

## To find services:

### Hours of Operation:

Our office is open from 8:00 a.m. to 5:00 p.m., Monday through Friday.

*(Services are available outside these hours by arrangement.)*

### Fees:

Third party payment from MaineCare and Medicare (with a companion plan) is accepted.

### Referrals or inquiries:

Call 1-888-304-HOPE (4673)

1155 Lisbon St.  
PO Box 2008  
Lewiston, ME 04241-2008  
1-800-787-1155, ext. 310  
(207)783-9141, ext. 310

09/24/07



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](http://www.tcmhs.org)

TCMHS is an EOE and receives funding from:  
Department of Health & Human Services



# MENTAL HEALTH SERVICES FOR ELDERS

*Facing change together*

## We're here to help

Growing older can sometimes bring about changes in an individual's health, emotional well-being, memory, and social life. It is often difficult to cope with these changes.

Tri-County Mental Health Services offers mental health assessment and treatment to people living in the community who are 60 years old or older, and their families.

## Assessment

- Home visits are made to referred individuals who are over 60 years old in order to assess their mental health needs.
- The psychosocial assessment also evaluates an individual's social, medical, cognitive, economic, and living situation in order to understand the whole person.
- Recommendations for services are then made by the social worker or counselor. This may include linkage to other helpful agencies.

## Treatment

- Ongoing mental health treatment will be offered to individuals when needed.
- The following treatment options are available and are coordinated in a team approach:
  - Individual, family, and group therapy.
  - Psychiatric evaluation and medication management.
  - Consultations and training for service providers, regarding behavior management and geriatric mental health (for a contracted fee).

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

## Counseling Services for Caregivers

Caring for a loved one with dementia can be extremely stressful. We offer counseling services (up to three free sessions) to help caregivers cope.

For information, contact Bob Swegart, LCSW at (207)783-9141 or 1-800-787-1155, ext. 219.

## PASRR Evaluations

Pre-admission screenings and resident review.

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