, M.S., OTR/L, CLVT, SHSS, CDP

Phone: 207-558-1234

Email: [sherry@happyathomeseniors.com](mailto:sherry@happyathomeseniors.com)

Website: [happyathomeseniors.com](http://happyathomeseniors.com)

Assistive technology and low vision consultation, senior home safety assessment. Service area: one-hour radius from the town of Cumberland.

### Hillary Helps U Learn

Hillary Goldthwait-Fowles, Ph.D., ATP

Phone: 207-467-5850

Email: [hillary@hillaryhelpsulearn.com](mailto:hillary@hillaryhelpsulearn.com)

Website: [hillaryhelpsulearn.com](http://hillaryhelpsulearn.com)

Assistive Technology consultation, evaluation, and training for all ages

### The Iris Network

189 Park Ave.

Portland, ME 04102

Phone: 207-774-6273

Website: [theiris.org](http://theiris.org)

Assistive technology for people with visual impairment or blindness

**Maine AgrAbility**

138 Pleasant St., Suite 1  
Farmington, ME 04938-5828  
Toll-free: 800-287-1478  
Email: [Maine.AgrAbility@maine.edu](mailto:Maine.AgrAbility@maine.edu)

Assists farmers, fishermen, and forest workers with disabilities so they can continue to have successful careers in agriculture.

**Maine Assistive Technology Solutions**

*Kelley S. Spencer, COTA/L, ATP*  
Phone: 207-321-1015  
Email: [kelleysmithatp@outlook.com](mailto:kelleysmithatp@outlook.com)

**Maine CITE Coordinating Center**

*University of Maine Augusta*  
46 University Dr.  
Augusta, ME 04330  
Phone: 207-621-3195  
Maine Relay 711  
Website: [mainecite.org](http://mainecite.org)

Maine Cite is designed to help make assistive technology more available to Maine residents. Services include AT device demonstrations and training, device loans, device reutilization, and information about alternative financing.

**Maine CITE – AT4 Maine**

Phone: 207-621-3195  
Website: [at4maine.org](http://at4maine.org)

Free service offered through Maine Cite Coordinating Center. Maine Cite collaborates with organizations to offer AT demonstrations and loan services. This is a ‘Try it before you buy it’ model.

**AT4MAINE LOAN SERVICE PROVIDERS**

Gallant Therapy Services  
*Ryan Gallant, OTR/L*  
12 Shuman Ave., Suite 16  
Augusta, ME 04330  
Phone: 207-623-3900  
Website: [gallanttherapyseices.com](http://gallanttherapyseices.com)

Adaptive equipment loan program through partnership with Maine Cite

**Pine Tree Society**

*Linda Bonnar, CCC-SLP, ATP*  
Phone: 207-386-5930  
Email: [communicationpathways@pinetreesociety.org](mailto:communicationpathways@pinetreesociety.org)  
Website: [pinetreesociety.org](http://pinetreesociety.org)

Speech-language pathology and assistive technology services

**Spurwink ALLTECH**

295 Forest Ave., Suite 4  
Portland, ME 04101  
Phone: 207-232-6421  
Email: [ALLTECHinfo@spurwink.org](mailto:ALLTECHinfo@spurwink.org)  
Website: [spurwinkalltech.org](http://spurwinkalltech.org)

Consultation, assessment, demo, and loaner program through partnership with Maine Cite

**University of Maine Farmington**

*Center for Assistive Technology*  
Spenciner Curriculum Materials Center  
186 High St.  
Farmington, ME 04938  
Phone: 207-778-7000  
Email: [brianna.grumstrup@maine.edu](mailto:brianna.grumstrup@maine.edu)  
Website: [umf.maine.edu/cmc/assistive-technology-collection/](http://umf.maine.edu/cmc/assistive-technology-collection/)

The Center for Assistive Technology is a place to view AT devices, to receive instruction in their use and evaluation of the equipment, and to get information about AT in general. To get a list of AT devices at the Center, visit Maine CITE [at4maine.org](http://at4maine.org) and search the University of Maine at Farmington.

**Seeing Hands Enterprises**

*Roger R. Cusson*  
Phone: 207-353-5007  
Email: [roger@rogercusson.com](mailto:roger@rogercusson.com)  
Website: [rogercusson.com/seeing-hands-enterprises](http://rogercusson.com/seeing-hands-enterprises)

Assistive Technology Specialist

**CHILD & FAMILY SERVICES****Child Protection Hotline**

Toll-free: 800-452-1999  
Maine Relay 711

**DEPARTMENT OF HEALTH AND HUMAN SERVICES (DHHS) PROGRAMS****Maine Office of Child and Family Services (OCFS)**

2 Anthony Ave.  
Augusta, ME 04330  
Phone: 207-624-7900  
Toll-free: 877-680-5866  
Website: [maine.gov/dhhs/ocfs](http://maine.gov/dhhs/ocfs)

OCFS facilitates access to child behavioral health services, administers Maine’s child welfare system, regulates childcare facilities and providers, assists Maine families in accessing and paying for childcare, and oversees fostering and adoption services.

**Children’s Behavioral Health Service (CBHS)**

CBHS Behavioral Health Manager: Theresa Barrows  
Phone: 207-561-4265  
Email: [teresa.barrows@maine.gov](mailto:teresa.barrows@maine.gov)  
CBHS programs & services website: [maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services](http://maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services)

CBHS is a support provided by the Office of Child and Family Services and focuses on behavioral health treatment and services for children from birth up to their 21st birthday. Referrals can be made by parents, guardians, or any support person who has parent/guardian permission. A Family Information Specialist can assist you in identifying information and resources for your child.

**Katie Beckett Medical Waiver**

Website: [maine.gov/dhhs/oms/mainecare-options/children](http://maine.gov/dhhs/oms/mainecare-options/children)

Webpage includes links to a Katie Beckett pamphlet, eligibility roadmap, eligibility threshold information, and healthcare assistance for Katie Beckett.

Katie Beckett is a MaineCare enrollment option for children under age 19 with a serious health condition and who are over the income level for free MaineCare. Children who are eligible for MaineCare through the Katie Beckett Waiver receive MaineCare benefits and pay a low-cost premium for this health coverage.

**PUBLIC EDUCATION****Maine Department of Education (DOE)**

23 State House Station  
Augusta, ME 04333-0023  
Phone: 207-624-6600  
Maine Relay 711  
Website: [www.maine.gov/doe/about](http://www.maine.gov/doe/about)

**The Maine Office of Special Services and Inclusive Education**

Phone: 207-624-6600  
Website: [maine.gov/doe/learning/specialed](http://maine.gov/doe/learning/specialed)

Resources for parents, caregivers, and families: [maine.gov/doe/learning/specialed/families](http://maine.gov/doe/learning/specialed/families)  
The Maine Office of Special Services and Inclusive Education is a division of the Department of Education. It is responsible for the state’s oversight and support for the delivery of all special education services provided in Maine under the federal Individuals with Disabilities Education Act (IDEA).

**Child Development Services (CDS)**

Website: [maine.gov/doe/learning/cds](http://maine.gov/doe/learning/cds)

CDS provides Early Intervention (birth through two) and Free Appropriate Public Education (ages three through five) for children with a disability. There are nine regional CDS sites:

**CDS Aroostook**

985 Skyway Dr.  
Presque Isle, ME 04769  
Phone: 207-764-4490

**CDS First Step**

5 Gendron Dr., Suite 1  
Lewiston, ME 04240  
Phone: 207-795-4022



**CDS Opportunities**

16 Madison Ave.  
Oxford, ME 04270  
Phone: 207-743-9701

**CDS PEDS**

325E Kennedy Memorial Dr.  
Waterville, ME 04901  
Phone: 207-877-2498

**CDS Reach**

1011 Forest Ave.  
Portland, ME 04103  
Phone: 207-781-8881

**CDS Downeast**

190 Bangor Rd.  
Ellsworth, ME 04605  
Phone: 207-667-7108

**CDS MidCoast**

91 Camden St., Suite 108  
Rockland, ME 04841  
Phone: 207-594-5933

**CDS Two Rivers**

797 Wilson St., Suite 2  
Brewer, ME 04412  
Phone: 207-947-8493

**CDS York**

39 Limerick Rd.  
Arundel, ME 04046  
Phone: 207-985-7861

**ADDITIONAL SERVICES & SUPPORTS****Barbara Bush Children's Hospital**

22 Bramhall St.  
Portland, ME 04102  
Phone: 207-662-0111  
Website: mmc.org/bbch

**Center for Grieving Children**

Phone: 207-775-5216  
Email: cgc@cgcmaine.org  
Website: www.cgcmaine.org

Bereavement Program: Grief support for families  
TLC Program: Support for families experiencing  
changes that occur with a life-impacting diagnosis  
Additional Location in Sanford

**G.E.A.R. Parent Network**

Phone: 800-264-9226  
Website: gearparentnetwork.org

Parent-to-parent support, providing services for parents  
of children with emotional and behavioral health  
concerns

**Maine Parent Federation (MPF)**

484 Maine Ave. 2D  
Farmingdale, ME 04344  
Phone: 207-588-1933  
Toll-free: 800-870-7746  
Website: mpf.org

Advocacy and help in navigating the service delivery  
systems of care in Maine

**National Alliance of Mental Illness - Maine (NAMI)**

52 Water St.  
Hallowell, ME 04347  
Toll-free: 800-464-5767  
Email: info@namimaine.org  
Website: namimaine.org/programs/

Includes a family respite service program

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**CHIROPRACTIC NEUROLOGY**

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Chiropractic neurology (also known as functional  
neurology) utilizes diagnostic and treatment approaches  
to measure and improve the function of the brain  
and nervous system through specific chiropractic

Maine Brain Injury  
INFORMATION CENTER  
**1-800-444-6443**

www.biausa.org/maine

MaineBrainInjury@biausa.com

adjustments, neuromuscular re-education exercises,  
cognitive exercises, and stimulation of the vestibular  
(balance), auditory, visual, or other sensory systems.

**Great Works Chiropractic**

*Dr. Seth LaFlamme, Board Certified Chiropractic  
Neurologist*  
249 Main St.  
South Berwick, ME 03908  
Phone: 207-704-0298  
Website: greatworkschiro.com

**MidCoast Chiropractic Neurology**

331 Maine St., Suite 12  
Brunswick, ME 04011  
Phone: 207-406-4874  
Website: midcoastbrain.com

**Neurodoc4U Functional Wellness Solutions**

*Dr. Richard Mathews*  
Phone: 501-206-5072  
Website: neurodoc4u.com

Virtual services

**Portland Chiropractic Neurology**

959 Congress St., Suite 1  
Portland, ME 04102  
Phone: 207-699-5600  
Website: portchiro.com

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**CONCUSSION**

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**EVALUATION & TREATMENT****Neuropsychology and Concussion Management  
Associates, PA**

Mailing address: P.O. Box 1145  
Rockport, ME 04856  
Phone: 207-594-2952  
Website: ncmamaine.com

**Office Locations:****Rockport**

220 Union St. (entrance on Huse St.)  
Rockport, ME 04856  
Phone: 207-594-2952

**Yarmouth**

40 Forest Falls Dr., Suite 1  
Yarmouth, ME 04096  
Phone: 207-594-2952

**Northern Light Concussion Care**

*Northern Light Health Center*  
895 Union St., Suite 12  
Bangor, ME 04401  
Phone: 207-973-7979  
Website: northernlighthhealth.org

**Saco Bay Orthopaedic and Sports Physical Therapy**

*Neurologic Multidisciplinary Center*  
1274 Congress St., Third Floor  
Portland, ME 04102  
Phone: 207-253-2410  
Website: sacobaypt.com

**Scarborough NeuroDevelopment Center**

144 US Rte. 1, Suite 4  
Scarborough, ME 04074  
Phone: 207-219-8300  
Website: trainyourbrain.me  
Outpatient speech-language pathology services,  
includes concussion management

**102 NeuroRehabilitation Clinics**

There are eight Section 102 outpatient  
neurorehabilitation treatment clinics throughout the  
state of Maine. These clinics are paid for through  
MaineCare to offer physical, occupational, and speech  
therapies along with other services to help individuals  
living with a brain injury recover their physical,  
communicative, and cognitive abilities. Individuals  
who are not eligible for MaineCare may also receive  
services from the 102 Clinic programs. Call the clinic in  
your area and ask if they take your insurance plan.

For a full list of the 102 Neurorehabilitation Outpatient  
Clinics, refer to the 'Rehabilitation' section of this  
Directory under 'Outpatient'.

## CHIROPRACTIC TREATMENT /CONCUSSION

**Great Works Chiropractic**

*Dr. Seth LaFlamme, Board Certified Chiropractic Neurologist*

249 Main St.  
South Berwick, ME 03908  
Phone: 207-704-0298  
Website: greatworkschiro.com

**MidCoast Chiropractic Neurology**

331 Maine St., Suite 12  
Brunswick, ME 04011  
Phone: 207-406-4874  
Website: midcoastbrain.com

**Portland Chiropractic Neurology**

959 Congress St., Suite 1  
Portland, ME 04102  
Phone: 207-699-5600  
Website: portchiro.com

## CONCUSSION SUPPORT

**Maine Brain Injury Support Groups**

For a current list of brain injury support groups, please call the Brain Injury Association of America (BIAA) Information Helpline or visit the BIAA-ME website.

Helpline: 800-444-6443  
BIAA-ME website: [biausa.org/find-bia/states/maine/resources-support](http://biausa.org/find-bia/states/maine/resources-support)

**Outside of Maine****Concussion Legacy Foundation (CLF)**

General Inquiries: 857-244-0810  
HelpLine link: [concussionfoundation.org/helpline](http://concussionfoundation.org/helpline)  
Website: [concussionfoundation.org/peer-support](http://concussionfoundation.org/peer-support)

CLF is a nonprofit organization that supports all people affected by concussion. CLF offers monthly support groups via Zoom. They also offer a 1-on-1 Peer Support Connection Program.

## COUNSELING SERVICES

**MAINE CRISIS HOTLINE 888-568-1112****SUICIDE AND CRISIS LIFELINE: CALL OR TEXT 988**

Online Chat: [988lifeline.org](http://988lifeline.org)

*If you are concerned about yourself or someone else, call the crisis hotline to connect to your closest crisis center.*

## PEER SUPPORT

**Maine Intentional Warm Line, available 24/7**

Phone: 1-866-771-9276 (WARM)

Mental health peer-to-peer phone support line for adults, aged 18 and older. Offers mutual conversations with a trained peer specialist who has life experience with mental health recovery.

## FEDERAL ORGANIZATIONS

**Substance Abuse and Mental Health Services**

Administration (SAMSHA)  
Helpline: 800-662-4357  
TTY: 800-487-4889  
Text your zip code to 435748 (HELP4U)  
Website: [samhsa.gov](http://samhsa.gov)  
Website: [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

SAMSHA's National Helpline is a free, confidential 24/7/365 day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

## STATE PROGRAMS &amp; OTHER SUPPORTS

**Office of Behavioral Health (OBH)**

*Maine Department of Health and Human Services*  
41 Anthony Ave.  
Augusta, ME 04333  
Phone: 207-287-2595  
TTY: Maine Relay 711  
Website: [maine.gov/dhhs/obh](http://maine.gov/dhhs/obh)

The role of the Maine OBH is to support Maine residents with mental health, substance use, and co-occurring disorders. The Office partners with providers,

communities, and individuals to offer support, resources, education, training, technical assistance, and services.

**211 Maine Mental Health**

Phone: dial 211 or 866-811-5695  
Out of State: 877-463-6207  
Website: [211maine.org/mental-health/](http://211maine.org/mental-health/)

2-1-1 is a telephone number available in Maine statewide 24/7/365. It is answered by real people who can help you in locating a variety of resources closest to your location. Calling 2-1-1 is always confidential. Services can also be located by accessing the 211 website. Resources for behavioral/mental health are located by selecting Mental Health Services and a zip code.

**National Alliance on Mental Illness-Maine (NAMI-Maine)**

52 Water St.  
Hallowell, ME 04347  
Toll-free: 800-464-5767 Press 1  
Email: [info@namimaine.org](mailto:info@namimaine.org)  
Website: [namimaine.org](http://namimaine.org)

Support, education, and advocacy

## BEHAVIORAL HEALTH CENTERS

**Aroostook Mental Health Services (AMHC)**

Call Center: 800-244-6431  
Website: [www.amhc.org/mental-health-services/](http://www.amhc.org/mental-health-services/)  
Serves Aroostook, Hancock, and Washington Counties

**Community Health and Counseling Services**

42 Cedar St.  
Bangor, ME 04401  
Toll-Free: 800-924-0366  
Phone: 207-947-0366  
Website: [chcs-me.org](http://chcs-me.org)

Serves Aroostook, Hancock, Penobscot, Piscataquis, Somerset, and Washington counties

**Kennebec Behavioral Health (KBH)**

Access Center: 888-322-2136  
Email: [info@kbhmaine.org](mailto:info@kbhmaine.org)  
Website: [kbhmaine.org/services/clinic-based-services](http://kbhmaine.org/services/clinic-based-services)

Serves MidCoast Maine

**Maine Behavioral Healthcare**

Referral Line: 844-292-0111  
Website: [mainehealth.org/Maine-Behavioral-Healthcare/Hospitals-Locations](http://mainehealth.org/Maine-Behavioral-Healthcare/Hospitals-Locations)

**Outpatient Locations:** Belfast, Biddeford, Brunswick, Damariscotta, Farmington, Norway, Portland, Rockland, South Portland (Substance Use Program only), Springvale

**Inpatient/Hospital Locations:** Biddeford, Portland, Rockport, Westbrook

**Oxford County Mental Health Services (OCMHS)**

Email: [info@ocmhs.org](mailto:info@ocmhs.org)  
Website: [ocmhs.org](http://ocmhs.org)

Serves Oxford County

**Office Locations:****Norway**

39 Main St.  
Norway, ME 04268  
Phone: 207-739-7001

**Rumford**

144 Congress St.  
Rumford, ME 04276  
Phone: 207-364-3549

**Sweetser's Certified Community Behavioral Health Clinic (CCBHC)**

To schedule an intake appointment: 800-434-3000  
Website: [sweetser.org/certified-community-behavioral-health-clinic/](http://sweetser.org/certified-community-behavioral-health-clinic/)

Offers mental health and substance use services  
Serves MidCoast Maine including Sagadahoc, northern Cumberland, and parts of Lincoln and Androscoggin counties

**Tri-County Mental Health Services**

Referrals: 800-304-4673  
Website: [tcmhs.org](http://tcmhs.org)

Serves Androscoggin, Cumberland, Franklin, and Oxford counties



**Office locations:****Bridgton**

32 N High St.  
Bridgton, ME 04009  
Phone: 207-647-5629  
Toll-free: 800-286-5629

**Farmington**

144 High St., Suite 1  
Farmington, ME 04938  
Phone: 207-778-3556  
Toll-free: 800-559-3556

**Lewiston**

1155 Lisbon St.  
Lewiston, ME 04240  
Phone: 207-783-9141  
Toll-free: 800-787-1155

**Oxford**

143 Pottle Rd.  
Oxford, ME 04270  
Phone: 207-743-7911  
Toll-free: 800-750-7911

**Rumford**

49 Congress St.  
Rumford, ME 04276  
Phone: 207-364-7981  
Toll-free: 800-371-7981

**Wabanaki Public Health and Wellness**

157 Park St., Suite #5  
Bangor, ME 04401  
Care Line: 844-844-2622  
Email: [hello@wabanakiphw.org](mailto:hello@wabanakiphw.org)  
Website: [wabanakiphw.org](http://wabanakiphw.org)

**COUNSELORS WITH BRAIN INJURY EXPERIENCE****Pam Kern, M.S., LMSW-CC**

*Counseling and Trauma Therapy Associates*  
222 Auburn St., Suite 201  
Portland, ME 04103  
Phone: 207-405-3911

**Tammy Miranda, LCPC, CBIS**

110 Main St., Suite 1508  
Saco, ME 04072  
Phone: 207-602-8660

**Tiffany Robinson, M.A., LCPC-C**

6 Stoddard Lane  
Hallowell, ME 04347  
Phone: 207-200-1254  
Serves Augusta, Waterville, and Lewiston-Auburn

**RESOURCES TO LOCATE COUNSELING SERVICES****Health Affiliates Maine**

306 Rodman Rd.  
Auburn, ME 04211  
Phone: 877-888-4304  
Find a counselor tool: [healthaffiliatesmaine.com/  
find-a-counselor/](http://healthaffiliatesmaine.com/find-a-counselor/)

Statewide network of counselors

**Maine Psychological Association**

P.O. Box 82  
Saco, ME 04072  
Phone: 207-621-0732  
Email: [asafford@mepa.org](mailto:asafford@mepa.org)  
Find a psychologist tool: [mepa.org/practitioners/](http://mepa.org/practitioners/)

**DOMESTIC VIOLENCE****DOMESTIC VIOLENCE 24-HOUR HELPLINE: 866-834-4357 • DEAF OR HARD OF HEARING: 800-437-1220**

Connects callers with advocates at Domestic Violence Resource Centers and provides information, crisis counseling, emotional support, and advocacy

**Maine Coalition to End Domestic Violence (MCEDV)**

Phone: 207-430-8334  
Email: [info@MCEDV.org](mailto:info@MCEDV.org)  
Website: [mcedv.org/get-help/](http://mcedv.org/get-help/)

MCEDV works to end domestic abuse, dating abuse, stalking, elder abuse, and commercial sex trafficking. Their website provides information and education about domestic violence, links to community supports and domestic violence resources for Tribal Communities.

**SERVICES BY COUNTY**

Services available through the agencies below may include emergency shelter, residential services and supportive housing, support groups, legal services, advocacy, violence intervention programs, and community education.

**AROOSTOOK COUNTY**

**Hope & Justice Project**  
Helpline: 800-439-2323  
Website: [hopeandjusticeproject.org](http://hopeandjusticeproject.org)

**CUMBERLAND COUNTY**

**Through These Doors**  
Helpline: 800-537-6066  
Website: [throughthesedoors.org](http://throughthesedoors.org)

**HANCOCK & WASHINGTON COUNTIES**

**Next Step Domestic Violence Project**  
Helpline: 800-315-5579  
Website: [nextstepdvproject.org](http://nextstepdvproject.org)

**KENNEBEC & SOMERSET COUNTIES**

**Family Violence Project**  
Helpline: 877-890-7788  
Website: [familyviolenceproject.org](http://familyviolenceproject.org)

**OXFORD, FRANKLIN & ANDROSCOGGIN COUNTIES**

**Safe Voices**  
Helpline: 800-559-2927  
Website: [safevoices.org](http://safevoices.org)

**PENOBSCOT & PISCATAQUIS COUNTIES**

**Partners for Peace**  
Helpline: 800-863-9909  
Website: [partnersforpeaceme.org](http://partnersforpeaceme.org)

**WALDO, KNOX, LINCOLN & SAGadahoc COUNTIES**

**New Hope MidCoast**  
Helpline: 800-522-3304  
Website: [newhopemidcoast.org](http://newhopemidcoast.org)

**YORK COUNTY**

**Caring Unlimited**  
Helpline: 800-239-7298  
Website: [caring-unlimited.org](http://caring-unlimited.org)

**Immigrant Resource Center of Maine**

Website: [ircofmaine.org](http://ircofmaine.org)  
Serves refugee and immigrant communities through culturally and linguistically sensitive voices

**DRIVING EVALUATIONS & CONSULTANTS**

A driving evaluation is an important step in determining a person's ability to safely drive following a brain injury. Referral for a driving evaluation and/or training can be made through an inpatient rehabilitation program, a state-supported program, a private vocational counselor, or the Department of Veterans Affairs.

**Alpha One**

Phone: 207-767-2189  
Toll-free: 800-640-7200  
Website: [alphaonenow.org/services/driving/](http://alphaonenow.org/services/driving/)

Adaptive driver evaluation. Driving evaluations are available in Portland only.

**New England Rehabilitation Hospital of Portland**

335 Brighton Ave., Unit 201  
Portland, ME 04102-2374  
Phone: 207-775-4000  
Website: [nerhp.org](http://nerhp.org)

Driving evaluation and rehabilitation

**Pathways Driving Rehabilitation Services**

Heather Shields, OTR/L, CDRS  
Brunswick, ME  
Phone: 207-530-0307  
Email: [info@pathwaysrehabservices.com](mailto:info@pathwaysrehabservices.com)

Driving evaluation and rehabilitation

## EMPLOYMENT & VOCATIONAL REHABILITATION

### VOCATIONAL REHABILITATION (VR)

#### Division of Vocational Rehabilitation (DVR)

*Bureau of Rehabilitation Services*

Maine Department of Labor

150 State House Station

Augusta, ME 04333-0150

Phone: 207-623-6799

Maine Relay 711

Website: [maine.gov/rehab/dvr/vr.shtml](http://maine.gov/rehab/dvr/vr.shtml)

Youth and Transition Services: [maine.gov/rehab/dvr/youth\\_transition.shtml](http://maine.gov/rehab/dvr/youth_transition.shtml)

The DVR provides VR services and also contracts with various community programs to provide eligible individuals with VR services. A virtual orientation to VR services is available through their website.

#### Wabanaki Vocational Rehabilitation

88 Bell Rd.

Littleton, ME 04730

Phone: 207-532-2021

Website: [maliseets.net/vocational-rehabilitation/](http://maliseets.net/vocational-rehabilitation/)

Applicants must be an American Indian with a disability living on or near a Federal reservation in Maine.

### ADVOCACY & SUPPORT

#### Client Assistance Program (CAP)

The CAP in Maine is administered by Disability Rights Maine. The Client Assistance Program (CAP) can provide information and support to individuals who have questions or complaints about Vocational Rehabilitation (VR) services in their state. The CAP program can explain the rights and responsibilities of people receiving services from VR and can mediate disputes between clients and VR.

#### Augusta

160 Capitol St., Suite 4

Augusta, ME 04330

Phone: 207-626-2774

Toll-free: 800-452-1948

Website: [maine.gov/rehab/cap.shtml](http://maine.gov/rehab/cap.shtml)

#### Falmouth – Deaf Services

1 Mackworth Island, Bldg. C

Falmouth, ME 04105

Phone: 207-797-7656

Toll-free: 800-639-3884

Video Phone: 207-766-7111

Email: [deafservices@drme.org](mailto:deafservices@drme.org)

Website: [drme.org](http://drme.org)

#### Benefits Counseling Services

*Maine Medical Center Department of Vocational Services*

Attn: BCS

22 Bramhall St.

Portland, ME 04102

Toll-free: 888-208-8700

Email: [bcs@mainehealth.org](mailto:bcs@mainehealth.org) (to receive a secure link to send your forms)

Website: [benefitsandworkinme.org](http://benefitsandworkinme.org)

Social Security disability beneficiaries who are currently working or considering work can meet with a Community Work Incentives Coordinator (CWIC). A CWIC is a trained professional who understands Social Security Work Incentives and knows the impact of employment on other benefit programs such as MaineCare, Medicare, and housing.

#### Protection and Advocacy for Beneficiaries of Social Security (PABSS)

*Disability Rights Maine*

160 Capitol St., Suite 4

Augusta, ME 04330

Phone: 207-626-2774

Toll-free: 800-452-1948

Website: [drme.org/assets/brochures/PABSS-Rack-Card-02.28.22.pdf](http://drme.org/assets/brochures/PABSS-Rack-Card-02.28.22.pdf)

PABSS is a free service funded by Social Security and serves SSI/SSDI beneficiaries who want to work, by helping to remove barriers to employment.

#### Employment for ME

Website: [employmentforme.org](http://employmentforme.org)

Resources for individuals with a disability who are trying to find or maintain employment

### COMMUNITY EMPLOYMENT PROGRAMS

#### Goodwill Workforce Solutions

Phone: 207-930-7047

Maine Relay 711

Email: [intake@workforcesolutionsme.org](mailto:intake@workforcesolutionsme.org)

Website: [workforcesolutionsme.org](http://workforcesolutionsme.org)

Online Inquiry Form: [workforcesolutionsme.org/inquiry-form/](http://workforcesolutionsme.org/inquiry-form/)

Offers employment and training programs for job seekers in York, Cumberland, Sagadahoc, Lincoln, Knox, and Waldo counties.

#### Maine AgrAbility

138 Pleasant St., Suite #1

Farmington, ME 04938-5828

Toll-free: 800-287-1478

Website: [extension.umaine.edu/agrability/](http://extension.umaine.edu/agrability/)

Maine AgrAbility is a nonprofit collaboration of the University of Maine Cooperative Extension and Alpha One. The goal of the AgrAbility project is to inform, educate and assist farmers, fishermen, and forest workers with disabilities and their families, so they can have successful careers in agriculture.

#### The Senior Community Service Employment Program (SCSEP)

This is a grant administered by the United States Department of Labor that provides work-training opportunities for low-income persons aged 55 or older. The program is intended to be a transitional program, offering a “stepping stone” back into the workforce. Qualified job seekers are enrolled in part-time, paid training positions at public agencies or nonprofit organizations in their local communities. All work assignments are temporary. In Maine, the SCSEP grant is administered by Associates for Training and Development and by the Office of Aging and Disability Services.

#### Associates for Training and Development (A4TD)

Mailing Address: P.O. Box 2578, Bangor, ME 04402

Physical Address: 26 Franklin St., Bangor, ME 04401

Phone: 207-577-6823

Website: [a4td.org/scs-employment-program/](http://a4td.org/scs-employment-program/)

Administers the SCSEP grant in all but two counties in Maine.

#### Office of Aging and Disability Services (OADS)

41 Anthony Ave.

Augusta, ME 04330

Phone: 207-287-9200

Email: [SCSEP.OADS@maine.gov](mailto:SCSEP.OADS@maine.gov)

Administers the SCSEP grant in Lincoln and Cumberland counties.

### FINANCIAL ASSISTANCE

#### 211 Maine

Phone: dial 211 OR 866-811-5695

Text: text your zip code to 898-211

Email: [info@211maine.org](mailto:info@211maine.org),

Website: [211maine.org](http://211maine.org), search for programs in your area

Free and confidential Information and referral service that connects people to local services. Based in Maine, available 24 hours per day, 7 days per week.

#### AccessMaine

Website: [accessmaine.org](http://accessmaine.org)

Online resource guide for public programs and other support services in Maine

### COMMUNITY ACTION AGENCIES (CAAs)

#### Maine Community Action Partnership

Website: [mecap.org](http://mecap.org)

Community Action Agencies (CAAs) are non-profit organizations in Maine that provide services to people with low incomes to help them achieve economic security. Some programs offered include Head Start, job training, housing, food banks, energy assistance, and financial education.

#### ANDROSCOGGIN, FRANKLIN, AND OXFORD COUNTIES

#### Western Maine Community Action (WMCA)

20 Church St.

East Wilton, ME 04234

Phone: 207-645-3764

Email: [info@wmca.org](mailto:info@wmca.org)

Website: [wmca.org](http://wmca.org)



**Community Concepts, Inc.**

Website: ccimaine.org

Serves Androscoggin, Franklin, and Oxford Counties

**Office Locations:****Lewiston**

240 Bates St.  
Lewiston, ME 04240  
Phone: 207-795-4065  
Maine Relay: 711

**Paris**

17 Market Sq.  
South Paris, ME 04281  
Phone: 207-743-7716  
Maine Relay 711  
Website: ccimaine.org

## AROOSTOOK COUNTY

**Aroostook County Action Program (ACAP)**

Website: acap-me.org

**Office Locations:****Presque Isle - Main Office**

771 Main St., P.O. Box 1116  
Presque Isle, ME 04769  
Phone: 207-764-3721

**Fort Kent**

40 Alfalfa Ave., Suite 102  
Fort Kent, ME 04743  
Phone: 207-834-5135

**Houlton**

91 Military St.  
Houlton, Maine 04730  
Phone: 207-532-5300

**Madawaska**

88 Fox St.  
Madawaska, ME 04756  
Phone: 207-728-6345

## CUMBERLAND COUNTY

**Opportunity Alliance**

50 Lydia Lane  
South Portland, ME 04106  
Access & Intake: 207-523-5049  
Toll-free: 877-429-6884  
Email: intake@opportunityalliance.org  
Website: opportunityalliance.org

## HANCOCK AND WASHINGTON COUNTIES

**Downeast Community Partners**

Toll-free: 800-834-4378  
Website: downeastcommunitypartners.org

**Office Locations:****Calais**

11 Church St.  
Calais, ME 04619  
Phone: 207-664-2424

**Ellsworth**

248 Bucksport Rd.  
Ellsworth, ME 04605  
Phone: 207-664-2424

**Machias**

7 VIP Dr.  
Machias, ME 04654  
Phone: 207-259-5015

KENNEBEC, LINCOLN, SAGADAHOC, AND  
SOMERSET COUNTIES**Kennebec Valley Community Action Program (KVCAP)**

Toll-free: 800-542-8227  
Website: kvcap.org

**Office Locations:****Augusta**

225 Western Ave.  
Augusta, ME 04330-4957  
Phone: 207-622-4761

**Skowhegan**

P.O. Box 173  
28 Research Dr.  
Skowhegan, ME 04976-9700

Phone: 207-474-8487  
Transportation: 207-859-2501

**Waterville**

101 Water St.  
Waterville, ME  
04901-6339  
Phone: 207-859-1500  
Transportation: 207-877-5677

**MidCoast Maine Community Action (MMCA)**

34 Wing Farm Pkwy.  
Bath, ME 04530  
Phone: 207-442-7963  
Toll-free: 800-221-2221  
Website: midcoastmainecommunityaction.org

Serves: Lincoln, Sagadahoc, and Northern Cumberland counties

## KNOX, PENOBSCOT, AND PISCATAQUIS COUNTIES

**Penquis**

Toll-free: 800-215-4942  
Website: penquis.org  
Email: info@penquis.org

**Office Locations:****Bangor**

262 Harlow St., P.O. Box 1162  
Bangor, ME 04402-1162  
Phone: 207-973-3500  
TDD: 207-973-3520

**Dover-Foxcroft**

50 North St.  
Dover-Foxcroft, ME 04426  
Phone: 207-564-7116

**Lincoln**

9 Main St., Suite 2  
Lincoln, ME 04457  
Phone: 207-794-3093

**Rockland**

7 High St.  
Rockland, ME 04841  
Phone: 207-596-0361

## WALDO COUNTY

**Waldo Community Action Partners (WCAP)**

9 Field St., Suite 201  
P.O. Box 130  
Belfast, ME 04915  
Phone: 207-338-6809  
Email: info@waldocap.org  
Website: waldocap.org

## YORK COUNTY

**York County Community Action Corporation (YCCAC)**

6 Spruce St.  
Sanford, ME 04073  
Phone: 207-324-5762  
TTY: 207-490-1078  
Email: info@yccac.org  
Website: yccac.org

**Office for Family Independence (OFI)**

109 Capitol St.  
11 State House Station  
Augusta, Maine 04333  
Toll-free: 855-797-4357  
Website: maine.gov/dhhs/ofi  
OFI Office Locator: maine.gov/dhhs/about/contact/offices  
DHHS Financial Assistance: maine.gov/dhhs/programs-services/financial-assistance

The OFI a division of the Department of Health and Human Services. OFI determines initial and ongoing eligibility for MaineCare (Medicaid). They offer programs such as Temporary Assistance for Needy Families (TANF) and the Supplemental Nutrition Assistance Program (SNAP).

**General Assistance Programs**

General Assistance programs are provided through local town offices and can help with the cost of basic necessities such as rent/mortgage, food, heat/electricity, household supplies, clothing, and work-related expenses. To apply for General Assistance, call or visit your local town office and ask for a General Assistance application.

### My Maine Connection

Toll-free: 855-797-4357

For help logging into your 'My Maine Connection' account: MMCHelp.DHHS@maine.gov

Website: mymaineconnection.gov

My Maine Connection is a self-service portal used by the state of Maine to provide residents with state benefits including MaineCare, Temporary Assistance for Needy Families (TANF), and Supplemental Nutrition Assistance Program (SNAP). There is a pre-screening tool on the portal to check for potential eligibility for state benefits. You can apply for state benefits through this portal, access forms, get status updates, and renew benefits. To learn how to create an account and use the portal, there is playlist of videos accessed through their website homepage.

## GROUP HOMES / SUPPORTED LIVING

In Maine, group homes and supported living for adults with brain injury are available; however, the options are limited. In order to qualify for this service, a person must have a 'funded offer' through one of MaineCare's Waiver programs, such as the Brain Injury Waiver Section 18. Another option is to pay privately for this service. For more information about the Brain Injury Waiver and group homes, please call the Brain Injury Information Helpline: 800-444-6443.

## HOUSING

### 211 MAINE

Phone: dial 211 or text your zip code to 898-211

Website: 211maine.org

211 Maine is a free, confidential information and referral service that connects people of all ages across Maine to local services. 211 Maine is based in Maine and available 24 hours a day, seven days a week. 211 can provide access to local emergency shelters; safe, affordable housing; new housing; energy and other utility assistance; financial support for home repairs; and support services for people who are currently homeless.

### MaineHousing – Subsidized Housing

Maine State Housing Authority

26 Edison Dr.

Augusta, ME 04330

Phone: 207-626-4600

Toll-free: 800-452-4668

Website: [mainehousing.org/programs-services/rental/subsidized-housing](http://mainehousing.org/programs-services/rental/subsidized-housing)

MaineHousing is an independent state agency that bridges public and private housing finance, combining them to benefit Maine's low and moderate-income people. In most cases, rent for these apartments are pre-set. In some cases, the tenant pays a portion of their income towards rent. Eligibility requirements and income limits vary by property.

### Maine Stream Finance by Penquis

Phone: 207-973-3500

Website: [mainestreamfinance.org](http://mainestreamfinance.org)

Housing counseling, pre-purchase counseling to buy a home, rental counseling, and home buyer education

### RENTAL HOUSING

#### Mainehousingsearch.org

Toll-free: 877-428-8844

Website: [mainehousingsearch.org](http://mainehousingsearch.org)

This is a free rental listing service. It is fast and easy to use and includes detailed listings with pictures, maps, and more. Listings are updated daily.

### SECTION 811 – Supportive Housing for Persons with Disabilities

Website: [Mainehousing.org/programs-services/rental/rentaldetail/section-811-pra](http://Mainehousing.org/programs-services/rental/rentaldetail/section-811-pra)

Applicants for Section 811 must be low-income, and the household must include at least one individual with a disability who is aged 18-62. Applicants must also be accepted for community-based, long-term care services through a MaineCare waiver.

### OTHER HOUSING RESOURCES

#### Welcome to Housing Home Goods Bank, Inc.

Old Town, ME

Phone: 207-745-1287

Website: [welcometohousing.com](http://welcometohousing.com)

They help individuals as they transition from area shelters to permanent housing by providing basic household items donated through the local community. They also help people displaced by fire and domestic violence. Requires a referral from a case worker or clergy.

#### Maine Needs

332 Forest Ave.

Portland, ME

Email: [info@maineneeds.org](mailto:info@maineneeds.org)

Website: [maineneeds.org/resources](http://maineneeds.org/resources)

Helps individuals and families in Maine meet their basic, material needs by providing donated clothing, household items, and other necessities. Requires a referral from a professional. Their resource page offers helpful links to many other organizations.

#### Maine Statewide Independent Living Council (Maine SILC)

Website: [mainesilc.org/resources/](http://mainesilc.org/resources/)

The Council's goal is to advance independent living. Resources include a downloadable handbook called 'My Own Front Door'. This functional handbook was developed by SILC to assist people with disabilities in becoming tenants and staying housed.

## LEGAL SERVICES

In the aftermath of a brain injury, it can be helpful to seek the advice of an attorney. Medical treatment, such as brain injury rehabilitation and long-term care services, are expensive and may span many years. Individuals and families must address and make decisions about financial issues, estate planning, establishing guardianship or power of attorney, and other issues.

*Appendix B is a guide to help with selecting legal representation*

### STATE OF MAINE JUDICIAL BRANCH

#### Maine Courts

Website: [courts.maine.gov/index.html](http://courts.maine.gov/index.html)

Find a Court by City/Town: [courts.maine.gov/courts/find-by-town.html](http://courts.maine.gov/courts/find-by-town.html)

Website includes information about court fees, forms, schedules and contact information.

### LEGAL SERVICES

#### Berman & Simmons Trial Attorneys

Free Case Review: 207-560-0731

Website: [bermansimmons.com](http://bermansimmons.com)

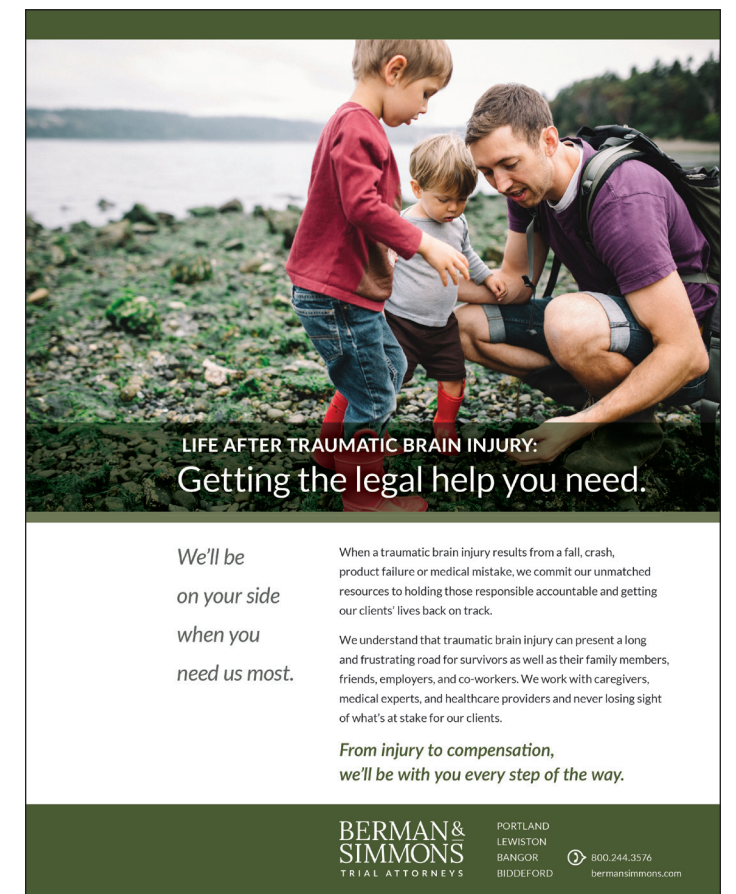
Practice specializes in personal injury law and provides representation for victims of brain injury in Maine.

#### Office Locations:

##### Bangor

23 Water St., Suite 208

Bangor, Maine 04401



**LIFE AFTER TRAUMATIC BRAIN INJURY:**  
Getting the legal help you need.

*We'll be on your side when you need us most.*

When a traumatic brain injury results from a fall, crash, product failure or medical mistake, we commit our unmatched resources to holding those responsible accountable and getting our clients' lives back on track.

We understand that traumatic brain injury can present a long and frustrating road for survivors as well as their family members, friends, employers, and co-workers. We work with caregivers, medical experts, and healthcare providers and never losing sight of what's at stake for our clients.

*From injury to compensation, we'll be with you every step of the way.*

**BERMAN & SIMMONS**  
TRIAL ATTORNEYS

PORTLAND  
LEWISTON  
BANGOR  
BIDDEFORD

800.244.3576  
[bermansimmons.com](http://bermansimmons.com)



**Biddeford**

11 Adams St., Suite C  
Biddeford, ME 04005

**Lewiston**

129 Lisbon St., P.O. Box 961  
Lewiston, ME 04243

**Portland**

85 Exchange St., 2nd Floor  
Portland, ME 04101

**Bernstein-Shur**

Website: [bernsteinshur.com](http://bernsteinshur.com)

Practice areas include litigation, estate and special needs planning.

**Office Locations:**

**Augusta**

45 Memorial Circle, Suite 301  
Augusta, ME 04330  
Phone: 207-623-1596

**Portland**

100 Middle St.  
Portland, ME  
Phone: 207-774-1200

**Lanman Rayne Nelson Reade**

Website: [lanmanrayne.com](http://lanmanrayne.com)

Practice areas include: estate and tax planning; special needs and settlement planning; guardianships and conservatorships; asset preservation and long term care planning. Serves greater Portland and the Lakes Region communities.

**Office Locations:**

**Bridgton**

103 Maine St., Suite 4  
Bridgton, ME 04009  
Phone: 207-647-8360

**Falmouth**

261 US Route 1, Suite 201  
Falmouth, ME 04105  
Phone: 207-671-5454

**Law Offices of Joe Bornstein**

Free Consultation: 207-360-8922

Website: [joebornstein.com](http://joebornstein.com)

Practice specializes in personal injury law.

**Office Locations:**

**Augusta**

State Street Plaza  
285 State St., #1  
Augusta, ME 04330  
Phone: 207-835-3342

**Bangor**

9 May St.  
P.O. Box 776  
Bangor, ME 04401  
Phone: 207-835-3463

**Biddeford**

193 Main St., Suite 105  
Biddeford, ME 04005  
Phone: 207-835-3423

**Lewiston**

157 Maine St.  
Lewiston, ME 04240  
Phone: 207-835-3216

**Portland**

5 Moulton St.  
Portland, ME 04101  
Phone: 207-835-3430

**Sanford**

913 Main St.  
Sanford, ME 04073  
Phone: 207-613-4153

**Windham**

17 Storm Dr.  
Windham, ME 04062  
Phone: 207-360-8973

**Levey Wagley Putman & Eccher**

161 Main St., 1-A  
Mailing: P.O. Box 7  
Winthrop, ME 04364  
Phone: 207-377-6966  
Website: [leveyandwagley.com](http://leveyandwagley.com)

Practice areas include long term care planning, estate planning, and special needs planning.

**Maine Elder Law Firm**

33 Mildred Ave.  
Bangor, ME 04401  
Phone: 207-947-6500  
Email: [info@maineelderlaw.com](mailto:info@maineelderlaw.com)  
Website: [maineelderlaw.com](http://maineelderlaw.com)

Practice areas include: asset protection; MaineCare planning and applications; special needs trusts; estate planning for parents of children with disabilities; and guardianship or conservatorship of individuals with disabilities.

**FREE AND LOW-COST LEGAL SERVICES**

**Cumberland Legal Aid Clinic (CLAC)**

Phone: 207-780-4370  
Toll-free: 877-780-2522 (outside greater Portland area)  
Website: [mainelaw.maine.edu/public-service/clac/](http://mainelaw.maine.edu/public-service/clac/)

CLAC is a program of the University of Maine School of Law in Portland. The Clinic provides legal assistance to low-income individuals with court matters in Androscoggin, Cumberland, Sagadahoc, and York counties. It also provides legal assistance to individuals incarcerated in the Maine State Prison system.

**Disability Rights Maine (DRM)**

160 Capitol St., Suite 4  
Augusta, ME 04330  
Phone: 207-626-2774  
Toll-free: 800-452-1948  
Website: [drme.org](http://drme.org)

DRM can provide individual representation to individuals with disabilities when their legal issue is related to their disability. Some areas where DRM might be able to assist individuals with brain injury include:

- Requesting reasonable accommodations in housing, employment, and other areas
- Advocating for termination of guardianships and/or alternatives to guardianship
- Providing advocacy to address rights violations

**Legal Services for the Elderly (LSE)**

5 Wabon St.  
Augusta, ME 04330  
Toll-free: 800-750-5353 (legal assistance or information)  
Maine Relay 711  
Website: [mainelse.org/content/legal-help](http://mainelse.org/content/legal-help)  
Elder Rights Handbook: [mainelse.org/handbook](http://mainelse.org/handbook)

Free legal advice for Maine residents aged 60 and older. Can help with legal problems such as MaineCare denials; elder abuse and financial exploitation; discharges from long-term care facilities (nursing homes); guardianship/conservatorship; and evictions.

**Maine State Bar Association**

Phone: 800-860-1460  
Email: [LRS@mainebar.org](mailto:LRS@mainebar.org)  
Website: [mainebar.community.lawyer](http://mainebar.community.lawyer)

Lawyer Referral Service: find the right lawyer for your situation. Fee is \$25 for a 30-minute consultation with a local lawyer.



**Injured?**  
**CALL-JOE**  
**Free Case Evaluation**

Our law firm has successfully represented hundreds of Mainers suffering from concussions and traumatic brain injuries.

**LAW OFFICES OF**  
**JOE BORNSTEIN**  
**PERSONAL INJURY ATTORNEYS**

**207-CALL-JOE**  
[joebornstein.com](http://joebornstein.com)

MOTOR VEHICLE ACCIDENTS • SERIOUS INJURIES • WRONGFUL DEATH

**Maine Volunteer Lawyers Project**

Southern Maine: 800-442-4293

Northern Maine: 888-956-4276

Email: [intake@vlp.org](mailto:intake@vlp.org) (new client seeking legal assistance)Website: [vlp.org/for-those-seeking-legal-assistance](http://vlp.org/for-those-seeking-legal-assistance)

Free legal assistance for low-income Maine residents. Works with civil legal issues only. Legal services are provided by volunteer attorneys and community members, supported and supervised by a small staff. Fill out an intake request form online.

**Pine Tree Legal Assistance (PTLA)**

Phone: 207-774-8211

Website: [ptla.org](http://ptla.org)Court Forms: [ptla.org/all-court-forms](http://ptla.org/all-court-forms)

PTLA provides free civil legal advice for low-income individuals and conducts courthouse assistant programs at some courts. They are not able to help with criminal or family law cases.

**Office locations:****Androscoggin, Oxford & Franklin Counties**

95 Park St., Suite 301

P.O. Box 398

Lewiston, ME 04243

Phone: 207-784-1558

**Aroostook County**

373 Main St.

Presque Isle, ME 04769

Phone: 207-764-4349

**Cumberland & York Counties**

88 Federal St.

Portland, ME 04101

Phone: 207-774-8211

**Washington & Hancock Counties**

13 Cooper St.

P.O. Box 278

Machias, ME 04654

Phone: 207-255-8656

**Penobscot, Piscataquis, & Waldo Counties**

115 Main St., 2nd floor

Bangor, ME 04401

Phone: 207-942-8241

**Kennebec, Somerset, Knox & Lincoln Counties**

39 Green St.

P.O. Box 2429

Augusta, ME 04338

Phone: 207-622-4731

**LEGAL ASSISTANCE FOR PRIVATE INSURANCE DENIALS****Consumers for Affordable Health Care (CAHC) Health Law Program**

Consumer Assistance Helpline: 800-965-7476

Website: [mainecahc.org/our-services/consumer-assistance-program/](http://mainecahc.org/our-services/consumer-assistance-program/)Guide to Maine Health Care: [mainecahc.org/guide-to-maine-health-care/](http://mainecahc.org/guide-to-maine-health-care/)Insurance Appeal Guide: [mainecahc.org/wp-content/uploads/2016/09/Appeals-Guide.pdf](http://mainecahc.org/wp-content/uploads/2016/09/Appeals-Guide.pdf)

Provides legal assistance in filing appeals for insurance claim denials and resolving other disputes with private health insurance companies.

**MEDICAL EQUIPMENT & SUPPLIES****Black Bear Medical**

275 Marginal Way

Portland, ME 04101

Phone: 207-871-0008

Toll-free: 800-577-1365

Website: [blackbearmedical.com](http://blackbearmedical.com)Online product catalog: [hmecatalog.com](http://hmecatalog.com)**Kennebec Pharmacy**

Toll-free: 888-463-8083

Website: [kennebecpharmacy.com](http://kennebecpharmacy.com)

Pharmacy and home medical equipment provider. Also carries a diverse line of respiratory therapy supplies including CPAP and BiPAP.

**Locations:****Auburn**

219 Mt Auburn Ave., Suite B

Auburn, ME 04210

Phone: 207-626-2120

**Augusta**

43 Leighton Rd.

Augusta, ME 04330

Toll-free: 888-463-8083

**Brunswick**

121 Medical Center Dr., Suite G-500

Brunswick, ME 04011

Phone: 207-729-3642

**Rockport**

839 Commercial St.

Rockport, ME 04856

Phone: 207-594-0888

**South Portland**

12 Atlantic Pl.

South Portland, ME 04106

Phone: 207-626-2130

**Partners for World Health (PWH)***Medical Supply Program*

40 Walch Dr.

Portland, ME 04103

Medical Supply Requests: 207-705-9020

Email: [medicalsupplies@partnersforworldhealth.org](mailto:medicalsupplies@partnersforworldhealth.org)Website: [partnersforworldhealth.org/medical-supplies](http://partnersforworldhealth.org/medical-supplies)

PWH is a mostly volunteer organization that offers a wide variety of medical supplies and durable medical equipment for purchase at reduced rates. You must make an appointment with an MSP Coordinator. MSP is not a retail store and drop-ins are not available.

**Maine Brain Injury  
INFORMATION CENTER****1-800-444-6443**[www.biausa.org/maine](http://www.biausa.org/maine)[MaineBrainInjury@biausa.com](mailto:MaineBrainInjury@biausa.com)**NEUROFEEDBACK**

Neurofeedback is also known as electroencephalogram (EEG) feedback. This is a therapeutic intervention using a computer-based program that assesses brainwave activity and then uses sound or visual signals to help people learn to regulate and improve their brain function after a brain injury.

**Peak Neurotherapy***Eric Heinz, LCPC, LADC*

110 Auburn St.

Portland, ME 04103

Phone: 207-807-9210

Email: [eric@peakneurotherapy.com](mailto:eric@peakneurotherapy.com)Website: [peakneurotherapy.com](http://peakneurotherapy.com)**NEUROLOGIC MUSIC THERAPY**

Neurologic Music Therapy (NMT) uses elements of music such as rhythm, melody, dynamics, and tempo. NMT can improve speech and memory, increase attention span, relieve pain and expand/improve movement.

**“Be Your Note” Music Therapy Services***Patricia Mulholland, MA, MT-BC, NMT*

7 Evergreen Dr.

Arundel, ME 04046

Phone: 207-467-3372

Website: [beyournote.com](http://beyournote.com)**Maine Music & Health, LLC***Kate Beever, MA, MT-BC*

Portland, ME

Phone: 207-233-8734

Email: [kate@mainemusicandhealth.com](mailto:kate@mainemusicandhealth.com)Website: [mainemusicandhealth.com/inpatientservices](http://mainemusicandhealth.com/inpatientservices)

Focus is on patients with brain injury, cancer, dementia, and developmental disabilities. Offers bedside sessions, small group sessions, co-treat options with occupational therapists, and speech therapists



### MedRhythms Therapy

P.O. Box 7944  
Portland, ME 04101  
Phone: 781-629-9713  
Email: [hello@medrhythmstherapy.com](mailto:hello@medrhythmstherapy.com)  
Website: [medrhythmstherapy.com](http://medrhythmstherapy.com)  
Teletherapy option: [medrhythmstherapy.com/teletherapy](http://medrhythmstherapy.com/teletherapy)

MedRhythms provides NMT services for Spaulding Rehabilitation in Massachusetts. If you are interested in outpatient NMT services through Spaulding Rehabilitation Hospital, visit Spaulding's website: [spauldingrehab.org/conditions-services/music-therapy](http://spauldingrehab.org/conditions-services/music-therapy)

## NEUROLOGISTS

Neurologists diagnose and treat disorders of the nervous system which includes the brain, spinal cord, and peripheral nerves. A neurologist will help identify the cause of symptoms and create a treatment plan. A treatment plan may include medication, therapies, and/or referral to other specialists if appropriate.

### AUGUSTA

#### MaineGeneral Neurology

15 Enterprise Dr.  
Augusta, ME 04330  
Phone: 207-621-9550  
Website: [mainegeneral.org/medical-services/neurology](http://mainegeneral.org/medical-services/neurology)

### BANGOR

#### Northern Light Neurology

905 Union St., Suite 9  
Bangor, ME 04401  
Phone: 207-947-0558  
Website: [northernlighthealth.org/Services/Neurology](http://northernlighthealth.org/Services/Neurology)

#### Northern Light Pediatric Neurology

417 State St.  
Webber East, Suite 305  
Bangor, ME 04401  
Phone: 207-275-4290

### BRUNSWICK

#### MidCoast Hospital Neurology

81 Medical Center Dr., Suite 1300  
Brunswick, ME 04011  
Phone: 207-373-6099  
Website: [mainehealth.org/Mid-Coast-Hospital/Services/Neurology](http://mainehealth.org/Mid-Coast-Hospital/Services/Neurology)

### LEWISTON

#### Central Maine Neurology

10 High St., Suite 204  
Lewiston, ME 04240  
Phone: 207-795-2927  
Website: [cmhc.org](http://cmhc.org)

#### St. Mary's Neurology Associates

99 Campus Ave., Suite 402  
Lewiston, ME 04240  
Phone: 207-777-4455  
Website: [stmarysmaine.com/services/neurology/](http://stmarysmaine.com/services/neurology/)

### ROCKPORT

#### Pen Bay Neurology & Stroke Center

4 Glen Cove Dr., Suite 102  
Rockport, ME 04856  
Phone: 207-301-5757  
Website: [mainehealth.org/Pen-Bay-Medical-Center/Services/Neurology-Stroke-Center/](http://mainehealth.org/Pen-Bay-Medical-Center/Services/Neurology-Stroke-Center/)

### SCARBOROUGH

#### Maine Medical Partners Neurology

92 Campus Dr., Suite B  
Scarborough, ME 04074  
Phone: 207-883-1414  
Website: [mainehealth.org/Maine-Medical-Center/Services/Neuro/neurology](http://mainehealth.org/Maine-Medical-Center/Services/Neuro/neurology)

### SOUTHERN MAINE – BIDDEFORD & SANFORD

#### Southern Maine Healthcare Neurology

Website: [mainehealth.org/Southern-Maine-Health-Care/Services/Neurology-Services](http://mainehealth.org/Southern-Maine-Health-Care/Services/Neurology-Services)

### Office Locations:

46 Barra Rd., Suite 101  
Biddeford, ME 04005  
Phone: 207-282-5509

25 A June St., Suite 011  
Sanford, ME 04073  
Phone: 207-282-5509

### SKOWHEGAN

#### Redington-Fairview General Hospital - Neurology

46 Fairview Ave.  
P.O. Box 468  
Skowhegan, ME 04976  
Phone: 207-474-5121  
Website: [rfgh.net/services/redington-neurology.xhtml](http://rfgh.net/services/redington-neurology.xhtml)

### WATERVILLE

#### Northern Light Inland Hospital - Neurology

180 Kennedy Memorial Dr.  
Medical Arts Building, Suite 201  
Waterville, ME 04901  
Phone: 207-861-7050  
Website: [northernlighthealth.org/Our-System/Inland-Hospital/Locations/Neurology](http://northernlighthealth.org/Our-System/Inland-Hospital/Locations/Neurology)

### YORK

#### Neurology Associates of York Hospital

233 York St., Suite A  
York, ME 03909  
Phone: 207-351-3987  
Website: [yorkhospital.com/practice-locations/neurology-associates/](http://yorkhospital.com/practice-locations/neurology-associates/)

## NEUROPSYCHOLOGISTS

A neuropsychologist is a psychologist with specialized training in the relationships between the brain and behavior. Neuropsychological evaluation is often recommended after a brain injury to identify strengths and weaknesses in a person's thinking skills. This type of comprehensive evaluation is useful in identifying an appropriate rehabilitation treatment plan and in tracking progress in rehabilitation.

### BANGOR

#### Neuropsychology Service, PA

277 State St., Suite 2A  
Bangor, ME 04401-5440  
Phone: 207-990-2580  
Website: [neuropsychology-service.com](http://neuropsychology-service.com)

#### Northern Light Acadia Hospital

*Dr. Anthony Podraza*  
268 Stillwater Ave.  
Bangor, ME 04401  
Phone: 207-973-6100

#### Northern Light Neuropsychology

417 State St., Suite 209  
Webber Medical Building East  
Bangor, ME 04401  
Phone: 207-973-5831  
Email: [emmcneuropsychology@northernlight.org](mailto:emmcneuropsychology@northernlight.org)  
Website: [northernlighthealth.org](http://northernlighthealth.org)

### BIDDEFORD

#### SlapShelton Neuropsychology Group

*Laura Slap Shelton, Psy.D.*  
28 West Cole Rd., Suite 101  
Biddeford, ME 04005  
Phone: 207-294-7471  
Website: [slapsheltonneuropsychologygroup.com](http://slapsheltonneuropsychologygroup.com)

### FREEPORT

#### Shoreline Neurobehavioral Services, LLC

*Austin Errico, Ph.D., CBIST, QBISP-T*  
*Cara Orton, Psy.D., CBIS*  
45 Cunningham Rd.  
Freeport, ME 04032  
Dr. Orton phone: 207-956-1386  
Dr. Errico email: [draustinerrico@gmail.com](mailto:draustinerrico@gmail.com)

### PORTLAND

#### Charles Whitehead, Ph.D.

94 Auburn St., Suite 109  
Portland, ME 04103  
Phone: 207-842-9288

Neuropsychological Evaluations, ages 6-25

**Maine Medical Partners Neurology**

*Clinical Neuropsychology*  
92 Campus Dr., Suite B  
Scarborough, ME 04074  
Phone: 207-883-1414

**ROCKPORT/YARMOUTH****Neuropsychology and Concussion Management Associates, PA**

*Kendra L. Bryant, Ph.D., ABPP*

All written correspondence:  
P.O. Box 1145, Rockport, ME 04856  
Phone for both locations: 207-594-2952  
Website: ncmamaine.com

**Office Locations:**

220 Union St. (Entrance on Huse St.)  
Rockport, ME 04856  
40 Forest Falls Dr., Suite 1  
Yarmouth, ME 04096

**Yarmouth**

*David Marks, Ph.D.*  
251 Main St., Suite 1  
Yarmouth, ME 04096  
Phone: 207-747-5528

*Howard Kessler, Ph.D.*  
46 Maine St.  
Yarmouth, ME 04096  
Phone: 207-846-3023

**NeurConnections, LLC**

*Maureen Sanford, Psy.D.*  
701 US Route 1. Suite 2A  
Yarmouth, ME 04096  
Phone: 207-352-5011  
Email: drsanford@neuroconnectionsllc.com  
Website: neuroconnectionsllc.com

**OTHER RESOURCES****102 Outpatient NeuroRehabilitation Clinics**

These clinics may have a neuropsychologist who is connected with the clinic and who provides evaluation and treatment for prospective and current clients. For a list of 102 Outpatient Neurorehabilitation Clinics, refer to the 'Rehabilitation' section of this Directory.

**PHYSIATRISTS**

A physiatrist is a doctor of Physical Medicine and Rehabilitation (PM&R). Physiatrists often serve as the leader of a rehabilitation treatment team and make referrals to various therapies and medical specialists as needed. Physiatrists work to enhance and restore functional ability and quality of life to individuals with physical impairments and other disabilities.

**Maine General Physiatry**

442 Civic Center Dr.  
Augusta, ME 04330  
Phone: 207-624-4800

**Maine Medical Center/Maine Medical Partners**

*Stephanie C. Chan, M.D.*  
92 Campus Dr., Suite A  
Scarborough, ME 04074  
Phone: 207-885-0011

**PHYSICAL THERAPY****Maine Strong Balance Center**

Website: mainestrongbalancecenter.com/

**Office Locations:****SACO**

**Saco Balance Center**  
15 Lund Rd Unit 104  
Saco, ME 04072  
Phone: 207-494-8029

**SCARBOROUGH**

**Scarborough Balance Center**  
400 Enterprise Dr., Suite 4  
Scarborough, ME 04074  
Phone: 207-303-0612

**SOUTH PORTLAND**

**South Portland Balance Center**  
380 Western Ave.  
South Portland, ME  
Phone: 207-303-0038

**Mountain Range of Motion, LLC**

*Jessica Buja, PT, DPT, QBISP*  
1120 Thurston Hill Rd.  
Madison, ME 04950  
Phone: 207-696-3688  
Website: mountainrangeofmotion.com  
Telehealth Physical Therapy & Wellness

**PRESCRIPTION DRUG DISCOUNT PROGRAMS****Maine Department of Health and Human Services (DHHS)**

*MaineCare Pharmacy Help Desk*  
Toll-free: 866-796-2463  
TTY/TDD: 207-287-1828  
Website: www.maineicarepdl.org

Maine offers two prescription drug assistance programs for its residents: Maine Rx Plus and the Maine Low-Cost Drug Program for the Elderly and Disabled (DEL). To view eligibility requirements and to apply, go to: mymaineconnection.gov, visit a local Maine Department of Health and Human Services Office or call the MaineCare Pharmacy Help Desk at 866-796-2463.

**ADDITIONAL RESOURCES****Kennebec Pharmacy's Pouch Program - Kennepac**

Phone: 207-626-9066  
Website: kennebecpharmacy.com/kennepac

**Maine Consumers for Affordable Health Care**

Toll-free: 800-965-7476  
Website: mainecahc.org/guide-to-maine-health-care/other-helpful-programs/help-paying-for-prescriptions

**MedAccess Prescription Assistance Program**

Phone: 207-662-7968  
Toll-free: 877-275-1787  
Website: mainehealth.org/Patients-Visitors/Billing-Insurance/Financial-Assistance/MedAccess

Funded by MaineHealth and offered through local hospitals, the MedAccess program helps patients and healthcare providers find low-cost prescription drug

options. Programs such as pharmaceutical companies' patient assistance programs, low-cost generic programs, Medicare Part D, and state and local prescription programs can help save on medication costs.

**PSYCHIATRISTS & NEUROPSYCHIATRISTS****PSYCHIATRISTS**

A psychiatrist is a medical doctor who treats mental health conditions. A psychiatrist can prescribe medication and may provide counseling. It can be difficult to find a psychiatrist with knowledge of brain injury.

**Jeffrey S. Barkin, M.D., P.A.**

97A Exchange St., Suite 401  
Portland, ME 04101  
Phone: 207-775-2244

**NEUROPSYCHIATRISTS**

A neuropsychiatrist is a psychiatrist with specialized training in neurology. A neuropsychiatrist focuses on evaluating and treating the challenging symptoms that can accompany brain injury.

**Portland Cognitive & Behavioral Neurology**

*Alyson Maloy, M.D.*  
449 Forest Ave., Suite 214  
Portland, ME 04101  
Phone: 207-222-3021

**RECREATION****Access Navigators**

273 Corporate Dr.  
Portsmouth, NH 03801  
Phone: 603-436-2551  
Email: info@accessnavigators.com  
Website: accessnavigators.com

An online guide with accessibility information for local restaurants and cultural attractions.



**Adaptive Outdoor Education Center**

3000 Outdoor Center Rd.  
Carrabassett Valley, ME 04947  
Phone: 207-237-2676  
Website: [adaptiveoutdooreducationcenter.org](http://adaptiveoutdooreducationcenter.org)

Additional, fully accessible locations in Brunswick and Dedham

**Aphasia Center of Maine**

675 Old Portland Rd.  
Brunswick, ME 04011  
Phone: 207-415-3133  
Email: [info@aphasiacenterofmaine.org](mailto:info@aphasiacenterofmaine.org)  
Website: [aphasiacenterofmaine.org](http://aphasiacenterofmaine.org)

Provides recreational, educational, and emotional support to those affected by aphasia.

**Camp CaPella**

8 Pearl Point Rd.  
Dedham, ME 04429  
Phone: 207-843-5104  
Email: [info@campcapella.org](mailto:info@campcapella.org)  
Website: [campcapella.org](http://campcapella.org)

Daytime and overnight week-long camping for all ages. Activities include boating, swimming, fishing, games, arts, crafts, and dance. Operates June-August.

**Complimentary Fishing License**

A complimentary fishing license may be issued to any person with a brain injury. This license is good for the lifetime of the holder. Contact the Maine Department of Inland Fisheries and Wildlife.

**Maine Department of Inland Fisheries and Wildlife**

Physical Address: 353 Water St.  
Mailing Address: 41 State House Station  
Augusta, ME 04333  
Phone: 207-287-8000  
Link to Application Form: [maine.gov/ifw/docs/Complimentary%20Application.pdf](http://maine.gov/ifw/docs/Complimentary%20Application.pdf)

**Love Your Brain Foundation**

Email questions to: [info@loveyourbrain.com](mailto:info@loveyourbrain.com)  
Website: [loveyourbrain.com](http://loveyourbrain.com)

A nonprofit organization that aims to improve quality

of life for people affected by brain injury and to raise awareness about the importance of brain health. Offers free six-week interactive, online programs over Zoom, including yoga and mindfulness programs for brain injury survivors and their caregivers.

**Maine Adaptive Sports and Recreation**

2 Main St. / P.O. Box 853  
Bethel, ME 04217  
Phone: 207-824-2440  
Email: [info@maineadaptive.org](mailto:info@maineadaptive.org)  
Website: [maineadaptive.org](http://maineadaptive.org)

Year-round, free adaptive recreational programs

**Pine Tree Society/Pine Tree Camp**

114 Pine Tree Camp Rd.  
Rome, ME 04963  
Phone: 207-386-5990  
Email: [ptcamp@pinetreesociety.org](mailto:ptcamp@pinetreesociety.org)  
Website: [pinetreesociety.org/camp-home/](http://pinetreesociety.org/camp-home/)

Camping experience for children and adults. Activities include swimming, hiking on accessible nature trails, drama, arts and crafts, archery, tennis, basketball on accessible courts, kayaking, and fishing.

**Portland Wheelers**

P.O. Box 11314  
Portland, ME 04104  
Phone: 207-400-9370  
Email: [info@portlandwheelers.org](mailto:info@portlandwheelers.org)  
Website: [portlandwheelers.org](http://portlandwheelers.org)

Provides experiences for people unable to ride a bike by themselves. Their program gets people outdoors for therapeutic recreation, socialization, and adventure. Rides are free.

**Spark Dance Program**

37 W. Chops Point Rd.  
Bath, ME 04530  
Phone: 207-798-1995  
Website: [sparkdanceprogram.org](http://sparkdanceprogram.org)

**NEW HAMPSHIRE RECREATION PROGRAMS OPEN TO MAINE RESIDENTS****The Krempels Brain Injury Foundation (KBIC)**

100 Campus Dr., Suite 24  
Portsmouth, NH 03801  
Phone: 603-570-2026  
Website: [krempelscenter.org](http://krempelscenter.org)

**Northeast Passage**

121 Technology Dr., Suite 161  
Durham, NH 03824  
Phone: 603-862-0070  
Website: [nepassage.org](http://nepassage.org)

Nonprofit organization through the University of New Hampshire's College of Health and Human Services. Services include community-based recreational therapy, private therapeutic recreation services, equipment rentals, and trip facilitation.

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**REHABILITATION**

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Following a brain injury, rehabilitation can take place in various settings. The type of rehabilitative program will depend on the severity of injury and the person's ability to participate in the program. Typically, a patient's doctor or treatment team will advise, or refer, a person to the most appropriate rehabilitation setting. Be aware that insurance plans will differ in the number of days/sessions of rehabilitation covered. It is advisable to call the person's health insurance provider and ask about coverage limits.

**ACUTE / IN-PATIENT REHABILITATION**

Acute/inpatient rehabilitation is an intensive form of medical rehabilitation provided in a special unit of a trauma hospital or a rehabilitation hospital. This type of rehabilitation begins as soon as possible after injury. Once a person is medically stable, a team of health professionals work with the patient to regain activities of daily living. Activities of daily living include dressing, eating, using the bathroom, walking, and speaking. This type of intensive rehabilitation is not intended to be long-term. Insurance coverage limitations will

dictate length of stay. In Maine, the location of acute/inpatient rehabilitation is typically linked to the hospital where a person is admitted after injury.

To locate acute care hospitals, you can use this website tool through the state of Maine: [gateway.maine.gov/dhhs-apps/aspen/](http://gateway.maine.gov/dhhs-apps/aspen/)

**POST-ACUTE REHABILITATION**

Post-acute rehabilitation provides continued intensive therapies for people who are not able to return home after discharge from a hospital. The goal of post-acute rehabilitation is to help a person become as independent as possible. The focus of therapies is to optimize day-to-day functioning for safe return to home. Length of stay is variable, depending on a person's needs. Insurance coverage limitations will influence length of stay. In Maine, there are two skilled nursing facilities that offer specialized post-acute brain injury and stroke rehabilitation programs.

**Brewer Center for Health & Rehabilitation**

Brain Injury and Stroke Program  
74 Parkway S  
Brewer, ME 04412  
Phone: 207-989-7300  
Website: [brewercenterrehab.com/acquired-brain-injury-stroke-program/](http://brewercenterrehab.com/acquired-brain-injury-stroke-program/)

**River Ridge Center, A Genesis HealthCare facility**

3 Brazier Ln.  
Kennebunk, ME 04043  
Phone: 207-985-3030  
Website: [genesishcc.com/riverridge](http://genesishcc.com/riverridge)

**HOME HEALTHCARE**

Home health care is provided by certified home health agencies and can include a combination of the following services: nursing, medical social work, rehabilitation therapies (physical, occupational, and speech), and personal care. To locate a licensed home healthcare agency in your area, you can use the following link or call your local Aging and Disability Resource Center (ADRC) to request a list of home healthcare providers.

### State of Maine Division of Licensing and Certification

Link: <https://gateway.maine.gov/dhhs-apps/aspen/>

Select 'Home Health Care', then select 'Home Health Agency', and your county.

### Aging and Disability Resource Center (ADRC)

To locate your local ADRC, refer to the section in this Directory titled 'Aging and Disability Resource Centers' or call the ADRC general number: 877-353-3771

### OUTPATIENT REHABILITATION

After a person has returned home, continued rehabilitation can be accessed through outpatient services. Outpatient rehabilitation goals are person-centered with a focus on improving cognitive, physical and/or communication skills. Typically, a person will travel to an outpatient clinic for these therapies. Insurance limits will apply to the number of outpatient therapy sessions a person can receive.

### 102 NeuroRehabilitation Clinics (Section 102 Clinics)

There are eight Section 102 outpatient neurorehabilitation treatment clinics throughout the state of Maine. These clinics are paid for through MaineCare to offer physical, occupational, and speech therapies along with other services to help individuals living with a brain injury recover their physical, communicative, and cognitive abilities. Individuals who are not eligible for MaineCare may also receive services from the 102 Clinic programs. Call the clinic in your area and ask if they take your insurance plan.

### Center for Integrated Neuro-Rehab (CINR)

159 Bennett Dr., Suite 1  
Caribou, ME 04736  
Phone: 207-498-3820  
Website: [amhc.org](http://amhc.org)

### Goodwill NeuroRehab Services

#### Office Locations:

#### Scarborough

8 Science Park Rd.  
Scarborough, ME 04074  
Phone: 207-761-8402  
Website: [goodwillnne.org/neurorehab](http://goodwillnne.org/neurorehab)

#### Lewiston

618 Main St.  
Lewiston, ME 04240  
Phone: 207-795-6110  
Website: [goodwillnne.org/neurorehab](http://goodwillnne.org/neurorehab)

### Maine Center for Integrated Rehabilitation (MCIR)

#### Office Locations:

#### Brewer

Twin City Plaza  
248 State St.  
Brewer, ME 04412  
Phone: 207-989-2034  
Website: [rehabwithoutwalls.com/maine](http://rehabwithoutwalls.com/maine)

#### Fairfield

95 Skowhegan Rd.  
Fairfield, ME 04937  
Phone: 207-453-1330  
Website: [rehabwithoutwalls.com/maine](http://rehabwithoutwalls.com/maine)

#### Rockland

91 Camden St., Suite 107  
Rockland, ME 04841  
Phone: 207-596-0133  
Website: [rehabwithoutwalls.com/maine](http://rehabwithoutwalls.com/maine)

### NeuroRestorative Maine – Standish

Toll-free: 800-743-6802  
Website: [neurorestorative.com](http://neurorestorative.com)

### RiverRidge Center

3 Brazier Ln.  
Kennebunk, ME 04043  
Phone: 207-985-3030  
Website: [genesishcc.com/RiverRidge](http://genesishcc.com/RiverRidge)

### OTHER OUTPATIENT PROVIDERS

#### Ageility

75 State St.  
Portland, ME 04101  
Phone: 207-805-9161  
Website: [ageility.com/locations/me/ageility-75-state-street/](http://ageility.com/locations/me/ageility-75-state-street/)

Provides Occupational Therapy, Physical Therapy and Speech Therapy

### Central Maine Therapy Services

Trolley Bldg.  
77 Bates St.  
Lewiston, ME 04240  
Phone: 207-795-2122  
Website: [cmhc.org/location/central-maine-therapy-services/](http://cmhc.org/location/central-maine-therapy-services/)

Provides Occupational Therapy, Physical Therapy and Speech Therapy

### Fox Rehabilitation Services

245 Commercial St., Suite 245  
Portland, ME 04101  
Toll-free: 877-407-3422  
Website: <https://www.foxrehab.org>

Provides Occupational Therapy, Physical Therapy and Speech Therapy

### MaineGeneral Outpatient Rehabilitation

Website: [mainegeneral.org/medical-services/rehabilitation-services/neurological-rehabilitation/](http://mainegeneral.org/medical-services/rehabilitation-services/neurological-rehabilitation/)

#### Office Locations:

#### Augusta

15 Enterprise Dr., Suite 100  
Augusta, ME 04330  
Phone: 207-621-7500

Provides Occupational Therapy, Physical Therapy and Speech Therapy



 **ACADEMY OF CERTIFIED  
BRAIN INJURY  
SPECIALISTS**  
A program of the Brain Injury Association of America

**NOW AVAILABLE  
BRAIN INJURY  
FUNDAMENTALS**

**LEARN MORE AT [BIAUSA.ORG/FUNDAMENTALS](http://BIAUSA.ORG/FUNDAMENTALS)**





## THE EXTRAORDINARY POWER OF TRUST

At our hospital, we're passionate about helping patients get back to what matters most. It's why we're **the trusted choice in rehabilitation services.**



nerhp.com

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### Manchester

40 Granite Hill Rd.  
Manchester, ME 04351  
Phone: 207-626-7222

Provides Physical Therapy and Occupational Therapy only

### Oakland

107 First Park Dr.  
Oakland, ME 04963  
Phone: 207-873-8140

### New England Rehabilitation Hospital of Portland Outpatient

335 Brighton Ave.  
Portland, ME 04102  
Phone: 207-662-8377  
Website nerhp.org

Provides Occupational Therapy, Physical Therapy and Speech Therapy

### Northern Light Rehabilitation

900 Hammond St.  
Bangor, ME 04401  
Phone: 207-973-6356  
Website: <https://northernlighthealth.org/Our-System/Eastern-Maine-Medical-Center/Care-Centers-Services/Rehabilitation>

Provides Occupational Therapy, Physical Therapy and Speech Therapy

### Rehab Without Walls – Home & Community Rehab Services

24 West Cole Rd., Suite 102  
Biddeford, ME 04005  
Phone: 207-282-3980  
Website: [rehabwithoutwalls.com](http://rehabwithoutwalls.com)

Provides services in-home, in community and in outpatient care settings. Provides Occupational Therapy, Physical Therapy and Speech Therapy. Serves York, Cumberland and parts of Androscoggin and Sagadahoc counties

### Saco Bay Orthopaedic and Sports Physical Therapy Neurologic Multidisciplinary Center

1274 Congress St., Third Floor  
Portland, ME 04102  
Phone: 207-888-0900  
Website: [sacobaypt.com](http://sacobaypt.com)

Provides Occupational Therapy, Physical Therapy and Speech Therapy

### NEW HAMPSHIRE

### The Northeast Rehabilitation Hospital Network Brain Injury Rehabilitation Center

General number: 603-893-2900  
Website: [northeastrehab.com/services/brain-injury-rehabilitation/](http://northeastrehab.com/services/brain-injury-rehabilitation/)

Northeast Rehabilitation hospitals offer a Brain Injury Recovery Program that includes comprehensive acute inpatient rehabilitation services and medical management to individuals who have had a brain injury. Their hospitals serve Maine residents and accept most Maine insurances.

### Locations:

#### Portsmouth, NH

**Northeast Rehabilitation Hospital at Pease**  
105 Corporate Dr.  
Pease International Tradeport  
Portsmouth, NH 03801  
Phone: 603-501-5500  
Website: [northeastrehab.com](http://northeastrehab.com)

#### Salem, NH

70 Butler St.  
Salem, NH 03079  
Phone: 603-893-2900  
Website: [northeastrehab.com](http://northeastrehab.com)

#### Nashua, NH

SNHMC West Campus  
29 Northwest Blvd.  
Nashua, NH 03063  
Phone: 603-689-2400  
Website: [northeastrehab.com](http://northeastrehab.com)



## COMPREHENSIVE BRAIN INJURY CARE



*"I have to give it to them...they're all so good. The entire team. They all cared so much."  
- Jenna*

### OUR HOSPITALS HAVE EARNED DISEASE-SPECIFIC CARE CERTIFICATION IN BRAIN INJURY AND STROKE REHABILITATION

**Certified Brain Injury Specialists  
Patient and Family Education Programs**

**Acute Inpatient Rehabilitation Hospitals**  
Portsmouth, NH | Salem, NH | Nashua, NH | Manchester, NH

**20+ Outpatient Clinics**  
NH Seacoast, Southern NH and the Merrimack Valley in MA



**For more info, call (603) 893-2900  
or visit [www.NortheastRehab.com](http://www.NortheastRehab.com)**

*Rebuilding lives through hope, compassion and dedication to excellence.*

### Manchester, NH

1 Elliot Way, 7th Floor  
Manchester, NH 03103  
Phone: 603-663-7700  
Website: [northeastrehab.com](http://northeastrehab.com)

### The David Krempels Brain Injury Center (KBIC)

100 Campus Drive, Suite 24  
Portsmouth, NH 03801  
Phone: 603-570-2026  
Website: [kbicenter.org](http://kbicenter.org)

KBIC is a nonprofit organization that offers in-person and online post-rehab community-based programming to survivors of acquired brain injury. Programming is available to Maine residents.

## SERVICES FOR PEOPLE WHO HAVE VISUAL OR HEARING IMPAIRMENTS

### BLIND AND VISUALLY IMPAIRED

#### Catholic Charities Maine

P.O. Box 10660  
Portland, ME 04104-6060  
Phone: 207-781-8550  
Email: [info@CCMaine.org](mailto:info@CCMaine.org)  
Website: [ccmaine.org/education-services-for-blind-and-visually-impaired-children](http://ccmaine.org/education-services-for-blind-and-visually-impaired-children)  
Education services for blind and visually impaired children.

#### The Iris Network

189 Park Ave.  
Portland, ME 04102  
Phone: 207-774-6273  
Website: [theiris.org](http://theiris.org)

Assistive technology for persons who have visual impairments or blindness

#### Library for the Blind and Physically Handicapped

64 State House Station  
Augusta, ME 04333  
Phone: 207-287-5650  
Toll-free: 800-762-7106  
Website: [maine.gov/msl/outreach/lbph](http://maine.gov/msl/outreach/lbph)

Provides books by mail for homebound residents, National Federation of the Blind NFB-Newsline, large print books, talking books, online talkingbBooks, Braille and audio reading downloads

**Visually Impaired Support Team Alliance (VISTA)**

Contact: Linda Richards

Phone: 207-680-0290

Email: linsue1313@gmail.com

Supportive group that allows people with vision impairments to connect, network, and share resources. Group meets virtually via Zoom.

**DEAF AND HARD OF HEARING****Division for the Deaf, Hard of Hearing, and Late Deafened****Bureau of Rehabilitation Services**

Maine Department of Labor

150 State House Station

Augusta, ME 04333

Video Phone: 207-470-7668

Website: maine.gov/rehab/dod/index.shtml

**Disability Rights Maine**

Deaf Advocacy and Communication Access Program

1 Mackworth Island, Building C

Falmouth, ME 04105

Toll-free: 800-639-3884 (V/TTY)

Local Phone: 207-797-7656 (V/TTY)

Video Phone: 207-766-7111

Website: drme.org/deaf-services

**Hear ME Now!**

The Moog Center for Deaf Education

P.O. Box 896

Portland, ME 04104

Phone: 207-781-7199

Website: hear-me-now.org

Supports and advocates for families of children who are deaf or hard of hearing who choose listening and spoken language.

**The Maine Educational Center for the Deaf and Hard of Hearing**

Governor Baxter School for the Deaf

1 Mackworth Island

Falmouth, ME 04105

Phone: 207-781-3165

Video Phone: 207-449-1476

Website: mecdhh.org

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**SOCIAL SECURITY**

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**SOCIAL SECURITY ADMINISTRATION ASSISTANCE PROGRAMS (SSA)**

The Social Security Administration manages two cash benefit programs for people with disabilities: Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). SSDI provides disability insurance benefits for workers who have contributed to Social Security and become disabled or blind before reaching retirement age. SSI provides monthly cash income to low-income persons with limited work history and resources.

**National SSA Office**

Toll-free: 800-772-1213

TTY: 800-325-0778

Website: ssa.gov

Link to online forms: ssa.gov/forms

Link to Disability Starter Kits: ssa.gov/disability/disability\_starter\_kits.htm

**SSA OFFICES IN MAINE****Auburn**

600 Turner St., Suite 5

Auburn, ME 04210

Toll-free: 833-388-6432

TTY: 207-623-4190

**Augusta**

330 Civic Center Dr., Suite 4

Augusta, ME 04332

Toll-free: 866-882-5422

**Bangor**

202 Harlow St.

Room 10307

Bangor, ME 04401

Toll-free: 877-405-1448

TTY: 800-325-0778

**Portland**

1355 Congress St., Floor 2

Portland, ME 04102

Toll-free: 877-319-3076

TTY: 207-773-3981

**Presque Isle**

365 Main St.

Presque Isle, ME 04769

Toll-free: 866-837-2719

TTY: 800-325-0778

**Rockland**

169 Camden St.

Rockland, ME 04841

Toll-free: 855-269-9179

TTY: 207-594-4984

**Saco**

110 Main St., Suite 1450

Saco, ME 04072

Toll-free: 877-253-4715

TTY: 207-282-6404

**Waterville**

14 Colby St.

Waterville, ME 04901

Toll-free: 866-931-9169

TTY: 207-872-9230

**Portsmouth, NH**

215 Commerce Way, Suite 200

Portsmouth, NH 03801

Toll-free: 888-397-9796

TTY: 603-436-3086

Serves portions of Southern Maine including Kittery

**SOCIAL SECURITY REFERRAL ORGANIZATIONS****National Association of Disability Representatives (NADR)**

Free Hotline: 800-747-6131

Website: nadr.org – use online tool ‘Find a Representative’

Offers a free national referral service for Social Security claimants seeking representation and information about Social Security Disability, Continued Disability Renewals, and overpayment or underpayment problems.

**National Organization of Social Security Claimants Representation (NOSSCR)**

Referral Service line: 845-682-1881

Website: nosscr.org/referral-service/

The NOSSCR website has helpful information about Social Security including: Social Security basics, eligibility, process for initial application and what to do if you’ve been denied. They also have a Referral Service that connects callers with a private attorney in their area.

**SOCIAL SECURITY DISABILITY ATTORNEYS AND ADVOCATES IN MAINE****Able Disability Advocates**

Michael Milne

Phone: 207-324-2253

Website: ssrepresentative.com

**Advocacy Services for Social Security Claims and Appeals**

Mavis Patterson

25 Kelly Ct.

Sydney, ME 04330

207-948-1947

Email: pattersonmavis@aol.com

Advocate who assists individuals in applying for disability benefits and represents them before Social Security Administrative Law Judges at hearings. Member of NADR, is not an attorney.

**Law Offices of Russell J. Goldsmith**

Free Consultation: 800-773-8622

Website: russelljgoldsmith.com



**Office Locations:****Portland**

97 India St 2nd Floor  
Portland, ME 04101  
Phone: 207-774-6735

**York**

647 U.S. 1 #203  
York, ME 03909  
Phone: 207-363-1828

**Woodruff & Mathis**

*Sam Mathis*  
218 Court St.  
Auburn, ME 04210  
Phone: 207-777-5136  
Website: mathislaw.com

**SPEECH-LANGUAGE PATHOLOGY****Center for Communication**

469 Maine St., Suite 102  
Springvale, Maine 04083  
Phone: 207-324-2888  
Email: info@centerforcommunications.us  
Website: centerforcommunication.us  
  
Serves Southern Maine and New Hampshire  
Adult and pediatric

**Lotus Speech & Wellness**

*Katherine Noyes, M.S., CCC-SLP, CBIS*  
Phone: 207-405-3496  
Email: katherine@lotusslp.com  
Website: lotusslp.com

**Northeast Hearing and Speech**

75 W Commercial St., Suite 205  
Portland, ME 04101  
Phone: 207-874-1065  
Website: nehearingandspeech.org  
  
Adult and pediatric

**Scarborough NeuroDevelopment Center**

144 US Rte. 1, Suite 4  
Scarborough, ME 04074  
Phone: 207-233-0332  
Website: trainyourbrain.me  
  
Adult and pediatric

**University of Maine**

**Madelyn E. and Albert D. Conley Speech, Language  
and Hearing Center**  
*Speech Therapy Telepractice Program*  
5724 Dunn Hall  
Orono, ME 04469-5724  
Phone: 207-581- 2006  
Website: um.csd@maine.edu

**STROKE****COMPREHENSIVE STROKE CENTER**

Comprehensive Stroke Center certification from the Joint Commission recognizes hospitals that meet standards to treat the most complex stroke cases. There is one comprehensive stroke center in Maine.

**Maine Medical Center - Portland**

Phone: 207-662-0111  
Website: mainehealth.org/maine-medical-center

**PRIMARY STROKE CENTERS**

Primary Stroke Center Certification recognizes hospitals that meet standards to support better outcomes for stroke care.

**Central Maine Medical Center – Lewiston**

Phone: 207-795-2480  
Website: cmhc.org/cmmc/

**MidCoast Hospital – Brunswick**

Phone: 207-373-6000  
Website: mainehealth.org/mid-coast-hospital

**Northern Light Eastern Maine Medical Center – Bangor**

Phone: 207-973-8278  
Website: northernlighthealth.org

**Pen Bay Medical Center- – Rockport**

Phone: 207-301-8000  
Website: mainehealth.org/pen-bay-medical-center

**APHASIA SUPPORTS AND SERVICES**

Aphasia is a language disorder that can happen with injury to the brain. It is most often associated with stroke; however, aphasia can occur with any type of brain injury. There are different types of aphasia, depending on the specific location of injury. For example, a person may have difficulty speaking and/or difficulty understanding spoken or written language.

**Aphasia Center of Maine**

Phone: 207-415-3133  
Website: aphasiacenterofmaine.org

Locations in Brunswick and Carrabassett Valley

**Aphasia Nation and Stroke Educator, Inc.**

*Thomas Broussard, Ph.D.*  
Phone: 207-798-1449  
Websites: aphasianation.org & strokeeducator.com

**STROKE SUPPORTS AND SERVICES****Adaptive Outdoor Education Center (AOEC)**

Physical Address: 3000 Outdoor Center Rd.  
Mailing Address: 6027 Village on the Green #130  
Carrabassett Valley, ME 04947  
Phone: 207-237-2676  
Email: infoAOEC@gmail.com  
  
Adaptive recreation and educational programs

**Align Home Care**

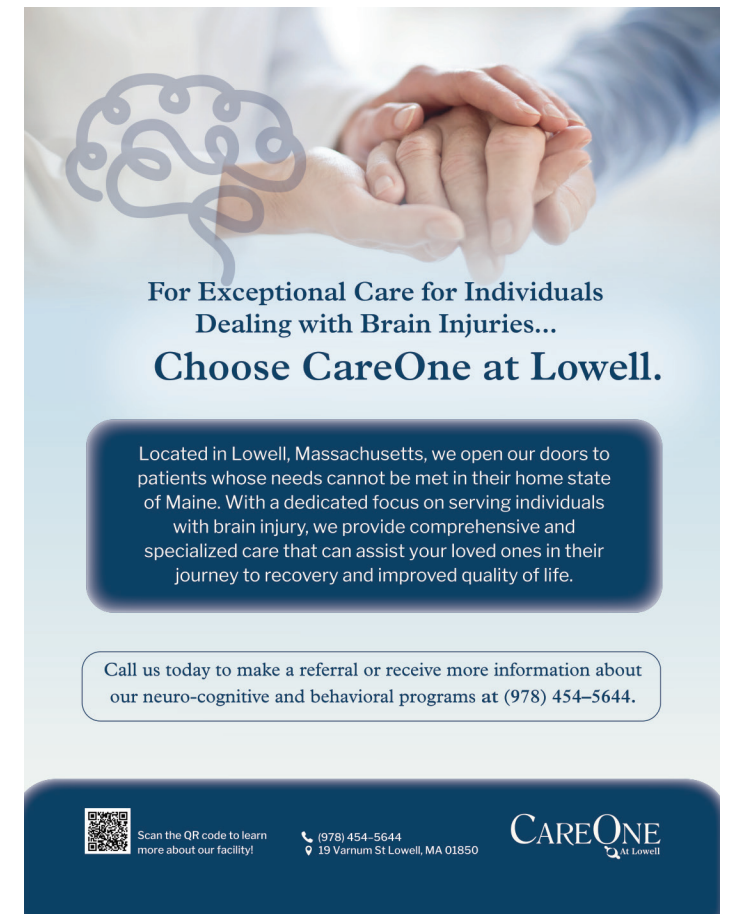
Phone: 207-835-5800  
Website: alignhomecareservices.com/landing-pages-2/homecare-stroke2.php  
  
In-home stroke care, serves greater Portland area

**American Stroke Association**

Phone: 888-478-7653  
Website: stroke.org

**American Stroke Association Support Group Finder**

Website: stroke.org/en/stroke-support-group-finder



**For Exceptional Care for Individuals  
Dealing with Brain Injuries...  
Choose CareOne at Lowell.**

Located in Lowell, Massachusetts, we open our doors to patients whose needs cannot be met in their home state of Maine. With a dedicated focus on serving individuals with brain injury, we provide comprehensive and specialized care that can assist your loved ones in their journey to recovery and improved quality of life.

Call us today to make a referral or receive more information about our neuro-cognitive and behavioral programs at (978) 454-5644.

Scan the QR code to learn more about our facility! (978) 454-5644 19 Varnum St Lowell, MA 01850 **CAREONE** At Lowell

**Maine Stroke Support Groups**

Maine has several stroke-specific support groups. Locations, contacts, and/or meeting times may change, so contact Maine's Brain Injury Information Center for an up-to-date list and contact information.

Phone: 800-444-6443

Website: biausa.org/find-bia/states/maine/resources-support

**Maine Stroke Support**

Website: mainestrokesupport.wixsite.com/home

Supportive community for stroke survivors, family and caregivers

**MidCoast Center for Community Health & Wellness**

Stroke Community Health Program  
Phone: 207-373-6585  
Website: mainehealth.org/Mid-Coast-Hospital/Healthy-Communities

**RESCUE: Resources & Education for Stroke  
Caregivers' Understanding & Empowerment***Department of Veteran Affairs*Website: [cidrr8.research.va.gov/rescue/](http://cidrr8.research.va.gov/rescue/)

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**SUBSTANCE USE DISORDER /  
BEHAVIORAL HEALTH**

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The experience of sustaining an acquired brain injury puts an individual at an increased risk of both substance use disorder and mental health challenges. The reverse is also true, that having substance use disorder or mental health challenges are risk factors for sustaining a brain injury.

**MAINE CRISIS HOTLINE: 888-568-1112**

TTY: Maine Relay 711

**If you are concerned about yourself or someone else, call the crisis hotline to connect to your closest crisis center.****FEDERAL ORGANIZATIONS****Substance Abuse and Mental Health Services  
Administration**

Helpline: 800-662-4357

TTY: 800-487-4889

*Text your zip code to 435748 (HELP4U)*Website: [samhsa.gov](http://samhsa.gov)Website: [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

The SAMSHA National Helpline is a free, confidential 24/7/365 day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

**STATE ORGANIZATIONS****Office of Behavioral Health (OBH)**

41 Anthony Ave.

Augusta, ME 04333

Phone: 207-287-2595

Website: [maine.gov/dhhs/samhs](http://maine.gov/dhhs/samhs)

The Maine OBH's role is to support Maine residents with mental health, substance abuse, and co-occurring disorders. The Office partners with providers, communities, and individuals to offer support, resources, education, training, technical assistance, and services.

**211 Maine Substance Abuse**

Phone: dial 211 or 866-811-5695

Out of State: 877-463-6207

Website: [211maine.org/substance](http://211maine.org/substance)

2-1-1 is a telephone number available in Maine statewide 24/7/365. It is answered by real people who can help you in locating a variety of resources closest to your location. Calling 2-1-1 is always confidential. Services can also be located by accessing the 211 website. Resources are located by selecting Substance Abuse and Addiction and a zip code.

**OPTIONS**Website: [knowyouroptions.me](http://knowyouroptions.me)

Each county in Maine has an OPTIONS Liaison—a judgment-free point of contact who will meet people where they are in terms of their substance use. OPTIONS Liaisons are behavioral health clinicians who can help you to find support and services that are right for you or your loved one.

**TRIBAL ORGANIZATIONS****Wabanaki Public Health & Wellness***Healing & Recovery*

157 Park St., Suite #5

Bangor, ME 04401

Wabanaki Care Line: 844-844-2622

Email: [hello@wabanakiphw.org](mailto:hello@wabanakiphw.org)Website: [wabanakiphw.org/departments/healing-and-recovery/](http://wabanakiphw.org/departments/healing-and-recovery/)

WPHW serves four federally recognized tribes across five communities. These include the Houlton Band of Maliseet Indians, the Aroostook Band of Micmacs, the Passamaquoddy Tribe at Indian Township, the Passamaquoddy Tribe at Pleasant Point, and the Penobscot Nation.

**RECOVERY RESOURCES****The Maine Recovery Hub**

Phone: 207-553-2575

Email: [info@portlandrecovery.org](mailto:info@portlandrecovery.org)Website: [portlandrecovery.org](http://portlandrecovery.org)

Serves 17 recovery community centers across Maine

**Maine Association of Recovery Residences (MARR)**Website: [mainerecoveryresidences.com](http://mainerecoveryresidences.com)

Offers a helpful resources page and a search tool for recovery houses

**Journey Magazine**Website: [journey-magazine.com](http://journey-magazine.com)

Media on a mission; making recovery from addiction more visible to more people in more places with inspiring stories, programs, and community resources. Website has event directory, business directory, free copies of the magazine, and more.

**PEER SUPPORT****Maine Alcoholics Anonymous**

Hotline: 800-737-6237

Maine Relay 711

Website: [csoaamaine.org](http://csoaamaine.org)**Maine Narcotics Anonymous**

Helpline: 800-974-0062

Maine Relay 711

Website: [namaine.org](http://namaine.org)**SUBSTANCE USE AND BEHAVIORAL HEALTH  
PROGRAMS****Aroostook Mental Health Center**

Phone: 207-554-2352

Website: [amhc.org](http://amhc.org)

Multiple service locations

**Crisis and Counseling**

10 Caldwell Rd.

Augusta, ME 04330

Phone: 207-626-3448

Website: [crisisandcounseling.org](http://crisisandcounseling.org)**Kennebec Behavioral Health**

67 Eustis Pkwy.

Waterville, ME 04901

Phone: 207-873-2136

Website: [kbhmaine.org](http://kbhmaine.org)

Tri-County Mental Health

1155 Lisbon St.

Lewiston, ME 04240

Phone: 207-344-1903

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

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**TRANSPORTATION**

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**MAINE STATE TRANSPORTATION****Maine Department of Transportation (DOT)**

Search by Town tool for locating regional transportation options. They also have a link on the same page for Volunteer Transportation Programs.

Website: [maine.gov/mdot/transit/options/](http://maine.gov/mdot/transit/options/)**MAINECARE COVERED RIDES**

ANDROSCOGGIN, AROOSTOOK, CUMBERLAND, FRANKLIN, HANCOCK, OXFORD, WASHINGTON AND YORK COUNTIES

**Transportation Brokers**

MaineCare works with transportation brokers to schedule rides for non-emergency medical appointments. There are three transportation brokers for the State of Maine including ModivCare, MidCoast Connector, and Penquis. To schedule a MaineCare covered ride, you must call the transportation broker that coordinates rides for your county. Call at least two full business days before your medical appointment.

**ModivCare**Website: [mymodivcare.com/how-it-works](http://mymodivcare.com/how-it-works)**RESERVATIONS AND RIDE ASSIST NUMBERS BY  
REGION****Region 1 - Patten, Danforth, Aroostook**

Reservations - 855-608-5174

Ride Assist - 855-608-5175



**Region 2 - Washington and Hancock**

Reservations - 855-608-5176

Ride Assist - 855-608-5177

**Region 6 - Cumberland** (*Brunswick and Harpswell excluded*)

Reservations - 855-608-5178

Ride Assist - 855-608-5179

**Region 7 - Oxford, Androscoggin and Franklin**

Reservations - 855-608-5180

Ride Assist - 855-608-5181

**Region 8 - York, Brownfield, Denmark, Fryeburg, Hiram, Porter Lovell, Stoneham, Stow, Sweden cities in Oxford County**

Reservations- 877-659-1302

Ride Assist- 877-659-1303

KNOX, LINCOLN, SAGADAHOC, WALDO  
COUNTIES AND THE TOWNS OF BRUNSWICK AND  
HARPSWELL

**MidCoast Connector**

Toll-free: 855-930-7900 (Press 1)

Website: [waldocap.org/mainecare-transportation/](http://waldocap.org/mainecare-transportation/)

KENNEBEC, PENOBSOT, PISCATAQUIS AND  
SOMERSET COUNTIES

**Penquis**Toll-free: 855-437-5883 (*Penobscot & Piscataquis Counties*)Toll-free: 844-736-7847 (*Kennebec & Somerset Counties*)Website: [penquis.org/services/transportation/](http://penquis.org/services/transportation/)**REGIONAL TRANSPORTATION SERVICES****Aroostook Regional Transportation System, Inc. (ARTS)**

P.O. Box 552

24 Houlton Rd.

Presque Isle, ME 04769

Phone: 207-764-3384

Toll-free: 800-442-3320 (Bus)

Website: [aroostooktransportation.org](http://aroostooktransportation.org)

Door-to-door transportation services are provided to the general public, individuals with disabilities, and the elderly at affordable rates. Services are provided by buses or vans that are all handicapped accessible. Provides transportation to all towns in Aroostook county, to Patten/Stacyville in Penobscot county and to Danforth in Washington county

**Downeast Community Partners (DCP)**

248 Bucksport Rd.

Ellsworth, ME 04605

Phone: 207-664-0012

Toll-free: 877-374-8396

Website: [downeastcommunitypartners.org](http://downeastcommunitypartners.org)

Transportation services provided to the general public, individuals with disabilities, and the elderly at affordable rates.

**Downeast Transportation**

P.O. Box 914

Ellsworth, ME 04605

Phone: 207-667-5796

Website: [downeasttrans.org](http://downeasttrans.org)

Offers commuter and scheduled bus service between and within communities throughout Down East Maine. Buses are equipped with wheelchair lifts.

**Healthcare Access Transportation Program**

Phone: 207-647-2483

Website: [mainephilanthropy.org/redhen/org/119](http://mainephilanthropy.org/redhen/org/119)

Serves Cumberland County. Volunteer driver organization. Does not provide MaineCare reimbursed rides

**ITNPortland**

Dana Warp Mill

90 Bridge St., Suite 210

Westbrook, ME 04092

Phone: 207-854-0505

Website: [itnportland.org](http://itnportland.org)

Membership-based program, provides transportation for seniors and people with visual impairments in the greater Portland area

**Kennebec Valley Community Action Program Transportation Services (KVCAP)**

Toll-free: 800-542-8227

Website: [kvcap.org/transportation/](http://kvcap.org/transportation/)

KVCAP works with local service agencies and communities to offer a variety of transportation services including a fixed route general public bus system (Kennebec Explorer) and a flex-route general public bus service (Somerset Explorer). They also offer the KV van door-to-door service.

**Regional Transportation Program (RTP)**

1 Ledgeview Dr.

Westbrook, ME 04092

Phone: 207-774-2666

Toll-free: 800-224-0704

Website: [rtprides.org](http://rtprides.org)

Provides county-wide transportation to residents of Cumberland County. This is a shared ride service; trips must be reserved in advance.

**United Ambulance Service***Non-Emergency Wheelchair Transportation Division*

192 Russell St.

Lewiston, ME 04240

Phone: 207-782-8400

Toll-free: 866-782-8400

Website: [unitedambulance.com](http://unitedambulance.com)

An alternative means of transportation for people who are unable to drive themselves to medical appointments and who do not require ambulance transportation. This service is available to MaineCare recipients and to patients wishing to arrange a private pay billing option. Serves Central and Southern Maine.

**Waldo Community Action Partners (WCAP)**

P.O. Box 130, 9 Field St.

Belfast, ME 04915

Phone: 207-338-6809

Phone: 855-930-7900, Option 2

Website: [waldocap.org](http://waldocap.org)

Public transportation services for Waldo, Knox, Lincoln and Sagadahoc counties

**Western Maine Transportation Services**

76 Merrow Rd.

Auburn, ME 04210

Toll-free: 800-393-9335

Website: [wmmtsbus.org](http://wmmtsbus.org)

Scheduled public bus service, also seasonal shuttle bus service

**West's Transportation, Inc.**

P.O. Box 82

Milbridge, ME 04658

Phone: 207-546-2823

Toll-free: 800-596-2823

Website: [westbuservice.com](http://westbuservice.com)

Scheduled bus service for Washington County

**York County Community Action Corporation (YCCAC)**

Phone: 207-459-2932

Website: [yccac.org/transportation](http://yccac.org/transportation)

Public transportation and contracted/special service transport. Vehicles are lift-equipped.

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**VETERANS SERVICES**

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**VETERANS CRISIS LINE: 888-568-1112 OR DIAL 988 AND SELECT 1**

Text: 838255

TTY: 800-799-4889

**Bureau of Maine Veterans' Services**

Mailing Address: 17 State House Station

Augusta, ME 04333

Phone: 207-287-7020

Website: [maine.gov/veterans](http://maine.gov/veterans)

Maine Veterans' Resource Guide: [maine.gov/veterans/docs/MBVS-Resource-Guide.pdf](http://maine.gov/veterans/docs/MBVS-Resource-Guide.pdf)

Online resource search tool: [maine.gov/veterans/resources/index.html](http://maine.gov/veterans/resources/index.html)

Forms: [maine.gov/veterans/forms/index.html](http://maine.gov/veterans/forms/index.html)

There are seven field offices: Bangor, Caribou, Lewiston, Machias, Portland, Springvale, and Togus. For Field Office locations: [maine.gov/veterans/veterans-services-offices/locations/index.html](http://maine.gov/veterans/veterans-services-offices/locations/index.html)

**Military OneSource**

Toll-free: 800-342-9647

Website: [militaryonesource.mil](http://militaryonesource.mil)

One-stop shop for information and services on everything important to life in the military: benefits, resources, support, and confidential help. Service members, their families, and survivors are eligible for free access to the website, call center and online support 24/7/365, from anywhere in the world.

**VA Maine Healthcare System**Website: [maine.va.gov](http://maine.va.gov)

List of all Maine Veteran Community HealthCare clinics: [va.gov/maine-health-care/locations/](http://va.gov/maine-health-care/locations/)

Patient advocates: [va.gov/maine-health-care/health-services/patient-advocates/](http://va.gov/maine-health-care/health-services/patient-advocates/)

**Togus VA Medical Center**

1 VA Center

Augusta, ME 04330

Phone: 207-623-8411

Toll-free: 877-421-8263

Mental Health care: 207-623-8411 x5515

**VETERANS COUNSELING/MENTAL HEALTH****National Alliance on Mental Illness-Maine (NAMI)**

52 Water St.

Hallowell, ME 04347

Toll-free: 800-464-5767

Website: [namimaine.org](http://namimaine.org)

Offers the 'NAMI Homefront' educational course: a free, six-session education program for family, friends, and partners of military service members and veterans with mental health conditions. This course is designed to help family members understand and support their loved one while maintaining their own well-being.

**Health Affiliates Maine**

P.O. Box 1150

Auburn, ME 04211

Phone: 207-333-3278

Email: [Info@healthaffiliatesmaine.com](mailto:Info@healthaffiliatesmaine.com)Website: [healthaffiliatesmaine.com](http://healthaffiliatesmaine.com)

Outpatient counseling services throughout Maine. Includes services for active service members, veterans, and their families.

**Tri-County Mental Health Services (TCMHS)**

1155 Lisbon St.

P.O. Box 2008

Lewiston, ME 04241-2008

Referral Line: 888-304-4673 (all locations)

Website: [tcmhs.org/copy-of-veterans-services](http://tcmhs.org/copy-of-veterans-services)Office Locations: [tcmhs.org/contact](http://tcmhs.org/contact)

Provides veterans counseling services. Referral and authorization through the Mental Health Department at Togus Veteran's Hospital is needed.

**VET Center Program***Readjustment counseling**U.S. Department of Veterans Affairs*

Call Center: 877-927-8387, 24 hours/day

Website: [vetcenter.va.gov](http://vetcenter.va.gov)

Vet Centers are community-based counseling centers that provide a range of social and psychological services, including professional counseling to eligible veterans, service members, including National Guard, Reservists, and their families. Counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage, and family counseling is offered in addition to referral and connection to other VA or community benefits and services.

**VETERANS SERVICES AND SUPPORTS****Maine Veteran's Project (MVP)**

207 Parkview Ave.

Bangor, ME 04401

Phone: 207-262-6061

Website: [maineveteransproject.org](http://maineveteransproject.org)

MVP offers programs and services to eligible veterans, including an Outdoor and Indoor Recreation Program, a Heating Fuel Program, Vehicle Donation Program, and the Life-Essential Needs Program

**RESCUE - Resources & Education for Stroke Caregivers Understanding & Empowerment***Department of Veterans Affairs*Website: [cidrr8.research.va.gov/rescue/](http://cidrr8.research.va.gov/rescue/)

Resources and education for stroke caregivers

**Volunteers of America Northern New England***Veterans Support Services*

14 Maine St.

Suite 100

Brunswick, ME 04011

Phone: 207-373-1140

Email: [info@voanne.org](mailto:info@voanne.org)

Website: [voanne.org/services/veterans-services/](http://voanne.org/services/veterans-services/)  
Connects veterans and their families with services and assistance. They offer the 'All the Way Home' program which integrates case management, housing, and transition services to help homeless veterans in major life areas (e.g. employment, mental health, substance use, life skills training, and more).

**VETERANS SPORTS AND RECREATION**

House in the Woods

217 Skunk Hill Rd.

Lee, ME 04455

Phone: 207-570-4806

E-mail: [info@houseinthewoods.org](mailto:info@houseinthewoods.org)Website: [houseinthewoods.org](http://houseinthewoods.org)

Offers outdoor retreats for active-duty military, veterans, and their family members. Activities include hunting, fishing, canoeing, kayaking, hiking, nature tours, and more.

**Travis Mills Foundation**

647 Castle Island Rd.

Mt. Vernon, ME 04352

Phone: 207-480-3490

E-mail: [foundation@travismillsfoundation.org](mailto:foundation@travismillsfoundation.org)Website: [travismills.org](http://travismills.org)

Link to programs and applications:  
[travismillsfoundation.org/programs/](http://travismillsfoundation.org/programs/)

The Veterans Retreat: Post 911 veterans who have been injured in active duty or as a result of their service to our nation receive an all-inclusive, all-

expenses paid, barrier-free experience in Maine where they participate in adaptive activities, bond with other veteran families, and enjoy rest and relaxation in Maine's outdoors.

**VA Togus Adaptive Sports Program**

1 VA Center

Augusta, ME 04330

Phone: 207-623-8411, ext. 5369

Website: [benefits.va.gov/togus](http://benefits.va.gov/togus)**Veterans/No Boundaries***Maine Adaptive*

2 Main St.

P.O. Box 853

Bethel, ME 04217

Phone: 207-824-2440

Website: [maineadaptive.org/veterans-no-boundaries](http://maineadaptive.org/veterans-no-boundaries)

Provides veterans and active-duty personnel with disabilities summer and winter adaptive sports activities, free of charge.

**Brain Injury Association of America • Maine Chapter**

126 Western Avenue, #261

Augusta, ME 04330

E-Mail: [MaineBIA@biausa.org](mailto:MaineBIA@biausa.org)Website: [biausa.org/maine](http://biausa.org/maine)

**For brain injury information and resource information, contact BIAA's Maine Brain Injury Information Center:**

Call 800-444-6443 Toll-free

Monday-Friday, 9 a.m.-5 p.m.

E-mail: [MaineBrainInjuryInfo@biausa.org](mailto:MaineBrainInjuryInfo@biausa.org)



## NEW HAMPSHIRE RECREATION PROGRAMS OPEN TO MAINE RESIDENTS

### Northeast Passage

#### *Veteran Recreation*

121 Technology Dr., Suite 161

Durham, NH 03824

Phone: 603-862-0070

Website: [nepassage.org/veteran-recreation](http://nepassage.org/veteran-recreation)

Recreational Therapy programming for all veterans and active-duty service members of all ability levels. Most program options are provided at no cost to veterans and members of the Armed Forces. Includes a range of activities such as cycling, saltwater and freshwater fishing, indoor rock climbing, wood carving, kayaking, and archery.

### Warriors @ 45 North

P.O. Box 132

Pittsburg, NH 03592

Email: [warriorsat45n@gmail.com](mailto:warriorsat45n@gmail.com)

Website: [warriors45north.com](http://warriors45north.com)

Outdoor activities for active duty, veterans, and anyone who has served in the U.S. Armed Forces.

## VISION

Brain injury can have significant effects on the visual system. Examples of vision problems that may occur after brain injury include blurred vision, double vision, and/or decreased peripheral vision. Symptoms you may experience include sensitivity to light, difficulty looking at a computer screen, difficulty reading, headache, and feeling nauseous or dizzy. If you are experiencing symptoms, it is advisable to seek evaluation by a neuro-optometrist.

### NEURO-OPTOMETRISTS

Neuro-Optometrists diagnose and treat neurological conditions that impact the visual system. They can help patients rehabilitate their vision with specific optical lenses and re-training exercises.

### Harbor View Eye Care

*Dr. Krishna Krithivas, O.D.*

743 Broadway

South Portland, ME 04106

Phone: 207-799-3031

Website: [harborvieweye.com](http://harborvieweye.com)

Evaluation and vision therapy for visual changes related to Acquired Brain Injury (ABI) and Post-Concussion Syndrome (PCS)

### Seacoast Vision Care

*Dr. Nathan Corbell, Ph.D., O.D.*

*Neuro-optometrist*

25 Hannaford Dr.

Scarborough, ME 04074

Phone: 207-396-6603

Website: [seacoastvisioncare.com](http://seacoastvisioncare.com)

Evaluation and neuro-optometric rehabilitation for patients with visual deficits resulting from a brain injury

### New Hampshire:

#### Visual Victory Training Center

*Dr. Amy Pruszenski, O.D.*

150 Griffin Rd., Suite #3

Portsmouth, NH 03801

Phone: 603-766-4548

Website: [visualvictorytraining.com](http://visualvictorytraining.com)

Evaluation and neuro-optometric rehabilitation

## COMMUNITY-BASED REHABILITATION SERVICES VISUAL IMPAIRMENT AND BLINDNESS

### The Iris Network

189 Park Ave.

Portland, ME 04102

Phone: 207-774-6273

Email: [info@theiris.org](mailto:info@theiris.org)

Website: [theiris.org](http://theiris.org)

Helps people with vision impairment or blindness be as independent as possible.

### Neuro-Optometric Rehabilitation Association (NORA)

Website: [noravisionrehab.org](http://noravisionrehab.org)

This website includes educational articles about brain injury and vision, and also has a provider locator tool.

## WEBSITES FOR OTHER HELPFUL INFORMATION

- Brain Injury Association of America  
[biausa.org](http://biausa.org)
- Brain Injury Association of Maine  
[biausa.org/find-bia/maine](http://biausa.org/find-bia/maine)
- Brainline  
[brainline.org](http://brainline.org)
- Center for Disease Control and Prevention  
[cdc.gov/ncipc/tbi](http://cdc.gov/ncipc/tbi)
- National Institute of Neurological Disorders and Stroke  
[ninds.nih.gov](http://ninds.nih.gov)
- Traumatic Brain Injury Survival Guide  
[tbiguide.com](http://tbiguide.com)
- Traumatic Brain Injury Center of Excellence  
[health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence](http://health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence)
- Model Systems Knowledge Translation Center  
[msktc.org/TBI](http://msktc.org/TBI)

## APPENDIX A

### SELECTING AND MONITORING BRAIN INJURY SERVICES

#### Questions to Make Informed Decisions and Monitor Brain Injury Services

Selecting a program or service that meets your needs is important. Monitoring services once they have begun is also important. Refer to this guide from time to time and reflect on how well the program staff or service provider is doing what they said they would. Ask questions you did not consider during the selection process, but which become important as things progress. Remember, information is power.

## IN-PATIENT MEDICAL AND REHABILITATION PROGRAMS

### Discharge Planning

Planning for discharge must begin at admission. It is imperative to have an understanding of what the next step is after discharge, as well as what kinds of services might be needed and their availability. Be clear about your intent to be involved in discharge decisions. As with other information, it is important to get discharge planning commitments in writing. It is virtually impossible for anyone to tell you the particular level of recovery that will be achieved. They can, however, commit to what they will do to achieve maximum recovery.

- What are all the possible options after discharge?
- What is the average length of stay? What is the length of stay you expect for me/my loved one? How is that determined?
- What happens if the place the person is expected to go after discharge falls through?
- What happens if it appears the person has no discharge options except with family, and the family is unable to provide the care or supervision needed, or for any other reason they feel they are not a viable discharge option?
- Who decides when the individual is ready for discharge? What would make the program extend or shorten the anticipated discharge date? If this is done, how much notice is given, and what is the role of the individual and their family in this decision?
- What can we do if we feel the discharge is an unsafe discharge?
- How does the program help research discharge options? Who does this?
- What assistance does the program offer to determine which other public or private insurance and financial benefits the individual may be eligible for? How will they help you apply and follow the application process for these?
- What do I need to do to get copies of written reports regularly? Who is responsible for sending me these?

- How will you schedule regular conference calls for me to speak with the direct service providers if I cannot personally attend an in-person meeting?
- What kind of family training, support groups and/or therapy is offered? Is there a charge for participation?
- Is the program licensed, accredited, or certified? By whom? How can I contact them to learn more about what they require for licensing?
- Is the program CARF brain injury accredited? Any other accreditation?

#### Experience with People with Brain Injuries

- How many people with brain injuries has the program worked with in the past year?
- What is the average staff turnover rate? Do they recruit people who have experience in serving people with brain injury? What staff training is provided? How many ACBIS Certified Brain Injury Specialists (CBISs) are on staff?
- How long has the program been in existence? When did it begin to serve people with brain injury?
- Who will be working with the person to address cognitive strengths and limitations?

## APPENDIX B

### GUIDE TO SELECTING LEGAL REPRESENTATION

#### Consider an Attorney Soon After the Injury Occurs

It is important to contact an attorney as soon as possible after a person is injured. An attorney can determine whether the plaintiff has a case.

An attorney can investigate the case, determine what kind of case to bring against which defendant, and begin preparing the case while the injured person and his or her family focus on rehabilitation and recovery.

A good lawyer will work to make sure someone with a brain injury receives full compensation for his or her injuries.

Choosing an attorney requires consideration of many factors, including education and training, knowledge

of the consequences and treatment of brain injury, knowledge of how to structure and manage awards, and experience with similar cases. An attorney must have the financial resources to try the case as well as access to the best experts.

#### Attorneys Also Choose Their Cases Carefully

Most personal injury attorneys work under a contingent fee arrangement. This means the attorney receives no fee if the plaintiff is not compensated. Attorneys will often invest substantial time and money during the investigation, preparation, and resolution of the case. Because of the financial risk involved, attorneys may decline cases if they do not believe there is a reasonable likelihood of success.

Once you have an appointment with an attorney, be prepared to answer the attorney's questions about the injury. You may also find it useful to have a written list of questions to ask the attorney. During the consultation, you will want to ask about the attorney's legal background and experience with cases involving brain injury.

#### Some Questions You May Want to Ask

- How much of your practice is devoted to personal injury?
- Based on the information you have, what are the strengths and weaknesses of my case?
- What additional information about my case do you need?
- Who else in your practice would you involve in my case? What role(s) would these people have? Describe their background and expertise.
- Who will be my primary contact with your practice?
- Have you been successful handling cases like mine in the past?

Maine Brain Injury  
INFORMATION CENTER  
**1-800-444-6443**

[www.biausa.org/maine](http://www.biausa.org/maine)

[MaineBrainInjury@biausa.com](mailto:MaineBrainInjury@biausa.com)

# 2024 BIAA-MAINE

## BRAIN INJURY RESOURCE FAIR

March 21, 2024 • 1-4 pm

**AUGUSTA ARMORY**  
179 Western Avenue  
Augusta, Maine 04330

**Join us Thursday, March 21, 2024 to connect with local resources and find services for yourself or your loved one with brain injury!**

#### WHO SHOULD ATTEND?



- Individuals with brain injury
- Family members/caregivers
- Social workers
- Care coordinators
- Brain injury clinicians
- Anyone interested in brain injury services and supports in Maine

#### TABLES AND EXHIBITORS INCLUDE:



- Brain injury service providers
- Assistive technology
- Advocacy and legal information
- Support, recreational/social groups
- Veteran organizations
- Housing and employment
- Maine brain injury waiver
- And more!

**FREE TO ATTEND! \$99 TO EXHIBIT** Register at [biausa.org/maine](http://biausa.org/maine)

All attendees must register in order to attend.

**WANT TO EXHIBIT OR SPONSOR?** Contact Paula Eichholz at 703-761-0750 ext. 648 or email at [peichholz@biausa.org](mailto:peichholz@biausa.org)





**BRAIN INJURY  
ASSOCIATION**

OF AMERICA - MAINE

**Brain Injury Association of America, Maine Chapter**

126 Western Ave, #261

Augusta, ME 04330

Website: [biausa.org/maine](http://biausa.org/maine)