

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

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, 2nd 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

Bucksport Bay Healthy Communities Coalition				
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

Health Peninsula				
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

Maine General Health				
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			

VA Medical Center				
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
NOTE: Veterans and significant others or support person only. Also available to VA Employees.				

Waterville

MaineGeneral Health			Contact	Wendie Lagasse
Tobacco Cessation Services			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

Provided by Penobscot Bay Medical Center-a division of Pen Bay Healthcare Sponsored by Knox County Community Health Coalition-A Local Healthy Maine Partnership				
Knox County Health Clinic Bok Medical Art Building, 22 White Street Rockland, ME 04841		Contact Education Dept. Phone: 594-6973		
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

St. Andrews Hospital/Lincoln County Healthcare Call Lincoln County Healthcare's Education and Community Outreach Dept. 66 Chapman St., Damariscotta, ME 04543				
			Contact: Cathy Cole 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

Miles Memorial Hospital/Lincoln County Healthcare Education and Community Outreach 66 Chapman St. Damariscotta, ME 04543				
			Contact: Cathy Cole Phone 563-4830 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

Healthy Lincoln County 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

Healthy Oxford Hills 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

Private Practice 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

Sebasticook Valley Hospital		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

Redington Fairview General Hospital		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 st and 3 rd Thursday of each month	Ongoing	5:30pm-6:30pm
Individual				Call for Details
Worksite Outreach				Call for Details

WALDO

Belfast

Healthy Waldo County		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

NIC'OUT Time P.O. Box 284 Belfast, ME 04915 partnersforchange@bluestreakme.com				
		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-None offered at this time

YORK

Biddeford

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

Sanford

Goodall Hospital Quit for Good 25 June Street Sanford, ME 04073				
		Contact Connie Roux Telephone 490-7704 ext. 311 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

York Hospital 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

Maine Tobacco HelpLine			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.**

Cherry Baker, MSN, FNP-C, TTS-C University of New England Petts Health Center 11 Hills Beach Road Biddeford, Maine 04005 207-602-2787 Cbaker2@une.edu	Howland Bickerstaff, LCPC, LADC, CCS, TTS-C Therapist II Recovery Center at Mercy Westbrook 40 Park Road Westbrook, ME 04092 207-857-8037 bickerstaffh@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 Cardiopulmonary Wellness Center Southern Maine Medical Center 1 Medical Center Drive Biddeford, Maine 04005 207-283-7908 Nid.djb@smmc.org
Mary Cannon, TTS-C Portland, Maine	Rachel Charette, TTS-C Project Director Saint John Valley Partnership 194 East Main Street, Fort Kent, Maine 04743 207-834-3195 ext. 3621 Rachel.charette@nmmc.org

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

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