

QUALITY, ACCESSIBLE  
CARE FOR CHILDREN,  
TEENS & ADULTS

*Care & Comfort, a leading provider of Behavioral Health and Home Health care with over 400 employees, is a 100% owned and operated agency licensed by the State of Maine to provide services within home, community and agency based settings.*

Our team of experienced, highly respected, focused and committed behavioral health professionals provide services throughout the 13 counties we serve. Our staff and the agency are passionate about delivering the highest quality of care for our clients and believe that by being actively involved in our communities, we make the places we all call home happier and healthier for all.

*Trusted and appreciated by professionals, families and individuals since 1991.*



*To make a referral or for more information about our services, please contact our office nearest you.*

#### **Bangor**

24 Springer Road  
Bangor, ME 04401  
(207) 992-2535 ♦ 1-866-784-6993

#### **Dover-Foxcroft**

1073 West Main Street  
Dover-Foxcroft, ME 04426  
(207) 564-0200 ♦ 1-866-236-2158

#### **Presque Isle**

165 Academy Street  
Presque Isle, ME 04769  
(207) 764-3071 ♦ 1-877-287-4931

#### **Waterville**

180 Main Street  
Waterville, ME 04901  
(207) 872-5300 ♦ 1-800-366-5302

#### **Wilton**

284 Main Street  
Wilton, ME 04294  
(207) 645-5304 ♦ 1-866-397-3350

[info@careandcomfort.com](mailto:info@careandcomfort.com)

Serving these counties  
Androscoggin | Aroostook | Franklin | Hancock  
Kennebec | Knox | Lincoln | Oxford | Penobscot  
Piscataquis | Sagadahoc | Somerset | Waldo



[careandcomfort.com](http://careandcomfort.com)



# Care & Comfort

Proudly providing professional services to families  
in thirteen Maine counties for over 25 years



**Home & Community  
Support Services**  
(Sections 21 & 29)

**Outpatient Therapy**

**Rehabilitative and  
Community Support Services**  
(Section 28 RCS)

**Home and Community  
Treatment for Children**  
(Section 65 HCT)


**Case Management**  
(Section 13 TCM)

## Behavioral Health

# Care & Comfort

*Effective, quality care delivered by highly skilled and compassionate professionals*

Referrals are accepted from community or agency providers, individuals, parents, physicians, schools, hospitals and self-referrals. We accept MaineCare, most insurances and private pay.



## Outpatient Behavioral Health Services

*Care & Comfort employs clinically licensed outpatient therapists to address behavioral health needs of children, adults and families.*

Services, provided in comfortable-confidential settings, are designed to help clients define and reach their goals. Frequency and length of services will be determined by the client and their clinician, based on the client's need.

Clinical services are available to individuals three years of age and older, couples, families and groups. Some common areas of focus include:

- ◆ Anger Management
- ◆ Behavioral Change
- ◆ Blended Family Issues
- ◆ Coping Skills
- ◆ Depression & Anxiety
- ◆ Grief/Loss
- ◆ Marital Conflict
- ◆ Parent/Child Conflicts
- ◆ Personal Growth & Development
- ◆ Post Traumatic Stress Disorder
- ◆ Stress Management



## WE'RE HERE FOR YOU TODAY ACCEPTING REFERRALS

### HOME AND COMMUNITY TREATMENT (HCT)

Home & Community Treatment (HCT) is available to individuals, through the age of twenty (20), who have a primary mental health diagnosis (i.e., ADHD, Depression, Oppositional Defiant Disorder, etc.) and who require a higher level of care than Outpatient Therapy. This service, provided in the comfort of the client's home, is designed to assist clients and family members in addressing behavioral issues, promoting positive coping skills and strengthening interpersonal relationships.

### REHABILITATIVE & COMMUNITY SUPPORT SERVICES (RCS)

Rehabilitative & Community Support Services (RCS) are available to individuals through the age of twenty (20), who have a mental or behavioral health diagnosis and a qualifying functional assessment score. Services are provided within the home and in community settings. Through repetition of skill-based intervention, our staff assists clients in skills necessary to become more independent. The goal of RCS is for the client and family to realize their potential by building activities of daily living skills, including:

- ◆ Dressing ◆ Eating/Meal Preparation ◆ Light Laundry Duties ◆ Self-Care/Hygiene ◆ Communications Skills
- ◆ Community Integration ◆ Fine/Gross Motor Skills ◆ Interpersonal Relationships ◆ Safety Awareness

### HOME & COMMUNITY SUPPORT SERVICES FOR ADULTS

Home & Community Support Services are available to individuals, 18 years old and older, who have been diagnosed with an Intellectual Disability or Autism Spectrum Disorder. This service promotes increased independence in the individual's home or community, based on their needs and the program they qualify for. Services are individualized, and goals may include:

- ◆ Exploring various transportation methods ◆ Budgeting and grocery shopping ◆ Activities of daily living
- ◆ Accessing banks, libraries, gym facilities, etc. ◆ Social skills ◆ Internet safety ◆ Communication skills

### CHILDREN'S TARGETED CASE MANAGEMENT (TCM) SERVICES

Targeted Case Management Services (TCM) are available to individuals through the age of twenty (20), who have a mental or behavioral health diagnosis and functional limitations including, but not limited to, behavioral, vocational, educational, social, interpersonal and developmental. Case Managers work as advocates for the client's needs in all settings. Services are individualized and utilize a multidisciplinary team approach.