



Catholic Charities  
**Behavioral Health Network**  
A System of Care You Can Count On

## **Adult Mental Health Services**

*We believe in the importance of focusing on the whole person. In serving your emotional, as well as physical needs we strive to provide care with compassion and respect for the dignity of all. We believe this, added to our exceptional breadth of experience and services, is what makes us the ideal partner — respectful, compassionate, and committed to excellence — in helping you succeed.*

## **Community Integration Services**

Our case managers provide support to adults with mental illness to:

- ✓ achieve goals of successful community living, recovery and self-management of mental illness
- ✓ foster skills development to increase independence issues of daily living
- ✓ assist in identifying and accessing community resources (housing, medical, social services, financial, transportation, vocational, spiritual, etc.)
- ✓ help in becoming empowered in making healthy decisions

## **Behavioral Health Home**

A team-based approach to supporting physical and mental health needs. It is not a “home” in a residential sense, but rather an outpatient model of care that helps persons diagnosed with mental illness who also suffer with a chronic medical condition. Our behavioral health team:

- ✓ coordinates and monitors the delivery of effective, integrated behavioral and physical health services to assist in achieving optimal health/wellness goals.
- ✓ identifies, in collaboration with providers, all services to attain/maintain safe and affordable housing, and other basic needs to be successful in the community.

## Eligibility

Adults 18 and older, who have been diagnosed with a mental health issue and reside in the central Maine area, may be eligible to receive services. Services are MaineCare reimbursable.

## How It Works

Our referral process is a simple phone call that takes 5-10 minutes. Intake will be scheduled and a case manager assigned within a week after the referral.

Our intake staff will first conduct an **initial assessment** to determine your medical, mental health, financial, educational, social and recreational needs. Next, we will develop an **individualized service plan** focusing specifically on the goals and needs identified by you.

Part of the assessment process will determine the best services to meet your needs and for which you are eligible for — Community Integration or Behavioral Health Home Services.

## How do I get more information?

**Referral Line:**

**1-800-660-5231 OR 207-238-8628**

**or email: [FAMHReferral@ccmaine.org](mailto:FAMHReferral@ccmaine.org)**

**Visit us online at [www.ccmaine.org](http://www.ccmaine.org)**

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