



**Katahdin Valley Health Center**  
Creating *healthy communities*, starting with *you*.

## **HOULTON MAINE** **AND SURROUNDING AREA RESOURCES**

Tina McNinch: Patient Assistance Coordinator: (207) 538-3700 X590

Lisa Forbush: Community Health Worker: (207) 538-3700 X594

### **Katahdin Valley Health Center (KVHC) Patient Assistance Office**

#### Houlton Medical

Phone:

(207) 538-3700

Address:

59 Bangor Street

Houlton, ME 04730

Website:

[www.kvhc.org](http://www.kvhc.org)

Services:

Patient Assistance, Primary Care, Podiatry, Dental, Behavioral Health, Pharmacy, Pediatrics, Chiropractic Care, Optometry, Massage Therapy, Walk-In Care.

Other Locations:

Ashland, Brownville, Dover-Foxcroft, Island Falls, Lincoln, Patten, Patten South.

Additional Services at Certain Locations:

Physical Therapy, Optometry, Speech Therapy.

### **Maine Modivcare**

Services:

Non-emergency medical transportation, remote patient monitoring, meal delivery, and personal and home care to enable greater access to care, reduce costs and improve outcomes.

*\*Smart Phone users can download and use an App\**

**Phone: 855-608-5174**

Website: [www.modivcare.com](http://www.modivcare.com)

### **Aroostook Regional Transportation System, INC (ARTS)**

Address: P.O. Box 552, 24 Houlton Road, Presque Isle, ME 04769

Main Office: (207) 764-5246

**Bus: (207) 764-3384 or 1-800-442-3320**

Website: [aroostooktransportation.org](http://aroostooktransportation.org)

Who is eligible: ARTS provides non-emergency public transportation to low income, elderly and individuals with disabilities in Aroostook County, Patten in Penobscot County and Danforth in Washington County.

### **Salvation Army**

The Salvation Army of Bangor provides direct assistance to individuals and families residing within our community.

Services provided include: Clothing, Food, Fuel oil

Main Services: Meals, Clothing, Financial Assistance, Navigating the system

Phone: (207) 941-2990



## **Food Pantries & Community Cupboards**

Adopt-A-Block of Aroostook Food Pantry

Monday & Tuesday, Friday 8am - 1pm

(207) 532-2783

Agape Food Pantry

64 Cleaves St., Island Falls

(207) 463-2449

Friends Helping Friends

23 Station Rd., Easton

(207) 227-3589

Haynesville Town Office Food Pantry

Monday & Wednesday 7:30- 1pm & Thursday 7-10 am

(207) 448-2239

Houlton Salvation Army

12 Court St., Houlton, ME 04730

(207) 532-2322

Haynesville Town Office Food Pantry

16 Danforth Rd., Hanyesville

(207) 448-2239

Houlton Band of Maliseet Indians Food Pantry

Wednesday 9-11 am & 1-3 pm

(207) 532-7260

Mildred's Food Pantry

Tuesday & Thursday 8:30-10:30 am

(207) 532-9122

Orient Food Pantry

1<sup>st</sup> week of the month Thursday & Friday 10:30-2 pm

(207) 448-7729

Town of Haynesville

Monday & Wednesday 7:30- 1pm, Thursday 7-10 am

(207) 448-7005

Mars Hill Community Cupboard

7 Market St., Mars Hill

(207) 429-8043

Wytopitlock Food Pantry

8 Springer Rd., Wytopitlock

(207) 456-7546

## **Meals on Wheels**

Monday – Friday

8 am – 4:30 pm

(207) 764-6185



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### **Aroostook Agency on Aging**

Address:

260 Main St.

Presque Isle, Me 04769

Phone: 207-764-3396 or 1-800-439-1789

Website: [info@aroostookaging.org](mailto:info@aroostookaging.org)

Provides information and support on all Agency services and variety of important topics such as Public benefit programs, Legal Services for Maine Elders, Medicare and Insurance counseling, Outreach services, Prevention of Fraud and Scams, Wellness programs

### **The Putnam Senior Center**

Address: 48 Court St, Houlton, ME 04730

Phone: (207) 521-5049

### **Aroostook Mental Health Services (AMHC)**

Hours: Monday-Friday 8:00am to 5:00pm

Phone: (207) 554-2352

Website: [www.amhc.org](http://www.amhc.org)

(800) 244-6431

Houlton Outpatient

Address: 11 Mill Street, Houlton ME 04730

Phone: (207) 532-6523

### **Houlton Regional Hospital**

Address: 20 Hartford St, Houlton, ME 04730

Phone: (207) 532-2900

### **Houlton Police Department**

Address: 97 Military St, Houlton, ME 04730

Phone: (207) 532-2287

### **Aroostook Sheriff's Department**

Address: 25 School St Ste 216, Houlton, ME 04730

Phone: (207) 532-3471

### **Maine State Police - Troop F**

Address: 1 Darcie Dr # 202, Houlton, ME 04730

Phone: (207) 532-5400

### **Aroostook County Jail**

Address: 15 Broadway, Houlton, ME 04730

Phone: (207) 532-7317

### **Aroostook County Emergency Management Agency (AKEMA)**

Address: 158 Sweden St, Caribou, ME 04736

Phone: (207) 493-4328

### **211 Maine**

**What it is:** 211 Maine is a collaborative effort to ensure people in Maine have access to the information they need to stay safe and healthy.

Phone or Text: 211

Website: [211maine.org](http://211maine.org)



## **Hotlines / Crisis Numbers**

- DHHS Maine Crisis Hotline: 1-888-568-1112
- DHHS Elder/Dependent Adult Abuse 1-800-624-8404 (voice) OR 711 (Maine Relay)
- Aroostook Mental Health Center Access line: 800-244-6431
- Maine Crisis Hotline 888-568-1112; 711 [TTY]
- Maine Warm line 866-771-9276
- National Suicide Prevention Lifeline: 988lifeline.org Website has resources for different needs & populations also, including [but not limited to] mothers and veterans.
- Crisis Text Hotline: TEXT “HOME” TO 741741
- Partners for Peace: 800-863-9909; 800-437-1220 [TTY]
- National Domestic Violence Hotline: 800-799-7233 - TEXT “START” TO 88788
- Maine Coalition Against Sexual Abuse (207)626-0034
- Maine Sexual Abuse Helpline 800-871-7741
- National Sexual Abuse Hotline 800-656-4673
- Poison Control: 1-800-222-1222

## **Homeless Services of Aroostook**

Address: 745 Central Drive, Presque Isle, ME 04769

Phone: (207) 764-4125

Website: [aroostookhomeless.org](http://aroostookhomeless.org)

## **Home Energy Assistance Program (HEAP) Agency**

Aroostook County Action Program:

P.O. Box 1116  
771 Main Street  
Presque Isle, ME 04769  
91 Military St.  
Houlton, ME 04730

Phone: (207) 764-3721  
Toll Free: (800) 585-3053  
  
Phone: (207) 532-5300

## **American Red Cross**

### **Caribou**

Address: 7 Hatch Dr. Suite 250, Caribou, ME 04401  
Phone: (207) 493-4620

### **Bangor**

Address: 145 Exchange St., Bangor, ME 04401  
Phone: (207) 874-1192

## **The Maine Tobacco Helpline**

Phone: (800) 207-1230



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## **Maine CDC Breast and Cervical Health Program**

Phone: 1-800-350-5180, Press 1 OR (207) 287-8068, TTY users call Maine Relay 711  
Website: [www.maine.gov](http://www.maine.gov)

## **Women Infant and Children (WIC)**

Address: 771 Main St., Presque Isle, ME 04769  
Phone: (207) 768-3026 or 800-432-7881 Fax: (207) 768-3066

## **Social Security Offices**

### **Presque Isle**

Phone: 866-837-2719  
Address: 365 Main St, Presque Isle, ME 04769

Website: [ssa.gov](http://ssa.gov)

### **Bangor**

Phone: 877-405-1448  
Address: 202 Harlow St, Bangor, ME 04401

Website: [ssa.gov](http://ssa.gov)

## **Health Affiliates of Maine (HAM)**

Services:

Therapy Services, Telehealth Intensive Outpatient Program, Psychiatric Assessment & Treatment, Substance Use Disorder Counseling, Services for Active Service Members, Veterans, and Families, Case Management.

Phone: (207)333-3278, Toll Free: 877-888-4304

Website: [healthaffiliatesmaine.com](http://healthaffiliatesmaine.com)

## **Library**

### **Cary Library**

Address: 107 Main St., Houlton, ME 04730

Phone: (207) 528-2197

## **Animal Shelters**

### **Ark Animal Sanctuary**

Address: 70 Main St, Houlton, ME 04730

Phone: (207) 532-7387

### **Houlton Human Society**

Address: 263 Callaghan Rd, Houlton, ME 04730

Phone: (207) 532-2862



## **Maine.gov Career Center**

### Career Center in Presque Isle:

Address: 66 Spruce Street,  
Presque Isle, ME 04769  
Phone: (207) 768-3142  
Email: [mainecareercenter.gov](mailto:mainecareercenter.gov)  
Hours: Mon.-Fri. 8 am – 5 pm

### Over all of Maine Email:

Maine JobLink  
Email: [JobLink@maine.gov](mailto:JobLink@maine.gov)  
Phone: (207) 623-7967  
TTY users call Maine Relay 711  
Mon-Fri, 8 am – 5 pm

### Over all of Maine Postal Address:

Bureau of Employment Services  
55 State House Station  
Augusta, Maine 04333-0055

### Over all of Maine Phone:

Career Center Central Hotline:  
Maine Only: 1-888-457-8883  
From out of state: (207) 623-7981  
TTY users call Maine Relay 711  
Mon-Fri, 8 am – 4:30 pm

## **Hope & Justice Project**

Services: Help people whose family and dating relationships are affected by abuse and violence.  
Provide prevention education and training.  
Encourage and support safe, joyful relationships.  
Encourage community members to recognize and understand the nature of abuse and violence. Help repair the harm done.  
Change social conditions that tolerate and foster violence.

Phone: (207) 532-4004 or 1-800-439-2323

## **Fire Departments**

### Houlton

Address: 99 Military St., Houlton, ME 04730

Phone: (207) 532-1320

### Hodgdon

Address: 49 Hodgdon Mills Rd, Hodgdon, ME 04730

Phone: (207) 532- 4535

### Linneus

Address: Bangor Rd, Houlton, ME 04730

Phone: (207) 532-3526

### Littleton

Address: 1536 US Hwy 1, Littleton, ME 04730

Phone: (207) 532-7104

### Monticello

Address: 409 US Hwy 1, Monticello, ME 04760

Phone: (207) 538-9500



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## **Department of Health and Human Services (DHHS)**

### DHHS Administrative Office

Phone: (207) 287-3707

Website: [www.maine.gov](http://www.maine.gov)

Address: 109 Capitol Street Augusta, ME 04333

### Houlton District Office

Phone: (207) 532-5000, Toll Free: 1-800-432-7338

Address: 11 High Street, Houlton, ME 04730

## **DHHS Applications**

### MaineCare:

Helps people with medical bills such as bills for doctors, hospitals, and medicines.

### Food Supplement:

Helps low-income households buy food.

Temporary Assistance for Needy Families (TANF): Provides cash assistance for a limited number of months, to families with children in need of support.

### Alternative Aid (AA):

Provides cash assistance for a limited number of months, to families with children in need of support.

### Emergency Assistance (EA):

Help for families with children who are facing destitution or homelessness because of an emergency situation.

### Child Care Subsidy Program:

Helps families to pay for child care so they can work, go to school or participate in a job training program.

### State Supplement:

Provides cash payment to aged, blind, or disabled people who get SSI, or would be eligible for SSI except for income or due to citizenship rules.

### Katie Beckett:

Offers MaineCare eligibility for children under age 19 with severe health conditions who are not in a medical facility but need the level of care of a facility.

### Medicare Savings Program (Buy-In):

Pays Medicare deductibles, co-pays, co-insurance and premiums for low-income Medicare members.

### Family Planning Services (MaineCare):

Helps with the following services: Family Planning, Reproductive and Sexual Health Care or Sexually Transmitted Infections.

### Applications can be found here:

[www.maine.gov](http://www.maine.gov)

### Application by Phone:

855-797-7357



## **Low Income Housing**

**Hatfield Realty**

*(Northwood Apts., Century House, Four Seasons, the Highlands, Bowdoin Place)*

Address: 51 Main St., Houlton, ME 04730

Phone: (207) 532-7171

**Heather Hill Management**

*(Wexford Place, Kilconnell)* Phone: (207) 532-1583

**Maine Development Associates**

*(Hestia Heights)*

Address: Reservoir Hill Rd., Houlton, ME 04730

Phone: (207) 947-6795

**Clark Young Associates.**

*(Kelleran Court & Ricker Plaza)*

Address: 73 Military St., Ste. 400 Houlton, ME 04730

Phone: (207) 532-3037

**Shiretown Properties**

*(Market Square Commons, Trust Block, Kendall St. Apts., Sugarloaf Apts.)*

Address: 12 Sugarloaf St., Houlton, ME 04730

Phone: (207) 521-5292

**Brenda Brown Habrle**

*(Military St. Apartments)*

Address: 95 Military St., Houlton, ME 04730

Phone: (207) 532-6593

**James Brown**

*(Lee Apartments)*

Address: 10 Lee Ct., Houlton, ME 04730

Phone: (207) 532-6593

**C.S. Management, Inc.**

*(Friendly Village)*

Address: 37 Silver St., Monticello, ME 04730

Phone: (207) 498-8332

**James Griffin**

*(Hodgdon Homestead)*

Address: Homestead Ct., Hodgdon, ME 04730

Phone: (207) 532-6498

**Eason Housing Corp.**

*(Pine Grove Terrace)*

Phone: (207) 448-6601

**Houlton Band of Maliseet Indians Tribal** *(Metaksonekiyak I)*

Address: 43 Clover Court, Houlton, ME, 04730

Phone: (207) 532-7637

## **Code Enforcement - Town of Houlton**

Address: 21 Water Street. Houlton, Maine 04730

Phone: (207) 532-7111

## **Maine Veterans' Homes**

460 Civic Center Drive  
Augusta, Maine 04330

Phone: 1-800-278-9494  
Website: [info@mainevets.org](mailto:info@mainevets.org)





## Churches

|   |                |
|---|----------------|
| Bethel Church of Oakfield               | (207) 757-8263 |
| Calvary Pentecostal Church              | (207) 538-9016 |
| Church of the Good Shepherd             | (207) 532-2927 |
| Church on the Hill                      | (207) 532-2783 |
| County Road Baptist Church              | (207) 532-3381 |
| Dyer Brook Community Church             | (207) 757-8371 |
| East Hodgdon Bible Church               | (207) 532-9331 |
| First Baptist Church of Houlton         | (207) 532-3196 |
| Hodgdon United Methodist                | (207) 532-2698 |
| Houlton First United Pentecostal        | (207) 532-6350 |
| Houlton United Methodist                | (207) 532-3332 |
| Houlton Wesleyan                        | (207) 532-9056 |
| Kingdom Hall of Jehovah's               | (207) 532-7343 |
| Lake Road Free Will Baptist Church      | (207) 521-9005 |
| Latter Day Saints Church                | (207) 532-2810 |
| Linneus Free Will Baptist Church        | (207) 532-9804 |
| Littleton Full Gospel Assembly          | (207) 532-2414 |
| Monticello Community Church             | (207) 538-9016 |
| Monticello Wesleyan Church              | (207) 532-9056 |
| New Limerick Baptist Church             | (207) 532-3291 |
| Oakfield Baptist Church                 | (207) 757-8266 |
| Oakfield Seventh - day Adventist Church | (207) 757-8880 |
| Salvation Army Evangelical Church       | (207) 532-2322 |
| Shiretown Baptist                       | (207) 543-3263 |
| St. Mary's Catholic Church              | (207) 532-2871 |
| Unitarian Church of Houlton             | (207) 532-9269 |
| United Baptist Church                   | (207) 538-9534 |
| United Baptist Church of Littleton      | (207) 538-9534 |



## **Town Offices**

### **Hammond**

Phone: (207) 532-1104

Address: 13 Burnt Brow Rd., Houlton, ME, 04730

### **Haynesville**

Phone: (207) 448-2239

Address: 16 Danforth Rd., Haynesville, ME 04497

### **Houlton**

Phone: (207) 532-7111

Address: 21 Water St., Houlton, ME 04730

Website: [www.houlton-maine.com](http://www.houlton-maine.com)

### **Hodgdon**

Phone: (207) 532-6498

Address: 179 Hodgdon Mills Rd., Hodgdon, ME 04730

Email: [townofhodgdon@ainop.com](mailto:townofhodgdon@ainop.com)

### **Littleton**

Phone: (207) 538-9862

Address: 1536 U.S Hwy. 1, Littleton, ME 04730

### **Monticello**

Phone: (207) 538-9500

Address: P.O. Box 99, Monticello, ME 04730

Email: [townofmonticello@pioneercable.net](mailto:townofmonticello@pioneercable.net)

### **Linneus**

Phone: (207) 532-6182

Address: 1185 Hodgdon Mills Rd., Linneus, ME 04730

### **Ludlow**

Phone: (207) 532-7743

Address: 13 Cunliff Rd., Houlton, ME 04730

### **New Limerick**

Phone: (207) 532-3303

Address: P. O. Box 121, New Limerick, ME 04761

Email: [nwlimerick@mfx.net](mailto:nwlimerick@mfx.net)

### **Oakfield**

Phone: (207) 757-8479

Address: P.O. Box 10, Oakfield, ME 04730

Website: [www.townofoakfield.com](http://www.townofoakfield.com)

### **Smyrna**

Phone: (207) 757-8286

Address: P.O. Box 239, Smyrna, ME 04780

Website: <https://smyrna.aroostook.me.us/>