

**Government Operations Committee Meeting**  
**Homelessness Related Services Summary**  
**April 4, 2022**

Video Recording at [www.bangormaine.gov/video](http://www.bangormaine.gov/video)

Agency Website: [Higher Ground Services | Counseling Services, Brewer, Maine \(hgscounseling.com\)](http://Higher Ground Services | Counseling Services, Brewer, Maine (hgscounseling.com))

Higher Ground Services Counseling & Case Management

Abbie Foresteire

- Opened in 2009 by Jim LaPierre. It is a for-profit agency but does a lot of pro-bono work.
- They accept all types of insurance, as well as a sliding scale fees.
- Services include mental health counseling, substance use counseling, adult case management, group therapy, dual diagnosis treatment, mental health assessments, after care trauma care recovery, anger management, and more.
- Abbie is a dual diagnosis counseling and case manager and works directly with those experiencing homelessness.
- Provide section 17 services in particular – hard to access service as its for people with persistent mental health issues and/or those with specific diagnosis. Must be at risk under certain criteria. Folks that meet this are face a lot of barriers. This is funded through Maine Care and is a requirement to access service. Eligible for two hours a week of services.
- With behavioral health home option – case managers are limited in how many hours they can spend with a client and it is not enough to help folks get off the street.
- Works with PATH team and City Outreach worker and they have more flexibility. Depending on funding source, restrictions are common and vary by source and agency.
- Biggest challenge is helping folks access insurance, services they need, and the barriers.
- Case managers commonly have 30-35 clients each. Tracking folks down is difficult. Dangers that case managers face was explained. Folks can be experiencing severe mental health diagnosis and also be addicted to drugs but unable to access healthcare. Case managers trying to find clients, such as waking someone up in woods can be scary and often results in just helping them meet their immediate needs.
- Pandemic, along with being understaffed, did open up services online but also created additional problems for providers.
- Largest barrier is getting folks housed and keeping it. They often lack skills to help with basic needs to be able to maintain housing. Noncompliance is also an issue because if your friend is still on street and you've been housed, they will often invite to help others but its against the rules of their voucher or apartment. Its hard for folks to understand. But also getting out-of-state landlords to accept vouchers or take a risk is a challenge.
- Funding dictates rules. Section 92 is broader but not many offer necessary case managers.

*This document was compiled by the City of Bangor based on information provided at a City meeting. For complete information and for questions related to this agency's services, please contact them directly.*





# HIGHER GROUND SERVICES

Phone: (207) 561-9496 Fax (207) 561-9498

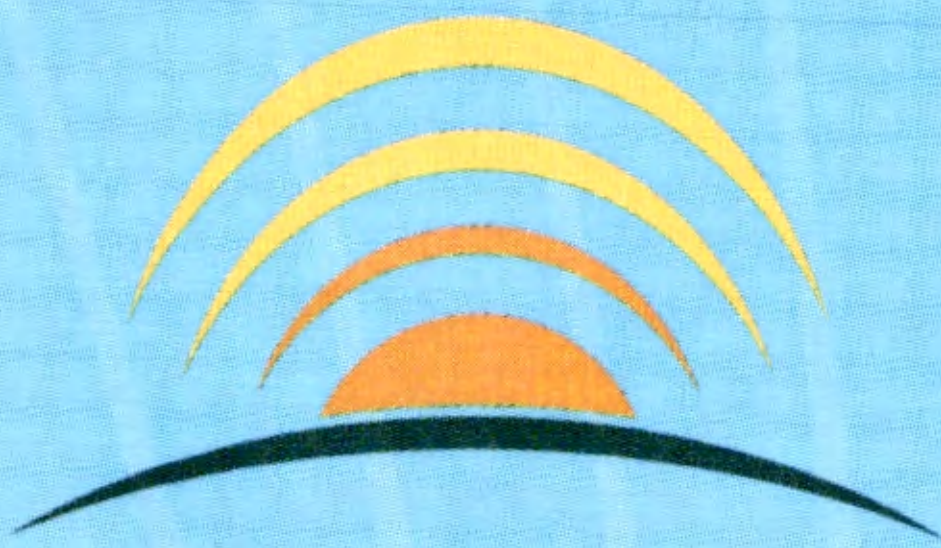
## ABOUT US

Higher Ground is not your every day agency. We're a collection of empathic, effective and very genuine professionals. We're down to Earth and solutions focused. We will challenge you but not judge you. We embrace whatever works and we do whatever it takes. We are a unique collection of eccentric and effective professionals who pride ourselves on being real people. We offer the highest quality services to those motivated enough to seek help.

## SERVICES

- Substance Abuse Counseling
- Mental Health Counseling
- Adult Case Management
- Group Therapy
- Dual Diagnosis Treatment
- Comprehensive Mental Health & Substance Abuse Assessments
- Aftercare
- Trauma Recovery
- Anger Management Treatment
- Vineland Assessments





# HIGHER GROUND SERVICES

235 Center St.

Brewer, ME 04412

Phone 561-9496 Fax 561-9498

## Mental Health Therapy

Our clinicians are highly skilled and trained in a variety of mental health modalities. What we're really geared toward is individualizing treatment to your specific needs. We see therapy as a mutually developed process. Help us understand what you want to be different in your life, and we'll help you achieve it.

## Substance Abuse Counseling

Higher Ground believes that there are many pathways to recovery. Whether you're active in addiction or newly sober, we welcome you. Our counselors excel in taking a holistic view of recovery and focus on needs fulfillment and relapse prevention. We see spirituality as vital to any recovery process but we respect what you believe as an individual and will focus on helping you believe in yourself and your life moving forward.

## Therapeutic Groups

All groups at Higher Ground are open to new members and are drop in format (no long term commitments). We currently offer Dual Diagnosis Aftercare, Art Therapy Group, Pain Management Group and a Women Helping Women group.

## DEEP Services

Higher Ground is certified by the State of Maine to provide assessment and treatment for those who have been convicted of OUI offenses.



**Do you or a loved one need  
emotional support?  
Call us today 561-9496**

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