

# 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 winter and summer.

## ANDROSCOGGIN

### Lewiston

<b>St. Mary's Regional Medical Center</b>				
<b>Sisters of Charity Health System</b>				
Prevention & Wellness Smoking Cessation			Contact	Maria Pete
95 Campus Ave. Suite 8			Telephone	777-8898
Lewiston, ME 04243-0291			Fax	
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>Healthy Androscoggin</b>				
Quit & Win			Contact	Sarah Mayberry
Free Tobacco Support group			Telephone	795-5990
300 Main Street				
Lewiston, ME 04240				
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Yearly	Ongoing	Thurs 6-7

<b>WORKMED</b>			Contact	WORKMED
77 Bates Street			Telephone	753-3080
Lewiston, ME 04240			Fax	753-3088
Program Type	Cost	Frequency	# of Sessions	Duration
Worksite Outreach-Employers only	Call for Details	Ongoing	10	10 weeks

<b>Central Maine Medical Center</b>				
Pulmonary Rehab 300 Main Street Lewiston, ME 04240			Contact	Pat B. Smith
			Telephone	795-2687
			Fax	795-5686
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free (if not covered by insurance)	Ongoing by appt.	1-2	1/2 to 1hr (as needed)

## AROOSTOOK

### Caribou

Cary Medical Center Fresh Start: Smoking Cessation 163 Van Buren Road, Suite 1 Caribou, ME 04736				
			Contact	Val Theriault
			Telephone	498-1616 or 1327
			Fax	498-6399
Program Type	Cost	Frequency	# of Sessions	Duration
Group	When Requested – Call for Details			
Individual	\$10	Weekly	4-6	4-6 weeks

### Fort Kent & Madawaska

<b>St. John Valley</b>				
Fresh Start Program 194 East Main Street Fort Kent, ME 04743			Contact	Sandy Pelletier
			Telephone	834-1934
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Monthly	4	1 hour
Individual	Free	Monthly	4	1 hour
Worksite Outreach	Call for Details			

### Houlton

<b>Houlton Regional Hospital</b>				
Healthy Aroostook 20 Hartford Street Houlton, ME 04730			Contact	Tracy Tweedie
			Telephone	532-0908
			Fax	532-4755
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	When necessary	8	7 weeks
Individual	Free	Call for Details		

## Presque Isle

<b>Aroostook Medical Center</b>				
Freedom from Smoking P.O. Box 151, Academy Street Presque Isle, ME 04769			Contact Darcy Kinney Telephone 768-4081 Fax 768-4085	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	3 times year	8	8 weeks
Individual	Call for Details			
Self-Help	Free	N/A	N/A	N/A

<b>Aroostook County Action Program (ACAP)</b>				
Healthy Aroostook P.O. Box 1116, 771 Main Street Presque Isle, ME 04769			Contact Carol Bell Telephone 768-3056 x 629 Fax 768-3021	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Self-Help				

## CUMBERLAND

### Brunswick

<b>Mid Coast Hospital</b>				
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		Call for info
Individual	\$35	Ongoing	1 +	1+
Worksite	\$400	As requested	4	2+

<b>Parkview Hospital</b>				
Breathe Free 329 Main Street Brunswick, ME 04011			Contact Sheryl McWilliams Wellness Dept. Telephone 373-2216 Fax 373-2209	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Call for Details	Quarterly	9	1 Month
Individual		Ongoing		
Worksite Outreach		Ongoing		

### South Portland

<b>Day One (YOUTH)</b>				
Outpatient 525 Main Street South Portland, ME 04106			Contact Amy Stevenson or Don Burke Telephone 874-1045 Fax 842-3627	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Arranged with individual treatment plan			

## Portland

<b>Martin's Point Health Care</b>				
Help for Smokers		Contact		Leigh Kirchner
Health Education Center		Telephone		1-800-260-6681
331 Veranda Street		Fax		791-3823
Portland, ME				
Groups also available in Portsmouth, NH-for more info call 1-800-260-6681 ask for Wendy Drew.				
<b>Program Type</b>	<b>Cost</b>	<b>Frequency</b>	<b># of Sessions</b>	<b>Duration</b>
Group – Support Group	Free	Mondays-5pm	On-going	1 hour
Worksite Outreach	Call Bob Farnham for Details – 253-6330			

<b>Univ. of Southern Maine</b>				
Healthy USM Employee Wellness Program		Contact		Suzanne Roy
96 Falmouth Street		Telephone		228-8151
Portland, ME 04104		Fax		228-8447
<b>Program Type</b>	<b>Cost</b>	<b>Frequency</b>	<b># of Sessions</b>	<b>Duration</b>
Group	NOT OFFERED AT THIS TIME			
Individual	NA	Counseling	Ongoing	
Worksite Outreach	NA	Resource materials & referrals to CTI	Ongoing	

<b>Center for Tobacco Independence</b>				
Tobacco Treatment Program		Contact		Linda Craig
315 Park Ave, 1 <sup>st</sup> Floor		Telephone		662-7150
Portland, ME 04102				
<b>Program Type</b>	<b>Cost</b>	<b>Frequency</b>	<b># of Sessions</b>	<b>Duration</b>
Individual	NA	Individualized	Individualized	Individualized

## Brunswick

<b>Martin's Point Health Care</b>				
Help for Smokers		Contact		Barbara Groth
Cook's Corner		Telephone		1-800-260-6681
Brunswick, ME				
Groups Portsmouth-for more info call 1-800-260-6681				
<b>Program Type</b>	<b>Cost</b>	<b>Frequency</b>	<b># of Sessions</b>	<b>Duration</b>
Group	Free	Wednesday 12-1		1 Hour
Worksite Outreach	Call Bob Farnham for Details – 253-6330			

## FRANKLIN

### All of Franklin County

<b>Healthy Community Coalition</b> 105 Mt. Blue Circle, Suite 1 Farmington, ME 04294		Contact Telephone	Nate Morse, TTS-C 779-3136	
Program Type	Cost	Frequency	# of Sessions	Duration
Group				Call for Details
Individual				Call for Details
Self-Help				Call for Details
Worksite Outreach				Call for Details

## HANCOCK

### Bar Harbor

<b>MDI Hospital</b> Wellness Program Healthy Acadia (Loc: 10 Wayman Lane) P.O. Box 875 (Bar Harbor, ME 04609) Mt. Desert, ME 04660		Contact Telephone	Kathy Mulligan 288-5082 x 1624	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Call for Details	As needed	4	2-4 weeks
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 Telephone Fax	Sally Christ, TTS-C or Jane Freeman 374-3257 374-5175	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual				Call for Details
Self-Help	Free	N/A	N/A	N/A

### Ellsworth

<b>Union River Healthy Communities</b> 52 Christian Ridge Road 194 Main Street Ellsworth, ME 04605		Contact Telephone Fax	Kenneth Miller 667-5352 667-5396	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual				Call for Details
Worksite Outreach				Call for Details

## Gouldsboro

<b>Eleanor Widener Dixon Memorial Clinic</b>				
<b>Gouldsboro Clinic</b>				
Smoking Cessation Services		Contact	Marie Langlois	
37 Clinic Road		Telephone	963-4066	
Gouldsboro, ME 04607		Fax	963-7723	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual/Group			Call for Details	

## Southwest Harbor

<b>Acadia Family Center</b>				
1 Fernald Point Road		Contact	Dee Clark, LCPC, LADC	
Southwest Harbor, ME 04679		Telephone	244-4012	
		Fax	244-4013	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual/Group/ Worksite Outreach			Call for Details	

## KENNEBEC

### Augusta

<b>Maine General Health</b>		Contact	Jamyne, Martin	
Tobacco Cessation Services		Telephone	861-5275	
30 Chase Ave				
Augusta, ME 04330				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call for Details	
Group	Free	Wednesday	Call for Details	5-6pm
Worksite Outreach			Call for Details	

<b>Veterans Administration Hospital (Togus)</b>				
Smoking Cessation Program		Contact	Rose Benner, RN	
1 VA Center		Telephone	623-8411 ext.5140	
Togus, ME 04330		Fax	621-4734	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Ongoing	6	6 weeks
Individual only if necessary – Call for Details				
NOTE: Veterans and Significant others or Support Person Only				
VA Employees welcome				

## Waterville

<b>MaineGeneral Health Tobacco Cessation Services</b>		Contact Jamye Martin Telephone 861-5275		
30 Chase Ave. Waterville, ME 04901				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Group	Free	Mondays	Call for Details	5-6pm
Worksite Outreach	Call for Details			

**\*MaineGeneral is also providing the following services in Kennebec County (For more information on any of these programs please contact Jayme Martin 861-5275):**

**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.

**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 smoke 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 Healthy Maine Partnership</b>		
6 Glen Cove Drive. Rockport, ME 04856		Contact Phone:	Education Dept. 701-3393	
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</b>				
Healthy Inspiration – Cardio Pulmonary Dept. 6 St. Andrews Lane Boothbay Harbor, ME 04538			Contact	Matt Campbell
			Telephone	633-1928
			Fax	633-1276
Program Type	Cost	Frequency	# of Sessions	Duration
Group	In the process of developing groups. Individuals may call Matt and he will direct them.			
Individual				
Self-Help				
Worksite Outreach				

### Damariscotta

<b>Lincoln County Healthcare</b>				
Health Education 97 Bristol Road Damariscotta, ME 04543			Contact	Cathy Cole
			Telephone	563-4466
			Fax	563-4710
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By appointment	4-6	½ hr
Self-Help	NA			
Worksite Outreach	Free	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

### Mexico

<b>First Light Counseling Services, Inc.</b>				
28 Congress Street Rumford, ME 04276			Contact	Judi Weeks or Jim Mello
			Telephone	364-7006 or 364-9059
			Fax	364-7007
			Email:	firstlightcs@yahoo.com
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$50/hr	Weekly	unlimited	1 1/2hrs
Individual	\$100.00/hr	Daily	unlimited	1 to 2hrs
Worksite Outreach	Call for Details			

## Porter

<b>Sacopee Valley Health Center</b>		Smoking Cessation Services		Contact	Donna Burke
P.O. Box 777		Parsonsfield, ME 04047		Telephone	625-8126
				Fax	625-7820
Program Type	Cost	Frequency	# of Sessions	Duration	
Group	\$50.00 (2 Smokers/ 1 Family \$75)	On going	5	5 weeks	
Individual	\$28	As needed	Flexible	Flexible	

## Rumford

<b>Project NOW (Rumford Comm. Hosp.)</b>		Smoking Cessation Group		Contact	Carol Emery
P.O. Box 86		94 River Street		Telephone	364-7408
Rumford, ME 04276				Fax	same as phone
Program Type	Cost	Frequency	# of Sessions	Duration	
Group/Individual	Sliding scale	Alternate months	5	5 weeks	
Worksite Outreach	Call for Details				

## Norway

<b>Healthy Oxford Hills</b>		Fresh Start		Contact	Chris Davis
165 Main Street		Norway, ME 04268		Telephone	739-0352
				Fax	743-1566
Program Type	Cost	Frequency	# of Sessions	Duration	
Group-Fresh Start	Free	Call for class schedule	As needed		
Individual	Free	Call for Details			
Self-Help	Free	Call for class schedule	As Needed		

## PENOBSCOT

### Bangor

<b>Eastern Maine Medical Center</b>		Community Wellness Service		Contact	Rebecca Henry
Cianchette Bldg. 43 Whiting Hill Rd		Brewer, ME 04412-1006		Telephone	973-8456
				Fax	973-5939
Program Type	Cost	Frequency	# of Sessions	Duration	
Group	\$50/person	As requested	4	1 hr	
Individual	\$20/person	As Needed	As needed	30 mins	
Self-Help	Free	Will mail materials			
Worksite Outreach	See group above				
Group (Nicotine Anonymous)	Wednesdays, 6:30pm – 7:30pm at Maine Veterans Home Bangor				

## Bangor

<b>Transitions</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	\$20.00	Weekly	As needed	1 ½ hour
Nicotine Support Group (starting mid September)	\$20.00-1 <sup>st</sup> session free	Weekly	Drop-in	1 hour
Individual	\$75.00 (sliding fee)	1 to 2x per week	As needed	1 hour

## Lincoln

<b>Penobscot Valley Hospital</b>				
Cardiac Rehab. Program P.O. Box 368 Transalpine Road Lincoln, ME 04457-0368		Contact	Jeremy Weatherby	
		Telephone	794-7242	
		Fax	794-6536	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call for Details	
Self-Help			Call for Details	

<b>Health Access Network</b>				
175 West Broadway Lincoln, ME 04457		Contact	Tracy Cousineau	
		Phone:	794-6700	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call for Details	
Self-Help			Call for Details	

## Millinocket

<b>Millinocket Regional Hospital</b>				
Katahdin Area Partnerships 899 Central Street Millinocket, ME 04462		Contact	Jane McGillicuddy	
		Telephone	723-5288	
		Fax	723-7435	
Program Type	Cost	Frequency	# of Sessions	Duration
Group			Call for Details	
Individual			Call for Details	

## PISCATAQUIS

### Dover-Foxcroft

<b>Counseling Program</b>				
Mayo Regional Hospital 69 High Street Dover-Foxcroft, ME 04426			Contact	John Spieker
			Telephone	564-4567
			Fax	564-4478
Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call For Details	
Self-Help			Call for Details	
Worksite			Call for Details	

### Greenville

<b>Charles A. Dean Memorial Hospital</b>				
Adult and Teen Cessation Services Fresh Start P.O. Box 1129 Greenville, ME 04441			Contact	Education Office Nancy Pelletier
			Telephone	695-5236
			Fax:	695-2329
Program Type	Cost	Frequency	# of Sessions	Duration
Group			Call for Details	
Individual			Call for Details	
Self-Help			Call for Details	

## SAGADAHOC

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

## SOMERSET

### Pittsfield

<b>Sebasticook Valley Hospital</b>				
447 North Main Street Pittsfield, ME 04967			Contact: Dawn Littlefield	
			Telephone	487-3890 x114
			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>First Light Counseling Services</b>				
Alcohol & Substance Abuse Counseling 316 Water Street Skowhegan, ME 04976			Contact	Scott LeBlanc
			Telephone	399-3286
Program Type	Cost	Frequency	# of Sessions	Duration
Group			Call for Details	
Individual				

## Skowhegan

<b>Redington Fairview General Hospital</b>				
1:1 Program P.O. Box 468, Fairview Ave. Skowhegan, ME 04976			Contact	Jim Fortunato
			Telephone	858-2318
			Fax	474-5121
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Self-Help				
Worksite Outreach	Call for Details			

## WALDO

### Belfast

<b>Healthy Waldo County</b>				
Smoking Cessation P.O. Box 287, 119 Northport Avenue Belfast, ME 04915			Contact	Barbara Crowley and Vyvyenne Ritchie
			Telephone	930-6761
			Fax	930-2652
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 Belfast, ME 04915 partnersforchange@wildblue.net			Contact:	Dr. Rebekka Freeman
			Telephone	338-6055
			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

## Calais

<b>Discovery House Washington County</b>				
12 Beech Street Calais, ME 04619		Contact Telephone Fax	Virginia Blake 454-1300 454-1332	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Included in treatment	3x per week	Ongoing	1 hour
Individual	Included in treatment	Minimum of 1hr per month	Monthly	30min-1hr

## Lubec

<b>Healthways</b>				
DownEast Healthy Tomorrows 79 Washington Street Lubec, ME 04652		Contact Telephone Fax	Eleody Libby 733-4760 733-2946	
Program Type	Cost	Frequency	# of Sessions	Duration
Group/Individual	Free	Weekly	10	1 hour

## Machias

<b>Downeast Community Hospital</b>				
Court Street, RR 1, Box 11 Machias, ME 04654		Contact Telephone	Donna Stanley-Kelley, RN 255-0495	
Program Type	Cost	Frequency	# of Sessions	Duration
Group				Call for details
Individual				

## Milbridge

<b>Smoking Cessation 1:1 Counseling Program</b>				
24 School Street Milbridge, ME 04658		Contact Telephone Fax	Sunshine Strout 546-7677 546-3680	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Billed through hospital, physician referral needed	As many as needed	As many as needed	30-45 min.

# YORK

## York

<b>York Hospital</b> The Freedom Clinic 127 Long Sands Road York, ME 03909		Contact Telephone Fax	Nadine Wheeler 351-3700 363-9864	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$99.00 for one year- includes 1 individual consultation and quit plan	Weekly	Once a week for 1 year	1 hour

## Sanford

<b>Goodall Hospital</b> Fresh Start 25 June Street Sanford, ME 04073		Contact Telephone Fax	Connie Roux 490-7711 324-0440	
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

## SERVING ALL 16 COUNTIES

<b>Maine Tobacco HelpLine</b>		Telephone Fax	1-800-207-1230 207-774-3304	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual Telephonic Counseling	Free	Ongoing	3	Flexible

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

**Howland Bickerstaff, LCPC, LADC, CCS, TTS-C**

Therapist III  
Recovery Center at Mercy Westbrook  
40 Park Road  
Westbrook, ME 04092  
207-857-8037  
Bickerstaff@mercyme.com

**Howland Bickerstaff, LCPC, LADC, CCS, TTS-C**

*Private Practice:* c/o Danzig Counseling Services  
936 Roosevelt Trail  
Windham, ME 04062  
207-831-3328  
howlwoof@maine.rr.com

**Deborah Brown, RN, TTS-C**

Southern Maine Medical Center  
207-283-7908  
Nid.djb@smmc.org

**Rachel Charette, TTS-C**

Project Director  
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194 East Main Street  
Fort Kent, ME 04743  
207-834-3195 ext 3621  
Rachel.charette@nmmc.org

**Marla Davis, RN, MSN, TTS-C**

Community Health Status Improvement  
Mid Coast Hospital  
123 Medical Center Drive  
Brunswick, ME 04579  
207-373-6586  
mdavis@midcoasthealth.com

**Sheryl Melanson, TTS-C**

Maine Tobacco Helpline  
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22 Bramhall Street  
Portland, ME 04102  
207-662-7154  
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**Marjorie "Maggie" Miller, TTS-C**

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millem1@mainehealth.org

**Emily Freeman, TTS-C**

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Westbrook, ME 04092  
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**Bonnie Irwin, LPN, AE-C, TTS-C**

Regional Tobacco Coordinator  
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103 Texas Ave.  
Bangor, ME 04401  
207-992-4467  
bonnie.irwin@bangormaine.gov

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Consultant  
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**Ann Tyler, TTS-C**

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Portland, ME 04102  
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tylera@mainehealth.org

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207-602-2787  
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Anthem  
2 Gannett Drive  
South Portland, ME 04106  
207-822-5345  
1-800-231-2398 ext. 5345  
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**Dawn Littlefield, TTS-C**  
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Skowhegan, ME 04976  
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