



**BRAIN INJURY  
ASSOCIATION**  
OF AMERICA - MAINE

Maine  
Brain Injury and Stroke

# RESOURCE DIRECTORY

# 2026

10TH EDITION

[biausa.org/maine](https://biausa.org/maine)







### Brain Injury Association of America, Maine Chapter

126 Western Ave., #261  
Augusta, ME 04330  
Website: [www.biausa.org/maine](http://www.biausa.org/maine)  
Email: [BIAMaine@biausa.org](mailto:BIAMaine@biausa.org)



### Brain Injury Association of America, Inc.

Website: [www.biausa.org](http://www.biausa.org)  
National Brain Injury Information Center: 800-444-6443



BIAA-Maine gratefully acknowledges partial support for the Maine Brain Injury and Stroke Resource Directory, Seventh Edition from Brain Injury Services, Office of Aging and Disability Services, Maine Department of Health and Human Services under contract **ADS-26-9713-OADS**.

BIAA-Maine gratefully acknowledges partial support from the Administration for Community Living (ACL), U.S. Department of Health and Human Services under **ADS-26-9711-ACL Grant #90TBSG0046-01-00**.

**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.

Copyright ©2026 by Brain Injury Association of America, Inc. All rights reserved. Except as permitted under the United States Copyright Law of 1976, no part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the written permission of the Brain Injury Association of America, Inc.

## 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](mailto:BIAMaine@biausa.org).

### BIAA-ME SERVICES & SUPPORT

#### MAINE BRAIN INJURY INFORMATION CENTER

Toll-free: 800-444-6443

E-mail: [BIAMaine@biausa.org](mailto: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](http://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](http://www.biausa.org/maine)

[BIAMaine@biausa.org](mailto: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](mailto: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](http://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](http://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/1](http://me.accessgov.com/oads/Forms/Page/me-access-navigator/self-screening/1)

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](http://maine.gov/dhhs/oads/get-support/aps)

Online Reporting Form: [maine.gov/dhhs/oads/get-support/aps/report-abuse-neglect-exploitation](http://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](http://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](http://maine.gov/dhhs/about/contact/offices)
- Apply online at [MyMaineConnection.gov](http://MyMaineConnection.gov)

**My Maine Connection****DHHS – Office for Family Independence (OFI)****Toll-free: 855-797-4357****Website: [mymaineconnection.gov](http://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](http://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](http://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](http://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](http://coverme.gov)****Find a broker or Maine Enrollment Assister:****[coverme.gov/find-help-near-you](http://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](http://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](http://ssa.gov)

Find your local office: [secure.ssa.gov/ICON/main.jsp](http://secure.ssa.gov/ICON/main.jsp)

To create an online account: [ssa.gov/myaccount/create.html](http://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](http://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/](http://ada.gov/topics/intro-to-ada/)  
Guide to Disability Rights Laws: [ada.gov/resources/disability-rights-guide/](http://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](mailto:advocate@drme.org)

Website: [drme.org/brain-injury](http://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](http://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](http://publicportal.eeoc.gov/Portal/Login.aspx)

### Job Accommodation Network (JAN)

Toll-free: 800-526-7234

Email: [JAN@AskJAN.org](mailto:JAN@AskJAN.org)

Online contact form: [askjan.org/contact-us.cfm](http://askjan.org/contact-us.cfm)

Website: [askjan.org](http://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](http://maineequaljustice.org/contact-us)

Website: [maineequaljustice.org](http://maineequaljustice.org)

Legal Help: [maineequaljustice.org/site/assets/files/4221/legal\\_help\\_flyer.pdf](http://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](mailto:MLTCOP@MaineOmbudsman.org)

Website: [maineombudsman.org](http://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](http://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](mailto:info@seniorsplus.org)

Website: [seniorsplus.org](http://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](mailto:info@aroostookaging.org)Website: [aroostookaging.org](http://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](mailto:info@smaa.org)Website: [smaa.org](http://smaa.org)HANCOCK, PENOBSCOT, 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](mailto:info@eaaa.org)Website: [eaaa.org](http://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](mailto:info@spectrumgenerations.org)Website: [spectrumgenerations.org](http://spectrumgenerations.org)Additional locations in Belfast, Brunswick,  
Damariscotta, Hallowell, Skowhegan, WatervilleASSISTIVE 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@mainecite.org](mailto:info@mainecite.org)Website: [mainecite.org](http://mainecite.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](http://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](mailto:umfmantorlibrary-group@maine.edu)Website: [farmington.edu/cmc/](http://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 Maine CITEat4maine.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](mailto:communicationpathways@pinetreesociety.org)Website: [pinetreesociety.org/children-and-families/speechlanguage-and-assistive-technology](http://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](mailto:ALLTECHinfo@spurwink.org)Website: [spurwinkalltech.org](http://spurwinkalltech.org)

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

Maine Brain Injury  
INFORMATION CENTER  
**1-800-444-6443**

[www.biausa.org/maine](http://www.biausa.org/maine)[BIAMaine@biausa.org](mailto: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](mailto:info@alphaonenow.org)Website: [alphaonenow.org](http://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](http://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](mailto:sherry@happyathomeseniors.com)Website: [happyathomeseniors.com](http://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@hillaryhelpsulearn.com](mailto:hillary@hillaryhelpsulearn.com)Website: [hillaryhelpsulearn.com](http://hillaryhelpsulearn.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](mailto:info@theiris.org)Website: [theiris.org](http://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](mailto:Maine.AgrAbility@maine.edu)

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

**Maine Assistive Technology Solutions***Kelley S. Spencer, COTA/L, ATP*

Phone: 207-321-1015

Email: [kelleysmithatp@outlook.com](mailto:kelleysmithatp@outlook.com)**Seeing Hands Enterprises***Roger R. Cusson*

Phone: 207-353-5007

Email: [roger@rogercusson.com](mailto:roger@rogercusson.com)Website: [rogercusson.com/seeing-hands-enterprises](http://rogercusson.com/seeing-hands-enterprises)

Assistive Technology Specialist

**Wheelpad**

Phone: 802-464-3957

Email: [rj@wheelpad.com](mailto:rj@wheelpad.com)Website: [wheelpad.com](http://wheelpad.com)Financing: [wheelpad.com/financing](http://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](http://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](http://midcoastbrain.com)**Portland Chiropractic Neurology**

959 Congress St., Suite 1

Portland, ME 04102

Phone: 207-699-5600

Email: [info@portchiro.com](mailto:info@portchiro.com)Website: [portchiro.com](http://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](http://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](http://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](http://sacobaypt.com)**Scarborough NeuroDevelopment Center**

Outpatient Speech Therapy

500 Southborough Drive, Suite 301

South Portland, ME 04106

Phone: 207-219-8300

Website: [trainyourbrain.me](http://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.

**Brain Injury Association of America • Maine Chapter**

126 Western Avenue, #261

Augusta, ME 04330

E-Mail: [BIAMaine@biausa.org](mailto:BIAMaine@biausa.org)Website: [www.biausa.org/maine](http://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](mailto:MaineBrainInjuryInfo@biausa.org)

## 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 Krithivas, 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](mailto:info@concussionfoundation.org)

HelpLine link: [concussionfoundation.org/helpline](https://concussionfoundation.org/helpline)

Website: [concussionfoundation.org](https://concussionfoundation.org)

Zoom Support Groups: [concussionfoundation.org/peer-support](https://concussionfoundation.org/peer-support)

Facebook Group, Post Concussive Syndrome

Resources: [facebook.com/groups/pcsresources/](https://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](https://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](https://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](https://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](https://samhsa.gov)

Website: [findtreatment.gov](https://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/](https://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](mailto:info@211maine.org)

Website: [211maine.org/mental-health/](https://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@namimaine.org](mailto:info@namimaine.org)

Website: [namimaine.org](https://namimaine.org)

Support, education, and advocacy



## BEHAVIORAL HEALTH CENTERS

**Aroostook Mental Health Services (AMHC)**

Call Center: 800-244-6431

Website: [amhc.org/mentalhealth/](http://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](mailto:contact@chcs-me.org)Website: [chcs-me.org/mental-health/](http://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](mailto:info@kbhmaine.org)Website: [kbhmaine.org/services/](http://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](http://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/](http://ccimaine.org/services/mental-health/)Email: [info@ocmhs.org](mailto: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](mailto:info@spurwink.org)Website: [spurwink.org/adult-and-family/adultbehavioralhealth](http://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](mailto:info@sweetser.org)Website: [sweetser.org/certified-community-behavioral-health-clinic/](http://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](mailto:hello@wabanakiphw.org)Website: [wabanakiphw.org/departments/health-and-wellness/](http://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: [michellehouser.lcpc@gmail.com](mailto:michellehouser.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](mailto:pkern@catt-associates.com) (MaineCare only)Website: [catt-associates.com](http://catt-associates.com)

Pam also has a Private Practice (self-pay)

Private Practice email: [pam@pamkern.com](mailto: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](mailto:tammymiranda.lcpc@gmail.com)**Tiffany Robinson, M.A., LCPC**

74 Winthrop St.

Augusta, ME 04330

Phone: 207-200-1254

Email: [trobinsoncounseling@gmail.com](mailto: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](mailto:info@healthaffiliatesmaine.com)

Toll-free: 877-888-4304

Phone: 207-333-3278

Website: [healthaffiliatesmaine.com](http://healthaffiliatesmaine.com)

Find a Counselor Tool: [healthaffiliatesmaine.com/find-a-provider/](http://healthaffiliatesmaine.com/find-a-provider/)

**Maine Psychological Association**

P.O. Box 82

Saco, ME 04072

Phone: 207-621-0732

Email: [rmoser@mepa.org](mailto:rmoser@mepa.org)Website: [mepa.org](http://mepa.org)

Find a psychologist Tool: [mepa.org/practitioners](http://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](mailto:info@MCEDV.org)Website: [mcedv.org/get-help/](http://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](http://hopeandjusticeproject.org)

## CUMBERLAND COUNTY

**Through These Doors**

Helpline: 800-537-6066

Website: [throughthesedoors.org](http://throughthesedoors.org)

## HANCOCK &amp; WASHINGTON COUNTIES

**Next Step Domestic Violence Project**

Helpline: 800-315-5579

Website: [nextstepdvproject.org](http://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

**PENOBSCOT & 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/ofl/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/](https://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/](https://digitalequitycenter.org/our-strategies/)List of on-site classes in Maine: [digitalequitycenter.org/classes/onsite-in-maine/](https://digitalequitycenter.org/classes/onsite-in-maine/)List of on-line interactive classes: [digitalequitycenter.org/classes/](https://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/](https://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/#/](https://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](mailto:trista.collins@maine.gov)Website: [maine.gov/dhhs/oms/providers/childrens-services/school-health-related-services](https://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](https://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](https://maine.gov/rehab/dvr/youth_transition.shtml)

**Maine Brain Injury  
INFORMATION CENTER  
1-800-444-6443**[www.biausa.org/maine](https://www.biausa.org/maine)[BIAMaine@biausa.org](mailto: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](http://maine.gov/rehab/dvr/vr.shtml)

Youth and Transition Services: [maine.gov/rehab/dvr/youth\\_transition.shtml](http://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](http://mainecareercenter.com)

Career Center Locations: [mainecareercenter.com/locations/index.shtml](http://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](http://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](http://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](http://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](mailto:deafservices@drme.org)

Website: [drme.org](http://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](http://benefitsandworkinme.org)

Referral packet: [assets.mainehealth.io/s3fs-public/imported\\_images/BCS-Referral-Packet.pdf](http://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](mailto: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](http://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](mailto:maine.agrability@maine.edu)

Website: [extension.umaine.edu/agrability/](http://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](mailto:info@newventuresmaine.org)

Website: [newventuresmaine.org](http://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](mailto:intake@WorkforceSolutionsME.org)

Website: [workforcesolutionsme.org](http://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/](http://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](http://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](mailto:info@211maine.org),Website: [211maine.org](http://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](http://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](mailto:MMCHelp.DHHS@maine.gov)Website: [mymaineconnection.gov](http://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 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](http://maine.gov/dhhs/ofi)OFI Office Locator: [maine.gov/dhhs/about/contact/offices](http://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](http://mecap.org)Snapshot of Services by location: [mecap.org/member-agency-services/](http://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](mailto:info@wmca.org)Website: [wmca.org](http://wmca.org)**Community Concepts, Inc.**Website: [ccimaine.org](http://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](http://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 &amp; Intake: 207-523-5049

Toll-free: 877-429-6884

Email: [intake@opportunityalliance.org](mailto:intake@opportunityalliance.org)Website: [opportunityalliance.org](http://opportunityalliance.org)**HANCOCK AND WASHINGTON COUNTIES****Downeast Community Partners**

Toll-free: 800-834-4378

Website: [downeastcommunitypartners.org](http://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](mailto:info@kvcap.org)Website: [kvcap.org](http://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](http://midcoastmainecommunityaction.org)

Serves: Lincoln, Sagadahoc, and Northern Cumberland counties

## KNOX, PENOBSCOT, AND PISCATAQUIS COUNTIES

**Penquis**  
Toll-free: 800-215-4942  
Email: [info@penquis.org](mailto:info@penquis.org)  
Website: [penquis.org](http://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](mailto:info@waldocap.org)  
Website: [waldocap.org](http://waldocap.org)

## YORK COUNTY

**York County Community Action Corporation (YCCAC)**  
6 Spruce St.  
Sanford, ME 04073  
Phone: 207-324-5762  
Email: [info@yccac.org](mailto:info@yccac.org)  
Website: [yccac.org](http://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](http://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](http://mecap.org)  
Find your local CAA: [mecap.org/caas/](http://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](http://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 pre-set. 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](mailto:MSFInfo@penquis.org)  
Website: [mainestreamfinance.org](http://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](http://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](http://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](http://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](mailto:info@maineneeds.org)  
Website: [maineneeds.org/resources](http://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/](http://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](https://courts.maine.gov/index.html)

Find a Court by City/Town: [courts.maine.gov/courts/find-by-town.html](https://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](mailto:info@10xlaw.com)

Website: [10xlaw.com](https://10xlaw.com)

##### Berman & Simmons Trial Attorneys

Phone: 207-784-3576

Website: [bermansimmons.com](https://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](https://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](mailto:info@bernsteinshur.com)

##### Brennan & Rogers, PLLC

Phone: 207-361-4680

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

Website: [brennanrogers.com](https://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](https://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](https://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](https://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](mailto:info@maineelderlaw.com)

Website: [maineelderlaw.com](https://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](mailto:mdubois@maine-elderlaw.com)

Website: [maine-elderlaw.com](https://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/](http://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](mailto:advocate@drme.org)Website: [drme.org](http://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](http://mainelse.org/content/legal-help)Elder Rights Handbook: [mainelse.org/handbook](http://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](mailto:LRS@mainebar.org)Website: [mainebar.org/page/LawyerReferralService](http://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](mailto:intake@vlp.org) (new client seeking legal assistance)Website: [vlp.org/for-those-seeking-legal-assistance](http://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](http://ptla.org)Court Forms: [ptla.org/all-court-forms](http://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

**MEDICAL EQUIPMENT & SUPPLIES****Black Bear Medical**

275 Marginal Way

Portland, ME 04101

Phone: 207-871-0008

Toll-free: 800-577-1365

Website: [blackbearmedical.com](http://blackbearmedical.com)Online product catalog: [hmecatalog.com](http://hmecatalog.com)**Kennebec Pharmacy**

Toll-free: 888-463-8083

Website: [kennebecpharmacy.com](http://kennebecpharmacy.com)

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

**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: [medicalsupplies@partnersforworldhealth.org](mailto:medicalsupplies@partnersforworldhealth.org)Website: [partnersforworldhealth.org/medical-supplies](http://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.

**Maine Brain Injury  
INFORMATION CENTER  
1-800-444-6443**[www.biausa.org/maine](http://www.biausa.org/maine)[BIAMaine@biausa.org](mailto: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](mailto: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](mailto:eric@peakneurotherapy.com)

Website: [peakneurotherapy.com](http://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](http://beyournote.com)

### Maine Music & Health, LLC

Kate Beever, M.A., MT-BC

Portland, ME

Phone: 207-233-8734

Email: [kate@mainemusicandhealth.com](mailto:kate@mainemusicandhealth.com)

Website: [mainemusicandhealth.com/inpatientservices](http://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](mailto:hello@medrhythmstherapy.com)

Website: [medrhythmstherapy.com](http://medrhythmstherapy.com)

Teletherapy option: [medrhythmstherapy.com/teletherapy](http://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/](http://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](http://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](http://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](http://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/mainehealth-mid-coast-hospital/care-services-mainehealth-mid-coast-hospital/brain-back-nervous-system-care-neurology-mainehealth-mid-coast-hospital](http://mainehealth.org/mainehealth-mid-coast-hospital/care-services-mainehealth-mid-coast-hospital/brain-back-nervous-system-care-neurology-mainehealth-mid-coast-hospital)

### LEWISTON

#### Central Maine Neurology

10 High St., Suite 204

Lewiston, ME 04240

Phone: 207-795-2927

Website: [cmhc.org/services/neurology/](http://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/](http://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](http://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](http://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](http://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](http://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: slapsheltonneuropsychologygroup.com

### FREEPORT

**Austin L. Errico, Ph.D., LLC**

Freeport, Maine  
Email: draustinerrico@gmail.com

### PORTLAND

**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: ncmamaine.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%20MaineCare%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](http://maine.gov/doe/learning/specialed)Resources for families and schools: [maine.gov/doe/learning/specialed/iep](http://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](http://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](mailto:MCH.CDC@maine.gov)Brochure: [maine.gov/dhhs/mecdc/healthy-living/maternal-and-child-health/special-health-care-needs/care-coordination](http://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](http://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](mailto:DHHS.EPSDT@maine.gov)Website: [maine.gov/dhhs/oms/providers/childrens-services](http://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](http://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](http://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](mailto:info@pediatricdevelopmentcenter.com)Website: [pediatricdevelopmentcenter.com](http://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](mailto:info@pinetreesociety.org)Website: [pinetreesociety.org](http://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/](http://pinetreesociety.org/camp-home/) Additional locations: Bath, Scarborough

**Rehab Without Walls***Home & Community Rehab Services*

Phone: 207-282-3980

Website: [rehabwithoutwalls.com](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](mailto:info@comcareme.org)

**Website: [comcareme.org/early-childhood-consultation-partnership-program/](http://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/](http://day-one.org/contact-us/)  
Website: [day-one.org](http://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/](http://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](http://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](mailto:cgc@cgcmaine.org)  
Website: [cgcmaine.org](http://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](mailto:advocate@drme.org/brain-injury)  
Website: [drme.org/children](http://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](mailto:info@MCEDV.org)  
Website: [mcedv.org](http://mcedv.org)  
Get Help: [mcedv.org/get-help/](http://mcedv.org/get-help/)

**G.E.A.R. Parent Network**

10 Caldwell Rd.  
Augusta, ME 04330  
Toll-free: 800-264-9224  
Website: [gearparentnetwork.org](http://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](http://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](http://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](mailto:info@namimaine.org)  
Website: [namimaine.org](http://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](mailto:info@pslstrive.org)  
Website: [pslstrive.org](http://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](mailto:MYAN@opportunityalliance.org)  
Website: [opportunityalliance.org/myan](http://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](http://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/](http://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](http://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](http://adaptiveoutdooreducationcenter.org)  
Programs: [adaptiveoutdooreducationcenter.org/programs](http://adaptiveoutdooreducationcenter.org/programs)

**Camp Sunshine**

35 Acadia Rd.  
Casco, ME 04015  
Phone: 207-655-3800  
Email: [info@campsunshine.org](mailto:info@campsunshine.org)  
Website: [campsunshine.org](http://campsunshine.org)

**Pine Tree Camp**

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

**Spark Inclusive Arts**

37 W. Chops Point Rd.  
Bath, ME 04530  
Phone: 207-798-1995  
Website: [sparkdanceprogram.org](http://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](http://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](http://mainebar.org/page/LawyerReferralService)

**Robbie Foundation**

P.O. Box 1534  
Scarborough, ME  
Website: [robbiefoundation.com](http://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](http://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](mailto:admin@ocsmaine.org)  
Website: [ocsmaine.org](http://ocsmaine.org)

**SlapShelton Neuropsychology Group**

28 West Cold Road, Suite 101  
Biddeford, ME 04005  
Phone: 207-294-7471  
Email: [laura@slapsheltonneuro.org](mailto:laura@slapsheltonneuro.org)  
Website: [slapsheltonneuropsychologygroup.com](http://slapsheltonneuropsychologygroup.com)

**PORTLAND****Beacon Light Neuropsychology**

22 Free Street, Suite 404  
Portland, ME 04101  
Phone: 207-544-6810  
Email: [info@beaconlightneuro.com](mailto:info@beaconlightneuro.com)  
Website: [beaconlightneuro.com](http://beaconlightneuro.com)

**Boston Child Study Center (BCSC)**

10 Free Street, 2nd Floor  
Portland, Maine 04101  
Phone: 207-200-7860  
Email: [BCSCMaine@BostonChildStudyCenter.com](mailto:BCSCMaine@BostonChildStudyCenter.com)  
Website: [bostonchildstudycentermaine.com](http://bostonchildstudycentermaine.com)

**Cassie Green, PsyD – Pediatric Neuropsychological Assessment**

963 Broadway  
South Portland, Maine 04106  
Phone: 207-200-7141  
Email: [info@drcassiegreen.com](mailto:info@drcassiegreen.com)  
Website: [drcassiegreen.com](http://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](mailto:chale@courtneyhale.com)  
Website: [courtneyhale.com](http://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](http://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](http://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](http://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](http://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](http://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](mailto:jessica.buja@mountainrangeofmotion.com)  
Website: [mountainrangeofmotion.com](http://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](http://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](http://mymaineconnection.gov)
- Or contact the MaineCare Pharmacy Help Desk: 866-796-2463 Website: [mainecarepdl.org](http://mainecarepdl.org)
- Or visit a local Maine Department of Health and Human Services (DHHS) office. DHHS Office Locations: [maine.gov/dhhs/about/contact/offices](http://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](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: [mainecahc.org/consumer-assistance/extra-help/prescription-assistance.html](http://mainecahc.org/consumer-assistance/extra-help/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](http://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 co-pays 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: aphaasiacenterofmaine.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/](http://campcapella.org/contact-us/)  
Website: [campcapella.org](http://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](http://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](mailto:info@loveyourbrain.com)  
Website: [loveyourbrain.com](http://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](mailto:info@maineadaptive.org)  
Website: [maineadaptive.org](http://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](mailto:ptcamp@pinetreesociety.org)  
Website: [pinetreesociety.org/camp-home](http://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](mailto:admin@portlandwheelers.org)  
Website: [portlandwheelers.org](http://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](mailto:michaela@sparkdanceprogram.org)  
Website: [sparkdanceprogram.org](http://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](http://kbicenter.org/contact)  
Website: [krempelscenter.org](http://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: genesishcc.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: [gateway.maine.gov/dhhs-apps/aspen/](https://gateway.maine.gov/dhhs-apps/aspen/)  
 Select 'Home Health Care', then select 'Home Health Agency', and your county.

### Aging and Disability Resource Center (ADRC)

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

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](https://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



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](https://neurorestorative.com)



Neuro  
 Restorative™  
 a part of the Sevita family

### Rehab Without Walls

Website: [rehabwithoutwalls.com/maine](http://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](http://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/](http://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](http://foxrehab.org)

Provides occupational therapy, physical therapy and speech therapy.

##### MaineGeneral Outpatient Rehabilitation

Website: [mainegeneral.org/medical-services/rehabilitation-services/neurological-rehabilitation/](http://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](http://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](http://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](http://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/](http://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](mailto:info@kbicenter.org)

Website: [kbicenter.org](http://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](http://www.biasusa.org/maine)

[BIAMaine@biausa.org](mailto: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](mailto:info@CCMaine.org)  
Website: [ccmaine.org/education-services-for-blind-and-visually-impaired-children](http://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](mailto:info@theiris.org)  
Website: [theiris.org](http://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](http://maine.gov/msl/outreach/lbph)

Provides books by mail for homebound residents, National Federation of the Blind NFB-Newsline, 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](mailto: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](http://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/](http://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](mailto:info@mecdhh.org)  
Website: [mecdhh.org](http://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](http://ssa.gov)  
Create a SSA account online: [ssa.gov/myaccount/](http://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](http://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: [nossr.org/referral-service/](http://nossr.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](mailto: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](http://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](http://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](http://mathislaw.com)

Maine Disability Requirements: [mathislaw.com/faq/maine-disability-requirements/](http://mathislaw.com/faq/maine-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](http://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](http://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/](http://cmhc.org/cmmc/)

**MidCoast Hospital – Brunswick**

Phone: 207-373-6000

Website: [mainehealth.org/mid-coast-hospital](http://mainehealth.org/mid-coast-hospital)

**Northern Light Eastern Maine Medical Center – Bangor**

Phone: 207-973-8278

Website: [northernlighthealth.org](http://northernlighthealth.org)

**Pen Bay Hospital– Rockport**

Phone: 207-301-8000

Website: [mainehealth.org/pen-bay-medical-center](http://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](http://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](http://aphasianation.org) & [strokeeducator.com](http://strokeeducator.com)

**STROKE SUPPORTS AND SERVICES****ALIGN HOME CARE**

Phone: 207-835-5800

Website: [alignhomecareservices.com/landing-pages-2/homecare-stroke2.php](http://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](http://stroke.org)

**American Stroke Association Support Group Finder**

Website: [stroke.org/en/stroke-support-group-finder](http://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](http://biausa.org/find-bia/states/maine/resources-support)

**Maine Stroke Support**

Website: [mainestrokesupport.wixsite.com/home](http://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](http://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](http://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](http://samhsa.gov)*

Website: [findtreatment.samhsa.gov](http://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](http://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](http://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: [knowyouroptions.me](http://knowyouroptions.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](http://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](http://maliseets.net)

**Indian Health Service**

Website: [ihs.gov/](http://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](http://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/](http://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](http://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](mailto:hello@wabanakiphw.org)  
Website: [wabanakiphw.org/departments/healing-and-recovery/](http://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](http://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](http://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](mailto:info@portlandrecovery.org)  
Website: [portlandrecovery.org](http://portlandrecovery.org)

Serves nineteen recovery community centers across Maine.

## PEER SUPPORT

**Maine Alcoholics Anonymous**

Hotline: 800-737-6237  
Maine Relay 711  
Website: [csoaamaine.org](http://csoaamaine.org)

**Maine Narcotics Anonymous**

Helpline: 800-974-0062  
Maine Relay 711  
Website: [namaine.org](http://namaine.org)

SUBSTANCE USE AND BEHAVIORAL HEALTH  
PROGRAMS OFFERING BRAIN INJURY SCREENING

Aroostook Mental Health Center  
Phone: 207-554-2352  
Website: [amhc.org](http://amhc.org)  
Multiple service locations

Kennebec Behavioral Health  
67 Eustis Pkwy.  
Waterville, ME 04901  
Phone: 207-873-2136  
Website: [kbhmaine.org](http://kbhmaine.org)

Spurwink  
1155 Lisbon St.  
Lewiston, ME 04240  
Phone: 207-344-1850  
Website: [spurwink.org](http://spurwink.org)

## TRANSPORTATION

## MAINE STATE TRANSPORTATION

**Maine Department of Transportation (DOT)**

Website: [maine.gov/dot/programs-services/transit/public-transit](http://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](http://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/](http://waldocap.org/mainecare-transportation/)

### SERVING KENNEBEC, PENOBSCOT, 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/](http://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](http://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](http://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](http://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](mailto:rides@gomaine.org)

Phone: 1-800-280-RIDE

Address: 254 Commercial Street, Suite 245,  
Portland, Maine 04101

Website: [gomaine.org](http://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](http://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/](http://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](http://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](http://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](http://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: [wmmtsbus.org](http://wmmtsbus.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: [westbuservice.com](http://westbuservice.com)

Scheduled bus service for Washington County

##### York County Community Action Corporation (YCCAC)

Phone: 207-459-2932

Website: [yccac.org/transportation](http://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](mailto: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](http://maine.gov/veterans)

Maine Veterans' Resource Guide: [maine.gov/veterans/sites/maine.gov.veterans/files/Resourceguide.pdf](http://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](http://maine.gov/veterans/veterans-services-offices/locations)

#### Military One Source

Toll-free: 800-342-9647

Website: [militaryonesource.mil](http://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](http://maine.va.gov/maine-health-care)

List of all Maine Veteran Community HealthCare

clinics: [va.gov/maine-health-care/locations/](http://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](http://namimaine.org)

Guide to supporting your veteran: [namimaine.org/wp-content/uploads/2023/04/Guide-to-Support-Your-Veteran.pdf](http://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](mailto:info@healthaffiliatesmaine.com)

Website: [healthaffiliatesmaine.com](http://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](mailto:info@spurwink.org)

Website: [spurwink.org/adult-and-family/adultbehavioralhealth/](http://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](http://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](http://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](http://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/](http://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](mailto:info@houseinthewoods.org)

Website: [houseinthewoods.org](http://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](mailto:foundation@travismills.org)

Website: [travismills.org](http://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/](http://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](mailto: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](mailto:info@maineadaptive.org)  
Website: [maineadaptive.org/veterans-no-boundaries](http://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](mailto:northeastpassage@unh.edu)  
Website: [nepassage.org/veteran-recreation](http://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](mailto:warriorsat45n@gmail.com)  
Website: [warriors45north.org](http://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 Krithivas, O.D.*  
743 Broadway  
South Portland, ME 04106  
Phone: 207-799-3031  
Website: [harborvieweye.com](http://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](http://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](http://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@theiris.org](mailto:info@theiris.org)  
Website: [theiris.org](http://theiris.org)

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

**Neuro-Optometric Rehabilitation Association (NORA)**  
Website: [noravisionrehab.org](http://noravisionrehab.org)  
Find a provider: [nora.memberclicks.net/find-a-provider#](http://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](http://biausa.org)
- Brain Injury Association of America – Maine Chapter  
[biausa.org/find-bia/maine](http://biausa.org/find-bia/maine)
- Brain Injury Support Groups  
[biausa.org/find-bia/states/maine/resources-support](http://biausa.org/find-bia/states/maine/resources-support)
- Center for Medicare Advocacy  
[medicareadvocacy.org](http://medicareadvocacy.org)
- The Middle People Project  
[middlepeopleproject.org](http://middlepeopleproject.org)
- Traumatic Brain Injury Survival Guide  
[tbiguide.com](http://tbiguide.com)
- Model Systems Knowledge Translation Center  
[msktc.org/TBI](http://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...



**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.*

### **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](https://shop.biausa.org/maineconference)**

**For more information, contact  
[conferences@biausa.org](mailto: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](http://www.biausa.org/maine)