

# Tobacco Treatment Services Guide

## Services Listed by County

The Partnership For A Tobacco-Free Maine (PTM), Maine Department of Health and Human Services, Maine Center For Disease Control and Prevention, has made every effort to provide thorough and accurate information in this Tobacco Treatment Services Guide. **The programs listed below are for information purposes only, and are not meant to be an endorsement of their services by PTM, nor by PTM's Treatment Services Contractor, the Center For Tobacco Independence (CTI).** If a treatment program has been omitted or services listed have changed, please contact the PTM at 287-4627 or CTI at 662-7154, so that we may update this guide. This guide will be updated twice yearly, in the spring and fall.

## ANDROSCOGGIN

### Auburn

<b>St. Mary's Regional Medical Center</b> <b>Sisters of Charity Health System</b> Prevention & Wellness Smoking Cessation 15 Gracelawn Road, Suite 101 Auburn, ME 04210				
			Contact	Maria Pete
			Telephone	777-8771
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$500.00	1x per week	7	5 consecutive week and 2 follow-ups=7 total
Individual	\$45.00-one session \$75.00-three sessions	Ongoing	1 or 3	Call for Details

<b>WORKMED</b> 15 Gracelawn Road, Suite 101 Auburn, ME 04210				
			Contact	WORKMED
			Telephone	777-8771
Program Type	Cost	Frequency	# of Sessions	Duration
Worksite Outreach- Employers only	Call for Details	Ongoing	10	10 weeks

### Lewiston

<b>Healthy Androscoggin</b> Quit & Win-tobacco cessation program <a href="http://healthyandroscoggin.org/tobacco-use/quit-and-win">healthyandroscoggin.org/tobacco-use/quit-and-win</a> 300 Main Street Lewiston, ME 04240				
			Contact	Emily Dooling
			Telephone	795-2504
Program Type	Cost	Frequency	# of Sessions	Duration
Quit & Win	Free	Yearly	Conducted through mail and email	Jan-March-celebration at end of program

**Tobacco Support Group**  
**St. Mary's Auburn Campus**

The Diabetes Room  
 15 Gracelawn Road  
 Auburn, ME 04240 (behind the Auburn mall)  
[Healthyandroscoogin.org/tobacco-use](http://Healthyandroscoogin.org/tobacco-use)

Contact Emily Dooling  
 Telephone 795-2504

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Weekly	Ongoing	Thursdays 6-7

## AROOSTOOK

### Presque Isle

Occupational Health and Wellness Services  
 146 Academy Street, Suite 3  
 Presque Isle, ME 04769

Contact Darcy Kinney  
 Telephone 768-4043  
 Fax 768-3022

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

### Aroostook County Action Program (ACAP)

Healthy Aroostook  
 P.O. Box 1116, 771 Main Street  
 Presque Isle, ME 04769

Contact Carol Bell  
 Telephone 768-3056 x 629  
 Fax 768-3022

Program Type	Cost	Frequency	# of Sessions	Duration
Self-Help	Free Resources-Call for Details			

## CUMBERLAND

### Brunswick

#### Mid Coast Hospital

Healthline  
 123 Medical Center Drive  
 Brunswick, ME 04011

Contact Marla Davis  
 Telephone 373-6585  
 Fax 373-6588

Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$38	1-2x per year	4	Call for info
Individual	\$38	Ongoing	1 +	1+
Worksite	\$500	As requested	4	2+

**Martin's Point Health Care**

Help for Smokers  
Cook's Corner  
Brunswick, ME

Contact Barbara Groth  
Telephone 1-800-260-6681

Groups Portsmouth-for more info call 1-800-260-6681

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Ongoing		Wednesday 3:30-4:30

**Portland****Martin's Point Health Care**

Help for Smokers  
Health Education Center  
331 Veranda Street  
Portland, ME

Contact Leigh Kirchner  
Telephone 1-800-260-6681  
Fax 791-3823

Groups also available in Portsmouth, NH-for more info call 1-800-260-6681 ask for Wendy Drew.

Program Type	Cost	Frequency	# of Sessions	Duration
Group - Support Group	Free	Mondays-5pm	On-going	1 hour

**Zito Consulting Services**

225 Commerical Street, Suite 202  
Portland, Maine 04101

Contact Raymond Zito  
Phone 773-6777

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	\$100.00	Ongoing	8	50 minutes
Group	\$50.00 per session	6 week intervals	6	90 minutes

**Univ. of Southern Maine**

Healthy USM Employee Wellness Program  
96 Falmouth Street  
Portland, ME 04104

Contact Suzanne Roy  
Telephone 228-8151  
Fax 228-8447

Program Type	Cost	Frequency	# of Sessions	Duration
Group	NOT OFFERED AT THIS TIME			
Individual	NA	Counseling	Ongoing	
Worksite Outreach	NA	Resource materials & referrals to CTI	Ongoing	

**Center for Tobacco Independence**

The Tobacco Treatment Center  
 110 Free Street, 2<sup>nd</sup> Floor  
 Portland, ME 04102

Contact Linda Craig  
 Telephone 662-7150

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	NA	Individualized	Individualized	Individualized

**HANCOCK****Bar Harbor****MDI Hospital**

Wellness Program  
 10 Wayman Lane  
 Bar Harbor, ME 04609

Contact Kathy Mulligan  
 Telephone 288-5082 x 1624

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

**Blue Hill****Healthy Peninsula Project**

P.O. Box 945  
 49 Main Street, Unit 7  
 Blue Hill, ME 04614

Contact Sally Christ and Kenny Miller  
 Telephone 374-3257 and 479-2663  
 Fax 374-5175

Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call for Details	
Self-Help	Free	N/A	N/A	N/A
Worksite Outreach			Call For Details	

## Bucksport

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

## Ellsworth

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

## KENNEBEC

### Augusta

<b>Maine General Health</b>				
Tobacco Cessation Services 6 E. Chestnut Street Augusta, ME 04330			Contact	Wendie Lagasse
			Telephone	621-3741
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Call for Details	
Worksite Outreach	Call for Details			

<b>VA Medical Center</b>				
Smoking Cessation Program 1 VA Medical Center Augusta, ME 04330			Contact	Kathy Reigle
			Telephone	623-8411 ext. 4595
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	Ongoing	6	6 weeks
<b>NOTE: Veterans and significant others or support person only. Also available to VA Employees.</b>				

## Waterville

<b>MaineGeneral Health</b>			Contact	Wendie Lagasse
<b>Tobacco Cessation Services</b>			Telephone	861-5275
30 Chase Ave. Waterville, ME 04901				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Call for Details	
Worksite Outreach	Call for Details			

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

**Readiness Training:** A free service designed for tobacco users and their support systems, offering information to assist in preparing for the quitting process.

These trainings are presented in small or large groups in worksites and other various settings. They can usually be conveniently conducted at any location.

**Telephonic support:** A telephone based service people use to get information, resources and support to assist in overcoming tobacco dependence. Please call with any questions. This service is also provided to all MGMC inpatients that request information and support after they are discharged from the hospital and return home.

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

**Print resources:** MaineGeneral has a large variety of tobacco cessation resources that are free to the community and employers to assist individuals in overcoming tobacco dependence.

**Policy and Environmental Change Consultation:** A service for employers and organizations who are interested in supporting a tobacco free culture, environment, and other strategies that support tobacco cessation with populations they serve. This service is free.

## Knox

### Rockport

<b>Provided by Penobscot Bay Medical Center-a division of Pen Bay Healthcare</b>				
<b>Sponsored by Knox County Community Health Coalition-A Local Healthy Maine Partnership</b>				
Knox County Health Clinic		Contact Education Dept.		
Bok Medical Art Building, 22 White Street		Phone: 594-6973		
Rockland, ME 04841				
Program Type	Cost	Frequency	# of Sessions	Duration
Group	There is no cost for this program.	Please call for Details	4	1 ½ hours

## LINCOLN

### Boothbay Harbor

<b>St. Andrews Hospital/Lincoln County Healthcare</b>				
Call Lincoln County Healthcare's Education and Community Outreach Dept.			Contact: Cathy Cole	
66 Chapman St., Damariscotta, ME 04543			Phone: 563-4830	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By appointment	4-6	½ hr
Self-Help	NA			
Worksite Outreach	Small Fee	By appointment	4-6	1 hr

### Damariscotta

<b>Miles Memorial Hospital/Lincoln County Healthcare</b>				
Education and Community Outreach			Contact: Cathy Cole	
66 Chapman St.			Phone 563-4830	
Damariscotta, ME 04543			Fax 563-2344	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By appointment	4-6	½ hr
Self-Help	NA			
Worksite Outreach	Small Fee	By appointment	4-6	1 hr

## Newcastle

<b>Healthy Lincoln County</b> 597 US Route 1 Newcastle, ME 04553		Contact Rebecca Morin or Dave Cross Telephone 563-6123 Fax 563-7173		
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	Call for Details		
Group	Call for Details			

## OXFORD

### Oxford County

<b>Healthy Oxford Hills</b> Cessation Support Group 165 Main Street Norway, ME 04268		Contact Chris Davis Telephone 739-0352 Fax 739-2040		
Program Type	Cost	Frequency	# of Sessions	Duration
Group Support	Free	Wednesdays	As needed	Ongoing 4:30-5:30
Individual	Free	Call for Details		
Self-Help	Free	Call for class schedule	As Needed	

## PENOBSCOT

### Bangor

<b>Private Practice</b> 263 State Street, Suite 3 Bangor, ME 04401 tayloratgreen@peoplepc.com		Contact Leeanne Taylor, MS, LADC, CCH Telephone 949-4959		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Call for Details			
Nicotine Support Group	Call for Details			
Individual	\$75.00 (sliding fee)	1 to 2x per week	As needed	1 hour

## Bangor

### Wellness Service

Eastern Maine Medical Center  
 PO Box 404  
 489 State Street  
 Bangor, ME 04401

Contact Ida Dort  
 Telephone 973-4600

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

## Lincoln

### Penobscot Valley Hospital

S.P.R.I.N.T for Life  
 P.O. Box 368  
 Transalpine Road  
 Lincoln, ME 04457-0368

Contact Robin Carr-Slauenwhite  
 Telephone 794-7242  
 Fax 794-6536

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Self-Help	Call for Details			

### Health Access Network

175 West Broadway  
 Lincoln, ME 04457

Contact: Angel Hafford or  
 Patrick McFarlane  
 Phone: 794-6700

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Self-Help	Call for Details			

## PISCATAQUIS

None offered at this time.

## SAGADAHOC

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

## SOMERSET

### Pittsfield

<b>Sebasticook Valley Hospital</b>		Contact	Karen Hawkes or Sherry Tardy	
447 North Main Street		Telephone	487-4000	
Pittsfield, ME 04967		Fax	487-4591	
Program Type	Cost	Frequency	# of Sessions	Duration
Self-Help				Call for Details
Worksite Outreach				Call for Details
Quit and Win				Call for Details

### Skowhegan

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

## WALDO

### Belfast

<b>Healthy Waldo County</b>		Contact	Vyvyenne Ritchie	
Smoking Cessation		Phone:	930-6761	
P.O. Box 287, 119 Northport Avenue				
Belfast, ME 04915				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual				Call for Details
Self-Help				Call for Details
Group				Call for Details
Worksite				Call for Details

<b>NIC'OUT Time</b>				
P.O. Box 284		Contact: Dr. Rebekka Freeman		
Belfast, ME 04915		Telephone 338-6055		
<a href="mailto:partnersforchange@bluestreakme.com">partnersforchange@bluestreakme.com</a>		Fax 338-6038		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	If enough clients/interest. Individualized per group needs. Cost \$55 - negotiate - Length 1 ½ hour			
Individual	\$90	Varies	Varies	1 hour
Self-Help	Refer to 12-Step Meetings of all types			

## WASHINGTON-None offered at this time

## YORK

### Biddeford

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

### Sanford

<b>Goodall Hospital</b>				
Quit for Good		Contact Connie Roux		
25 June Street		Telephone 490-7704 ext. 311		
Sanford, ME 04073		Fax 324-9524		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Monthly	4	8 hours total
Individual	Free	By request		varies
Self-Help	Call for Details			
Worksite Outreach	Varies	By request	Varies	8 hours total

## York

<b>York Hospital</b> The Freedom Clinic 127 Long Sands Road York, ME 03909		Contact Nadine Wheeler Telephone 351-3402 Fax 363-9864		
Program Type	Cost	Frequency	# of Sessions	Duration
Group			Call for Details	

## SERVING ALL 16 COUNTIES

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

### Maine Certified Tobacco Treatment Specialists (TTS-C)

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

<b>Cherry Baker, MSN, FNP-C, TTS-C</b> University of New England Petts Health Center 11 Hills Beach Road Biddeford, Maine 04005 207-602-2787 Cbaker2@une.edu	<b>Howland Bickerstaff, LCPC, LADC, CCS, TTS-C</b> Therapist II Recovery Center at Mercy Westbrook 40 Park Road Westbrook, ME 04092 207-857-8037 bickerstaffh@mercyme.com
<b>Howland Bickerstaff, LCPC, LADC, CCS, TTS-C</b> Private Practice, c/o Danzig Counseling Services 936 Roosevelt Trail Windham, ME 04062 207-831-3328 <a href="mailto:howlwoof@maine.rr.com">howlwoof@maine.rr.com</a>	<b>**Deborah Brown, RN, TTS-C</b> Cardiopulmonary Wellness Center Southern Maine Medical Center 1 Medical Center Drive Biddeford, Maine 04005 207-283-7908 Nid.djb@smmc.org
<b>Mary Cannon, TTS-C</b> Portland, Maine	<b>Rachel Charette, TTS-C</b> Project Director Saint John Valley Partnership 194 East Main Street, Fort Kent, Maine 04743 207-834-3195 ext. 3621 <a href="mailto:Rachel.charette@nmmc.org">Rachel.charette@nmmc.org</a>

<p><b>Marla Davis, RN, MSN, TTS-C</b>  Community Health Status Improvement  Mid Coast Hospital  123 Medical Center Drive  Brunswick, Maine 04011  207-373-6586  mdavis@midcoasthealth.com</p>	<p><b>John Foley, LSW, LADC, TTS-C</b>  Addiction Counselor  Spring Harbor Hospital  123 Andover Road  Westbrook, Maine 04092  207-253-2625  <a href="mailto:foleyj@springharbor.org">foleyj@springharbor.org</a></p>
<p><b>Jim Fortunato, TTS-C</b>  <a href="mailto:jfortunato@rfgh.net">jfortunato@rfgh.net</a>  Redington Fairview Hospital  46 Fairview Ave.  Skowhegan, Maine 04976  207-474-5121</p>	<p><b>Emily Freeman, TTS-C</b>  Maine Tobacco HelpLine  Center for Tobacco Independence  110 Free Street  Portland, Maine 04101  207-662-7154 <a href="mailto:freeme1@mainehealth.org">freeme1@mainehealth.org</a></p>
<p><b>**Rebekka L. Freeman, Psy.D., LADC, LCPC, CGC, CCHyp, CCS, TTS-C</b>  Clinical Supervisor, Hypnotherapist, Counselor  Partners for Change  PO Box 284  Belfast, Maine 04915  207-338-6055  partnersforchange@bluestreakme.com</p>	<p><b>**Amelia "Amy" Giles, CHHC, TTS-C</b>  Maine Tobacco HelpLine  Center for Tobacco Independence  110 Free Street  Portland, Maine 04101  207-662-7154  Gilesa@mainehealth.org</p>
<p><b>Rebecca Hitchcock, RN, NP, TTS-C</b>  Center for Tobacco Independence  110 Free Street  Portland, Maine 04101  207-662-7154</p>	<p><b>Bonnie Irwin, LPN, AE-C, TTS-C</b>  Regional Tobacco Coordinator  Bangor Region Public Health &amp; Wellness  103 Texas Ave.  Bangor, Maine 04401  207-992-4467  Bonnie.irwin@bangormaine.gov</p>
<p><b>Sally Keck, MA, CCS, LADC, TTS-C</b>  The Cottage Program  York Hospital  15 Hospital Drive  York, Maine 03909  207-351-2430  skeck@yorkhospital.com</p>	<p><b>Ellen Langford, TTS-C</b>  Anthem  2 Gannett Drive  South Portland, Maine 04106  207-822-5345  1-800-231-2398 ext. 5345  <a href="mailto:Ellen.langford@anthem.com">Ellen.langford@anthem.com</a></p>
<p><b>Dawn Littlefield, TTS-C</b>  <a href="mailto:Dawn.littlefield@maine.gov">Dawn.littlefield@maine.gov</a></p>	<p><b>Maura A. McDonald, RN, NP, TTS-C</b>  Center for Tobacco Independence  110 Free Street  Portland, Maine 04101 207-662-7150</p>

<p><b>**Marjorie "Maggie" Miller, MA, TTS-C</b>  Maine Tobacco HelpLine  Center for Tobacco Independence  110 Free Street  Portland, Maine 04101  207-662-7154 millem1@mainehealth.org</p>	<p><b>Nate Morse, TTS-C</b>  Nate.morse@maine.gov</p>
<p><b>Jody O'Farrell, BS, RRT, AE-C, TTS-C</b>  Respiratory Therapist Health Coach  Health Dialog  2 Monument Square, Suite 2  Portland, Maine 04101  <a href="mailto:jofarrell@healthdialog.com">jofarrell@healthdialog.com</a>  1-877-277-5900 ext. 6953</p>	<p><b>Barbara Perry, RN, NP, TTS-C</b>  Tobacco Treatment Center  Center for Tobacco Independence  110 Free Street  Portland, Maine 04101  207-662-7150  perryb@mainehealth.org</p>
<p><b>Christine Rossi, MS, RT, TTS-C</b>  SMMC PrimeCare Pulmonary Medicine  9 Healthcare Drive, Suite 209  Biddeford, Maine 04005  207-283-6408  <a href="mailto:crossi@smmc.org">crossi@smmc.org</a></p>	<p><b>**Martha Seabury, RN, TTS-C</b>  Tobacco Treatment Center  Center for Tobacco Independence  110 Free Street  Portland, Maine 04101  207-662-7150  <a href="mailto:seabum@mainehealth.org">seabum@mainehealth.org</a></p>
<p><b>Wendy H. Tardif, BS, TTS-C</b>  Consultant  Auburn, Maine 04210  207-783-7395  wtardif@roadrunner.com</p>	<p><b>Ann Tyler, TTS-C</b>  Cape Elizabeth, Maine 04107</p>
<p><b>**Caitlin Walsh, MA, TTS-C (Portland and South Portland)</b>  Maine Tobacco HelpLine  Center for Tobacco Independence  110 Free Street  Portland, Maine 04101  207-662-7154  Walshc1@mainehealth.org</p>	<p><b>Deborah Warner, MS, TTS-C</b>  National Institute of Fitness and Sport  (contracting at Anthem BC/BS)  175 Rochester Street  Berwick, Maine 03901  603-817-6882  <a href="mailto:Mangala.warner@gmail.com">Mangala.warner@gmail.com</a>  www.nesytt.com</p>
<p><b>Vicky S. Wiegman, Med, CAS, TTS-C</b>  Substance Abuse Counselor  Lewiston High School  207-795-4190 ext. 2230  vwiegman@lewistonpublicschools.org</p>	<p><b>Fred Wolff, LADC, LCPC, TTS-C</b>  Program Manager: Education and Training  Manager  Center for Tobacco Independence  110 Free Street, Portland, Maine 04101  207-662-7134, wolfff@mainehealth.org</p>