



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) 662-3102

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

To make a referral, please call:

Tan Twhigg, LCSW
PIER Program Outreach and Referral
Coordinator 207-662-3102

If you have other questions, please email:

Sarah Lynch, LCSW
PIER Program Manager
lynchs@mmc.org

