2009 State Profile — Maine
National Survey of Substance Abuse Treatment Services (N-SSATS)

The National Survey of Substance Abuse Treatment Services (N-SSATS) is an annual survey of facilities providing substance abuse treatment. It is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). N-SSATS is designed to collect data on the location, characteristics, services offered, and number of clients in treatment at alcohol and drug abuse treatment facilities (both public and private) throughout the 50 States, the District of Columbia, and other U.S. jurisdictions.

More information on N-SSATS methodology is available at the following URL: http://oas.samhsa.gov/2k3/NSSATS/NSSATS.pdf

In Maine, 164 substance abuse treatment facilities were included in the 2009 N-SSATS, reporting that there were 9,553 clients in substance abuse treatment on March 31, 2009. The survey response rate in Maine was 92.4%.

Facility Operation

	Facilities		Clients in Treatment on March 31, 2009			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Private non-profit	83	50.6	4,775	50.0	387	51.4
Private for-profit	69	42.1	4,451	46.6	353	46.9
Local government	4	2.4	111	1.2	0	0.0
State government	0	0.0	0	0.0	0	0.0
Federal government	4	2.4	97	1.0	0	0.0
Dept. of Veterans Affairs	3	1.8	88	0.9	0	0.0
Dept. of Defense	1	0.6	9	0.1	0	0.0
Indian Health Service	0	0.0	0	0.0	0	0.0
Other	0	0.0	0	0.0	0	0.0
Tribal government	4	2.4	119	1.2	13	1.7
Total	**164**	**100.0**	**9,553**	**100.0**	**753**	**100.0**

Primary Focus of Facility

	Facilities		Clients in Treatment on March 31, 2009			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Substance abuse treatment services	70	42.7	4,897	51.3	330	43.8
Mental health services	19	11.6	483	5.1	23	3.1
Mix of mental health & substance abuse treatment services	70	42.7	4,018	42.1	397	52.7
General health care	5	3.0	155	1.6	3	0.4
Other/unknown	0	0.0	0	0.0	0	0.0
Total	**164**	**100.0**	**9,553**	**100.0**	**753**	**100.0**

Substance Abuse Problem Treated

	Facilities[1, 2]		Clients in Treatment on March 31, 2009		
			Clients[3]		Clients per 100,000 Pop. Aged 18 and Over
	No.	%	No.	%	
Clients with both alcohol and drug abuse	127	86.4	4,154	43.5	350
Clients with drug abuse only	112	76.2	4,028	42.2	372
Clients with alcohol abuse only	116	78.9	1,371	14.4	119
Total[2]	**147**		**9,553**	**100.0**	**840**

[1] Facilities may be included in more than one category.

[2] Facilities excluded because they were not asked or did not respond to this question: 17

[3] Sum of individual items may not agree with the total due to rounding.

Type of Care	Facilities[1]		Clients in Treatment on March 31, 2009				
			All Clients			Clients Under Age 18	
	No.	%	No.	%	Median No. of Clients Per Facility	No.	%
Outpatient	**142**	**86.6**	**9,022**	**94.4**	**30**	**600**	**79.7**
Regular outpatient	135	82.3	4,523	47.3	25		
Intensive outpatient	38	23.2	425	4.4	9		
Day treatment/partial hospitalization	11	6.7	88	0.9	2		
Detoxification	16	9.8	0	0.0	0		
Methadone/buprenorphine	29	17.7	3,986	41.7	41		
Residential	**24**	**14.6**	**422**	**4.4**	**13**	**142**	**18.9**
Short term	5	3.0	153	1.6	11		
Long term	21	12.8	252	2.6	11		
Detoxification	1	0.6	17	0.2	17		
Hospital Inpatient	**7**	**4.3**	**109**	**1.1**	**18**	**11**	**1.5**
Rehabilitation	6	3.7	36	0.4	<1		
Detoxification	7	4.3	73	0.8	15		
Total	**164**		**9,553**	**100.0**	**24.5**	**753**	**100.0**

[1]Facilities may provide more than one type of care.

Opioid Treatment Programs (OTPs)

	No.	%[1]
Facilities with OTPs	**10**	**0.8**
Clients in Facilities with OTPs		
Methadone	3,397	95.3
Buprenorphine	167	4.7
Total	**3,564**	**100.0**

[1] Percentage of all OTP facilities that are in this state.

Facility Payment Options

	Facilities[1]	
	No.	%
Cash or self-payment	152	92.7
Private health insurance	128	78.0
Medicare	82	50.0
Medicaid	133	81.1
Other State-financed health insurance	77	47.0
Federal military insurance	99	60.4
Access to Recovery (ATR) vouchers[2]	N/A	N/A
No payment accepted	2	1.2
Accepts other payments	2	1.2
Sliding fee scale	106	64.6
Treatment at no charge for clients who cannot pay	80	48.8

[1] Facilities may accept more than one type of payment.

[2] Available only in AK, AZ, CA, CO, CT, DC, FL, HI, IA, ID, IL, IN, LA, MI, MO, MT, NJ, NM, OH, OK, RI, TN, TX, WA, WI, WY .

Facility Licensing, Approval, Certification, or Accreditation

	Facilities[1]	
	No.	%
Any listed agency/organization	160	97.6
State substance abuse agency	149	90.9
State mental health department	82	50.0
State department of health	37	22.6
Hospital licensing authority	15	9.1
The Joint Commision	22	13.4
CARF[2]	11	6.7
NCQA[3]	3	1.8
COA[4]	9	5.5
Other State/Local Agency/Org	13	7.9

[1] Facilities may be licensed by more than one agency/organization.

[2] Commission on Accreditation of Rehailitation Facilities

[3] National Committee for Quality Assurance

[4] Council for Accreditation

Facility Funding

	Facilities	
	No.	%
Receives Federal, State, county, or local government funds for substance abuse treatment programs	72	43.9

Types of Services Offered	Facilities No.	Facilities %
Assessment and Pre-Treatment Services	**164**	**100.0**
Screening for substance abuse	163	99.4
Screening for mental health disorders	121	73.8
Comprehensive substance abuse assessment/diagnosis	154	93.9
Comprehensive mental health assessment/diagnosis	82	50.0
Outreach to persons in the community who may need treatment	63	38.4
Interim services for clients when immediate admission is not possible	57	34.8
Testing	**99**	**60.4**
Breathalyzer/blood alcohol testing	54	32.9
Drug or alcohol urine screening	92	56.1
Screening for Hepatitis B	22	13.4
Screening for Hepatitis C	24	14.6
HIV testing	28	17.1
STD testing	18	11.0
TB screening	25	15.2
Counseling	**164**	**100.0**
Individual counseling	161	98.2
Group counseling	116	70.7
Family counseling	123	75.0
Marital/couples counseling	105	64.0
Transitional Services	**152**	**92.7**
Discharge planning	147	89.6
Aftercare/continuing care	119	72.6
Pharmocotherapies	**71**	**43.3**
Medications for psychiatric disorders	55	33.5
Nicotine replacement	38	23.2
Campral®	36	22.0
Antabuse®	30	18.3
Naltrexone	42	25.6
Buprenorphine	45	27.4
Subutex®	23	14.0
Suboxone®	45	27.4
Methadone	15	9.1
Ancillary Services	**160**	**97.6**
Case management services	81	49.4
Social skills development	97	59.1
Mentoring/peer support	50	30.5
Child care for clients' children	5	3.0
Assistance with obtaining social services	88	53.7
Employment counseling or training for clients	31	18.9
Assistance in locating housing for clients	64	39.0
Domestic violence	55	33.5
Early intervention for HIV	19	11.6
HIV or AIDS education, counseling, or support	59	36.0
Health education other than HIV/AIDS	53	32.3
Substance abuse education	145	88.4
Transportation assistance to treatment	39	23.8
Mental health services	107	65.2
Acupuncture	1	0.6
Residential beds for clients' children	3	1.8
Self-help groups	44	26.8

Clinical/Therapeutic Approaches Used Often or Sometimes	Facilities No.	Facilities %
Substance abuse counseling	163	99.4
Relapse prevention	161	98.2
Cognitive-behavioral therapy	149	90.9
12-step facilitation	113	68.9
Motivational interviewing	149	90.9
Anger management	132	80.5

Continued.

Clinical/Therapeutic Approaches Used Often or Sometimes (cont.)	Facilities No.	Facilities %
Brief intervention	131	79.9
Contingency management	93	56.7
Trauma-related counseling	120	73.2
Rational emotive behavioral therapy	60	36.6
Matrix model	42	25.6
Community reinforcement plus vouchers	10	6.1
Other treatment approaches	29	17.7

Facility Capacity and Utilization Rate[1]

	Residential	Hospital Inpatient
Number of facilities	18	4
Number of clients	363	74
Number of designated beds	290	78
Utilization rate (%)	125.2	94.9
No. of designated beds/facility (avg.)	16	20

[1] Excludes facilities not reporting both client counts and number of beds, facilities whose client counts were reported by another facility, facilities that included client counts from other facilities, and facilities that did not respond to this question

Programs for Special Groups

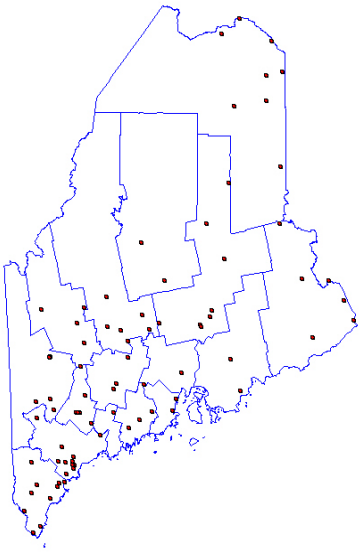
	Facilities No.	Facilities %
Any program or group	135	82.3
Co-occurring disorders	50	30.5
Adult women	34	20.7
Adolescents	29	17.7
DUI/DWI offenders	78	47.6
Criminal justice clients	29	17.7
Adult men	31	18.9
Pregnant or postpartum women	16	9.8
Persons with HIV or AIDS	3	1.8
Seniors or older adults	5	3.0
Gays or lesbians	5	3.0
Other groups	21	12.8

Services for the Hearing Impaired and in Languages Other than English

	Facilities No.	Facilities %
Hearing impaired/sign language	68	41.5
Any language other than English	56	34.1
Services Provided by:		
On-call interpreter	43	76.8
Staff counselor	8	14.3
Both staff counselor and on-call interpreter	5	8.9
Languages Provided by Staff Counselor:[1]		
Spanish	6	46.2
American Indian/Alaska Native languages	1	7.7
Other	8	61.5

[1] Percentages based on the number of facilities providing substance abuse treatment in a language other than English by a staff counselor.

Location of Treatment Facilities



• Access N-SSATS profiles for individual States at:
http://wwwdasis.samhsa.gov/webt/NewMapv1.htm

• For information on individual facilities, access SAMHSA's Treatment Facility Locator at:
http://findtreatment.samhsa.gov/

Data are from facilities that reported to N-SSATS for the survey reference date March 31, 2009. All material appearing in this report is in the public domain and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

Access the latest N-SSATS reports at:
http://www.oas.samhsa.gov/dasis.htm#Reports

Access the latest N-SSATS public use files at:
http://www.icpsr.umich.edu/cocoon/SAMHDA/SERIES/00058.xml

Other substance abuse reports are available at:
http://www.oas.samhsa.gov/

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Office of Applied Studies
www.oas.samhsa.gov