

Tobacco Treatment Services Guide

Services Listed by County

The Maine Center For Disease Control and Prevention, Department of Health and Human Services, 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 CDC, DHHS, nor by CDC, DHHS's Treatment Services Contractor, the MaineHealth Center For Tobacco Independence (CTI).** If a treatment program has been omitted or services listed have changed, please contact CTI at 662-7155, so that we may update this guide. This guide will be updated regularly.

SERVING ALL 16 COUNTIES

Maine Tobacco HelpLine			Telephone:	1-800-207-1230
Program Type	Cost	Frequency	# of Sessions	Duration
Individual Telephonic Counseling	Free	flexible	4	Flexible

Note: Participants are eligible to re-enroll again 6 months from previous registration.

Dept of Veterans Affairs/CBOC Smoking Cessation Program			Contact: Catherine Burgess	
Call Catherine for location			Telephone: 623-8411 ext. 4595	
Program Type	Cost	Frequency	# of Sessions	Duration
Support Group	Free	Mondays 9:30am - 11:00am	ongoing	ongoing
FOR VETERANS & THEIR SIGNIFICANT OTHER ONLY				
Also offers telehealth to some VA CBOC's - Call Catherine for more details				

ANDROSCOGGIN

Auburn

Prevention & Wellness

Smoking Cessation

96 Campus Ave.

1st Floor

Lewiston, ME 04240

Contact: Maria Pete

Telephone: 777-8898

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 - 1 session \$125.00-3 sessions	Ongoing	1 or 3	Call for Details

Lewiston

Tobacco Support Group

St. Mary's Hospital

Lobby Conference Room

93 Campus Ave.

Lewiston, ME 04240

Contact: Emily Dooling

Telephone: 795-5990

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Weekly	Ongoing on Thursday's	6:00 pm - 7:00 pm

Lewiston

Healthy Androscoggin & Dempsey Center

FreshStart

29 Lowell Street - 5th floor

Lewiston, ME 04240

Contact: Healthy Androscoggin

Phone: 795-5990

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	3 programs per year: please contact for dates	5	Call Healthy Androscoggin for more information at 795-5990

AROOSTOOK

None offered at this time.

CUMBERLAND

None offered at this time.

FRANKLIN

Farmington

**Healthy Community Coalition
of Greater Franklin County**
105 Mt. Blue Circle Suite 1
Farmington, ME 04938

Contact: Janis Walker
Telephone: 779-2750
Fax: 778-5797

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Monthly	unlimited	1 hour
Individual	Free	As needed	unlimited	As needed
Worksite Outreach	Free	As needed	unlimited	As needed

HANCOCK

Bar Harbor

**MDI Hospital
Wellness Program**
10 Wayman Lane
Bar Harbor, ME 04609

Contact: Kathy Mulligan
Telephone: 801-5034

Program Type	Cost	Frequency	# of Sessions	Duration
Group			Group and Individual are free	
Individual				
Worksite Outreach			Worksite outreach should call for details.	

HANCOCK (continued)

Ellsworth

Healthy Acadia Substance Prevention & Education 140 State Street Ellsworth, ME 04605			Contact: Tara Young Telephone: 667-7171	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Variable	8	2 hours
Worksite	Variable	Variable	Variable	variable
Outreach				

KENNEBEC

Augusta

MaineGeneral Health Tobacco Cessation Services Alfond Center for Health 35 Medical Center Way Augusta, ME 04330			Contact: Prevention & Healthy Living Telephone: 872-4102	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Call for Details	
Worksite				
Outreach			Call for Details	

KENNEBEC (Continued)

Waterville

MaineGeneral Health Tobacco Cessation Services Thayer Center for Health 149 North Street Waterville, ME 04901			Contact: Prevention & Healthy Living Telephone: 872-4102	
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	Call for Details	Call for Details	
Worksite Outreach			Call for Details	

Note: MaineGeneral Health also provides free person to person tobacco quit support in Augusta & Waterville for all tobacco users and their support systems. Call for additional information and resources on tobacco dependence and tobacco treatment.

KNOX

Rockport

Pen Bay Medical Center Journey to Health Program Take Charge: Be Tobacco Free 756 Commercial Street Rockport, ME 04856			Contact: Journey to Health Phone: 921-3950	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$20	varies	5	90 minutes
Call for details or check website for upcoming classes Website: https://www.penbayhealthcare.org/events/				

LINCOLN

Damariscotta

LincolnHealth
Education Center
66 Chapman Street
Damariscotta, ME 04543

Contact: Education & Community Health
Phone: 563-4540

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	No charge	By appointment		
Worksite Outreach	No charge	By appointment	4	40 minutes

OXFORD

None offered at this time.

PENOBSCOT

Bangor

Priscilla Goss, LCSW, LADC, CCS
275 Union Street
Bangor, ME 04401

Contact: Priscilla Goss
Phone: 991-0838

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	\$75 Insurance accepted	1 - 2 times a week	As needed	1 hour

PISCATAQUIS

None offered at this time.

SAGadahoc

None offered at this time.

SOMERSET

Skowhegan

Redington Fairview General Hospital
46 Fairview Ave.
Skowhegan, ME 04976

Contact: Jim Fortunato
Phone: 858-2318

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	1 st and 3 rd Thursday of each month	Ongoing	5:30pm-6:30pm
Individual	Free - Call for Details			
Worksite	Call for Details			
Outreach				

WALDO

None offered at this time.

WASHINGTON

None offered at this time.

YORK

None offered at this time.

Maine Certified Tobacco Treatment Specialists (TTS-C)

**Indicates Specialist may be available to facilitate a group.

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