

*When you feel like you have
no place to turn...turn to us.*

***Deer Run provides
community-based, short-term
residential care to individuals
in a mental health crisis,
24-hours a day, seven days a
week.***

Visit www.tcmhs.org for guide-
lines and vacancy information.



Maine's first comprehensive
mental health center serving the
communities of Oxford, Franklin,
Androscoggin and Western
Cumberland Counties

Our Mission

TCMHS is committed to providing the people of Maine with excellence in mental health, substance abuse, habilitation and life skills services, respecting consumer rights, personal dignity and maintaining agency financial stability.

Tri-County Mental Health Services endorses Recovery Based Trauma Informed services, which recognizes two common themes for consumers of this agency: that violence and the resulting trauma are pervasive and should be acknowledged; and there is hope in Recovery.

www.tcmhs.org

TCMHS is an EOE and receives
funding from:

Department of Health & Human Services



Deer Run



A calming, safe, alternative to inpatient care, for short stays, stabilization or step-down to independence.

**Statewide 24-hour
Emergency Services
1-888-568-1112
(toll free & TTY)**

**Referral line for all locations
1-888-304-HOPE (4673)**

Information for Consumers

If you or someone you know is in a mental health crisis, we're here to help. Every day, 24-hours a day, Deer Run provides residential care and supervision, as well as counseling and case management, to persons in crisis, or those returning to independent living after an in-patient stay.

The house is a homelike, calming place, with professional counselors there to help you.

Working with your other community treatment providers, we help you plan and implement short-term, achievable goals – while keeping you safe. During your stay, you may receive:

- Brief, Solution-focused Counseling
- Psychiatrist Oversight
- Nursing Care
- Case management
- Coordination with other Providers
- Health & Wellness Education

Our approach is trauma-informed and recovery-based. To be “trauma informed” means to know the history of the past and current trauma in the life of the consumer with whom one is working. This allows for more holistic and integrated treatment. Services must be “welcoming” and “appropriate” to produce successful outcomes.

If I can catch myself early, I can keep from hurting myself. This is more calming and comforting than a hospital, but I feel safe.
~a consumer

Deer Run offers a safe and supportive environment, away from the problem situation. Located in Lewiston, it can serve six people at a time for short-term stays and transition services. Stays can be a day or two, or up to a week if needed.

People most appropriate for referral:

- are in a mental health crisis and need security, but not inpatient care.
- may need time after a hospital stay to readjust to independent living.
- are 18 years or older and can care for their own physical needs.
- are free of serious medical problems or infectious diseases.
- can abstain from substance abuse and alcohol use while here.

What to bring with you:

- ✓ Medications in the original container with the written physician's orders
- ✓ Change of clothes as appropriate
- ✓ Personal hygiene items
- ✓ Insurance card
- ✓ Specialized Medical equipment such as: inhaler, epi-pen, etc.

Admission & Referrals

Consumers may speak to providers or call the 24-Hour Crisis Hotline at:

1-888-568-1112

Crisis clinicians will interview you and help make informed decisions about options, including whether a respite stay is the most appropriate level of care.

If you have been hospitalized, ask your doctor about respite as a step-down option.

Evaluations can be made in a doctor's office, at a hospital emergency room, or at any other acceptable location.

Information for Providers

To make a referral, call:
TCMHS Crisis - (207)783-4680
or
TCMHS Referral Line
1-888-304-HOPE (4673)

Use the TCMHS Screening sheet as a guideline for admission. The Screening Sheet is also available on-line at www.tcmhs.org. You may wish to bookmark this site on your browser for quick reference. Occupancy information may be posted here in the future.