To discuss participation or to receive more information, contact:

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Maine Medical Center
Portland Identification and Early Referral (PIER) Program

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

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

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.

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.