



Maine Medical Center

# Portland Identification and Early Referral (PIER) Program

To discuss participation or to receive  
more information, contact:

Maine Medical Center  
Portland Identification and  
Early Referral (PIER) Program  
(207) 662-3030  
[www.pierprogram.org](http://www.pierprogram.org)

Funded by the Mental Health Block  
Grant, through the Department of  
Health and Human Services.

## Who can participate?

Adolescents or Young Adults, ages 14-26, with some of the following difficulties that have begun or worsened in the past year:

- Feeling “something’s not quite right”
- Having trouble thinking clearly, focusing, or concentrating
- Worrisome drop in school or work performance
- Unusual thoughts and confusion
- Fearful for no good reason
- Difficulty communicating and understanding
- Suspiciousness, fears or uneasiness with others
- Mood instability
- Declining interest in people, activities and self-care
- Hearing sounds/voices that are not there
- Pervasive anxiety
- Disrupted sleep patterns

## Services provided

The PIER Program partners with clients and families to set goals for positive outcomes through:

- Community outreach and education
- Comprehensive assessment
- Individual and family counseling
- Multifamily group
- Medication management
- Employment and education support
- Care management
- Peer mentoring

We will bill for services that are covered by insurance or MaineCare, and will also provide services that are not covered by insurance.

# Providing hope through early intervention.

## How to reach us

Visit our website:

[www.pierprogram.org](http://www.pierprogram.org)

To make a referral, please contact:

207-662-3030 or [pierreferrals@mmc.org](mailto:pierreferrals@mmc.org)

If you have other questions, please

email: **Sarah Lynch, LCSW**

PIER Program Manager

[lynchs@mmc.org](mailto:lynchs@mmc.org)

