

Maine Directory of Support

*A Resource Guide for Service Members,
Veterans and their Families*

April 2009



COMMUNITY
COUNSELING CENTER

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Introduction

Community Counseling Center is proud to champion Maine's network of caring for service members and their families, and to help break the stigma of mental health issues.

Combat is a life-changing event that impacts a service member, as well as her or her children and other loved ones. Homecoming is more than an event, it is a process of reconnection with family, friends and community and of seeking a new sense of purpose. Education and counseling can aid transition, relieve symptoms of depression and anxiety and help service members reclaim their lives.



Community Counseling Center is dedicated to enhancing the well-being of military families and partnering with a broad network of providers and resources throughout Maine.

Many returning service members will readjust without the need for additional support. But research and experience tells us that as many as 50% of returning service members experience difficulties that impact their quality of life, family relationships and workplace adjustment.

Fortunately, Maine's community of providers have stepped forward to assure a caring, affordable and effective network of help.

In November 2007, Community Counseling Center hosted a statewide conference, *The Journey Home: Creating a Statewide Network of Support for Veterans and their Families*. This conference provided an opportunity for both professional networking and clinical training in best practice for supporting veterans and their families.

Conference participants make up the majority of providers listed in this initial edition. This directory will be updated regularly with additional interested providers and can be accessed on the Community Counseling Center website: www.commcc.org. **Providers interested in being listed in this directory should contact Rebecca Hoffmann Frances, Director of Trauma Services at 207.874.1030 ext. 512 or at RHFrances@commcc.org.**

The purpose of this directory is to provide service members, veterans and their families with information about individual providers and provider groups, services available through the Maine National Guard, VA and Vet Centers, as well as consumer information about provider credentials, licenses and types of treatment.

This information is intended to assist service members, veterans and their families in making informed choices when seeking counseling and other complementary and supportive services. The clinicians listed in this directory have identified themselves as having a special focus or interest in services to veterans. However, Community Counseling Center does not pre-screen or evaluate the accuracy of the information given by the service providers listed in the directory, and does not specifically recommend or endorse the services of individual providers listed in this directory.

How to Choose a Helping Professional

Equally important to finding a helping professional that is qualified and appropriately credentialed/licensed, is finding someone with whom you feel comfortable and think is a good match for your specific needs. Before contacting a potential helping professional, spend some time thinking about what is most important to you. Consider what you are looking for in terms of clinical philosophy, approach, professional education and experience. For some a provider's age, gender and life experiences, such as whether or not they are themselves a veteran may be important. Considering how important these attributes are to you can help you narrow down the list of available providers.



Questions to Ask a Potential Helping Professional

A phone conversation or initial meeting can help assess whether a provider may be a good fit for you and address your specific needs. As a customer of a professional service, it is important to ask as many questions as needed to make an informed choice. Helping professionals should be open and willing to answer your questions.

The following are some possible questions to consider:

- 1) What kind of credentials and/or license do you have?
- 2) How long have you been practicing?
- 3) Do you have any special training or certifications?
- 4) What types of insurance or other payment do you accept? (If you are using insurance, be sure to check with your insurance company to make sure a particular provider is covered and to determine if there are any restrictions.)
- 5) How often do you generally meet with clients, and how long does treatment usually last?
- 6) What is your clinical/theoretical approach?
- 7) What happens in a typical session?
- 8) Do you have experience with my particular problem or issue?

If you are not comfortable asking questions over the phone, ask the provider if they have a brochure or other printed information they can send you. You might also ask if they are willing to meet with you in person for an interview or introductory session. If so, find out if there is a cost for this initial meeting.

A provider's description of their approach and philosophy should be understandable and make sense to you.

It is very important to pay careful attention to how you feel when interacting with a potential helping professional and "trust your gut" about whether you think an individual provider will be a good fit for you.

Descriptions of Services

Helping professionals are trained to practice in a wide range of treatment and service types. Consult this list for general information, but contact your provider for complete information about their practice and philosophy.

Counseling Services

CBT: Cognitive Behavior Therapy. CBT addresses the thoughts and beliefs that can be related to difficult feelings and behaviors, as well as helps resolve depression or anxiety. This approach is often structured, directive, and goal-oriented. CBT often teaches relaxation and thought stopping skills and utilizes homework assignments that help clients make progress between sessions.

DBT: Dialectical Behavior Therapy. DBT targets specific behaviors, thoughts and beliefs that can lead to problems in relationships, difficult feelings and behaviors and sometimes self harm, that can interfere with over-all quality of life. DBT combines cognitive, behavioral and mindfulness techniques, with a focus on learning new, effective coping skills. Treatment usually includes both individual therapy and skills training groups.

Expressive arts therapy: Expressive Arts Therapy incorporates music, art, dance, poetry and/or other creative arts into counseling.

Client-centered therapy: (Also, “person-centered” or “child-centered.”) Client-centered therapy is based on the philosophy that people are capable of resolving their own problems and naturally move toward growth and healing. This method is usually non-directive; the client-centered professional uses a strong relationship with the client to create the appropriate climate for personal change to occur.

Cognitive Processing Therapy: Cognitive Processing Therapy (CPT) is used with clients who have experienced traumatic events. A combination of cognitive therapy and exposure therapy, the treatment usually involves the client writing about their trauma, reading what they’ve written aloud, and receiving the therapist’s feedback and assistance with re-evaluating interpretations and beliefs about the traumatic events in order to relieve symptoms.

EMDR: Eye Movement Desensitization and Reprocessing. EMDR helps to resolve difficult feelings and beliefs related to the memory of a traumatic event or series of events. Clients are assisted with information processing through sequences of dual attention, often involving eye movements, sounds, and/or taps while recalling a traumatic memory.

Emerge: Counseling and education aimed at stopping violence in intimate relationships.

Imago Relationship Counseling: Imago focuses on helping couples communicate and connect, through a facilitated dialogue which makes it easier to understand each other without feeling threatened or under attack. The Imago process also helps partners understand what each of them brings to the relationship.

Jungian therapy: Based on the work of Carl Jung, this psychotherapy is based on and works with the concepts of the psyche, including the conscious and unconscious mind. It is generally a long term, in-depth process for the client.

Mindfulness: Mindfulness, a technique used in therapy, is intentional awareness of the present moment that results from learned skills. Mindfulness skills are the foundation of many behavior change and stress reduction activities.

Motivational Interviewing: Motivational Interviewing is a client-centered, directive method for enhancing intrinsic

motivation to change by exploring and resolving ambivalence.

Narrative Therapy: In this type of treatment, the client is assisted by the therapist in exploring and examining the problematic stories in their lives, thereby allowing them to change their perceptions of these events and empowering them to better manage and/or change their lives.

Pastoral Counseling: Pastoral counselors provide spiritual guidance in addition to other forms of therapy.

Play Therapy: Play Therapy is a technique used with children as a method of expression and communication and a tool for helping children heal and grow emotionally.

Psychodynamic therapy: Psychodynamic therapies assist clients with gaining a better understanding of current problems or behaviors by helping them to bring unconscious thought and beliefs into conscious awareness. Psychodynamic theory is a component of many forms of therapy.

Rubinfeld Synergy Method: This treatment method integrates talk and gentle touch. Based on the theory that emotions reside and are held in the body, and that skillful touch combined with talk releases emotions and heals pain.

Solution Focused Brief Therapy: Goal-oriented, brief therapy which focuses on a client's strengths and ability to solve their problems and attain their goals. This therapy assists clients with learning problem solving and coping skills to better manage difficult or stressful events.

Traumatic Incident Reduction (TIR): This intervention addresses the effects of traumatic events through a facilitated, structured technique of "viewing" the trauma as if watching a videotape.

Complementary Services

Acupressure: In acupressure the practitioner places physical pressure directly on specific points of the body to help restore energy flow in the body for relieving pain, healing or enhancing wellness.

Acupuncture: is a technique of inserting and manipulating filiform needles into points on the body to help restore energy flow in the body for relieving pain, healing and enhancing wellness.

Aromatherapy: The use of essential oils to affect a person's mood and/or health.

Energy therapy: This modality focuses on the client's energy to maintain health and wellness. It sometimes involves touch or manipulation of the body. Included approaches are Energy Psychology, Ketzal Energy Work, Seemorg Matrix Work, Reiki and others. Speak to your provider directly to determine their philosophy and interventions used.

Reiki: Reiki practitioners lay hands on or slightly above their client in order to channel energy in a particular pattern to encourage healing and health.

Descriptions of Provider Credentials and Licenses

If you are unsure about a specific professional's credentials or license, contact them directly. You can also get more information about state licenses through the State of Maine's Office of Licensing and Registration at www.maine.gov/pfr/professionallicensing/indexs.html

CRC: Certified Rehabilitation Counselor These counselors have at least a Master's degree and have completed a supervised internship. They are trained to provide rehabilitation counseling to a broad range of individuals with disabilities in a variety of settings.

LADC: Licensed Alcohol and Drug Counselor These counselors have a minimum of 2,000 hours of documented supervised practice in alcohol and drug counseling and may have an advanced degree. Their education and training may vary; consult directly with the counselor to determine their background.

LCPC: Licensed Clinical Professional Counselor These counselors hold a clinical counseling license, which means they practice independently to diagnose and treat mental health disorders. They have obtained at least a Master's degree and have at least two years of post-masters clinical practice under the supervision of a LCPC or LCSW clinician, who themselves have been licensed for at least five years.

LCPC-Conditional These counselors hold a clinical counseling license, which means they can diagnose and treat mental health disorders, under the supervision of a licensed LCPC or LCSW. They have obtained at least a Master's degree and have completed a supervised clinical internship.

LCSW: Licensed Clinical Social Worker These are social workers who engage in clinical social work practice that can include the diagnosis, treatment, and prevention of psychosocial dysfunction, disability or impairment, including emotional and mental disorders. They hold at least a Master's degree in Social Work and have at least two years of post-masters clinical practice under the supervision of a LCSW clinician, who themselves have been licensed for at least five years.

LMFT: Licensed Marriage and Family Therapist These counselors have at least a Master's degree, have completed course work specific to marriage and family therapy, have completed a marriage and family counseling internship and have at least two years of post-masters clinical practice under the supervision of an independently licensed clinician who themselves has been licensed for at least five years

LMSW: Licensed Master Social Worker These social workers have received a license as a Master Social Worker but only perform non-clinical functions.

LMSW-CC: Licensed Master Social Worker-Conditional Clinical Licensed to practice clinical work under the supervision of a LCSW. They have obtained at least a Master's degree and have completed a supervised clinical internship.

LMT: Licensed Massage Therapist These professionals are licensed to provide massage therapy. They have completed a minimum of 500 supervised hours of classroom and clinical instruction and/or have passed National Certification Examination for Therapeutic Massage and Bodywork. They are also certified in CPR and First Aid.

LPC: Licensed Professional Counselor These counselors have obtained at least a masters degree in general or school-based counseling and have had at least 2 years of practice experience.

MHRT: Mental Health Rehabilitation Technician These individuals are certified mental health professionals. They may provide community support services, case management services, intensive case management services, assertive community treatment, and day treatment/rehabilitation. They have obtained at least a bachelors degree in social work, psychology or a related field. They work within an organization that provided masters-level licensed oversight of their client services.

PC: Pastoral Counselor These counselors have at least a Master's degree in divinity or pastoral counseling, and have received clinical training and experience in diagnosis and treatment. In addition, they have completed course work specific to pastoral counseling, have completed a supervised pastoral counseling internship, and have had at least two years of supervised clinical experience.

PS: Psychologist These professionals have a doctoral degree reflecting comprehensive training in psychology and at least two years of experience in psychology. The psychologist's practice can include diagnosing, assessing and treating mental, emotional and psychological problems and concerns and evaluation, including psychometric testing, and treatment of vocational, social, educational, behavioral, intellectual and learning and cognitive disorders.

RC: Registered Counselor These counselors have registered with the Department of Professional and Financial Regulation; though do not hold a clinical license. Their education and training may vary. Consult directly with the counselor to determine their background.

Community Counseling Center

343 Forest Avenue Portland, Maine 04101
tel 207.874.1030 tty 207.874.1043 fax 207.874.1044
email info@commcc.org web www.commcc.org

Specializing in Services for Veterans, their Families and Children

Returning from active deployment is a long awaited and happy time for returning soldiers and their families. At the same time, soldiers and their families often find that readjusting to civilian life presents unique challenges. There are very normal and predictable reactions that occur for individuals who have been deployed to a war zone. Information about these reactions can be very helpful to individuals and their families. In addition, there are highly effective treatments for those experiencing stress reactions that can help them return more quickly to their previous quality of life at work, at home and in their communities.

In partnership with the Maine National Guard, Community Counseling Center has completed a comprehensive study to understand the challenges and needs of returning soldiers and their families. Community Counseling Center has developed specialized services to address the needs identified in this study.

Services are provided by clinicians skilled in trauma recovery, family treatment and veterans issues. Clinicians who are veterans themselves are available for those interested in working with someone familiar with war zone experiences.

Community Counseling Center is proud to partner with the Maine National Guard, Vet Centers and the Veterans Administration to provide a network of support for veterans and their families.

Services We Provide

Community Counseling Center provides effective, high-quality family, individual and group therapies focused on the unique issues of veterans and their loved ones. Services are provided to children, adults and families from all branches of the armed services who may be struggling with:

- **Readjusting to civilian life**
- **Issues of trauma and witnessing traumatic events**
- **Workplace adjustment**
- **Grief and loss**
- **Depression and anxiety**
- **Relationship, couple and family problems**
- **Parenting and child rearing challenges**
- **Behavioral and emotional problems in children**
- **Abusive or destructive relationships**
- **Family crises, including separation, divorce and death**



Community Counseling Center has developed “**Courageous Kids Kits**,” for children of deployed veterans. These kits encourage communication and include tips for parents, and a badge of courage, a journal sticker and special “I want to tell my deployed parent...” post-it notes, for children. **FMI call 207-874-1030.**

Maine Army National Guard Family Assistance Center

1-888-365-9287

www.me.ngb.army.mil/family

Augusta-Mark Cater

Bangor-Amy Munroe
Portland-Jeff Young

Caribou-Gerald Soucey
FAC Supervisor-Kerry Birmingham

Who We Are

The Family Assistance Centers are established in times of contingency call-up, mobilization, and large-scale deployment to provide support and assistance to service members and their families. They are intended to simplify the process of accessing needed services and support for families called to active duty for an extended period of time. The primary mission of the FAC is to inform and emotionally support families so the military member can perform his or her mission.

Our Goals

Assist and give guidance to service members and their families with problems such as:

- Financial
- Home matters
- Legal
- Practical Matters
- Family Matters

Prepare service members and their families for separation during deployments and for the possible stress of reunion after deployment.

Increase communication, involvement, support, self-reliance and recognition which promotes partnership between service members and families.

The Family Assistance Center will contribute to the readiness, retention, and well-being of Maine Army National Guard soldiers, other service members and their families. We are a support agency dedicated to the service men and women and their families, especially during deployments, by providing resources, referrals, education, information and support.

We provide:

Deployment support - Information- Referrals- Deployment briefings - Reunion briefings- Summer Youth Camp - Holiday parties -Emergency financial assistance - Workshops/Training- Family support- Chaplain support

Outreach

Communicating with our families ensures that they are well-informed and ready for any situation that may arise. Communication is the primary tool in ensuring our families are ready for any situation the Guard and life may bring them. We constantly work to improve our means of communication to guarantee our families have the information they need to be successful.

Important Phone Numbers:

American Red Cross Emergency notification:

1-800-696-3873

Military One Source:

1-800-342-9647

www.militaryonesource.com

Employer Support of Guard and Reserve:

1-800-336-4590

www.esgr.com

Helpful Links:

- Maine Air National Guard Public Site
www.mebngr.ang.af.mil

- Maine Guard Kids
www.maine-guardkids.org

- Guard Family
www.guardfamily.org

Veterans Affairs

Health Care Benefits

- Five years of free medical coverage for injury/illness (as verified by Primary Care Provider) that occurred while in a combat/imminent danger zone.
- You may also use the VA health care system for treatment of injuries/illnesses not related to combat although you may be subject to co-payments for these services as determined by your Means Test (financial information).
- You are eligible for a Primary Care Provider at Togus or one of the six Community Based Outpatient Clinics. (See list on next page).
- VA has a two year window of eligibility for returning combat veterans. If you enroll past the five years of your date of discharge, you will need to meet the current financial or service connected disability guidelines for eligibility.

To enroll for VA Healthcare, complete VA Form 10-10EZ and provide a copy of your DD214. If you have questions, call 1-877-421-8263 ext. 5688. You may also apply online at www.va.gov.

Dental

- You are entitled to a dental exam upon discharge. If you have not already received one during out-processing (see block #17 on your DD214, it must be checked "NO"), you must request this exam within 90 days of your date of discharge.
- To request this exam, indicate on your 10-10EZ enrollment form that you would like a dental exam and provide a copy of your DD214 within 180 days of your date of discharge.

Questions call 1-877-421-8263, ext. 5688.

Gulf War Registry and Persian Gulf Exam

- Gulf War Registry is a centralized registry of participants maintained to collect data on possible health risks from environmental/chemical factors that troops may have been exposed to while serving in the Gulf. It also allows VA to update veterans on research findings or new compensation policies through periodic newsletters. This is voluntary but strongly recommended.
- A free physical examination with basic lab studies is offered to every Gulf War veteran, whether or not the veteran is ill.

To add your name to the registry or to receive a Persian Gulf Exam, call 1-877-421-8263, ext. 4733 or indicate on your 10-10EZ enrollment form.

Mental Health

- Counseling is available through the Togus VA Medical Center, selected VA Outpatient Clinics, both VA Mental Health Centers and all five Vet Centers.
- If the mental health services provided to you at any of the VA healthcare facilities are for combat related conditions or readjustment, you will not be charged any co-payments for these services within the first two years from your date of discharge or if you have filed a claim with VBA (see below) and received service connection for that condition.

These services may be obtained by calling Togus at 1-877-421-8263, ext. 5515. Contact information for all VA mental health services can be found on the reverse of this page.

Veterans Benefits Administration (VBA)

- The VBA handles all claims filed by veterans for injuries/illnesses incurred while on Active Duty. It is highly recommended you file a claim for any/all injuries or chronic illness you obtained while on Active Duty. This will not affect your ability to remain in the Reserves or National Guard.

You can learn of other non-healthcare benefits, such as educational benefits, home loans and vocational rehabilitation by calling 1-800-827-1000 or online at www.vba.va.gov.

Department of Veteran Affairs

Togus VA Medical Center and Regional Office
1 VA Center
Augusta, ME 04330

VHA (Health) (207) 623-8411 or
(877) 421-8263 Toll-free

VBA (Benefits) (800) 827-1000 Toll-free

www.va.gov (Overview of VA Services)
www.togus.va.gov (Health)
www.vba.gov/ro/east/togus (Benefits)

Community-Based Outpatient Clinics (CBOC) – Primary Care

Bangor CBOC 304 Hancock Street, Suite 3B
Bangor, ME 04401
(207) 561-3600
*Press 7 to be connected directly to the clinic

Calais CBOC
50 Union Street
Calais, ME 04619
(207) 904-3700
*Direct line to clinic

Caribou CBOC
163 Van Buren Drive, Suite 6
Caribou, ME 04736
(207) 493-3800
*Press 7 to be connected directly to the clinic

Lincoln CBOC
99 River Road
Lincoln, ME 04457
(207) 403-2000
*Direct line to clinic

Rumford CBOC
431 Franklin Street
Rumford, ME 04276
(207) 369-3200
*Press 7 to be connected directly to the clinic

Saco CBOC
655 Main Street
Saco, ME 04072
(207) 294-3100
*Press 3126 to set up an appointment

Bangor VA Mental Health Clinic
304 Hancock Street, Suite 2D
Bangor, ME 04401
(207) 561-3650
*Press 7 to be connected directly to the clinic

Portland VA Mental Health Clinic
73 Washington Avenue
(includes Home-Based Primary Care)
Portland, ME 04101
(207) 771-3500
*Direct line to clinic

Vet Centers - Readjustment Counseling

Bangor 352 Harlow Street
Bangor, ME

(207) 947-3391

Caribou 456 York Street
Caribou, ME

(207) 496-3900

Lewiston 29 Westminster Street
Lewiston, ME

(207) 783-0068

Portland 475 Stevens Avenue
Portland, ME

(207) 780-3584

Sanford 68 Main Street
Springvale, ME

(207) 490-1513

VA Homeless Veterans Coordinator (Acting):
Susie Whittington - (207) 623-8411, ext. 4344 or
pager (207) 580-5204

Vet Centers

(800) 905 – 4675

www.vetcenter.va.gov

Mission

Vet Centers serve veterans and their families by providing a continuum of quality care that adds value for veterans, families, and communities. Care includes professional readjustment counseling, community education, outreach to special populations, the brokering of services with community agencies, and provides a key access link between veterans and other services in the U.S. Department of Veterans Affairs.

Vet Center Programs

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam-Era veterans were still experiencing lingering readjustment problems associated with their military service. The program continued to expand to the present distribution of 207 Vet Centers throughout the United States including Puerto Rico, the Virgin Islands, and Guam.

The Vet Center provides a personal and informal atmosphere and is in operation to assist eligible veterans and their families. Therapy and support groups enable veterans to discuss their experiences and to better understand them. Groups also help foster feelings of camaraderie among veterans who have had similar experiences. Individual and family counseling is also offered. Family members and significant others are eligible for readjustment counseling when related to resolution of the veteran's readjustment issues. Increasing public awareness of the effects of military trauma also helps the community better understand our veterans and be a contributing factor in the healing process. We are hoping we may be of assistance to you, the veteran, and your family whenever the need arises. Should you have questions, please contact the nearest Vet Center.

Readjustment Issues/PTSD

Adjustment to civilian, peacetime life after serving in the military during periods of conflict has long been recognized as a process that all former warriors must confront. What is known today as Post-Traumatic Stress Disorder (PTSD), is essentially a better defined form of what has been called, "soldier's heart" (Civil War), "shell shock" (WWI), "battle fatigue" (WWII and Korea), and "Vietnam Syndrome," prior to recognition of PTSD as a distinct disorder by the American Psychiatric Association in 1980.

Readjustment can be mild and brief in duration to severe and lifelong. We now know that anyone exposed to traumatic events such as war, can have difficulties adapting to those experiences.

Some symptoms include anger, irritability, rage, anxiety or stress reactions (nervous, tense), chronic depression,

difficulty trusting others, emotional numbing ("shutting down"), hyper-alertness and startle reactions (jumpy or alert), impacted grief (unable to feel loss), intrusive memories, isolation and alienation from others, loss of interest in activities that used to be enjoyable, low tolerance of stress ("short fuse"), problems with authority, self-esteem problems, sleep disorders and nightmares (insomnia, constant awakening), survivor guilt, substance abuse (drinking to fall asleep, etc.), and employment issues.

Many veterans are able to put their combat or other traumatic experience in manageable perspective with appropriate assistance. The Vet Center staff is highly trained in this area, and many are combat veterans as well.

What Services are Offered?

- Individual Counseling
- Group Counseling
- Couples/Marital Counseling
- Family Counseling
- Sexual Trauma Counseling
- Bereavement Counseling
- Employment Counseling
- Substance Abuse
- Medical Referrals
- VA Benefits Information
- Discharge Upgrade Information
- Networking and Referrals
- Community Education
- Crisis Intervention
- Consultation to Professionals
- Referrals to Community Services

Maine VA Vet Centers also serve as a referral source for Veterans in need of the following services:

- Chemical Dependency Recovery Program (CDRP), Outpatient services, VA Medical & Regional Office Center, Togus, Maine.
- Veterans' Service Center (Claims and Benefits), VA Medical & Regional Office Center, Togus, Maine.
- PTSD Treatment Programs at various VA facilities, including VA Togus.

Services are free to all eligible Veterans and their families

Eligibility for Services

FMI Call (800) 905 – 4675

Confidentiality and Privacy

The Vet Center Staff protects the privacy of all clients. All information disclosed in counseling sessions is held in the strictest confidence. No information will be communicated to any person or agency without written consent (except to avert a potentially life-threatening crisis – Privacy Act 1975). All records related to treatment are strictly confidential.

Nonprofit Agencies and Organizations

MAINE

Center for Grieving Children

555 Forest Avenue, PO Box 1438, Portland, ME 04104
207-775-5216, patricia@cgcmaine.org

Services Provided: On-site peer support groups for children ages 3-18 and their parents who have had a loss or are dealing with a serious illness in their family. Outreach peer support and education and training for individuals and groups around grief, loss, change. Crisis support for sudden loss. Military families, bereavement, suicide prevention, anger management, child & family, grief, loss, change.

Fees/Insurance: Outreach education and training fees are negotiated or free; other services are free.

Approach and/or philosophies: Individuals moving through grief, loss, or change are helped by others going through something similar. A listening presence helps an individual tap into their own wisdom. Safe expression of feelings with children often comes through play and other expressive forms and helps healing. Children do best when they are told the truth in a language suited to their developmental level.

The Charlotte White Center

Contact: Patricia Kelleher, Behavioral Health Services Division Leader. Offices in Dover-Foxcroft, Bangor, Skowhegan, and Greenville. 207-564-2464 ext. 182 pkelleher@charlottewhite.org

Services Provided: Individual counseling, family counseling, vocational counseling, psychiatry/medication evaluation, couples counseling, spiritual counseling, BIP, Sect. 24 children's in-home services, case management services.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, childhood abuse, sexual assault, work issues, anger management, parenting, child & family, couples/relationship issues, weight & body image, speech & deafness.

Training/Certification: DBT, CBT, cognitive processing, EMDR, family therapy, couples therapy, substance abuse, motivation interviewing, SFBT, narrative therapy, spiritual guidance, play therapy.

Licensure: Multiple including LCPC, Certified Alcohol and Drug Counselors.

Fees/Insurance: MaineCare, Medicare, TriCare, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: The Charlotte White Center offers counseling case management and medical management for adults and children, LifeJackets supported employment, vocational rehabilitation, case management, and more.

Community Counseling Center

343 Forest Avenue, Portland, ME 04101
207-874-1030, tty 207-874-1043, www.commcc.org

Services Provided: Community Counseling Center provides counseling, case management, psychiatry and community prevention and education to individuals, groups, couples and families through out the lifespan, as well as specialized services and programs for veterans, service members and their families.

Clinical Specialties: Depression and anxiety, trauma recovery, post deployment readjustment, military families,

relationship, couples and family problems, parenting, abusive relationships, economic or financial stresses, family crises, physical and sexual abuse, co-occurring substance abuse and mental health issues, loss and bereavement, separation and divorce, aging parents, aging issues, lesbian, gay, bisexual, transgender issues, refugee/immigrant, Deaf and hard of hearing/ASL.

Training/Certification: CBT, DBT, EMDR, Couples and Family Therapy, Solution Focused Brief Therapy, Narrative Therapy, Trauma-Focused CBT, DBT Parenting,

Licensure: Community Counseling Center is licensed by the State of Maine as a mental health and co-occurring substance abuse and mental health services agency, Accredited by the national Council on Accreditation for Children and Family Services. Clinical staff licenses include LMSW, LCSW, LCPC, LMFT, LADC, MD, DO, NP, LSW and MHRT.

Fees/Insurance: MaineCare, Medicare, Tri-Care, and Commercial Insurances. Community Counseling Center also has limited funding to help with the cost of services for clients without insurance coverage.

Approach and/or philosophies: Community Counseling Center's philosophy is to provide high quality, effective, and evidence based services; demonstrate respect for clients in every aspect of agency operations, clinical, reception, billing and facilities; utilize a client focused, collaborative approach; demonstrate belief that clients are doing the very best they can, given their current skills and resources; adhere to the NASW Code of Ethics as a guide for professional and ethical conduct; provide the clinical supervision and training necessary for clinicians to provide quality services; foster a learning environment that encourages openness to new information and ideas; and contribute to the field of Social Work by providing a quality clinical internship program, in coordination with area MSW programs.

Community Health & Counseling

42 Cedar Street, Bangor, ME 04401
Offices located throughout central and northern Maine
207-947-0366, dtownsend@chcs-me.org

Services Provided: Individual counseling, family counseling, vocational counseling, psychiatry/medication evaluation, group work focused on child/adolescent, family, and anger management, and home health and hospice services.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, childhood abuse, sexual assault, anger management, parenting, child & family, eating disorders.

Training/Certification: DBT, CBT, EMDR, family therapy, motivational interviewing, SFBT, narrative therapy.

Fees/Insurance: MaineCare.

Counseling Services, Inc.

265 North Street

P.O. Box 1010

Saco, ME 04072

207-282-1500 Emergency: 1-888-568-1112

www.counselingservices.org

Clinics in Biddeford, Springvale, Kittery and Westbrook

Services Provided: CSI provides comprehensive community mental health services to approx. 7,000 children, adults and families in southern Maine. CSI's services are highly integrated and include a wide array of specialized treatment and support programs. General services include: home-based counseling and case management services, office-based counseling services, residential and supported housing services, psychiatric services, and 24/7 crisis response services.

Approach and/or philosophies: The heart of our mission is to help improve our clients' lives by focusing on their strengths to create lasting growth, better health and higher self-esteem.

Fees/Insurance: MaineCare, self-pay, some insurances and limited sliding scale fee.

Crisis and Counseling Centers

32 Winthrop Street, Augusta, ME 04330

Offices in Kennebec and Somerset counties.

phone: 207-626-3448 fax: 207-626-3453

Services Provided: Individual counseling, psychological evaluation/testing, psychiatry/medication evaluation, group work focused on child/adolescent, substance abuse recovery, and residential crisis (1-7 day stay).

Training/Certification: CBT, substance abuse, motivational interviewing, SFBT.

Licensure: Includes LCPC, LADC, and LCSW's.

Fees/Insurance: MaineCare, Medicare, commercial insurances, sliding scale fee.

Evergreen Behavioral Services

131 Franklin Health Commons

Farmington, ME 04938

Offices located in Kingfield, Livermore Falls, Wilton, and Farmington.

207-778-0035 phone

207-778-6879 fax

aguagenti@fchn.org

Services Provided: Individual counseling, family counseling, psychological evaluation/testing, psychiatry/medication evaluation, couples counseling, group work focused on couples, child/adolescent, family, substance abuse recovery, anger management, sexual assault recovery.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, gambling, childhood abuse, sexual assault, anger management, parenting, child & family, couples/relationship issues, weight & body image, eating disorders.

Training/Certification: Cognitive processing, family therapy, couples therapy, substance abuse, SFBT, narrative therapy, brain injury.

Licensure: Staff includes LCSW, LCPC, nurse practitioners, and psychiatrists.

Fees/Insurance: MaineCare, Medicare, TriCare, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: To offer a continuum of care in the areas of mental health and substance abuse services. We are

especially committed to providing an array of treatment alternatives that are "outside the walls" of hospital in locations convenient for clients (including healthcare facilities, doctors' offices, and schools).

Fleet and Family Support Centers

Brunswick Naval Air Station

400 Foxtrot Street, Brunswick, ME 04011

207-921-2273 catherine.kobell@navy.mil

Portsmouth Naval Shipyard

Kittery, ME phone: 207-438-1363 fax: 207-438-1830

janie.gendron@navy.mil

Services Provided: Individual counseling, family counseling, vocational counseling, couples counseling, group work focused on post deployment readjustment, couples, child/adolescent, family, support subject/population, anger management, suicide prevention, sexual assault recovery, information & referral, personal financial management, family services & support, sexual assault victim advocacy, family advocacy (DV), deployment, relocation, spouse employment.

Clinical Specialties: Post deployment adjustment, military culture, military families, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, sexual assault, work issues, anger management, couples/relationship issues.

Licensure/Education: Brunswick Naval Air Station: Catherine Kobell: MSW, LCSW, EMDR Level 2

Fees/Insurance: TriCare, Military OneSource, free for active duty, veterans, and family members.

Good Will-Hinckley

PO Box 159, Rt. 201

Hinckley, ME 04944

(207) 238-4035 phone

(207) 238-4023 fax

admissions@gwh.org email www.gwh.org

Services Provided: Individual counseling, family counseling, group work focused on child/adolescent, family. Good Will-Hinckley is accredited by COA (Council on Accreditation), fully licensed with the State of Maine, and a member of NATSAP (National Association of Therapeutic Schools and Programs).

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, childhood abuse, sexual assault, anger management, parenting, child & family

Training/Certification: DBT, Cognitive processing, EMDR level I & II, family therapy,

Fees/Insurance: MaineCare, Medicare, TriCare, Military OneSource, commercial insurances, for fee.

CLINICAL SPECIALTIES/POPULATIONS (check all that apply):

Approach and/or philosophies:

Good Will-Hinckley is a residential school for at-risk students who present with a range of social, emotional and behavioral problems, at risk for school failure, and who may also be experiencing family difficulties. GWH offers a safe, stable and structured environment for young people to live, learn and grow. We are concerned with our students' total wellbeing: the intellectual, emotional, physical, spiritual and social aspects of life. Every student receives an individualized program of education, counseling, physical activity, relationship building and social interaction based upon their strengths and challenges. Our particular focus on family and community is no

afterthought. We know that when students leave GWH, they will need to successfully apply what they learn here wherever they go with parents and siblings, at school and at work, with their friend and neighbors.

NAMI Maine

Contact: Carol Carothers, 1 Bangor St, Augusta, ME 04330
phone: 800-464-5767 fax: 207-621-8430
clcarothers@gwi.net

Services Provided: Help line, support groups, education, and advocacy.

Training/Certification: Substance abuse.

Fees/Insurance: All NAMI services are free.

Approach and/or philosophies: We help people find the support they need to understand issues connected to mental health and substance abuse and negotiate the mental health and substance abuse systems. We offer support groups for families.

OHI

Contact: Margaret Longsworth
Offices in Hermon, ME and Brewer, ME.
phone: 207-989-4007(Brewer); fax: 207-989-4050 (Brewer)
phone: 207-848-5804(Hermon) longsworth@ohimaine.org

Services Provided: Individual counseling, residential supports for people with mental illness and intellectual disabilities, assisted living, 24 hour and less than 24 hour residential, case management, adult outpatient counseling, daily living skills, supported employment rehabilitation.

Clinical Specialties: Depression, post-traumatic stress, anxiety, childhood abuse, lesbian and gay families.

Training/Certification: CBT, family therapy, substance abuse, motivational interviewing, SFBT, brain injury.

Licensure: Multiple levels are represented including LCPC, LADC, LCSW, MHRT, DSP, CRMA, and LSW.

Fees/Insurance: MaineCare, self pay.

Approach and/or philosophies: We approach service provision from a psychosocial rehabilitation orientation. We believe all people with disabilities have a right to live and work in their communities. We take a holistic perspective, looking at family and natural supports, work, medical, educational, spiritual, and recreational aspects of the individual to design individualized treatment plans to reach goals.

Operation Homefront – Maine

Contact: Donna Chapman
PO Box 1447, Windham, ME 04062
207-321-1321 or 888-810-0221

Services Provided: Group work for spouses of military members (Wounded Warrior Wives).

FMI: Visit <http://hub.cinchouse.com/www-me/> FMI

Approach and/or philosophies: Operation Homefront – Maine provides emergency assistance and morale to our troops, the families they leave behind, and wounded warriors when they return home.

SeniorsPlus

Contact: Connie Jones, Director of Community Services
8 Falcon Road, PO Box 65, Lewiston, ME 04243
207-795-4010 or 800-427-1241
cjones@seniorsplus.org

Services Provided: Information and assistance. Aging and disability resource center.

Approach and/or philosophies: We do not provide direct services but act as a resource center to connect consumers to appropriate community resources. There is no charge for our services. We serve Androscoggin, Oxford, and Franklin counties.

Martin's Point Health Care

Martin's Point Health Care, under contract with the Department of Defense, offers TRICARE Prime health care through the US Family Health Plan with a network of civilian doctors and hospitals throughout Maine. Beneficiaries for the US Family Health Plan are families of active-duty military personnel and military retirees and their families, plus survivors. The US Family Health Plan provides comprehensive care and includes mental health services. Martin's Point also operates four health care centers, in Bangor, Brunswick, Portland, and Portsmouth, providing primary care as well as some specialty care, laboratory and radiology, and pharmacy. These centers are open to the general public, and providers accept commercial insurance and governmental plans for payment.

Contact: 207-774-5801 or 800-322-0280

Tri-County Mental Health Services

Offices in Lewiston, Farmington, Rumford, Oxford, Bridgton, and Windham, 888-304-HOPE, info@tcmhs.org

Services Provided: Individual counseling, family counseling,

psychiatry/medication evaluation, couples counseling.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, childhood abuse, sexual assault, work issues, anger

management, parenting, child & family, couples/relationship issues, lesbian & gay families, weight & body image, eating disorders.

Training/Certification: DBT, CBT, cognitive processing, EMDR, family therapy, couples therapy, substance abuse, motivational interviewing.

Licensure/Education: All levels of training are represented.

Fees/Insurance: MaineCare, Medicare, TriCare, Military OneSource, commercial insurances, sliding scale fee, some public funds available.

Approach and/or philosophies: Trauma-informed, recovery based approach to care.

For additional information about services in your area, call 2-1-1 or visit 211maine.org.

Other Groups and Practices

Aroostook Counseling and Evaluation Services, LLC

7 Hatch Drive, Suite 290, Caribou, ME 04736
(P) 07-492-1653 (F) 207-492-1633 acesmaine@amop.com

Services Provided: Individual counseling, family counseling, vocational counseling, couples counseling, spiritual counseling, group work focused on child/adolescent, substance abuse recovery, and anger management.

Clinical Specialties: Post deployment adjustment, depression, post-traumatic stress, anxiety, bereavement, substance abuse & recovery, childhood abuse, work issues, anger management, parenting, child & family, couples/relationship issues, spiritual direction, eating disorders.

Training/Certification: CBT, family therapy, couples therapy, substance abuse, motivational interviewing, SFBT, narrative therapy, spiritual guidance, Christian counseling.

Fees/Insurance: MaineCare, commercial insurances, sliding scale fee, Aetna, Cigna, Blue Cross Blue Shield, EAP.

Eldercare

Offices in Machias, ME and Ellsworth, ME.
207-255-0996 (Machias) or 207-667-6890 (Ellsworth)
(P) 207-255-6319 (Machias) or 207-667-6457 (Ellsworth)
cschwinn@wcpa.net

Services Provided: Individual counseling, family counseling, couples counseling.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, childhood abuse, sexual assault, anger management, parenting, child & family, couples/relationship issues, lesbian & gay families, weight & body image, eating disorders, physical injury/disability.

Training/Certification: Cognitive processing, SFBT.

Licensure: Independently licensed mental health staff, multiple licenses and graduate degrees.

Fees/Insurance: MaineCare, Medicare, TriCare, Military OneSource, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: Eldercare program's target population are those age 65 and over who are homebound due to medical or psychological factors. Time limited home-based services focus on brief interventions with a goal of ameliorating client's presenting issues.

Employment Specialists of Maine (ESM)

776 Riverside Drive, Augusta, ME 04330
Offices in Augusta, Rockland, and Lewiston
207-622-5946 corporate phone
207-622-4667 fax jgallant@esm-augusta.com,
rgallant@esm-augusta.com, kpatton@esm-augusta.com

Services Provided: Psychiatry/medication evaluation, occupational therapy.

Clinical Specialties: Post-traumatic stress, anxiety.

Licensure: Mental health licenses.

Fees/Insurance: MaineCare, vocational rehabilitation self-pay.

Approach and/or philosophies: ESM is a licensed mental health agency which provides vocational support, in-home support services, licensed residential/mental health facilities, and case management for children and adults. ESM believes everyone can live successfully within their community with the proper support to allow each person to live as independently as possible. Each person deserves the right to reach their personal goals.

Family Counseling Services

Offices in Machias, Ellsworth, and Calais, ME.
207-255-0996 (Machias), 207-667-6890 (Ellsworth),
207-454-0775 (Calais) phone
207-255-6319 (Machias), 207-667-6457 (Ellsworth),
207-454-7382 (Calais) fax

cschwinn@wcpa.net (Machias), thomas.hansen@wcpa.net (Ellsworth), steven.dawson@wcpa.net (Calais).

Services Provided: Individual counseling, family counseling, psychological evaluation/testing, psychiatry/medication evaluation, couples counseling.

Clinical Specialties: Post deployment adjustment, military culture, military families, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, childhood abuse, sexual assault, anger management, parenting, child & family, couples/relationship issues, lesbian & gay families, weight & body image, eating disorders, physical injury/disability.

Training/Certification: CBT, cognitive processing, EMDR, family therapy, couples therapy, substance abuse, motivational interviewing, SFBT.

Licensure: Independently licensed mental health staff, multiple licenses and graduate degrees.

Fees/Insurance: MaineCare, Medicare, TriCare, Military OneSource, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: Family Counseling Services employs a variety of clinicians with a variety of specialties. There are three office locations as listed above that specialize in individual, couples, and family counseling for child/family and general mental health issues.

NEW HAMPSHIRE

Lakeview Health Systems, Inc.

Contact: Bartlett, Susan
244 Highwatch Road
Effingham, NH 03882
800-473-4221 phone
603-539-8815 fax
sbartlett@lakeview.ws

Services Provided: Individual counseling, family counseling, vocational counseling, psychological evaluation/testing, psychiatry/medication evaluation, couples counseling,

physical therapy, occupational therapy, spiritual counseling, group work focused on post deployment readjustment, couples, child/adolescent, family, substance abuse recovery, and anger management, physical healthcare including psychiatrist, neurologist, MD, and nursing, complimentary therapies including occupational therapy, physical therapy, speech, vocational, and recreational, and other services including behavioral, case management, and neuropsychologist.

Clinical Specialties: Depression, post-traumatic stress, anxiety, suicide prevention, substance abuse and recovery, work issues, anger management, parenting, child and family, couples/relationship issues, physical injury/disability, loss of limb/amputee.

Training/Certification: CBT, cognitive processing, family therapy, couples therapy, substance abuse, brain injury (neuropsych eval and psychiatry), post-acute comprehensive brain injury rehab.

Licensure: Multiple, including LCPC, LCSW, MD, Ph.D., speech and residential treatment for neurobehavioral problems.

Fees/Insurance: MaineCare, commercial insurances, for fee, V.A.

Approach and/or philosophies: Comprehensive evaluation and treatment for traumatic brain injury. Offering outpatient evaluation, residential treatment, and long term community supported living. Will work with families to provide support.

Individual Providers by Region

ANDROSCOGGIN COUNTY

Lewiston

Bell, Sharon

145 Lisbon Street, Suite 508
Lewiston, ME 04240

Mailing Address:

14 Chamberlain Avenue
Brunswick, ME 04011

207-751-1336 sbelltm@yahoo.com

Training/Certification: CBT, Cognitive Processing, Family Therapy, Couples Therapy, Motivational Interviewing, SFBT, Mindfulness.

Licensure/Education:

LC (2001). MSW, Boston University

Fees/Insurance:

MaineCare, Medicare, Anthem, Aetna, Cigna, (awaiting Martin's Point), for fee, sliding scale fee.

Carrier, Vincent

145 Lisbon Street, Suite 604
Lewiston, ME 04240

207-837-7603 vcarrier@roadrunner.com

Services Provided: Individual Counseling, Family Counseling, Group work focused on substance abuse recovery, anger management, domestic violence offenders

Clinical Specialties: Depression, Post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, childhood abuse, anger management, parenting, child & family.

Training/Certification: CBT, EMDR level 1, family therapy, substance abuse, SFBT, focus on preteen – pervasive developmental disorders, trauma – PTSD – all ages.

Licensure/Education: LCPC, LADC (1990). Master's Clinical Counseling.

Fees/Insurance: MaineCare, Commercial Insurances, for fee.

Approach and/or philosophies: Person centered – directive counseling.

Driver, Roy

Lewiston Vet Center
29 Westminster Street
Lewiston, ME 04240

207-783-0068 phone

207-783-3505 fax roy.driver@va.gov

Services Provided:

Individual Counseling, Family Counseling, Couples

Counseling, Group work focused on post deployment readjustment, substance abuse recovery

Clinical Specialties: Post deployment readjustment, military culture, military families, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse and recovery.

Training/Certification: Cognitive processing, EMDR level 1, couples therapy, SFBT.

Licensure/Education: LC (1993). MS (1978)

Fees/Insurance: Free

Higgins, Tina

Lewiston Vet Center
29 Westminster Street
Lewiston, ME 04240

207-783-0068 phone

207-783-3505 fax tina.higgins2@va.gov

Services Provided: Individual Counseling, Family Counseling, Couples Counseling, Group work focused on post deployment readjustment, couples, family, support subject/population, anger management, ongoing cohort groups for veterans, writing groups, psychoeducation for all family members, partner groups, and gatherings of veterans and their families as possible.

Clinical Specialties: Post deployment readjustment, military culture, military families, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, anger management, couples/relationship issues.

Training/Certification: Motivational interviewing, narrative therapy, brain injury.

Licensure/Education: LCSW (2006). MSW (2004).

Fees/Insurance: Free

Approach and/or philosophies: I believe that people who have been exposed to war will have a physiological response to it. They develop war skills in order to stay alive, which will include certain sounds, sights, smells, and perspectives. They will never unlearn these things, but can integrate these skills into their daily lives. Changes in people will happen and are normal responses to abnormal circumstances. We will help them readjust to live back in the States.

Malay, William

Lewiston Vet Center
Parkway Complex, 29 Westminster Street
Lewiston, ME 04240

207-783-0068 phone 207-783-3535 fax

william.malay@va.gov

Training/Certification: CBT, Cognitive Processing, Family Therapy, Substance Abuse, Motivational Interviewing, SFBT.

Licensure/Education: Master's in Counseling, Liberty University (2005)

Fees/Insurance: Free services to combat veterans.

AROOSTOOK COUNTY

Caribou

Brakel, Joy

583 Main Street
Caribou, ME 04736
207-498-2994 phone 207-498-2994 fax
jbrakel@maine.rr.com (no private info)

Services Provided: Individual Counseling.

Clinical Specialties: Post deployment readjustment, military culture, military families, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, childhood abuse, sexual assault, work issues, anger management.

Training/Certification: CBT, cognitive processing, substance abuse, SFBT, narrative therapy.

Licensure/Education: LCSW (2001), LADC (2002). MSW (1999).

Fees/Insurance: Medicare, TriCare, Military OneSource, Commercial Insurances, for fee.

Approach and/or philosophies: Client centered. Skills based CBT.

Cashman, Jean

24 Sweden Street
Caribou, ME 04736

Mailing Address:

739 Woodland Center Road, Woodland, ME 04736
207-498-2261 or 207-768-9422

jean.cashman@umpi.edu

Services Provided: Individual counseling, family counseling, couples counseling.

Clinical Specialties: Depression, post traumatic stress, anxiety, bereavement, substance abuse and recovery, childhood abuse, sexual assault, work issues, anger management, parenting, couples/relationship issues, lesbian and gay families, spiritual direction, weight and body issues.

Training/Certification: Cognitive processing, family therapy, couples therapy, SFBT.

Licensure/Education: LCSW (1991). MSW (1979).

Fees/Insurance: Commercial insurances, for fee.

Approach and/or philosophies: My practice is predominately with adults and teens. I focus on what the individual client may need and what approach seems to work best with any particular individual. I use cognitive behavioral approaches most of the time. I do not believe any one theory works with everyone. My approach is to work with the individual to determine the best approach for them.

Fort Kent

Mulrenin, Kathleen

104 Station Hill Medical Office Building
Fort Kent, ME 04743

mailing address:

Northern Maine Medical Center

194 East Main Street, Fort Kent, ME 04743

phone: 207-834-3101 fax: 207-834-2917

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on post deployment readjustment, couples, family, substance abuse recovery, anger management, sexual assault recovery, spiritual healing.

Clinical Specialties: Post deployment adjustment, depression, post traumatic stress, anxiety, bereavement, suicide prevention, substance abuse and recovery, childhood abuse, sexual assault, work issues, anger management, couples/relationship issues, lesbian and gay families, weight and body image, eating disorders.

Training/Certification: DBT, CBT, family therapy, couples therapy, substance abuse with PTSD, spiritual guidance (research in psychospiritual development).

Licensure/Education: Psychologist (2001, ME; 1991, PA). PhD, Clinical Psychology.

Fees/Insurance: MaineCare, Medicare, TriCare, commercial insurances.

Approach and/or philosophies: I completed my pre-doctoral internship at McLean Hospital/Harvard Medical School in Belmont, MA where I trained in treating PTSD, Bipolar Disorders, Affective and Anxiety Disorders using CBT, Psychodynamic, Family/Couples Therapy, and Relational Therapies. I received post-doctoral training in psychodynamic psychotherapy at Beth Israel Deaconess Hospital in Boston, MA and in Dialectical Behavior Therapy at Butler Hospital in Providence, Rhode Island, where I was on the Clinical Faculty at Brown School of Medicine. I see psychotherapy as a collaborative process in which progress rests on the client and the psychologist working together toward reaching clear and identified goals. I individualize my approach to treatment based on the specific problems, goals, and resources that each client presents in each session.

CUMBERLAND COUNTY

Brunswick

Kobell, Catherine

Brunswick Naval Air Station

400 Foxtrot Street, Brunswick, ME 04011

207-921-2273 catherine.kobell@navy.mil

Services Provided: Individual Counseling, Family Counseling, Couples Counseling; Group work focused on post deployment readjustment, couples, child/adolescent, family anger management, suicide prevention.

Clinical Specialties: Post deployment adjustment, military culture, military families, post-traumatic stress, suicide prevention, work issues, anger management, child and family, couples/relationship issues, work issues.

Training/Certification: EMDR level 2, Family and Couples Therapy.

Licensure/Education: LCSW (1985). MSW (1982).

Fees/Insurance: Employed by Department of Defense, willing to work pro bono or do consultation.

Approach and/or philosophies: Systemic approach. Reality theory.

Gorham

Irish, Jean

510 Main Street, Gorham, ME 04038

207-839-8107 jdirish@verizon.net

Services Provided: Individual and Couples counseling.

Clinical Specialties: Depression, post-traumatic stress, anxiety, suicide prevention, childhood abuse, sexual assault, couples/relationship issues, weight & body image, eating disorders.

Training/Certification: CBT, EMDR level 1, couples therapy.

Licensure/Education: PS (1988). Ph.D. (1986).

Fees/Insurance: MaineCare, Medicare, Commercial Insurances, for fee.

Approach and/or philosophies: A client-centered, collaborative approach to treatment. Primary treatment modalities are cognitive-behaviorally based.

Portland

Coville, Kimberly

23 Ocean Avenue, Portland, ME 04103

207-772-6111 kimberly@kimberlycoville.com

Services Provided: Individual counseling, vocational counseling, spiritual counseling.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, childhood abuse, sexual assault, work issues, anger management, parenting, spiritual direction, weight and body image, eating disorders, physical injury/disability.

Training/Certification: DBT, CBT, motivational interviewing, SFBT, narrative therapy, spiritual guidance, certified holistic life coach.

Licensure/Education: LC (2002). Master's in Social Work, Boston College (1999).

Fees/Insurance: MaineCare, Medicare, TriCare, Military OneSource, commercial insurances, for fee.

Approach and/or philosophies: Client centered practice where I provide the space, safety, direction and encouragement to help individuals envision and create the life they want.

Ellen, Patricia

191 Dartmouth Street, Portland, ME 04103

207-653-6299 womanofwings@juno.com

Services Provided: Individual counseling, family

counseling, couples counseling, spiritual counseling, group work focused on post deployment readjustment, couples, sexual assault recovery, spiritual healing, grief & loss, complimentary therapies including Rubenfeld Synergy Method, and Ketzal Energy, Reiki, expressive arts therapy, meditation & mindfulness

Clinical Specialties: Post-traumatic stress, bereavement, suicide prevention, work issues, parenting, child & family, couples/relationship issues, lesbian & gay families, spiritual direction, weight & body image, adjustment to loss & change.

Training/Certification: Narrative therapy, spiritual guidance, Rubenfeld Synergy Method (integrating body, mind & spirit), expressive arts, ecopsychology (reconnecting with nature), bereavement & illness.

Licensure/Education: Registered counselor. MA (1967), MSC (1996), MDiv. (2000).

Fees/Insurance: Sliding scale fee.

Approach and/or philosophies: Spirituality has many paths and traditions – I have an interfaith orientation for spiritual counseling and offer a variety of modalities for counseling. In addition to verbal - the body, nature, ritual, energy work, and expressive arts assist in healing. Each person has the wisdom to find their own way through and together we find the best place to begin. Any entry point can affect a whole complex of issues.

Gillies, Mary C.

95 India Street, Portland, ME 04101

phone 207-773-0207 fax 207-773-6207

mcgillies@yahoo.com

Services Provided: Individual counseling

Clinical Specialties: Depression, anxiety

Training/Certification: CBT, SFBT, narrative therapy

Licensure/Education:

LC (1993). MA (1972), MSW (1993).

Fees/Insurance: Medicare, TriCare, Commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: While the past certainly informs and influences the present, my focus is on the present (“What is happening now that makes it a good time to see a therapist?”) and the future (“If therapy is worthwhile, what will be better or different?”).

Johnson, Carla

84 Best Street, Portland, ME 04103

207-671-9717

cjohnson@une.edu

Services Provided: Individual counseling, family counseling, couples counseling, spiritual counseling, group work focused on post deployment readjustment, couples, child/adolescent, family, anger management, sexual assault recovery, spiritual healing, post-traumatic stress disorder, and complimentary therapies including EFT, Seemorg Matrix, TIR.

Clinical Specialties: Post deployment adjustment, depression, post-traumatic stress, bereavement, substance abuse & recovery, childhood abuse, sexual abuse, work issues, anger management, parenting, child

& family, couples/relationship issues, lesbian & gay families, spiritual direction, weight & body image.

Training/Certification: CBT, family therapy, couples therapy, motivational interviewing, SBFT, narrative therapy, spiritual guidance, EFT, TIR, Seemorg Matrix, Tapas Acupressure.

Licensure/Education:CC (1993). M.S. Ed. in clinical counseling (1992).

Fees/Insurance: MaineCare, TriCare, for fee, sliding scale fee, Anthem, MHN, MMC.

Approach and/or philosophies: I enjoy helping people relieve their trauma in all its manifestations. While my basic approach is cognitive behavioral, I also employ expressive therapies, mindfulness, and relaxation techniques. I hold the intention always that on the other side of all this pain waits the client's ability to live in freedom, the way they choose, in accordance with their heart's desire.

Hutcherson, Scott

Community Counseling Center

343 Forest Avenue, Portland, ME 04101

phone 207-874-1030 ext. 335 fax 207-874-1044

shutcherson@commcc.org

Services Provided: Individual counseling, couples counseling, group work focused on post deployment adjustment, couples, substance abuse recovery, anger management.

Clinical Specialties: Post deployment readjustment, military culture, military families, depression, post traumatic stress, anxiety, bereavement, suicide prevention, substance abuse and recovery, anger management, couples/relationship issues.

Training/Certification: DBT, CBT, cognitive processing, EMDR level I, couples therapy, substance abuse, SBFT.

Licensure/Education: LCPC, ACS (1998). MS Clinical Counseling (1997).

Fees/Insurance: MaineCare, TriCare, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: I am a veteran of the U.S Navy having served two hitches (just shy of eight years) at the end of the Vietnam War and into the early 1980s. I am formally trained in Cognitive-Behavioral therapy and have been taught Cognitive Processing therapy through the National Center for PTSD. As a veteran who has training in working with this population, I have also designed a 10 module combat readjustment group curriculum.

Koch, Anne

222 St. John Street, Suite 252

Portland, ME 04102

phone 207-874-2884 fax 207-775-3007

akoch1@maine.rr.com

Services Provided: Individual counseling, vocational counseling, couples counseling, spiritual counseling, group work focused on post deployment readjustment, couples, sexual assault recovery, spiritual healing, and complimentary therapies including Ketzal Energy Work.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, childhood abuse, sexual assault, work issues,

parenting, couples/relationship issues, lesbian & gay families, spiritual direction, weight & body image, physical injury/disability, loss of limb/amputee.

Training/Certification: Energy psychology (Diplomate-Comprehensive Energy Psychology), Certified Rehabilitation Counselor (CRC), Nationally Certified Counselor (NCC), Reiki, Ketzal.

Licensure/Education: LCPC (1999).

Fees/Insurance: MaineCare, Commercial Insurances, for fee, sliding scale fee, Maine Time Dollar Network.

Approach and/or philosophies:Integrative work with body, mind, and spirit using energy psychology methods, energy work, and talk therapy to release and clear traumatic effects fro your body and life.

Peck, Robert

Portland Vet Center

475 Stevens Avenue, Portland, ME 04103

phone 207-780-3584 fax 207-780-3545

robert.peck2@va.gov

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on post deployment adjustment, couples, family, support subject/population, substance abuse recovery, anger management.

Clinical Specialties: Post deployment readjustment, military culture, military families, depression, post traumatic stress, anxiety, bereavement, suicide prevention, substance abuse and recovery, gambling, childhood abuse, work issues, anger management, parenting, child and family, couples/relationship issues, lesbian and gay families.

Training/Certification: CBT, cognitive processing, family therapy, couples therapy, substance abuse, motivational interviewing, brain injury.

Licensure/Education:

LCSW (2007). BA, Sociology (1982), MSW (2002).

Fees/Insurance:

No fee, counseling is a free benefit for veterans and their families.

Approach and/or philosophies:

I have been full-time at the Portland Vet Center since March 2004, previously at the Seattle VA. I work exclusively with veterans who have served in a war zone and their families. The focus of my work is helping veterans with the readjustment to being home after combat deployment, reconnecting with family and life goals, and dealing with traumatic combat experiences. I do not assume that any individual who has seen combat is psychologically wounded; I am ready to meet each person's specific needs. I believe all veterans and their families deserve respect and support for the challenges that naturally can occur for both from deployment to a war zone. This is a free service for those from all combat operations and all counseling is strictly confidential.

Russell, Margaret

Portland Vet Center (also, Sanford Vet Center)
475 Stevens Avenue, Portland, ME 04103
phone 207-780-3584 fax 207-780-3545
margaret.russell3@med.va.gov

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on post deployment readjustment, couples, support subject/population, anger management, sexual assault recovery.

Clinical Specialties: Military culture, military families, depression, post traumatic stress, anxiety, bereavement, substance abuse and recovery, childhood abuse, sexual assault, work issues, anger management, couples/relationship issues, lesbian and gay families, eating disorders, sexual harassment.

Training/Certification: CBT, cognitive processing, EMDR level 1, family therapy, couples therapy, substance abuse, SFBT, art therapy.

Licensure/Education: LCSW (2004). MSW (Boston University, 1987).

Fees/Insurance: Free services for combat veterans and veterans with sexual harassment or assault issues.

Approach and/or philosophies: I work from an empowerment model targeting the issues of concern. I combine psychodynamic and cognitive behavioral work. I start where the client is at and will use other modalities like EMDR or Art Therapy when appropriate. I have an extensive knowledge of military culture and issues. My specialty at the Portland and Sanford Vet Centers is sexual assault and sexual harassment for both men and women of all ages. Therapy can be both short term and long term depending on the needs of the client.

Selwood, Glenn

Community Counseling Center
343 Forest Avenue, Portland, ME 04101
phone 207-874-1030 fax 207-874-1044
gselwood@commcc.org

Services Provided: Individual counseling, couples counseling, group work focused on post deployment adjustment, couples, family, support subject/population, substance abuse recovery, anger management, sexual assault recovery.

Clinical Specialties: Post deployment readjustment, military culture, military families, depression, post traumatic stress, anxiety.

Training/Certification: DBT, CBT, cognitive processing, couples therapy, substance abuse, motivational interviewing, SFBT.

Licensure/Education: LCSW (2002) MSW (2000).

Fees/Insurance: MaineCare, Medicare, TriCare, Military OneSource, commercial insurances, sliding scale fee.

Approach and/or philosophies: My treatment approach uses either CBT, EMDR, or body-centered/insight oriented therapy, depending on the client's preference and coping style. Significant to treatment is not only the identified stressors, but the person's family of origin, and current environment.

Zimmerman, Roger, Ph.D.

14 Pleasant Avenue, Portland, ME 04103, 207-775-1221
Services Provided: Individual counseling, psychological

evaluation/testing.

Clinical Specialties: Depression, post-traumatic stress, anxiety.

Training/Certification: CBT, Cognitive Processing, SFBT.

Licensure/Education: Psychologist (1977). Ph.D. (1966).

Fees/Insurance: Sliding scale fee

Approach and/or philosophies: Evidence-based. Varies depending on need.

Raymond

Fitzgibbons, Lee

Anxiety Solutions of Northern New England, PLLC
104 Webbs Mills Road, Raymond, ME 04071
Mailing Address: PO Box 71, Raymond, ME 04071-0070
phone 207-655-2737 fax 207-655-1065
drleefitz@anxietysolutions.net

Services Provided: Individual counseling, group work focused on social phobia, anxiety.

Clinical Specialties: Depression, post traumatic stress, anxiety, childhood abuse, sexual assault, parenting, child and family, couples/relationship issues.

Training/Certification: DBT, CBT (including Prolonged Exposure for PTSD).

Licensure/Education: Psychologist (2006). PhD (1996).

Fees/Insurance: TriCare, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: We strive to provide not only supportive and compassionate care but also quality and specialized care. We specialize in treating anxiety problems and anxiety disorders. (All ages: child and adolescent as well as adult.) And we utilize evidence-supported therapies (ESTs) for anxiety and anxiety disorders, psychotherapies that rigorous clinical research has shown to be effective. Generally, that tends to mean exposure-based, cognitive-behavioral therapies (CBTs), such as: Prolonged Exposure (PE) for PTSD (In fact, we were part of the research team at the Center for Treatment and Study of Anxiety in Philadelphia where PE was developed). Interoceptive Exposure (IE) for panic disorder and agoraphobia, Exposure and Response Prevention (ERP) for obsessive-compulsive disorder (OCD) and for generalized anxiety disorder (GAD). If you're struggling with or trying to escape or avoid your anxiety and fear, we'd like to help you instead learn how to face them, and to face your fears in ways that work, so you can get over them and get back to living your life.

Street, Gordon

Anxiety Solutions of Northern New England, PLLC
104 Webbs Mills Road, Raymond, ME 04071
Mailing Address: PO Box 71, Raymond, ME 04071-0070
phone 207-655-2737 fax 207-655-1065
gpstreet@anxietysolutions.net

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on social phobia and anxiety.

Clinical Specialties: Depression, post traumatic stress, anxiety, childhood abuse, sexual assault, parenting, child and family, couples/relationship issues.

Training/Certification: DBT, CBT (including Prolonged Exposure for PTSD), family therapy, couples therapy.

Licensure/Education: Psychologist (2006). PhD (1998).

Fees/Insurance: TriCare, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: We strive to provide not only supportive and compassionate care but also quality and specialized care. We specialize in treating anxiety problems and anxiety disorders. (All ages: child and adolescent as well as adult.) And we utilize evidence-supported therapies (ESTs) for anxiety and anxiety disorders, psychotherapies that rigorous clinical research has shown to be effective. Generally, that tends to mean exposure-based, cognitive-behavioral therapies (CBTs), such as: Prolonged Exposure (PE) for PTSD (In fact, we were part of the research team at the Center for Treatment and Study of Anxiety in Philadelphia where PE was developed). Interoceptive Exposure (IE) for panic disorder and agoraphobia Exposure and Response Prevention (ERP) for obsessive-compulsive disorder (OCD) and for generalized anxiety disorder (GAD). If you're struggling with or trying to escape or avoid your anxiety and fear, we'd like to help you instead learn how to face them, and to face your fears in ways that work, so you can get over them and get back to living your life.

Moran-Butts, Enes

Sebago, ME 207-787-2593

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on post deployment readjustment, couples, substance abuse recovery, sexual assault recovery, spiritual healing, and complimentary therapies including music, art, and journaling framework.

Clinical Specialties: Post deployment readjustment, depression, post-traumatic stress, anxiety, bereavement, substance abuse & recovery, couples/relationship issues, spiritual direction.

Training/Certification: Couples therapy, substance abuse, spiritual guidance, creative arts framework.

Licensure/Education: LCSW (1981). MSW (1973).

Fees/Insurance: Medicare, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: Jungian approach. Psychosocial, psychodynamic. Use of spiritual direction. Bearing witness to their "story."

South Portland

Cole, John

169 Ocean Street, Suite 206

South Portland, ME 04106

207-221-5549 phone

207-767-7546 fax

ginkgo@maine.rr.com

Services Provided: Individual counseling, family counseling, couples counseling, spiritual counseling.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, substance abuse and recovery, childhood abuse, work issues, anger management, parenting, child and family, couples/relationship issues.

Training/Certification: DBT, CBT, EMDR Level 1 & 2, family therapy, couples therapy, substance abuse, motivational interviewing, solution focused brief therapy, narrative therapy.

Licensure/Education: LCSW (1992), MSW (1992)

Fees/Insurance: MaineCare, Medicare. Tri-Care, Commercial Insurances, for fee, sliding fee scale.

Approach and/or philosophies: My past work with adults has incorporated psychotherapy, cognitive behavioral therapy, and elements of Dialectical Behavioral Therapy (DBT) and EMDR. I have worked successfully with individuals, couples and men who experience a variety of gender struggles. I also offer many years of experience working with children aged 4 to 12 who have suffered from behavioral, developmental, and attachment issues. With treatment for clinical issues such as depression, anxiety and ADHD, my work is closely coordinated with the family and may include parent-child co-therapy. Treatment modalities include child-centered, psychodynamic play therapy and sandtray therapy. Prior to starting my private practice, I was employed for fifteen years in Outpatient Clinical Services and Community Counseling Center in Portland, Maine.

Morse, Scott

609 Main Street, Suite 4

South Portland, ME 04106

207-329-4941 or 207-773-1032 phone

207-761-5606 fax morseCounseling@cs.com

Services Provided: Individual counseling, couples counseling, group work focused on child/adolescent, anger management, sexual assault recovery.

Clinical Specialties: Post deployment adjustment, military culture, depression, post traumatic stress, anxiety, childhood abuse, sexual assault, work issues, anger management, parenting, child and family, couples/relationship issues, weight and body image, eating disorders, deafness/hearing loss.

Training/Certification: DBT, CBT, cognitive processing, EMDR, SFBT, complimentary therapies, internship at Denver VA Hospital (1996).

Licensure/Education: LCSW (1999). Smith College School for Social Work (1997).

Fees/Insurance: Aetna Behavioral Health, Blue Cross Blue Shield, Harvard-Pilgrim, DHHS, Gigna Behavioral Health, Maine Medical PPO/Behavioral Healthcare Program, Magellan, Medicare, & MaineCare (through Possibilities Counseling). Managed Health Network Inc., Med Net., National Advantage Program (through Aetna network) Provider PacifiCare Behavioral Health, Tricare, United Behavioral Health, Value Options, for fee.

Approach and/or philosophies: Primary Focus and Areas of Competence: Posttraumatic Stress Disorder; Anxiety; Depression; Sexual Abuse (survivors and perpetrators). A traditional psychodynamic therapeutic approach is used conjointly with Eye Movement Desensitization and Reprocessing (EMDR). Course of treatment: During the first interview, information regarding your history and current concerns is

taken. We then outline treatment goals and establish treatment objectives. My approach will be explained along with information about EMDR. Subsequent sessions will focus on agreed parameters and symptom reduction. The course of treatment varies with the specific problems that people want to address, and can be limited by your insurance coverage. A typical session lasts for 50 minutes.

Stanley, Molly

345 Cottage Road, South Portland, 207-799-2099

Services Provided: Individual counseling

Clinical Specialties: Post deployment adjustment, military culture, military families, Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse and recovery, gambling, childhood abuse, sexual assault, work issues, anger management, parenting, couples/relationship issues, lesbian and gay families, weight and body image, physical injury/disability.

Training/Certification: CBT, EMDR, Substance Abuse.

Licensure/Education: LCSW (2006), MSW (1979)

Fees/Insurance: Medicare, TriCare, Commercial Insurances, For fee, sliding scale.

Approach and/or philosophies: I've worked with veterans for 29 years, at the VA for eleven, including at the NYC methadone program, medical and psychiatric wards, as the first PTSD

coordinator at Togus and finally at the Portland Vet Center and now in private practice as a VA contractor. I began with history and assessment, family interviews and support, ample patient education, and gradually to the desensitization work, now utilizing EMDR.

Westbrook

Crimp-Marcet, Susan

12 Westbrook Common, Westbrook, ME 04092

phone 207-856-1500 fax 207-856-1518

susan_crimp-marcet@csimaine.com

Services Provided: Individual counseling, psychiatry/medication evaluation, couples counseling, group work focusing on substance abuse recovery, complimentary therapies.

Clinical Specialties: Depression, post-traumatic stress, anxiety, suicide prevention, substance abuse & recovery, childhood abuse, work issues, parenting, child & family, couples/relationship issues, physical injury/disability.

Training/Certification: DBT, CBT, EMDR levels 1 and 2, couples therapy, substance abuse, motivational interviewing, SFBT, brain injury, complimentary therapies.

Licensure/Education: LC (1991), MSW (1982).

Fees/Insurance: MaineCare, Medicare, commercial

insurances, for fee.

Approach and/or philosophies: Strengths-based, solution-focused brief therapy.

FRANKLIN COUNTY

Jay

Lizotte, Jacqueline

17 Lauoie Street, Jay, ME 04239

207-897-9271 jacquelinelizotte@verizon.net

Services Provided: Individual counseling, complimentary therapies including EFT for post-traumatic stress disorder and raindrop for general health.

Clinical Specialties: Post-traumatic stress

Training/Certification: EFT and raindrop

Fees/Insurance: Special rates for Veterans

Approach and/or philosophies: I believe in helping the entire person in all areas of life. PTSD goes beyond what affect the mind. I employ the use of spirituality and also therapeutic tools to enhance general wellness.

Strong

Laban, Katrine

38 Hammond Lane, PO Box 517, Strong, ME 04983

207-491-9122 kadon50@wildblue.net

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on post deployment readjustment, couples, family, substance abuse recovery, anger management.

Clinical Specialties: Post deployment adjustment, military culture, military families, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, childhood abuse, sexual assault, work issues, anger management, couples/relationship issues, lesbian & gay families, eating disorders, physical injury/disability.

Training/Certification: CBT, EMDR level 2, family therapy, couples therapy, substance abuse, motivational interviewing, SFBT, relaxation techniques.

Licensure/Education: LCPC, LADC (2007). MA in Counseling (1981).

Fees/Insurance: Contractor at Vet Center and fee for services.

Approach and/or philosophies: I use an eclectic approach – from CBT, some DBT, to reality therapy and EMDR.

Wilton

Ramu, Philip

2 Fernaid Street, Wilton, ME 04294

Mailing Address: PO Box 796, Wilton, ME 04294

phone 207-645-2896 fax 207-645-2038

pramulcsw@verizon.net

Services Provided: Individual counseling, family counseling,

couples counseling, spiritual counseling, group work focused on couples, family, anger management, spiritual healing, and complimentary therapies including massage, Reiki, yoga, mediation, and aromatherapy.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, substance abuse & recovery, childhood abuse,

sexual assault, anger management, parenting, child & family, couples/relationship issues, spiritual direction.

Training/Certification: CBT, cognitive processing, EMDR levels 1 and 2, family therapy, couples therapy, substance abuse, spiritual guidance, and complimentary therapies including yoga, meditation, aromatherapy, massage therapy, and Reiki Rx.

Licensure/Education: LC (1998). LMT (2006). MSW (1980).

Fees/Insurance: MaineCare, Medicare, TriCare, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: Blend of traditional and non-traditional holistic therapy for individuals, couples, and families. EMDR, sensorimotor psychotherapy, and cognitive behavioral prescriptions for the treatment of PTSD, anxiety, depression, etc.

KENNEBEC COUNTY

Augusta

Blue, Naya

147 Riverside Drive, Augusta, ME 04330
207-595-1030 naya.blue@maine.gov

Services Provided: Individual counseling, family counseling, group work focused on couples, child/adolescent, family, anger management, complimentary therapies including meditation, and recovery oriented wellness model.

Clinical Specialties: Military culture, military families, post-traumatic stress, anxiety, suicide prevention, childhood abuse, parenting, child & family

Training/Certification: CBT, family therapy, child/adolescent.

Licensure/Education: LCSW (2005). M.Ed. (2000), MSW (2005).

Fees/Insurance: MaineCare (children only), TriCare (pending), Aetna, Anthem BCBS, Harvard Pilgrim, sliding scale fee.

Approach and/or philosophies: Functional family therapy and cognitive behavioral therapy approach along with play therapy and attachment work.

Dunlap, Cathleen

Menswork

218 Water Street, Augusta, ME 04330
phone 207-623-7252 fax 207-512-2109
cathleend@familyviolenceproject.org

Services Provided: Vocational counseling, group work focused on CBIP (certified batterer intervention program), lethality assessment.

Clinical Specialties: Anger management, child & family, couples/relationship issues, family/domestic violence.

Training/Certification: CBT, motivational interviewing, Emerge

Licensure/Education: LMSW/CC (2006). M.Ed. (2002), MSW (2005).

Fees/Insurance: For fee, scholarships may be available

Approach and/or philosophies: At Menswork we follow a research and evidence-based cognitive-behavioral change education program/philosophy that is designed to teach men the skills they can use to interact respectfully and non-abusively with their intimate partners, children, and others.

Kraft, John

Maine General Counseling
9 Green St. Augusta ME 04330
and 8 Highwood St, Waterville, ME 04901
207-621-3750 Augusta phone
207-861-3500 Waterville phone
207-861-3441 Waterville fax

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on post deployment readjustment, couples, family, support subject/population, substance abuse recovery.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, substance abuse and recovery, anger management, parenting, couples/relationship issues, lesbian and gay families.

Training/Certification: CBT, cognitive processing, family therapy, couples therapy, substance abuse, SFBT.

Licensure/Education: LC (2007, ME; 1982, MA). MSW (1976).

Fees/Insurance: MaineCare, Medicare, for fee, sliding scale fee, CHAMPVA, EBPA through Maine General.

Approach and/or philosophies: I am qualified and experienced in psychodynamic therapies, cognitive behavioral therapies and general systems therapy addressing individual, couples, groups and multiple couples therapies. I have special interest in grief work, unresolved grief, and operationalized mourning and major depression.

Paty, Jennifer, Rev. (E-9 USN Ret.)

2046 North Belfast Avenue
Augusta, ME 04330
207-557-5738
revjlpaty@aol.com or jlp06@aol.com

Services Provided: Spiritual counseling, group work focused on couples.

Clinical Specialties: Military culture, couples/relationship issues, spiritual direction.

Training/Certification: Spiritual guidance, IMAGO relationship counseling, GLBTQ issues.

Licensure/Education: Lic. UFMCC clergy (2004).

Approach and/or philosophies: Pastoral/spiritual. GLBTQ IMAGO relationship workshops.

Reardon, Kathleen

Capital Clubhouse (division of Kennebec Behavioral Health)
37 Stone Street, Augusta, ME 04330
phone 207-629-9080 fax 207-629-9081
kreadon@kvmhc.org

Services Provided: Vocational counseling.

Clinical Specialties: Work issues

Training/Certification: Employment specialist certified, MHRT III.

Licensure/Education: BA in psychology, MA Rehabilitation Counseling (concentration in psychosocial rehabilitation).

Fees/Insurance: MaineCare, Medicare

Clinton

Decker, Margurite (Margie)

Decker Hill Counseling Center
1162 Battle Ridge Road, Clinton, ME 04927
phone 207-426-9437 fax 207-426-8772
softspkn@roadrunner.com

Services Provided: Individual counseling, family counseling, group work focused on PTSD.

Clinical Specialties: Post deployment adjustment, military families, depression, post-traumatic stress, anxiety, bereavement, substance abuse & recovery, childhood abuse, couples/relationship issues, lesbian & gay families.

Training/Certification: Cognitive processing, family therapy, substance abuse with PTSD treatment, narrative therapy, PTSD Veterans' group therapy, individual and family, some brief couples work.

Licensure/Education: LCSW (2001). BS (1983), MSW (1986).

Fees/Insurance: Medicare, commercial insurances, free to the Veterans (paid for by contracts with the Vet Center Lewiston and the VA directly).

Waterville

Brown, Russell

Maine General Counseling
8 Highwood Street, Waterville, ME 04901
phone 207-861-3500 fax 207-861-3441
russell.brown@mainegeneral.org

Services Provided: Individual counseling, couples counseling.

Clinical Specialties: Anxiety, bereavement, substance abuse and recovery, couples/relationship issues.

Training/Certification: Substance abuse, SFBT, family therapy, couples therapy.

Licensure/Education: LCSW (2007). BA in Sociology (University of Maine, 1991). MSW (University of New England, 1997).

Fees/Insurance: MaineCare, Medicare, TriCare, for fee, sliding scale fee (for substance abuse services as primary).

Approach and/or philosophies: I start where the client is, and believe in developing a "working alliance" that focuses on their needs which can vary broadly depending upon the situation. Therapy is a collaboration and involves mutuality and

empowerment. In dealing with trauma issues it is important for the client to feel safe before retelling the details of their story. I go at the client's pace and involve them in all steps of the process. Establishing a secure and stable therapeutic relationship is essential to working with clients with strong affective reactions to what brought them to services. Time and time again, research supports that the relationship is the most important part of helping people in a variety of situations. That's where I start and then it's a process of utilizing a variety of perspectives, depending on the client's needs and wants. As a clinical social worker, the values of client empowerment, self determination. Mutual respect, diversity, and practicing at a high ethical level are important to me. Certainly Veterans and their families have a variety of issues that are both unique, and similar to other families and their circumstances. The approaches vary upon the issues that bring the client into services and a thorough assessment of the system involved. Services build from there with the client's involvement through the entire process.

Dostie, Elizabeth

Harland A. Turner Center of Maine Children's Home for Little Wanderers
93 Silver Street, Waterville, ME 04901
207-873-4253 edostie@mainechildrenshome.org

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on child/adolescent, eating disorders.

Clinical Specialties: Depression, anxiety, childhood abuse, parenting, child & family, couples/relationship issues, weight & body image, eating disorders.

Training/Certification: Family therapy, SFBT.

Licensure/Education: LMSW (1999), LCSW (2001). MSW, University of Maine (1999).

Fees/Insurance: MaineCare, Medicare, TriCare, commercial insurances, fee varies.

Approach and/or philosophies: Interpersonal therapy, play therapy, bringing in CBT and DBT techniques as appropriate.

Tibbetts, John

Maine General Counseling
30 Chase Avenue, Waterville, ME 04901
phone 207-872-4094 fax 207-872-4121
jim.tibbetts@mainegeneral.org

Services Provided: Individual counseling, group work focused on substance abuse recovery, anger management.

Clinical Specialties: Substance abuse and recovery, gambling, anger management.

Training/Certification: CBT, substance abuse, motivational interviewing, SFBT.

Licensure/Education: LADC (16 years). Certificate in substance abuse studies.

Fees/Insurance: MaineCare, sliding scale fee.

Approach and/or philosophies: I help people clarify their goals and identify strategies for reaching those goals. My approach is a strength based approach that empowers people

to reach their full potential.

PENOBSCOT COUNTY

Bangor

Algee, Alan

82 Columbia Street, Suite B, Bangor, ME 04401
phone: 207-973-0505 fax: 207-992-2175
otis625@roadrunner.com

Services Provided: Individual counseling, family counseling, vocational counseling, couples counseling, pastoral counseling, spiritual counseling.

Clinical Specialties: Post deployment adjustment, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, childhood abuse, work issues, anger management, parenting, couples/relationship issues, spiritual direction, weight & body image, eating disorders.

Training/Certification: DBT, CBT, EMDR level 1, couples therapy, substance abuse, motivational interviewing, SFBT, spiritual guidance, pastoral guidance.

Licensure/Education: CC (2004). MA (2004).

Fees/Insurance: MaineCare, commercial insurances, for fee.

Approach and/or philosophies: Solution-focused psychotherapy.

Rockett, Daryne

Bangor Vet Center
368 Harlow Street, Bangor, ME 04401
207-947-3391 daryne.sandford@med.va.gov

Services Provided: Individual counseling, couples counseling, group work focused on post deployment readjustment, couples, support subject/population, anger management, spiritual healing, mindfulness.

Clinical Specialties: Post deployment adjustment, military culture, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, sexual assault, anger management, couples/relationship issues, mindfulness.

Training/Certification: CBT, cognitive processing, certified music practitioner.

Licensure/Education: LCSW (2006). MSW (2004).

Fees/Insurance: No fee for qualified Vets.

Approach and/or philosophies: A combination of CBT, mindfulness, and psychodynamic approaches. Focus on wellness and whole person. Creative, experiential, and social supports.

SAGadahoc COUNTY

Bath

Lonsdale, Margaret

765 High Street, Bath, ME 04530

207-443-9113

Services Provided: Individual counseling.

Clinical Specialties: Military families, depression, anxiety, bereavement.

Training/Certification: CBT.

Licensure/Education: LCSW (1989). MSW (1983).

Fees/Insurance: Medicare, TriCare (standard), commercial insurances.

Approach and/or philosophies: Psychodynamic and systems approaches.

Tennant, Mary

765 High Street, Bath, ME 04530
207-442-0473 marytennant@verizon.net

Services Provided: Individual counseling, family counseling, couples counseling.

Clinical Specialties: Post deployment adjustment, military families, depression, post-traumatic stress, anxiety, bereavement, childhood abuse, sexual assault, work issues, couples/relationship issues, eating disorders.

Training/Certification: CBT, cognitive processing, family therapy, couples therapy, substance abuse, motivational interviewing, SFBT, narrative therapy.

Licensure/Education: LCSW (1989). BA (1976), MSW (1987).

Fees/Insurance: Medicare, TriCare, commercial insurances, for fee.

Approach and/or philosophies: Family systems/psychodynamic. Holistic in approach.

SOMERSET COUNTY

Fairfield

Phelps, Roger

Maine Dartmouth Family Practice, Fairfield, ME
phone: 207-861-5042 fax: 207-861-5001

Services Provided: Family counseling, couples counseling, psychological evaluation/testing, group work focused on family, support subject/population, anger management.

Clinical Specialties: Post traumatic stress, anxiety, bereavement, suicide prevention, substance abuse and recovery, childhood abuse, sexual assault, work issues, anger management, parenting, child and family, couples/relationship issues, deafness/hearing loss, physical injury/disability.

Training/Certification: CBT, EMDR, family therapy, couples therapy, substance abuse, SFBT.

Licensure/Education: PS (2000 in ME, 1988 in MA). Psy.D. (1987).

Fees/Insurance: MaineCare, Medicare, for fee, sliding scale

Approach and/or philosophies: Eclectic with short term/practical features; I do EMDR when required/helpful for trauma related recovery help.

Skowhegan

Laban, Kary

Maine General Counseling
165 North Avenue, Skowhegan, ME 04976
phone: 207-474-7355 fax: 207-474-0694
katrine.laban@mainegeneral.org

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on post deployment readjustment, couples, family, support subject/population, substance abuse recovery, anger management, sexual assault recovery.

Clinical Specialties: Post deployment adjustment, military culture, military families, depression, post traumatic stress, anxiety, bereavement, substance abuse and recovery, childhood abuse, sexual assault, anger management, couples/relationship issues, lesbian and gay families, physical injury/disability.

Training/Certification: DBT, CBT, EMDR level II, family therapy, couples therapy, substance abuse, motivational interviewing, SFBT.

Licensure/Education: LCPC, LADC, CCS (2008). MA in Counseling (1981).

Fees/Insurance: MaineCare, for fee, sliding scale fee.

Approach and/or philosophies: We can deal with anything once we know what it is. The first step is understanding oneself and others in relationship to the recent deployment, incident or the memories of past years. We must all learn to forgive ourselves and honor others by doing our best to live a good life.

Wilford-McManus, Lora

5 Commerce Drive, Skowhegan, ME 04976
phone 888-420-9605 fax 207-474-5148
lora.wilford-mcmanus@yfwswc.org

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on couples, child/adolescent, family, substance abuse recovery, anger management.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, childhood abuse, sexual assault, anger management, child & family, couples/relationship issues, eating disorders.

Training/Certification: DBT, CBT, family therapy, couples therapy, substance abuse, motivational interviewing, SFBT.

Licensure/Education: LCSW (1985).

Fees/Insurance: MaineCare, Medicare, commercial insurances, for fee, some grant funding for substance abuse clients.

Approach and/or philosophies: Services open to anyone seeking services who has insurance or a payor source.

YORK COUNTY

Kittery

Services Provided: Vocational counseling, psychological evaluation/testing, and psychiatry/medication evaluation (if needed and not already addressed). Occupational therapy (where needed to evaluate appropriate employment with the client and needed supports for success). Benefit counseling around the affect to wages on benefits such as S.S. Disability, Food Stamps, subsidized housing, VA benefits, MaineCare, etc.

Clinical Specialties: Work Issues

Training/Certification: Focus is on supporting individuals with disabilities - physical, and psychological/cognitive - with obtaining and keeping employment.

Licensure/Education: CRC (1999).

Fees/Insurance: State of Maine, Dept. of Labor, Bureau of Rehabilitation Services.

Approach and/or philosophies: Services authorized by the Federal Rehabilitation Act – 80% Federal, 20% State funding. Client-centered services to identify an employment goal, supports needed to attain the employment goal and keep a job. Services are individualized but also based upon the labor market where the person lives or is willing to travel for employment.

Joy, Wendy L.

6 Willey Road, Saco, ME 04072
phone: 207-284-5800 fax: 207-846-8960

Services Provided: Individual counseling, couples counseling, spiritual counseling, group work focused on couples, substance abuse recovery, spiritual healing.

Clinical Specialties: Depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, childhood abuse, work issues, anger management, couples/relationship issues.

Training/Certification: CBT, cognitive processing, couples therapy, substance abuse, motivational interviewing, spiritual guidance, Jungian, psychodynamic.

Licensure/Education: LCSW (1995). MSW (1993).

Fees/Insurance: MaineCare, Medicare, commercial insurances, for fee, sliding scale fee, willing work pro bono in agency setting.

Approach and/or philosophies: Experience in mental health, substance abuse, and family substance abuse therapy (i.e. codependency). Emphasis on trauma, childhood abuse, recovery, clients with depression and anxiety.

Springvale

Boisvert, Adam

474 Main Street, Springvale, ME 04083
phone: 207-324-1550 fax: 207-490-5263

Services Provided: Individual counseling, family counseling, couples counseling.

Clinical Specialties: Depression, post-traumatic stress, anxiety, work issues, parenting, child & family, couples/relationship issues.

Training/Certification: EMDR level 1, family therapy, couples therapy, SFBT, narrative therapy.

Gendron, Janie

Fleet and Family Support Center
Portsmouth Naval Shipyard, Kittery, ME
phone: 207-438-1363 fax: 207-438-1830
janie.gendron@navy.mil

Services Provided: Individual counseling, family counseling, vocational counseling, couples counseling, group work focused on post deployment readjustment, couples, child/adolescent, family, support subject/population, anger management, sexual assault recovery, information & referral, personal financial management, family services & support, sexual assault victim advocacy, family advocacy (DV), deployment, relocation, spouse employment.

Clinical Specialties: Post deployment adjustment, military culture, military families, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse & recovery, sexual assault, work issues, anger management, couples/relationship issues.

Training/Certification: CBT, EMDR level 1, family therapy, couples therapy, substance abuse, SFBT, narrative therapy, spiritual guidance, trauma treatment.

Licensure/Education: LCSW (2000). BA in English/Writing/Philosophy (1980), MSW (2000).

Fees/Insurance: TriCare, Military OneSource, free for active duty, veterans, and family members.

Approach and/or philosophies: Client-centered, person-in-environment, relational, solution-focused, supportive counseling.

Saco

Dumas, Ellen

Division of Vocational Rehabilitation
110 Main Street, Suite 1515, Saco, ME 04072
phone 207-286-2606 fax 207-286-2608
ellen.g.dumas@maine.gov

Frost, Dane

PO Box 77, Springvale, ME 04083
207-324-1500 dcfrost@gmail.com

Services Provided: Individual counseling, family counseling, group work focused on family, anger management.

Clinical Specialties: Depression, anxiety, anger management.

Training/Certification: DBT, CBT, SFBT, narrative therapy.

Licensure/Education: CC (1998). MA in Clinical Counseling.

Marcotte, Amy L.

Sanford Vet Center
628 Main Street, Springvale, ME 04083
phone: 207-490-1513 fax: 207-490-1609
amy.marcotte@va.gov

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on post deployment readjustment, couples, family, anger management, sexual assault recovery.

Clinical Specialties: Post deployment readjustment, military culture, military families, depression, post-traumatic stress,

anxiety, bereavement, suicide prevention, sexual assault, work issues, anger management, couples/relationship issues, lesbian and gay families.

Training/Certification: Cognitive processing, couples therapy, motivational interviewing, brain injury.

Licensure/Education: LCSW (2000). MSSW, Columbia University School of Social Work (1992).

Fees/Insurance: No fees

Approach and/or philosophies: As a combat zone veteran (US Army, Somalia and Haiti) I have a foundation of understanding about what it is like to readjust from military service in a combat zone. I believe that veterans are strong, capable and resilient people who may need some assistance on occasion to work out issues related to their service.

McLean, Kelly

Sanford Vet Center
628 Main Street, Springvale, ME 04083
phone 207-490-1513 fax: 207-490-1609
kellymclean2@va.gov

Services Provided: Individual counseling, couples counseling, group counseling focused on post-deployment readjustment, family, anger management.

Clinical Specialties: Post deployment adjustment, military culture, military families, depression, post-traumatic stress, anxiety, suicide prevention, anger management, couples/relationship issues.

Training/Certification: DBT, CBT, family therapy, couples therapy, substance abuse, motivational interviewing, SFBT, narrative therapy, brain injury.

Licensure/Education: LMSW conditional (2 years). MSW (2006).

Fees/Insurance: No fees

Approach and/or philosophies: I use an eclectic approach designed to empower the Veteran and his or her family. I like to provide psychoeducation that depathologizes combat related re-adjustment concerns.

Scott, Ron

Sanford Vet Center
628 Main Street, Springvale, ME 04083
phone: 207-490-1513 fax:207-490-1609
ronald.scott3@va.gov

Services Provided: Individual counseling, couples counseling, family counseling, group work focused on post deployment readjustment, couples, family, anger management.

Clinical Specialties: Post deployment adjustment, military culture, depression, post traumatic stress, anxiety, bereavement, suicide prevention, substance abuse recovery, gambling, childhood abuse, anger management, couples/relationship issues.

Training/Certification: Cognitive processing, family therapy, couples therapy, substance abuse, motivational interviewing, brain injury.

Licensure/Education: LC (2006). MSW (1993).

Fees/Insurance: No fee

Approach and/or philosophies: Client focused and use a strength based perspective.

Zerr, Tim

Sanford Vet Center
628 Main Street, Springvale, ME 04083
phone: 207-490-1513 fax: 207-490-1609

Services Provided: Individual counseling, family counseling, couples counseling, group work focused on post deployment readjustment, and anger management. Maine Veteran Services job service.

Clinical Specialties: Post deployment adjustment, military culture, military families, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, sexual assault, work issues, anger management, couples/relationship issues, lesbian & gay families.

Training/Certification: PTSD, eclectic, music therapy, behavioral, analytic, and contemplative trained.

Licensure/Education: LPC (South Carolina). MS (1979).

Fees/Insurance: Free

Approach and/or philosophies: War is abnormal behavior; psychological/emotional reactions are normal but need grief & context.

York

Stitt, Janet

433 US Route 1, Suite 213 Cottage Place
York, ME 03909
207-363-8500 (phone and fax) jane.stittlcsww@yahoo.com

Services Provided: Individual counseling, couples counseling, family counseling.

Clinical Specialties: Post deployment adjustment, military culture, military families, depression, anxiety, bereavement, childhood abuse, work issues, anger management, parenting, couples/relationship issues, lesbian and gay families, physical injury/disability.

Training/Certification: CBT, couples therapy, SFBT.

Licensure/Education: LC (2004). MSW Advanced Standing (University of New England, 1999).

Fees/Insurance: Medicare, TriCare, commercial insurances, for fee, sliding scale fee.

Approach and/or philosophies: Strengths-based, non-judgmental practice with emphasis on development of skills to manage symptoms and increase client function in all areas of life. I interned at the Portsmouth Naval Shipyard Medical Clinic during graduate school, working with enlisted individuals and families.

WASHINGTON COUNTY

Steuben

McGee, Dale

24 Wilderness Shores Road North, Steuben, ME 04680
207-546-2712 tamarackeast@juno.com

Services Provided: Individual Counseling, family counseling, psychological evaluation/testing, couples counseling, work

focused on post deployment readjustment, couples, anger management.

Clinical Specialties: Post deployment adjustment, military families, depression, post-traumatic stress, anxiety, bereavement, suicide prevention, substance abuse and recovery, gambling, childhood abuse, work issues, anger management, couples/relationship issues, lesbian & gay families.

Training/Certification:

CBT, family therapy, couples therapy, substance abuse, SFBT.

Licensure/Education: LCSW (1986), LADC (1981). BS (1982), MSW (1984)

Fees/Insurance: Paid by VA contract

Approach and/or philosophies: Solutions oriented, directive, 20 plus years with combat vets. Substance abuse counseling, as well.

McGee, Donna

24 Wilderness Shores Road North, Steuben, ME 04680
207-546-2712 tamarackeast@juno.com

Services Provided: Individual counseling, group work focused on substance abuse recovery, women affected by substance abuse.

Clinical Specialties: Substance abuse & recovery, couples/relationship issues, spiritual direction, weight & body image.

Licensure/Education: LADC. BA (1972).

Fees/Insurance: Paid by VA contract.

New Hampshire Providers

HILLSBOROUGH COUNTY

Hillsboro

Elkind, Brant A. (Bud)

Robin Hill Farm, Inc., PO Box 1067, Hillsboro, NH 03244

phone: 603-464-3841 fax: 603-464-3851
budelkind@robinhillfarm.com

Training/Certification: Cognitive processing, brain injury (CBIS-T)

Licensure/Education: CBIS-T (1999), MS, MHSM (1985).

Fees/Insurance: Commercial insurances, for fee based on level of care, New Hampshire medical waiver, VA contractor for residential treatment & rehabilitation.

Index by Service Type and Populations

Anger Management

Provider

Algee, Alan
Aroostook Counseling and Evaluation Systems
Blue, Naya
Brakel, Joy
Carrier, Vincent
Cashman, Jean
Community Counseling Center
Community Health and Counseling
Coville, Kimberly
Dunlap, Cathleen
Eldercare
Evergreen Behavioral Services
Family Counseling Services
Fleet and Family Support Center
Frost, Dane
Gendron, Janie
Higgins, Tina
Hutcherson, Scott
Johnson, Carla
Joy, Wendy
Kobell, Catherine
Kraft, John
Laban, Katrine
Lakeview Health Systems
Marcotte, Amy
McGee, Dale
McLean, Kelly
Morse, Scott
Mulrenin, Kathleen
Peck, Robert
Phelps, Roger
Ramu, Philip
Rockett, Daryne
Russell, Margaret
Selwood, Glenn
Scott, Ron
Stanley, Molly
Stitt, Janet
The Charlotte White Center
Tibbetts, John
Tri-County Mental Health Services
Wilford-McManus, Lora
Zerr, Tim

Bereavement

Provider

Algee, Alan
Aroostook Counseling and Evaluation Systems
Brakel, Joy
Brown, Russell
Carrier, Vincent
Cashman, Jean

City and County

Bangor, Penobscot
Caribou, Aroostook
Augusta, Kennebec
Caribou, Aroostook
Lewiston, Androscoggin
Caribou, Aroostook
Portland, Cumberland
Bangor, Penobscot
Portland, Cumberland
Augusta, Kennebec
multiple locations
Farmington, Franklin
multiple locations
Kittery, York
Springvale, York
Kittery, York
Lewiston, Androscoggin
Portland, Cumberland
Portland, Cumberland
Saco, York
Brunswick, Cumberland
Augusta, Kennebec
Strong, Franklin
Effingham (NH), Carroll
Springvale, York
Steuben, Washington
Springvale, York
South Portland, Cumberland
Fort Kent, Aroostook
Portland, Cumberland
Fairfield, Somerset
Wilton, Franklin
Bangor, Penobscot
Portland, Cumberland
Portland, Cumberland
Springvale, York
South Portland, Cumberland
York, York
multiple locations
Waterville, Kennebec
multiple locations
Skowhegan, Somerset
Springvale, York

City and County

Bangor, Penobscot
Caribou, Aroostook
Caribou, Aroostook
Waterville, Kennebec
Lewiston, Androscoggin
Caribou, Aroostook

Center for Grieving Children
Community Counseling Center
Community Health and Counseling
Coville, Kimberly
Decker, Margurite
Driver, Roy
Eldercare
Ellen, Patricia
Evergreen Behavioral Services
Family Counseling Services
Fleet and Family Support Center
Gendron, Janie
Higgins, Tina
Hutcherson, Scott
Johnson, Carla
Joy, Wendy
Koch, Anne
Kraft, John
Laban, Katrine
Lonsdale, Margaret
Marcotte, Amy
McGee, Dale
Moran-Butts, Enes
Mulrenin, Kathleen
Peck, Robert
Phelps, Roger
Ramu, Philip
Rockett, Daryne
Russell, Margaret
Scott, Ron
Stanley, Molly
Stitt, Janet
Tennant, Mary
The Charlotte White Center
Tri-County Mental Health Services
Wilford-McManus, Lora
Zerr, Tim

Brain Injury

Provider

Crimp-Marcet, Susan
Elkind, Brant
Evergreen Behavioral Services
Higgins, Tina
Lakeview Health Systems
Marcotte, Amy
McLean, Kelly
OHI
Peck, Robert
Scott, Ron

Children and Adolescents

Provider

Aroostook Counseling and Evaluation Systems
Blue, Naya
Boisvert, Adam
Carrier, Vincent
Center for Grieving Children

Portland, Cumberland
Portland, Cumberland
Bangor, Penobscot
Portland, Cumberland
Clinton, Kennebec
Lewiston, Androscoggin
multiple locations
Portland, Cumberland
Farmington, Franklin
multiple locations
Kittery, York
Kittery, York
Lewiston, Androscoggin
Portland, Cumberland
Portland, Cumberland
Saco, York
Portland, Cumberland
Augusta, Kennebec
Strong, Franklin
Bath, Sagadahoc
Springvale, York
Steuben, Washington
Sebago, Cumberland
Fort Kent, Aroostook
Portland, Cumberland
Fairfield, Somerset
Wilton, Franklin
Bangor, Penobscot
Portland, Cumberland
Springvale, York
South Portland, Cumberland
York, York
Bath, Penobscot
multiple locations
multiple locations
Skowhegan, Somerset
Springvale, York

City and County

Westbrook, Cumberland
Hillsboro (NH), Hillsborough
Farmington, Franklin
Lewiston, Androscoggin
Effingham (NH), Carroll
Springvale, York
Springvale, York
multiple locations
Portland, Cumberland
Springvale, York

City and County

Caribou, Aroostook
Augusta, Kennebec
Springvale, York
Lewiston, Androscoggin
Portland, Cumberland

Community Counseling Center
Community Health and Counseling
Crimp-Marcet, Susan
Crisis and Counseling Centers
Dostie, Elizabeth
Dunlap, Cathleen
Eldercare
Ellen, Patricia
Employment Specialists of Maine
Evergreen Behavioral Services
Fitzgibbons, Lee
Fleet and Family Support Center
Gendron, Janie
Johnson, Carla
Kobell, Catherine
Lakeview Health Systems
Morse, Scott
Peck, Robert
Phelps, Roger
Ramu, Philip
Street, Gordon
The Charlotte White Center
Tri-County Mental Health Services
Wilford-McManus, Lora

Portland, Cumberland
Bangor, Penobscot
Westbrook, Cumberland
multiple locations
Waterville, Kennebec
Augusta, Kennebec
multiple locations
Portland, Cumberland
Augusta, Kennebec
Farmington, Franklin
Raymond, Cumberland
Kittery, York
Kittery, York
Portland, Cumberland
Brunswick, Cumberland
Effingham (NH), Carroll
South Portland, Cumberland
Portland, Cumberland
Fairfield, Somerset
Wilton, Franklin
Raymond, Cumberland
multiple locations
multiple locations
Skowhegan, Somerset

Complementary Therapies

Provider

Bell, Sharon
Blue, Naya
Community Health and Counseling
Crimp-Marcet, Susan
Crisis and Counseling Centers
Ellen, Patricia
Gendron, Janie
Johnson, Carla
Koch, Anne
Laban, Katrine
Lakeview Health Systems
Lizotte, Jacqueline
Moran-Butts, Enes
Morse, Scott
NAMI Maine
OHI
Ramu, Philip
Rockett, Daryne
Russell, Margaret
SeniorsPlus
The Charlotte White Center
Zerr, Tim

City and County

Lewiston, Androscoggin
Augusta, Kennebec
Bangor, Penobscot
Westbrook, Cumberland
multiple locations
Portland, Cumberland
Kittery, York
Portland, Cumberland
Portland, Cumberland
Strong, Franklin
Effingham (NH), Carroll
Jay, Franklin
Sebago, Cumberland
South Portland, Cumberland
Augusta, Kennebec
multiple locations
Wilton, Franklin
Bangor, Penobscot
Portland, Cumberland
Lewiston, Androscoggin
multiple locations
Springvale, York

Couples Counseling

Provider

Algee, Alan
Aroostook Counseling and Evaluation Systems
Bell, Sharon
Blue, Naya
Boisvert, Adam

City and County

Bangor, Penobscot
Caribou, Aroostook
Lewiston, Androscoggin
Augusta, Kennebec
Springvale, York

Brown, Russell
 Cashman, Jean
 Cole, John
 Community Counseling Center
 Dostie, Elizabeth
 Driver, Roy
 Eldercare
 Ellen, Patricia
 Evergreen Behavioral Services
 Family Counseling Services
 Fleet and Family Support Center
 Gendron, Janie
 Higgins, Tina
 Hutcherson, Scott
 Irish, Jean
 Johnson, Carla
 Joy, Wendy
 Kobell, Catherine
 Koch, Anne
 Kraft, John
 Laban, Katrine
 Lakeview Health Systems
 Marcotte, Amy
 McGee, Dale
 McLean, Kelly
 Moran-Butts, Enes
 Morse, Scott
 Mulrenin, Kathleen
 Paty, Jennifer
 Peck, Robert
 Phelps, Roger
 Ramu, Philip
 Rockett, Daryne
 Russell, Margaret
 Selwood, Glenn
 Scott, Ron
 Stitt, Janet
 Street, Gordon
 Tennant, Mary
 The Charlotte White Center
 Tri-County Mental Health Services
 Wilford-McManus, Lora
 Zerr, Tim

Waterville, Kennebec
 Caribou, Aroostook
 South Portland, Cumberland
 Portland, Cumberland
 Waterville, Kennebec
 Lewiston, Androscoggin
 multiple locations
 Portland, Cumberland
 Farmington, Franklin
 multiple locations
 Kittery, York
 Kittery, York
 Lewiston, Androscoggin
 Portland, Cumberland
 Gorham, Cumberland
 Portland, Cumberland
 Saco, York
 Brunswick, Cumberland
 Portland, Cumberland
 Augusta, Kennebec
 Strong, Franklin
 Effingham (NH), Carroll
 Springvale, York
 Steuben, Washington
 Springvale, York
 Sebago, Cumberland
 South Portland, Cumberland
 Fort Kent, Aroostook
 Augusta, Kennebec
 Portland, Cumberland
 Fairfield, Somerset
 Wilton, Franklin
 Bangor, Penobscot
 Portland, Cumberland
 Portland, Cumberland
 Springvale, York
 York, York
 Raymond, Cumberland
 Bath, Penobscot
 multiple locations
 multiple locations
 Skowhegan, Somerset
 Springvale, York

Family Counseling

Provider

Algee, Alan
 Aroostook Counseling and Evaluation Systems
 Bell, Sharon
 Blue, Naya
 Boisvert, Adam
 Carrier, Vincent
 Cashman, Jean
 Cole, John
 Community Counseling Center
 Community Health and Counseling
 Decker, Margurite
 Dostie, Elizabeth
 Driver, Roy

City and County

Bangor, Penobscot
 Caribou, Aroostook
 Lewiston, Androscoggin
 Augusta, Kennebec
 Springvale, York
 Lewiston, Androscoggin
 Caribou, Aroostook
 South Portland, Cumberland
 Portland, Cumberland
 Bangor, Penobscot
 Clinton, Kennebec
 Waterville, Kennebec
 Lewiston, Androscoggin

Eldercare
Ellen, Patricia
Evergreen Behavioral Services
Family Counseling Services
Fleet and Family Support Center
Frost, Dane
Gendron, Janie
Higgins, Tina
Johnson, Carla
Kobell, Catherine
Kraft, John
Laban, Katrine
Lakeview Health Systems
Malay, William
Marcotte, Amy
McGee, Dale
Moran-Butts, Enes
Mulrenin, Kathleen
Peck, Robert
Phelps, Roger
Ramu, Philip
Russell, Margaret
Scott, Ron
Stitt, Janet
Street, Gordon
Tennant, Mary
The Charlotte White Center
Tri-County Mental Health Services
Wilford-McManus, Lora
Zerr, Tim

Gambling

Provider

Evergreen Behavioral Services
McGee, Dale
Peck, Robert
Scott, Ron
Stanley, Molly
Tibbetts, John

Group Counseling

Provider

Aroostook Counseling and Evaluation Systems
Blue, Naya
Carrier, Vincent
Center for Grieving Children
Community Counseling Center
Crimp-Marcet, Susan
Crisis and Counseling Centers
Decker, Margurite
Dostie, Elizabeth
Driver, Roy
Dunlap, Cathleen
Ellen, Patricia
Evergreen Behavioral Services
Fitzgibbons, Lee
Fleet and Family Support Center
Frost, Dane

multiple locations
Portland, Cumberland
Farmington, Franklin
multiple locations
Kittery, York
Springvale, York
Kittery, York
Lewiston, Androscoggin
Portland, Cumberland
Brunswick, Cumberland
Augusta, Kennebec
Strong, Franklin
Effingham (NH), Carroll
Lewiston, Androscoggin
Springvale, York
Steuben, Washington
Sebago, Cumberland
Fort Kent, Aroostook
Portland, Cumberland
Fairfield, Somerset
Wilton, Franklin
Portland, Cumberland
Springvale, York
York, York
Raymond, Cumberland
Bath, Penobscot
multiple locations
multiple locations
Skowhegan, Somerset
Springvale, York

City and County

Farmington, Franklin
Steuben, Washington
Portland, Cumberland
Springvale, York
South Portland, Cumberland
Waterville, Kennebec

City and County

Caribou, Aroostook
Augusta, Kennebec
Lewiston, Androscoggin
Portland, Cumberland
Portland, Cumberland
Westbrook, Cumberland
multiple locations
Clinton, Kennebec
Waterville, Kennebec
Lewiston, Androscoggin
Augusta, Kennebec
Portland, Cumberland
Farmington, Franklin
Raymond, Cumberland
Kittery, York
Springvale, York

Gendron, Janie
Higgins, Tina
Hutcherson, Scott
Johnson, Carla
Joy, Wendy
Kobell, Catherine
Koch, Anne
Kraft, John
Laban, Katrine
Lakeview Health Systems
Marcotte, Amy
McGee, Dale
McGee, Donna
McLean, Kelly
Moran-Butts, Enes
Morse, Scott
Mulrenin, Kathleen
Operation Homefront Maine
Paty, Jennifer
Peck, Robert
Phelps, Roger
Ramu, Philip
Rockett, Daryne
Russell, Margaret
Selwood, Glenn
Scott, Ron
Street, Gordon
Tibbetts, John
Wilford-McManus, Lora
Zerr, Tim

Kittery, York
Lewiston, Androscoggin
Portland, Cumberland
Portland, Cumberland
Saco, York
Brunswick, Cumberland
Portland, Cumberland
Augusta, Kennebec
Strong, Franklin
Effingham (NH), Carroll
Springvale, York
Steuben, Washington
Steuben, Washington
Springvale, York
Sebago, Cumberland
South Portland, Cumberland
Fort Kent, Aroostook
Windham, Cumberland
Augusta, Kennebec
Portland, Cumberland
Fairfield, Somerset
Wilton, Franklin
Bangor, Penobscot
Portland, Cumberland
Portland, Cumberland
Springvale, York
Raymond, Cumberland
Waterville, Kennebec
Skowhegan, Somerset
Springvale, York

Lesbian and Gay Families

Provider

Cashman, Jean
Community Counseling Center
Decker, Margurite
Eldercare
Ellen, Patricia
Family Counseling Services
Johnson, Carla
Koch, Anne
Kraft, John
Laban, Katrine
Marcotte, Amy
McGee, Dale
Mulrenin, Kathleen
OHI
Peck, Robert
Russell, Margaret
Stanley, Molly
Stitt, Janet
Tri-County Mental Health Services
Zerr, Tim

City and County

Caribou, Aroostook
Portland, Cumberland
Clinton, Kennebec
multiple locations
Portland, Cumberland
multiple locations
Portland, Cumberland
Portland, Cumberland
Augusta, Kennebec
Strong, Franklin
Springvale, York
Steuben, Washington
Fort Kent, Aroostook
multiple locations
Portland, Cumberland
Portland, Cumberland
South Portland, Cumberland
York, York
multiple locations
Springvale, York

Parenting

Provider

Algee, Alan
Aroostook Counseling and Evaluation Systems

City and County

Bangor, Penobscot
Caribou, Aroostook

Blue, Naya
Boisvert, Adam
Carrier, Vincent
Cashman, Jean
Community Counseling Center
Community Health and Counseling
Coville, Kimberly
Crimp-Marcet, Susan
Dostie, Elizabeth
Eldercare
Ellen, Patricia
Evergreen Behavioral Services
Family Counseling Services
Fitzgibbons, Lee
Johnson, Carla
Koch, Anne
Kraft, John
Lakeview Health Systems
Morse, Scott
Peck, Robert
Phelps, Roger
Ramu, Philip
Stanley, Molly
Street, Gordon
The Charlotte White Center
Tri-County Mental Health Services

Pastoral and/or Spiritual Counseling

Provider

Algee, Alan
Aroostook Counseling and Evaluation Systems
Cashman, Jean
Cole, John
Coville, Kimberly
Ellen, Patricia
Gendron, Janie
Johnson, Carla
Joy, Wendy
Koch, Anne
Lakeview Health Systems
Lizotte, Jacqueline
McGee, Donna
Moran-Butts, Enes
Mulrenin, Kathleen
OHI
Paty, Jennifer
Ramu, Philip
Rockett, Daryne
The Charlotte White Center

Post-deployment Adjustment

Provider

Algee, Alan
Aroostook Counseling and Evaluation Systems
Brakel, Joy
Community Counseling Center
Decker, Margurite
Driver, Roy

Augusta, Kennebec
Springvale, York
Lewiston, Androscoggin
Caribou, Aroostook
Portland, Cumberland
Bangor, Penobscot
Portland, Cumberland
Westbrook, Cumberland
Waterville, Kennebec
multiple locations
Portland, Cumberland
Farmington, Franklin
multiple locations
Raymond, Cumberland
Portland, Cumberland
Portland, Cumberland
Augusta, Kennebec
Effingham (NH), Carroll
South Portland, Cumberland
Portland, Cumberland
Fairfield, Somerset
Wilton, Franklin
South Portland, Cumberland
Raymond, Cumberland
multiple locations
multiple locations

City and County

Bangor, Penobscot
Caribou, Aroostook
Caribou, Aroostook
South Portland, Cumberland
Portland, Cumberland
Portland, Cumberland
Kittery, York
Portland, Cumberland
Saco, York
Portland, Cumberland
Effingham (NH), Carroll
Jay, Franklin
Steuben, Washington
Sebago, Cumberland
Fort Kent, Aroostook
multiple locations
Augusta, Kennebec
Wilton, Franklin
Bangor, Penobscot
multiple locations

City and County

Bangor, Penobscot
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Caribou, Aroostook
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Lewiston, Androscoggin

Ellen, Patricia
Family Counseling Services
Fleet and Family Support Center
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Higgins, Tina
Hutcherson, Scott
Johnson, Carla
Kobell, Catherine
Koch, Anne
Kraft, John
Laban, Katrine
Lakeview Health Systems
Marcotte, Amy
McGee, Dale
McLean, Kelly
Moran-Butts, Enes
Morse, Scott
Mulrenin, Kathleen
Peck, Robert
Rockett, Daryne
Russell, Margaret
Scott, Ron
Selwood, Glenn
Stanley, Molly
Stitt, Janet
Tennant, Mary
Zerr, Tim

Substance Abuse

Provider

Algee, Alan
Aroostook Counseling and Evaluation Systems
Brakel, Joy
Brown, Russell
Community Counseling Center
Carrier, Vincent
Cashman, Jean
Crimp-Marcet, Susan
Crisis and Counseling Centers
Decker, Margurite
Driver, Roy
Evergreen Behavioral Services
Family Counseling Services
Fleet and Family Support Center
Gendron, Janie
Hutcherson, Scott
Johnson, Carla
Joy, Wendy
Koch, Anne
Kraft, John
Laban, Katrine
Lakeview Health Systems
Malay, William
McGee, Dale
McGee, Donna
Moran-Butts, Enes
Mulrenin, Kathleen
NAMI Maine
OHI

Portland, Cumberland
multiple locations
Kittery, York
Kittery, York
Lewiston, Androscoggin
Portland, Cumberland
Portland, Cumberland
Brunswick, Cumberland
Portland, Cumberland
Augusta, Kennebec
Strong, Franklin
Effingham (NH), Carroll
Springvale, York
Steuben, Washington
Springvale, York
Sebago, Cumberland
South Portland, Cumberland
Fort Kent, Aroostook
Portland, Cumberland
Bangor, Penobscot
Portland, Cumberland
Springvale, York
Portland, Cumberland
South Portland, Cumberland
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Springvale, York

City and County

Bangor, Penobscot
Caribou, Aroostook
Caribou, Aroostook
Waterville, Kennebec
Portland, Cumberland
Lewiston, Androscoggin
Caribou, Aroostook
Westbrook, Cumberland
multiple locations
Clinton, Kennebec
Lewiston, Androscoggin
Farmington, Franklin
multiple locations
Kittery, York
Kittery, York
Portland, Cumberland
Portland, Cumberland
Saco, York
Portland, Cumberland
Augusta, Kennebec
Strong, Franklin
Effingham (NH), Carroll
Lewiston, Androscoggin
Steuben, Washington
Steuben, Washington
Sebago, Cumberland
Fort Kent, Aroostook
Augusta, Kennebec
multiple locations

Peck, Robert
Phelps, Roger
Ramu, Philip
Rockett, Daryne
Russell, Margaret
Scott, Ron
Selwood, Glenn
Stanley, Molly
Tennant, Mary
Tibbetts, John
Tri-County Mental Health Services
Wilford-McManus, Lora

Portland, Cumberland
Fairfield, Somerset
Wilton, Franklin
Bangor, Penobscot
Portland, Cumberland
Springvale, York
Portland, Cumberland
South Portland, Cumberland
Bath, Penobscot
Waterville, Kennebec
multiple locations
Skowhegan, Somerset

Trauma-related Stress

Provider

Carrier, Vincent
Cashman, Jean
Community Counseling Center
Decker, Margurite
Employment Specialists of Maine
Fitzgibbons, Lee
Fleet and Family Support Center
Gendron, Janie
Higgins, Tina
Hutcherson, Scott
Laban, Katrine
McLean, Kelly
Morse, Scott
Mulrenin, Kathleen
Peck, Robert
Phelps, Roger
Ramu, Philip
Russell, Margaret
Scott, Ron
Selwood, Glenn
Street, Gordon
Zerr, Tim
Zimmerman, Roger

City and County

Lewiston, Androscoggin
Caribou, Aroostook
Portland, Cumberland
Clinton, Kennebec
Augusta, Kennebec
Raymond, Cumberland
Kittery, York
Kittery, York
Lewiston, Androscoggin
Portland, Cumberland
Strong, Franklin
Springvale, York
South Portland, Cumberland
Fort Kent, Aroostook
Portland, Cumberland
Fairfield, Somerset
Wilton, Franklin
Portland, Cumberland
Springvale, York
Portland, Cumberland
Raymond, Cumberland
Springvale, York
Portland, Cumberland

Vocational Counseling

Provider

Algee, Alan
Aroostook Counseling and Evaluation Systems
Community Health and Counseling
Coville, Kimberly
Dumas, Ellen
Dunlap, Cathleen
Employment Specialists of Maine
Fleet and Family Support Center
Gendron, Janie
Koch, Anne
Lakeview Health Systems
Reardon, Kathleen
The Charlotte White Center

City and County

Bangor, Penobscot
Caribou, Aroostook
Bangor, Penobscot
Portland, Cumberland
Saco, York
Augusta, Kennebec
Augusta, Kennebec
Kittery, York
Kittery, York
Portland, Cumberland
Effingham (NH), Carroll
Augusta, Kennebec
multiple locations