

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

St. Mary's Regional Medical Center Sisters of Charity Health System 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

WORKMED 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

Lewiston

Healthy Androscoggin Quit & Win Free Tobacco Support group 300 Main Street Lewiston, ME 04240				
			Contact	Sarah Mayberry
			Telephone	795-5990
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Yearly	Ongoing	Thurs 6-7

AROOSTOOK

Caribou

Cary Medical Center Fresh Start: Smoking Cessation 163 Van Buren Road, Suite 1 Caribou, ME 04736					Contact Val Theriault Telephone 498-1616 or 1327 Fax 498-6399				
Program Type	Cost	Frequency	# of Sessions	Duration					
Group	When Requested - Call for Details								
Individual	\$10	Weekly	4-6	4-6 weeks					

Fort Kent & Madawaska

St. John Valley Fresh Start Program 194 East Main Street Fort Kent, ME 04743					Contact Sandy Pelletier Telephone 834-1934				
Program Type	Cost	Frequency	# of Sessions	Duration					
Group	Free	Monthly	4	1 hour					
Individual	Free	Monthly	4	1 hour					
Worksite Outreach	Call for Details								

Houlton

Houlton Regional Hospital Healthy Aroostook 20 Hartford Street Houlton, ME 04730					Contact Tracy Tweedie Telephone 532-0908 Fax 532-4755				
Program Type	Cost	Frequency	# of Sessions	Duration					
Group	Free	When necessary	8	7 weeks					
Individual	Free	Call for Details							

Presque Isle

Aroostook Medical Center Freedom from Smoking P.O. Box 151, Academy Street Presque Isle, ME 04769					Contact Darcy Kinney Telephone 768-4081 Fax 768-4085				
Program Type	Cost	Frequency	# of Sessions	Duration					
Group	Free	3 times year	8	8 weeks					
Individual	Call for Details								
Self-Help	Free	N/A	N/A	N/A					

Presque Isle

Aroostook County Action Program (ACAP)

Healthy Aroostook

P.O. Box 1116, 771 Main Street

Presque Isle, ME 04769

Contact

Carol Bell

Telephone

768-3056 x 629

Fax

768-3021

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

CUMBERLAND

Brunswick

Mid Coast Hospital

Healthline

123 Medical Center Drive

Brunswick, ME 04011

Contact

Marla Davis

Telephone

373-6585

Fax

373-6588

Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$38	1-2x per year		Call for info
Individual	\$38	Ongoing	1+	1+
Worksite	\$500	As requested	4	2+

Martin's Point Health Care

Fresh Start

Cook's Corner

Brunswick, ME

Groups Portsmouth—for more info call 1-800-260-6681

Contact

Barbara Groth

Telephone

1-800-260-6681

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Quarterly		Wednesday 12-1
Worksite Outreach	Call Bob Farnham for Details - 253-6330			

Parkview Hospital

Breathe Free

329 Main Street

Brunswick, ME 04011

Sheryl McWilliams

Contact

Wellness Dept.

Telephone

373-2216

Fax

373-2209

Program Type	Cost	Frequency	# of Sessions	Duration
Group	Call for Details	Quarterly	9	1 Month
Individual		Ongoing		
Worksite Outreach		Ongoing		

Portland

Martin's Point Health Care

Help for Smokers
Health Education Center
331 Veranda Street
Portland, ME

Contact Leigh Kirchner
Telephone 1-800-260-6681
Fax 791-3823

Groups also available in Portsmouth, NH-for more info call 1-800-260-6681 ask for Wendy Drew.

Program Type	Cost	Frequency	# of Sessions	Duration
Group - Support Group	Free	Mondays-5pm	On-going	1 hour
Worksite Outreach	Call Bob Farnham for Details - 253-6330			

Univ. of Southern Maine

Healthy USM Employee Wellness Program
96 Falmouth Street
Portland, ME 04104

Contact Suzanne Roy
Telephone 228-8151
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	

Center for Tobacco Independence

Tobacco Treatment Program
315 Park Ave, 1st Floor
Portland, ME 04102

Contact Linda Craig
Telephone 662-7150

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	NA	Individualized	Individualized	Individualized

South Portland

Day One (YOUTH)

Outpatient
525 Main Street
South Portland, ME 04106

Contact Amy Stevenson or Don Burke
Telephone 874-1045
Fax 842-3627

Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Arranged with individual treatment plan			

FRANKLIN

All of Franklin County

Healthy Community Coalition 105 Mt. Blue Circle, Suite 1 Farmington, ME 04294			Contact Telephone	Nate Morse, TTS-C 779-3136
Program Type	Cost	Frequency	# of Sessions	Duration
Group				Call for Details
Individual				Call for Details
Self-Help				Call for Details
Worksite Outreach				Call for Details

HANCOCK

Bar Harbor

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

Blue Hill

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

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

Union River Healthy Communities

52 Christian Ridge Road
194 Main Street
Ellsworth, ME 04605

Contact Kenneth Miller
Telephone 667-5352
Fax 667-5396

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

Gouldsboro

Eleanor Widener Dixon Memorial Clinic

Gouldsboro Clinic

Smoking Cessation Services
37 Clinic Road
Gouldsboro, ME 04607

Contact Marie Langlois
Telephone 963-4066
Fax 963-7723

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

Southwest Harbor

Acadia Family Center

1 Fernald Point Road
Southwest Harbor, ME 04679

Contact Dee Clark, LCPC, LADC
Telephone 244-4012
Fax 244-4013

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

KENNEBEC

Augusta

Maine General Health Tobacco Cessation Services Augusta, ME 04330		Contact Wendie Lagasse Telephone 621-3741		
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free		Call for Details	
Worksite Outreach	Call for Details			

Veterans Administration Hospital (Togus) Smoking Cessation Program 1 VA Center Togus, ME 04330		Contact Rose Benner, RN Telephone 623-8411 ext.5140 Fax 621-4734		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	Free	Ongoing	6	6 weeks
Individual only if necessary - Call for Details				
NOTE: Veterans and Significant others or Support Person Only				
VA Employees welcome				

Waterville

MaineGeneral Health Tobacco Cessation Services 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 smoking 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 smoke free culture, environment, and other strategies that support tobacco cessation with populations they serve. This service is free.

Knox

Rockport

Provided by Penobscot Bay Medical Center-a division of Pen Bay Healthcare	
Sponsored by Knox County Community Health Coalition-A Local Healthy Maine Partnership	
Knox County Health Clinic	Contact Education Dept.
Bok Medical Art Building, 22 White Street	Phone: 701-3393
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

St. Andrews Hospital	
Healthy Inspiration - Cardio Pulmonary Dept.	Contact Matt Campbell
6 St. Andrews Lane	Telephone 633-1928
Boothbay Harbor, ME 04538	Fax 633-1276

Program Type	Cost	Frequency	# of Sessions	Duration
Group	In the process of developing groups. Individuals may call Matt and he will direct them.			
Individual				
Self-Help				
Worksite Outreach				

Damariscotta

Lincoln County Healthcare		Contact Cathy Cole		
Health Education		Telephone 563-4466		
97 Bristol Road		Fax 563-4710		
Damariscotta, ME 04543				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	By appointment	4-6	½ hr
Self-Help			NA	
Worksite Outreach	Free	By appointment	4-6	1 hr

Newcastle

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

OXFORD

Mexico

First Light Counseling Services, Inc.		Contact Judi Weeks or Jim Mello		
28 Congress Street		Telephone 364-7006 or 364-9059		
Rumford, ME 04276		Fax 364-7007		
		Email: firstlightcs@yahoo.com		
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$50/hr	Weekly	unlimited	1 1/2hrs
Individual	\$100.00/hr	Daily	unlimited	1 to 2hrs
Worksite Outreach		Call for Details		

Porter

Sacopee Valley Health Center				Contact	Donna Burke
Smoking Cessation Services				Telephone	625-8126
P.O. Box 777				Fax	625-7820
Parsonsfield, ME 04047					
Program Type	Cost	Frequency	# of Sessions	Duration	
Group	\$50.00 (2 Smokers/ 1 Family \$75)	On going	5	5 weeks	
Individual	\$28	As needed	Flexible	Flexible	

Rumford

Smoking Cessation Group				Contact	Carol Emery
P.O. Box 86				Telephone	364-7408
94 River Street				Fax	same as phone
Rumford, ME 04276					
Program Type	Cost	Frequency	# of Sessions	Duration	
Group/Individual				Call for Details	
Worksite Outreach				Call for Details	

Norway

Healthy Oxford Hills				Contact	Chris Davis
Cessation Support Group				Telephone	739-0352
165 Main Street				Fax	743-1566
Norway, ME 04268					
Program Type	Cost	Frequency	# of Sessions	Duration	
Group-Fresh Start	Free	Call for class schedule	As needed		
Individual	Free	Call for Details			
Self-Help	Free	Call for class schedule	As Needed		

PENOBSCOT

Bangor

Eastern Maine Medical Center				
Community Wellness Service Cianchette Bldg. 43 Whiting Hill Rd Brewer, ME 04412-1006			Contact Telephone Fax	Lynn DeGrenier 973-7242 973-5939
Program Type	Cost	Frequency	# of Sessions	Duration
Group (Fresh Start)			4	1 hr each
Individual	Free	As Needed		

Bangor

Private Practice				
263 State Street, Suite 3 Bangor, ME 04401 tayloratgreen@peoplepc.com			Contact Telephone	Leeanne Taylor, MS, LADC, CCH 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

Lincoln

Penobscot Valley Hospital				
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			

Health Access Network				
175 West Broadway Lincoln, ME 04457			Contact Phone:	Tracy Cousineau 794-6700
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Call for Details			
Self-Help	Call for Details			

Millinocket

Millinocket Regional Hospital				
Katahdin Area Partnerships 899 Central Street Millinocket, ME 04462			Contact Telephone Fax	Jane McGillicuddy 723-5288 723-7435
Program Type	Cost	Frequency	# of Sessions	Duration
Group				Call for Details
Individual				Call for Details

PISCATAQUIS

Dover-Foxcroft

Counseling Program				
Mayo Regional Hospital 69 High Street Dover-Foxcroft, ME 04426			Contact Telephone Fax	John Spieker 564-4567 564-4478
Program Type	Cost	Frequency	# of Sessions	Duration
Individual				Call For Details
Self-Help				Call for Details
Worksite				Call for Details

Greenville

Charles A. Dean Memorial Hospital				
Adult and Teen Cessation Services Fresh Start P.O. Box 1129 Greenville, ME 04441			Contact Telephone Fax	Nancy Pelletier 695-5236 695-2329
Program Type	Cost	Frequency	# of Sessions	Duration
Group				Call for Details
Individual				Call for Details
Self-Help				Call for Details

SAGADAHOC

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

SOMERSET

Pittsfield

Sebasticook Valley Hospital		Contact	Karen Hawkes	
447 North Main Street		Telephone	487-3890	
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

First Light Counseling Services		Contact		
Alcohol & Substance Abuse Counseling		Telephone	399-3286	
316 Water Street				
Skowhegan, ME 04976				
Program Type	Cost	Frequency	# of Sessions	Duration
Group				Call for Details
Individual				

Redington Fairview General Hospital		Contact	Jim Fortunato	
1:1 Program		Telephone	858-2318	
P.O. Box 468, Fairview Ave.		Fax	474-5121	
Skowhegan, ME 04976				
Program Type	Cost	Frequency	# of Sessions	Duration
Individual	Free	1 st and 3 rd Thursday of each month	Ongoing	5:30-6:30
Worksite Outreach				Call for Details

WALDO

Belfast

Healthy Waldo County

Smoking Cessatio

P.O. Box 287, 119 Northport Avenue

Belfast, ME 04915

Contact Barbara Crowley and Vyvyenne Ritchie

Telephone 930-6761

Fax 338-6207

Program Type	Cost	Frequency	# of Sessions	Duration
Individual			Call for Details	
Self-Help			Call for Details	
Group			Call for Details	
Worksite			Call for Details	

NIC'OUT Time

P.O. Box 284

Belfast, ME 04915

partnersforchange@wildblue.net

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	

Machias

Washington County One Community

PO Box 679

Machias, ME 04654

Contact Eleody Libby

Telephone 263-7691

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

WASHINGTON

Calais

Discovery House Washington County 12 Beech Street Calais, ME 04619					Contact Telephone Fax	Virginia Blake 454-1300 454-1332
Program Type	Cost	Frequency	# of Sessions	Duration		
Group	Included in treatment	3x per week	Ongoing	1 hour		
Individual	Included in treatment	Minimum of 1hr per month	Monthly	30min-1hr		

Milbridge

Smoking Cessation 1:1 Counseling Program 24 School Street Milbridge, ME 04658					Contact Telephone Fax	Sunshine Strout 546-7677 546-3680
Program Type	Cost	Frequency	# of Sessions	Duration		
Individual	Billed through hospital, physician referral needed	As many as needed	As many as needed	30-45 min.		

YORK

Biddeford

Southern Maine Medical Center Be Tobacco Free Cardiopulmonary Wellness Center 1 Medical Center Drive Biddeford, ME 04005					Contact: Telephone	Class Registration 283-7272
Program Type	Cost	Frequency	# of Sessions	Duration		
Group	Free	4 sessions beginning the 1 st Monday of each month	4-for 4 consecutive weeks			

Sanford

Goodall Hospital				
Fresh Start 25 June Street Sanford, ME 04073			Contact Telephone Fax	Connie Roux 490-7704 ext. 311 324-0440
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

York Hospital				
The Freedom Clinic 127 Long Sands Road York, ME 03909			Contact Telephone Fax	Nadine Wheeler 351-3700 363-9864
Program Type	Cost	Frequency	# of Sessions	Duration
Group	\$99.00 for one year- includes 1 individual consultation and quit plan	Weekly	Once a week for 1 year	1 hour

SERVING ALL 16 COUNTIES

Maine Tobacco Helpline			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)

Cherry Baker, MSN, FNP-C

University of New England
Petts Health Center
11 Hills Beach Road
Biddeford, ME 04005
207-602-2787
Cbaker2@une.edu

Howland Bickerstaff, LCPC, LADC, CCS, TTS-C

Therapist III
Recovery Center at Mercy Westbrook
40 Park Road
Westbrook, ME 04092
207-857-8037
Bickerstaff@mercyme.com

Howland Bickerstaff, LCPC, LADC, CCS, TTS-C

Private Practice: c/o Danzig Counseling Services
936 Roosevelt Trail
Windham, ME 04062
207-831-3328
howlwoof@maine.rr.com

Deborah Brown, RN, TTS-C

Southern Maine Medical Center
207-283-7908
Nid.djb@smmc.org

Rachel Charette, TTS-C

Project Director
Saint John Valley Partnership
194 East Main Street
Fort Kent, ME 04743
207-834-3195 ext 3621
Rachel.charette@nmmc.org

Mary Cannon, TTS-C

Maine Tobacco Helpline
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7154 cannom@mainehealth.org

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Ellen Langford, TTS-C

Anthem
2 Gannett Drive
South Portland, ME 04106
207-822-5345
1-800-231-2398 ext. 5345
Ellen.Langford@anthem.com

Dawn Littlefield, TTS-C

dawn.littlefield@maine.gov

Maura A. McDonald, RN, NP, TTS-C

Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7144

Nate Morse, TTS-C

105 Mt. Blue Circle, Suite #1
Farmington, ME 04938
207-779-2931
nmorse@fchn.org

Marjorie "Maggie" Miller, TTS-C

Maine Tobacco Helpline
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7154
millem1@mainehealth.org

Jody O'Farrell, TTS-C

Health Dialog
Portland, Maine
jofarrell@healthdialog.com

Marla Davis, RN, MSN, TTS-C
Community Health Status Improvement
Mid Coast Hospital
123 Medical Center Drive
Brunswick, ME 04579
207-373-6586 mdavis@midcoasthealth.com

John Foley, LSW, LADC, TTS-C
Addiction Counselor
Spring Harbor Hospital
123 Andover Road
Westbrook, ME 04092
207-253-2625
foleyj@springharbor.org

Jim Fortunato, TTS-C
MaineGeneral Medical Center
Prevention Center
Augusta, ME

Emily Freeman, TTS-C
Maine Tobacco Helpline
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7154
freeme1@mainehealth.org

Rebekka L. Freeman, M/Psy, LADC, CC/Cond, CGC, CCHyp, CCS, TTS-C
Clinical Supervisor, Hypnotherapist, Counselor
Partners for Change
PO Box 284
Belfast, ME 04915
207-338-6055
partnersforchange@prexar.com

Barbara Perry, BSN, FNP, TTS-C
Project Manager
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7144
perryb@mainehealth.org

Christine Rossi, BA, CRT, AE-C, TTS-C
Pulmonary Rehab Specialist
Asthma Health Educator
Southern Maine Medical Center
One Medical Center Drive
Biddeford, ME 04005
207-283-7798
Nid.cr@smmc.org

Martha Seabury, TTS-C
Maine Tobacco Helpline
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7154
seabum@mainehealth.org

Wendy H. Tardif, TTS-C
Consultant
Auburn, ME
207-783-7395
wtardif@roadrunner.com

Ann Tyler, TTS-C
Cape Elizabeth, ME

Amelia (Amy) Giles, TTS-C
Maine Tobacco Helpline
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7154
gilesa@mainehealth.org

Rebecca Hitchcock, RN, NP, TTS-C
Center for Tobacco Independence
Maine Medical Center
22 Bramhall Street
Portland, ME 04102
207-662-7137
hitchr2@mmc.org

Bonnie Irwin, LPN, AE-C, TTS-C
Regional Tobacco Coordinator
Bangor Region Public Health & Wellness
103 Texas Ave.
Bangor, ME 04401
207-992-4467
bonnie.irwin@bangormaine.gov

Sally Keck, MA, CCS, LADC, TTS-C
The Cottage Program
York Hospital
15 Hospital Drive
York, ME 03909
207-351-2430
skeck@yorkhospital.com

Caitlin Walsh, TTS-C
Maine Tobacco Helpline
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7154
walshc1@mainehealth.org

Debora Warner, MS, TTS-C
National Institute of Fitness and
Sport
Berwick, ME

**Vicky S. Wiegman, BA, M.Ed., CAS-
PH, TTS-C**
Substance Abuse Counselor
Lewiston High School
207-795-4190 ext. 2230
wiegman@lewistonpublicschools.org

Fred Wolff, LADC, LCPC, TTS-C
Program Manager: Education and
Training
Center for Tobacco Independence
22 Bramhall Street
Portland, ME 04102
207-662-7134
wolfff@mainehealth.org