



## MAINE RESOURCE GUIDE

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### COUNSELING AND OTHER SUPPORT SERVICES

#### **Down East AIDS Network**

25 Pine St.  
Ellsworth, ME 04605  
Office: (207) 667-3506  
Toll-free Office: (800) 669-0893  
Office Hours: Monday-Friday, 8am-4pm EST  
Accept Collect Calls: Yes  
Website: [downeastaidsnetwork.org](http://downeastaidsnetwork.org)  
Email: [stacy@downeastaidsnetwork.org](mailto:stacy@downeastaidsnetwork.org)

Down East AIDS Network is a grassroots, community-based organization that works to support those affected by HIV and educate and inform the public to prevent the spread of the virus.

**Service area:** Hancock and Washington Counties

**Work with:** People living with HIV/AIDS, their families, and those in need of testing

**Services for survivors during incarceration include:** Anonymous HIV testing and counseling in local jails and prisons; information; and referrals by phone and mail.

**Services for survivors after release include:** Anonymous HIV testing and counseling; a prevention group for gay and bisexual men; needle exchange; and a range of services for people living with HIV including case management; financial assistance; a weekly support group for people who are HIV+; information; and referrals for medical care and other needed services.

**Services for loved ones include:** Anonymous HIV testing and counseling; harm reduction education for families; information; and referrals.

**Fees:** Free, but donations are accepted.

**Additional Information:** Down East AIDS Network also has offices in Machias and Calais.

#### **Downeast Sexual Assault Services**

52 Christian Ridge Road  
Ellsworth, ME 04605  
Office: (207) 667-5304  
Office Hours: Monday-Friday, 9am-5pm EST

Toll-free Hotline: (800) 228-2472  
Hotline Hours: 24 hours  
Website: [www.downeasthealth.org](http://www.downeasthealth.org)  
Email: [desas@downeasthealth.org](mailto:desas@downeasthealth.org)

A program of Downeast Health, Downeast Sexual Assault Services is a non-profit agency dedicated to the prevention of sexual assault and to the improvement of services for sexual assault survivors.

**Service area:** Hancock and Washington Counties

**Work with:** Survivors of sexual assault and their loved ones

**Services for survivors during incarceration include:** Crisis intervention via the 24-hour hotline and by mail; hospital accompaniment during forensic exams; legal advocacy and court accompaniment for sexual assault cases; information; and referrals.

**Services for survivors after release include:** All of the above; individual short-term counseling; weekly support groups for survivors of sexual assault in both Hancock and Washington Counties; and a reference library related to sexual assault and a variety of issues faced by women.

**Services for loved ones include:** Crisis intervention; short-term individual counseling; information; and referrals.

**Fees:** Free

**Additional Information:** Downeast Sexual Assault Services has male and female counselors and advocates who are available to meet with survivors.

### **Eastern Maine AIDS Network**

P.O. Box 2038

Bangor, ME 04402

Office: (207) 990-3626

Toll-free Office: (877) 990-3626

Office Hours: Monday-Friday, 9am-5pm EST

Accept Collect Calls: No

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

Email: [info@maineaidsnetwork.com](mailto:info@maineaidsnetwork.com)

Established in 1987 as a grassroots response to the needs of people living with and affected by HIV and AIDS, the Eastern Maine AIDS Network (EMAN) is a non-profit agency that provides a variety of services throughout eastern and northern Maine.

**Service area:** Penobscot and Piscataquis Counties

**Work with:** All people living with HIV/AIDS, their families, and others in need of services

**Services for survivors during incarceration include:** HIV testing and counseling at county jails; in-person support and advocacy for HIV+ detainees at the Penobscot County Jail to ensure medication adherence; and information via phone and by mail. To get in touch with EMAN, you can contact your social worker or write to EMAN directly.

**Services for survivors after release include:** HIV testing and counseling; needle exchange; and a range of services for people living with HIV/AIDS, including case management; assistance

with obtaining medication, medical needs, housing, and social services; support groups; food pantry; resources library; information; and referrals.

**Services for loved ones include:** HIV testing and counseling; support groups; food pantry; information; and referrals.

**Fees:** Free

**Frannie Peabody Center**

335 Valley Street

Portland, ME 04102

Office: (207) 774-6877

Toll-free Office: (866) 701-3897

Office Hours: Monday-Friday, 9am-5pm EST

Accept Collect Calls: Yes

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

Email: [info@peabodycenter.org](mailto:info@peabodycenter.org)

Frannie Peabody Center is the largest community-based HIV/AIDS services organization in Maine, providing prevention services for at-risk groups and direct services for people living with HIV/AIDS.

**Service area:** Cumberland and York Counties

**Work with:** All people living with HIV/AIDS and those at risk of HIV infection

**Services for survivors during incarceration include:** HIV counseling and testing services; case management; information; and referrals for people living with HIV/AIDS.

**Services for survivors after release include:** HIV testing and counseling services, as well as a range of services for HIV+ clients including case management; housing assistance; supportive services; and referrals.

**Services for loved ones include:** HIV testing and counseling; information; and referrals.

**Fees:** Free

**Additional information:** Translation services are available.

**Maine Coalition Against Sexual Assault**

Statewide Sexual Assault Hotline: (800) 871-7741

Statewide TTY Sexual Assault Hotline: (888) 458-5599

Hotline Hours: 24 hours

Accept Collect Calls: On a limited basis

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

For over 30 years, the Maine Coalition Against Sexual Assault (MECASA) has represented and served Maine's ten sexual assault support centers. Maine's sexual assault support centers provide a 24-hour statewide sexual assault crisis and support line; support groups; crisis intervention and information; support and advocacy for survivors of sexual assault and their families; advocacy for survivors who choose to seek medical attention, report to the police, or go through the criminal justice system; referrals to mental health professionals; and community and professional education programs for all ages.

**Service area:** Maine

**Work with:** Survivors of sexual assault and their loved ones, sexual assault programs, and allied professional groups

**Services for survivors during incarceration include:** Crisis intervention via the 24-hour hotline. See above for the other services provided by member organizations.

**Services for survivors after release include:** All of the above.

**Services for loved ones include:** All of the above.

**Fees:** Free

**Additional Information:** Other MECASA efforts include initiating and advocating for victim-centered public policy; providing support and assistance to the ten sexual assault support centers and serving as a liaison between the centers and our statewide and national partners; reducing common myths and misperceptions about sexual violence through building and sustaining public awareness; and providing expert training, statistics, and resources about sexual violence to organizations, groups, and individuals throughout the state.

### **Rape Response Services**

262 Harlow St.

Bangor, ME 04402

Office: (207) 973-3651

Office Hours: Monday-Friday, 8am-4:30pm EST

Hotline: (207) 989-5678

Toll-free Hotline: (800) 310-0000

Toll-free TTY Hotline: (888) 458-5599

Hotline Hours: 24 hours

Accept Collect Calls: No

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

Email: [ashaw@penquis.org](mailto:ashaw@penquis.org)

Rape Response Services (RRS) offers free and confidential services to people affected at any time by sexual assault and stalking.

**Service area:** Penobscot and Piscataquis Counties

**Work with:** Survivors of rape, incest, childhood sexual abuse, sexual harassment, and stalking and their loved ones

**Services for survivors during incarceration include:** Crisis intervention via the 24-hour hotline, by email, and by mail; hospital accompaniment during forensic exams; legal advocacy and court accompaniment for sexual assault cases; information; and referrals.

**Services for survivors after release include:** All of the above and support/education groups for female and male survivors of rape, incest, and child sexual abuse. Contact the hotline for more information.

**Services for loved ones include:** All of the above.

**Fees:** Free

### **Sexual Assault Crisis Center**

P.O. Box 6

Auburn, ME 04212

Office: (207) 784-5272

Office Hours: Monday-Friday, 8am-4pm EST  
Hotline: (207) 795-2211  
Toll-free Hotline: (800) 871-7741  
Hotline Hours: 24 hours  
Accept Collect Calls: No  
Website: [www.sexualassaultcrisiscenter.org](http://www.sexualassaultcrisiscenter.org)  
Email: [information@sexaulassaultcrisiscener.org](mailto:information@sexaulassaultcrisiscener.org)

The Sexual Assault Crisis Center is committed to ending sexual victimization and assisting the healing of people affected by rape, sexual assault, child sexual abuse, stalking, and sexual harassment.

**Service area:** Androscoggin County

**Work with:** All survivors of rape, sexual assault, child sexual abuse, stalking, and sexual harassment and their loved ones.

**Services for survivors during incarceration include:** Crisis intervention via the 24-hour hotline and by mail; hospital accompaniment during forensic exams; legal advocacy and court accompaniment for sexual assault cases; information; and referrals.

**Services for survivors after release include:** All of the above; individual advocacy and support; and support groups.

**Services for loved ones include:** All of the above.

**Fees:** Free

### **Sexual Assault Crisis and Support Center**

P.O. Box 417  
Winthrop, ME 04364  
Office: (207) 377-1010  
Office Hours: Monday-Friday, 8am-5pm EST  
Toll-free Hotline: (800) 871-7741  
Toll-free TTY Hotline: (888) 458-5599  
Hotline Hours: 24 hours  
Accept Collect Calls: Yes, on a limited basis  
Website: [www.silentnomore.org](http://www.silentnomore.org)  
Email: [office@silentnomore.org](mailto:office@silentnomore.org)

The Sexual Assault Crisis and Support Center's mission is to lessen the trauma-related suffering of sexual assault and promote healing by guiding those affected by sexual violence toward survival through support, advocacy, education, and community collaboration.

**Service area:** Kennebec, Knox, Somerset, and Waldo Counties

**Work with:** Survivors of sexual assault and child sexual abuse and their loved ones

**Services for survivors during incarceration include:** Crisis intervention via the 24-hour hotline and by mail; hospital accompaniment during forensic exams; legal advocacy and court accompaniment for sexual assault cases; in-person, one-on-one support and support groups for survivors of sexual assault and child sexual abuse at county jails, Maine State Prison, and Central Maine Pre-Release Center; information; and referrals.

**Services for survivors after release include:** All of the above.

**Services for loved ones include:** Crisis intervention; education; support groups for non-offending parents of children who have been sexually abused; information; and referrals.

**Fees:** Free

**Additional Information:** The hotline is a call-back system, so callers to the hotline must have a call back number in order to speak with an advocate.

### **Sexual Assault Response Services of Southern Maine**

P.O. Box 1371

Portland, ME 04104

Office: (207) 828-1035

Office Hours: Monday-Friday, 8am-4pm EST

Toll-free Hotline: (800) 313-9900

Hotline Hours: 24 hours

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

Email: [infosars@sarsonline.org](mailto:infosars@sarsonline.org)

Sexual Assault Response Services of Southern Maine (SARSSM), the state's oldest and largest rape crisis center, was founded in 1973 to support survivors of sexual assault, their family, and friends, and to help eradicate sexual violence.

**Service area:** Cumberland and York Counties

**Work with:** Survivors of sexual assault, sexual abuse, and sexual harassment, and their loved ones.

**Services for survivors during incarceration include:** Crisis intervention via the 24-hour hotline or by mail; hospital accompaniment during forensic exams; legal advocacy and court accompaniment for sexual assault cases; in-person one-to-one support in correctional facilities, by arrangement; a confidential support group for women survivors of domestic violence or sexual assault at the Cumberland County Jail and York County Jail facilitated by SARSSM and the local domestic violence project; information; and referrals.

**Services for survivors after release include:** All of the above and support groups for adult survivors of child sexual assault, female survivors of adult sexual assault, and male survivors of adult and child sexual assault on a rotating basis.

**Services for loved ones include:** Crisis intervention and support via the 24-hour hotline; information; and referrals.

**Fees:** Free

### **Sexual Assault Support Services of Midcoast Maine**

P.O. Box 990

Brunswick, ME 04011

Office: (207) 725-2181

Office Hours: Monday-Friday, 8:30am-4:30pm EST

Hotline: (207) 725-1500

Toll-free Hotline: (800) 822-5999

Hotline Hours: 24 hours

Accept Collect Calls: No

Website: [www.sassmm.org](http://www.sassmm.org)  
Email: [sassmminfo@sassmm.org](mailto:sassmminfo@sassmm.org)

Sexual Assault Support Services of Midcoast Maine (SASSMM) is a non-profit organization dedicated to providing advocacy and support to survivors, families, and concerned others affected by sexual assault, sexual abuse, and sexual harassment. SASSMM offers services to improve awareness and response by providing prevention, education, and risk reduction programs.

**Service area:** Eastern Cumberland, Lincoln, and Sagadahoc Counties

**Work with:** Survivors of sexual assault, sexual abuse, and sexual harassment, and their loved ones

**Services for survivors during incarceration include:** Crisis intervention via the 24-hour hotlines and by mail; hospital accompaniment during forensic exams; in-person follow-up counseling, by arrangement; legal advocacy and court accompaniment for sexual assault cases; information; and referrals. Support groups may also be available, depending on need.

**Services for survivors after release include:** All of the above; support groups for adult survivors of childhood sexual abuse and adolescent/adult sexual assault, male survivors of sexual abuse and assault, and lesbian survivors of sexual abuse and assault; and legal assistance through a partnership with the Machigonne Project, which offers legal assistance in family law, housing, education, benefits, employment, and other civil legal issues.

**Services for loved ones include:** Crisis intervention; a support group for the non-offending parents of sexually abused children; information; and referrals.

**Fees:** Free

**Additional Information:** The hotline works on a call-back system. For those callers who are not able to receive incoming calls, the answer service will page an advocate and connect the two callers after the advocate is on the line, which may take a few minutes.

### **Wabanaki, a Division of Sweetser**

187 Exchange St.

Bangor, ME 04401

Office: (207) 990-0605

Office Hours: Monday-Friday, 9am-4:30pm EST

Accept Collect Calls: No

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

Wabanaki Mental Health Association (WMHA) was founded in 1996 and merged with Sweetser, a private, non-profit corporation. Wabanaki translated means "people of the dawn land" and refers to the federation of five Northeast Native American tribes- Passamaquoddy, Penobscot, Maliseet, Micmac and Abanaki. Wabanaki provides high-quality, culturally-sensitive psychological and social services to a Native American population from Hancock, Penobscot, Piscataquis and parts of Washington Counties.

**Service area:** Northeastern Maine

**Work with:** Native Americans

**Services for survivors during incarceration include:** Information and referrals by phone and by mail.

**Services for survivors after release include:** All of the above; adult community integration services for Native American adults who experience complex mental health needs; targeted case management for Native American children and their families with complex mental health needs who are at-risk of losing their placement at home or in the community; HIV prevention, counseling, and testing; supported housing; and spirit support groups.

**Services for loved ones include:** HIV prevention, testing, and counseling; information; and referrals.

**Fees:** HIV services are free. Maine Care is accepted for case management.

## LEGAL RESOURCES

### **Cumberland Legal Aid Clinic**

University of Maine School of Law

246 Deering Avenue

Portland, ME 04102

Greater Portland area: (207) 780-4370

Toll-free outside of Greater Portland area: (877) 780- 2522

Clinic Hours: Monday-Friday, 8am-4:30pm EST

Website: [mainelaw.maine.edu/programs-centers/clac.jsp](http://mainelaw.maine.edu/programs-centers/clac.jsp)

The Cumberland Legal Aid Clinic, a program of the University of Maine School of Law, is a small legal services provider in which clients are represented by third-year law students specially licensed by the state and federal courts to provide legal services to low-income clients. The student attorneys practice under the supervision of fully-licensed attorney faculty members.

The Clinic represents low-income individuals with legal cases in Southern Maine courts (Cumberland, and in parts of York, Sagadahoc, and Androscoggin Counties) for most kinds of civil, criminal, juvenile, and family law matters. The Clinic assists in civil cases including divorce, parental rights and responsibilities, general civil litigation, civil-rights litigation, and non-fee-generating tort litigation. The Clinic represents clients at both the trial and appellate levels. The Clinic asks clients to pay a \$10 administrative fee. In some cases, clients may be asked to pay court and other significant costs. The Clinic does not otherwise charge for its services. The Clinic also represents clients in protection from abuse and harassment litigation in all service areas.

Individuals qualify for our services when: their household gross income falls within the Clinic's financial guidelines; the court is within the Clinic's geographic service area; and the Clinic has openings for new clients.

The Clinic does not provide legal advice or information over the phone and does not maintain a waiting list of potential clients. The Clinic cannot provide services on a walk-in basis.

### **Lambda Legal: National Headquarters**

120 Wall Street, Suite 1500

New York, NY 10005-3904

Office: (212) 809-8585

Legal Help Desk Hours: Monday, 9am-8pm and Tuesday-Friday, 9am-5:30pm EST

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

E-mail: [legalhelpdesk@lambdalegal.org](mailto:legalhelpdesk@lambdalegal.org)

Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and those with HIV through impact litigation, education, and public policy work.

National Headquarters provides services for those who are located in Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, and Washington D.C.

If Help Desk staff are busy helping other callers, your call will be routed to the Legal Help Desk voicemail. Please leave the following information: name, state, contact info, best time to reach you, and a brief message outlining your legal inquiry. A Help Desk staff person will return your call.

It is usually most efficient for Help Desk callers to contact Lambda by phone. If you are in a place where you are not able to make long distance calls, Lambda can make an appointment to call you. If you are absolutely unable to call, you may e-mail Lambda Legal at [legalhelpdesk@lambdalegal.org](mailto:legalhelpdesk@lambdalegal.org) or write to the addresses above.

**Maine Civil Liberties Union**

401 Cumberland Avenue, Suite 105

Portland, ME 04101

Phone: (207) 774-5444

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

Intake Form: [www.mclu.org/sites/default/files/MCLU%20Intake%20Form.doc](http://www.mclu.org/sites/default/files/MCLU%20Intake%20Form.doc)

E-mail: [info@mclu.org](mailto:info@mclu.org)

The Maine Civil Liberties Union (MCLU) is a non-partisan organization dedicated to the preservation and enhancement of civil liberties and civil rights. MCLU handles prison-conditions cases. Direct representation by MCLU may be available in cases involving violations of constitutional rights. To request assistance, print out, complete, and mail in the intake form or write directly to the MCLU at the address above.

**State Bar of Maine, Lawyer Referral and Information Service**

P.O. Box 788

Augusta, ME 04330-0788

Toll-free: (800) 860-1460

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

Information/Referral Request Form: [www.mainebar.org/lawyer\\_requestform.asp](http://www.mainebar.org/lawyer_requestform.asp)

Printable Request Form: [www.mainebar.org/documents/LRIS/RequestForm.pdf](http://www.mainebar.org/documents/LRIS/RequestForm.pdf)

The Lawyer Referral and Information Service (LRIS) is a program of the State Bar of Maine. If you need information, staff will direct you at no charge to appropriate resources, which may include printed material, web sites, or other services or agencies.

If you need legal advice or representation, staff will refer you to a lawyer who practices in the substantive areas of law you need, within geographical proximity, and appropriate to your situation. Unlike listings in telephone guides or on-line searches, LRIS can review your problem with you, and cross-reference several areas of law that seem to be indicated so that LRIS finds someone likely to be able to handle all the issues that may be involved. There is a \$25 fee for this referral, and LRIS does not give out lists of names.

The LRIS will need to know the basic who/what/where/when facts of your problem, including who the other parties involved are, what happened, and what you would like an attorney to do for you. You can start the conversation with an e-mail or by downloading the Referral Request (link above), filling it out, and mailing or faxing it in or by calling the LRIS. If you contact the LRIS by mail or e-mail, they may contact you with more questions before they are able to make a referral. When the LRIS has all the information they need, they cross-reference their database and find an attorney to refer to you.

## **GOVERNMENT RESOURCES**

### **Office of the Commissioner, Maine Department of Corrections**

State House Station 111  
Augusta, ME 04333-0111  
Office: (207) 287-4360

Inmates who have been sexually assaulted and have exhausted the grievances process within the facility and would still like to appeal should direct their complaint (attaching a copy of the original grievance report) to the Office of the Commissioner, Maine Department of Corrections to the address above.

*JDI has directly contacted each organization listed in the Resource Guide in hopes of pointing survivors toward those currently accepting new clients. However, the inclusion of any group or individual in the Resource Guide does not necessarily constitute an endorsement or recommendation by JDI, nor can JDI guarantee the availability of the services described here.*