

# Tobacco Treatment Services Guide

## Services Listed by County

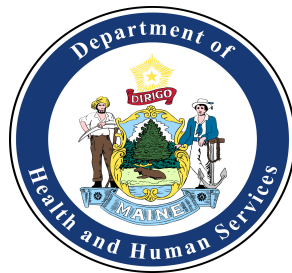
The Maine Center for Disease Control and Prevention, Department of Health and Human Services, has made every effort to provide thorough and accurate information in this Tobacco Treatment Services Guide.

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](mailto:tobaccotrng@mainehealth.org)**

*Due to the COVID-19 pandemic, please note that many of the below groups have moved to a virtual platform or conference line.*



MaineHealth  
**Center for Tobacco  
Independence**

For more information please visit [www.ctimaine.org](http://www.ctimaine.org)

## Serving All 16 Counties

### Maine QuitLink

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

Online Enrollment Services: [MaineQuitLink.com](http://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*

*\*\* Free Nicotine Replacement Therapy (NRT) is available to eligible participants*

Updated: September 2020

## Serving All 16 Counties

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

## Androscoggin

**Maine QuitLink**  
**Phone:** 1-800-QUIT-NOW ( 1-800-784-8669)  
**Online Enrollment Services:** [MaineQuitLink.com](http://MaineQuitLink.com)

## Lewiston

<b>Tobacco Support Group</b> <i>Due to COVID-19, please call Healthy Androscoggin for location</i>			<b>Contact:</b> Healthy Androscoggin <b>Phone:</b> 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](http://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](http://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](http://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](http://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](http://MaineQuitLink.com)

### Damariscotta

**LincolnHealth**  
Education Center  
66 Chapman Street  
Damariscotta, ME 04543  
*Virtual Training Preferred*

**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](http://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](http://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](http://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](http://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](http://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](http://MaineQuitLink.com)

<b>Cathy Sousa, RN</b> Home Visits		<b>Contact:</b> Cathy Sousa, RN <b>Phone:</b> 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](http://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](http://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](https://1-855-QUIT-VET)

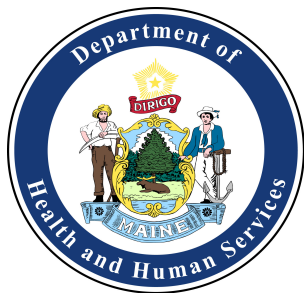
### Teen Resources

- <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.

Updated: September 2020

Brought to you by:



MaineHealth  
Center for Tobacco  
Independence

For more information please visit [www.ctimaine.org](http://www.ctimaine.org)