

Who to call for help with referrals or questions? It would be a Family Information Specialist in your County.

To find out more information about services in your area, call the contact person in your county.

If you live in York County  
Michelle.Armstrong @maine.gov  
1-800-492-0846 TTY (207) 822-0272  
822-0243

If you live in Cumberland County  
Lisa.Salger @ maine.gov  
1-800-492-0846 TTY (207) 822-0272  
822-0249

If you live in Kennebec, Somerset,  
Androscoggin, Franklin, Oxford, Sagadahoc,  
Knox, Lincoln and Waldo Counties  
1-800-866-1814 TTY Maine Rely 711  
Vacant

If you live in  
Aroostook, Hancock, Penobscot, Piscataquis &  
Washington Counties  
Judy.Demerchant@maine.gov  
1-800-432-7366 TTY 1-800-606-0215  
493-4135

Website:

<http://.maine.gov/dhhs/ocfs/cbhs>



## Department of Health and Human Services

Maine People Living  
Safe, Healthy and Productive Lives



## Child and Family Services

An Office of the  
Department of Health and Human Services

Paul R. LePage, Governor Mary C. Mayhew, Commissioner

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*Family  
Information  
Specialist*



Department of Health and Human Services

## What We Do:

A Family Information Specialist (FIS) is a parent of a child with special needs that works with families to meet the needs of the children.

We provide information and referral services about resources that you may need as a parent of a child with special needs. We have many resource lists such as summer camps, support groups, medical professionals, case management, and home & community based services.

We also work closely with many different professionals that assist with many situations that may arise with families.

We will try our hardest to give helpful information for you and your family when you call. We are here for you.



When you call our office and speak with a FIS, you are speaking to a parent who knows what you are going through. We are always willing to listen.

We have information about services and programs such as Respite Services, and Recreational Services for children with special needs.

Respite Care offers planned, temporary relief of constant care giving. Respite Care allows the family to go shopping or to a ball game, attend a meeting or have a relaxing weekend away.

Special Needs Children are children with Mental Health or Intellectual & Developmental disabilities that are affecting their lives

We accept phone calls from families, schools, physicians, childcare centers and other community services.