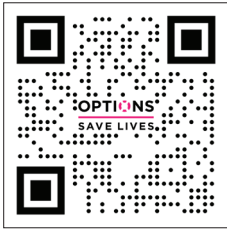


OPTIONS Liaisons can be a support for patients who use substances.



OPTIONS
SAVE LIVES



OPTIONS Liaisons are a judgment-free point of contact who can meet people where they are in terms of their substance use, offer support, and connect them to treatment, harm reduction and recovery resources. Liaisons are licensed behavioral health clinicians working through four agencies contracted through The Maine Office of Behavioral Health: Aroostook Mental Health Services (AMHC), Oxford County Mental Health Services, Sweetser and Tri County Mental Health Services.

Anyone can make a direct referral to a Liaison, including individuals who use drugs, their families and loved ones, and others within the support system. They also often work alongside local emergency medical services (EMS) and law enforcement agencies to follow up with people and families after an overdose. In addition to helping people navigate services, Liaisons assist people to meet basic needs; de-escalate behavioral health crises and provide short-term therapeutic interventions; provide naloxone training and distribution; and conduct outreach and education.

How do I make a referral to an OPTIONS Liaison?

Visit [KnowYourOptions.ME/about-options](https://www.knowyouroptions.me/about-options) to view Liaison contact information and direct referral form links, which you can offer to fill in during your visit. If not, Liaisons' direct phone numbers and emails are also listed on that site and on this [Liaison contact information handout](#). Anyone, including family members, can reach out to the Liaison.

How do I talk to a patient about OPTIONS?

Routine screening for substance use, using a validated and population-specific tool, identifies which patients could benefit from a brief intervention as well as those who might need a referral for an assessment or other support. If a patient is open to support, offer to fill in the form together during their visit (it should only take one minute).

“Based on what you have told me, I wonder if you’d be interested in resources related to substance use? We could fill in a quick form right now to reach out to the [insert county] OPTIONS Liaison, [insert name]. They will follow up with you to see what would be helpful, and if you want, connect you to support and services. I can also give you their contact information. And if you are interested in talking with me about making a plan to stop using x substance, potentially using medication, I’m happy to talk about that too.”

We encourage you to document the discussion and referral in the patient’s medical records, so you or another provider can follow up at their next appointment.

“I want people to feel like I have genuine empathy for them. Sometimes there are immediate solutions and sometimes it can take time. I understand the challenges and that there will be some bumps on the road along the way. That does not indicate failure, and that persistence will pay off.”

Glenn Gordon, OPTIONS Liaison, Oxford County

What about privacy?

Liaisons meet all federal standards for patient privacy with HIPAA and 42 CFR Part 2 (“Part 2”) that requires substance abuse disorder treatment providers to observe privacy and confidentiality restrictions with respect to patient records. Unless the person signs a medical consent form granting access to their records, all records are private.

Are OPTIONS Liaisons first responders?

No. OPTIONS Liaisons are public health professionals whose services are private and confidential like any healthcare provider. Sometimes Liaisons are embedded within first responder agencies like law enforcement or emergency medical services.

OPTIONS Liaisons Patient-friendly list here for download (updated 4/3/23. Current information at KnowYourOptions.ME/about-options).			
County	OPTIONS Liaison	Email	Phone
Androscoggin	Dave Bilodeau	dbilodea@tcmhs.org	(207) 344-1828
Aroostook	Vanessa Charette	vcharette@amhc.org	(207) 762-4851
Aroostook	Sarah Baker-Corbett	scorbett@amhc.org	(207) 762-4851
Cumberland	Tom MacElhaney	tjmacelhaney@sweetser.org	(207) 468-2848
Franklin	Katlynn Johnson	katlynnj@wmbh-me.com	(207) 500-1752
Hancock	Nick St. Louis	nstlouis@amhc.org	(207) 762-4851
Kennebec	Dawn Kearns	dkearns@sweetser.org	(207) 446-3304
Knox	Will Bucklin	wbucklin@sweetser.org	(207) 298-4672
Lincoln	Nicholas Loscocco	nloscocco@sweetser.org	(207) 468-3483
Oxford	Glenn Gordon	glenn.gordon@ocmhs.org	(207) 357-1751
Penobscot	Ashley Roberts, CADC	aroberts@chcs-me.org	(207) 991-1162
Piscataquis	Megan Harrigan, CADC	mharrigan@chcs-me.org	(207) 994-0271
Sagadahoc	Maria Beauregard, CADC	mbeauregard@sweetser.org	(207) 468-3304
Somerset	Mandy Smiley	msmiley@sweetser.org	(207) 468-6979
Waldo	Ann Ward	aeward@sweetser.org	(207) 468-2766
Washington	David Grieco	dgrieco@amhc.org	(207) 496-9733
York	Lacey Bailey	lmbailey@sweetser.org	(207) 468-4015

The Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative is a coordinated effort of the Maine Office of Behavioral Health (OBH) and other state agencies to improve the health of Mainers with substance use disorder. OPTIONS supports treatment, harm reduction and recovery, and aims to reduce the number of fatal and non-fatal drug related overdoses.



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