

Tobacco Treatment Services Guide

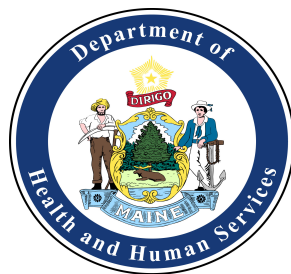
Services Listed by County

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 Maine CDC/DHHS, nor by their Treatment Services Contractor, the MaineHealth Center for Tobacco Independence (CTI).

Do you know of a program that should be included on our list?
Please send all information and inquires to:

tobaccotrng@mainehealth.org



MaineHealth
Center for Tobacco
Independence

For more information please visit www.ctimaine.org

Serving All 16 Counties

Maine QuitLink

Phone: 1-800-QUIT-NOW (1-800-784-8669)

Online Enrollment Services: MaineQuitLink.com

Program Type	Cost	Frequency	# of sessions	Duration
Multi-Call Phone Coaching	Free	Flexible	4	Flexible
Web Coaching	Free	Flexible	Flexible	Flexible
Individual Services	Free	Flexible	Flexible	Flexible
Intensive Behavioral Health Program	Free	Flexible	7	Flexible

**Participants are eligible to re-enroll again 6 months from previous enrollment*

Serving All 16 Counties

Dept. of Veterans Affairs/CBOC Smoking Cessation Program Call Catherine for location			Contact: Catherine Burgess Phone: 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

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

Lewiston

Prevention & Wellness Smoking Cessation 96 Campus Ave. 1 st Floor Lewiston, ME 04240			Contact: Maria Pete Phone: 777-8898	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$500.00	1x per week	7	5 Consecutive Weeks + 2 Follow Up Appointments
Individual	\$45.00 – 1 session \$125.00- 3 sessions	Ongoing	1 or 3	Call for Details

Tobacco Support Group St. Mary's Hospital Lobby Conference Room 93 Campus Ave. Lewiston, ME 04240			Contact: Healthy Androscoggin Phone: 795-5990	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Weekly	Every Thursday	6:00pm – 7:00pm Call Healthy Androscoggin for more information at 795-5990

Aroostook

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

Fort Kent

Beat the Pack Tobacco Cessation Program Northern Maine Medical Center 194 East Main Street Fort Kent, Maine 04743			Contact: Rebecca Michaud, RN Phone: 834- 1934	
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	4 week group	4	12:00pm – 1:00pm Call details and to register

Cumberland

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

No face to face options offered at this time

Franklin

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

Farmington

Healthy Community Coalition of Greater Franklin County 105 Mt. Blue Circle Suite 1 Farmington, ME 04938			Contact: Janis Walker Phone: 779-2750	
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

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

Bar Harbor

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

Contact: Mary Parham
Phone: 801-5034

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

Ellsworth

**Healthy Acadia
Substance Prevention & Education**
140 State Street
Ellsworth, ME 04605

Contact: Tara Young
Phone: 667-7171

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Variable	8	2 hours
Worksite Outreach	Variable	Variable	Variable	Variable

Kennebec

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

Augusta

**MaineGeneral Health
Tobacco Cessation Services
Alfond Center for Health**
35 Medical Center Way
Augusta, ME 04330

Contact: Prevention & Healthy Living
Phone: 872-4102

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

Kennebec Cont.

Waterville

**MaineGeneral Health
Tobacco Cessation Services
Thayer Center for Health**
149 North Street
Waterville, ME 04901

Contact: Prevention & Healthy Living
Phone: 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 peer-to-peer 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

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

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

Lincoln

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

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

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

No face to face options offered at this time

Penobscot

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

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 – 2x Weekly	As needed	1 hour

Piscataquis

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

No face to face options offered at this time

Sagadahoc

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

No face to face options offered at this time

Somerset

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

No face to face options offered at this time

Waldo

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

Cathy Sousa, RN Home Visits		Contact: Cathy Sousa, RN Phone: 323- 1205		
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	As Needed	As Needed	Call for more information

Washington

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

No face to face options offered at this time

York

Maine QuitLink
Phone: 1-800-QUIT-NOW (1-800-784-8669)
Online Enrollment Services: MaineQuitLink.com

No face to face options offered at this time

National Resources

General

- [Smokefree.gov](https://smokefree.gov)
This website has information and quit resources for specific audiences including teens, veterans, women, and older adults.
- [Becomeanex.org](https://becomeanex.org)
This website offers online support, quit guidance and access to resources to help folks make a successful quit attempt.
- <https://nicotine-anonymous.org>
Offers online support, phone check-ins and in-person meetings.

For Veterans

- 1-855-QUIT-VET

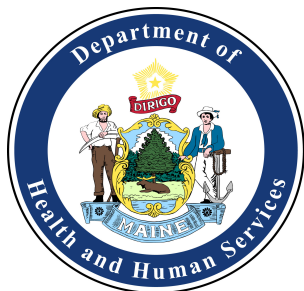
Teen Resources

- <https://www.teen.smokefree.gov>
This website has specific information and quit resources aimed at teen tobacco treatment.
- This Is Quitting App - The Truth Initiative
<https://www.thetruth.com/articles/hot-topic/quit-vaping>

The Truth Initiative supports innovative and free text message programs, and tailors content by age group to give teens and young adults appropriate recommendations about quitting.

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Brought to you by:



MaineHealth
Center for Tobacco
Independence

For more information please visit www.ctimaine.org