

## *maine resources for parents*

### **The Office of Substance Abuse Information and Resource Center (IRC)**

The Information and Resource Center (IRC) is part of the Maine Office of Substance Abuse. It houses a collection of books, videos, audiocassettes, and literature. A variety of library materials are loaned, and pamphlets and handouts are distributed free state-wide. In addition, the IRC maintains listings of treatment facilities, support group meetings, and other resources in Maine. The catalog is searchable online and material is gradually being made available full text online. Staff can assist (by phone or email) members of the public with requests for information, referrals to services, and other questions related to substance abuse issues.

**1-800-499-0027 (In-State Only) or 207-287-8900**

**TTY: 1-800-215-7604 (In-State Only) or 207-287-4475**

**(Special Equipment Needed)**

**Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) [www.maineosa.org/irc](http://www.maineosa.org/irc)**

**Fax: 207-287-8910**

### **Mainely Parents**

Mainely Parents is a statewide prevention program of Day One that serves over 4,000 parents and children annually, through free mutual support groups, parent education, a toll-free Talkline for parents under stress and a quarterly newsletter the Maine Parent Express which focuses on parenting information, advocacy and awareness of child abuse, substance abuse and key children's issues.

**1-800-249-5506 or 207-842-2984**

**<http://www.mainelyparents.org/>**

### **Communities for Children**

Communities for Children is a statewide initiative of the Governor's Children's Cabinet designed to create a partnership between state government and local communities as they work to promote positive child and youth development. The goals of the initiative are to measurably improve the well-being of children in every Maine community, and increase educational attainment and achievement levels of all Maine children. Communities for Children invites all Maine communities to become "Partner Communities." Since 1997, 70 communities have joined the network, representing more than 319 municipalities and 70% of the state's population. To find out who the local contact person is for a Communities for Children coalition in your area, check the website or call the Communities for Children office.

**<http://www.communitiesforchildren.org>**

**Phone: 207-287-4377 or in-state 800-780-6230**

### **Child Abuse and Neglect (CAN) Councils of Maine**

There are 16 Child Abuse and Neglect (CAN) Councils in Maine, one for each county. Each is a local resource for parenting information, education and support. A list of all 16, with local contact information is available at <http://www.mechildrens.org/canc.php> or by calling the Maine Children's Trust at (207) 623-5120.

## Community Action Programs (CAPs)

Community Action Programs (also called Community Action Agencies) are nonprofit private and public organizations established under the Economic Opportunity Act of 1964 to fight America's War on Poverty. Community Action Agencies help people to help themselves in achieving self-sufficiency. Many CAP agencies provide various services for parents and children, including community coordination, education, referrals to other family services, etc. For a list of the CAP agencies in Maine, visit:

<http://www.acf.dhhs.gov/programs/ocs/csbg/documents/me-caa.htm>

There are many other local coalitions across Maine that may have a variety of different names and goals. Local contacts for other coalitions that exist in various Maine communities, and may be good resources for parents, can be found on the Web at [www.maineosa.org](http://www.maineosa.org), or by calling or emailing the Information and Resource Center to request assistance in locating coalitions that may exist in your community. These coalitions might include One ME coalitions, Underage Drinking Coalitions, Healthy Community Coalitions, Coordinated School Health Programs, Healthy Maine Partnership, etc.

In addition, there are people in every community that are good resources for parents looking for assistance in dealing effectively with underage drinking issues. These people include:

- School principal or assistant principal
- Guidance counselor, social worker, or substance abuse counselor at the high school
- School resource officers (available in many school districts—can be contacted through either the police department or the high school in communities where they exist)
- Other law enforcement officers, including the local police chief or sheriff
- Pediatricians, family physicians, physicians assistants, or family nurse practitioners who provide health care services to teens

There are good  
**resources** for  
parents in EVERY  
**community**

*Want more help?*

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**TTY: 1-800-215-7604** (In-State Only) **or 207-287-4475** (Special Equipment Needed)

**OSA** MAINE OFFICE OF SUBSTANCE ABUSE [www.maineparents.net](http://www.maineparents.net)