

2017 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). The 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 the methodology used is available in the 2017 N-SSATS report:

<https://www.samhsa.gov/data/all-reports>

In Maine, 199 substance abuse treatment facilities were included in the 2017 N-SSATS, which reported a total of 11,801 clients in substance abuse treatment on March 31, 2017. The survey response rate in Maine was 88.2 percent.

Facility operation, by number and percent

	Facilities		Clients in treatment on March 31, 2017			
			All clients		Clients under age 18	
	No.	%	No.	%	No.	%
Private non-profit	89	44.7	4,370	37.0	275	61.1
Private for-profit	104	52.3	7,196	61.0	169	37.6
Local, county, or community government	1	0.5	93	0.8	3	0.7
State government	—	—	—	—	—	—
Federal government	2	1.0	25	0.2	—	—
Tribal government	3	1.5	117	1.0	3	0.7
Total	199	100.0	11,801	100.0	450	100.0

Substance abuse problem treated, by number and percent

	Facilities ¹		Clients in treatment on March 31, 2017		
			Clients ²		Clients ² per 100,000 pop. age 18 or older
	No.	%	No.	%	
Clients with both alcohol and drug abuse	159	90.3	3,451	29.2	298
Clients with drug abuse only	146	83.0	7,017	59.5	635
Clients with alcohol abuse only	140	79.5	1,333	11.3	114
Total			11,801	100.0	1,048

¹ Numbers of facilities may sum to more than the total, and percentages may sum to more than 100 percent, because facilities may be included in more than one category.

² States report *substance abuse problem treated* in terms of percentages of clients, from which the numbers of clients in this table are derived; their sum may not agree with the total due to rounding.

Type of care, by number and percent

	Facilities ¹		Clients in treatment on March 31, 2017					
			All clients				Clients age < 18	
	No.	%	No.	%	Median no. of clients per OTP facility	Median no. of clients per non-OTP facility	No.	%
Outpatient	177	88.9	11,482	97.3	398	20	416	92.4
Regular	172	86.4	4,974	42.1	50	18		
Intensive	44	22.1	527	4.5	10	13		
Day treatment/partial hospitalization	7	3.5	39	0.3	—	20		
Detoxification	9	4.5	30	0.3	—	15		
Methadone maintenance	47	23.6	5,912	50.1	398	33		
Residential (non-hospital)	21	10.6	257	2.2	—	12	34	7.6
Short term (<30 days)	5	2.5	39	0.3	—	11		
Long term (30+ days)	19	9.5	215	1.8	—	12		
Detoxification	—	—	3	*	—	3		
Hospital inpatient	5	2.5	62	0.5	—	14	—	—
Treatment	3	1.5	18	0.2	—	9		
Detoxification	5	2.5	44	0.4	—	12		
Total	199		11,801	100.0	398	18	450	100.0

¹ Facilities may provide more than one type of care.

Opioid treatment programs (OTPs), by number and percent

	No.	%
Facilities with OTPs¹	10	0.8
Clients in facilities with OTPs²		
Any MAT	4,286	1.0
Methadone	3,928	1.0
Buprenorphine	358	1.3
Naltrexone	—	—
Clients in facilities without OTPs²		
Any MAT	2,188	2.1
Buprenorphine	2,143	2.5
Naltrexone	45	0.2

¹ Percentage of all OTP facilities in the U.S. ² Percentage of all methadone, buprenorphine, or naltrexone clients in the U.S. See 2017 N-SSATS report for details.

Facility payment options, by number and percent¹

	No.	%
Cash or self-payment	193	97.0
Private health insurance	165	82.9
Medicare	102	51.3
Medicaid	163	81.9
State-financed health insurance	107	53.8
Federal military insurance	108	54.3
No payment accepted	1	0.5
Access to Recovery (ATR) vouchers ²	n/a	n/a
IHS/Tribal/Urban (ITU) funds	27	13.6
Other payments	—	—
Sliding fee scale	133	66.8
Treatment at no charge for clients who can't pay	80	40.2

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, NC, NH, NJ, NM, NY, OH, OK, OR, PA, RI, SD, TN, TX, WA, WI, and WY.

Facility licensing, certification, or accreditation, by number and percent

	Facilities ¹	
	No.	%
Any listed agency/organization	175	87.9
State substance abuse agency	164	82.4
State mental health department	120	60.3
State department of health	55	27.6
Hospital licensing authority	8	4.0
The Joint Commission	11	5.5
Commission on Accreditation of Rehabilitation Facilities	19	9.5
National Committee for Quality Assurance	8	4.0
Council on Accreditation Healthcare Facilities Accreditation Program	10	5.0
Other state/local agency/organization	12	6.0

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

Facility funding, by number and percent

	Facilities	
	No.	%
Receives federal, state, county, or local government funds for substance abuse treatment programs	81	40.7

Types of services offered, by number and percent

	Facilities	
	No.	%
Assessment and pre-treatment services		
Screening for substance abuse	195	98.0
Screening for mental health disorders	162	81.4
Comprehensive substance abuse assessment or diagnosis	188	94.5
Comprehensive mental health assessment or diagnosis	112	56.3
Screening for tobacco use	149	74.9
Outreach to persons in the community who may need treatment	89	44.7
Interim services for clients when immediate admission is not possible	68	34.2
No services offered	1	0.5
Testing		
Breathalyzer or other blood alcohol testing	67	33.7
Drug or alcohol urine screening	129	64.8
Screening for hepatitis B	31	15.6
Screening for hepatitis C	32	16.1
HIV testing	27	13.6
STD testing	22	11.1
TB screening	42	21.1
No services offered	62	31.2
Counseling		
Individual counseling	195	98.0
Group counseling	144	72.4
Family counseling	157	78.9
Marital/couples counseling	125	62.8
Transitional services		
Discharge planning	185	93.0
Aftercare/continuing care	166	83.4
No services offered	4	2.0
Pharmacotherapies		
Disulfiram (Antabuse®)	29	14.6
Naltrexone (oral)	42	21.1
Extended-release, injectable naltrexone/Vivitrol®	29	14.6
Acamprosate (Campral®)	35	17.6
Nicotine replacement	44	22.1
Non-nicotine smoking/tobacco cessation medications	32	16.1
Medications for psychiatric disorders	60	30.2
Methadone	10	5.0
Buprenorphine with naloxone (Suboxone®)	53	26.6
Buprenorphine without naloxone	35	17.6
Buprenorphine subdermal implant (Probuphine®)	1	0.5
No services offered	119	59.8
Ancillary services		
Case management services	104	52.3
Social skills development	130	65.3
Mentoring/peer support	79	39.7
Child care for clients' children	3	1.5
Assistance with obtaining social services	104	52.3
Employment counseling or training for clients	43	21.6

Continued

Types of services offered, by number and percent (continued)

	Facilities	
	No.	%
Assistance in locating housing for clients	92	46.2
Domestic violence services	67	33.7
Early intervention for HIV	21	10.6
HIV or AIDS education, counseling, or support	59	29.6
Hepatitis education, counseling, or support	58	29.1
Health education other than HIV/AIDS or hepatitis	76	38.2
Substance abuse education	182	91.5
Transportation assistance to treatment	49	24.6
Mental health services	147	73.9
Acupuncture	5	2.5
Residential beds for clients' children	2	1.0
Self-help groups	59	29.6
Smoking/tobacco cessation counseling	104	52.3
No services offered	2	1.0
Other services		
Treatment for gambling disorder	55	27.6
Treatment for Internet use disorder	38	19.1
Treatment for other addiction disorder	84	42.2
No services offered	107	53.8

Clinical/therapeutic approaches (used 'always,' 'often,' or 'sometimes'), by number and percent

	Facilities	
	No.	%
Substance abuse counseling	198	99.5
Relapse prevention	191	96.0
Cognitive behavioral therapy	185	93.0
Motivational interviewing	184	92.5
Anger management	153	76.9
Brief intervention	164	82.4
Trauma-related counseling	163	81.9
12-step facilitation	122	61.3
Contingency management/motivational incentives	84	42.2
Dialectical behavior therapy	106	53.3
Rational emotive behavioral therapy	67	33.7
Matrix model	60	30.2
Computerized substance abuse treatment	26	13.1
Community reinforcement plus vouchers	15	7.5
Other treatment approaches	15	7.5

Facility capacity and utilization rate¹

	Residential	Hospital inpatient
Number of facilities	17	3
Number of clients ²	213	39
Number of designated beds	216	52
Utilization rate ³	98.6	75.0
Average number of designated beds per facility	13	17

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.

² Number of clients on March 31, 2017.

³ Because substance abuse treatment clients may also occupy non-designated beds, utilization rates may be more than 100 percent.

Clients per 100,000 population in opioid treatment on March 31, 2017

	No.
Any type of medication-assisted therapy	321
Methadone	294
Buprenorphine	27
Naltrexone	—

Services in sign language for the deaf and hard-of-hearing and in languages other than English, by number and percent

	Facilities	
	No.	%
Sign language	79	39.7
Any language other than English	86	43.2
Non-English language provided by		
Staff counselor only	4	4.7
On-call interpreter only	76	88.4
Both staff counselor and on-call interpreter	6	7.0
Languages provided by staff counselor¹		
Spanish	4	40.0
American Indian/Alaskan Native languages	—	—
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, by number and percent

	Facilities	
	No.	%
Any program or group	153	76.9
Adult women	70	35.2
Clients with co-occurring disorders	87	43.7
Adult men	66	33.2
Clients who have experienced trauma	62	31.2
Criminal justice clients	50	25.1
DUI/DWI clients	65	32.7
Young adults	45	22.6
Adolescents	30	15.1
Clients who have experienced domestic violence	42	21.1
Clients who have experienced sexual abuse	42	21.1
Pregnant or postpartum women	39	19.6
Seniors or older adults	35	17.6
LGBT ¹	32	16.1
Veterans	34	17.1
Clients living with HIV/AIDS	23	11.6
Members of military families	26	13.1
Active duty military	23	11.6
Other	4	2.0
No program or group offered	46	23.1

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.

Data in this profile are from facilities that reported to the N-SSATS and are based on the survey's reference date, March 31, 2017. All material in this profile is in the public domain and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

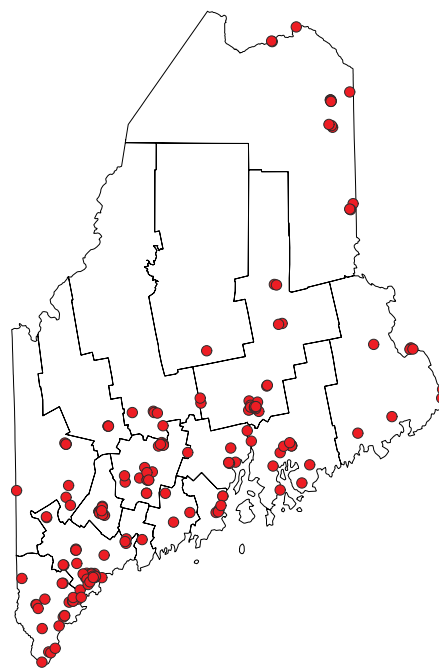
The latest N-SSATS report, and other substance abuse reports, are available at: <https://www.samhsa.gov/data/all-reports>

Access the latest N-SSATS public use files at: <https://datafiles.samhsa.gov>

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/>

Location of treatment facilities



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



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