



# Maine Military & Community Network **RESOURCES DIRECTORY**

## **Maine Military and Community Network**

The Maine Military and Community Network (MMCN) is a collaboration among community services, military, government, non-profit and private sector entities, and individuals. We are working together to provide services to all returning service members and their families and to create awareness about the issues these people face following deployment. This multi-organization partnership for Maine is directed by a statewide task force, and is expanding to include local taskforces.

Chaplain Andy Gibson      [andrew.l.gibson@us.army.mil](mailto:andrew.l.gibson@us.army.mil)      207-409-3230  
[mainevetsupport@gmail.com](mailto:mainevetsupport@gmail.com)  
[www.MaineMCN.org](http://www.MaineMCN.org)

## **PLEASE NOTE:**

Maine 211 contains most, if not all, of the resources included in this Guide and may have more updated contact information. If you find a contact that does not work, or prefer to talk to someone and have them help you find the resources you need, please **call 2-1-1 from anywhere in the state of Maine.**

## **To use this guide:**

The Guide starts with some overall resources including Joint Forces Support Services from the Military, VA services from the US Department of Veterans Affairs, and the state of Maine bureau of Veterans Affairs and congressional delegation.

The rest of the Guide is organized by topic to make it easier for you to find what you are looking for.

*The Maine Military & Community Network is a collaboration of individuals and organizations that want to assist our service members and their families. The Network offers this information as a service to individuals and does not endorse any particular resource or service contained in this guide.*

## **Overall Resources (VA, Joint Forces Family Program, etc)**

### **Bureau of Maine Veterans Services**

*The Bureau has six field service offices strategically located throughout the state and a claims office located at the US Department of Veterans Affairs, Togus, Maine. Our intent is to ensure that Maine veterans and their dependents receive all entitlements due under the law, are relieved to the extent possible of financial hardship, receive every opportunity for self-improvement through higher education and are afforded proper recognition for their service and sacrifice to the Nation.*

Peter Ogden, [mainebvs@maine.gov](mailto:mainebvs@maine.gov)

Camp Keyes, Augusta, ME

Phone: (207) 626-4464

<http://www.maine.gov/dvem/bvs/>

### **Maine National Guard Family Readiness Program**

Phone: **1-888-365-9278** 24/7 Hotline

MSgt. Barbara Claudel, State Family Program Manager [Barbara.Claudel@us.army.mil](mailto:Barbara.Claudel@us.army.mil)

Camp Keyes, Augusta, ME

<http://www.me.ngb.army.mil/family/>

### **Military Family Assistance Centers (FACs)**

**1-888-365-9287**

**Description:** Provide support and assistance to **all service members and their families**. The primary mission of the FACs is to inform and emotionally support families so their service member can perform his or her mission knowing their family is being taken care of in their absence. Family Assistance Centers serve as an information and referral one-stop shop. They simplify the process of accessing needed services and support for military families with such issues as financial, legal, home repair, family emergency, etc.

4 Locations:

With the support of a strong outreach network, the FACs also provide special events and educational opportunities for military families to enjoy and share time with other military families. For more information

**Contact** Kerry Birmingham 207-430-5780

Cell 207-650-8169

[Kerry.birmingham@us.army.mil](mailto:Kerry.birmingham@us.army.mil)

### **Airmen & Family Services Office**

**24/7 hotline: 888-625-7088**

101 ARW/FS

101 Maineiac Ave, Suite 505

Bangor, ME 04401-8099

207-990-7494

Fax: 207-990-7088

101ARW.Family.svs@ang.af.m

### **Director of Psychological Health, Maine National Guard**

Gretchen Breyler Hegeman, Ph.D., LCPC

22 Armory Street

Augusta, ME 04330

Office: 207.430.5782

Blackberry: 207.205.7841

E-mail: Gretchen.Hegeman@ceridian.com

**Maine National Guard Military Family Life Consultant**

The Military and Family Life Consultant (MFLC) Program is designed to provide support and assistance to active duty Soldiers, National Guard & Reserves, military family members and civilian personnel. Military and Family Life Consultants can help people who are having trouble coping with concerns and issues of daily life.

Naya Blue [Naya.T.Blue@healthnet.com](mailto:Naya.T.Blue@healthnet.com)

**Maine National Guard Youth Program**

**Description:** Assists in the development, coordination, and delivery of child and youth services for National Guard youth and their families in collaboration with local youth based organizations such as the YMCA, 4-H and other national and community organizations. Stop by our table for book and activity suggestions to help children of military personnel cope with deployments.

Casey Kimball [casey.kimball@us.army.mil](mailto:casey.kimball@us.army.mil)

**Navy Mobile Construction Battalion 27 Ombudsman**

Sabrina Terrell

[Sabrina.n.terrelle@navy.mil](mailto:Sabrina.n.terrelle@navy.mil)

207-751-9175

**Department of Veterans Affairs**

**Togus VA Medical Center**

1 VA Center

Augusta, ME 04330

**Toll-free: 1-877-421-8263**

**Phone: (207) 623-8411**

**Mobile clinic available contact Jim Doherty: [James.Doherty@va.gov](mailto:James.Doherty@va.gov)**

**VA Benefits Administration 1-800-827-1000**

VA offers medical and dental health care benefits to eligible veterans as well as disability benefits, pensions, home loans, education assistance, and burial benefits.

Website: [www.va.gov](http://www.va.gov)

**VA Community Based Outreach Clinics:**

in Bangor, Calais, Caribou, Fort Kent, Houlton, Lincoln, Rumford, Saco. Clinic coming to Lewiston soon!

See <http://www.togus.va.gov/> for more information.

**VA OEF/OIF Program Manager**

Every VA Medical Center has an OEF/OIF Program Manager to help our new veterans with the system,

[katherine.russin@va.gov](mailto:katherine.russin@va.gov)

207-623-841 x4120

**VA Chaplain Services**

Department of Veterans Affairs Medical Center

1 VA Center, Augusta, ME 04330

Phone: (207)-623-8411, ext. 5370

**Description:** VA chaplains work with chaplains from the National Guard Family Readiness Program to provide spiritual guidance, and pastoral counseling to veterans and their families.

**VA Mental Health Services**

VA Medical Center, I VA Center, Augusta, ME 04330  
Provides consultation, evaluation, and treatment for a variety of issues that can impact emotional well-being. Services also available at the Bangor and Portland Mental Health Clinics and community-based outpatient clinics around the state.

**Mental Health Clinics also** in Portland and Bangor See <http://www.togus.va.gov/> for more information.

**VA Women Veterans Program**

**Description:** Serves as liaison between women veterans and the VA system, facilitating access to care and providing assistance with claims issues.

James.doherty@va.gov

Website: <http://www1.va.gov/wvhp/>

**National Center for PTSD**

*The NCPTSD has expertise in research and education on war zone stress related problems, creating educational guides and products and conducting trainings to educate service members and the public. See our **Returning from the War Zone Guides!** [www.ptsd.va.gov](http://www.ptsd.va.gov)*

*Department of Veterans Affairs*

*Laurie B. Slone, Ph.D, Assoc. Dir. for Research and Education, [Laurie.B.Slone@va.gov](mailto:Laurie.B.Slone@va.gov)*

*Kathryn Olson, Public Affairs and Education, [Kathryn.Olson@dartmouth.edu](mailto:Kathryn.Olson@dartmouth.edu)*

*Phone: (802) 296-5132*

**Vet Centers**

<http://www.vetcenter.va.gov/>

Confidential readjustment and trauma counseling and outreach to all veterans who served in any combat zone. Services are also available for their family members for military related issues. Specifically trained Vet Center clinicians provide counseling to anyone who experienced sexual harassment or assault while in the military. Bereavement counseling is provided for the immediate family of service members who died while on active duty. Vet Centers coordinate care with community agencies and other VA departments. Vet Center records are not accessible to VA, military or community offices except by written consent of the veteran.

GWOT [eric.esty@va.gov](mailto:eric.esty@va.gov)

**Bangor Vet Center**

368 Harlow Street

Bangor, ME 04491

Phone: (207) 947-3391

Fax: (207) 941-8195

**Caribou Vet Center**

456 York Street

Caribou, ME 04736

Phone: (207) 496-3900

Fax: (207) 493-6773

**Lewiston Vet Center**

29 Westminster Street

Lewiston, ME 04240

Phone: (207) 783-0068

Fax: (207) 783-3505

**Portland Vet Center**

475 Stevens Avenue

Portland, ME 04103

Phone: (207) 780-3584

Fax: (207) 780-3545

**Sanford Vet Center**

628 Main Street  
Springvale, ME 04083  
Phone: (207) 490-1513  
Fax: (207) 490-1609

*2 Mobile vans to reach our rural communities!*

**Military OneSource**

**24/7 Hotline: 1-800-342-9647**

Military OneSource is provided by the Department of Defense at no cost to all active duty Service Members and members of the National Guard, Reserve and their families. Services may include help with car repair, money management, spouse employment, childcare, plumbing, counseling, relocation, and more.

Website: [www.militaryonesource.com](http://www.militaryonesource.com)  
david.duehring@militaryonesource.com  
207-232-8710

**Maine Congressional Delegation**

**Description:** Caseworkers can help veterans and military families resolve problems with federal benefits and programs – including VA, TRICARE, IRS, Social Security, federal housing programs, military pay – and help identify resources for those who are falling through the cracks.

The Office of Congresswoman Chellie Pingree, 1st District  
57 Exchange Street, Suite 302  
Portland, ME 04101  
[Rep.ChelliePingree@mail.house.gov](mailto:Rep.ChelliePingree@mail.house.gov)

The Office of U.S. Senator Olympia J. Snowe's Office  
brian\_whitney@snowe.senate.gov  
Deb\_McNeil@snowe.senate.gov  
207-622-8292

The Office of Senator Susan M. Collins  
MichelleMichaud@collins.senate.gov

The Office of Congressman Michaud  
Tim Trafford, 873-5713

**211 Maine**

Information and Referral Line, **just dial 2-1-1** from anywhere in Maine! By dialing 2-1-1, you will be connected to a trained call specialist who has access to a computerized database containing more than 8,000 nonprofit and public agencies. Call Specialists available 24/7, 365 days a year, and offer language interpreter and TTY services. Calls are free and completely confidential. [www.211maine.org](http://www.211maine.org). Searching for resources by entering a keyword and your zip code, you'll find listed services that are closest to you. [info@211maine.org](mailto:info@211maine.org)

## **Specific Resources for Service Members Veterans and Their Families** **Organized by Topic**

### **TOPICS:**

**Advocates and VSOs**

**Children**

**Counseling and Mental Health**

**Deployment Cycle Assistance**

**Education**

**Employment and Jobs**

**Family**

**Health and Insurance**

**Military Contact**

**Spiritual**

**Substance Abuse Recovery**

**Volunteer**

### **Advocates and VSOs**

#### ***American Legion Post***

A patriotic, war-time veterans organization, devoted to mutual helpfulness.

Website: <http://www.legion.org/>

#### ***AMVETS***

*We endeavor to provide our fellow veterans with the type of support they truly deserve. This outreach effort takes many forms, from the professional advice our service officers offer on earned veterans benefits to our legislative efforts on Capitol Hill to the work done by our hospital volunteers. Other AMVETS members involve themselves in a range of initiatives aimed at contributing to the quality of life in their local communities.*

[landerson@maine.rr.com](mailto:landerson@maine.rr.com)

#### ***AUSA***

AUSA is a private, non profit organization that supports - Active Army, Army National Guard, Army Reserve, family members and Retirees. Our mission is to be the voice for all components of America's Army and fostering public support of the Army's role in national security.

COL (R) Arthur Wickham, State President AUSA Maine

Tel. 207-892-3064

[arthurwickham1@aol.com](mailto:arthurwickham1@aol.com)

#### ***Bureau of Maine Veterans Services***

The Bureau has six field service offices strategically located throughout the state and a claims office located at the US Department of Veterans Affairs, Togus, Maine. Our intent is to ensure that Maine veterans and their dependents receive all entitlements due under the law, are relieved to the extent possible of financial hardship, receive every opportunity for self-improvement through higher education and are afforded proper recognition for their service and sacrifice to the Nation.

Peter Ogden, [mainebvs@maine.gov](mailto:mainebvs@maine.gov)

Camp Keyes, Augusta, ME

Phone: (207) 626-4464

<http://www.maine.gov/dvem/bvs/>

#### ***Disabled American Veterans –***

<http://www.dav.org/>

Disabled American Veterans has never wavered in our commitment to serve our nation's service-connected disabled veterans, their dependents and survivors. DAV also provides Transition Service Officers (TSOs) to assist service members in the development of evidence, completion of required applications and prosecution of claims for veterans benefits administered under federal, state and local laws.

Rene Deschesne 207-623-8411 x5063

[Rene.deschesne@va.gov](mailto:Rene.deschesne@va.gov)

### ***Veterans of Foreign Wars***

The goal of the VFW is to assist Veterans in all aspects of their lives. The VFW offers I cost insurance, hotel and car discounts, the VFW magazine, and an **on-call service officer at all times: 207-623-5723.**

Wayne Elkins 207-873-1731 [cmdrwaynee@yahoo.com](mailto:cmdrwaynee@yahoo.com)

<http://www.mainevfw.org/>

### ***Vietnam Veterans of America***

Offers a 24/7 Toll Free number for Veterans: **1-800-273-8255.**

#### **Contacts in Maine:**

Chapter #185 [wandfcartier@earthlink.net](mailto:wandfcartier@earthlink.net): Penobscot

Chapter #478 [bblue32@verizon.net](mailto:bblue32@verizon.net): Aroostook

Chapter #518 [jjm1247@yahoo.com](mailto:jjm1247@yahoo.com): Aroostook

### ***Office of Veterans Affairs: University of Maine***

Assistance for veterans with benefits, enrollment, educational advice and more.

207-581-1316

[umvets@umit.maine.edu](mailto:umvets@umit.maine.edu)

## **Children**

***See also the Maine National Guard Family Program in the intro***

### ***Maine Parent Federation***

The Maine Parent Federation, Inc. is a statewide private non-profit organization that provides information, advocacy, education, and training to parents and professionals to benefit all children. We promote individual aspirations and community inclusion for people with disabilities. In existence since 1984, MPF is physically located in Augusta Maine, but assistance is available on a statewide basis. [www.mpf.org](http://www.mpf.org), 1-800-870-7746 [parentconnect@mpf.org](mailto:parentconnect@mpf.org)

### ***Operation Military Kids***

Operation Military Kids (OMK) is collaboration with the U.S. Army and the University of Maine 4-H program as well as many other national and state partners and was established to provide support to military youth impacted by deployment. OMK creates community networks of support and provides resources for families. In addition, OMK works to raise community awareness of the issues facing military youth. Since its inception in 2005, nationally OMK has reached 88,000 military youth and provided information to 21,009 community members.

Chris Bozak [cbozka@zwi.net](mailto:cbozka@zwi.net)

### ***Maine Dept of Education***

Shelley Reed is a Dept of Ed partner to Operation Military Kids

207-624-6637 [shelley.reed@maine.gov](mailto:shelley.reed@maine.gov)

## **Counseling and Mental Health**

### ***Suicide Prevention Hotline***

1-800-273-TALK (8255) and Press 1 for military or veteran issues

**See also the VA and the Maine National Guard Family Program in the intro**

**Community Counseling Center (CCC)**

Rebecca Frances Hoffman, hoffmr@commcc.org

Phone: 207.874.1030

TTY 207.874.1043

343 Forest Avenue

Portland, Maine 0410

Private, nonprofit family service agencies, making positive and lasting changes in the lives of 6,000 individuals and families each year through prevention, education, treatment and wellness programs.

Website: [www.commcc.org](http://www.commcc.org)

**Crisis and Counseling Center**

Crisis & Counseling Centers is a private, non-profit mental health and substance abuse treatment facility located in Augusta Maine with satellite sites in Waterville and Skowhegan areas. Crisis and Counseling Centers provides 24-hour phone and face-to-face crisis intervention services in Kennebec and Somerset Counties through the Crisis division which also includes short term residential stabilization and outreach services For more information contact 626-3448, or visit our website at [www.crisisandcounseling.org](http://www.crisisandcounseling.org). To speak to a trained crisis worker call the statewide **crisis hotline at 1-888-568-1112 24-hour**

**Give an Hour**

<http://www.giveanhour.org>

**Maine Psychological Association**

*The Maine Psychological Association is a non-profit association that represents the 600+ psychologists and psychological examiners in Maine. Our mission is to advance psychology as a science, as a profession, and as a means of promoting human welfare. Our membership consists of practicing psychologists, academicians, students, retirees, associates and affiliates. For consumers, the Maine Psychological Association, at no charge, offers assistance with locating psychologists around the state for referral. Our on-line database, available to all, can be used to search for a psychologist. <http://www.mepa.org>*

**National Alliance for the Mentally Ill**

NAMI is proud to provide resources for veterans and active duty military members, as well as their families, friends, and advocates.

rtiner@namimaine.org

207-622-5767

<http://www.namimaine.org>

**Veterans Helping Veterans**

[www.vfpmaine.org](http://www.vfpmaine.org)

Rob Pfeiffer, 207-236-3777

**Vet Centers**

<http://www.vetcenter.va.gov/>

Confidential readjustment and trauma counseling and outreach to all veterans who served in any combat zone. Services are also available for their family members for military related issues. Specifically trained Vet Center clinicians provide counseling to anyone who experienced sexual harassment or assault while in the military. Bereavement counseling is provided for the immediate family of service members who died while on active duty. Vet Centers coordinate care with community agencies and other VA departments. Vet Center records are not accessible to VA, military or community offices except by written consent of the veteran.

GWOT eric.esty@va.gov

**Bangor Vet Center**

368 Harlow Street  
Bangor, ME 04491  
Phone: (207) 947-3391  
Fax: (207) 941-8195

**Caribou Vet Center**

456 York Street  
Caribou, ME 04736  
Phone: (207) 496-3900  
Fax: (207) 493-6773

**Lewiston Vet Center**

29 Westminster Street  
Lewiston, ME 04240  
Phone: (207) 783-0068  
Fax: (207) 783-3505

**Portland Vet Center**

475 Stevens Avenue  
Portland, ME 04103  
Phone: (207) 780-3584  
Fax: (207) 780-3545

**Sanford Vet Center**

628 Main Street  
Springvale, ME 04083  
Phone: (207) 490-1513  
Fax: (207) 490-1609

*2 Mobile vans to reach our rural communities!*

**Deployment Cycle Assistance**

***Director of Psychological Health***

Gretchen Breyler Hegeman, Ph.D., LCPC  
Maine National Guard  
22 Armory Street  
Augusta, ME 04330  
Office: 207.430.5782  
Blackberry: 207.205.7841  
E-mail: Gretchen.Hegeman@ceridian.com

***Operation Community Support***

A group that uses community services to provide for special needs of service members and families, including things like free hockey tickets, care packages and more.  
Skip Chappelle **207-941-9873**

***Operation Homefront***

Donna M. Chapman, Chapter President- Operation Homefront-Maine  
P.O. Box 1447, Windham, Maine 04062  
maine@operationhomefront.net

***Transition Assistance Advisor—Maine National Guard***

Wendy Moody, [Wendy.Moody@us.army.mil](mailto:Wendy.Moody@us.army.mil)

Camp Keyes, Augusta ME  
Ph 207-626-4221

**Description:** Employed by National Guard Bureau to assist deploying soldiers, newly discharged veterans, and soldiers on medical hold with information about VA benefits, compensation, education, vocational rehabilitation, life insurance, home loans, and burial benefits.

## **Education**

### **Maine Dept of Education**

*Shelley Reed is a Dept of Ed partner to Operation Military Kids*  
207-624-6637 [shelley.reed@maine.gov](mailto:shelley.reed@maine.gov)

### **Reactions**

Nancy Bozenhard  
(207) 637-2180  
[stress.reactions@yahoo.com](mailto:stress.reactions@yahoo.com)  
PO Box 70  
Limington, ME 04049

*ReActions offers training programs tailored to meet the specific needs of those who acknowledge that STRESS is a reality within their world. While including client-specific learning models, this educational consulting company teaches the fundamentals. Working to get at and manage not only existing root causes of tension, but also cumulative stressors, ReActions strives to soften the edges on an increasing sharp and hard world.*

### **University of Maine Orono**

We will also have a representative from the Bachelor of University Studies available at the table to talk about a degree program that is individually designed and may be what a veteran finds best fits a busy schedule. Laurie Friberg, [friberg@maine.edu](mailto:friberg@maine.edu)

### **University of Maine Augusta**

University of Maine at Augusta is a comprehensive regional university offering dozens of academic degree programs in Augusta, Bangor, and Statewide, at 10 outreach centers. Last month, UMA received one of only twenty \$100,000 grants awarded nationally by ACE/Wal-Mart Foundation, in recognition of its efforts to expand outreach to and support for veterans. Services include individualized intake and advising, personal counseling, peer veteran mentors, and a student veterans organization.

Tristan Starbird, Admissions Counselor  
Augusta ME 04330  
207-621-3037

## **Employment and Jobs**

### **Maine Department of Labor**

Phone: 207-623-7900  
TTY: 800-794-1110

### **Employer Support of the Guard and Reserve**

**Description:** *ESGR works to promote cooperation and understanding between Reserve component members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment.*

Website: <http://www.esgr.com>  
[gregory.small@us.army.mil](mailto:gregory.small@us.army.mil)  
207-626-4282

### **Maine Small Business Development Center**

Maine Small Business Development Centers (Maine SBDC) and its technology-focused group, the Maine Small Business & Technology Development Centers (Maine SBTDC), provide comprehensive business management assistance, training, resource and information services to Maine's micro, small, and technology-based business communities. The focus of the Maine SBDC/SBTDC is to assist in the creation and maintenance of viable micro, small and technology-based businesses and the jobs these businesses provide. <http://www.mainesbdc.org>

**Employment Assistance: VA**

Contact Paul Luce: 207-621-5094

**Family**

**Military Family Assistance Centers (FACs)**

**1-888-365-9287**

**Description:** Provide support and assistance to **all service members and their families**. The primary mission of the FACs is to inform and emotionally support families so their service member can perform his or her mission knowing their family is being taken care of in their absence. Family Assistance Centers serve as an information and referral one-stop shop. They simplify the process of accessing needed services and support for military families with such issues as financial, legal, home repair, family emergency, etc.

**Airmen & Family Services Office**

**24/7 hotline: 888-625-7088**

101 ARW/FS

101 Maineiac Ave, Suite 505

Bangor, ME 04401-8099

207-990-7494

Fax: 207-990-7088

[101ARW.Family.svs@ang.af.m](mailto:101ARW.Family.svs@ang.af.m)

**Community Counseling Center (CCC)**

Rebecca Frances Hoffman, [hoffmr@commcc.org](mailto:hoffmr@commcc.org)

Phone: 207.874.1030

TTY 207.874.1043

343 Forest Avenue

Portland, Maine 0410

Private, nonprofit family service agencies, making positive and lasting changes in the lives of 6,000 individuals and families each year through prevention, education, treatment and wellness programs.

Website: [www.commcc.org](http://www.commcc.org)

**Vet Centers**

See Overall Resources

**Health and Insurance**

**Health Net Federal Services (TRICARE)**

**Description:** Health Net is the TRICARE Northeast contractor for military families, active duty personnel, and retirees.

Website: [www.healthnetfederalservices.com](http://www.healthnetfederalservices.com)

**Maine Department of Health and Human Services**

[www.maine.gov/dhhs/index.shtml](http://www.maine.gov/dhhs/index.shtml)

11 State House Station

221 State Street, Augusta, ME 04333  
207-287-3707 (Voice)  
207-287-3005 (FAX) 207-287-4479 (Voice - TTY)

**Description:** The Maine Department of Health and Human Services provides an array of health and human services to the State's citizens. The Department is divided into a number of bureaus and units, including: Elder and Adult Services, Child and Family Services, Family Independence, Medical Services and Health. The latter administers the Department's public health services. Some of its divisions include: Health Promotion and Education, Child Health, Disease Control, Public Health Nursing, Health Engineering and Dental Health. The Department is divided into three regions, with local offices throughout the State.

**Martin's Point US Family Health Plan (TRICARE Prime)**

**Description:** The Martin's Point USFHP is a TRICARE Prime option for military beneficiaries - including families of active duty personnel and retirees and their families - that is now available in Website: [www.martinspoint.org](http://www.martinspoint.org)  
[tomb@martinspoint.org](mailto:tomb@martinspoint.org)

**Care & Comfort**

Care & Comfort is a private, for-profit company providing home health, mental health, and home modification services to 2000 clients. This Maine-based operation started with two employees in 1991 and currently employs 409 people throughout the state, with services available from Portland to Presque Isle. Several of the clinicians and some of the nurses have worked extensively with both the military and their families. Please see the company's website at <http://www.careAndComfort.com> for more information. 207-872-5300 [wecare@gwi.net](mailto:wecare@gwi.net).

**Military Contact Information**

**Maine Army National Guard**

Phone: 207-622-9331

**Maine Air National Guard**

Phone: 207-626-4325

**Navy Mobile Construction Battalion 27 Ombudsman**

Sabrina Terrell

[Sabrina.n.terrelle@navy.mil](mailto:Sabrina.n.terrelle@navy.mil)

207-751-9175

**Spiritual**

**Chaplain Dickinson (Air Guard)**

Chaplain ...

**Substance Abuse Recovery**

**Maine Office of Substance Abuse  
Information & Resources Center**

The Information and Resource Center (IRC) houses a collection of books, videos/dvds, and pamphlets which are searchable online. Library materials are available on loan, and pamphlets and handouts are distributed free statewide. Staff will assist with searches for information. For information on borrowing materials, see our borrower page.

**Contact:** E-mail: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) 41 Anthony Ave. 11 SHS Augusta, ME 04333-0011

1-800-499-0027 (Maine only) (207) 287-8900

TTY: 1-800-606-0215

**Maine Alcohol and Drug Counselors**

Phone: 207-624-8603

TTY: 888-577-6690

**Spiritual**

Chaplain Dickinson (Air Guard), Richard.dickinson@ang.af.mil

Chaplain Vigue, valmore.vigue@us.army.mil

**Volunteer**

Voluntary Service, Togus VAMC 207-621-4886

VolunteerMaine <http://www.volunteermaine.org/>

Maine Commission for Community Service

[service.commission@maine.gov](mailto:service.commission@maine.gov), <http://www.maineservicecommission.gov>, 207.287.8933

**Red Cross**

[http://www.me.ngb.army.mil/family/Links/american\\_red\\_cross\\_phone\\_numbers.htm](http://www.me.ngb.army.mil/family/Links/american_red_cross_phone_numbers.htm)

*Please report any errors or updates in this list to  
[mainevetsupport@gmail.com](mailto:mainevetsupport@gmail.com)  
at the Maine Military and Community Network*