

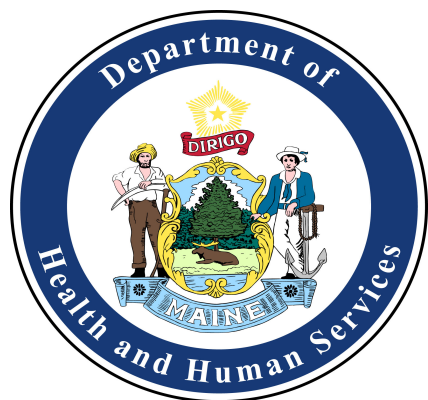
Tobacco Treatment Services Guide

Fall 2021

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

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: ctimaine.org

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

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

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

Department of Veterans Affairs/ CBOC Smoking Cessation Program

Contact: Catherine Burgess

Phone: 207-623-8411 ext. 4595

Call Catherine for Location

Program Type	Cost	Frequency	# of Sessions	Duration
Support Group via Conference Call	Free	Monday's 9:30AM- 11:00am	Ongoing	Ongoing

For Veterans & Their Significant Others Only

Also offers telehealth to some VA CBOC's - Call Catherine for more details

Androscoggin County

Fall 2021

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Online Enrollment Services: MaineQuitLink.com

Lewiston - Healthy Androscoggin

Tobacco Support Group

Contact: Corrie Brown at Healthy Androscoggin

Phone: 207-330-7756

Email: brownco@cmhc.org

Due to COVID-19, please call Healthy Androscoggin for Location

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Weekly	Every Thursday	6:00pm - 7:00pm

Aroostook County

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No Face to Face Options Offered At This Time

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Franklin County

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Bar Harbor - MDI Hospital Wellness Program

Contact: Mary Parham

Phone: 207-801-5034

Email: mary.parham@mdihospital.org

Address: 10 Wayman Lane, Bar Harbor, ME 04609

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free			Reach out for additional details
Individual	Free			Reach out for additional details
Worksite Outreach				Reach out for additional details

Ellsworth - Healthy Acadia Substance Prevention & Education

Contact: Tara Young

Phone: 207-667-7171

Email: tara@healthyacadia.org

Address: 140 State Street, Ellsworth, ME 04605

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

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Online Enrollment Services: MaineQuitLink.com

Augusta - MaineGeneral Health Alfond Center for Health Tobacco Cessation Services

Contact: Jasmine Waite

Phone: 207-872-4102

Email: jasmine.waite@mainegeneral.org

Address: 35 Medical Center Way, Augusta, ME 04330

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Reach out for additional details	
Worksite Outreach			Reach out for additional details	

Waterville - MaineGeneral Health Thayer Center for Health Tobacco Cessation Services

Contact: Jasmine Waite

Phone: 207-872-4102

Email: jasmine.waite@mainegeneral.org

Address: 149 North Street, Waterville, ME 04901

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Reach out for additional details	
Worksite Outreach			Reach out for additional details	

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Online Enrollment Services: MaineQuitLink.com

Rockport - Pen Bay Medical Center Journey to Health Program Take Charge: Be Tobacco Free

Contact: Keelia M. Liptak-Jay

Phone: 207-301-3950

Email: kliptakjay@pbmc.org

Address: 756 Commercial Street, Rockport, ME 04856

Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$20	Variable	5	90 Minutes

Lincoln County

Maine QuitLink

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

Online Enrollment Services: MaineQuitLink.com

Damariscotta - LincolnHealth Education Center

Contact: Gabby Tilton

Phone: 207-563-4540

Email: gabriel.tilton@lchcare.org

Address: 66 Chapman Street, Damariscotta, ME 04543

Virtual Training Preferred

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By Appointment	Reach out for additional details	
Worksite Outreach	Free	By Appointment	4	40 Minutes

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No Face to Face Options Offered At This Time

Penobscot County

Maine QuitLink

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

Online Enrollment Services: MaineQuitLink.com

Bangor - Priscilla Goss, LCSW, LADC, CCS

Contact: Priscilla Goss, LCSW, LADC, CCS

Phone: 207-991-0838

Address: 275 Union Street, Bangor, ME 04401

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	\$75 Insurance Accepted	1-2 x Weekly	As Needed	60 Minutes

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Sagadahoc County

Maine QuitLink

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Somerset County

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Washington County

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No Face to Face Options Offered At This Time

York County

Maine QuitLink

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