

2016 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 collects data on the location, characteristics, services offered, and number of clients in treatment at alcohol and drug abuse treatment facilities (public and private) throughout the 50 states, the District of Columbia, U.S. territories, and other jurisdictions.

More information on N-SSATS methodology is available at:

<http://www.samhsa.gov/data/2k3/NSSATS/NSSATS.pdf>

In Maine, 229 substance abuse treatment facilities were included in the 2016 N-SSATS, which reported a total of 10,621 clients in substance abuse treatment on March 31, 2016. The survey response rate in Maine was 72.6 percent.

Facility Operation

	Facilities		Clients in treatment on March 31, 2016	
	No.	%	No.	%
Private non-profit	90	39.3	3,234	30.4
Private for-profit	132	57.6	7,212	67.9
Local, county, or community government	1	0.4	65	0.6
State government	—	—	—	—
Federal government	2	0.9	25	0.2
Tribal government	4	1.7	85	0.8
Total	229	100.0	10,621	100.0

Type of Care

	Facilities ¹		Clients in treatment on March 31, 2016			
	No.	%	No.	%	Median no. of clients per OTP facility	Median no. of clients per non-OTP facility
Outpatient	203	88.6	10,326	97.2	390	20
Regular	198	86.5				
Intensive	37	16.2				
Day treatment/partial hospitalization	7	3.1				
Detoxification	17	7.4				
Methadone maintenance ²	39	17.0				
Residential (non-hospital)	27	11.8	259	2.4	—	10
Short term (<30 days)	5	2.2				
Long term (30+ days)	24	10.5				
Detoxification	3	1.3				
Hospital inpatient	4	1.7	36	0.3	—	12
Treatment	3	1.3				
Detoxification	4	1.7				
Total	229		10,621	100.0	390	15

¹ Facilities may provide more than one type of care. ² Methadone/buprenorphine maintenance or extended-release injectable naltrexone/Vivtro[®] treatment.

Opioid Treatment Programs (OTPs)		
	No.	%
Facilities with OTPs¹	10	0.8
Clients in facilities with OTPs²		
Methadone	3,433	1.0
Buprenorphine	352	1.9
Extended-release, injectable naltrexone/Vivitrol®	—	—
Clients in facilities without OTPs²		
Buprenorphine	754	1.8
Extended-release, injectable naltrexone/Vivitrol®	29	0.3
Total²	4,568	1.1

¹ Percentage of all OTP facilities that are in the United States.

² Percentage of all methadone, buprenorphine, or extended-release, injectable naltrexone/Vivitrol® clients in the United States.

Facility Payment Options		
	Facilities ¹	
	No.	%
Cash or self-payment	216	94.3
Private health insurance	188	82.1
Medicare	118	51.5
Medicaid	189	82.5
State-financed health insurance	121	52.8
Federal military insurance	115	50.2
No payment accepted	1	0.4
Access to Recovery (ATR) vouchers ²	n/a	n/a
IHS/Tribal/Urban (ITU) funds	19	8.3
Other payments	3	1.3
Sliding fee scale	157	68.6
Treatment at no charge for clients who can't pay	89	38.9

¹ Facilities may accept more than one type of payment.

² Available in AK, AR, AZ, CA, CO, CT, DC, FL, HI, IA, ID, IL, IN, LA, MA, MD, MI, MO, MT, NH, NJ, NM, NY, OH, OK, OR, PA, RI, SD, TN, TX, WA, WI, and WY.

Types of Services Offered		
	Facilities	
	No.	%
Assessment and pre-treatment services	229	100.0
Screening for substance abuse	226	98.7
Screening for mental health disorders	193	84.3
Comprehensive substance abuse assessment or diagnosis	213	93.0
Comprehensive mental health assessment or diagnosis	124	54.1
Screening for tobacco use	166	72.5
Outreach to persons in the community who may need treatment	104	45.4
Interim services for clients when immediate admission is not possible	80	34.9
No services offered	—	—
Testing	130	56.8
Breathalyzer or other blood alcohol testing	56	24.5
Drug or alcohol urine screening	122	53.3
Screening for hepatitis B	27	11.8
Screening for hepatitis C	30	13.1
HIV testing	27	11.8
STD testing	21	9.2

Continued

Facility Licensing, Certification, or Accreditation		
	Facilities ¹	
	No.	%
Any listed agency/organization	192	83.8
State substance abuse agency	182	79.5
State mental health department	127	55.5
State department of health	62	27.1
Hospital licensing authority	9	3.9
The Joint Commission	12	5.2
Commission on Accreditation of Rehabilitation Facilities	19	8.3
National Committee for Quality Assurance	5	2.2
Council on Accreditation	17	7.4
Healthcare Facilities Accreditation Program	1	0.4
Other state/local agency/organization	6	2.6

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

Facility Funding		
	Facilities	
	No.	%
Receives federal, state, county, or local government funds for substance abuse treatment programs	67	29.3

Types of Services Offered (continued)

	Facilities	
	No.	%
TB screening	38	16.6
No services offered	99	43.2
Counseling	229	100.0
Individual counseling	228	99.6
Group counseling	139	60.7
Family counseling	169	73.8
Marital/couples counseling	141	61.6
Transitional services	222	96.9
Discharge planning	210	91.7
Aftercare/continuing care	180	78.6
No services offered	7	3.1
Pharmacotherapies	79	34.5
Disulfiram (Antabuse®)	35	15.3
Naltrexone (oral)	52	22.7
Extended-release, injectable naltrexone/Vivitrol®	34	14.8
Acamprosate (Campral®)	39	17.0
Nicotine replacement	48	21.0
Non-nicotine smoking/tobacco cessation medications	37	16.2
Medications for psychiatric disorders	66	28.8
Methadone	10	4.4
Buprenorphine with naloxone (Suboxone®)	50	21.8
Buprenorphine without naloxone	31	13.5
No services offered	150	65.5
Ancillary services	228	99.6
Case management services	111	48.5
Social skills development	150	65.5
Mentoring/peer support	73	31.9
Child care for clients' children	1	0.4
Assistance with obtaining social services	108	47.2
Employment counseling or training for clients	46	20.1
Assistance in locating housing for clients	91	39.7
Domestic violence services	80	34.9
Early intervention for HIV	25	10.9
HIV or AIDS education, counseling, or support	69	30.1
Hepatitis education, counseling, or support	56	24.5
Health education other than HIV/AIDS or hepatitis	66	28.8
Substance abuse education	207	90.4
Transportation assistance to treatment	55	24.0
Mental health services	171	74.7
Acupuncture	6	2.6
Residential beds for clients' children	2	0.9
Self-help groups	52	22.7
Smoking/tobacco cessation counseling	112	48.9
No services offered	1	0.4
Other services	106	46.3
Treatment for gambling disorder	72	31.4
Treatment for Internet use disorder	51	22.3
Treatment for other addiction disorder	98	42.8
No services offered	123	53.7

Clinical/Therapeutic Approaches (Used 'Always,' 'Often,' or 'Sometimes')

	Facilities	
	No.	%
Substance abuse counseling	229	100.0
Relapse prevention	217	94.8
Cognitive-behavioral therapy	215	93.9
Motivational interviewing	207	90.4
Anger management	174	76.0
Brief intervention	176	76.9
Trauma-related counseling	188	82.1
12-step facilitation	140	61.1
Contingency management/motivational incentives	97	42.4
Dialectical behavior therapy	119	52.0
Rational emotive behavioral therapy	78	34.1
Matrix model	45	19.7
Computerized substance abuse treatment	16	7.0
Community reinforcement plus vouchers	14	6.1
Other treatment approaches	22	9.6

Clients per 100,000 Population in Opioid Treatment on March 31, 2016

	No.
Methadone	258
Buprenorphine	26
Extended-release, injectable naltrexone/Vivitrol®	—

Services in Sign Language for the Hearing-Impaired and in Languages Other Than English

	Facilities	
	No.	%
Sign language	72	31.4
Any language other than English	67	29.3
Non-English language provided by:		
Staff counselor only	8	11.9
On-call interpreter only	57	85.1
Both staff counselor and on-call interpreter	2	3.0
Languages provided by staff counselor:¹		
Spanish	4	40.0
American Indian/Alaska Native languages	1	10.0
Other	6	60.0

¹ Numbers and percentages are based on facilities that provide language services through a staff counselor, either exclusively or in conjunction with on-call interpreters.

Specifically Tailored Programs or Groups

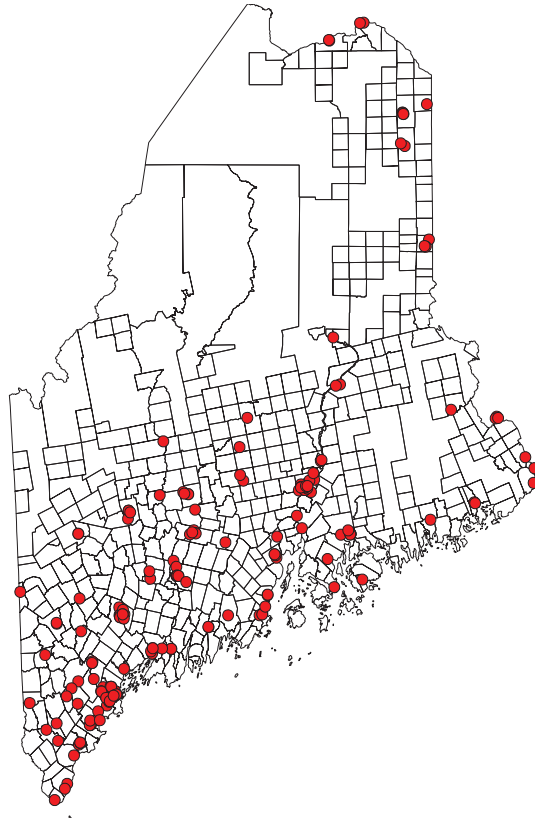
	Facilities	
	No.	%
Any program or group	172	75.1
Adult women	80	34.9
Clients with co-occurring disorders	101	44.1
Adult men	80	34.9
Clients who have experienced trauma	73	31.9
Criminal justice clients	54	23.6
DUI/DWI clients	72	31.4
Young adults	54	23.6
Adolescents	42	18.3
Clients who have experienced domestic violence	46	20.1
Clients who have experienced sexual abuse	48	21.0
Pregnant or postpartum women	49	21.4
Seniors or older adults	47	20.5
LGBT ¹	41	17.9
Veterans	40	17.5
Clients living with HIV/AIDS	32	14.0
Members of military families	29	12.7
Active duty military	27	11.8
Other	6	2.6
No program or group offered	57	24.9

¹ Lesbian, gay, bisexual, or transgender clients.

Symbol key: — Quantity is zero; * Less than 0.05 percent; *n/a* Not applicable; ‡ No facilities in this category; † Less than 1 per 100,000 population.

Note: Symbols keyed may not appear in every table.

Location of Treatment Facilities



<http://www.dasis.samhsa.gov/webt/newmapv1.htm>

Data are from facilities that reported to N-SSATS, based on the survey's reference date, March 31, 2016. All material in this report is public domain, and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

Access the latest N-SSATS reports at:

<http://samhsa.gov/data/substance-abuse-facilities-data-nssats>

Access the latest N-SSATS public use files at:

<http://datafiles.samhsa.gov>

Other substance abuse reports are available at:

<http://samhsa.gov/data/>

Access N-SSATS profiles for individual states at:

<https://www.dasis.samhsa.gov/>

For information on individual facilities, access SAMHSA's Behavioral Health Treatment Services Locator at:

<https://findtreatment.samhsa.gov/>



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Behavioral Health Statistics and Quality
www.samhsa.gov/data/