

# Tobacco Treatment Services Guide

## Services Listed by County

The Partnership For A Tobacco-Free Maine (PTM), Maine Department of Health and Human Services, Maine Center For Disease Control and Prevention, has made every effort to provide thorough and accurate information in this Tobacco Treatment Services Guide. **The programs listed below are for information purposes only, and are not meant to be an endorsement of their services by PTM, nor by PTM's Treatment Services Contractor, the Center For Tobacco Independence (CTI).** If a treatment program has been omitted or services listed have changed, please contact the PTM at 287-4627 or CTI at 662-7154, so that we may update this guide. This guide will be updated twice yearly, in the winter and summer.

## ANDROSCOGGIN

### Auburn

<b>St. Mary's Regional Medical Center</b> <b>Sisters of Charity Health System</b> Prevention & Wellness Smoking Cessation 15 Gracelawn Road, Suite 101 Auburn, ME 04210				
			Contact	Maria Pete
			Telephone	777-8771
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$500.00	1x per week	7	5 consecutive week and 2 follow-ups=7 total
Individual	\$45.00-one session \$75.00-three sessions	Ongoing	1 or 3	Call for Details

<b>WORKMED</b> 15 Gracelawn Road, Suite 101 Auburn, ME 04210				
			Contact	WORKMED
			Telephone	777-8771
Program Type	Cost	Frequency	# of Sessions	Duration
Worksite Outreach- Employers only	Call for Details	Ongoing	10	10 weeks

<b>Tobacco Support Group</b> <b>St. Mary's Auburn Campus</b> The Diabetes Room 15 Gracelawn Road Auburn, ME 04240 (behind the Auburn mall) <a href="http://Healthyandroscoggin.org/tobacco-use">Healthyandroscoggin.org/tobacco-use</a>				
			Contact	Emily Dooling
			Telephone	795-2504
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Weekly	Ongoing	Thursdays 6-7

### Lewiston

**Healthy Androscoggin**

Quit &amp; Win-tobacco cessation program

[healthyandroscoggin.org/tobacco-use/quit-and-win](http://healthyandroscoggin.org/tobacco-use/quit-and-win)300 Main Street  
Lewiston, ME 04240Contact Emily Dooling  
Telephone 795-2504

Program Type	Cost	Frequency	# of Sessions	Duration
Quit & Win	Free	Yearly	Conducted through mail and email	Jan-March-celebration at end of program

**Tobacco Support Group****St. Mary's Auburn Campus**The Diabetes Room  
15 Gracelawn Road  
Auburn, ME 04240 (behind the Auburn mall)  
[Healthyandroscoggin.org/tobacco-use](http://Healthyandroscoggin.org/tobacco-use)Contact Emily Dooling  
Telephone 795-2504

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Weekly	Ongoing	Thursdays 6-7

**AROOSTOOK****Presque Isle**Occupational Health and Wellness Services  
146 Academy Street, Suite 3  
Presque Isle, ME 04769Contact Darcy Kinney  
Telephone 768-4043  
Fax 768-3022

Program Type	Cost	Frequency	# of Sessions	Duration
Group				Call for Details
Individual				

**Aroostook County Action Program (ACAP)**Healthy Aroostook  
P.O. Box 1116, 771 Main Street  
Presque Isle, ME 04769Contact Carol Bell  
Telephone 768-3056 x 629  
Fax 768-3022

Program Type	Cost	Frequency	# of Sessions	Duration
Self-Help				Free Resources-Call for Details

**CUMBERLAND**

## Brunswick

<b>Mid Coast Hospital</b>				
Healthline 123 Medical Center Drive Brunswick, ME 04011			Contact Telephone Fax	Marla Davis 373-6585 373-6588
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$38	1-2x per year	4	Call for info
Individual	\$38	Ongoing	1 +	1+
Worksite	\$500	As requested	4	2+

<b>Martin's Point Health Care</b>				
Help for Smokers Cook's Corner Brunswick, ME Groups Portsmouth-for more info call 1-800-260-6681			Contact Telephone	Barbara Groth 1-800-260-6681
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Ongoing		Wednesday 3:30-4:30

## Portland

<b>Martin's Point Health Care</b>				
Help for Smokers Health Education Center 331 Veranda Street Portland, ME Groups also available in Portsmouth, NH-for more info call 1-800-260-6681 ask for Wendy Drew.			Contact Telephone Fax	Leigh Kirchner 1-800-260-6681 791-3823
Program Type	Cost	Frequency	# of Sessions	Duration
Group - Support Group	Free	Mondays-5pm	On-going	1 hour

<b>Zito Consulting Services</b>				
225 Commerical Street, Suite 202 Portland, Maine 04101			Contact Phone	Raymond Zito 773-6777
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	\$100.00	Ongoing	8	50 minutes
Group	\$50.00 per session	6 week intervals	6	90 minutes

<b>Univ. of Southern Maine</b>				
Healthy USM Employee Wellness Program			Contact	Suzanne Roy
96 Falmouth Street			Telephone	228-8151
Portland, ME 04104			Fax	228-8447
Program Type	Cost	Frequency	# of Sessions	Duration
Group	NOT OFFERED AT THIS TIME			
Individual	NA	Counseling	Ongoing	
Worksite Outreach	NA	Resource materials & referrals to CTI	Ongoing	

<b>Center for Tobacco Independence</b>				
The Tobacco Treatment Center			Contact	Linda Craig
110 Free Street, 2 <sup>nd</sup> Floor			Telephone	662-7150
Portland, ME 04102				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	NA	Individualized	Individualized	Individualized

## HANCOCK

### Bar Harbor

<b>MDI Hospital</b>				
Wellness Program			Contact	Kathy Mulligan
10 Wayman Lane			Telephone	288-5082 x 1624
Bar Harbor, ME 04609				
Program Type	Cost	Frequency	# of Sessions	Duration
Group			Call for Details	
Individual			Call for Details	
Worksite Outreach			Call for Details	

### Blue Hill

<b>Healthy Peninsula Project</b>				
P.O. Box 945			Contact	Sally Christ and Kenny Miller
49 Main Street, Unit 7			Telephone	374-3257 and 479-2663
Blue Hill, ME 04614			Fax	374-5175
Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call for Details	
Self-Help	Free	N/A	N/A	N/A
Worksite Outreach			Call For Details	

## Bucksport

### Bucksport Bay Healthy Communities Coalition

PO Box Drawer X  
66 Bridge Street  
Bucksport, ME 04416

Contact Mary Jane Bush  
Telephone 469-6682  
Fax 469-7369

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Worksite	Call for Details			

## Ellsworth

### Health Peninsula

PO Box 648  
18 Avery Lane  
Ellsworth, ME 04605

Contact Kenney Miller  
Telephone 479-2663  
Fax 667-5396

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Worksite	Call for Details			
Outreach	Call for Details			

## KENNEBEC

### Augusta

#### Maine General Health

Tobacco Cessation Services  
6 E. Chestnut Street  
Augusta, ME 04330

Contact Wendie Lagasse  
Telephone 621-3741

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Call for Details	
Worksite	Call for Details			
Outreach	Call for Details			

#### VA Medical Center

Smoking Cessation Program  
1 VA Medical Center  
Augusta, ME 04330

Contact Kathy Reigle  
Telephone 623-8411 ext. 4595

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	Ongoing	6	6 weeks
<b>NOTE: Veterans and significant others or support person only. Also available to VA Employees.</b>				

## Waterville

<b>MaineGeneral Health Tobacco Cessation Services</b> 30 Chase Ave. Waterville, ME 04901			Contact Wendie Lagasse Telephone 861-5275	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Call for Details	
Worksite Outreach	Call for Details			

**\*MaineGeneral is also providing the following services in Kennebec County:**

Readiness Training: A free service designed for tobacco users and their support systems, offering information to assist in preparing for the quitting process.

These trainings are presented in small or large groups in worksites and other various settings. They can usually be conveniently conducted at any location.

Telephonic support: A telephone based service people use to get information, resources and support to assist in overcoming tobacco dependence. Please call with any questions. This service is also provided to all MGMC inpatients that request information and support after they are discharged from the hospital and return home.

Person to Person support: Free quit tobacco support offered in Augusta & Waterville. Individuals receive help creating a tobacco quit plan, access to educational tools to help with quitting, strategies for managing stress, triggers and relapse prevention with ongoing support from a MaineGeneral Health Educator.

Print resources: MaineGeneral has a large variety of tobacco cessation resources that are free to the community and employers to assist individuals in overcoming tobacco dependence.

Policy and Environmental Change Consultation: A service for employers and organizations who are interested in supporting a tobacco free culture, environment, and other strategies that support tobacco cessation with populations they serve. This service is free.

## Knox

### Rockport

<b>Provided by Penobscot Bay Medical Center—a division of Pen Bay Healthcare</b> <b>Sponsored by Knox County Community Health Coalition—A Local Healthy Maine Partnership</b> Knox County Health Clinic <span style="float: right;">Contact Education Dept.</span> Bok Medical Art Building, 22 White Street <span style="float: right;">Phone: 594-6973</span> Rockland, ME 04841				
Program Type	Cost	Frequency	# of Sessions	Duration
Group	There is no cost for this program.	Please call for Details	4	1 ½ hours

## LINCOLN

### Boothbay Harbor

<b>St. Andrews Hospital/Lincoln County Healthcare</b> Call Lincoln County Healthcare's <span style="float: right;">Contact: Cathy Cole</span> Education and Community Outreach Dept. <span style="float: right;">Phone: 563-4830</span> 66 Chapman St., Damariscotta, ME 04543				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By appointment	4-6	½ hr
Self-Help	NA			
Worksite Outreach	Small Fee	By appointment	4-6	1 hr

### Damariscotta

<b>Miles Memorial Hospital/Lincoln County Healthcare</b> Education and Community Outreach <span style="float: right;">Contact: Cathy Cole</span> 66 Chapman St. <span style="float: right;">Phone 563-4830</span> Damariscotta, ME 04543 <span style="float: right;">Fax 563-2344</span>				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By appointment	4-6	½ hr
Self-Help	NA			
Worksite Outreach	Small Fee	By appointment	4-6	1 hr

## Newcastle

<b>Healthy Lincoln County</b> 597 US Route 1 Newcastle, ME 04553		Contact Rebecca Morin or Dave Cross Telephone 563-6123 Fax 563-7173		
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	Call for Details		
Group	Call for Details			

## OXFORD

### Oxford County

<b>Healthy Oxford Hills</b> Cessation Support Group 165 Main Street Norway, ME 04268		Contact Chris Davis Telephone 739-0352 Fax 739-2040		
Program Type	Cost	Frequency	# of Sessions	Duration
Group Support	Free	Wednesdays	As needed	Ongoing 4:30-5:30
Individual	Free	Call for Details		
Self-Help	Free	Call for class schedule	As Needed	

## PENOBSCOT

### Bangor

<b>Private Practice</b> 263 State Street, Suite 3 Bangor, ME 04401 tayloratgreen@peoplepc.com		Contact Leeanne Taylor, MS, LADC, CCH Telephone 949-4959		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Call for Details			
Nicotine Support Group	Call for Details			
Individual	\$75.00 (sliding fee)	1 to 2x per week	As needed	1 hour

<b>Wellness Service</b>				
Eastern Maine Medical Center PO Box 404 489 State Street Bangor, ME 04401			Contact Telephone	Ida Dort 973-4600
Program Type	Cost	Frequency	# of Sessions	Duration
Group (Fresh Start)	Call for details	As requested	4	1 hr each
Individual	Free print materials	As requested	NA	NA

## Lincoln

<b>Penobscot Valley Hospital</b>				
S.P.R.I.N.T for Life P.O. Box 368 Transalpine Road Lincoln, ME 04457-0368			Contact Telephone Fax	Robin Carr-Slauenwhite 794-7242 794-6536
Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call for Details	
Self-Help			Call for Details	

<b>Health Access Network</b>				
175 West Broadway Lincoln, ME 04457			Contact: Phone:	Angel Hafford or Patrick McFarlane 794-6700
Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call for Details	
Self-Help			Call for Details	

## PISCATAQUIS

None offered at this time.

## SAGADAHOC

For services in this area, please refer to the city of Brunswick in Cumberland County.

## SOMERSET

### Pittsfield

<b>Sebasticook Valley Hospital</b>		Contact	Karen Hawkes or Sherry Tardy	
447 North Main Street		Telephone	487-4000	
Pittsfield, ME 04967		Fax	487-4591	
Program Type	Cost	Frequency	# of Sessions	Duration
Self-Help				Call for Details
Worksite Outreach				Call for Details
Quit and Win				Call for Details

### Skowhegan

<b>Redington Fairview General Hospital</b>		Contact	Jim Fortunato	
Free Tobacco Cessation Support Group		Telephone	858-2318	
P.O. Box 468, 46 Fairview Ave.				
Skowhegan, ME 04976				
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of each month	Ongoing	5:30pm-6:30pm
Individual				Call for Details
Worksite Outreach				Call for Details

## WALDO

### Belfast

<b>Healthy Waldo County</b>		Contact	Vyvyenne Ritchie	
Smoking Cessation		Phone:	930-6761	
P.O. Box 287, 119 Northport Avenue				
Belfast, ME 04915				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual				Call for Details
Self-Help				Call for Details
Group				Call for Details
Worksite				Call for Details

<b>NIC'OUT Time</b>				
P.O. Box 284 Belfast, ME 04915 <a href="mailto:partnersforchange@bluestreakme.com">partnersforchange@bluestreakme.com</a>		Contact: Dr. Rebekka Freeman Telephone 338-6055 Fax 338-6038		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	If enough clients/interest. Individualized per group needs. Cost \$55 - negotiate - Length 1 ½ hour			
Individual	\$90	Varies	Varies	1 hour
Self-Help	Refer to 12-Step Meetings of all types			

## WASHINGTON-None offered at this time

## YORK

### Biddeford

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

### Sanford

<b>Goodall Hospital</b>				
Quit for Good 25 June Street Sanford, ME 04073		Contact Connie Roux Telephone 490-7704 ext. 311 Fax 324-9524		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Monthly	4	8 hours total
Individual	Free	By request		varies
Self-Help	Call for Details			
Worksite Outreach	Varies	By request	Varies	8 hours total

## York

<b>York Hospital</b> The Freedom Clinic 127 Long Sands Road York, ME 03909		Contact Nadine Wheeler Telephone 351-3402 Fax 363-9864		
Program Type	Cost	Frequency	# of Sessions	Duration
Group				Call for Details

## SERVING ALL 16 COUNTIES

<b>Maine Tobacco HelpLine</b>			Telephone 1-800-207-1230	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual Telephonic Counseling	Free	Ongoing	3	Flexible

### Maine Certified Tobacco Treatment Specialists (TTS-C)

**\*\*Indicates availability to be contacted regarding facilitating groups.**

<b>Cherry Baker, MSN, FNP-C, TTS-C</b> University of New England Petts Health Center 11 Hills Beach Road Biddeford, Maine 04005 207-602-2787 Cbaker2@une.edu	<b>Howland Bickerstaff, LCPC, LADC, CCS, TTS-C</b> Therapist II Recovery Center at Mercy Westbrook 40 Park Road Westbrook, ME 04092 207-857-8037 bickerstaffh@mercyme.com
<b>Howland Bickerstaff, LCPC, LADC, CCS, TTS-C</b> Private Practice, c/o Danzig Counseling Services 936 Roosevelt Trail Windham, ME 04062 207-831-3328 <a href="mailto:howlwoof@maine.rr.com">howlwoof@maine.rr.com</a>	<b>**Deborah Brown, RN, TTS-C</b> Cardiopulmonary Wellness Center Southern Maine Medical Center 1 Medical Center Drive Biddeford, Maine 04005 207-283-7908 Nid.djb@smmc.org
<b>Mary Cannon, TTS-C</b> Portland, Maine	<b>Rachel Charette, TTS-C</b> <a href="mailto:Rcharette01@roadrunner.com">Rcharette01@roadrunner.com</a>
<b>Marla Davis, RN, MSN, TTS-C</b>	<b>John Foley, LSW, LADC, TTS-C</b>

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

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