

SVORN
SebastiCook Valley
Opioid Response Network



Recovery Resource Guide

SebastiCook Valley Region

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SVORN Members

Scan the QR codes below for member web pages.

[Hometown Health Center](#)



[Kennebec Behavioral Health](#)



[Northern Light Health](#)



[Pittsfield Maine Police Department](#)



[Regional School Unit 19](#)



[TeamHealth](#)



Hotlines

Organization Name	Service Area	Contact Information	Available Services
211 Maine	State of Maine	211	Non-emergency services, family resources, health, and financial assistance
Alcoholic Anonymous	State of Maine	1-800-737-6237	Refer to meeting
Domestic Violence Hotline	State of Maine	1-866-834-4357	Information, crisis counseling, emotional support, and advocacy
Intentional Warm Line	State of Maine	1-866-7771-WARM (9276)	Peer-to-peer mental health support line for adults
HRSA Help4Moms	National	Call or text 1-833-9-HELP4MOMS	Mental Health Hotline for Pregnant/Postpartum Persons. Access a counselor at no charge.
Maine Crisis Line	State of Maine	1-888-568-1112	Crisis Support
Narcotics Anonymous	State of Maine	1-800-974-0062	Connects people with SUD to others in recovery for support
National Suicide Prevention	National	988	Suicide prevention services
Never Use Alone	National	1-800-484-3731	Operator stays on the line while someone uses; if they stop responding, they notify emergency services
Poison Control Center	State of Maine	1-800-222-1222	Treatment advice for poison emergencies
Sexual Assault Support Hotline	State of Maine	1-800-871-7741	Sexual assault crisis and support line
Statewide AL-ANON	State of Maine	1-800-498-1844	Support for anyone impacted by a relative or friend's alcohol use disorder

The Women's Project	State of Maine	1-877-429-6884	Help pregnant women affected by substance use
Mandy's Line	National	1-800-943-0540	Peer support for people with SUD, all operators have SUD

Support Groups

Organization Name	Service Area	Contact Information	Available Services
12 Step AA NA Daily Meditations	National	Phone App	Provides guided meditation, music, prayers, and 12 step audios for recovery
Addiction and Recovery Community Advocates		Private Facebook Group	Online Community
Affected by Addiction Support Group		Private Facebook Group	Online Community
AL ANON	State of Maine	1-800-498-1844 or 1-800-284-1844	Electronic Meetings
Alcoholic Anonymous	State of Maine	1-800-737-6237	Support group
Any Positive Change	State of Maine	1-872-240-3412 access code 177-648-909 Tuesdays at 7:00 pm ET	Harm Reduction Meetings
Bangor Area Recovery Network (BARN)	Penobscot County	207-947-0092, 263 Main Street Bangor, Maine	Recovery groups, Support groups for families impacted by substance use
C.R.A.F.T	Somerset County	virtual meeting currently	Support group to help those impacted by someone else's substance use
Cocaine Anonymous	State of Maine	www.ca-online.org	Online Meetings
Co-Dependents Anonymous	State of Maine	coda.org	Online Meetings, face-to-face, phone meetings

Connections	National	Phone App	Daily check-ins, discussion groups, and access to counselors
Faces and Voices of Recovery		Public Facebook Group	Online Community
Families Anonymous	State of Maine	www.familiesanonymous.org	Online meetings; phone meetings
In the Rooms	State of Maine	www.intherooms.com	Online Meetings; Face-to-face meetings
LifeRing Secular Recovery	State of Maine	lifering.org	Online meetings
Maine ARC/Maine Recovery Corps	Somerset and Penobscot County	Paige Johnston: 207-610-3277 Terri Woodruff: 207-255-3741 ext. 106 Denise Black: 207-412-2288 ext. 402	Recovery Coaches
Maine Recovery Advocacy Project	State of Maine	www.recoveryvoices.com	Advocacy (tools to individuals or families in recovery)
MaineMOM	State of Maine	https://www.maine.gov/dhhs/oms/about-us/projects-initiatives/maine-maternal-opioid-model	SUD/ODU for pregnant women
Medication Assisted Treatment Recovery Anonymous	National	www.mara-international.org	Online Meetings
Narcotics Anonymous	State of Maine	1-800-974-0062	Online and phone meetings
Recovery Dharma	National	recoverydharma.online	Online Meeting with Buddhist Approach
Refuge Recovery	National	refugerecovery.org	Online Meetings with Buddhist Principles
SMART Recovery	National	www.smartrecovery.org	Online Community
Unity Recovery	National	unityrecovery.org	Online Meetings

Waterville Peer Recovery Center	Kennebec County	207-859-2667 32 Ticonic Street, Waterville	Support groups
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Medication Assisted Treatment

Organization Name	Service Area	Contact Information	Available Services
Bangor Comprehensive Treatment Center	Penobscot/Somerset/ Piscataquis County	844-224-8820 689 Odlin Road, Suite 1, Bangor, ME 04401	MAT (Methadone and Suboxone)
Blue Sky Counseling	Penobscot/Somerset Count	207-6161-0705 78 Madison Avenue, Skowhegan, Maine	MAT (Suboxone)
Brewer Medical Center	Penobscot County	207-989-1567 735 Wilson Street, Brewer, Maine	MAT (Suboxone)
Cornerstone Behavioral Health	Penobscot County	207-992-0410 157 Park Street, Suite 5, Bangor, ME 04401	MAT (Suboxone)
Groups Recover Together	Penobscot County	207-560-3422 849 Stillwater Avenue, Bangor, Maine	MAT (Suboxone)
Hometown Health Center	Penobscot/ Piscataquis County	207-368-5189 118 Moosehead Trail Suite 5 Newport, Maine	MAT (Suboxone)
Northern Light Acadia Hospital	Penobscot/Somerset/ Piscataquis County	1-800-640-1211 207-973-6100 268 Stillwater Avenue, Bangor, Maine	MAT (Methadone and Suboxone)
Northern Light Primary Care-Pittsfield	Somerset County/Penobscot County	207-487-5154 470 Somerset Ave, Pittsfield, ME 04967	MAT (Suboxone)
Penobscot County Metro Treatment Center	Penobscot/Somerset/ Piscataquis County	877-284-7074 659 Hogan Road, Bangor, ME 04401	MAT (Methadone)
Redington-Fairview General Hospital (Bridge Clinic)	Somerset County	207-474-5121 46 Fairview Avenue, Skowhegan, Maine	MAT (Suboxone)

Waterville Comprehensive Treatment Center	Kennebec/Somerset County	844-373-2742 40 Airport Road, Waterville, ME 04901	MAT (Methadone and Suboxone)
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Harm Reduction Services

Organization Name	Service Area	Contact Information	Available Services
Bangor Public Health	Penobscot County/ Piscataquis County	207-992-4465 103 Texas Ave Bangor, ME 04401	Training for opioid overdose prevention
Know Your Options	State of Maine	Knowyouroptions.me	Connect with your local Options liaison for help
Maine Health Equity Alliance	Penobscot County	207-990-3626 304 Hancock Street Suite 3B Bangor, ME 04401	Syringe services, naloxone distribution, HIV testing
Maine Access Point	State of Maine	207-370-9445; 207- 319-8823	Mail Order of Naloxone and Harm Reduction Supplies
Maine General Harm Reduction	Kennebec County	207-872-4102 149 North St Terrace Level Waterville, ME 04901	Needle exchange, HIV/HEP C Testing, Naloxone distribution, referrals to treatment
Somerset Public Health	Somerset county	207-474-7473 20 Madison Ave. Skowhegan, ME 04976	Pathways to Recovery- recovery support and resources

Social Services

Organization Name	Service Area	Contact Information	Available Services
211 Maine	State of Maine	211	Referrals
ASPIRE	Somerset County/Penobscot County	1-800-442-6003	Employment

Bangor Area Homeless Shelter	Penobscot/Piscataquis County	207-947-0092 263 Main St, Bangor, Maine	Housing Assistance
Calvary Pentecostal Church	Somerset County	378 Lakewood Rd Madison (207) 399-0452	Home and Personal Products
Canaan Community Food Bank	Somerset County	Pamela Hitchcock 207-474-5408 272 Main Street, Canaan, ME 04924	1st and 3rd Monday each month 1 - 3 PM (Monday Holidays- open Tuesday next day)
Centenary United Methodist Church	Somerset County	103 Dr. Mann Rd. Skowhegan (207) 474-3915	Free Meal. Call ahead to order Second and fourth Tuesday 5 PM
Centenary Clothes Closet	Somerset County	103 Dr. Mann Rd. Skowhegan (207) 474-3915	Wednesday 9 AM - 12 PM; 5 - 7 PM Free clothing
CenterPoint Community Church Food Pantry	Somerset County Anson	(207) 696-8188, (207) 431-0458 16 Church St., Anson	Tuesday 10 AM – 12 PM
Cornville Athens Food Pantry	Cornville/Athens	493 West Ridge Rd. Cornville	Third Saturday 9 - 11 AM
Corinna UMC Food Pantry	Penobscot County	Karlenne Page 207-278-2186 Corinna United Methodist Church 16 Dexter Road, Corinna, ME 04928	Friday 12:20 - 2 PM
Eastern Maine Development Corporation	Piscataquis, Somerset, and Penobscot County	207-942-6389	Employment

El Rancho De La Vida	Somerset County	207-387-0101 62 Page Terrace, Hinckley, ME 04944	Recovery Residence (allows couples)
Embden Community Center	Somerset County	(207) 399-0452 797 Embden Pond Rd. Embden	Saturday 9 - 11 AM
Fairfield Food Pantry	Fairfield	23 Lawrence Ave., Fairfield (207) 509-9972	First and Third Thursday 9 AM – 12 PM
Family Violence Project	Somerset County	1-877-890-7788	Shelter, Domestic Violence Resource
Friends of the Community-Blessing Box	Skowhegan	23 Commercia St. Located outside the Chamber of Commerce	Take what you need.
Fresh Start Sober Living House	Penobscot County	207-307-1292 87 Ohio Street, Bangor, Maine	Housing
Gateway Pentecostal Food Pantry	Penobscot County	207-512-5119 363 Moosehead Trail, Newport, ME 04953	Friday 10:30AM-12PM, Tuesday by Appointment 1 st and 3 rd
Harmony Cares Food Pantry	Harmony, Wellington, Cambridge	20 Main St. Harmony, Maine	Saturday of month, 9-11 AM and following Monday of month, 5-6 PM
Hope House Health Home	Penobscot County	207-217-6717 79 Corporate Drive, Bangor, Maine	Transitional Housing
Jackman Food Cupboard	Somerset County	369 Main St. Jackman (207) 668-2111 (207) 668-5962	Third Wednesday 1-2 PM
Kennebec Valley CAP	Somerset County	1-800-542-8227 Transportation: 1-844-736- 7847	Resource Navigator, Housing, Heating Assistance, Transportation

Maine Equal Justice	State of Maine	(207) 626-7058, ext. 205	Childcare, legal services, food insecurity, housing, employment,
Maine Prisoner Re-Entry Network	State of Maine	207-330-1446 info@re-entrymaine.org P.O. Box 7157 Lewiston, ME 04240	Housing, all aspects of reintegration into society
Maine State Housing Authority	State of Maine	207-626-4600 26 Edison Drive, Augusta Maine	Housing, Energy Assistance
MANNA, Inc.-Emily's House	Penobscot County	207-852-5635 Bangor	45-day short term rehabilitation, housing
MANNA, Inc.-Noah's House	Penobscot County	207-852-5635 Bangor	Long-term, religious rehabilitation facility
Mid Maine Homeless Shelter	Kennebec County	207-872-8082 19 Colby Street, Waterville, Maine	Emergency Housing
New Hope Shelter	Somerset County	207-643-6015 Intake: 207-399-3348	Shelter for homeless women and children
New Horizons Detox Center	Penobscot County	207-217-6521 Hampden, Maine	Short Term Detox Center (3-7 days)
Newport Community Food Bank	Penobscot County	Phil Brown 207-368-5292 26 High Street, Newport, ME 04953	Saturday 8 - 10 AM
Northeast Occupational Exchange	Penobscot County	1-800-857-0500 8 Main Street, Newport, Maine	Community Support Center

OHI-Rachel House	Penobscot County	207-848-5804 203 Maine Avenue, Bangor, Maine	Community Integration Services, housing, skill developments, heat assistance
Palmyra Baptist Worship Center Food Pantry	Somerset County Palmyra	768 Main St Palmyra (207)416-8159	Friday 12 - 2 PM Senior Commodities Third Tuesday 9 AM - 2 PM Free Produce Third Tuesday 9 AM - 2 PM
Partners for Peace	Penobscot County	1-800-863-9909	Shelter, Domestic Violence Resource
Penquis CAP	Penobscot/Piscataquis County	1-800-215-4942 Transportation: 1-855-437-5883	Housing, Heating Assistance, Transportation
Pine Tree Legal Assistance	Penobscot/Piscataquis/ Waldo 207-942-8241 Kennebec/Somerset Knox/Lincoln 207-622-4731	115 Main Street, Bangor, ME 04401 39 Green Street, Augusta, ME 04338	Legal Assistance
Pittsfield Food Pantry	Somerset County Pittsfield/Burnham Detroit	128 Connors Ave. Pittsfield	Friday 9:30 AM-12 PM
People Who Care Food Cupboard	Somerset County Madison	378 Lakewood Rd. Madison, ME (207) 399-0452	Wednesday 9 AM-12 PM Thursday 9-11 AM Saturday 9-10 AM
Shaw House	Penobscot County	207-941-2874	Shelter for Youth

Shelters by Jesus Community Meal	Somerset County	12 McClellan St. Skowhegan (207) 474-8833	Community Meal Monday-Friday 11:45 AM - 12:15 PM and 4:45-5:15 PM; Saturday 11:45 AM - 12:15 PM and 7-8 PM; Sunday 12-1 PM and 4:45-5:15 PM
Shelters by Jesus Food Pantry	Somerset County	12 McClellan St. Skowhegan (207) 474-8833	Monday, Wednesday, Friday 10 AM-12 PM, 1-4 PM
Skowhegan Community Food Cupboard	Somerset County	Jennifer Grenier 207-474-9249 16 Cariani Street, Skowhegan, ME 04976	Monday, Wednesday, and Friday 10-11 AM
Smithfield Food Pantry	Somerset County	926 Village Rd. Smithfield (mask if unvaccinated) (207) 362-4772 - Nicky	Monday - Friday (Call ahead) 8-11:45 AM & 12:30 – 4 PM
Solon Community Food Cupboard	Somerset County	25 York St. Solon, (207) 431-0388 - Linda	Second and Fourth Thursday 9 AM – 3 PM
Starks Food Cupboard	Somerset County	15 Chicken St. Starks (207) 696-4337 (207) 399-3137 - Deb	First and Third Wednesday 9 - 11 AM
St. Peters Food Pantry	Somerset County	Rt 201 Main St, Bingham (207) 717-0767	First and Second Wednesday 10 AM to 1 PM

St. Anthony's Soup Kitchen	Somerset County	Donna Hendricks 207-474-2039 291 Water Street, Skowhegan, ME 04976	Monday, Tuesday, and Thursday 4:30 - 5 PM
Strengthen ME	State of Maine	207-221-8198 8 am to 8 pm	Stress support and resilience building
The Shepherd's Godparent Home	Penobscot County	207-949-2273 Bangor	Emergency housing for pregnant women, counseling
Tewksbury Hall	Somerset County	13 Island Ave Skowhegan Behind Federated Church	Free Grab-n-Go Meals First, Third, and Fifth Wednesday 4-5 PM
Trinity Shelter	Somerset County	12 McClellan St. Skowhegan 207-399-7538	Shelter for single men
Tri-Town Food Cupboard	Somerset County	9 A Hubbard Ave, Hartland, ME 04943	Wednesday 9:30-11:30 AM
Unlimited Solutions Clubhouse	Penobscot County	207-404-8383 30 Summer Street, Bangor, Maine	Mental Illness Recovery: Community supports
Vocational Rehabilitation	Somerset/Penobscot County	1-800-698-4440	Employment
Wellspring	Penobscot County	(207) 941-1612	Residential, detox, outpatient service

Behavioral Health Services

Organization Name	Service Area	Contact Information	Available Services
Bangor Counseling Center	Penobscot County	207-941-6434 202 Exchange Street, Bangor, Maine	Individual and group counseling

Behavioral Health Center	Penobscot County	207-941-0879 77 Court Street, Bangor, Maine	Outpatient services, Individual and group counseling
Blue Sky Counseling	Penobscot/Somerset County	Somerset: 207-649-8400 78 Madison Avenue, Skowhegan, Maine Penobscot: 207-692-4381 40 Summer Street, Suite 4 Bangor, Maine	Counseling
Capehart Community Health Center	Penobscot County	207-992-2205 86 Davis Road, Bangor, Maine	Counseling, Medication Management, Addictions Medicine
Care and Comfort	Penobscot County	877-784-6993 24 Spring Road Suite 202, Bangor, Maine	Outpatient Therapy
Catholic Charities of Maine	Somerset County	207-453-4365 66 Western Ave, Fairfield, Maine	Adult Community Integration, Case Management, Behavioral Health Home
Community Care	Somerset/Penobscot County	Skowhegan:207-858-0067 98 North Ave #30, Skowhegan Bangor:207-945-4240 40 Summer St, Bangor, Maine	Outpatient Therapy, Home and Community Treatment, Independent living program
Community Health and Counseling	Penobscot County	207-947-0366 42 Cedar Street, Bangor, Maine	Adult ICI, Individual and Group Counseling, Community Residential, Crisis stabilization, warm lines
Cornerstone Behavioral Healthcare	Penobscot County	1-866-275-3741 157 Park Street, Suite 5 Bangor, Maine	Outpatient Therapy, Case Management, Medication Management, Substance Use Treatment

Crisis and Counseling	Somerset County	207-474-5461 346 Water St, Skowhegan, Maine	Crisis Service, Crisis stabilization in Home, Crisis Mobile Stabilization, Counseling
Cross Roads Case Management	Somerset County	1-800-1234-567 442 Main St, Pittsfield, ME 04967	Housing, Food Insecurity, referrals to counseling, case management
Day One	State of Maine	207-767-0991 525 Main Street, South Portland, ME 04106	Substance use and mental health services for youth, residential treatment center for youth ages 13-20
Dirigo Counseling	Penobscot County	207-973-0505 557 Hammond Street, Bangor, Maine 875 Hammond Street, Bangor, Maine 97 Allen Street, Bangor, Maine	Substance use counseling, Intensive outpatient services, Behavioral health home model, community integration support
Hope House Health and Living Center	Penobscot County	207-217-6717, 79 Corporate Drive, Bangor, Maine	Outpatient counseling, medication management, co-occurring disorder treatment
Kennebec Behavioral Health	Somerset County	1-888-322-2136, 5 Commerce Drive, Skowhegan, Maine	Outpatient counseling, outpatient medication management, Case management
Maine Behavioral Health Organization	Somerset County	207-485-3313 30 Leavitt Street, Skowhegan, Maine	Counseling, Case Management, Section 28 Services, Substance Use Counseling

Northeast Occupational Exchange	Penobscot County	1-800-857-0500 8 Maine Street, Newport, Maine	Mental health and substance use counseling, Intensive outpatient program, Behavioral health home
Penquis CAP	Penobscot/ Piscataquis County	1-800-215-4942	Behavioral Health Residential Living, Behavioral Health Home, Clinical Counseling,
Scott LeBlanc, LADC	Somerset County	(207) 399-3286, Skowhegan	Family, Individual, and Group Counseling
Sequel Care of Maine	Penobscot County	207-989-2946 760 Union Street, Bangor, Maine	Behavioral Health Home, Targeted Case Management, Daily Living Skills, Outpatient Therapy, Medication Management, Behavioral Consultation Services, Substance Use Services

If you or a loved one needs assistance accessing resources for substance use services, please contact a local recovery navigator.

Cynthia Currier

Recovery Navigator

Somerset Public Health

207-858-8459

Lyn Lary

Recovery Navigator

Northern Light Sebecook Valley Hospital

207-487-4097