



**BRAIN INJURY
ASSOCIATION**
OF AMERICA - MAINE

Maine
Brain Injury and Stroke

RESOURCE DIRECTORY

2025
9TH EDITION

biausa.org/maine





Brain Injury Association of America, Maine Chapter

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Augusta, ME 04330
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Email: BIAMaine@biausa.org



Brain Injury Association of America, Inc.

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



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Disclaimer: The Brain Injury Association of America, Inc. (hereafter BIAA) and its Maine Chapter (hereafter BIAA-ME) have created this directory as a service to those in need of brain injury information and services. This directory includes paid advertising. BIAA and BIAA-ME do not endorse, recommend, or guarantee any services or service providers listed in this directory and are not liable or responsible for any claim, losses, or damages resulting from use of the agencies or services listed within this directory. The information contained in this directory is believed to be accurate but is not guaranteed. All content is provided "as is" without any warranty, expressed or implied. BIAA and BIAA-ME disclaim liability for any errors or omissions and disclaims any implied warranty or representation of accuracy or completeness in this directory.

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THE BRAIN INJURY ASSOCIATION OF AMERICA – MAINE CHAPTER (BIAA-ME)



BIAA-Maine Chapter (BIAA-ME) serves the more than 10,000 Mainers affected by brain injury, their families, and the professionals who provide caring services after brain injury. BIAA-ME provides advocacy, education, and information about brain injury to all those in need who have sustained an acquired brain injury. A free monthly e-newsletter published by BIAA-ME helps keep Mainers informed about important issues and BIAA-ME events. To subscribe, email BIAMaine@biausa.org.

BIAA-ME SERVICES & SUPPORT

MAINE BRAIN INJURY INFORMATION CENTER

Toll-free: 800-444-6443

E-mail: BIAMaine@biausa.org

BIAA-ME offers free personalized information, direction to available services, and support through the Maine Brain Injury Information Center. A toll-free phone call connects persons living with a 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 program, a service supported through a contract with the Maine Department of Health and Human Services, Office of Aging and Disability Services. NeuroResource Facilitation 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 NeuroResource Facilitation program, call 800-444-6443.

SUPPORT GROUPS

Webpage link: www.biausa.org/find-bia/states/main/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.

BRAIN INJURY FUNDAMENTALS

Brain Injury Fundamentals is a training and certificate program designed by BIAA to address the unique needs and challenges of those who care for or encounter individuals living with a brain injury. This includes non-licensed direct care staff, facility staff, family members, friends, first responders, and others in the community. The training course covers essential topics such as:

- *Cognition*
- *Guidelines for interacting and building rapport*
- *Brain injury and behavior*
- *Medical complications*
- *Safe medication management*
- *Families coping with brain injury*

The Brain Injury Fundamentals course is grounded in adult learning principles to maximize participant engagement and application through an interactive workbook. Using real-life scenarios to anchor the course concepts, participants learn about the challenges people face following brain injury and the types of support they need. For more information, contact the BIAA office at acbis@biausa.org.

STATE OF MAINE SERVICES & SUPPORT

Maine Department of Health and Human Services

109 Capitol St.

11 State House Station

Augusta, ME 04333

Phone: 207-287-3707

TTY: Maine Relay 711

Website: maine.gov/dhhs

The Maine Department of Health and Human Services includes many agencies that provide services and benefits to individuals living with a brain injury, stroke, and other disabilities. Be sure to ask about other services, benefits, or programs that may be available to meet your needs when meeting with an eligibility specialist at a local office or when calling for information.

Office of Aging and Disability Services (OADS)

Maine Department of Health and Human Services

SHS #11, 41 Anthony Ave.

Augusta, ME 04333

Phone: 207-287-9200

Toll-free: 800-262-2232

TTY: Maine Relay 711

Website: maine.gov/dhhs/oads

The Maine Office of Aging and Disability Services (OADS) is the primary Maine state agency that supports Mainers living with a brain injury. In addition

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

Maine Access Navigator Tool (MANT)

DHHS - Office of Aging and Disability Services

Website: me.accessgov.com/oads/Forms/Page/me-access-navigator/self-screening/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.

Medicaid (MaineCare)

DHHS - Office of MaineCare Services

11 State House Station

Augusta, ME 04333-0011

Toll-free: 855-797-4357

Website: maine.gov/dhhs/oms

MaineCare (Maine's Medicaid Program) is a health insurance program managed by the Maine Department of Health and Human Services (DHHS). It pays for the medical expenses of people who are unable to pay some or all of their own medical expenses. MaineCare eligibility is based on income, age, and family situations.

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. You can speak with an eligibility specialist who will help determine whether you are eligible for MaineCare and answer questions about the application process and benefits.
- Apply online at MyMaineConnection.gov or visit the DHHS Office of Family Independence (OFI) webpage for more options. Applications for MaineCare are processed by OFI.

My Maine Connection

DHHS – Office for Family Independence (OFI)

Toll-free: 855-797-4357

Website: mymaineconnection.gov

Through My Maine Connection, 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.

Website: mymaineconnection.gov/benefits/

Adult Protective Services & Guardianship

Maine Department of Health and Human Services

Toll-free: 800-262-2232

Website: maine.gov/dhhs/oads/get-support/aps

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

APS provides or arranges for 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.

State of Maine Brain Injury Identification Card

Maine Bureau of Motor Vehicles (BMV)

Phone: 207-624-9000, ext 52114

Application form: maine.gov/sos/bmv/forms/Braininjuryform.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

The HCBS waiver programs offer expanded services and supports for people with disabilities and chronic health conditions who receive Medicaid. The purpose of these HCBS waiver programs is to provide services

and supports that will help people remain in their own homes and 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 needs of 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

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

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

The Maine Brain Injury Waiver Program is one of the five Home and Community Based Service (HCBS) programs offered through MaineCare. The Brain Injury Waiver is tailored to people with a diagnosis of acquired brain injury (ABI). Services may include assistive technology, care coordination, home supports, non-medical transportation, 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 psychiatrist. A psychiatrist is a doctor of physical medicine and rehabilitation. If you are getting an evaluation by a psychiatrist, it must be a psychiatrist who works with brain injury.

Applications materials can be faxed or mailed to OADS

Fax: 207-287-9229

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 out 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 (CAH)

P.O. Box 2490

Augusta, ME 04338

Phone: 207-622-7083

Toll-free: 800-965-7476

TTY: 877-362-9570

Website: mainecahc.org

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

coverME.gov

Toll-free: 866-636-0355

Maine Relay 711

Website: coverme.gov

Find a broker or Maine Enrollment Assister:

coverme.gov/find-help-near-you

coverME.gov is the website for the Maine 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.

Maine Brain Injury INFORMATION CENTER

1-800-444-6443

www.biasusa.org/maine

BIAMaine@biausa.org

Medicare

Medicare is a health insurance program available through the Centers for Medicare and Medicaid Services (CMS). While most commonly used by people aged 65 or older, younger people with disabilities resulting from brain injury and stroke may be eligible for Medicare. Medicare helps pay for health care costs but does not pay for all expenses or for long-term care. For more information, visit www.medicare.gov.

Social Security

Toll-free: 800-772-1213
 Website: ssa.gov
 Link to online forms: ssa.gov/forms

ADA ASSISTANCE & ADVOCACY

Americans with Disabilities Act (ADA)

Information Line: 800-514-0301
 TTY: 833-610-1264
 Introduction to the ADA: ada.gov/topics/intro-to-ada/
 Guide to Disability Rights Laws: ada.gov/resources/disability-rights-guide/

The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life including jobs, schools, transportation, and all public and private places that are open to the public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.

When you call the ADA Information line, an accessibility specialist can answer questions and provide information regarding requirements of the ADA, how the ADA applies to your situation, how to file a complaint, and answers to technical questions.

Disability Rights Maine (DRM)

160 Capitol St., Suite 4
 Augusta, ME 04330
 Phone: 207-626-2774 (V/TTY)
 Toll-free: 800-452-1948 (V/TTY)
 Email: advocate@drme.org
 Website: drme.org/brain-injury

DRM is Maine’s designated Protection & Advocacy

agency for people with disabilities. DRM represents people whose rights have been violated or who have been discriminated against based on their disability. DRM also provides training on rights and self-advocacy and advocates for public policy reform.

Equal Employment Opportunity Commission (EEOC)

Regional Office:
 JFK Federal Building
 15 New Sudbury St., Room 475
 Boston, MA 02203-0506
 Toll-free: 800-669-4000
 Website: eeoc.gov

The EEOC is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person’s disability, race, color, religion, sex, national origin, age, or genetic information. To file a complaint and schedule an intake appointment with an Equal Opportunity Investigator, visit EEOC’s online portal system: publicportal.eeoc.gov/Portal/Login.aspx

Job Accommodation Network (JAN)

Toll-free: 800-526-7234
 TTY: 877-781-9403
 Website: askjan.org

JAN is a service that provides free, expert, and confidential guidance on workplace accommodations and disability employment issues. JAN can help individuals with disabilities explore accommodation ideas and provide practical suggestions for requesting and negotiating reasonable accommodations with an employer.

Maine Equal Justice

126 Sewall St.
 Augusta, ME 04330
 Phone: 207-626-7058
 Toll-free: 866-626-7059
 Online contact form: maineequaljustice.org/contact-us
 Website: maineequaljustice.org
 Legal Help: maineequaljustice.org/site/assets/files/4221/legal_help_flyer.pdf

Maine Equal Justice is a nonprofit civil legal aid and economic justice organization. They provide direct

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

Maine Long-Term Care Ombudsman Program

61 Winthrop St.
 Augusta, ME 04330
 Phone: 207-621-1079
 Toll-free: 800-499-0229
 Email: MLTCOP@MaineOmbudsman.org
 Website: maineombudsman.org

The Maine Long-Term Care Ombudsman Program is an advocacy program for long-term care consumers. Services provided by the Ombudsman program are free and confidential. This program serves residents of nursing homes, assisted housing programs including residential care and assisted living, and consumers receiving home services including homemaker, adult day programs, and hospice. This program also serves patients in hospitals who are facing barriers in accessing long-term care services.

AGING & DISABILITY RESOURCE CENTERS (ADRC)

The Maine ADRC is an initiative of the U.S. Department of Health and Human Services. In Maine, there are five ADRCs. These centers answer questions about options for in-home, community-based, and long-term support and services. They also offer Medicare counseling, wellness and nutrition programs, and family caregiver support. To learn more about the services offered through your local ADRC, find the center that serves your county.

Toll-free: 877-353-3771
 Website: maine.gov/dhhs/oads/get-support/older-adults-disabilities/area-agencies-on-aging

ANDROSCOGGIN, FRANKLIN, AND OXFORD COUNTIES

Seniors Plus
 8 Falcon Rd.
 Lewiston, ME 04240
 Toll-free: 800-427-1241
 Website: seniorsplus.org

Additional satellite offices in Wilton and Norway

AROOSTOOK COUNTY

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

CUMBERLAND AND YORK COUNTIES

(Does not include Brunswick and Harpswell)

Southern Maine Agency on Aging

Sam L. Cohen Center
 30 Barra Rd.
 Biddeford, ME 04005
 Phone: 207-396-6500
 Toll-free: 800-427-7411
 Maine Relay 711
 Email: info@smaa.org
 Website: smaaa.org

HANCOCK, PENOBSOT, PISCATAQUIS, AND WASHINGTON COUNTIES

Eastern Area Agency on Aging

240 State St.
 Brewer, ME 04412
 Phone: 207-941-2865
 Toll-free: 800-432-7812
 Email: info@eaaa.org
 Website: eaaa.org

KENNEBEC, KNOX, LINCOLN, SADAHOC, SOMERSET, AND WALDO COUNTIES

(Includes Brunswick and Harpswell)

Spectrum Generations, Home Office

One Weston Ct., Suite 109
Augusta, ME 04330
Toll-free: 800-639-1553
Email: info@spectrumgenerations.org
Website: spectrumgenerations.org

Additional locations in Belfast, Brunswick, Damariscotta, Hallowell, Skowhegan, Waterville

ASSISTIVE TECHNOLOGY & ADAPTIVE EQUIPMENT

Assistive Technology (AT) is any piece of equipment or product that makes it easier for someone with a disability to live more independently and safely, to work at a job, learn in school, to get out into the community, or pursue play and leisure. Examples include communication devices, power lifts, wheelchairs, adapted vehicles, eye-gaze trackers, environmental controls, and smart home technology.

The service providers listed in this section may provide or assist with the identification, modification, funding, and/or acquisition of the AT that can make everyday life easier after a brain injury. Many offer loaner devices, device demonstrations, and device reuse programs.

Alpha One

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

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

Disability Rights Maine (DRM)

Telecommunications Equipment Program (TEP)
160 Capitol St., Suite 4
Augusta, ME 04330
Phone: 207-797- 7656 x107
Toll-free: 800-639-3884
Website: drme.org/assistive-technology

DRM provides advocacy assistance to individuals who seek assistive technology services and devices. They also offer the Adaptive Telecommunication Equipment Program (TEP), which provides 'No' or 'Low' cost adaptive telecommunications equipment to low-income Maine residents who cannot use their home's conventional telephone due to physical and/or cognitive disability.

Happy at Home Seniors, LLC

Sherry Boothby, OTR/L, CLVT, SHSS, CDP, DCSCT, MS
Phone: 207-558-1234
Email: sherry@happyathomeseniors.com
Website: happyathomeseniors.com

Assistive technology for aging in place, low vision consultation, senior home safety assessment, dementia consultation, and aging life care management. Service area: one-hour radius from the town of Cumberland.

Hillary Helps U Learn

Hillary Goldthwait-Fowles, Ph.D., ATP
Phone: 207-467-5850
Email: hillary@hillaryhelpsulearn.com
Website: 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
Website: theiris.org

Assistive technology for people with visual impairment or blindness

Maine AgrAbility

138 Pleasant St., Suite 1
Farmington, ME 04938-5828
Toll-free: 800-287-1478
Email: Maine.AgrAbility@maine.edu

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

Maine Assistive Technology Solutions

Kelley S. Spencer, COTA/L, ATP
Phone: 207-321-1015
Email: kelleysmithatp@outlook.com

Maine CITE Coordinating Center

University of Maine Augusta
46 University Dr.
Augusta, ME 04330
Phone: 207-621-3195
Website: mainecite.org

Maine Cite is designed to help 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

Phone: 207-621-3195
Website: at4maine.org

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

AT4MAINE LOAN SERVICE PROVIDERS

Gallant Therapy Services

12 Shuman Ave., Suite 16
Augusta, ME 04330
Phone: 207-623-3900
Website: maineot.com/adaptive-equipment-loan-program/

Adaptive equipment loan program through partnership with Maine Cite

Pine Tree Society

Linda Bonnar, CCC-SLP, ATP
Phone: 207-386-5930
Email: communicationpathways@pinetreesociety.org
Website: pinetreesociety.org

Assistive technology assessments, consultations and support



Spurwink ALLTECH

295 Forest Ave., Suite 4
Portland, ME 04101
Phone: 207-232-6421
Email: ALLTECHinfo@spurwink.org
Website: spurwinkalltech.org

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

University of Maine Farmington

Center for Assistive Technology
Spenciner Curriculum Materials Center
186 High St.
Farmington, ME 04938
Phone: 207-778-7895
Email: umfmantorlibrary-group@maine.edu
Website: umf.maine.edu/cmc/assistive-technology-collection/

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 CITE at 4maine.org and search the University of Maine at Farmington.

Seeing Hands Enterprises

Roger R. Cusson
Phone: 207-353-5007
Email: roger@rogercusson.com
Website: rogercusson.com/seeing-hands-enterprises

Assistive Technology Specialist

CHIROPRACTIC NEUROLOGY

Chiropractic neurology (also known as functional neurology) utilizes diagnostic and treatment approaches to measure and improve the function of the brain and nervous system through specific chiropractic adjustments, neuromuscular re-education exercises, cognitive exercises, and stimulation of the vestibular (balance), auditory, visual or other sensory systems.

Great Works Chiropractic

Dr. Seth LaFlamme, Board Certified Chiropractic Neurologist
249 Main St.
South Berwick, ME 03908
Phone: 207-704-0298
Website: greatworkschiro.com

MidCoast Chiropractic Neurology

Dr. Elizabeth McNally, Board Certified Chiropractic Neurologist
331 Maine St., Suite 12
Brunswick, ME 04011
Phone: 207-406-4874
Website: midcoastbrain.com

Portland Chiropractic Neurology

959 Congress St., Suite 1
Portland, ME 04102
Phone: 207-699-5600
Email: info@portchiro.com
Website: portchiro.com

CONCUSSION

EVALUATION & TREATMENT

Neuropsychology and Concussion Management Associates, PA

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

Maine Office Locations:

Rockport
220 Union St. (entrance on Huse St.)
Rockport, ME 04856

Yarmouth
40 Forest Falls Dr., Suite 1
Yarmouth, ME 04096

New Hampshire Office Location:

Dover
383 Central Ave., Suite LL50
Dover, NH 03820

Northern Light Concussion Care

Northern Light Health Center
895 Union St., Suite 12
Bangor, ME 04401
Phone: 207-973-7979
Website: northernlighthealth.org

Saco Bay Orthopaedic and Sports Physical Therapy

Neurologic Multidisciplinary Center
1274 Congress St., Third Floor
Portland, ME 04102
Phone: 207-253-2410
Website: sacobaypt.com

Scarborough NeuroDevelopment Center

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

Outpatient speech-language pathology services, includes concussion management

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 take your insurance plan.

For a full list of the 102 Neurorehabilitation Outpatient Clinics, refer to the 'Rehabilitation' section of this Directory under 'Outpatient'.

VISION / CONCUSSION

A Concussion is a type of traumatic brain injury (TBI) that affects brain function, including vision. Many patients who have suffered a concussion will experience visual symptoms. Visual symptoms may include: double vision, difficulty focusing, light sensitivity, difficulty shifting gaze quickly from one

point to another, fatigue, headaches, blurred vision, difficulty with concentration, memory, balance and coordination. If you are experiencing visual symptoms, it is advisable to seek evaluation by a neuro-optometrist.

NEURO-OPTOMETRISTS

Neuro-Optometrists diagnose and treat neurological conditions that impact the visual system. They can help patients rehabilitate their vision with specific optical lenses and re-training exercises.

Harbor View Eye Care

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

Evaluation and vision therapy for visual changes related to Acquired Brain Injury (ABI) and Post-Concussion Syndrome (PCS)

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

Evaluation and neuro-optometric rehabilitation for patients with visual deficits resulting from a brain injury.

Visual Victory Training Center

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

Evaluation and neuro-optometric rehabilitation

CHIROPRACTIC TREATMENT / CONCUSSION

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.

Concussion Legacy Foundation (CLF)

General Inquiries: 857-244-0810
Email: info@concussionfoundation.org
HelpLine link: concussionfoundation.org/helpline
Zoom Support Groups: concussionfoundation.org/peer-support
Facebook Group, Post Concussive Syndrome
Resources: facebook.com/groups/pcsresources/

CLF is a nonprofit organization that supports all people affected by concussion. CLF offers monthly support groups via Zoom. They also offer a 1-on-1 Peer Support Connection Program. The PCS Resources Facebook group is a community focused on providing resources, support and hope to those affected by ongoing concussion symptoms and Post-Concussion Syndrome (PCS).

CRASHCOURSE - Concussion Story Wall

Website: concussionstorywall.org

Hear survivors and caregivers tell their stories. A collection of more than 4,000 personal accounts with concussions, from injury to diagnosis, recovery and beyond.

Maine Brain Injury Support Groups

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

For a current list of brain injury support groups, please call the Brain Injury Association of America (BIAA) Information Helpline or visit the BIAA-ME website and search under 'Resources and Support'.

COUNSELING SERVICES

MAINE CRISIS HOTLINE 888-568-1112

SUICIDE AND CRISIS LIFELINE: CALL OR TEXT 988

Online Chat: 988lifeline.org

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

PEER SUPPORT

Maine Intentional Warm Line, available 24/7

Phone: 1-866-771-9276 (WARM)

Mental health peer-to-peer phone support line for adults, aged 18 and older. Offers mutual conversations with a trained peer specialist who has life experience with mental health recovery.

FEDERAL ORGANIZATIONS

Substance Abuse and Mental Health Services ADMINISTRATION (SAMHSA)

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

SAMHSA National Helpline is a free, confidential 24/7/365 day-a-year treatment referral and information

service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

STATE PROGRAMS & OTHER SUPPORTS

Office of Behavioral Health (OBH)

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

The Maine Office of Behavioral Health's (OBH) role is to support Maine residents with mental health, substance abuse, and co-occurring disorders in living not only symptom free, but with dignity, hope, and meaning. The Office 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
Website: 211maine.org/mental-health/

2-1-1 is a telephone number available in Maine statewide 24/7/365. It is answered by real people who can help you in locating a variety of resources closest to your location. Calling 2-1-1 is always confidential. Services can also be located by accessing the 211 website. Resources for behavioral/mental health are located by selecting Mental Health Services and a zip code.

National Alliance on Mental Illness-Maine (NAMI-Maine)

52 Water St.
Hallowell, ME 04347
Toll-free: 800-464-5767 Press 1
Email: info@namimaine.org
Website: namimaine.org

Support, education, and advocacy

BEHAVIORAL HEALTH CENTERS

Aroostook Mental Health Services (AMHC)

Call Center: 800-244-6431
Website: amhc.org/mentalhealth/

Serves Aroostook, Hancock, and Washington Counties

Community Health and Counseling Services

42 Cedar St.
Bangor, ME 04401
Toll-free: 800-924-0366
Phone: 207-947-0366
Website: chcs-me.org/mental-health/

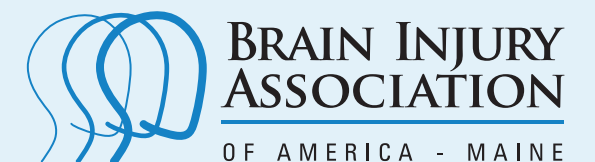
Serves Aroostook, Hancock, Penobscot, Piscataquis, Somerset, and Washington counties

Kennebec Behavioral Health (KBH)

Access Center: 888-322-2136
Email: info@kbhmaine.org
Website: kbhmaine.org/services/

Five clinic locations serving Midcoast Maine: Augusta, Farmington, Skowhegan, Waterville, and Winthrop

Brain Injury Association of America • Maine Chapter



126 Western Avenue, #261
Augusta, ME 04330
E-Mail: BIAMaine@biausa.org
Website: www.biausa.org/maine

For brain injury information and resource information, contact BIAA's Maine Brain Injury Information Center:

Call 800-444-6443 Toll-free
Monday-Friday, 9 a.m.-5 p.m.
E-mail: MaineBrainInjuryInfo@biausa.org

Maine Behavioral Healthcare

Referral Line: 844-292-0111
Website: mainehealth.org/maine-behavioral-healthcare/care-and-services

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

Hospital Locations: Biddeford, Brunswick, Portland, Rockport, Westbrook

Oxford County Mental Health Services (OCMHS)

A department under Community Concepts, Inc.
Phone: 207-364-3549
Website: ocmhs.org
Email: info@ocmhs.org

Serves Androscoggin, Franklin, and Oxford counties

Office Locations:

Rumford

150 Congress St.
Rumford, ME 04276

South Paris

17 Market Square
South Paris, ME 04281

Spurwink Services

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

Serves Androscoggin, Franklin, northern Cumberland, and Oxford counties

Sweetser's Certified Community Behavioral Health Clinic (CCBHC)

To schedule an intake appointment: 800-434-3000
Email: info@sweetser.org
Website: sweetser.org/certified-community-behavioral-health-clinic/

Serves Midcoast Maine including Sagadahoc, northern Cumberland, and parts of Lincoln and Androscoggin counties.

Wabanaki Public Health and Wellness

Wabanaki Care Line: 844-844-2622
General Assistance: 800-349-5006
Email: hello@wabanakiphw.org
Website: wabanakiphw.org/departments/health-and-wellness/

COUNSELORS WITH BRAIN INJURY EXPERIENCE

Michelle Houser, LCPC, LADC, QBISP

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

Qualified brain injury support provider. Offers telehealth.

Counseling and Trauma Therapy Associates

Pam Kern, MS, LMSW-CC

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

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

Tammy Miranda, LCPC, CBIS

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

Tiffany Robinson, M.A., LCPC-C

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

TOOLS TO LOCATE COUNSELING SERVICES

Health Affiliates Maine

Network of clinicians, statewide
306 Rodman Rd.

Auburn, ME 04210
Toll-free: 877-888-4304
Phone: 207-333-3278
Website: healthaffiliatesmaine.com
Find a Counselor Tool: healthaffiliatesmaine.com/find-a-counselor/

Maine Psychological Association

P.O. Box 82
Saco, ME 04072
Phone: 207-621-0732
Email: rmoser@mepa.org
Website: mepa.org
Find a psychologist Tool: mepa.org/practitioners/

DOMESTIC VIOLENCE

DOMESTIC VIOLENCE 24-HOUR HELPLINE: 866-834-4357 • DEAF OR HARD OF HEARING: 800-437-1220

Connects callers with advocates at Domestic Violence Resource Centers and provides information, crisis counseling, emotional support and advocacy.

Maine Coalition to End Domestic Violence (MCEDV)

Phone: 207-430-8334
Email: info@MCEDV.org
Website: mcedv.org/get-help/

MCEDV works to end domestic abuse, dating abuse, stalking, elder abuse, and commercial sex trafficking. Their website provides information and education about domestic violence, links to community supports and domestic violence resources for Tribal Communities.

SERVICES BY COUNTY

Services available through the agencies below may include emergency shelter, residential services and supportive housing, support groups, legal services, advocacy, violence intervention programs, and community education.

AROOSTOOK COUNTY

Hope & Justice Project
Helpline: 800-439-2323
Website: hopeandjusticeproject.org

CUMBERLAND COUNTY

Through These Doors
Helpline: 800-537-6066
Website: throughthesedoors.org

HANCOCK & WASHINGTON COUNTIES

Next Step Domestic Violence Project
Helpline: 800-315-5579
Website: nextstepdvproject.org

KENNEBEC & SOMERSET COUNTIES

Family Violence Project
Helpline: 877-890-7788
Website: familyviolenceproject.org

OXFORD, FRANKLIN & ANDROSCOGGIN COUNTIES

Safe Voices
Helpline: 800-559-2927
Website: safevoices.org

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

Immigrant Resource Center of Maine

Website: ircofmaine.org
Serves refugee and immigrant communities through culturally and linguistically sensitive voices.



THE EXTRAORDINARY POWER OF TRUST

At our hospital, the first thing we build for our patients going through rehabilitation after an illness or injury...is trust. Here we offer advanced technologies and treatments, but what makes our programs even more powerful are the nurses and therapists who are passionate about helping patients get back to what matters most. It's why we're **the trusted choice in rehabilitation services**.



nerhp.com • 207.775.4000

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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

Phone: 207-767-2189

Toll-free: 800-640-7200

Email: driverteam@alphaonenow.org

Website: alphaonenow.org/services/driving/

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

New England Rehabilitation Hospital of Portland

335 Brighton Ave., Unit 201

Portland, ME 04102-2374

Phone: 207-775-4000

Website: nerhp.org

Driving evaluations. Unable to do adapted driving assessments.

Pathways Driving Rehabilitation Services

Heather Shields, OTR/L, CDRS

Brunswick, ME

Phone: 207-530-0307

Email: info@pathwaysrehabservices.com

Driving evaluation and rehabilitation. Can provide adapted driver assessment.

EDUCATIONAL RESOURCES

EDUCATION SUPPORT & SERVICES

FAME

Physical Address: 5 Community Drive, Augusta, ME 04330

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

Phone: 207-623-3263

Toll-free: 800-228-3734

Email: info@famemaine.com

Website: famemaine.com/affording-education/

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

HOPE – Higher Opportunity for Pathways to Employment

Department of Health and Human Services

Office for Family Independence

OFI-HOPE Program

11 State House Station

Augusta, ME 04333

Phone: 207-624-4170

Email: HOPE.DHHS@maine.gov

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

The Hope program helps Maine families pursue training and education beyond high school and achieve their career plans by addressing barriers to success. The program helps cover the costs related to school. To learn more about the eligibility criteria and application process, visit their website.

Maine's Community Colleges

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

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

accessibility services, tutoring for students with disabilities, and child care.

Maine Digital Inclusion Initiative

National Digital Equity Center

Phone: 207-259-5010

Website: digitalequitycenter.org/our-strategies/

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

List of on-line interactive classes:

digitalequitycenter.org/classes/

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

Maine Educational Opportunity Center (MEOC)

Toll-free: 800-281-3703

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

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

My Student and MaineCare free online course:

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

This free online course is for parents and guardians of students who receive MaineCare. It 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

Email: trista.collins@maine.gov

Trista Collins, State Medicaid Education Liaison

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

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

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

EMPLOYMENT & VOCATIONAL REHABILITATION

VOCATIONAL REHABILITATION (VR)

Division of Vocational Rehabilitation

Bureau of Rehabilitation Services

Maine Department of Labor

Administrative Office

45 Commerce Drive

Augusta, ME 04330-0073

Phone: 207-623-6799

Maine Relay 711

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

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

The Department of Vocational Rehab provides VR services and also contracts with various community programs to provide eligible individuals with VR services. A virtual orientation to VR services is available through their website.

Wabanaki Vocational Rehabilitation

88 Bell Rd.

Littleton, ME 04730

Phone: 207-532-2021

Website: maliseets.net/vocational-rehabilitation/

Applicants must be an American Indian with a disability living on or near a Federal reservation in Maine

ADVOCACY & SUPPORT

Client Assistance Program (CAP)

The CAP in Maine is administered by Disability Rights Maine. 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.

Augusta

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

Falmouth

Disability Rights Maine - Deaf Services

1 Mackworth Island, Bldg. C

Falmouth, ME 04105

Phone: 207-797-7656

Toll-free: 800-639-3884

Video Phone: 207-766-7111

Email: deafservices@drme.org

Website: drme.org

Benefits Counseling Services (BCS)

MaineHealth Vocational Services

Attn: BCS Project Specialist

22 Bramhall St.

Portland, ME 04102

Toll-free: 888-208-8700

Email: bcs@mainehealth.org (to receive a secure link to send your forms)

Website: benefitsandworkinme.org

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

Website: drme.org/assets/brochures/PABSS-Rack-Card-02.28.22.pdf

PABSS is a free service funded by Social Security that serves SSI/SSDI beneficiaries who want to work or keep working but face barriers to 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

Resources for individuals with a disability who are trying to find or maintain employment.

COMMUNITY EMPLOYMENT PROGRAMS

Goodwill Workforce Solutions

15 Starrett Dr., Suite F

Belfast, ME 04915

Phone: 207-930-7047

Email: intake@workforcesolutionsme.org

Website: workforcesolutionsme.org

Online Inquiry Form: workforcesolutionsme.org/inquiry-form/

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

Maine AgrAbility

138 Pleasant St., Suite #1

Farmington, ME 04938

Phone: 207-944-1533

Email: Isabella.russo1@maine.edu

Website: extension.umaine.edu/agrability/

Maine AgrAbility is a nonprofit collaboration of the University of Maine Cooperative Extension and Alpha One. The goal of the AgrAbility project is to inform,

educate and assist farmers, fishermen, and forest workers with disabilities and their families, so they can have successful careers in agriculture.

New Ventures Maine

Mailing Address: NVME/UMA, 46 University Dr., Augusta, ME 04330
 Phone: 207-621-3440
 Toll-free: 800-442-2092
 Email: info@newventuresmaine.org

Seven locations across the state: 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.

Senior Community Service Employment Program (SCSEP)

SCSEP a grant administered by the United States Department of Labor that provides work-training opportunities for low-income persons age 55 or older. The program is intended to be a transitional program, offering a “stepping stone” back into the workforce. Qualified job seekers are enrolled in part-time, paid training positions at public agencies or non-profit organizations in their local communities. All work assignments are temporary. In Maine, the SCSEP grant is administered by:

- **Associates for Training and Development (A4TD)**
 Phone: 207-577-6823
 Website: a4td.org/scs-employment-program
- **Office of Aging and Disability Services (OADS)**
 Phone: 207-287-9200
 Email: SCSEP.OADS@maine.gov

Working Fields Employment Agency

95 Main St.
 Auburn, ME 04210
 Phone: 888-847-8595
 Email: secondchances@workingfields.com

Working Fields is a staffing agency with a unique peer support model. They work with any motivated jobseeker to fill entry-level through senior positions for employers across Maine, Massachusetts, New Hampshire and Vermont. Jobseekers receive ongoing support via peer coaching and strong account management. Working Fields works closely with community organizations to provide necessary resources or referrals.

FINANCIAL ASSISTANCE

RESOURCE & REFERRAL

211 Maine

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

Free and confidential Information and referral service that connects people to local services. Based in Maine, available 24 hours per day, 7 days per week.

AccessMaine

Website: accessmaine.org
 Online resource guide for public programs and other support services in Maine.

TOWN & STATE SUPPORT

General Assistance Programs

General Assistance programs are provided through local town offices and can help with the cost of basic necessities. Basic necessities can include assistance with rent/mortgage, food, heat/electricity, household supplies, clothing and work-related expenses. To apply for General Assistance, call or visit your local town office and ask for a General Assistance application. If you are unable to reach your local General Assistance office or you have questions or concerns, call the toll-free hotline 800-442-6003.

My Maine Connection

Toll-free: 855-797-4357
 For help logging into your ‘My Maine Connection’ account: MMCHelp.DHHS@maine.gov
 Website: mymaineconnection.gov

My Maine Connection is a self-service portal used by the state of Maine to provide residents with state benefits including MaineCare, Temporary Assistance for Needy Families with Children (TANF), Supplemental Nutrition Assistance Program (SNAP), Educational Assistance for Parents/Caretakers and Emergency Assistance. There is a pre-screening tool on the portal to check for potential eligibility for state benefits. You can apply for state benefits through this portal, access forms, get status updates and renew benefits. To learn how to create an account and how to use the portal, there is playlist of videos accessed through their website homepage.

Office for Family Independence (OFI)

Division of DHHS
 OFI Call Center: 855-797-4357
 OFI Office Locator: maine.gov/dhhs/about/contact/offices
 State Financial Assistance programs: maine.gov/dhhs/programs-services/financial-assistance
 Website: maine.gov/dhhs/ofi

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

COMMUNITY ACTION AGENCIES

Maine Community Action Partnership

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

Community Action Agencies (CAAs) are non-profit organizations in Maine that provide services to people with low incomes to help them achieve economic security. Some of the services offered include Energy Assistance & Weatherization, Health, Housing, Nutrition, and Transportation. Contact your local CAA to learn about their specific programs.

ANDROSCOGGIN, FRANKLIN, AND OXFORD COUNTIES

Western Maine Community Action (WMCA)

20 Church St.
 P.O. Box 200
 East Wilton, ME 04234
 Phone: 207-645-3764
 Tol-free: 800-645-9636
 Email: info@wmca.org
 Website: wmca.org

Community Concepts, Inc.

Website: ccimaine.org

Office Locations:

Lewiston

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

South Paris

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

AROOSTOOK COUNTY

Aroostook County Action Program (ACAP)

Website: acap-me.org

Office Locations:

Presque Isle - Main Office

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

Fort Kent

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

Houlton

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

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

Madawaska

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

CUMBERLAND COUNTY

Opportunity Alliance

Access & Intake: 207-523-5049
Toll-free: 877-429-6884
Email: intake@opportunityalliance.org
Website: opportunityalliance.org

HANCOCK AND WASHINGTON COUNTIES

Downeast Community Partners

Toll-free: 800-834-4378
Website: downeastcommunitypartners.org

Office Locations:

Calais

11 Church St.
Calais, ME 04619
Phone: 207-664-2424

Ellsworth

248 Bucksport Rd.
Ellsworth, ME 04605
Phone: 207-664-2424

Machias

7 VIP Dr.
Machias, ME 04654
Phone: 207-259-5015

KENNEBEC, LINCOLN, SAGADAHOC, AND SOMERSET COUNTIES

Kennebec Valley Community Action Program (KVCAP)

Toll-free: 800-542-8227
Email: info@kvcap.org
Website: kvcap.org

Office Locations:

Augusta

225 Western Ave.
Augusta, ME 04330-4957
Phone: 207-622-4761

Skowhegan

P.O. Box 173
28 Research Dr.
Skowhegan, ME 04976-9700
Phone: 207-474-8487
Transportation: 207-859-2501

Waterville

101 Water St.
Waterville, ME 04901-6339
Phone: 207-859-1500
Transportation: 207-877-5677

MidCoast Maine Community Action (MMCA)

34 Wing Farm Pkwy.
Bath, ME 04530
Phone: 207-442-7963
Toll-free: 800-221-2221
Website: midcoastmainecommunityaction.org

Serves: Lincoln, Sagadahoc, and Northern Cumberland counties

KNOX, PENOBSCOT, AND PISCATAQUIS COUNTIES

Penquis

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

Office Locations:

Bangor

262 Harlow St., P.O. Box 1162
Bangor, ME 04402-1162
Phone: 207-973-3500
TDD: 207-973-3520

Dover-Foxcroft

50 North St.
Dover-Foxcroft, ME 04426
Phone: 207-564-7116

Lincoln

9 Main St., Suite 2
Lincoln, ME 04457
Phone: 207-794-3093

Rockland

7 High St.
Rockland, ME 04841
Phone: 207-596-0361

WALDO COUNTY

Waldo Community Action Partners (WCAP)

9 Field St., Suite 201
P.O. Box 130
Belfast, ME 04915
Phone: 207-338-6809
Email: info@waldocap.org
Website: waldocap.org

YORK COUNTY

York County Community Action Corporation (YCCAC)

6 Spruce St.
Sanford, ME 04073
Phone: 207-324-5762
Email: info@yccac.org
Website: yccac.org

GROUP HOMES / SUPPORTED LIVING

In Maine, group homes and supported living for adults with brain injury are available; however, the options are limited. In order to qualify for this service, a person must have a 'funded offer' through one of MaineCare's Waiver programs, such as the Brain Injury Waiver Section 18. Another option is to pay privately for this service. For more information about the Brain Injury Waiver and group homes, please call the Brain Injury Information Helpline: 800-444-6443.

HOUSING

211 MAINE

Phone: dial 211 or text your zip code to 898-211
Website: 211maine.org

211 Maine is a free, confidential information and referral service that connects people of all ages across Maine to local services. 211 Maine is based in Maine and available 24 hours a day, seven days a week. 211 can provide access to local emergency shelters; safe, affordable housing; new housing; energy and other utility assistance; financial support for home repairs, and support services for people who are currently homeless.



creative works
Creating communities of inclusion.

Creative Works has been supporting and inspiring people with disabilities at home, at work and in the community for over 50 years.

We're here to support you every step of the way with:

- Certified Brain Injury Care Coordinators
- Residential 24/7 Care
- In-Home Supports

207.879.1140 | beingcreativeworks.org

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/programs-services/rental/subsidized-housing

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 by Penquis

Phone: 207-973-3500

Website: mainestreamfinance.org

Housing counseling, pre-purchase counseling to buy a home, rental counseling, and home buyer education

RENTAL HOUSING

Mainehousingsearch.org

Toll-free: 877-428-8844

Website: mainehousingsearch.org

This is a free rental listing service. It is fast and easy to use and includes detailed listings with pictures, maps, and more. Listings are updated daily.

SECTION 811 – Supportive Housing for Persons with Disabilities

Website: Mainehousing.org/programs-services/rental/rentaldetail/section-811-pra

Applicants for Section 811 must be low-income, and the household must include at least one individual with a disability who is aged 18-62. Applicants must also be accepted for community-based, long-term care services through a MaineCare waiver.

OTHER HOUSING RESOURCES

Welcome to Housing Home Goods Bank, Inc.

Old Town, ME

Phone: 207-745-1287

Website: welcometohousing.com

They help individuals as they transition from area shelters to permanent housing by providing basic household items donated through the local community. They also help people displaced by fire and domestic violence. Requires a referral from a case worker or clergy.

Maine Needs

332 Forest Ave.

Portland, ME

Email: info@maineneeds.org

Website: maineneeds.org/resources

Helps individuals and families in Maine meet their basic, material needs by providing donated clothing, household items, and other necessities. Requires a

referral from a professional. Their resource page offers helpful links to many other organizations.

Maine Statewide Independent Living Council (Maine SILC)

Website: mainesilc.org/resources/

The Council's goal is to advance independent living. Resources include a downloadable handbook called 'My Own Front Door'. This functional handbook was developed by SILC to assist people with disabilities in becoming tenants and staying housed.

LEGAL SERVICES

In the aftermath of a brain injury, it can be helpful to seek the advice of an attorney. Medical treatment, such as brain injury rehabilitation and long-term care services are expensive and may span many years. Individuals and families must address and make decisions about financial issues, estate planning, establishing guardianship or power of attorney, and other issues.

Appendix B is a guide to help with selecting legal representation

STATE OF MAINE JUDICIAL BRANCH

Maine Courts

Website: courts.maine.gov/index.html

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

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

LEGAL SERVICES

Berman & Simmons Trial Attorneys

Free Case Review: 207-560-0731

Website: bermansimmons.com

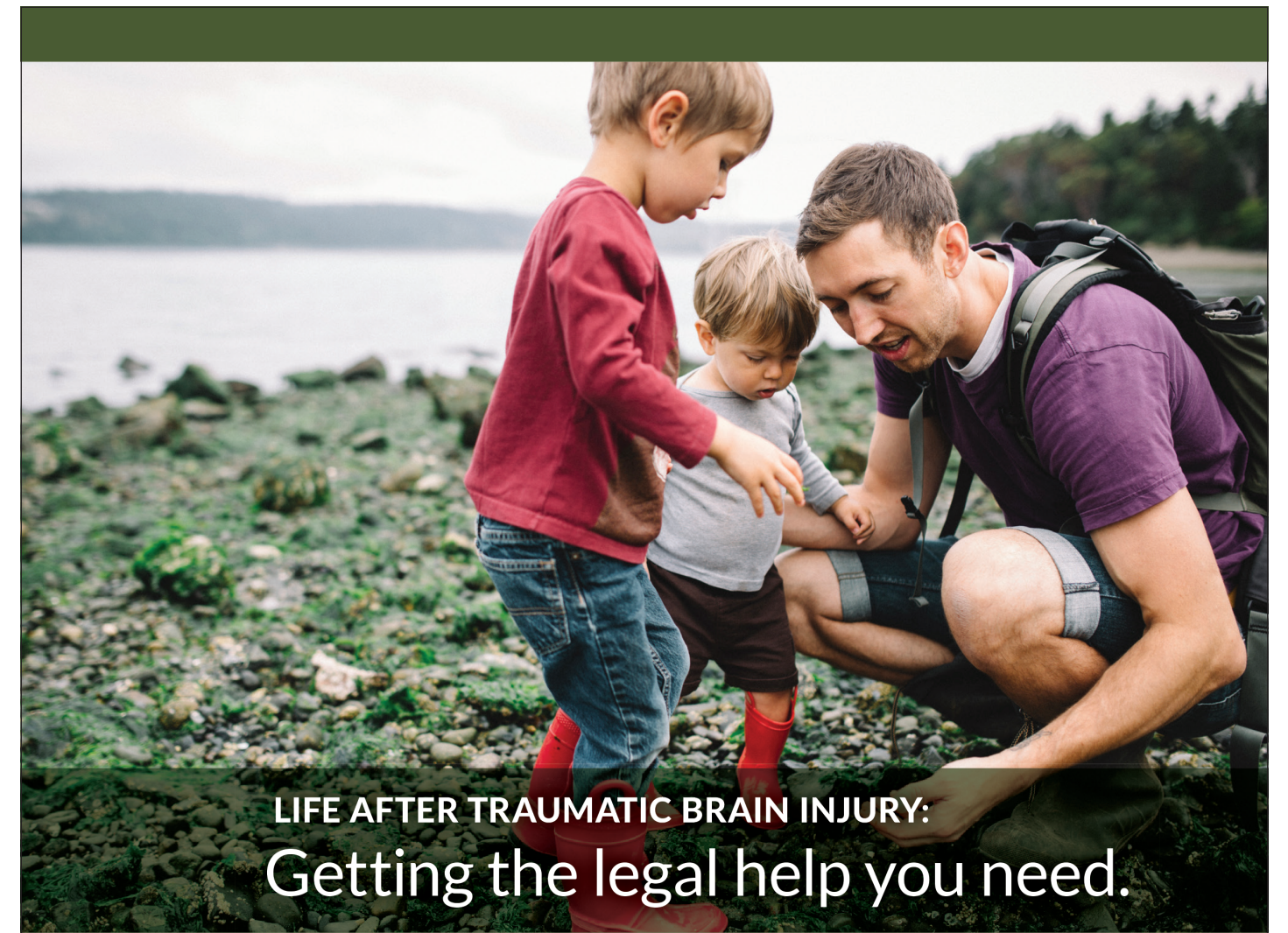
Practice specializes in personal injury law and provides representation for victims of brain injury in Maine.

Office Locations:

Bangor

23 Water St., Suite 208

Bangor, Maine 04401



**LIFE AFTER TRAUMATIC BRAIN INJURY:
Getting the legal help you need.**

*We'll be
on your side
when you
need us most.*

When a traumatic brain injury results from a fall, crash, product failure or medical mistake, we commit our unmatched resources to holding those responsible accountable and getting our clients' lives back on track.

We understand that traumatic brain injury can present a long and frustrating road for survivors as well as their family members, friends, employers, and co-workers. We work with caregivers, medical experts, and healthcare providers and never losing sight of what's at stake for our clients.

*From injury to compensation,
we'll be with you every step of the way.*

BERMAN & SIMMONS
TRIAL ATTORNEYS

PORTLAND
LEWISTON
BANGOR
BIDDEFORD

800.244.3576
bermansimmons.com

Biddeford

11 Adams St., Suite C
Biddeford, ME 04005

Lewiston

129 Lisbon St., P.O. Box 961
Lewiston, ME 04243

Portland

85 Exchange St., 2nd Floor
Portland, ME 04101

Bernstein-Shur

Website: bernsteinshur.com

Practice areas include litigation, estate and special needs planning.

Office Locations:

Augusta

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

Portland

100 Middle St.
Portland, ME 04104
Phone: 207-774-1200
Email: info@bersteinshur.com

Brennan & Rogers, PLLC

Phone: 207-361-4680
Mailing Address: P.O. Box 467, York, ME 03909
Website: brennanrogers.com

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

Office Locations:

Kennebunk

2 Storer St., Suite 111
Kennebunk, ME 04043

Portland

254 Commercial St., Suite 245
Portland, ME 04101

York

279 York St.
York, ME 03909

Lanman Rayne Nelson Reade

Website: lanmanrayne.com

Practice areas include: estate planning, elder law, special needs and settlement planning, long-term care and nursing home 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

Free Consultation: 207-360-8967
Website: joebornstein.com

Practice specializes in personal injury law.

Office Locations:

Augusta

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

Bangor

9 May St.
P.O. Box 776
Bangor, ME 04401

Biddeford

193 Main St., Suite 105
Biddeford, ME 04005

Lewiston

157 Maine St.
Lewiston, ME 04240

Portland

5 Moulton St.
Portland, ME 04101

Sanford

913 Main St.
Sanford, ME 04073

Windham

17 Storm Dr.
Windham, ME 04062

Levey Wagley Putman & Eccher

161 Main St, 1-A
Mailing: P.O. Box 7
Winthrop, ME 04364
Phone: 207-377-6966
Website: leveyandwagley.com

Practice areas include elder law, long-term care planning, estate planning, and special needs planning.

Maine Elder Law Firm

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

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

Vogel & Dubois

550 Forest Ave., Suite 206
Portland, ME 04101
Phone: 207-761-7796
Email: mdubois@maine-elderlaw.com
Website: maine-elderlaw.com

Practice areas include: elder law, special needs trusts, adult guardianship/conservatorship, and public benefits law.

FREE AND LOW-COST LEGAL SERVICES

Cumberland Legal Aid Clinic (CLAC)

Phone: 207-780-4370
Toll-free: 877-780-2522 (outside greater Portland area)
Website: mainelaw.maine.edu/public-service/clac/

Cumberland Legal Aid Clinic is a program of the University of Maine School of Law in Portland. Clients are represented by "student attorneys" who practice under the supervision of fully-licensed attorney faculty member. The Clinic represents low-income individuals with legal cases in Southern Maine courts (Cumberland, York, Sagadahoc, and Androscoggin counties) for most kinds of civil, criminal, juvenile, and family law matters. The Clinic also provides legal assistance to individuals incarcerated in the Maine State Prison system.

Disability Rights Maine (DRM)

160 Capitol St., Suite 4
Augusta, ME 04330
Phone: 207-626-2774
Toll-free: 800-452-1948
Email: advocate@drme.org
Website: drme.org

DRM can provide representation to individuals with disabilities when their legal issue is related to their disability. Some areas where DRM might be able to assist individuals with brain injury include:

- Requesting reasonable accommodations in housing, employment, and other areas
- Advocating for termination of guardianships and/or alternatives to guardianship
- Providing advocacy to address rights violations

Legal Services for Maine Elders

5 Wabon St.
Augusta, ME 04330
Phone: 207-623-1797
Toll-free: 800-750-5353
Website: mainelse.org/content/legal-help
Elder Rights Handbook: mainelse.org/handbook

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

Maine State Bar Association Lawyer Referral Service

Phone: 800-860-1460
Email: LRS@mainebar.org
Website: mainebar.community.lawyer

Find the right lawyer for your situation. Fee is \$35 for up to 30-minutes' consult with a qualified lawyer. Use the online referral form to access this referral service.

Maine Volunteer Lawyers Project (VLP)

Southern Maine: 800-442-4293
Northern Maine: 888-956-4276
Email: intake@vlp.org (new client seeking legal assistance)

Website: vlp.org/for-those-seeking-legal-assistance
Programs: 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: 207-774-8211
Website: ptla.org
Court Forms: ptla.org/all-court-forms

PTLA is Maine's legal aid organization. PTLA provides free civil legal advice for low income individuals and conducts courthouse assistant programs at some courts. They are not able to help with criminal or family law cases.

Office locations:

Androscoggin, Oxford & Franklin Counties

95 Park St., Suite 301
P.O. Box 398
Lewiston, ME 04243
Phone: 207-784-1558

Aroostook County

373 Main St.
Presque Isle, ME 04769
Phone: 207-764-4349



Injured?
CALL-JOE
Free Case Evaluation

Our law firm has successfully represented hundreds of Mainers suffering from concussions and traumatic brain injuries.

LAW OFFICES OF
JOE BORNSTEIN
PERSONAL INJURY ATTORNEYS

207-CALL-JOE
joebornstein.com

MOTOR VEHICLE ACCIDENTS • SERIOUS INJURIES • WRONGFUL DEATH

Cumberland, York and Sagadahoc Counties

88 Federal St.
Portland, ME 04101
Phone: 207-774-8211

Washington & Hancock Counties

13 Cooper St.
P.O. Box 278
Machias, ME 04654
Phone: 207-255-8656

Penobscot, Piscataquis, & Waldo Counties

115 Main St., 2nd floor
Bangor, ME 04401
Phone: 207-942-8241

Kennebec, Somerset, Knox & Lincoln Counties

39 Green St.
P.O. Box 2429
Augusta, ME 04338
Phone: 207-622-4731

MEDICAL EQUIPMENT & SUPPLIES

Black Bear Medical

275 Marginal Way
Portland, ME 04101
Phone: 207-871-0008
Toll-free: 800-577-1365
Website: blackbearmedical.com
Online product catalog: hmecatalog.com

Kennebec Pharmacy

Toll-free: 888-463-8083
Website: kennebecpharmacy.com

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

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.
Rockport, ME 04856
Phone: 207-594-0888

South Portland

12 Atlantic Pl.
South Portland, ME 04106
Phone: 207-626-2130

Partners for World Health (PWH)

Medical Supply Program
40 Walch Dr.
Portland, ME 04103

Medical Supply Requests: 207-705-9020

Email: medicalsupplies@partnersforworldhealth.org

Website: partnersforworldhealth.org/medical-supplies

PWH is a mostly volunteer organization that offers a wide variety of medical supplies and durable medical equipment for purchase at reduced rates. You must make an appointment with an MSP Coordinator. MSP is not a retail store and drop-ins are not available.

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.

Peak Neurotherapy

Eric Heinz, LCPC, LADC
110 Auburn St.
Portland, ME 04103
Phone: 207-807-9210
Email: eric@peakneurotherapy.com
Website: peakneurotherapy.com

NEUROLOGIC MUSIC THERAPY

Neurologic Music Therapy (NMT) uses elements of music such as rhythm, melody, dynamics, and tempo. NMT can improve speech and memory, increase attention span, relieve pain and expand/improve movement.

"Be Your Note" Music Therapy Services

Patricia Mulholland, M.A., MT-BC, NMT
7 Evergreen Dr.
Arundel, ME 04046
Phone: 207-467-3372
Website: beyournote.com

Maine Music & Health, LLC

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

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

MedRhythms Therapy

P.O. Box 7944
Portland, ME 04101
Phone: 781-629-9713
Email: hello@medrhythmstherapy.com
Website: medrhythmstherapy.com
Teletherapy option: medrhythmstherapy.com/
teletherapy

MedRhythms provides NMT services for Spaulding Rehabilitation in Massachusetts. If you are interested in outpatient NMT services through Spaulding Rehabilitation Hospital, visit Spaulding's website: spauldingrehab.org/conditions-services/music-therapy.

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

15 Enterprise Dr.
Augusta, ME 04330
Phone: 207-621-9550
Website: mainegeneral.org/medical-services/
neurology

BANGOR

Northern Light Neurology

905 Union St., Suite 9
Bangor, ME 04401
Phone: 207-947-0558
Website: northernlighthealth.org/Services/
Neurology

Northern Light Pediatric Neurology

417 State St.
Webber East, Suite 305
Bangor, ME 04401
Phone: 207-275-4290

BIDDEFORD

MaineHealth Neurology – Biddeford

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

BRUNSWICK

MidCoast Hospital Neurology

81 Medical Center Dr., Suite 1300
Brunswick, ME 04011
Phone: 207-373-6099
Website: mainehealth.org/Mid-Coast-Hospital/
Services/Neurology

LEWISTON

Central Maine Neurology

10 High St., Suite 204
Lewiston, ME 04240
Phone: 207-795-2927
Website: cmhc.org

St. Mary's Neurology Associates

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

ROCKPORT

MaineHealth Neurology - Rockport

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

SCARBOROUGH

MaineHealth Neurology - Scarborough

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

SKOWHEGAN

Redington-Fairview General Hospital - Neurology

46 Fairview Ave., Suite 114
P.O. Box 468
Skowhegan, ME 04976
Phone: 207-474-6943
Website: rfgh.net/services/redington-neurology.
xhtml

WATERVILLE

Northern Light Neurology

180 Kennedy Memorial Dr.
Medical Arts Building, Suite 204
Waterville, ME 04901
Phone: 207-861-6005
Website: northernlighthealth.org/Our-System/
Inland-Hospital/Locations/Neurology

YORK

Neurology Associates of York Hospital

233 York St.
York, ME 03909
Phone: 207-351-3987
Website: yorkhospital.com/practice-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: 207-973-6100, Option 3

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

Charles Whitehead, Ph.D.

94 Auburn St., Suite 109
Portland, ME 04103
Phone: 207-807-7892

MaineHealth Neurology - Scarborough

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

ROCKPORT

Neuropsychology and Concussion Management Associates, PA

Kendra L. Bryant, Ph.D., ABPP
Written correspondence:
P.O. Box 1145, Rockport, ME 04856
220 Union St.
Rockport, ME 04856
Phone: 207-594-2952
Website: ncmamaine.com

Additional office location in Yarmouth

40 Forest Falls Dr., Suite 1
Yarmouth, ME 04096

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

Heather McClelland, Ph.D.

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

NeurConnections, 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/s/?language=en_US
Cub Care Fact Sheet: maine.gov/dhhs/sites/maine.gov/dhhs/files/inline-files/CubCare-CHIP-Fact-Sheet.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/inlinefiles/KB%20Process%20Booklet.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 Beckett Waiver receive MaineCare benefits and pay a low-cost premium for this health coverage. Visit the webpage for links to a Katie Beckett pamphlet, eligibility roadmap, eligibility threshold information and healthcare assistance for Katie Beckett.

Maine Office of Child and Family Services (OCFS)

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

OCFS facilitates access to child behavioral health services, administers Maine's child welfare system, regulates childcare facilities and providers, assists Maine families in accessing and paying for childcare, and oversees fostering and adoption services.

Maine Department of Education

Office of Special Services and Inclusive Education
Phone: 207-624-6600
Website: maine.gov/doe/learning/specialed
Resources for parents, caregivers, and families: maine.gov/doe/learning/specialed/families

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/learning/cds

Regional Site Contact info: maine.gov/doe/learning/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 child from birth to age five and their families.

Department of Health and Human Services

Care Coordination for Children with Special Health Needs

Phone: 207- 287-5349

Toll-free: 800-698-3624

Brochure: maine.gov/dhhs/mecdc/population-health/mch/cshn/care-coordination/Care-Coordination-brochure-110719.pdf

Free service that helps guide families in finding resources that best fit the needs of their child.

Help Me Grow Maine (HGM)

To Contact: call 211, choose option 5 to speak to a Family Support Specialist

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

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

Early and Periodic Screening Diagnosis & Treatment (EPSDT) Program for Children and Youth

Email: DDS.EPSDT@maine.gov

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

EPSDT is a program which 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

Barbara Bush Children's Hospital

MaineHealth

22 Bramhall St.

Portland, ME 04102

Phone: 207-662- 0111

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

Bridgton Hospital Therapy Services

Pediatric Therapy

25 Hospital Drive

Bridgton, ME 04009

Phone: 207-647-6145

Physical Therapy, Occupational Therapy and Speech Therapy

Pediatric Development Center

12 Westbrook Common

Westbrook, ME 04092

Phone: 207-591-7210

Email: info@pediatricdevelopmentcenter.com

Website: pediatricdevelopmentcenter.com

Additional location in Saco

Pediatric Occupational Therapy

Rehab Without Walls

Home & Community Rehab Services

Phone: 207-282-3980

Website: rehabwithoutwalls.com

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

Saco Bay Kids Pediatric Therapy

895 Portland Road

Saco, ME 04072

Phone: 207-439-5104

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

Additional location in Springvale

Southern Maine Pediatric Therapies

10 Trails End

Windham, ME

Phone: 207-233- 7373

Website: southernmainetherapy.com

Pediatric Occupational Therapy

StoreySmith Pediatric Clinic

170 US Route One, Suite 100, Door J

Falmouth, ME 04105

Phone: 207-781-0022

Website: sspcmaine.com

Physical Therapy, Occupational Therapy and Speech Therapy

Turning Point Pediatric Therapy Network Inc

24 Stone Street, Suite 104

Augusta, ME 04330

Phone: 207-582- 8400

Website: turningpointot.com

Pediatric Occupational Therapy

York Hospital - Pediatric Rehabilitation Services

127 Long Sands Road, Suite 6A

York, ME 03909

Phone: 207-384-7160

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

Additional location in South Berwick

BEHAVIORAL HEALTH SERVICES

Brighter Heights Maine

70 Bayview St.

Yarmouth, ME 04096

Phone: 207-847-2273

Website: bh-maine.com

Providing home and community-based treatment, case management, outpatient therapy, and medication management.

Additional Locations in Bangor, Belfast, and Rockland

Day-One Substance Use

Phone: 207-893-0386

Reach out online: day-one.org/contact-us/

Website: day-one.org

Program locations: Biddeford, Lewiston, New Gloucester, Portland, and Windham

Provides substance use and mental health services to Maine Adolescents and their families.

Edmund N. Ervin Pediatric Center

Children's Developmental and Behavioral Health Services

Ballard Center

6 East Chestnut St.

Augusta, ME 04330

Phone: 207-623-6500

Website: mainegeneral.org/medical-services/childrens-behavioral-health-services

Services include: child psychiatry, developmental and behavioral pediatrics, Early intervention and pediatric rehabilitation services (speech, physical and occupational therapies), pediatric psychology and clinical social work services

Interdisciplinary Clinics: Developmental Evaluation Clinic, Pediatric Behavioral Medicine Clinic, and Pediatric Rapid Evaluation Program

Pine Tree Society

589 Minot Ave.

Auburn, ME 04210

Phone: 207-443-3341

Email: info@pinetreesociety.org

Website: pinetreesociety.org

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

Maria Duffy Counseling

P.O. Box 474
Westbrook, ME 04098
Phone: 207-250-5562

Website: psychologytoday.com/us/therapists/maria-l-duffy-westbrook-me/398645

Clinician who specializes in behavioral issues, child and parenting

ADVOCACY AND SUPPORT SERVICES

Center for Grieving Children

555 Forest Ave.
Portland, ME 04101
Phone: 207-775-5216

Email: cgc@cgcmaine.org
Website: cgcmaine.org

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

Disability Rights Maine (DRM)

Children's Advocacy Program

160 Capital Street, Suite 4
Augusta, ME 04330
Phone: 207-626-2774

Toll-free: 800-452-1948
Email: advocate@drme.org/brain-injury
Website: drme.org/children

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

Family Violence Project

83 Western Ave.
Augusta, ME
Helpline: 207-623-3569
Toll-free: 877-890-7788

Email: helpline@familyviolenceproject.org
Website: familyviolenceproject.org

Serves Kennebec and Somerset Counties
Support Services: Court Advocacy, Supportive

Housing, Support Groups, Emergency Shelter, Resources, and Safety Planning. Also offers School-Based Education & Awareness programs.

G.E.A.R Parent Network

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

Website: gearparentnetwork.org

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

Maine Developmental Disabilities Council (MDCC)

Physical Address: 526 Western Ave Unit 2, Augusta, ME 04330

Mailing Address: 139 State House Station, Augusta, ME 04333

Phone: 207-480-1478
Toll-free: 833-713-2618
Website: maineddc.org

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

Maine Parent Federation (MPF)

Physical Address: 526 Western Ave., Unit 2, Augusta, ME 04330

Mailing Address: P.O. Box 2067, Augusta, ME 04338
Phone: 207-588-1933

Toll-free: 800-870-7746
Website: mpf.org

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

Maine Brain Injury INFORMATION CENTER

1-800-444-6443

www.biasusa.org/maine

BIAMaine@biausa.org

NAMI Maine

52 Water Street
Hallowell, ME 04347
Helpline: 800-464-5767

Email: info@namimaine.org
Website: namimaine.org

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

PSL Services/STRIVE

Central Office
39 Darling Ave.
South Portland, ME 04106

Phone: 207-879-0847
Email: info@pslstrive.org
Website: pslstrive.org

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

SUPPORT GROUPS AND SURVIVOR NETWORKS

Maine Youth Action Network (MYAN)

A program of Opportunity Alliance
50 Lydia Lane
South Portland, ME 04106

Phone: 207-613-5584
Website: myan.org

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

Maine Youth Chat

Website: mpf.org/maine-youth-chat

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

Youth Peer Support Statewide Network (YPSSN)

Phone: 207-396-7052
Email: YPSSN@mainehealth.org
Facebook: [YPSSNMaine](https://www.facebook.com/YPSSNMaine)

Website: mainehealth.org/maine-behavioral-healthcare/care-and-services/counseling-and-therapy-services/peer-support/youth-peer-support-statewide-network

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

Youth Survivors Network

Website: mpf.org/youth-survivors-network

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

RECREATION SERVICES

Adaptive Outdoor Education Center

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

Camp Sunshine

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

Pine Tree Camp

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

Spark Inclusive Arts

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

LEGAL AND FUNDING RESOURCES

Kids Legal - Pine Tree Legal Assistance

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

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

Maine State Bar Association

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

Robbie Foundation

P.O. Box 1534
Scarborough, ME
Website: robbiefoundation.com

Funding resource. Helps families with children who have developmental disabilities by funding adaptive equipment, assistive technology, and therapy not covered by insurance.

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.

Maine General Physiatry

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

MaineHealth Neurosurgery – Scarborough

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

Maine Health Neurology – Rockport

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

PHYSICAL THERAPY

Maine Strong Balance Centers

Website: mainestrongbalancecenter.com
for Neurorehabilitation, Dizziness, and Mobility

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

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

Mountain Range of Motion, LLC

Jessica Buja, PT, DPT
Madison, ME 04950
Phone: 207-696-3688
Email: jessica.buja@mountainrangeofmotion.com
Website: mountainrangeofmotion.com

Telehealth Physical Therapy & Wellness

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** and the **Maine Low-Cost Drug Program for the Elderly and Disabled (DEL)**. To view eligibility requirements and to apply, go to: mymaineconnection.gov, visit a local Maine Department of Health and Human Services Office or call the Mainecare Pharmacy Help Desk at 866-796-2463.

Maine Department of Health and Human Services

Member Help Desk: 866-796-2463
TTY: 800-423-4331 (change to this)
Website: mainecarepdl.org

ADDITIONAL RESOURCES

Kennebec Pharmacy's Pouch Program - Kennepac

Phone: 207-626-9066
Website: kennebecpharmacy.com/kennepac

KennePac is a free program designed to make taking medications simple. Medications are pre-sorted into easy-to-open pouches according to date and time that they should be taken. Each pouch has clearly printed instructions. Prescriptions are refilled once per month and available for pick up or delivery.

Maine Consumers for Affordable Health Care

Toll-free: 800-965-7476
 Website: mainecahc.org/guide-to-maine-health-care/other-helpful-programs/help-paying-for-prescriptions

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-Insurance/Financial-Assistance/MedAccess

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.

PSYCHIATRISTS & NEUROPSYCHIATRISTS

PSYCHIATRISTS

A psychiatrist is a medical doctor who treats mental health conditions. A psychiatrist can prescribe medication and also may provide counseling. It can be difficult to find a psychiatrist with knowledge of brain injury.

Jeffrey S. Barkin, M.D., DLFAPA

97A Exchange St., Suite 501
 Portland, ME 04101
 Phone: 207-775-2244
 To schedule an appointment: BarkinAssist97A@gmail.com

Treats mood disorders, anxiety disorders and neuropsychiatric disorders.

Justin Otis, MD

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

Rena Paris, MD

MaineHealth – Portland
 22 Bramhall St., Unit P6
 Portland, ME 04102
 Phone: 207-662-3385

Special areas of focus: neurological disorders, psychotic disorders, geriatrics

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.

Portland Cognitive & Behavioral Neurology

Alyson Maloy, M.D.
 449 Forest Ave., Suite 214
 Portland, ME 04101
 Phone: 207-222-3021

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

Additional location in Brunswick, fully accessible

Aphasia Center of Maine

675 Old Portland Rd.
 Brunswick, ME 04011
 Phone: 207-415-3133
 Email: info@aphasiacenterofmaine.org
 Website: aphasiacenterofmaine.org

Provides recreational, educational, and emotional support to those affected by aphasia.

Camp CaPella

8 Pearl Point Rd.
 Dedham, ME 04429
 Phone: 207-843-5104
 Contact form: campcapella.org/contact-us/
 Website: campcapella.org

Daytime and overnight week-long camping for all ages. Activities include boating, swimming, fishing, games, arts, crafts, and dance. Operates June-August

Complimentary Fishing License

Maine Department of Inland Fisheries and Wildlife
 Physical Address: 353 Water St.
 Mailing Address: 41 State House Station
 Augusta, ME 04333
 Phone: 207-287-8000
 Link to Application Form: maine.gov/ifw/docs/Complimentary%20Application.pdf

A complimentary fishing license may be issued to any person with a brain injury. This license is good for the lifetime of the holder. Contact the Maine Department of Inland Fisheries and Wildlife.

Love Your Brain Foundation

Email questions to: info@loveyourbrain.com
 Website: loveyourbrain.com

A nonprofit organization that aims to improve quality of life for people affected by brain injury and to raise awareness about the importance of brain health. Offers free 6-week interactive, online programs over Zoom, including yoga and mindfulness programs for brain injury survivors and their caregivers.

Maine Adaptive Sports and Recreation

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

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

Pine Tree Camp

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

Camping experience for children and adults. Activities include swimming, hiking on accessible nature trails, drama, arts and crafts, archery, tennis, basketball on accessible courts, kayaking and fishing.

Portland Wheelers

P.O. Box 11314
 Portland, ME 04104
 Phone: 207-400-9370
 Email: info@portlandwheelers.org
 Website: portlandwheelers.org

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

Spark Inclusive Arts

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

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

NEW HAMPSHIRE RECREATION PROGRAMS, OPEN TO MAINE RESIDENTS

K.B.I.C. – David Krempels Brain Injury Center

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

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

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

Nonprofit organization through the University of New Hampshire's College of Health and Human Services. Services include community-based recreational therapy, private therapeutic recreation services, equipment rentals and trip facilitation.

REHABILITATION

Following a brain injury, rehabilitation can take place in various settings. The type of rehabilitative program will depend on the severity of injury and the person's ability to participate in the program. Typically, a patient's doctor or treatment team will advise, or refer, a person to the most appropriate rehabilitation setting. Be aware that insurance plans will differ in the number of days/sessions of rehabilitation covered. It is advisable to call the person's health insurance provider and ask about coverage limits.

ACUTE / IN-PATIENT 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. Once a person is medically stable, a team of health professionals work with the patient to regain activities of daily living. Activities of daily living include dressing, eating, using the bathroom, walking, and speaking. This type of intensive rehabilitation 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. The goal of post-acute rehabilitation is to help a person become as independent

as possible. The focus of therapies is to optimize day-to-day functioning for safe return to home. Length of stay is variable, depending on a person's needs. Insurance coverage limitations will influence length of stay.

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
Email: brewer-info@nathealthcare.com
Website: brewercenterrehab.com

River Ridge Center
A Genesis HealthCare facility
3 Brazier Ln.
Kennebunk, ME 04043
Phone: 207-985-3030
Admissions: 207-815-3025
Website: genesisihcc.com/riverridge

HOME HEALTHCARE

Home health care is provided by certified home health agencies and can include a combination of the following skilled services: nursing, medical social work, rehabilitation therapies (physical, occupational and speech), and personal care. To locate a licensed home healthcare agency in your area, you can visit the State of Maine Division of Licensing and Certification or call your local Aging and Disability Resource Center (ADRC) to request a list of home healthcare providers.

State of Maine Division of Licensing and Certification
Link: 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 section in this Directory titled 'Aging and Disability Resource Centers' or call the ADRC general number: 877-353-3771.

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 and rehabilitation therapists. Insurance will help cover the cost of Home Healthcare.
- Home Care is non-clinical and does not require a doctor referral. Homecare is sometimes referred to as personal care, companion care, or homemaker services. Home care provides help with daily activities such as house cleaning and other chores, meal preparation, medication reminders, transportation, and companionship. Home Care can also help with ADLS such as bathing, toileting, dressing and grooming. Home care is often paid for privately/out of pocket. In some cases, Medicaid or long-term care insurance will cover the costs of home care. Call your local ADRC for a list of home care agencies in your area.

OUTPATIENT REHABILITATION

After a person has returned home, continued rehabilitation can be accessed through outpatient services. Outpatient rehabilitation goals are person-centered with a focus on improving cognitive, physical and/or communication skills. Typically, a person will travel to an outpatient clinic for these therapies. Insurance limits will apply to the number of outpatient therapy sessions a person can receive.

SECTION 102 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 take 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

Goodwill NeuroRehab Services
Website: goodwillnne.org/neurorehab
Contact person: Terry Roy

Locations:

Scarborough
8 Science Park Rd.
Scarborough, ME 04074
Phone: 207-761-8402

Lewiston
618 Main St.
Lewiston, ME 04240
Phone: 207-795-6110

NeuroRestorative Maine – Standish
234 Northeast Rd.
Standish, ME 04084
Questions and referrals: 800-743-6802
Website: neurorestorative.com



Rehab Without Walls

Website: rehabwithoutwalls.com/maine

Locations:

Brewer

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

Fairfield

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

Rockland

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

RiverRidge Center

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

OTHER OUTPATIENT PROVIDERS

Ageility

75 State St.
Portland, ME 04101
Phone: 207-805-9161
Website: ageility.com/locations/me/ageility-75-state-street/

Provides occupational therapy, physical therapy and speech therapy.

Central Maine Therapy Services

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

Provides occupational therapy, physical therapy and speech therapy.

Fox Rehabilitation Services

Toll-free: 877-407-3422
Website: <https://www.foxrehab.org>

Provides occupational therapy, physical therapy and speech therapy.

MaineGeneral Outpatient Rehabilitation

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

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.

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



Northeast Rehabilitation
Hospital Network
www.NortheastRehab.com

**COMPREHENSIVE
BRAIN INJURY CARE**



*"I have to give it to them...they're all so good. The entire team. They all cared so much."
- Jenna*

**OUR HOSPITALS HAVE EARNED DISEASE-SPECIFIC CARE
CERTIFICATION IN BRAIN INJURY AND STROKE REHABILITATION**

**Certified Brain Injury Specialists
Patient and Family Education Programs**

Acute Inpatient Rehabilitation Hospitals
Portsmouth, NH | Salem, NH | Nashua, NH | Manchester, NH

20+ Outpatient Clinics
NH Seacoast, Southern NH and the Merrimack Valley in MA



**For more info, call (603) 893-2900
or visit www.NortheastRehab.com**

Rebuilding lives through hope, compassion and dedication to excellence.

Winthrop

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

Provides occupational therapy and physical therapy.

Northern Light Rehabilitation

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

Provides occupational therapy, physical therapy and speech therapy.

Rehab Without Walls

Home & Community Rehab Services
24 West Cole Rd., Suite 102
Biddeford, ME 04005
Phone: 207-282-3980
Website: rehabwithoutwalls.com/location/rehab-without-walls-biddeford-maine

Provides neurorehab therapies in the patient's home and/or community. Offers occupational, physical and speech therapies, social work and clinical coordination. Service area is expanding and includes all or parts of the following counties: Androscoggin, Cumberland, Franklin, Hancock, Kennebec, Lincoln, Oxford, Penobscot, Sagadahoc, Somerset and Waldo.

**Saco Bay Orthopaedic and Sports Physical Therapy
Neurologic Multidisciplinary Center**

1274 Congress St., Third Floor
Portland, ME 04102
Phone: 207-888-0900
Website: sacobaypt.com

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

NEW HAMPSHIRE

Northeast Rehabilitation Hospital Network

Brain Injury Rehabilitation Center
General number: 603-893-2900
Website: northeastrehab.com/services/brain-injury-rehabilitation/
Locations: Portsmouth, Nashua, Manchester, Salem

Northeast Rehabilitation hospitals offer a Brain Injury Recovery Program that includes comprehensive acute inpatient rehabilitation services and medical management to individuals who have had a brain injury. Their hospitals serve Maine residents and accept most Maine insurances.

K.B.I.C. David Krempels Brain Injury Center

100 Campus Drive, Suite 24
Portsmouth, NH 03801
Phone: 603-570-2026
Email: info@kbicenter.org
Website: kbicenter.org

K.B.I.C. 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.

SERVICES FOR PEOPLE WHO HAVE VISUAL OR HEARING IMPAIRMENTS

BLIND AND VISUALLY IMPAIRED

Catholic Charities Maine

P.O. Box 10660
Portland, ME 04104-6060
Phone: 207-781-8550
Email: info@CCMaine.org
Website: ccmaine.org/education-services-for-blind-and-visually-impaired-children

Education services for blind and visually impaired children

Iris Network

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

Assistive technology for persons who have visual impairments or blindness

Library for the Blind and Print Disabled

Talking Books Plus
64 State House Station
Augusta, ME 04333
Phone: 207-287-5650
Toll-free: 800-762-7106
Website: 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: [HYPERLINK "mailto:linsue1313@gmail.com"](mailto:HYPERLINK%20mailto:linsue1313@gmail.com)
linsue1313@gmail.com

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

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: deafservices@drme.org

Hear ME Now!

The Moog Center for Deaf Education
Phone: 314-692-8544
Website: hear-me-now.org

The Moog Center for Deaf Education has acquired the Hear ME Now pediatric programs and services. The Moog Center is a non-profit organization located in St. Louis, MO that brings many resources to children in northern New England, including teleservice programs that support and advocate for families of children who are deaf or hard of hearing and who choose listening and spoken language.

The Maine Educational Center for the Deaf and Hard of Hearing

Governor Baxter School for the Deaf
1 Mackworth Island
Falmouth, ME 04105
Phone: 207-781-3165
Email: info@mecdhh.org
Website: mecdhh.org

SOCIAL SECURITY

SOCIAL SECURITY ADMINISTRATION ASSISTANCE PROGRAMS (SSA)

The Social Security Administration manages two cash benefit programs for people with disabilities: Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). SSDI provides disability insurance benefits for workers who have contributed to Social Security and become disabled or blind before reaching retirement age. SSI provides monthly cash income to low-income persons with limited work history and resources.

National SSA Office

Toll-free: 800-772-1213
TTY: 800-325-0778
Website: ssa.gov
Link to online forms: ssa.gov/forms
Link to Disability Starter Kits: ssa.gov/disability/disability_starter_kits.htm

SOCIAL SECURITY ADMINISTRATION OFFICES IN MAINE

Auburn

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

Augusta

330 Civic Center Dr., Suite 4
Augusta, ME 04332
Toll-free: 866-882-5422

Bangor

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

Portland

1355 Congress St., Floor 2
Portland, ME 04102
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

Brain Injury Association of America • Maine Chapter



126 Western Avenue, #261
Augusta, ME 04330
E-Mail: BIAMaine@biausa.org
Website: www.biausa.org/maine

For brain injury information and resource information, contact BIAA's Maine Brain Injury Information Center:

Call 800-444-6443 Toll-free
Monday-Friday, 9 a.m.-5 p.m.
E-mail: MaineBrainInjuryInfo@biausa.org

SOCIAL SECURITY REFERRAL ORGANIZATIONS

National Association of Disability Representatives (NADR)

Free Hotline: 800-747-6131

Website: nadr.org – use online tool ‘Find a Representative’

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/

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

Associates in Claims Representation, DBA, Able Disability Advocates

Michael Milne

77 Collin Meadow Lane

Alfred, ME 04002

Phone: 207-324-2253

Email: ssrep1me@gmail.com



Law Offices of Russell J. Goldsmith

Free Consultation: 800-773-8622

Website: russelljgoldsmith.com

Provides representation for SSDI, not SSI.

Office Locations:

Portland

97 India St., 2nd Floor

Portland, ME 04101

Phone: 207-774-6735

York

647 U.S. 1 #203

York, ME 03909

Phone: 207-363-1828

MINDSET

Phone: 833-862-0978

Website: mindset.care/about

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

Woodruff & Mathis

Sam Mathis

218 Court St.

Auburn, ME 04210

Phone: 207-777-5136

Website: mathislaw.com

Maine Disability Requirements: mathislaw.com/faq/maine-disability-requirements/

Serves cities of Lewiston and Auburn, and the following counties: Cumberland, Franklin, Kennebec and Oxford

SPEECH-LANGUAGE PATHOLOGY

Lotus Speech & Wellness

Katherine Noyes, M.S., CCC-SLP, CBIS

Phone: 207-405-3496

Email: katherine@lotusslp.com

Website: lotusslp.com

Provides virtual speech, language and cognitive therapy for adults throughout Maine.

Scarborough NeuroDevelopment Center

Outpatient Rehabilitation Services

500 Southborough Dr., Suite 301

South Portland, ME 04106

Phone: 207-219-8300

Website: trainyourbrain.me

Adult and pediatric speech therapy

University of Maine

Madelyn E. and Albert D. Conley Speech, Language and Hearing Center

5724 Dunn Hall

Orono, ME 04469-5724

Phone: 207-581-2006

Email: um.csd@maine.edu

Website: umaine.edu/comscidis/clinical-services

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

102 Outpatient Neurorehabilitation Clinics

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

STROKE

COMPREHENSIVE STROKE CENTER

Comprehensive Stroke Center certification from the Joint Commission recognizes hospitals that meet standards to treat the most complex stroke cases. There is one comprehensive stroke center in Maine.

Maine Medical Center - Portland

Phone: 207-662-0111

Website: mainehealth.org/maine-medical-center

PRIMARY STROKE CENTERS

Primary Stroke Center Certification recognizes hospitals that meet standards to support better outcomes for stroke care.

Central Maine Medical Center – Lewiston

Phone: 207-795-2480

Website: cmhc.org/cmmc/

MidCoast Hospital – Brunswick

Phone: 207-373-6000

Website: mainehealth.org/mid-coast-hospital

Northern Light Eastern Maine Medical Center – Bangor

Phone: 207-973-8278

Website: northernlighthealth.org

Pen Bay Medical Center – Rockport

Phone: 207-301-8000

Website: mainehealth.org/pen-bay-medical-center

Maine Brain Injury
INFORMATION CENTER

1-800-444-6443

www.biasusa.org/maine

BIAMaine@biausa.org

APHASIA SUPPORTS AND SERVICES

Aphasia is a language disorder that can happen with injury to the brain. It is most often associated with stroke; however, aphasia can occur with any type of brain injury. There are different types of aphasia, depending on the specific location of injury. For example, a person may have difficulty speaking and/or difficulty understanding spoken or written language.

Aphasia Center of Maine

Phone: 207-415-3133
Website: aphasiacenterofmaine.org

Locations in Brunswick and Carrabassett Valley

Aphasia Nation and Stroke Educator, Inc.

Thomas Broussard, Ph.D.
Phone: 207-798-1449
Websites: aphasianation.org & strokeeducator.com

STROKE SUPPORTS AND SERVICES

Adaptive Outdoor Education Center (AOEC)

Physical: 3000 Outdoor Center Rd.
Mailing: 6027 Village on the Green #130
Carrabassett Valley, ME 04947
Phone: 207-237-2676
Email: infoAOEC@gmail.com

Adaptive recreation and educational programs

Align Home Care

Phone: 207-835-5800
Website: alignhomecareservices.com/landing-pages-2/homecare-stroke2.php

In-home stroke care, serves greater Portland area

American Stroke Association

Phone: 888-478-7653
Website: stroke.org

American Stroke Association Support Group Finder

Website: stroke.org/en/stroke-support-group-finder

Maine Stroke Support Groups

Maine has several stroke-specific support groups. Locations, contacts, and/or meeting times may change,

so contact Maine's Brain Injury Information Center for an up-to-date list and contact information.

Phone: 800-444-6443
Website: biausa.org/find-bia/states/maine/resources-support

Maine Stroke Support

Website: mainestrokesupport.wixsite.com/home

Supportive community for stroke survivors, family and caregivers

MidCoast Center for Community Health & Wellness

Stroke Community Health Program
Phone: 207-373-6585
Website: mainehealth.org/Mid-Coast-Hospital/Healthy-Communities

RESCUE: Resources & Education for Stroke Caregivers' Understanding & Empowerment

Department of Veteran Affairs
Website: cidrr8.research.va.gov/rescue/

SUBSTANCE USE DISORDER / BEHAVIORAL HEALTH

The experience of sustaining an acquired brain injury puts an individual at an increased risk of both substance use disorder and mental health challenges. The reverse is also true, that having substance use disorder or mental health challenges are risk factors for sustaining a brain injury.

MAINE CRISIS HOTLINE: 888-568-1112

TTY: Maine Relay 711
If you are concerned about yourself or someone else, call the crisis hotline to connect to your closest crisis center.

FEDERAL ORGANIZATIONS

Substance Abuse and Mental Health Services Administration (SAMHSA)

Helpline: 800-662-4357
TTY: 800-487-4889
Text your zip code to 435748 (HELP4U)

Website: samhsa.gov
Website: findtreatment.samhsa.gov

The Substance Abuse and Mental Health Services Administration's (SAMHSA) National helpline is a free, confidential 24/7/365 day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

STATE ORGANIZATIONS

Office of Behavioral Health

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

The Maine Office of Behavioral Health's (OBH) role is to support Maine residents with mental health, substance abuse, and co-occurring disorders. The Office partners with providers, communities, and individuals to offer support, resources, education, training, technical assistance, and services.

211 Maine Substance Abuse

Phone: dial 211 or 866-811-5695
Out of State: 877-463-6207
Website: 211maine.org/substance

2-1-1 is a telephone number available in Maine statewide 24/7/365. It is answered by real people who can help you in locating a variety of resources closest to your location. Calling 2-1-1 is always confidential. Services can also be located by accessing the 211 website. Resources are located by selecting Substance Abuse and Addiction and a zip code.

OPTIONS

Website: 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

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

TRIBAL ORGANIZATIONS

Houlton Health Care

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

Indian Health Services

Website: https://www.ihs.gov/
The Indian Health Service, an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives.

Mi'kmaq Health Services

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

Passamaquoddy Health Center

Indian Township - Peter Dana Point Health Center
401 Peter Dana Point Road
Princeton, ME 04668
207-796-2321
Website: passamaquoddyhealth.org/

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

Pleasant Point Healthcare

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

Wabanaki Public Health & Wellness

Healing & Recovery
157 Park St., Suite #5
Bangor, ME 04401
Wabanaki Care Line: 844-844-2622
Email: hello@wabanakiphw.org
Website: wabanakiphw.org/departments/healing-and-recovery/

WPHW serves four federally recognized tribes across five communities. These include the Houlton Band of Maliseet Indians, the Aroostook Band of Micmacs, the Passamaquoddy Tribe at Indian Township, the Passamaquoddy Tribe at Pleasant Point, and the Penobscot Nation.

RECOVERY RESOURCES

Journey Magazine

Website: journey-magazine.com

Media on a mission; making recovery from addiction more visible to more people in more places with inspiring stories, programs and community resources. Website has event directory, business directory, free copies of the magazine, and more.

Maine Association of Recovery Residences (MARR)

Website: mainerecoveryresidences.com

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

The Maine Recovery Hub

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

Serves seventeen recovery community centers across Maine.

PEER SUPPORT

Maine Alcoholics Anonymous

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

Maine Narcotics Anonymous

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

SUBSTANCE USE AND BEHAVIORAL HEALTH PROGRAMS

Aroostook Mental Health Center

Phone: 207-554-2352
Website: amhc.org

Multiple service locations

Crisis and Counseling

10 Caldwell Rd.
Augusta, ME 04330
Phone: 207-626-3448

Website: crisisandcounseling.org

Kennebec Behavioral Health

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

Spurwink

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

TRANSPORTATION

MAINE STATE TRANSPORTATION

Maine Department of Transportation (DOT)

Website: maine.gov/mdot/transit/options/

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.

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

ModivCare

Website: mymodivcare.com/how-it-works

RESERVATIONS AND RIDE ASSIST NUMBERS BY REGION

Region 1 - Patten, Danforth, Aroostook

Reservations - 855-608-5174
Ride Assist - 855-608-5175

Region 2 - Washington and Hancock

Reservations - 855-608-5176
Ride Assist - 855-608-5177

Region 6 - Cumberland (Brunswick and Harpswell excluded)

Reservations - 855-608-5178
Ride Assist - 855-608-5179

Region 7 - Oxford, Androscoggin and Franklin

Reservations - 855-608-5180
Ride Assist - 855-608-5181

Region 8 - York, Brownfield, Denmark, Fryeburg, Hiram, Porter Lovell, Stoneham, Stow, Sweden cities in Oxford County

Reservations - 877-659-1302
Ride Assist - 877-659-1303

SERVING KNOX, LINCOLN, SAGadahoc, WALDO COUNTIES AND THE TOWNS OF BRUNSWICK AND HARPSWELL

MidCoast Connector

Toll-free: 855-930-7900 (Press 1)
Website: waldocap.org/mainecare-transportation/

SERVING KENNEBEC, 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/

REGIONAL TRANSPORTATION SERVICES

Aroostook Regional Transportation System, Inc. (ARTS)

P.O. Box 552
24 Houlton Rd.
Presque Isle, ME 04769
Phone: 207-764-3384
Toll-free: 800-442-3320 (Bus)
Website: aroostooktransportation.org

Door-to-door transportation services provided to the general public, individuals with disabilities, and the elderly at affordable rates. Services are provided by buses or vans that are all handicapped accessible. Provides transportation to all towns in Aroostook county, to Patten/Stacyville in Penobscot county and to Danforth in Washington county.

Downeast Community Partners (DCP)

248 Bucksport Rd.
Ellsworth, ME 04605
Phone: 207-664-0012
Toll-free: 877-374-8396
Website: downeastcommunitypartners.org

Transportation services provided to the general public, individuals with disabilities, and the elderly at affordable rates.

Downeast Transportation

P.O. Box 914
Ellsworth, ME 04605
Phone: 207-667-5796
Website: downeasttrans.org

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

Healthcare Access Transportation Program

Phone: 207-647-2483

Website: mainephilanthropy.org/redhen/org/119

Serves Cumberland County

Volunteer driver organization. Does not provide MaineCare reimbursed rides

ITNPortland

Dana Warp Mill

90 Bridge St., Suite 210

Westbrook, ME 04092

Phone: 207-854-0505

Website: itnportland.org

Membership-based program, provides transportation for seniors and people with visual impairments in the greater Portland area.

Kennebec Valley Community Action Program Transportation Services (KVCAP)

Toll-free: 800-542-8227

Website: kvcap.org/transportation/

KVCAP works with local service agencies and communities to offer a variety of transportation services including a fixed route general public bus system (Kennebec Explorer) and a flex-route general public bus service (Somerset Explorer). They also offer the KV van door-to-door service.

Regional Transportation Program (RTP)

1 Ledgeview Dr.

Westbrook, ME 04092

Phone: 207-774-2666

Toll-free: 800-224-0704

Website: rtprides.org

Provides county-wide transportation to residents of Cumberland County. This is a shared ride service, trips must be reserved in advance.

United Ambulance Service

Non-Emergency Wheelchair Transportation Division

192 Russell St.

Lewiston, ME 04240

Phone: 207-782-8400

Toll-free: 866-782-8400

Website: unitedambulance.com

An alternative means of transportation for people who are unable to drive themselves to medical appointments and who do not require ambulance transportation. This service is available to MaineCare recipients and to patients wishing to arrange a private pay billing option. Serves Central and Southern Maine.

Waldo Community Action Partners (WCAP)

P.O. Box 130, 9 Field St.

Belfast, ME 04915

Phone: 207-338-6809

Phone: 855-930-7900, Option 2

Website: waldocap.org

Public transportation services for Waldo, Knox, Lincoln and Sagadahoc counties

Western Maine Transportation Services

76 Merrow Rd.

Auburn, ME 04210

Toll-free: 800-393-9335

Website: wmtsbus.org

Scheduled public bus service, also seasonal shuttle bus service

West's Transportation, Inc.

P.O. Box 82

Milbridge, ME 04658

Phone: 207-546-2823

Toll-free: 800-596-2823

Website: westbusservice.com

Scheduled bus service for Washington County

York County Community Action Corporation (YCCAC)

Phone: 207-459-2932

Website: yccac.org/transportation

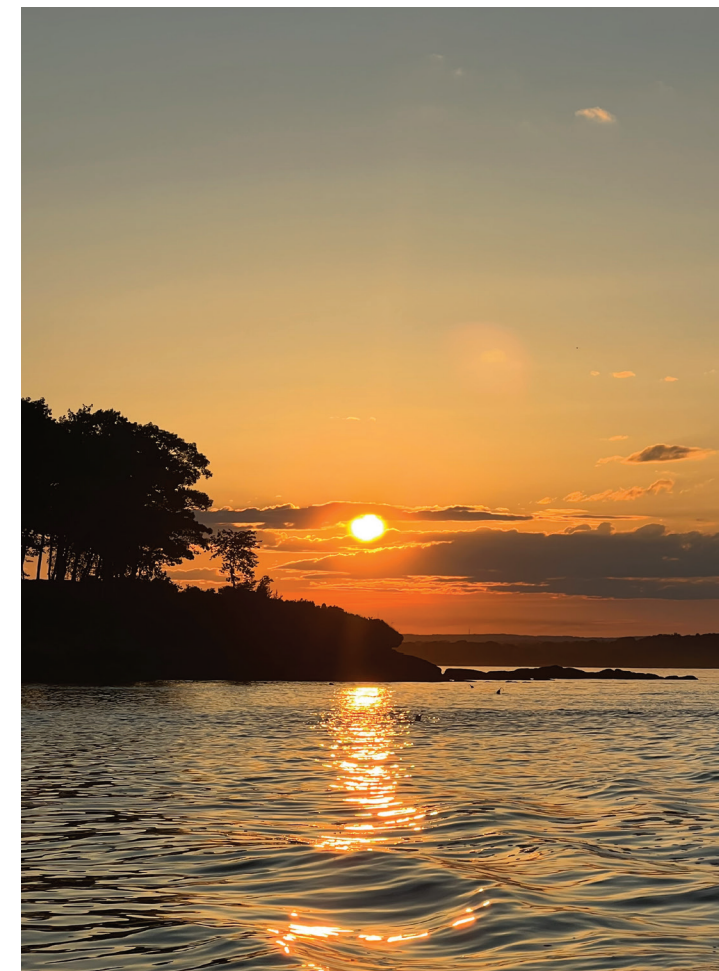
Public transportation and contracted/special service transport. Vehicles are lift-equipped.

Maine Brain Injury INFORMATION CENTER

1-800-444-6443

www.biausa.org/maine

BIAMaine@biausa.org



VETERANS SERVICES

VETERANS CRISIS LINE: 888-568-1112 OR DIAL 988 AND SELECT 1

Text: 838255

Bureau of Maine Veterans' Services

Central Office:

117 State House Station

Augusta, ME 04333

Phone: 207-287-7020

Email: mainebvs@maine.gov

Website: maine.gov/veterans

Maine Veterans' Resource Guide: maine.gov/veterans/docs/MBVS-Resource-Guide.pdf

Online resource search tool: maine.gov/veterans/resources/index.html

Forms: maine.gov/veterans/forms/index.html

There are eight field offices: Augusta, Bangor, Caribou, Lewiston, Machias, Portland, Springvale and Togus. For field office locations: maine.gov/veterans/veterans-services-offices/locations/index.html

Military OneSource

Toll-free: 800-342-9647

Website: militaryonesource.mil

One-stop shop for information and services on everything important to life in the military: benefits, resources, support, and confidential help. Service members, their families, and survivors are eligible for free access to the website, call center and online support 24/7/365, from anywhere in the world.

VA Maine Healthcare System

Website: maine.va.gov/maine-health-care

List of all Maine Veteran Community HealthCare clinics: va.gov/maine-health-care/locations/

Connect with a Patient Advocate: va.gov/maine-health-care/health-services/patient-advocates/

For an advocate, call: 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 x5515

VETERANS COUNSELING/MENTAL HEALTH

National Alliance on Mental Illness-Maine (NAMI)

52 Water Street

Hallowell, ME 04347

Toll-free: 800-464-5767

Website: namimaine.org

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

P.O. Box 1150
Auburn, ME 04211
Phone: 207-333-3278
Email: Info@healthaffiliatesmaine.com
Website: healthaffiliatesmaine.com

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

Spurwink

Veteran's Services
901 Washington Ave., Suite 100
Portland, ME 04103
Phone: 207-871-1200
Toll-Free: 888-889-3903
Email: info@spurwink.org

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

VET Center Program – Readjustment counseling

U.S. Department of Veterans Affairs
Call Center: 877-927-8387, 24 hours/day
Website: vetcenter.va.gov

Vet Centers are community based counseling centers that provide a range of social and psychological services, including professional counseling to eligible veterans, service members, including National Guard, Reservists and their families. Counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services.

VETERANS SERVICES AND SUPPORT

Maine Veterans Project (MVP)

207 Parkview Ave.
Bangor, ME 04401
Phone: 207-262-6061
Website: maineveteransproject.org

MVP offers programs and services to eligible veterans, including an Outdoor and Indoor Recreation Program, a

Heating Fuel Program, Vehicle Donation Program, and the Life-Essential Needs Program.

RESCUE - Resources & Education for Stroke Caregiver's Understanding & Empowerment
Department of Veterans Affairs
Website: cidrr8.research.va.gov/rescue/

Resources and education for stroke caregivers

Volunteers of America, Northern New England

Veterans Support Services
14 Maine St., Suite 100
Brunswick, ME 04011
Phone: 207-373-1140
Website: voanne.org/services/veterans-services/

Connects veterans and their families with services and assistance. They offer the 'All The Way Home' program which integrates case management, housing, and transition services to help homeless veterans in major life areas (e.g. employment, mental health, substance use, life skills training and more).

VETERANS SPORTS AND RECREATION

House in the Woods

217 Skunk Hill Rd.
Lee, ME 04455
Phone: 207-570-4806
E-mail: info@houseinthewoods.org
Website: houseinthewoods.org

Offers outdoor retreats for active duty military, veterans, and their family members. Activities include hunting, fishing, canoeing, kayaking, hiking, nature tours, and more.

Travis Mills Foundation

Mailing Address: 647 Castle Island Road, Mt. Vernon, ME 04352
Retreat Address: 1002 Watson Pond Rd. Rome, ME 04963
Phone: 207-480-3490
Email: foundation@travismillsfoundation.org
Website: travismills.org

The Travis Mills Foundation provides a Veterans Retreat for post-911 veterans who have been

physically injured in active duty or as a result of their service to our nation. 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 six programs for veterans and their families, all at no cost: Family Program, Warrior PATHH Program, Caregiver Program, Recalibrate Program, Ambassador Program, and Virtual Program. Link to programs and applications: travismillsfoundation.org/programs/

Veterans Adaptive Sports & Training (VAST)

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

VAST offers year-round activities based on the needs and wants of veterans. Programs are free. Sports activities include: disc golf, fly and spin cast fishing, orienteering, snow shoeing, bowling, cycling (hand, recumbent & mountain), and many more.

Veterans/No Boundaries

Maine Adaptive
2 Main St.
P.O. Box 853
Bethel, ME 04217
Phone: 207-824-2440
Email: info@maineadaptive.org
Website: maineadaptive.org/veterans-no-boundaries

Provides veterans and active-duty personnel with disabilities summer and winter adaptive sports activities, free of charge.

NEW HAMPSHIRE RECREATION PROGRAMS OPEN TO MAINE RESIDENTS

Northeast Passage

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

Recreational Therapy programming for veterans and active-duty service members of all ability levels. Most program options are provided at no cost to veterans and members of the Armed Forces. Includes a range of activities such as cycling, saltwater and freshwater fishing, indoor rock climbing, wood carving, kayaking, and archery.

Warriors @ 45 North

P.O. Box 132
Pittsburg, NH 03592
Phone: 603-331-2993
Email: warriorsat45n@gmail.com
Website: warriors45north.com

Outdoor activities for active duty, veterans, and anyone who has served in the U.S. Armed Forces.

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

Evaluation and vision therapy for visual changes related to Acquired Brain Injury (ABI) and Post-Concussion Syndrome (PCS).

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

Evaluation and neuro-optometric rehabilitation for patients with visual deficits resulting from a brain injury

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

Evaluation and neuro-optometric rehabilitation

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
Website: theiris.org

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

Neuro-Optometric Rehabilitation Association (NORA)

Website: noravisionrehab.org

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

WEBSITES FOR OTHER HELPFUL INFORMATION

- Brain Injury Association of America biausa.org
- Brain Injury Association of America – Maine Chapter biausa.org/find-bia/maine
- Brainline brainline.org
- Center for Disease Control and Prevention cdc.gov/ncipc/tbi
- Center for Medicare Advocacy medicareadvocacy.org
- National Institute of Neurological Disorders and Stroke ninds.nih.gov
- The Middle People Project middlepeopleproject.org
- Traumatic Brain Injury Survival Guide tbiguide.com
- Traumatic Brain Injury Center of Excellence health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence
- Model Systems Knowledge Translation Center msktc.org/TBI

APPENDIX A

SELECTING AND MONITORING BRAIN INJURY SERVICES

Questions to Make Informed Decisions and Monitor Brain Injury Services

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

Please do not be concerned about the amount of time it may take you to ask the questions you have selected. 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. It is virtually impossible for anyone to tell you the particular level of recovery that will be achieved. They can, however, commit to what they will do to achieve maximum recovery.

- What is the average length of stay? What is the length of stay you expect for me/my loved one? How is that determined?

- 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?
- 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 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 there a charge for participation?
- 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? How many ACBIS Certified Brain Injury Specialists (CBISs) are 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 lawyer 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 handling cases like mine in the past?

2025 BIAA-MAINE

BRAIN INJURY RESOURCE FAIR

March 20, 2025 • 12-4 pm

AUGUSTA ARMORY
179 Western Avenue
Augusta, Maine 04330

Join us Thursday, March 20, 2025 to connect with local resources and find services for yourself or your loved one with brain injury!

WHO SHOULD ATTEND?



- Individuals with brain injury
- Family members/caregivers
- Social workers
- Care coordinators
- Brain injury clinicians
- Anyone interested in brain injury services and supports in Maine

TABLES AND EXHIBITORS INCLUDE:



- Brain injury service providers
- Assistive technology
- Advocacy and legal information
- Support, recreational/social groups
- Veteran organizations
- Housing and employment
- Maine brain injury waiver
- Mental health and substance use disorder services
- And more!

FREE TO ATTEND! Register at biausa.org/maine

All attendees must register in order to attend. Questions? Email maine@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