



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

Maine Medical Center

Portland Identification and Early Referral (PIER) Program

To discuss participation or to receive
more information, contact:

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Portland Identification and
Early Referral (PIER) Program

Telephone: (207) 662-3162

Funded by the "Now is the Time" Healthy
Transitions grant, through the Substance
Abuse and Mental Health Services
Administration (SAMSHA).

Who can participate?

Adolescents or Young Adults, ages 16-25, in Cumberland County, with some of the following difficulties that have begun or worsened in the past year:

- Feeling “something’s not quite right”
- Having trouble thinking clearly, focusing, or concentrating
- Worrisome drop in school or work performance
- Unusual thoughts and confusion
- Fearful for no good reason
- Difficulty communicating and understanding
- Suspiciousness, fears or uneasiness with others
- Mood instability
- Declining interest in people, activities and self-care
- Hearing sounds/voices that are not there
- Pervasive anxiety
- Disrupted sleep patterns



...providing hope through early intervention.

Services Provided

The PIER Program partners with clients and families to set goals for positive outcomes through:

- Community outreach and education
- Comprehensive assessment
- Individual and family counseling
- Multifamily group
- Medication management
- Employment and education support
- Care management
- Peer mentoring

We will bill for services that are covered by insurance or MaineCare, and will also provide services that are not covered by insurance.

Services are currently available to Cumberland County residents, with the goal of expanding to Androscoggin County.

How to make a referral

Initial phone screen will determine eligibility for the program.

To make a referral, please call the PIER Program Manager, Sarah Lynch, on 207-662-3162.

