

## 2012 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://www.samhsa.gov/data/2k3/NSSATS/NSSATS.pdf>

In Maine, 223 substance abuse treatment facilities were included in the 2012 N-SSATS, reporting that there were 13,172 clients in substance abuse treatment on March 30, 2012. The survey response rate in Maine was 94.1%.

#### Facility Operation

	Facilities		Clients in Treatment on March 30, 2012			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Private non-profit	111	49.8	6,504	49.4	690	66.8
Private for-profit	100	44.8	6,182	46.9	329	31.8
Local, county, or community government	2	0.9	150	1.1	1	0.1
State government	1	0.4	15	0.1	--	--
Federal government	4	1.8	193	1.5	--	--
Dept. of Veterans Affairs	3	1.3	188	1.4	--	--
Dept. of Defense	--	--	--	--	--	--
Indian Health Service	1	0.4	5	*	--	--
Other	--	--	--	--	--	--
Tribal government	5	2.2	128	1.0	13	1.3
<b>Total</b>	<b>223</b>	<b>100.0</b>	<b>13,172</b>	<b>100.0</b>	<b>1,033</b>	<b>100.0</b>

#### Primary Focus of Facility

	Facilities		Clients in Treatment on March 30, 2012			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Substance abuse treatment services	73	32.7	5,404	41.0	258	25.0
Mental health services	34	15.2	2,259	17.2	129	12.5
Mix of mental health and substance abuse treatment services	105	47.1	5,173	39.3	645	62.4
General health care	8	3.6	158	1.2	1	0.1
Other	3	1.3	178	1.4	--	--
<b>Total</b>	<b>223</b>	<b>100.0</b>	<b>13,172</b>	<b>100.0</b>	<b>1,033</b>	<b>100.0</b>

#### Substance Abuse Problem Treated

	Facilities <sup>1,2</sup>		Clients in Treatment on March 30, 2012			
			All Clients <sup>3</sup>		Clients <sup>3</sup> per 100,000 Pop. Aged 18 or Older	
	No.	%	No.	%		
Clients with both alcohol and drug abuse	198	93.4	5,161	40.1	446	
Clients with drug abuse only	161	75.9	5,242	40.7	462	
Clients with alcohol abuse only	168	79.2	2,481	19.3	206	
<b>Total</b>	<b>212</b>		<b>12,884</b>	<b>100.0</b>	<b>1,115</b>	

<sup>1</sup> Facilities may be included in more than one category.

<sup>2</sup> Facilities excluded because they were not asked or did not respond to this question: 11.

<sup>3</sup> Sum of individual items may not agree with the total due to rounding.

Type of Care							
	Facilities <sup>1</sup>		Clients in Treatment on March 30, 2012				
			All Clients			Clients Under Age 18	
	No.	%	No.	%	Median No. of Clients per Facility	No.	%
<b>Outpatient</b>	<b>195</b>	<b>87.4</b>	<b>12,613</b>	<b>95.8</b>	<b>23</b>	<b>974</b>	<b>94.3</b>
Regular	188	84.3	8,087	61.4	19		
Intensive	47	21.1	671	5.1	8		
Day treatment/partial hospitalization	12	5.4	115	0.9	2		
Detoxification	16	7.2	50	0.4	1		
Methadone maintenance	14	6.3	3,690	28.0	233		
<b>Residential (non-hospital)</b>	<b>26</b>	<b>11.7</b>	<b>294</b>	<b>2.2</b>	<b>13</b>	<b>39</b>	<b>3.8</b>
Short term (<30 days)	9	4.0	89	0.7	10		
Long term (30+ days)	22	9.9	205	1.6	12		
Detoxification	--	--	--	--	--		
<b>Hospital Inpatient</b>	<b>10</b>	<b>4.5</b>	<b>265</b>	<b>2.0</b>	<b>15</b>	<b>20</b>	<b>1.9</b>
Treatment	7	3.1	101	0.8	2		
Detoxification	8	3.6	164	1.2	11		
<b>Total</b>	<b>223</b>		<b>13,172</b>		<b>20</b>	<b>1,033</b>	<b>100.0</b>

<sup>1</sup> Facilities may provide more than one type of care.

Opioid Treatment Programs (OTPs)		
	No.	%
<b>Facilities with OTPs<sup>1</sup></b>	<b>10</b>	<b>0.9</b>
<b>Clients in Facilities with OTPs</b>		
Methadone	3,696	84.2
Buprenorphine	169	3.9
<b>Clients in Facilities without OTPs</b>		
Buprenorphine	523	11.9
<b>Total</b>	<b>4,388</b>	<b>100.0</b>

<sup>1</sup> Percentage of all OTP facilities that are in the United States.

Facility Payment Options		
	Facilities <sup>1</sup>	
	No.	%
Cash or self-payment	209	93.7
Private health insurance	180	80.7
Medicare	119	53.4
Medicaid	194	87.0
State-financed health insurance	104	46.6
Federal military insurance	133	59.6
No payment accepted	1	0.4
Access to Recovery (ATR) vouchers <sup>2</sup>	n/a	n/a
IHS/638 contract care funds	8	3.6
Other payments	6	2.7
Sliding fee scale	157	70.4
Treatment at no charge for clients who cannot pay	101	45.3

<sup>1</sup> Facilities may accept more than one type of payment.

<sup>2</sup> 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, UT, WA, WI, and WY.

Facility Licensing, Certification, or Accreditation		
	Facilities <sup>1</sup>	
	No.	%
Any listed agency/organization	209	93.7
State substance abuse agency	196	87.9
State mental health department	124	55.6
State department of health	55	24.7
Hospital licensing authority	16	7.2
The Joint Commission	25	11.2
Commission on Accreditation of Rehabilitation Facilities	19	8.5
National Committee for Quality Assurance	4	1.8
Council on Accreditation	25	11.2
Other state/local agency/organization	15	6.7

<sup>1</sup> 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	75	33.6

## Types of Services Offered

	Facilities	
	No.	%
<b>Assessment and Pre-Treatment Services</b>	<b>222</b>	<b>99.6</b>
Screening for substance abuse	219	98.2
Screening for mental health disorders	184	82.5
Comprehensive substance abuse assessment or diagnosis	216	96.9
Comprehensive mental health assessment or diagnosis	125	56.1
Screening for tobacco use	148	66.4
Outreach to persons in the community who may need treatment	90	40.4
Interim services for clients when immediate admission is not possible	85	38.1
<b>Testing</b>	<b>119</b>	<b>53.4</b>
Breathalyzer or other blood alcohol testing	58	26.0
Drug or alcohol urine screening	112	50.2
Screening for Hepatitis B	39	17.5
Screening for Hepatitis C	39	17.5
HIV testing	38	17.0
STD testing	36	16.1
TB screening	43	19.3
<b>Counseling</b>	<b>219</b>	<b>98.2</b>
Individual counseling	215	96.4
Group counseling	154	69.1
Family counseling	177	79.4
Marital/couples counseling	161	72.2
<b>Transitional Services</b>	<b>216</b>	<b>96.9</b>
Discharge planning	205	91.9
Aftercare/continuing care	165	74.0
<b>Pharmacotherapies</b>	<b>89</b>	<b>39.9</b>
Antabuse®	41	18.4
Naltrexone (oral)	46	20.6
Vivitrol® (injectable Naltrexone)	23	10.3
Campral®	44	19.7
Nicotine replacement	43	19.3
Non-nicotine smoking/tobacco cessation medications	32	14.3
Medications for psychiatric disorders	72	32.3
Methadone	14	6.3
Buprenorphine with naloxone (Suboxone®)	47	21.1
Buprenorphine without naloxone	30	13.5
<b>Ancillary Services</b>	<b>220</b>	<b>98.7</b>
Case management services	115	51.6
Social skills development	130	58.3
Mentoring/peer support	72	32.3
Child care for clients' children	2	0.9
Assistance with obtaining social services	102	45.7
Employment counseling or training for clients	45	20.2
Assistance in locating housing for clients	80	35.9
Domestic violence services	88	39.5
Early intervention for HIV	27	12.1
HIV or AIDS education, counseling, or support	72	32.3
Hepatitis education, counseling, or support	55	24.7

*Continued.*

## Types of Services Offered (continued)

	Facilities	
	No.	%
Health education other than HIV/AIDS or hepatitis	69	30.9
Substance abuse education	199	89.2
Transportation assistance to treatment	50	22.4
Mental health services	165	74.0
Acupuncture	5	2.2
Residential beds for clients' children	3	1.3
Self-help groups	58	26.0
Smoking cessation counseling	82	36.8

## Clinical/Therapeutic Approaches Used Always or Often or Sometimes

	Facilities	
	No.	%
Substance abuse counseling	214	96.0
Relapse prevention	204	91.5
Cognitive-behavioral therapy	213	95.5
Motivational interviewing	199	89.2
Anger management	176	78.9
Brief intervention	176	78.9
12-step facilitation	134	60.1
Trauma-related counseling	177	79.4
Contingency management/motivational incentives	96	43.0
Rational emotive behavioral therapy (REBT)	65	29.1
Matrix Model	46	20.6
Computerized substance abuse treatment	19	8.5
Community reinforcement plus vouchers	7	3.1
Other treatment approaches	39	17.5

## Facility Capacity and Utilization Rate<sup>1</sup>

	Residential	Hospital Inpatient
Number of facilities	18	5
Number of clients <sup>2</sup>	243	62
Number of designated beds	268	94
Utilization rate <sup>3</sup>	90.7	66.0
Average number of designated beds per facility	15	19

<sup>1</sup> 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.

<sup>2</sup> Number of clients on March 30, 2012.

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

## Programs for Special Groups

	Facilities	
	No.	%
Any program or group	180	80.7
Clients with co-occurring disorders	53	23.8
Adult women	35	15.7
DUI/DWI offenders	99	44.4
Adolescents	36	16.1
Adult men	31	13.9
Criminal justice clients	30	13.5
Persons who have experienced trauma	42	18.8
Pregnant or postpartum women	17	7.6
Persons with HIV or AIDS	5	2.2
Veterans	17	7.6
Seniors or older adults	10	4.5
LGBTQ <sup>1</sup> clients	13	5.8
Active duty military	8	3.6
Members of military families	8	3.6
Other groups	29	13.0

<sup>1</sup> Lesbian, gay, bisexual, transgender, or questioning clients.

## Services in Sign Language for the Hearing Impaired and in Languages Other than English

	Facilities	
	No.	%
Sign language	91	40.8
Any language other than English	68	30.5
<b>Non-English Language Provided by:</b>		
On-call interpreter only	51	75.0
Staff counselor only	11	16.2
Both staff counselor and on-call interpreter	6	8.8
<b>Languages Provided by Staff Counselor:<sup>1</sup></b>		
Spanish	9	52.9
American Indian/Alaska Native languages	1	5.9
Other	12	70.6

<sup>1</sup> Percentages based on the number of facilities reporting that they provided substance abuse treatment in a language other than English by a staff counselor only or by both staff counselors and on-call interpreters.

## Location of Treatment Facilities



Symbol key: -- Quantity is zero. \* Less than 0.05 percent. n/a Not applicable.

Data are from facilities that reported to N-SSATS for the survey reference date March 30, 2012. 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.samhsa.gov/data/DASIS.aspx#N-SSATS>

Access the latest N-SSATS public use files at:

<http://www.datafiles.samhsa.gov>

Other substance abuse reports are available at:

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

Access N-SSATS profiles for individual States at:

<http://www.dasis.samhsa.gov/webt/NewMapv1.htm>

For information on individual facilities, access SAMHSA's Treatment Facility Locator at:

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



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Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
[www.samhsa.gov/data/](http://www.samhsa.gov/data/)