

Maine
Brain Injury and Stroke
**RESOURCE
DIRECTORY**

2026
10TH EDITION

biausa.org/maine





BRAIN INJURY
ASSOCIATION
OF AMERICA - MAINE

Brain Injury Association of America, Maine Chapter

126 Western Ave., #261
Augusta, ME 04330
Website: www.biausa.org/maine
Email: BIAMaine@biausa.org



BRAIN INJURY
ASSOCIATION
O F A M E R I C A

Brain Injury Association of America, Inc.

Website: www.biausa.org
National Brain Injury Information Center: 800-444-6443



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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	3
State of Maine Services & Support	3
ADA Assistance & Advocacy	6
Aging & Disability Resource Centers	7
Assistive Technology & Adaptive Equipment	8
Chiropractic Neurology	10
Concussion	11
Counseling Services	13
Domestic Violence	15
Driving Evaluations & Consultants	16
Educational Resources	16
Employment Services & Vocational Rehabilitation	18
Financial Assistance	20
Group Homes / Supported Living	22
Housing	22
Legal Services	24
Medical Equipment & Supplies	27
Neurofeedback	28
Neurologic Music Therapy	28
Neurologists	28
Neuropsychologists	30
Pediatric Resources	31
Physiatrists	38
Physical Therapy	38
Prescription Drug Discount Programs	39
Psychiatrists & Neuropsychiatrists	40
Recreation	40
Rehabilitation	42
Services for People Who Have Visual or Hearing Impairments	46
Social Security	46
Speech-Language Pathology	48
Stroke	48
Substance Use Disorder / Behavioral Health	49
Transportation	51
Veterans Services	54
Vision	56
Websites for Other Helpful Information	57
Appendix A	57
Appendix B	58

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 an 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.

BIAA-ME SERVICES & SUPPORT

MAINE BRAIN INJURY INFORMATION CENTER

Toll-free: 800-444-6443
E-mail: 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 people living with 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 (NRF) program, a service supported through a contract with the Maine Department of Health and Human Services, Office of Aging and Disability Services. NRF 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 NRF program, call 800-444-6443.

SUPPORT GROUPS

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

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. To see a list of current brain injury support groups, visit our website or call the Maine Brain Injury Information Center at 800-444-6443.

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 and resource fair, 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.

**Maine Brain Injury
INFORMATION CENTER**
1-800-444-6443
www.biausa.org/maine

BIAMaine@biausa.org

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.

STATE OF MAINE SERVICES & SUPPORT

Maine Department of Health and Human Services

109 Capitol St.
Augusta, ME 04333
Phone: 207-287-3707
TTY: Maine Relay 711
Website: 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. 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 when calling for information.

Office of Aging and Disability Services (OADS)

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

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 providing services specifically designed for individuals living with brain injuries and their families, OADS also provides adult protective, intellectual and developmental disability, long-term care, and aging and community services to the people of Maine.

Maine Access Navigator Tool (MANT)

DHHS - Office of Aging and Disability Services
Website: me.accessgov.com/oads/Forms/Page/me-access-navigator/self-screening/

MANT is an online self-screening and referral tool for adults, their family members, friends and care partners. Users of this tool can voluntarily and confidentially answer questions about many life domains such as Housing, Transportation, Food Security/Nutritional Needs, and Safety. MANT will then provide tailored referrals to the most appropriate resources available to help address the user's unmet needs.

Adult Protective Services & Guardianship (APS)

Maine Department of Health and Human Services (DHHS)
Toll-free: 800-624-8404
Website: maine.gov/dhhs/oads/get-support/aps

Online Reporting Form: maine.gov/dhhs/oads/get-support/aps/report-abuse-neglect-exploitation

APS provides or arranges 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.

Medicaid (MaineCare)

DHHS – Office of MaineCare Services

Toll-free: 855-797-4357

Website: 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. Applications for MaineCare are processed by the Office for Family Independence, which is a department within DHHS.

There are several different ways to apply for MaineCare:

- Call the Office of MaineCare Services to see if you are eligible, to apply or to report changes.
- Visit your local DHHS district office and apply in-person. Speak with an eligibility specialist who can determine if you are eligible for MaineCare and can answer questions about the application process and benefits. To locate your district office: maine.gov/dhhs/about/contact/offices
- Apply online at MyMaineConnection.gov

My Maine Connection

DHHS – Office for Family Independence (OFI)

Toll-free: 855-797-4357

Website: mymaineconnection.gov

My Maine Connection is an online, self-service portal where you can apply for state benefit programs. 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 (SNAP); Temporary Assistance for Needy Families with Children (TANF); Emergency Assistance; and Education Assistance for Parents/Caretakers. Eligibility requirements vary by program.

State of Maine Brain Injury Identification Card

Maine Bureau of Motor Vehicles (BMV)

Phone: 207-624-9000, ext 52114

Application form: biausa.org/wp-content/uploads/main-abi-id-card-application-form-2024.pdf

This is a wallet sized card that identifies a person as having a brain injury. There is an application for this card. The application must be signed by a medical professional who can confirm a diagnosis of brain injury. There is a \$5 fee for the Brain Injury ID card.

MAINE WAIVER PROGRAMS
MaineCare – Home and Community Based Services (HCBS) Waiver Programs

Waiver programs offer expanded services and supports for people with disabilities and chronic health conditions who receive Medicaid. The purpose of these waiver programs is to provide services and supports that will help people stay in their own homes/communities rather than being admitted to an institutional care setting, such as a nursing home. To qualify for these waiver programs, a person must meet certain financial and medical eligibility requirements. You can apply for more than one waiver program and be on several waitlists at the same time. However, you can only get services through one waiver program.

In Maine, there are five HCBS waiver programs:

- Section 18: HCBS for Adults with Brain Injury
- Section 19: HCBS for the Elderly and Adults with Disabilities
- Section 20: HCBS for Adults with Other Related Conditions
- Section 21: HCBS for Members with Intellectual Disabilities or Autistic Disorder
- Section 29: HCBS Support Services for Members with Intellectual Disabilities or Autistic Disorder

Section 18 (the Brain Injury Waiver) is the primary MaineCare waiver program that serves adults with acquired brain injury. However, some of the other waiver programs may also be helpful. For example, Section 19 and 20 may provide home and community-based services that support a person diagnosed with an acquired brain injury.

Section 18: Brain Injury Waiver for Adults with Brain Injury

DHHS, Office of Aging and Disability Services (OADS)

Phone: 207-287-9200 (ask to speak with a Brain Injury Case Coordinator)

Waiver overview & forms: maine.gov/dhhs/oads/get-support/adults-with-brain-injury

The Maine Brain Injury Waiver Program is one of the five Home and Community Based Service (HCBS) programs offered through MaineCare. The Brain Injury Waiver is tailored to people with a diagnosis of acquired brain injury (ABI). Services can include assistive technology assessment and annual device funding, care coordination, residential (group home) supports, participant-directed in-home supports, career planning, and more.

To be eligible for the Brain injury waiver, a person must:

- Be age eighteen (18) or older
- Have a diagnosis of acquired brain injury
- Meet medical and financial eligibility requirements for the program

Application process:

Fill out the application forms. Links to these forms are located on the OADS website and include:

- Brain Injury Waiver Application form
- Authorization- Release of information for Maximus (Maine's Assessing Services Agency)
- Authorization- Release of Information for the Brain Injury Association of America Maine
- Brain Injury Community Choice Letter

Additionally, you will need an evaluation and written report from either a neuropsychologist or a physiatrist. A physiatrist is a doctor of physical medicine and rehabilitation. If you are getting an evaluation by a physiatrist, it must be a physiatrist who works with brain injury.

Application materials can be faxed or mailed to OADS

Fax: 207-287-9229

Mail: DHHS – OADS

Attn: Brain Injury Case Coordinator

41 Anthony Avenue, SHS #11

Augusta, Maine 04333-0011

Next Steps:

When your application is received and complete, then DHHS-OADS will make a referral to Maximus on your behalf. Maximus is Maine's Assessing Services Agency. A Maximus assessment is free. This assessment determines a person's medical eligibility for the waiver programs. If Maximus decides that a face-to-face assessment is needed, they will contact you and schedule an appointment to come to your home.

After the Maximus assessment is completed, you will receive a letter of determination, stating whether you were found medically eligible for the Brain Injury Waiver program. If you are medically eligible for the waiver services, then your name will be placed on a waitlist. The waitlist for services is lengthy.

When your name comes up on the waiver waitlist, you will receive a letter stating that you have a "funded offer" through the Brain Injury Waiver program. At this point, you will be connected to a Brain Injury Case Coordinator who will help coordinate the services.

OTHER HEALTHCARE RESOURCES
Consumers for Affordable Healthcare (CAHC)

P.O. Box 2490

Augusta, ME 04338-2490

Phone: 207-622-7083

Toll-free: 800-965-7476

Website: mainecahc.org

Nonprofit organization that provides free information and helps in understanding health care coverage options and costs in Maine. They also can help callers enroll in MaineCare, find dental care resources, understand common healthcare terms, file an appeal or complaint and find other programs that may reduce health care and drug costs.

coverME.gov

Toll-free: 866-636-0355

Maine Relay 711

Website: coverme.gov

Find a broker or Maine Enrollment Assister:

coverme.gov/find-help-near-you

coverME.gov is Maine's official 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). Medicare is most commonly used by people aged 65 or older; however, younger people with disabilities resulting from brain injury and stroke may be eligible for Medicare. Medicare helps pay for health care costs but it does not pay for all expenses or for long-term care.

For more information about Medicare: medicare.gov
For Medicare Counseling: call your local Agency and Disability Resource Center (ADRC). These centers have Medicare counselors who can help you understand Medicare programs and options. To locate your local ADRC, call 877-353-3771.

Social Security

Toll-free: 800-772-1213
Website: ssa.gov
Find your local office: secure.ssa.gov/ICON/main.jsp
To create an online account: ssa.gov/myaccount/create.html

Reed Family Insurance

Nate Reed & Joan Belcher, RN
590 Main St.
Damariscotta, ME 04543
Phone: 207-563-1990
Website: reedfamilyinsurance.com

Assists with all things related to Medicare. Provides free education regarding how Medicare works and questions about coverage. Can help people get Medicare for the first time or help people who are looking to change the plan they have. This agency also offers Long Term Care (LTC) insurance, which is a fee-based consultation after an initial conversation.

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/
Guide to Disability Rights Laws: 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

Website: 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 St., Room 475

Boston, MA 02203-0506

Toll-free: 800-669-4000

Website: eeoc.gov

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

Job Accommodation Network (JAN)

Toll-free: 800-526-7234

Email: JAN@AskJAN.org

Online contact form: askjan.org/contact-us.cfm

Website: 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.

Maine Equal Justice

126 Sewall St.

Augusta, ME 04330

Phone: 207-626-7058

Toll-free: 866-626-7059

Online contact form: maineequaljustice.org/contact-us

Website: maineequaljustice.org

Legal Help: maineequaljustice.org/site/assets/files/4221/legal_help_flyer.pdf

Maine Equal Justice is a nonprofit civil legal aid and economic justice organization. They provide direct legal services and representation with a focus on helping people with low income. There is no fee for their services; however, their resources are limited. They take on cases or issues where they can help the most people at the same time, specifically cases that help people with low income meet their basic needs and improve their financial circumstances. Their website also offers valuable information and resources pertaining to food assistance, health care, housing and utilities, unemployment insurance and more.

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

Website: maineombudsman.org

The Maine Long-Term Care Ombudsman Program is a free and confidential service that advocates for the rights and well-being of people receiving long-term care. It helps residents in nursing homes and assisted living, as well as people receiving care at home or facing barriers to accessing care in a hospital.

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

ANDROSCOGGIN, FRANKLIN, AND OXFORD COUNTIES

Seniors Plus

8 Falcon Rd.

Lewiston, ME 04240

Phone: 207-795-4010

Toll-free: 800-427-1241

Email: info@seniorsplus.org

Website: seniorsplus.org

Additional satellite offices in Norway and Wilton

AROOSTOOK COUNTY
Aroostook Agency on Aging

260 Main St.
Presque Isle, ME 04069
Phone: 207-764-3396
Toll-free: 800-439-1789
Email: info@aroostookaging.org
Website: 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
Email: info@smaa.org
Website: smaaa.org

HANCOCK, PENOBCOT, 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
Website: eaaa.org

KENNEBEC, KNOX, LINCOLN, SADAHOC, 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
Email: info@spectrumgenerations.org
Website: spectrumgenerations.org
Additional locations in Belfast, Brunswick, 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 easier after a brain injury. Many offer loaner devices, device demonstrations, and device reuse programs.

Maine CITE Coordinating Center

University of Maine Augusta
46 University Dr.
Augusta, ME 04330
Phone: 207-621-3195
Email: info@mainedcrite.org
Website: mainedcrite.org

Maine Cite helps make assistive technology more available to Maine residents. Services include AT device demonstrations and trainings, device loans, device reutilization, and information about alternative financing.

Maine CITE – AT4 Maine

Assistive Technology Device Loan Program
Phone: 207-621-3195
Website: at4maine.org

AT4Maine is a free service offered by Maine Cite. This program offers AT demonstrations and the option to borrow equipment to try out at school, home or work. This a "try it before you buy it" model. The AT4Maine website has an online AT library where you can search for available equipment. Maine Cite partners with the Center for Assistive Technology, Pine Tree Society, and Spurwink ALLTECH for demonstration and loan services.

AT4MAINE LOAN SERVICE PROVIDERS

Center for Assistive Technology & Spenciner

Curriculum Materials Center
University of Maine Farmington
Theodora J. Kalikow Education Center
186 High St.
Farmington, ME 04938
Phone: 207-621-3195
Email: umfmantorlibrary-group@maine.edu
Website: farmington.edu/cmc/

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 MaineCITEat4maine.org and search the University of Maine at Farmington.

Pine Tree Society

149 Front St.
Bath, ME 04530
Phone: 207-386-5930
Email: communicationpathways@pinetreesociety.org
Website: pinetreesociety.org/children-and-families/speechlanguage-and-assistive-technology

Assistive technology assessments, consultations and support

Spurwink ALLTECH

295 Forest Ave., Suite 4
Hannaford Plaza
Portland, ME 04103
Phone: 207-232-6421
Email: ALLTECHinfo@spurwink.org
Website: spurwinkalltech.org

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

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1-800-444-6443

www.biausa.org/maine

BIAMaine@biausa.org

ADDITIONAL ASSISTIVE TECHNOLOGY RESOURCES

Alpha One

Maine's Center for Independent Living (CIL)
115 Thames St., Portland, ME 04101
Mailing: P.O. Box 1870, Portland, ME 04104
Toll-free: 800-640-7200
Email: info@alphaonenow.org
Website: alphaonenow.org

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

Disability Rights Maine (DRM)

Telecommunications Equipment Program (TEP)
160 Capitol St., Suite 4
Augusta, ME 04330
Phone: 207-797-7656 x107
Toll-free: 800-639-3884
Website: 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, OTR/L, CLVT, SHSS, CDP, DCSCT, MS
Phone: 207-558-1234
Email: sherry@happyathomeseniors.com
Website: happyathomeseniors.com

Assistive technology for aging in place, low vision consultation, senior home safety assessment, dementia consultation, and aging life care management. 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@hillaryhelpslearn.com

Website: hillaryhelpslearn.com

Assistive Technology consultation, evaluation, and training for all ages

The Iris Network

189 Park Ave.

Portland, ME 04102

Phone: 207-774-6273

Email: info@theiris.org

Website: 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

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

Brain Injury Association of America • Maine Chapter

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OF AMERICA - MAINE

126 Western Avenue, #261

Augusta, ME 04330

E-Mail: BIAMaine@biausa.org

Website: www.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

Maine Assistive Technology Solutions

Kelley S. Spencer, COTA/L, ATP

Phone: 207-321-1015

Email: kelleysmithatp@outlook.com

Seeing Hands Enterprises

Roger R. Cusson

Phone: 207-353-5007

Email: roger@rogercusson.com

Website: rogercusson.com/seeing-hands-enterprises

Assistive Technology Specialist

Wheelpad

Phone: 802-464-3957

Email: rj@wheelpad.com

Website: wheelpad.com

Financing: wheelpad.com/financing

This is a Vermont-based company that builds small, accessible housing units.

CHIROPRACTIC NEUROLOGY

Chiropractic neurology (also known as functional neurology) uses diagnostic and treatment approaches to measure and improve the function of the brain and nervous system. Treatment approaches may include specific chiropractic 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

Dr. Elizabeth McNally, Board Certified Chiropractic

Neurologist

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

Email: info@portchiro.com

Website: portchiro.com

CONCUSSION
EVALUATION & TREATMENT
Neuropsychology and Concussion Management Associates, PA

Mailing address: P.O. Box 1145

Rockport, ME 04856

Phone: 207-594-2952

Website: ncmamaine.com

Maine Office Locations:
Rockport

220 Union St.

Rockport, ME 04856

New Hampshire Office Location:
Rochester

35E Industrial Way, Suite 210

Rochester, NH 03867

Northern Light Concussion Care

Northern Light Health Center

895 Union St., Suite 12

Bangor, ME 04401

Phone: 207-973-7979

Website: northernlighthealth.org

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

Scarborough NeuroDevelopment Center

Outpatient Speech Therapy

500 Southborough Drive, Suite 301

South Portland, ME 04106

Phone: 207-219-8300

Website: trainyourbrain.me

Serves the greater Portland and Scarborough areas. Treats Post-Concussion Syndrome.

102 Outpatient NeuroRehabilitation Clinics

There are eight 102 outpatient neurorehabilitation clinics throughout the state of Maine. These clinics are paid for through MaineCare. These clinics offer physical, occupational, and speech therapies along with other services to help individuals 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'.

VISION / CONCUSSION

A Concussion is a type of traumatic brain injury (TBI) that affects brain function, including vision.

Many patients who have suffered a concussion will experience visual symptoms. Visual symptoms may include double vision, difficulty focusing, light sensitivity, difficulty shifting gaze quickly from one point to another, fatigue, headaches, blurred vision, difficulty with concentration, memory, balance and coordination. If you are experiencing visual 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 Krishivas, O.D.

743 Broadway
South Portland, ME 04106
Phone: 207-799-3031
Website: harborvieweye.com

Neuro-optometric evaluation and rehabilitation (vision therapy)

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

Neuro-optometric evaluation and therapeutic lenses

Visual Victory Training Center

Dr. Amy Pruszenski, O.D.
150 Griffin Rd., Suite #3
Portsmouth, NH 03801
Phone: 603-766-4548
Website: visualvictorytraining.com

Neuro-optometric evaluation and rehabilitation (vision therapy)

CHIROPRACTIC TREATMENT / CONCUSSION

Aaron David Cloutier, DC

South Portland, ME.
Phone: 207-450-3733
Website: acabarhealth.com/#home

Dr. Cloutier is CCMI certified through Complete Concussion Management, Inc. Services provided include Cranio Sacral therapy, Network Chiropractic (network spinal analysis) and BioGeometric Integration.

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

Concussion Alliance

Website: concussionalliance.org
Nonprofit organization that provides concussion education and resources. They also offer a biweekly Concussion Update Newsletter that provides synopses of new research, news related to concussions, listings of free webinars, and more.

Concussion Legacy Foundation (CLF)

General Inquiries: 857-244-0810
Email: info@concussionfoundation.org
HelpLine link: concussionfoundation.org/helpline
Website: concussionfoundation.org
Zoom Support Groups: concussionfoundation.org/peer-support
Facebook Group, Post Concussive Syndrome Resources: facebook.com/groups/pcsresources/
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. The PCS Resources Facebook group is a community focused on providing resources, support and hope to those affected by ongoing concussion symptoms and Post-Concussion Syndrome (PCS).

CRASHCOURSE - Concussion Story Wall

Website: concussionstorywall.org
Hear survivors and caregivers tell their stories. This is a collection of more than 4,000 personal accounts with concussion- from injury to diagnosis, recovery and beyond.

Maine Brain Injury Support Groups

Helpline: 800-444-6443
BIAA-ME website: biausa.org/find-bia/states/maine/resources-support

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 and search under 'Resources and Support'.

COUNSELING SERVICES

MAINE CRISIS HOTLINE 888-568-1112

SUICIDE AND CRISIS LIFELINE: CALL OR TEXT 988

Online Chat: 988lifeline.org

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

PEER SUPPORT

Peer Support Line, available 24/7

Phone: 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 (SAMHSA)

National Helpline: 800-662-4357
TTY: 800-487-4889
Text your zip code to 435748 (HELP4U)
Website: samhsa.gov
Website: findtreatment.gov
SAMHSA 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 & OTHER SUPPORTS

Office of Behavioral Health (OBH)

41 Anthony Ave.
#11 State House Station
Augusta, ME 04333
Phone: 207-287-2595
TTY: Maine Relay 711
Website: maine.gov/dhhs/obh/

Provides support for Maine residents with mental health disorders, substance use disorders, and co-occurring disorders. OBH partners with providers, communities, and individuals to offer support, resources, education, training, technical assistance, and services.

211 Maine Mental Health Services

Phone: dial 211 or 866-811-5695
Out of State: 877-463-6207
OR text your zip code to 898-211
Email: info@211maine.org
Website: 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@naimaine.org
Website: naimaine.org
Support, education, and advocacy

BEHAVIORAL HEALTH CENTERS
Aroostook Mental Health Services (AMHC)

Call Center: 800-244-6431

 Website: amhc.org/mentalhealth/

Serves Aroostook, Hancock, and Washington Counties

Community Health and Counseling Services

Mailing Address: PO Box 425

Bangor, ME 04402-0425

Toll-free: 800-924-0366

Phone: 207-947-0366

 Email: contact@chcs-me.org

 Website: chcs-me.org/mental-health/

Serves: Aroostook, Hancock, Penobscot and Piscataquis counties. Also provides services in Kennebec and Washington counties. Provides some services in Androscoggin, Cumberland, Knox, Lincoln, and Sagadahoc counties.

Kennebec Behavioral Health (KBH)

Access Center: 888-322-2136

 Email: info@kbhmaine.org

 Website: kbhmaine.org/services/

Clinic Locations: Augusta, Farmington, Skowhegan, Waterville, and Winthrop

MaineHealth - Behavioral Health Care

Access Center: 844-292-0111

 Website: mainehealth.org/care-services/behavioral-health-care

Locations: Belfast, Biddeford, Damariscotta, Farmington, Norway, Portland, Rockland, Springvale, Westbrook

Oxford County Mental Health Services (OCMHS)

 A division of *Community Concepts, Inc.*

Phone: 207-364-3549

 Website: ccimaine.org/services/mental-health/

 Email: info@ocmhs.org

Primarily Serves Oxford County

Office Locations:
Rumford

150 Congress St.

Rumford, ME 04276

South Paris

 17 Market Square
South Paris, ME 04281

Spurwink Services

 Mailing address:
901 Washington Ave., Suite 100
Portland, ME 04103
Phone: 888-889-3903
Email: info@spurwink.org
Website: spurwink.org/adult-and-family/adultbehavioralhealth

Serves Androscoggin, Franklin, northern Cumberland, and Oxford counties

Sweetser's Certified Community Behavioral Health Clinic (CCBHC)

 To schedule an intake appointment: 800-434-3000
Email: info@sweetser.org

 Website: sweetser.org/certified-community-behavioral-health-clinic/

 Clinic Locations: Brunswick, Lewiston and Sanford
Serves Midcoast Maine including Sagadahoc, northern Cumberland, and parts of Lincoln and Androscoggin counties.

Wabanaki Public Health and Wellness

 Wabanaki Care Line: 844-844-2622
General Assistance: 800-349-5006
Email: hello@wabanakiphw.org
Website: wabanakiphw.org/departments/health-and-wellness/
COUNSELORS WITH BRAIN INJURY EXPERIENCE
Michelle Houser, LCPC, LADC, QBISP

 P.O. Box 162
Saco, ME
Phone: 207-590-5995
Email: micellehouser.lcpc@gmail.com

Qualified brain injury support provider. Offers telehealth.

Counseling and Trauma Therapy Associates

 Pam Kern, MS, LCSW
222 Auburn St., Suite 201
Portland, ME 04103
Phone: 207-405-3911
Email: pkern@catt-associates.com (MaineCare only)
Website: catt-associates.com

 Pam also has a Private Practice (self-pay)
Private Practice email: pam@pamkern.com
Specialty areas: trauma, cognitive injuries and disease, life transitions

Tammy Miranda, LCPC, CBIS

 110 Main St., Suite 1508
Saco, ME 04072
Phone: 207-602-8660
Email: tammymiranda.lcpc@gmail.com
Tiffany Robinson, M.A., LCPC

 74 Winthrop St.
Augusta, ME 04330
Phone: 207-200-1254
Email: trobinsoncounseling@gmail.com
Serves Augusta, Waterville, and Lewiston-Auburn

TOOLS TO LOCATE COUNSELING SERVICES
Health Affiliates Maine

 Network of clinicians, statewide
306 Rodman Rd.
Auburn, ME 04210
Mailing: PO Box 1150, Auburn, ME 04211
Email: info@healthaffiliatesmaine.com
Toll-free: 877-888-4304
Phone: 207-333-3278
Website: healthaffiliatesmaine.com

 Find a Counselor Tool: healthaffiliatesmaine.com/find-a-provider/
Maine Psychological Association

 P.O. Box 82
Saco, ME 04072
Phone: 207-621-0732
Email: rmoser@mepa.org
Website: mepa.org

 Find a psychologist Tool: 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
Website: 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
CUMBERLAND COUNTY
Through These Doors

 Helpline: 800-537-6066
Website: throughthesedoors.org
HANCOCK & WASHINGTON COUNTIES
Next Step Domestic Violence Project

 Helpline: 800-315-5579
Website: nextstepdvproject.org

KENNEBEC & SOMERSET COUNTIES
Family Violence Project

Helpline: 877-890-7788

 Website: familyviolenceproject.org
OXFORD, FRANKLIN & ANDROSCOGGIN COUNTIES
Safe Voices

Helpline: 800-559-2927

 Website: safevoices.org
PENOBCOT & PISCATAQUIS COUNTIES
Partners for Peace

Helpline: 800-863-9909

 Website: partnersforpeaceme.org
WALDO, KNOX, LINCOLN & SAGADAHOC COUNTIES
New Hope MidCoast

Helpline: 800-522-3304

 Website: newhopemidcoast.org
YORK COUNTY
Caring Unlimited

Helpline: 800-239-7298

 Website: caring-unlimited.org
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

115 Thames St.

Portland, ME 04101

Toll-free: 800-640-7200

 Email: driverteam@alphaonenow.org

 Website: alphaonenow.org/services/driving/

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

Pathways Driving Rehabilitation Services
Heather Shields, OTR/L, CDRS

Brunswick, ME

Phone: 207-530-0307

 Email: info@pathwaysrehabservices.com

 Website: pathwaysrehabservices.com

Driving evaluation and rehabilitation. Can provide adapted driver assessment. Travels to clients' homes.

EDUCATIONAL RESOURCES
EDUCATION SUPPORT & SERVICES
FAME

Physical Address: 5 Community Drive, Augusta, ME 04330

Mailing Address: P.O. Box 949, Augusta, ME 04332

Phone: 207-623-3263

Toll-free: 800-228-3734

 Email: info@famemaine.com

 Website: famemaine.com/affording-education/

FAME offers a variety of online tools and resources for affording education, business financing (start-ups and existing), and financial wellness. FAME also provides free individualized support for the following: FAFSA and Financial Aid Coaching, Student Loan Repayment Advice, and College Savings Counseling.

HOPE – Higher Opportunity for Pathways to Employment
Department of Health and Human Services

Office for Family Independence

OFI-HOPE Program

11 State House Station

Augusta, ME 04333

Phone: 207-624-4170

 Email: HOPE.DHHS@maine.gov

 Website: maine.gov/dhhs/ofi/programs-services/hope

The Hope program helps Maine families pursue training and education beyond high school and achieve their career plans by addressing barriers to success. The program helps cover the costs related to school. To

learn more about the eligibility criteria and application process, visit their website.

Maine's Community Colleges

Locations and Contact info: mccs.me.edu/our-colleges/locations-contact-info/

Maine's Community Colleges offer a variety of services and resources to help students get started in college and complete their program of study. Services can include academic counseling, career counseling, accessibility services, tutoring for students with disabilities, and childcare.

Maine Digital Inclusion Initiative
National Digital Equity Center

Phone: 207-259-5010

 Email: info@digitalequitycenter.org

 Website: digitalequitycenter.org/our-strategies/

List of on-site classes in Maine: digitalequitycenter.org/classes/onsite-in-maine/

List of on-line interactive classes: digitalequitycenter.org/classes/

Maine Digital Inclusion Initiative provides free digital literacy classes to Maine residents. Digital literacy refers to the technology skills needed to perform a variety of tasks such as using email, performing a web search, using social media, to name just a few. Digital literacy also includes how to safely perform those tasks. Maine Digital Inclusion Initiative offers 40+ classes. Classes are small, ranging in size from 5-10 participants. Classes are offered through online interactive instructional webinars or through onsite classes located at partner sites throughout Maine.

Maine Educational Opportunity Center (MEOC)

Toll-free: 800-281-3703

 Website: meoc.maine.edu/about-meoc/

MEOC is a federally funded program that works with adults to assist them in going on to college. MEOC can help with decisions around which training programs or education programs best fit a person's career aspirations. They can help a person locate financial aid. All services are free.

My Student and MaineCare

Website: maine.gov/dhhs/sites/maine.gov.dhhs/files/documents/mainecare-training/my-student-and-mainecare/#/

provides an overview of what MaineCare is and how students can get MaineCare services in schools. The course takes 45 minutes to complete and can be accessed using a desktop, laptop or mobile device.

To learn more about how MaineCare Covered Services are delivered in Maine Schools:

DHHS-Office of MaineCare Services
Trista Collins, State Medicaid Education Liaison

 Email: trista.collins@maine.gov

 Website: maine.gov/dhhs/oms/providers/childrens-services/school-health-related-services
Vocational Rehabilitation (VR)
Bureau of Rehabilitation Services

Administrative Office:

 150 State House Station
Augusta, ME 04333-0150

Phone: 207-623-6799

 Website: maine.gov/rehab/dvr/vr.shtml

VR can help you explore different career opportunities by finding out your interests and aptitudes. As you identify careers, VR can provide information about the skills and training you need. VR has labor market information to help you see what type of work is available. If you need training, VR can locate or develop specific training programs with special accommodations for you. VR can help with re-training or education needed to get a new job.

VR also offers Youth and Transition services for students: maine.gov/rehab/dvr/youth_transition.shtml

Maine Brain Injury INFORMATION CENTER
1-800-444-6443
www.biausa.org/main

BIAMaine@biausa.org

EMPLOYMENT & VOCATIONAL REHABILITATION

VOCATIONAL REHABILITATION (VR)

Division of Vocational Rehabilitation

Maine Department of Labor, Bureau of Rehabilitation

Vocational Rehabilitation (VR)

Bureau of Rehabilitation Services

Administrative Offices:

150 State House Station

Augusta, ME 04333-0150

Phone: 207-623-6799

Website: maine.gov/rehab/dvr/vr.shtml

Youth and Transition Services: maine.gov/rehab/dvr/youth_transition.shtml

VR is a Department of Labor program that helps people with disabilities locate and keep a job. A virtual orientation to VR services is available through their website.

Maine Career Centers

Career Center Hotline: 800-760-1573

Website: mainecareercenter.com

Career Center Locations: mainecareercenter.com/locations/index.shtml

Maine Career Centers provide a variety of employment and training services at no charge for Maine workers. Examples of support include exploring different professions, improving job qualifications and connection to Vocational Rehabilitation.

Wabanaki Vocational Rehabilitation

88 Bell Rd.

Littleton, ME 04730

Phone: 207-532-2021

Website: 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)

Website: maine.gov/rehab/cap.shtml

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

Disability Rights Maine

160 Capitol St., Suite 4

Augusta, ME 04330

Phone: 207-626-2774

Toll-free: 800-452-1948

Website: maine.gov/rehab/cap.shtml

Disability Rights Maine - 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

Website: drme.org

Benefits Counseling Services (BCS)

MaineHealth Vocational Services

Attn: BCS Project Specialist

22 Bramhall St.

Portland, ME 04102

Toll-free: 888-208-8700

Website: benefitsandworkinme.org

Referral packet: assets.mainehealth.io/s3fs-public/imported_images/BCS-Referral-Packet.pdf

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. To request individualized benefits counseling services from a

CWIC, complete the online BCS Referral Packet on their website and then print, sign, and mail.

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

Email: advocate@drme.org

PABSS is a free service funded by Social Security that serves SSI/SSDI beneficiaries. The purpose of the program is to protect the legal rights of Social Security beneficiaries in their efforts to secure or regain employment. In Maine, PABSS is administered through Disability Rights Maine (DRM). DRM can assist Social Security Beneficiaries with return-to-work issues.

Employment for ME

Website: employmentforme.org

Provides information about disability employment resources and initiatives in Maine.

COMMUNITY EMPLOYMENT PROGRAMS

Maine AgrAbility

138 Pleasant St., Suite #1

Farmington, ME 04938-5828

Phone: 207-944-1533

Toll-free: 800-287-1478

Email: maine.agrability@maine.edu

Website: 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.

New Ventures Maine

Mailing Address: NVME/UMA, 46 University Dr., Augusta, ME 04330

Phone: 207-621-3440

Toll-free: 800-442-2092

Email: info@newventuresmaine.org

Website: newventuresmaine.org

Seven locations: Augusta, Bangor, Brunswick, Lewiston-Auburn, Portland, Presque Isle, and Saco.

New Ventures empowers Maine people to build careers, launch small businesses, and manage their money through free classes and individual coaching.

Workforce Solutions

Phone: 207-930-7047

Email: intake@WorkforceSolutionsME.org

Website: workforcesolutionsme.org

Locations

Belfast

15 Starrett Dr., Suite F
Belfast, ME 04915

Portland

56 Northport Dr., Suite 202
Portland, ME 04103

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

Senior Community Service Employment Program (SCSEP)

SCSEP a grant administered by the United States Department of Labor that provides work-training opportunities for low-income persons age 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 non-profit organizations in their local communities. All work assignments are temporary. In Maine, the SCSEP grant is administered by:

Associates for Training and Development (A4TD)

Phone: 207-577-6823

Website: a4td.org/scs-employment-program/

Office of Aging and Disability Services (OADS)

Phone: 207-287-9200
 Email: SCSEP.OADS@maine.gov
 Website: maine.gov/dhhs/oads/get-support/older-adults-disabilities/older-adult-services/scsep

FINANCIAL ASSISTANCE
RESOURCE & REFERRAL
211 Maine

Phone: dial 211 OR 866-811-5695
 Text: text your zip code to 898-211
 Email: info@211maine.org,
 Website: 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

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

TOWN & STATE SUPPORT
General Assistance Programs

General Assistance programs are provided through local town offices and can help with the cost of basic necessities. Basic necessities can include assistance with 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. If you are unable to reach your local General Assistance office or have questions or concerns, call the toll-free hotline 800-442-6003.

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 with Children (TANF); Supplemental Nutrition Assistance Program (SNAP); Educational Assistance for Parents/Caretakers; and Emergency Assistance. 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 how to use the portal, there is a playlist of videos accessed through their website homepage. For free help with your benefits application, call an Office for Family Independence (OFI) Representative or visit an OFI office.

Office for Family Independence (OFI)

Division of DHHS
 OFI Call Center: 855-797-4357
 Website: maine.gov/dhhs/ofi
 OFI Office Locator: maine.gov/dhhs/about/contact/offices

OFI determines initial and ongoing eligibility for MaineCare (Medicaid). They also offer financial assistance programs such as Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), and more.

COMMUNITY ACTION AGENCIES
Maine Community Action Partnership

Website: mecap.org
 Snapshot of Services by location: mecap.org/member-agency-services/

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 of the services offered include Energy Assistance & Weatherization, Health, Housing, Nutrition, and Transportation. Contact your local CAA to learn about their specific programs.

ANDROSCOGGIN, FRANKLIN, AND OXFORD COUNTIES

Western Maine Community Action (WMCA)
 20 Church St.
 P.O. Box 200
 East Wilton, ME 04234
 Phone: 207-645-3764
 Toll-free: 800-645-9636
 Email: info@wmca.org
 Website: wmca.org

Community Concepts, Inc.

Website: ccimaine.org

Office Locations:

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

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

AROOSTOOK COUNTY

Aroostook County Action Program (ACAP)
 Website: acap-me.org

Office Locations:

Presque Isle - Main Office
 771 Main Street
 Presque Isle, ME 04769
 Phone: 207-764-3721

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

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

Madawaska

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

CUMBERLAND COUNTY

Opportunity Alliance
 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
 Email: info@kvcap.org
 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
All Programs: 207-474-8487
Transportation: 207-859-2501

Waterville
101 Water St.
Waterville, ME 04901-6339
All Programs: 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, PENOBCOT, AND PISCATAQUIS COUNTIES

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

Office Locations:

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

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
Email: info@yccac.org
Website: yccac.org

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.

Maine Community Action Partnership

Community Action Agencies (CAA)
Website: mecap.org
Find your local CAA: mecap.org/caas
Services by location: [mecap.org/ member-agency-services](http://mecap.org/member-agency-services)
Community Action Agencies are non-profit organizations in Maine that provide services to people with low incomes to help achieve economic security. Services may include Housing assistance, Energy assistance and weatherization. Contact your local CAA to learn about their specific programs.

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

MaineHousing is an independent state agency that bridges public and private housing finance, combining them to benefit Maine's low and moderate-income people. Financing from MaineHousing and other government sources has resulted in affordable apartments having been developed across Maine. In most cases, the rents for these apartments are preset. In some cases, the tenant pays a portion of their income towards rent. Eligibility requirements and income limits vary by property.

Maine Stream Finance

Penquis subsidiary
Phone: 207-973-3500
Email: MSFInfo@penquis.org
Website: 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

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

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: 207-200-5524
Website: 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
Website: 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
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

Find a Court by City/Town: courts.maine.gov/courts/find-by-town.html

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

LEGAL SERVICES

10XLaw - A National Personal Injury Law Firm

Free Consultations 24/7: 866-410-9529

Email: info@10xlaw.com

Website: 10xlaw.com

Berman & Simmons Trial Attorneys

Phone: 207-784-3576

Website: bermansimmons.com

Practice specializes in personal injury law and provides representation for victims of brain injury in Maine. Free Case review available.

Office Locations:

Bangor

23 Water St.

Bangor, Maine 04401

Biddeford

11 Adams St.

Biddeford, ME 04005

Lewiston

129 Lisbon St.
Lewiston, ME 04240

Portland

85 Exchange St.
Portland, ME 04101

Bernstein-Shur

Website: bernsteinshur.com

Practice areas include litigation, trusts & estate and special needs planning.

Office Locations:

Augusta

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

Portland

100 Middle St.
West Tower
Portland, ME 04101
Phone: 207-774-1200
Email: info@bernsteinshur.com

Brennan & Rogers, PLLC

Phone: 207-361-4680

Mailing Address: P.O. Box 467, York, ME 03909
Website: brennanrogers.com

Practice areas include elder law, estate planning, Medicaid planning, probate litigation in matters such as conservatorship and guardianships.

Office Locations:

Kennebunk

2 Storer St., Suite 403A
Kennebunk, ME 04043

Portland

254 Commercial St., Suite 245
Portland, ME 04101

York

279 York St.
York, ME 03909

Lanman Rayne Nelson Reade

Website: lanmanrayne.com

Practice areas include: elder law, estate & tax planning, special needs and settlement planning, asset preservation & long-term care planning; guardianships and conservatorships. 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

Website: joebornstein.com

Practice specializes in personal injury law.

Office Locations:

Augusta

State Street Plaza
285 State St., Suite 1
Augusta, ME 04330

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

90 Johnson Rd., Suite A
Portland, ME 04102
Phone: 207-360-8898

Sanford

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

Windham

17 Storm Dr.
Windham, ME 04062
Phone: 207-360-8729

Levey Wagley Putman & Eccher

161 Main St, 1-A
Mailing: P.O. Box 7
Winthrop, ME 04364
Phone: 207-377-6966
Website: leveyandwagley.com
Practice areas include: elder law; wills & trusts; long-term care planning; estate planning; special needs planning, Power of Attorney & Advance Health Care Directives.

Maine Elder Law Firm

33 Mildred Ave.
Bangor, ME 04401
Phone: 207-947-6500
Email: info@maineelderlaw.com
Website: maineelderlaw.com

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

Vogel & Dubois

550 Forest Ave., Suite 206
Portland, ME 04101
Phone: 207-761-7796
Email: mdubois@maine-elderlaw.com
Website: maine-elderlaw.com
Practice areas include: elder law, special needs, adult guardianship/conservatorship, public benefits law and lawsuit settlements.

FREE AND LOW-COST LEGAL SERVICES

Clinics at Maine Law

Phone: 207-780-4370

Toll-free: 877-780-2522 (outside greater Portland area)

Website: mainelaw.maine.edu/public-service/clinics-at-maine-law/

The Clinics at Maine Law, formerly known as the Cumberland Legal Aid Clinic, provide students with the opportunity to learn essential lawyering skills while promoting access to justice and meeting the acute needs of vulnerable communities. Clients are represented by "student attorneys" who practice under the supervision of fully-licensed attorney faculty. The Clinic represents low-income individuals with legal cases in Southern Maine courts (Cumberland, York, Sagadahoc, and Androscoggin counties) for most kinds of civil, criminal, juvenile, and family law matters. The Clinic 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

Email: advocate@drme.org

Website: drme.org

DRM can provide 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 Maine Elders

5 Wabon St.

Augusta, ME 04330

Helpline: 207-623-1797

Toll-free: 800-750-5353

Website: mainelse.org/content/legal-help

Elder Rights Handbook: mainelse.org/handbook

Free legal advice for Maine residents aged 60 and older. Their attorneys can help with many legal problems and questions, including MaineCare denials, elder abuse and financial exploitation, predatory lending, discharges from long-term care facilities (nursing homes), guardianship/conservatorship, and evictions.

Maine State Bar Association Lawyer Referral Service

Email: LRS@mainebar.org

Website: mainebar.org/page/LawyerReferralService

This referral service helps you locate the right attorney or organization for your legal situation. There is a \$35 referral fee. Request for referral is done online through the website.

Maine Volunteer Lawyers Project (VLP)

Southern Maine: 800-442-4293

Northern Maine: 888-956-4276

Email: intake@vlp.org (new client seeking legal assistance)

Website: vlp.org/for-those-seeking-legal-assistance

Free legal assistance for low-income Maine residents. VLP attorneys work with civil legal issues only. Legal services are provided by volunteer attorneys and community members, supported and supervised by a small staff. The VLP website has information about their programs, helpful guides and legal forms. If you want to speak with a VLP attorney, fill out an intake request form online.

Pine Tree Legal Assistance (PTLA)

Phone: 207-942-8322

Website: ptla.org

Court Forms: ptla.org/all-court-forms

PTLA is Maine's legal aid organization. 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 and Sagadahoc Counties

88 Federal St.

Portland, ME 04101

Mailing: PO Box 547, Portland, ME 04112

Phone: 207-774-8211

Kennebec, Somerset, Knox & Lincoln Counties

39 Green St.

P.O. Box 2429

Augusta, ME 04338

Phone: 207-622-4731

Penobscot, Piscataquis, & Waldo Counties

115 Main St., 2nd floor

Bangor, ME 04401

Phone: 207-942-8241

Washington & Hancock Counties

13 Cooper St.

P.O. Box 278

Machias, ME 04654

Phone: 207-255-8656

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., Suite 2

Rockport, ME 04856

Phone: 207-594-0888

South Portland

12 Atlantic Place

South Portland, ME 04106

Phone: 207-626-2130

Partners for World Health (PWH)

Medical Supply Program (MSP)

40 Walch Dr.

Portland, ME 04103

Medical Supply Requests: 207-705-9020

Email: medicallsupplies@partnersforworldhealth.org

Website: 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.

MEDICAL EQUIPMENT & SUPPLIES

Black Bear Medical

275 Marginal Way

Portland, ME 04101

Phone: 207-871-0008

Toll-free: 800-577-1365

Website: blackbearmedical.com

Online product catalog: hmecatalog.com

Kennebec Pharmacy

Toll-free: 888-463-8083

Website: kennebecpharmacy.com

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

Maine Brain Injury INFORMATION CENTER

1-800-444-6443

www.biausa.org/maine

BIAMaine@biausa.org

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.

Brain Training of New England

Pam Blodgett, M.Ed., BCN
Board Certified Neurofeedback
 60 Old Dennett Rd.
 Kittery, ME 03904
 Email: braintrainingofnewengland@gmail.com
 Services include: neurofeedback, biofeedback, somatic work, and brain mapping

Peak Neurotherapy

Eric Heintz, LCPC, LADC, BCN
Board Certified Neurofeedback
 110 Auburn St.
 Portland, ME 04103
 Phone: 207-807-9210
 Email: eric@peakneurotherapy.com
 Website: 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, M.A., MT-BC, NMT
 7 Evergreen Dr.
 Arundel, ME 04046
 Phone: 207-467-3372
 Website: beyournote.com

Maine Music & Health, LLC

Kate Beever, M.A., MT-BC
 Portland, ME
 Phone: 207-233-8734
 Email: kate@mainemusicandhealth.com
 Website: mainemusicandhealth.com/inpatientservices

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

MedRhythms Therapy

Phone: 781-629-9713
 Email: hello@medrhythmstherapy.com
 Website: medrhythmstherapy.com
 Teletherapy option: medrhythmstherapy.com/teletherapy

MedRhythms provides NMT services across a variety of settings, including inpatient rehabilitation hospitals, outpatient locations, nursing and rehabilitation centers, community centers. They also provide telehealth and in-home visits.

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
 442 Civic Center Dr., Suite 500
 Augusta, ME 04330
 Phone: 207-621-9550
 Website: mainegeneral.org/medical-services/neurology/

BANGOR

Northern Light Neurology
 905 Union St., Suite 9
 Bangor, ME 04401
 Phone: 207-947-0558
 Website: northernlighthealth.org/Our-System/Eastern-Maine-Medical-Center/Locations/Neurology

Northern Light Pediatric Neurology

417 State St.
 Webber East, Suite 305
 Bangor, ME 04401
 Phone: 207-275-4290
 Website: northernlighthealth.org/Our-System/Eastern-Maine-Medical-Center/Locations/Pediatric-Neurology

BIDDEFORD

MaineHealth Neurology – Biddeford
 46 Barra Rd., Suite 101
 Biddeford, ME 04005
 Phone: 207-282-5509
 Website: mainehealth.org/locations/mainehealth-neurology-biddeford

BRUNSWICK

MaineHealth Neurology - Brunswick
 81 Medical Center Dr., Suite 1300
 Brunswick, ME 04011
 Phone: 207-373-6099
 Website: mainehealth.org/mainehalth-mid-coast-hospital/care-services-mainehalth-mid-coast-hospital/brain-back-nervous-system-care-neurology-mainehalth-mid-coast-hospital

LEWISTON

Central Maine Neurology
 10 High St., Suite 204
 Lewiston, ME 04240
 Phone: 207-795-2927
 Website: cmhc.org/services/neurology/

St. Mary's Neurology Associates

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

ROCKPORT

MaineHealth Neurology - Rockport
 4 Glen Cove Dr., Suite 201
 Rockport, ME 04856
 Phone: 207-301-5757
 Website: mainehealth.org/locations/mainehealth-neurology-rockport

SCARBOROUGH

MaineHealth Neurology - Scarborough
 92 Campus Dr., Suite B
 Scarborough, ME 04074
 Phone: 207-883-1414
 Website: mainehealth.org/locations/mainehealth-neurology-scarborough

SKOWHEGAN

Redington-Fairview General Hospital - Neurology
 46 Fairview Ave., Suite 114
 Skowhegan, ME 04976
 Phone: 207-474-6943
 Website: rfgh.net/services/redington-neurology.xhtml

YORK

Neurology Associates of York Hospital
 233 York St.
 York, ME 03909
 Phone: 207-351-3987
 Website: yorkhospital.com/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

Northern Light Acadia Hospital

Dr. Anthony Podraza
268 Stillwater Ave.
Bangor, ME 04401
Phone: 207-973-6199

Northern Light Neuropsychology

417 State St., Suite 209
Webber Medical Building East
Bangor, ME 04401
Phone: 207-973-5831
Email: emmcneuropsychology@northernlight.org

BIDDEFORD

Slap-Shelton Neuropsychology Group

Laura Slap-Shelton, Psy.D.
28 West Cole Rd., Suite 101
Biddeford, ME 04005
Phone: 207-294-7471
Website: slapsheletonneuropsychologygroup.com

FREEPORT

Austin L. Errico, Ph.D., LLC

Freeport, Maine
Email: draustinerrico@gmail.com

PORTRLAND

GeroPsych Maine LLC

Tom Meuser, Ph.D.
P.O. Box 11193
Portland, ME 04104
Phone: 207-331-4336
Email: tmeuser@geropsychmaine.com
Website: geropsychmaine.com
Serves adults age 55+

MaineHealth Neurology - Scarborough

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

ROCKPORT

Neuropsychology and Concussion Management Associates, PA

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

Maine Office Location:

Rockport
220 Union St.
Rockport, ME 04856

New Hampshire Office Location:

Rochester
35E Industrial Way, Suite 210
Rochester, NH 03867

WATERVILLE

The Mind Center

O. Dicle Turkoglu, Ph.D.
13 Railroad Square, Suite 1
Waterville, ME 04901
Phone: 207-200-4548
Email: themindcentermaine@gmail.com
Website: themindcenter.me
Neuropsychological and psychological evaluations for adults.

YARMOUTH

David Marks, Ph.D.

251 Main St., Suite 1
Yarmouth, ME 04096
Phone: 207-747-5528
Scheduling appointments: 207-829-8219
Evaluations for ages 6 and up.

Heather McClelland, Ph.D.

45 Forest Falls Dr., Suite 2B
Yarmouth, ME 04096
Scheduling: 630-546-5569

NeuroConnections, 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 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.

PEDIATRIC RESOURCES

STATE RESOURCES

Child Protection Hotline

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

Maine Children's Health Insurance Program (CHIP) / Cub Care

Office for Family Independence (OFI)
Phone: 855-797-4357
To apply online: mymaineconnection.gov/benefits/
Cub Care Fact Sheet: maine.gov/dhhs/sites/maine.
gov.dhhs/files/inline-files/Young%20adult%20
MaineCare%20flier_English.pdf

Eligibility Card: maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/2025%20Eligibility%20Postcard_English.pdf

Cub Care is a MaineCare coverage option for children 0-19. If you have questions about applying for Cub Care, call the OFI office and ask to speak with an eligibility specialist. If you have questions about what benefits are covered under Cub Care, call the Office of MaineCare Services at 800-977-6740.

Maine Katie Beckett Waiver

Department of Health and Human Services (DHHS)
Website: maine.gov/dhhs/oms/mainecare-options/children
Phone: 207-287-3707
Step-by-Step Guide: maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/Guide%20to%20the%20Katie%20Beckett%20Application%20Process%2012.19.24_0.pdf

Katie Beckett is a MaineCare enrollment option for children under age 19 who have a serious health condition and who are over the income level for free MaineCare. Children who are eligible for MaineCare through the Katie Becket Waiver receive MaineCare benefits and pay a low-cost premium for this health coverage. Visit the webpage for links to a Katie Beckett pamphlet, eligibility roadmap, eligibility threshold information and healthcare assistance for Katie Beckett.

Maine Office of Child and Family Services (OCFS)

109 Capitol St.
Augusta, ME 04333
Phone: 207-624-7900
Toll-free: 877-680-5866
Website: 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.

Maine Department of Education

Office of Special Services and Inclusive Education

Phone: 207-624-6600

Website: maine.gov/doe/learning/specialed

Resources for families and schools: maine.gov/doe/learning/specialed/iep

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/cds

Regional Site Contact info: <https://www.maine.gov/doe/cds/contact>

CDS provides both Early Intervention (birth through two years) and Free Appropriate Public Education (for ages three through five years) for children with disabilities. There are nine regional CDS sites. Each site conducts Child Find, which is the process of identifying children with disabilities. Regional CDS sites arrange for local services that include early intervention and special education and related services for eligible children from birth to age five and their families.

Department of Health and Human Services

Care Coordination for Children and Youth with Special Health Care Needs

Phone: 207-287-5357

Email: MCH.CDC@maine.gov

Brochure: maine.gov/dhhs/mecdc/healthy-living/maternal-and-child-health/special-health-care-needs/care-coordination

Care Coordination services are available to families of children and youth from birth to age 21 that have, or are at risk for, chronic medical conditions, behavioral and emotional conditions.

Help Me Grow Maine (HMG ME)

To Contact: call 211, choose option 5 to speak to a Family Support Specialist or call toll-free at 833-714-7969

Website: maine.gov/dhhs/ocfs/support-for-families/child-development

Free information line linking families and professionals to information about child development, pregnancy, and community resources for children in Maine up to the age of 8. HMG ME is an affiliate of the National Help Me Grow Network.

VitalCare for Kids (Maine's EPSDT program)

Email: DHHS.EPSDT@maine.gov

Website: maine.gov/dhhs/oms/providers/childrens-services

VitalCare for Kids is a program that allows MaineCare members under the age of 21 to receive services that are not typically covered due to limits on the type, frequency, or duration of the service. These services can include preventive, dental, developmental, behavioral health, and specialty services.

HEALTHCARE SERVICES
Maine State Pediatric Rehabilitation Resource Guide

maineapta.org/uploads/content_files/files/Maine_APTA_Pediatric_Rehab_Resources_Document%281%29.pdf

This guide provides a comprehensive list of rehabilitation services available within the state of Maine for the pediatric population.

Barbara Bush Children's Hospital

MaineHealth

22 Bramhall St.

Portland, ME 04102

Phone: 207-662-0111

Website: mainehealth.org/barbara-bush-childrens-hospital

Bridgton Hospital Therapy Services

Pediatric Therapy

25 Hospital Drive

Bridgton, ME 04009

Phone: 207-647-6145

Physical Therapy, Occupational Therapy and Speech Therapy

Pediatric Development Center

12 Westbrook Common

Westbrook, ME 04092

Phone: 207-591-7210

Email: info@pediatricdevelopmentcenter.com

Website: pediatricdevelopmentcenter.com

Pediatric Occupational Therapy

Additional location in Saco

Pine Tree Society

589 Minot Ave.

Auburn, ME 04210

Phone: 207-443-3341

Email: info@pinetreesociety.org

Website: pinetreesociety.org

Support for children with disabilities and their families. Includes an Early Learning Center, children's case management, therapy services (speech therapy and occupational therapy), assistive technology services, audiology services, and skill building for transition to adulthood. For information about summer Pine Tree Camp, visit website: pinetreesociety.org/camp-home/ Additional locations: Bath, Scarborough

Rehab Without Walls

Home & Community Rehab Services

Phone: 207-282-3980

Website: rehabwithoutwalls.com

Pediatric neurorehabilitation including Occupational Therapy, Physical Therapy and Speech Therapy.

Saco Bay Kids Pediatric Therapy

895 Portland Road

Saco, ME 04072

Phone: 207-439-5104

Website: sacobaypt.com/services/pediatric-therapy/

Additional location in Springvale

Southern Maine Pediatric Therapies

10 Trails End

Windham, ME

Phone: 207-233-7373

Website: southernmainetherapy.com

Pediatric Occupational Therapy

StoreySmith Pediatric Clinic

170 US Route One, Suite 100, Door J

Falmouth, ME 04105

Phone: 207-781-0022

Website: sspcmaine.com

Physical Therapy, Occupational Therapy and Speech Therapy

Turning Point Pediatric Therapy Network Inc

24 Stone Street, Suite 104

Augusta, ME 04330

Phone: 207-582-8400

Website: turningpointot.com

Pediatric Occupational Therapy

York Hospital - Pediatric Rehabilitation Services

127 Long Sands Road, Suite 6A

York, ME 03909

Phone: 207-384-7260

Website: yorkhospital.com/care-and-services/rehabilitation-services/pediatric-therapy-and-rehabilitation-services

Additional location in South Berwick

Occupational therapy, physical therapy and speech therapy

BEHAVIORAL HEALTH SERVICES
Brighter Heights Maine

70 Bayview St.

Yarmouth, ME 04096

Phone: 207-847-2273

Website: bh-maine.com

Providing home and community-based treatment, case management, outpatient therapy, and medication management. Additional Locations in Bangor, Belfast, and Rockland.

Community Care

ECE Consultation for ME
40 Summer St.
Bangor, ME
Phone: 888-236-2273
Make a referral: 207-945-4240
Email: info@comcareme.org
Website: comcareme.org/early-childhood-consultation-partnership-program/
Serves the following counties: Androscoggin, Cumberland, Franklin, Knox, Lincoln, Oxford, Penobscot, Piscataquis, Sagadahoc, Somerset, Waldo and York. Infant and early childhood mental health consultation program that addresses the social-emotional needs of children birth to age 8. This program offers support, education, and consultation to the adults who provide care for these children.

Day-One Substance Use

Phone: 207-893-0386
Reach out online: day-one.org/contact-us/
Website: day-one.org
Program locations: Biddeford, Lewiston, New Gloucester, Portland, and Windham. Provides substance use and mental health services to Maine Adolescents and their families.

Maine General – Children’s Developmental and Behavioral Health Services

Phone: 207-623-6500
Website: mainegeneral.org/medical-services/childrens-behavioral-health-services/

Maria Duffy Counseling

P.O. Box 474
Westbrook, ME 04098
Phone: 207-250-5562
Website: psychologytoday.com/us/therapists/maria-l-duffy-westbrook-me/398645
Clinician who specializes in behavioral issues, children and parenting

ADVOCACY AND SUPPORT SERVICES
Center for Grieving Children

555 Forest Ave.
Portland, ME 04101
Phone: 207-775-5216
Email: cgc@cgcmaine.org
Website: cgcmaine.org

Bereavement program: grief support for families
Tender Living Care (TLC) program: support for families experiencing changes that occur with a life-impacting diagnosis. Additional Location in Sanford.

Disability Rights Maine (DRM)

Children’s Advocacy Program
160 Capital Street, Suite 4
Augusta, ME 04330
Phone: 207-626-2774
Toll-free: 800-452-1948
Email: advocate@drme.org/brain-injury
Website: drme.org/children

DRM’s Children’s Advocacy Program serves children and young adults with disabilities, along with their families, as they navigate education, behavioral health treatment and the transition to adulthood.

Maine Coalition to End Domestic Violence (MCEDV)

Phone: 207-430-8334
Toll Free: 866-834-4357
Email: info@MCEDV.org
Website: mcedv.org
Get Help: mcedv.org/get-help/

G.E.A.R. Parent Network

10 Caldwell Rd.
Augusta, ME 04330
Toll-free: 800-264-9224
Website: gearparentnetwork.org

G.E.A.R. Parent Network is a program of Crisis & Counseling Centers. The Network offers parent-to-parent support, resources and training for parents of children with emotional and behavioral health concerns.

Maine Developmental Disabilities Council (MDCC)

Physical Address: 526 Western Ave Unit 2, Augusta, ME 04330
Mailing Address: 139 State House Station, Augusta, ME 04333
Phone: 207-480-1478
Toll-free: 833-713-2618
Website: maineddc.org

MDCC is a partnership of people with disabilities, their families, and agencies. The Council identifies barriers to community inclusion, self-determination, and independence. The Council acts to effect positive change through advocacy, training, demonstration projects, and support for other inclusive and collaborative systemic change activities.

Maine Parent Federation (MPF)

Physical Address: 526 Western Ave., Unit 2, Augusta, ME 04330
Mailing Address: P.O. Box 2067, Augusta, ME 04338
Phone: 207-588-1933
Toll-free: 800-870-7746
Website: mpf.org

MPF is a non-profit organization that provides information, referral, telephone support, and training to parents of children with disabilities or special health care needs. In addition to their programs, MPFs website provides information on a variety of topics, with numerous resources.

NAMI Maine

52 Water Street
Hallowell, ME 04347
Helpline: 800-464-5767
Email: info@namimaine.org
Website: namimaine.org

Provides advocacy, education, and support for those affected by mental illness. Offers support services and treatment options in Maine, as well as educational programming, workshops, conferences and more throughout the year. Offerings also include specific supports and resources for youth and young adults.

PSL Services/STRIVE

Central Office
39 Darling Ave.
South Portland, ME 04106
Phone: 207-879-0847
Email: info@pslstrive.org
Website: pslstrive.org

STRIVE is a non-profit organization based in South Portland that assists tweens, teens, and young adults with intellectual disabilities.

SUPPORT GROUPS AND SURVIVOR NETWORKS
Maine Youth Action Network (MYAN)

A program of Opportunity Alliance
50 Lydia Lane
South Portland, ME 04106
Phone: 207-523-5011
Email: MYAN@opportunityalliance.org
Website: opportunityalliance.org/myan

MYAN collaborates, convenes, and partners to build young people’s leadership on issues of social justice, restorative practices, and public health; and the capacity of adults, organizations, and systems to use positive youth development and social-emotional learning principles in their work with youth. MYAN brings together educators, librarians, afterschool program coordinators, prevention specialists, and community members—any adult seeking to collaborate with young people—to practice new skills, make lasting connections, and share their expertise with one another through workshops and trainings.

Maine Youth Chat

Website: mpf.org/maine-youth-chat
Maine Youth Chat is a virtual group for young people in Maine to network and learn about new opportunities. The group works together to build and share skills in communication, self-advocacy, and decision making. Registration is online.

Youth Peer Support Statewide Network (YPSSN)

Community Care
40 Summer Street
Bangor, ME 04401
Phone: 888-236-2273
Website: comcareme.org/youth-peer-support-statewide-network/

YPSSN serves youth and young adults (ages 14-26) with history of mental health and/or substance use challenges. Services are free, referrals are accepted from anyone as long as the youth gives permission for their information to be shared. Network activities include 1-1 youth peer support (online or in-person), support groups, outdoor activities, advocacy opportunities and a youth advisory board.

Youth Survivors Network

Website: mpf.org/youth-survivors-network

Youth Survivors Network is a virtual community for young brain injury survivors (ages 16-25) in New England. Group members share their experiences, collaborate on projects, and create a platform for youth and young adults who are navigating life with brain injuries.

RECREATION SERVICES
Adaptive Outdoor Education Center

675 Old Portland Rd.
Brunswick, ME 04011
Phone: 207-237-2676
Website: adaptiveoutdooreducationcenter.org
Programs: adaptiveoutdooreducationcenter.org/programs

Camp Sunshine

35 Acadia Rd.
Casco, ME 04015
Phone: 207-655-3800
Email: info@campsunshine.org
Website: campsunshine.org

Pine Tree Camp

114 Pine Tree Camp Rd.
Rome, ME 04963
Phone: 207-386-5990
Website: pinetreesociety.org/camp-home

Spark Inclusive Arts

37 W. Chops Point Rd.
Bath, ME 04530
Phone: 207-798-1995
Website: sparkdanceprogram.org

LEGAL AND FUNDING RESOURCES
Kids Legal - Pine Tree Legal Assistance

P.O. Box 547
Portland, ME 04112
Phone: 207-774-8246
Website: kidslegal.org

A project within Pine Tree Legal Assistance. Provides free civil legal aid for Maine's children and their caregivers.

Maine State Bar Association

Lawyer Referrals
Phone: 207-622-7523
Website: mainebar.org/page/LawyerReferralService

Robbie Foundation

P.O. Box 1534
Scarborough, ME
Website: robbiefoundation.com
Funding resource. Helps families with children who have developmental disabilities by funding adaptive equipment, assistive technology, and therapy not covered by insurance

PEDIATRIC NEUROPSYCHOLOGISTS

The offices listed below may have lengthy waitlists for neuropsychology evaluations. Please contact each office to find out their referral process, as well as availability.

BANGOR
Neuropsychology Service, P.A.

Royal Grueneich, Ph.D. (ages 3 and up)

Lola Bogya, Ph. D. (ages 6 and up)

Melanie Mace, Psy. D.

277 State Street, Suite 2A

Bangor, ME 04401

Phone: 207-990-2580

Northern Light Neuropsychology

417 State Street
Webber Medical Building, East, Suite 209
Bangor, ME 04401
Phone: 207-973-5831
Website: northernlighthealth.org/Our-System/Eastern-Maine-Medical-Center/Locations/Neuropsychology

BIDDEFORD
Oceanside Community Services

22 West Cole Rd., Suite 103
Biddeford, ME 04005
Phone: 207-751-9923
Email: admin@ocsmaine.org
Website: ocsmaine.org

SlapShelton Neuropsychology Group

28 West Cold Road, Suite 101
Biddeford, ME 04005
Phone: 207-294-7471
Email: laura@slapsheltonneuro.org
Website: slapsheltonneuropsychologygroup.com

PORTLAND
Beacon Light Neuropsychology

22 Free Street, Suite 404
Portland, ME 04101
Phone: 207-544-6810
Email: info@beaconlightneuro.com
Website: beaconlightneuro.com

Boston Child Study Center (BCSC)

10 Free Street, 2nd Floor
Portland, Maine 04101
Phone: 207-200-7860
Email: BCSCMaine@BostonChildStudyCenter.com
Website: bostonchildstudycentermaine.com

Cassie Green, PsyD – Pediatric Neuropsychological Assessment

963 Broadway
South Portland, Maine 04106
Phone: 207-200-7141
Email: info@drcassiegreen.com
Website: drcassiegreen.com

Charles Whitehead, Ph.D.

94 Auburn St., Suite 109
Portland, ME 04103
Phone: 207-807-7892
Evaluation for ages 6-25

Courtney Hale, Ph.D., ABPP

225 Commercial Street, Suite 203
Portland, ME 04101
Phone: 207-450-7898
Email: chale@courtneyhale.com
Website: courtneyhale.com

Foreside Behavior Associates

1321 Washington Ave # 302
Portland, ME 04103
Phone: 207-613-7324
1321 Washington Ave # 302
Portland, ME 04103
Website: fbamaine.com

LifeStance Health

Lyle Vintinner, PsyD
James Gilooly Ph.D., PsyD
53 Baxter Blvd
Portland, ME 04101
Phone: 207-553-3070
Toll-free: 855-795-3933
Website: lifestance.com

MaineHealth Pediatric Specialty Care

1577 Congress St., 2nd Floor, Suite B
Portland, ME 04102
Phone: 207-662-5522
Website: mainehealth.org/locations/mainehealth-pediatric-specialty-care-portland

ROCKPORT
Neuropsychology & Concussion Management

Associates, PA
220 Union Street
Rockport, Maine 04856
Phone: 207-594-2952
Website: ncmamaine.com

YARMOUTH

David Marks, Ph.D.
251 Main St., Suite 1
Yarmouth, ME 04096
Phone: 207-747-5528
To schedule appointments: 207-829-8219

Neuropsychological evaluations, starting at age 6

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.

Central Maine Healthcare Orthopedics

Cynthia Richards, MD
690 Minot Ave.
Auburn, ME 04210
Phone: 207-783-1328
Website: cmhc.org/provider/cynthia-richards/

Maine General Physiatry

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

MaineHealth Neurosurgery and Spine – Scarborough

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

Regaining your quality of life begins when you **CHOOSE** exceptional results in rehabilitation.



For those recovering from a stroke, injury or illness, regaining your best quality of life begins with your ability to choose. Choose us for exceptional results.



Talk to your medical professionals about choosing us for rehabilitation.

encompasshealth.com/nerhp

MaineHealth Neurology – Rockport

Dr. Emily A. Nelson
4 Glen Cove Dr. Suite 201
Rockport, ME 04856
Phone: 207-301-5757

New England Rehabilitation Hospital

Physiatry
335 Brighton Ave, Suite 201
Portland, ME 04102
Phone: 207-775-4000

PHYSICAL THERAPY
Maine Strong Balance Centers

for Neurorehabilitation, Dizziness, and Mobility
Website: mainestrongbalancecenter.com
PT services: vestibular therapy, neurologic therapy, balance therapy

Office Locations:

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

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

South Portland Balance Center
@Basics Fitness
380 Western Ave.
South Portland, ME 04106
Phone: 207-808-8908

Mountain Range of Motion, LLC

Jessica Buja, PT, DPT
Madison, ME 04950
Phone: 207-696-3688
Email: jessica.buja@mountainrangeofmotion.com
Website: mountainrangeofmotion.com
Telehealth / Mobile Physical Therapy & Wellness
Telehealth is available throughout ME
Mobile practice available locally to Madison area (Madison, Solon, Skowhegan, and Embden).

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

Provides occupational therapy and physical therapy.
Also provides telerehab option.

102 Outpatient Neurorehabilitation Clinics

102 Clinics typically offer a range of neurorehab therapies, including physical therapy. For a list of 102 Outpatient Neurorehabilitation Clinics, refer to the 'Outpatient Rehabilitation' section of this Directory.

PRESCRIPTION DRUG DISCOUNT PROGRAMS
STATE OF MAINE

Maine offers two prescription drug assistance programs for its residents:

Maine Rx Plus: Provides a 60% discount off the cost of many commonly used generic drugs at many pharmacies across Maine (only 15% off brand-name drugs).

Maine Low-Cost Drug Program for the Elderly and Disabled (DEL): If you are disabled or 62 and older and do not qualify for MaineCare, you may be able to get help through this program. DEL provides an 80% discount off the cost of many commonly used drugs.

There are several ways to view eligibility requirements and to apply to these state programs:

- Go to the 'My Maine Connection' website: mymaineconnection.gov
- Or contact the MaineCare Pharmacy Help Desk: 866-796-2463 Website: mainecarepdl.org
- Or visit a local Maine Department of Health and Human Services (DHHS) office. DHHS Office Locations: maine.gov/dhhs/about/contact/offices
- See information sheet at: https://maineequaljustice.org/site/assets/files/4270/doc_1_9_del_and_maine_rx_plus.pdf

ADDITIONAL RESOURCES

Maine Consumers for Affordable Health Care
Toll-free: 800-965-7476
Website: maine Cahc.org/consumer-assistance/extrahelp/prescription-assistance.html

Provides information about public and private programs that provide free or low-cost prescription medications to qualifying individuals.

MedAccess Prescription Assistance Program

Phone: 207-662-7968
Toll-free: 877-275-1787
Website: mainehealth.org/patients-visitors/billing-and-financial-services/mainehealth-access-care

Free program, 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.

Check with your Local Pharmacy

Your pharmacist may be able to help you find generic versions of medications, which will lower cost. Also, they can help you access programs like GoodRx. Some big retail store pharmacies may provide discounts regardless of your income or insurance status. They may offer \$4 copays for generic medications. Smaller, local pharmacies sometimes have generous discount programs as well. It's a good idea to call the pharmacies nearest to you and ask about any discount programs that they offer.

Organize and simplify medications

Multi-dose packaging service

Many pharmacies across Maine offer free programs designed to make taking medications simple. These programs pre-sort medications into easy-to-open pouches or blister packs according to date and time they should be taken. Prescriptions are typically refilled once per month and available for pick up or delivery. One example of this type of service is called *Dispill* packs. Contact your local pharmacist to discuss options.

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.

Justin Otis, MD

Northern Light Acadia Hospital
268 Stillwater Avenue
Bangor, ME 04401
Phone: 207-973-6100

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.

Brain Health Maine

Alyson Maloy, M.D.
735 Washington Ave.
Portland, ME 04103
Phone: 207-222-3021
Email: support@brainhealthmaine.com

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
Email: infoAOEC@gmail.com
Website: adaptiveoutdooreducationcenter.org

Year-round programs offered throughout the state. Programs are for all abilities. Fully accessible lodging available in Carrabassett Valley with ability to sleep up to 25 people. Additional location in Brunswick: adaptiveoutdooreducationcenter.org/brunswick

Aphasia Center of Maine

675 Old Portland Rd.
Brunswick, ME 04011
Phone: 207-415-3133
Email: info@aphasiacenterofmaine.org
Website: 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
Contact form: campcapella.org/contact-us/
Website: 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

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

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.

Love Your Brain Foundation

Email questions to: info@loveyourbrain.com
Website: 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 6-week interactive, online programs over Zoom, including yoga and mindfulness programs for brain injury survivors and their caregivers.

Maine Adaptive Sports and Recreation

Physical Address: 2 Main St., Bethel, ME 04217
Mailing Address: P.O. Box 853, Bethel, ME 04217
Phone: 207-824-2440
Email: info@maineadaptive.org
Website: maineadaptive.org

Non-profit offering year-round, free adaptive recreational programs

Pine Tree Camp

Pine Tree Society
114 Pine Tree Camp Rd.
Rome, ME 04963
Phone: 207-386-5990
Email: ptcamp@pinetreesociety.org
Website: 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: admin@portlandwheelers.org
Website: portlandwheelers.org

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

Spark Inclusive Arts

Spark Dance Program
28 Winterberry Rd.
West Bath, ME
Phone: 207-798-1995
Email: michaela@sparkdanceprogram.org
Website: sparkdanceprogram.org

Non-profit organization offering classes, training, workshops and performances that are designed to help create a more inclusive society.

NEW HAMPSHIRE RECREATION PROGRAMS, OPEN TO MAINE RESIDENTS

Krempels Brain Injury Center

100 Campus Dr.
Portsmouth, NH 03801
Phone: 603-570-2026
Online contact form: kbicenter.org/contact
Website: krempelscenter.org

Nonprofit organization located in Portsmouth, NH, offering in-person and online post-rehab community-based programming to survivors of acquired brain injury.

Northeast Passage
121 Technology Dr., Suite 161
Durham, NH 03824
Phone: 603-862-0070
Website: 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.

REHABILITATION

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/INPATIENT 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 and 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.

POST-ACUTE REHABILITATION

Post-acute rehabilitation provides continued intensive therapies for people who are not able to return home after discharge from a hospital or inpatient/acute rehab. The goal of post-acute rehabilitation is to help a person become as independent as possible, with the goal of returning home. Length of stay is variable and will depend on a person's needs and insurance coverage limitations.

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 South
Brewer, ME 04412
Phone: 207-989-7300
Website: brewercenterrehab.com

River Ridge Center
A Genesis HealthCare facility
3 Brazier Ln.
Kennebunk, ME 04043
Phone: 207-985-3030
Website: geneshcc.com/riverridge

OUT OF STATE BRAIN INJURY PROGRAMS

MASSACHUSETTS

CareOne NeuroRehabilitation Program – Lowell
19 Varnum St.
Lowell, MA 01850
Phone: 413-575-5321
Website: care-one.com/services/neurorehabilitation-program/

Specialty: behavioral and cognitive challenges that have been difficult to treat in other settings

HOME HEALTHCARE

Home Healthcare is different than Home Care

- Home Healthcare is "clinical" or "skilled" care and requires a doctor referral. These skilled services are provided by licensed providers such as nurses, physical therapists, occupational therapists or speech therapists. Insurance will help cover the cost of Home Healthcare.
- Home Care Home care is sometimes referred to as personal care, companion care, or homemaker services. It does not require a doctor referral. Home care provides help with activities such as house cleaning, meal preparation, medication reminders, transportation, and companionship. Home Care can also help with Activities of Daily Living (ADLs) such as

bathing, toileting, dressing and grooming. Home care is often paid for privately/out of pocket. In some cases, MaineCare or long-term care insurance will cover some of the costs of home care. Call your local ADRC for a list of home care agencies in your area.

State of Maine Division of Licensing and Certification

Link: [#### Aging and Disability Resource Center \(ADRC\)](http://gateway.maine.gov/dhhs-apps/aspen>Select 'Home Health Care', then select 'Home Health Agency', and your county.</p>
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To locate your local ADRC, refer to the 'Aging and Disability Resource Centers' in this directory or call the ADRC general number: 877-353-3771.

OUTPATIENT REHABILITATION

After a person returns home, continued rehabilitation can be accessed through outpatient rehabilitation services. It is advisable to call the person's health



NeuroRestorative provides post-acute rehabilitation and specialized community living services for individuals with brain injury, intellectual disabilities, deaf or hard of hearing, and other neurological challenges. Our continuum of care offers a range of transitional and supported living options throughout the state in the most independent setting possible.

Call us today for more information or scan the QR code.

Contact details:

- 800-743-6802
- NRinfo@sevitahhealth.com
- neurorestorative.com



insurance provider and ask about coverage limits for outpatient rehabilitation.

Section 102 Outpatient 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 accept your insurance plan.

Center for Integrated Neuro-Rehab (CINR)

159 Bennett Dr., Suite 1
Caribou, ME 04736
Phone: 207-498-3820
Website: amhc.org/support

NeuroRestorative

Referrals: 800-743-6802
Website: neurorestorative.com
Occupational therapy, physical therapy, speech therapy, recreational therapy and group treatment services

Locations:

Lewiston
618 Main Street
Lewiston, ME 04240
Phone: 207-795-6110, x 3616

Scarborough
8 Science Park Road
Scarborough, ME 04074
Phone: 207-761-8402, x 3519

Standish
234 Northeast Rd.
Standish, ME 04084
Phone: 207-642-1265

Rehab Without Walls

Website: rehabwithoutwalls.com/maine

Locations:
Brewer

248 State St.
Brewer, ME 04412
Phone: 207-989-2034

Fairfield

95 Skowhegan Rd.
Fairfield, ME 04937
Phone: 207-453-1330

Rockland

91 Camden St.
Suite 107 & Suite 301
Rockland, ME 04841
Phone: 207-596-0133

RiverRidge Center

Genesis HealthCare
3 Brazier Ln.
Kennebunk, ME 04043
Phone: 207-985-3030
Website: genesishcc.com/RiverRidge

OTHER OUTPATIENT PROVIDERS
Central Maine Therapy Services

Trolley Medical Building
77 Bates St.
Lewiston, ME 04240
Phone: 207-795-2122
Website: cmhc.org/location/central-maine-therapy-services/

Provides occupational therapy, physical therapy and speech therapy.

Fox Rehabilitation Services

Toll-free: 877-407-3422
Website: foxrehab.org

Provides occupational therapy, physical therapy and speech therapy.

MaineGeneral Outpatient Rehabilitation

Website: mainegeneral.org/medical-services/rehabilitation-services/neurological-rehabilitation/

Rehab Without Walls

Working together to provide the
Neuro Care Continuum


**HOME AND COMMUNITY
NEURO THERAPY**

Our home and community neuro rehab program builds a therapy program around our patients, moving individuals outside the walls of institutional settings and into their natural home and community environment through a continuum of care.

Maine Office
p) 207.282.3980
f) 207-282-1991

Service Areas
Kittery to Greater Bangor


**MAINE CENTER FOR
INTEGRATED REHAB**

MCIR is a specialized, interdisciplinary, coordinated, and outpatient-focused brain injury program. We want to help you achieve a personal level of independence and success through design, access, therapies, and resources.

Twin City Plaza (Brewer)
p) 207.989.2034
f) 207-989-5971

Fairfield
p) 207.453.1330
f) 207-453-1333

Rockland
p) 207.596.0133
f) 207-596-0144

RehabWithoutWalls.com

Office Locations:
Augusta

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

Provides occupational therapy, physical therapy and speech therapy.

Oakland

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

Provides occupational therapy, physical therapy and speech therapy.

Winthrop

16 Commerce Plaza, Suite 2D
Winthrop, ME 04364
207-377-1580

Physical therapy only at this location

Maine Strong Balance Centers

for Neurorehabilitation, Dizziness, and Mobility

Website: mainestrongbalancecenter.com

Provides physical therapy and occupational therapy

Office Locations:
Saco Balance Center

15 Lund Rd., Unit 104
Saco, ME 04072
Phone: 207-494-8029

Scarborough Balance Center

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

South Portland Balance Center

@Basics Fitness
380 Western Ave.
South Portland, ME 04106
Phone: 207-808-8908

Northern Light Rehabilitation

Northern Light Eastern Maine Medical Center
900 Hammond St., Suite D
Bangor, ME 04401
Phone: 207-973-6356

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/location/rehab-without-walls-biddeford-maine

Provides neurorehabilitation therapies in patient homes and/or in the community. Offers occupational, physical and speech therapies, social work and clinical coordination.

Service area: Southern & Midcoast Maine, York, Cumberland, parts of Androscoggin, Sagadahoc, Penobscot, Oxford, Franklin, Kennebec, Lincoln and Somerset 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

Provides occupational therapy and physical therapy.
Also provides telerehab option.

NEW HAMPSHIRE
Northeast Rehabilitation Hospital Network

Brain Injury Rehabilitation Center

General number: 603-893-2900

Website: northeastrehab.com/services/brain-injury-rehabilitation/

Locations: Portsmouth, Nashua, Manchester, Salem
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.

Krempels Brain Injury Center

100 Campus Drive, Suite 24

Portsmouth, NH 03801

Phone: 603-570-2026

Email: info@kbicenter.org

Website: kbicenter.org

Krempels 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.

Maine Brain Injury INFORMATION CENTER

1-800-444-6443

www.biasusa.org/maine

BIAMaine@biausa.org

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
Website: ccmaine.org/education-services-for-blind-and-visually-impaired-children

Education services for blind and visually impaired children, birth through age 21.

The Iris Network

189 Park Ave.
Portland, ME 04102
Phone: 207-774-6273
Email: info@theiris.org
Website: theiris.org

Helps people maintain independence safely and confidently at home, work, school, during travel, and within the community. Offers a variety of services and supports including assessment, vision rehabilitation services, assistive technology, pre-vocational skill training and more.

Library for the Blind and Print Disabled

Talking Books Plus
64 State House Station
Augusta, ME 04333
Toll-free: 800-762-7106
Website: maine.gov/msl/outreach/lbph

Provides books by mail for homebound residents, National Federation of the Blind NFB-Newline, large print books, talking books, braille and audio reading downloads.

Visually Impaired Support Team Alliance (VISTA)

Contact: Linda Richards
Phone: 207-872-5930
Email: linsue1313@gmail.com

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

Information, referral and advocacy

Disability Rights Maine

Deaf Services
160 Capitol St., Suite 4
Augusta, ME 04330
Local Phone: 207-797-7656 (V/TTY)
Toll-free: 800-452-1948 (V/TTY)
Video Phone: 207-766-7111
Website: drme.org/our-services/programs/deaf-services/

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
Email: info@mecdhh.org
Website: mecdhh.org

SOCIAL SECURITY

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
Create a SSA account online: ssa.gov/myaccount/

SOCIAL SECURITY ADMINISTRATION OFFICES IN MAINE

Auburn

600 Turner St., Suite 5
Auburn, ME 04210
Toll-free: 833-388-6432

Augusta

68 Sewall St., Suite 209
Augusta, ME 04332
Toll-free: 866-882-5422

Bangor

202 Harlow St.
Room 10307
Bangor, ME 04401
Toll-free: 877-405-1448

Portland

400 Congress St., Suite 250
Portland, ME 04101
Toll-free: 877-319-3076

Presque Isle

365 Main St.
Presque Isle, ME 04769
Toll-free: 866-837-2719

Rockland

169 Camden St.
Rockland, ME 04841
Toll-free: 855-269-9179

Saco

110 Main St., Suite 1450
Saco, ME 04072
Toll-free: 877-253-4715

Waterville

14 Colby St.
Waterville, ME 04901
Toll-free: 866-931-9169

Portsmouth, NH

215 Commerce Way, Suite 200
Portsmouth, NH 03801
Toll-free: 888-397-9796

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

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

National Organization of Social Security Claimants Representation (NOSSCR)

Referral Service line: 845-682-1881
Website: nosscrr.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 IN MAINE

Michael Milne

Associates in Claims Representation
77 Collins Meadow Lane
Alfred, ME 04002
Phone: 207-324-2253
Email: ssrep1me@gmail.com

Law Offices of Russell J. Goldsmith

97 India St., 2nd Floor
Portland, ME 04101
Free Consultation: 800-773-8622
Website: russelljgoldsmith.com

Provides representation for SSDI, not SSI. Social security Disability (SSDI) lawyers located in several Maine counties, including Augusta, Lewiston, Portland, Saco and York.

MINDSET

Phone: 833-862-0978
Website: mindset.care/about

Mindset acts as a representative for your Social Security benefits application. They answer questions, provide guidance in filling out SSDI or SSI applications, and help you collect the supporting documentation needed.

Woodruff & Mathis

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

Maine Disability Requirements: mathislaw.com/faq/main-disability-requirements/
Serves Lewiston and Auburn, and the following counties: Cumberland, Franklin, Kennebec and Oxford

SPEECH-LANGUAGE PATHOLOGY

Scarborough NeuroDevelopment Center Outpatient Rehabilitation Services

500 Southborough Dr., Suite 301
South Portland, ME 04106
Phone: 207-219-8300
Website: trainyourbrain.me

Adult and pediatric speech therapy

University of Maine

Conley Speech, Language and Hearing Center
5724 Dunn Hall
Orono, ME 04469
Phone: 207-581-2006

Provides on-site speech therapy and remote, telepractice speech therapy

102 Outpatient Neurorehabilitation Clinics

102 Clinics typically offer a range of neurorehab therapies, including speech therapy. For a list of 102 Outpatient Neurorehabilitation Clinics, refer to the 'Outpatient Rehabilitation' section of this Directory.

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: northernlighthhealth.org

Pen Bay Hospital- 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

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

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/mainehealth-mid-coast-hospital/healthy-communities-mainehealth-mid-coast-hospital

RESCUE: Resources & Education for Stroke

Caregivers' Understanding & Empowerment
Department of Veteran Affairs
Website: stroke.cindrr.research.va.gov

SUBSTANCE USE DISORDER / BEHAVIORAL HEALTH

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 (SAMHSA)

Helpline: 800-662-4357
TTY: 800-487-4889
Text your zip code to 435748 (HELP4U) Website: samhsa.gov
Website: findtreatment.samhsa.gov

The Substance Abuse and Mental Health Services Administration's (SAMHSA) 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

41 Anthony Ave.
Augusta, ME 04333
Phone: 207-287-2595
Website: www.maine.gov/dhhs/obh

The Maine Office of Behavioral Health's (OBH) 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

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: knowyouoptions.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.

Treatment Connection

Website: www.treatmentconnection.com

Search for, learn about, or express interest in treatment for substance use near you. Includes all levels of services, lists admission criteria, insurances accepted, and availability.

TRIBAL ORGANIZATIONS
Houlton Health Care

3 Clover Circle
Houlton, ME 04730
207-532-2240
Website: maliseets.net

Indian Health Service

Website: ihs.gov/

The Indian Health Service, an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives.

Mi'kmaq Health Services

8 Northern Road
Presque Isle, ME 04769
207-764-4756
Website: micmac-nsn.gov

Passamaquoddy Health Center

Indian Township - Peter Dana Point Health Center
401 Peter Dana Point Road
Princeton, ME 04668
207-796-2321

Website: passamaquoddyhealth.org/

Our programs provide a full range of primary and preventive care for acute and chronic illness and injuries. In addition, we have service agreements with local hospitals, professionals, and agencies for inpatient treatment and specialty care to round out our health programs.

Pleasant Point Health Center

11 Back Road
Pleasant Point, ME 04667
207-853-0644
Website: sipayikhealth.com/counseling-and-support

Wabanaki Public Health & Wellness

Healing & Recovery
157 Park St., Suite #5
Bangor, ME 04401
Wabanaki Care Line: 844-844-2622
Email: hello@wabanakiphw.org
Website: 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
Journey Magazine

Website: 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.

Maine Association of Recovery Residences (MARR)

Website: mainerecoveryresidences.com

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

Portland Recovery Community Center

Phone: 207-553-2575
Email: info@portlandrecovery.org
Website: portlandrecovery.org

Serves nineteen recovery community centers across Maine.

PEER SUPPORT
Maine Alcoholics Anonymous

Hotline: 800-737-6237
Maine Relay 711
Website: csoaamaine.org

Maine Narcotics Anonymous

Helpline: 800-974-0062
Maine Relay 711
Website: namaine.org

SUBSTANCE USE AND BEHAVIORAL HEALTH PROGRAMS OFFERING BRAIN INJURY SCREENING

Aroostook Mental Health Center
Phone: 207-554-2352
Website: amhc.org
Multiple service locations

Kennebec Behavioral Health
67 Eustis Pkwy.
Waterville, ME 04901
Phone: 207-873-2136
Website: kbhmaine.org

Spurwink
1155 Lisbon St.
Lewiston, ME 04240
Phone: 207-344-1850
Website: spurwink.org

TRANSPORTATION
MAINE STATE TRANSPORTATION
Maine Department of Transportation (DOT)

Website: maine.gov/dot/programs-services/transit/public-transit

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

MAINECARE COVERED RIDES
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.

Mileage Reimbursement may be available from Mainecare. Call your transportation broker for more information.

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

ModivCare

Website: 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

SERVING 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/

SERVING KENNEBEC, PENOBCOT, 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/

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

Door-to-door transportation services 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

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

Go Maine

Email: rides@gomaine.org
Phone: 1-800-280-RIDE
Address: 254 Commercial Street, Suite 245, Portland, Maine 04101
Website: gomaine.org
A statewide travel resource to encourage green travel, reduce economic burden, and support travelers.

ITNPortland

Dana Warp Mill
90 Bridge St., Suite 210
Westbrook, ME 04092
Phone: 207-854-0505
Website: itnamerica.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/

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

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

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

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: wmtsbus.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: westbusservice.com
Scheduled bus service for Washington County

York County Community Action Corporation (YCCAC)

Phone: 207-459-2932
Website: yccac.org/transportation
Public transportation and contracted/special service transport. Vehicles are lift-equipped.

TRANSPORTATION ADVOCACY

Moving Maine Network

"Improving transportation access for all"

Email: zoe@movingmaine.org

Moving Maine Network is a multi-sector, statewide collaborative working to ensure all Mainers have access to transportation regardless of background, destination, or geography. Offers opportunities for twice monthly meet ups, advocacy and policy support, peer learning and networking, and a learning community.

VETERANS SERVICES

VETERANS CRISIS LINE: DIAL 988 AND THEN PRESS 1, OR TEXT: 838255

MAINE BUREAU OF VETERANS SERVICES

Central Office:

117 State House Station
Augusta, ME 04333-0117
Phone: 207-287-7020

Homeless Veteran Coordination Team: 207-287-7019

Website: maine.gov/veterans

Maine Veterans' Resource Guide: maine.gov/veterans/sites/maine.gov.veterans/files/Resourceguide.pdf

Field Offices: Augusta, Bangor, Caribou, Lewiston, Machias, Portland, Springvale and Togus. For field office locations: maine.gov/veterans/veterans-services-offices/locations

Military One Source

Toll-free: 800-342-9647

Website: 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/maine-health-care
List of all Maine Veteran Community HealthCare clinics: va.gov/maine-health-care/locations/
Connect with a Patient Advocate: 207-623-5760

Togus VA Medical Center

1 VA Center
Augusta, ME 04330
Phone: 207-623-8411
VA health connect: 833-933-1106
Mental health care: 207-623-8411 ext.5515

VETERANS COUNSELING/MENTAL HEALTH

National Alliance on Mental Illness-Maine (NAMI)

52 Water Street
Hallowell, ME 04347
Helpline: 800-464-5767, press 1
Website: namimaine.org
Guide to supporting your veteran: namimaine.org/wp-content/uploads/2023/04/Guide-to-Support-Your-Veteran.pdf

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

Mailing address: P.O. Box 1150, Auburn, ME 04211

Phone: 207-333-3278

Toll-free: 877-888-4304

Email: info@healthaffiliatesmaine.com

Website: healthaffiliatesmaine.com

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

Spurwink

Veteran's Services
901 Washington Ave., Suite 100
Portland, ME 04103

Phone: 207-871-1200

Toll-free: 888-889-3903

Email: info@spurwink.org

Website: spurwink.org/adult-and-family/adultbehavioralhealth/

Outpatient counseling services. Includes community-based mental health services for Veterans and their families.

VET Center Program Readjustment Counseling

U.S. Department of Veterans Affairs

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

Website: 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 Veterans Project (MVP)

Mailing address: 207 Parkview Ave., Bangor, ME 04401

Phone: 207-262-6061

Website: 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 and Empowerment

Department of Veterans Affairs

Website: stroke.cindrr.research.va.gov

Developed by the VA, this is an online resource that provides support and information to caregivers of stroke survivors.

Volunteers of America Northern New England

Veterans Support Services

14 Maine St., Suite 100

Brunswick, ME 04011

Phone: 207-373-1140

Website: 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

Website: 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

Mailing Address: 647 Castle Island Road, Mt.

Vernon, ME 04352

Retreat Address: 1002 Watson Pond Rd. Rome, ME 04963

Phone: 207-480-3490

Email: foundation@travismills.org

Website: travismills.org

The Travis Mills Foundation provides a Veterans Retreat for post-911 veterans who have been physically injured in active duty or as a result of their service. The retreat is an all-inclusive, all-expenses paid, barrier-free experience in Maine. Provides opportunities to participate in adaptive activities, bond with other veteran families and enjoy rest and relaxation in Maine's outdoors.

The Travis Mills Foundation also offers several programs for veterans and their families, all at no cost: Family Program, Warrior PATHH Program, Caregiver Program, Recalibrate Program, Ambassador Program, Virtual Program, and Offsite Program. Link to programs and applications: travismillsfoundation.org/programs/

Veterans Adaptive Sports & Training (VAST)

New Gloucester, ME 04260
Contact VAST director Kristina for more information
Phone: 207-310-8694
Email: kristina@pinelandfarms.org

VAST offers year-round weekly activities based on the needs and wants of veterans. They also offer one-day and multi-day trips for veterans with a disability. All recreational activities and trips are free. Activities change depending on the season and may include disc golf, fly and spin cast fishing, snow shoeing, archery, pickleball and cycling (hand, recumbent & mountain).

Veterans/No Boundaries

Maine Adaptive Sports & Recreation
125 Outward Bound Rd
Newry, ME 04261
Phone: 207-824-2440
Email: info@maineadaptive.org
Website: maineadaptive.org/veterans-no-boundaries

Offers day programs, as well as summer and winter camps for veterans and active-duty personnel with disabilities. All programs are free of charge.

NEW HAMPSHIRE RECREATION PROGRAMS OPEN TO MAINE RESIDENTS

Northeast Passage
Veteran Recreation
121 Technology Dr., Suite 161
Durham, NH 03824
Phone: 603-862-0070
Email: northeastpassage@unh.edu
Website: nepassage.org/veteran-recreation

Recreational Therapy programming for 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. Open to all New England residents.

Warriors @ 45 North

Pittsburg, NH
Phone: 603-331-2993
Email: warriorsat45n@gmail.com
Website: warriors45north.org

Outdoor activities for Active Duty, Guard Reserve, Retired, and anyone who has served in the U.S. Armed Forces. Activities include fishing, hunting, kayaking, boating, relaxing and more.

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 Krishivas, O.D.
743 Broadway
South Portland, ME 04106
Phone: 207-799-3031
Website: harborvieweye.com

Neuro-optometric evaluation and rehabilitation (vision therapy)

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

Neuro-optometric evaluation and therapeutic lenses

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

Neuro-optometric evaluation and rehabilitation (vision therapy)

COMMUNITY-BASED REHABILITATION SERVICES VISUAL IMPAIRMENT AND BLINDNESS

The Iris Network
189 Park Ave.
Portland, ME 04102
Phone: 207-774-6273
Email: info@theiriris.org
Website: theiriris.org

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

Neuro-Optometric Rehabilitation Association (NORA)

Website: noravisionrehab.org
Find a provider: nora.memberclicks.net/find-a-provider#/

This website includes educational articles about brain injury and vision, information about neuro-optometric rehabilitation, tips for managing vision problems associated with brain injury, and more. There is also a "Find a Provider" tool for locating NORA provider members in your geographic area.

WEBSITES FOR OTHER HELPFUL INFORMATION

- Brain Injury Association of America
biausa.org
- Brain Injury Association of America – Maine Chapter
biausa.org/find-bia/maine
- Brain Injury Support Groups
biausa.org/find-bia/states/ maine/resources-support
- Center for Medicare Advocacy
medicareadvocacy.org
- The Middle People Project
middlepeopleproject.org
- Traumatic Brain Injury Survival Guide
tbiguide.com
- Model Systems Knowledge Translation Center
msktc.org/TBI

APPENDIX A

SELECTING AND MONITORING BRAIN INJURY SERVICES

Questions to Make Informed Decisions and Monitor Brain Injury Services

The questions below may not apply to all programs or service providers in all settings. BIAA encourages you to select those questions that make sense for your particular situation. There may be other questions you feel are important as well, so add them. Write down the responses you get. Ask the same questions of each program or service provider you are considering and then compare the responses. If you need more information or something is not clear, do not hesitate to ask.

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.

- What is the average length of stay? What is the length of stay you expect for me/my loved one? How is that determined?
- 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 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?
- 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 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 staff training is provided? Do you have any Certified Brain Injury Specialists (CBISs) on staff?

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 attorney 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 in handling cases like mine in the past?

NOTES...

NOTES...



Who Should Attend

- Individuals living with brain injury
 - Family caregivers
 - Professionals/Clinicians
 - Case Managers
 - Psychologists
 - Social Workers
 - Nurses and Physicians
 - Physical Therapists
 - Occupational Therapists
 - Speech/Language Pathologists
 - Students
 - Anyone involved in the care of individuals with brain injury

Attendees can earn Continuing Education Credits

**Registration will open in June at
shop.biausa.org/maineconference**

SAVE THE DATE

September 22, 2026

BIAA-Maine 17th Annual Conference

DEFINING MOMENTS IN BRAIN INJURY

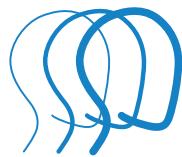
DoubleTree by Hilton, Portland, Maine

*The premier conference focused on
brain injury research, treatment,
and recovery services in Maine.*



BRAIN INJURY ASSOCIATION OF AMERICA - MAINE

**For more information, contact
conferences@biausa.org.**



**BRAIN INJURY
ASSOCIATION**
OF AMERICA - MAINE

Brain Injury Association of America, Maine Chapter

126 Western Ave, #261

Augusta, ME 04330

Website: www.biausa.org/maine