

HA 204 Resource Activity

Homework due 10/06/2020

Leah Cleland

Pick 5 focus areas pg. 74 in the book and research a minimum of 3 resources to write about in your community. Give a quick summary.

Drug and alcohol use -

1. An Angels Wing, Inc. - An Angels Wing, Inc. is a nonprofit organization based in Lewiston that offers second hand clothing stores where donations are sold and the money profited goes to funding rehabilitation and recovery services to those suffering from Substance Use Disorder.
2. Grace Street Recovery Services- Grace Street Recovery Services is a local drug and alcohol rehab center in Lewiston. They offer IOP, risk reduction services and counseling.
3. Blue Sky Counseling- Blue Sky counseling offers medication assisted treatment for opioid addiction in Lewiston.

Physical Health-

1. The Gym Lewiston- This is the gym I go to personally. They are located right in Lewiston and have a variety of equipment to use whether it's weights, treadmills or the sauna, it accommodates everyone.

2. Planet Fitness- This is located in Auburn and is much cheaper than a privately owned gym like the one I go to. People can pay as little as \$10 a month to utilize their services.
3. The Health Club and Spa- This is located in Lewiston and is privately owned. Their membership is more expensive simply because they offer private classes like cycling and the use of their indoor heated pool.

Mental Health-

1. St- Mary's hospital D4 unit- Located in Lewiston this program is available to those who struggle with Substance Addiction. It also serves as an aide for those who also struggle with Mental Health conditions that coincide with their Substance Addiction and dependence.
2. Tri- County Mental Health- Tri- County Mental Health serves as a resource in Lewiston for any who needs any referral to services for mental health counseling, family counseling, veterans services and crisis as well.
3. Avalon Counseling Services- Avalon counseling services is a treatment center located in Lewiston that helps in providing services for those struggling with mental health and substance use disorders.

Parenting skills-

1. Advocates For Children- Advocates for children offers a variety of services like early Head start programs, parenting classes for those who may struggle with children who have behavioral diagnosis, and Child

Welfare resources. They have workers who will sit down and help families come up with a safety plan after completing an assessment to give to DHHS. This part is referral based only.

2. Community Concepts- Community Concepts in Lewiston provide parenting classes as well as head start opportunities. They accommodate a lot of cultures to include Somali, Arabic, French and Portugese translations.
3. United Way of Androscoggin County- This organization offers Literacy programs for kids as well as after school programs, including summer programs and mentorships.

Education-

1. CMCC- Central Maine Community College is located in Auburn. This school offers programs like Human Services, Nursing and Welding.
2. USM- Lewiston Campus- This school provides bachelors level programs like Social and Behavioral Sciences as well as English.
3. MCHC- Maine Community Health College- This is located in Lewiston and offers programs specific to the medical field for Medical Assisting, Nursing and Phlebotomy.