

University of Maine Community Resource Guide

Safe Campus Project
Spring 2005

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Introduction

This is a resource guide for individuals affiliated with the University of Maine. Students and staff may have questions about health and safety resources in the community serving the University of Maine. This guide has been designed by a University of Maine Nursing student as part of a community nursing clinical with the Safe Campus Project. The goal is to provide information about health and safety services at the University of Maine and surrounding area. The community members interviewed for this guide have been helpful and understanding of health needs for individuals across the life span. Community services are listed in alphabetical order. Information provided details clinic locations, services provided, hours of operation, financial information, and web links when available. Additional information is presented about medical terminology, related student organizations, and helpful phone numbers.

It has been my pleasure to research and develop this guide. I want to thank members of the community and University of Maine who helped in donating valuable time and information to this project. Every participant interviewed for this guide on behalf of their organization has been genuinely concerned with health and safety. They provide services for members of the community. Now that you are affiliated with the University of Maine, you are a member of this community.

Jennifer Amdor
The University of Maine
April 22, 2005

**Cutler Health Center
University of Maine
Orono, ME 04469
207-581-4179**

<http://www.umecut.maine.edu/>

All information is confidential and can only be released by written permission.

Hours: Monday through Friday 9:00am to 4:00pm
Appointments recommended
Hours vary in the summer, call ahead

Services Provided: General primary care
Yearly physicals
X-ray and lab services
Urgent care center for acute injuries
Safe sex counseling
Immunizations
TB testing
Secure online communication via RelayHealth
Condoms and lubrication available in waiting rooms
Therapeutic massage
Information pamphlets
Smoking cessation
Minor surgical procedures
STD testing, education, and treatment
On site physical rehabilitation
Skin check
Anonymous HIV testing on Wednesdays
Sexual assault evidence collection
Advocacy services
In house pharmacy
Counseling center
Walk-in appointments available

Men's Health Testicular self education
STD testing (urethral swabbing not necessary)
Partner referral

Women's Health Annual exams
Breast self exam
PAP smear
Acute care for vaginal problems and urinary tract infections

Ultra sound

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Abnormal PAP smear follow-up

Gynecologist consultant

Colposcopy and biopsy

Emergency birth control

Pregnancy testing

Contraception education and option counseling

(Hormones, Patch, Nuvaring, Depo shot, Diaphragm, Cervical Cap)

Partner referral

Cost: Fee for services are not necessary at time of services. The bill will be sent in the mail. Major insurances are accepted. Mainecare is not accepted. Anonymous HIV testing is \$50.

Eastern Maine AIDS Network

(EMAN)

370 Harlow st

Bangor, ME 04402

207-990-3626

http://www.maineaidsnetwork.com/EMAN_contact.html

All services confidential and anonymous

Hours: 8:00am to 5:00pm

Services: Anonymous AIDS testing
Outreach testing in community, home, or appointed meeting place
Rapid 20 minute testing by oral swab
Individual risk reduction counseling (IRRC)
Men's support group meeting twice per month
Information pamphlets
Services for individuals living with AIDS
Case management
Medications
Gas cards for travel to and from appointments
Food pantry resources
Community referral
Needle exchange for program members
Needle exchange in the community if prearranged
Web page resources
Educational presentations by Students for AIDS Facts and Education Resources (SAFER).
Developing E-Doc page for anonymous questions and answers

Cost: Anonymous AIDS testing \$50. High risk testing for free. No one is turned away.

Directions: From Orono, take I-95 south towards Bangor. Get off on exit 185, Broadway St exit. At the exit turn left onto Broadway. Continue straight past St. Joseph's hospital and John Babpst High School. After the high school turn right onto State St. Next, turn right onto Harlow St. EMAN is down the street, past the Bangor Public Library and Post Office on the left.

Eastern Maine Medical Center (EMMC)
Emergency Department
489 State St
Bangor, ME 04401
207-973-8000
<http://emmc.org/default.htm>

Services are confidential. Information is released with written permission only.

Hours: Open 24 hours a day 365 days a year
 Walk-in clinic available 10am to 10pm daily till summer 2005

Priority of care is based on severity of need. The sickest people are seen first. Care is not based on first come first served. The wait may be short or long depending on the number of people seeking care and medical issues. The Emergency Department at EMMC is the only tier 2 trauma center north of Portland. The Emergency Department staff are excellent at emergency care and triage.

Currently there is a walk-in clinic located in the Emergency Department. The level of care, emergency or walk-in, is decided by the nurse at triage based on symptoms and chief complaint of the patient. Summer of 2005 the walk-in clinic will be moving to Union St. The clinic will be open 7 days a week including weekends and holidays, 8:00am to 8:00pm.

Walk-in services: Non-urgent care
 Cold symptoms
 Minor injury
 Dental Pain
 Sore throat

Emergency Department: Urgent care
 Large lacerations
 High fever with productive cough
 Chest pain

Abdominal pain
Severe headache or migraine
Trauma
Sexual and physical assault
Detox
Medical clearance for psychiatric referral to Acadia and BMHI
Injury post motor vehicle accident
Overdose
Emergency contraception

Cost depends on services needed. No one is turned away based on ability to pay. No money is accepted at time of services. All medical insurances are accepted. Call insurance for specific coverage for emergency services. If under a parent's insurance plan, please provide the parent's name, middle initial, and date of birth.

Directions: From Orono, take I-95 south towards Bangor. Get off on exit 187, Hogan road. At the Hogan road exit turn left. Go straight till you get to State St. When you get to State St you have to go either right or left. At State St, turn right. The hospital will be on the left hand side. At the stop light, turn left and then a hard right for emergency parking. Go straight down the ramp and veer to the right underneath the ambulance bay. Patients may be dropped off here. Parking is straight ahead.

Mabel Wadsworth Woman's Health Center
362 Harlow St
Bangor, ME 04402
207-947-5337
<http://www.mabelwadsworth.org/>

All services are confidential. Maine's only independently funded women's health center.

Hours: Monday through Friday 8:30am to 4:30pm
Appointments only
Extensive voice message system if need information after hours

Services: Annual exams
Pap smear
Breast exam
Pregnancy testing
Contraception and emergency birth control
Abortion services, medicated or surgical
Education and support for pregnancy options
Prenatal care
Child birth education classes
Adoption referrals

Family planning information
Menopause counseling
Member of Maine Breast and Cervical Health
Ultrasound
Hepatitis C and HIV screening
Referrals to state health department
Colposcopy and biopsy
Referral to gynecologist
STD diagnosis and treatment
Lesbian health
Symptomatic diagnosis and treatment for vaginal issues
Urinary tract infection (UTI) diagnosis and treatment
Library on women's health across the life span
Student volunteers

Cost: Fee for service. Most commercial insurances area accepted. There is no sliding scale but payment plans are available. Abortion is \$475.

Directions: From Orono, take I-95 south towards Bangor. Get off on exit 185 Broadway exit. At the Broadway exit turn left. Continue straight past St. Joseph hospital and John Babpst High School. After the high school turn right onto State St. Next, turn right onto Harlow St. Mabel Wadsworth's clinic is down the street, past the Bangor Public Library and Post Office on the left.

The door is locked. Reception will buzz you in with appointment confirmation.

**Mednow
Orono Medical Center
303 Main St
Orono, ME 04473
207-866-5561**

All services are confidential

Hours: Monday through Friday 8:00am to 8:00pm
Stop taking patients at 7:30pm
Saturdays and Sundays 9:00am to 4:00pm
Stop taking patients at 3:30pm
Holidays hours may vary, call ahead to confirm hours

Services Walk-in clinic open 356 days of the year
Urgent care and non-urgent care
Injuries
Cold symptoms
Dental Pain
Diagnostic center
Health screening

Emergency referral if necessary
Ultrasound
Immunizations (call ahead to make sure they have immunizations at site)
TB testing
Primary care
Physical exam

Cost: Fee for service. Most commercial insurances are accepted. Bring the insurance card. Mainecare and Medicare accepted. Any co-payment is due at the time of services. Payment plans are available if needed.

Directions: From the main entrance of the University, turn right. Mednow is located down the street on the right before I-95.

There are no appointments. Monday mornings can be busy. Website development is in progress.

**Penquis CAP
(Community Action Project)
262 Harlow St
Bangor, ME 04402
207-973-3650**

<http://penquiscap.org/penquis.nsf/webpages/Health>

All services are confidential

Hours: Monday through Friday 8:00am to 4:30pm
Mondays extended hours till 7:00pm
No walk-in appointments

Services: Yearly PAP smear for women
Breast self exam education
Information Pamphlets
Condom distribution
Birth control prescription and dispensing
Lab work for birch control
Emergency contraception (can be called into pharmacy direct)
Pregnancy testing
Colposcopy and related services
HIV testing
STD testing for women and men
Testicular self-exam education
Community referral for sexual assault
Counseling and education:
 Family planning
 Birth control
 Sexuality

Sterilization
Sexually transmitted diseases and infections
Infertility
AIDS and HIV
Menopause

Cost: Sliding scale and payment plans are available. Proof of insurance may be provided.
Most insurances and Mainecare are accepted.

Directions: From Orono, take I-95 south towards Bangor. Get off on exit 185, Broadway St Exit. At the Broadway St Exit turn left. Continue straight past St. Joseph hospital and John Babpst High School. After the high school turn right onto State St. Next, turn right onto Harlow St. Penquis CAP is down the street, past the Bangor Public Library and Post Office on the left.

Rape Response Services
Serves Penobscot and Piscataquis County
1-800-310-0000
989-5678
<http://www.raperesponseservices.com/>

All services are confidential and anonymous if necessary. Rape Response Services has resources available for anyone who has been affected by interpersonal violence. The web site is specifically designed for university students to access resources. If you are the victim of an attack, a sexual assault exam yields most evidence if done within 72 hours of the event. If you are going to the hospital, avoid showering or changing your clothes for evidence collection. There are Sexual Assault Nurse Examiners (SANE) at Eastern Maine Medical Center and St Joseph hospital. Both places offer supportive care and professional services.

Hours: Hotline available 24 hours a day 1-800-310-0000

Services: General information about sexual assault, sexual harassment, and abuse
Support groups
24 hour hotline
Sexual assault response teams
Therapeutic support dealing with police, hospital, and legal system
Advocacy
Community referral
Discussion of options for crime victims
Medical assistance for qualifying individuals
Training and presentations for community, schools, and business

**Safe Campus Project
201 East Annex
Orono, ME 04469
207-581-2515**

<http://www.umaine.edu/safecampusproject/>

All services are confidential and anonymous if needed. Their mission is to work together to stop violence because everyone deserves to feel safe.

Hours: Monday and Thursday 10:00am to 1:00pm during the academic year
Additional hours by appointment
Summer office hours are by appointment

Services: Support and information for anyone who has questions or concerns about sexual assault, dating violence, and stalking
Workshops and presentations focusing on interpersonal violence
Trainings
Policy development
Referral to a wide range of services including legal
Resources and consultations
Campus and community partnerships through safe campus task force
Student work study, internships, and graduate assistantships

Location: East annex building is located behind Shibles. The Safe Campus Project office is on the second floor, room 201.

**Spruce Run
PO Box 65
Bangor, ME 04402
207-945-5102**

<http://www.sprucerun.net/>

All services are confidential and anonymous if appropriate. Spruce run is private, non-profit organization working to end personal, institutional, and cultural violence. They offer a wide range of support services and information.

Hotline service available at 207-947-0496 or 1-800-863-9909 24 hours a day

Resource center hours: Monday through Friday 9:00am to 5:00pm
Answering service for after hours

Services: Temporary housing for anyone who does not feel safe in currently living situation.

Men, women, and children are welcome.
Hotline services for crisis, information, support and services confirmation
Transitional services from shelter and permanent housing
Food, shelter, and transitional medical care
Medical referral
Partnerships with medical members in the community
Shelters and housing in confidential locations through out the Bangor area
Spruce run address can be used as temporary mailing address
Support groups
Battered women's group on Wednesdays 5:30pm to 7:30pm
Children's play group during Battered women's group
Educational groups that discuss a variety of topics about violence, culture, and self-evaluation. Group sessions vary, call ahead or check web-site for information
Advocacy
Training and education for community agencies
General information and pamphlets

St Joseph Hospital Emergency Department
360 Broadway
Bangor, ME 04401
207-262-1000
<http://www.stjoseph-me.org/start.html>

All services are confidential. The mission of St Joseph healthcare is compassion, confidence, and community. The hospital is affiliated with the Catholic Church, though all faiths are welcome.

Hours: Open 24 hours a day 365 days a year
There is no walk-in clinic or appointments taken

The emergency department treats patients based on severity of illness or complaint. The sickest people are seen first. Patients are seen at triage first. The wait may be short or long depending on issues and number of people waiting to be seen. Arriving by ambulance does not secure a quicker emergency department visit. Emergency birth control is only administered to victims of sexual assault or women already under the care of a gynecologist.

Services: Urgent care center
Lacerations
High fever with productive cough
Chest pain
Abdominal pain
Severe headache or migraine
Sexual and physical assault
Detox

Medical clearance for psychiatric referral to Acadia and BMHI
Injury post motor vehicle accident
Overdose
Non-urgent care
Cold symptoms
Minor injury
Dental Pain
Sore throat
No one is turned away

Cost: Fee for service. Benevolence care application can be retrieved at registration. All insurance are accepted. Call insurance plan to verify coverage for emergency services. Mainecare and Medicare accepted. Bringing the insurance card can help with payment for services. No one is turned away based on ability to pay. No money is accepted at time of services.

Directions: From Orono, traveling southbound on I-95: Take exit 48 (Broadway), and bear left on the off-ramp. At the traffic signal at the end of the ramp, turn left onto Broadway. At the next traffic signal, proceed straight ahead. The hospital is about 0.25 mile ahead on the right

The Women's Resource Center
Division of Lifelong Learning
5728 Fernald Hall Rm 101
Orono, ME 04469
207-581-1508
<http://www.wrc.umaine.edu/>

Services are confidential and anonymous if needed. The center is a place for women and men concerned about women to have access to information and services.

Hours: 8:00am to 4:30pm

Services: Personal and professional development for students and staff
Advocacy and public service
Information about legal, cultural, and violence issues pertaining to women
Extensive library containing, books, video, periodicals, and standing files
Undergraduate work study
Graduate internship opportunities
Available to Coordinate University and Community training
Starting point for specific issues
Referral manual listing local, state, national, and international services
Work shop and focus groups in the community
Networking
List of events
Men welcome

Related Student Groups

Athletes for Sexual Responsibility

581-3138 Sandra Caron

Athletes work together as role models for appropriate and safe behavior. They participate and organize events to promote sexual responsibility.

<http://www.umaine.edu/athletesforsexualresponsibility/>

Cutler Health Center Student Advisory Group

581-4197 Bonnie Clark

This is a new group on campus. The goal of a student advisory group is to meet with health center staff to act as a liaison between the student body and the health center. They meet throughout the year. Last semester they met 5 times and it is felt that it will greatly increase quality of services for all who use Cutler Health Center. If interested there is a first class folder or contact Bonnie Clark.

Peer Education

581-1110

Peer education is composed of University of Maine students interested in providing fellow students with information about issues relevant to live a healthy and safe life. They are involved in workshops, events, and research projects. Some areas of special interest are ending interpersonal violence, communication, and disease awareness. They sponsor events throughout the school year. <http://www.umaine.edu/peered/>

Students for a Safe Campus

581-2392 Amy Blackstone

Students for a Safe Campus meets weekly to promote strategies to end interpersonal and gender based violence and educate each other with fun activities. They participate with other students groups to promote safety and education.

<http://www.umaine.edu/safecampusproject/StudentsSafeCampus.htm>

Student Women's Association

581-1510 Teal Rancourt or Ashlyn Giles

The Student Women's Association (SWA) is a feminist group dedicated social change and empowerment. They organize activities for rape awareness, yoga, and political change.

<http://www.wrc.umaine.edu/SWA><http://www.wrc.umaine.edu/SWA/default.htm>

Helpful Phone Numbers

Physician Referral Hotline: 1-800-439-2111

Campus Walking Companion Program (CWC) 581: WALK or 581-9255

Emergency: 911

Non-emergency report of a crime on campus: 581:4040

Questions about health insurance through the University: 581-4179

Penobscot County Sheriff's Department: 564-3304 or 1-800-432-7372

Glossary of Terms

AIDS - acquired immunodeficiency syndrome- AIDS is caused by the human immunodeficiency virus (**HIV**). By killing or damaging cells of the body's immune system, HIV progressively destroys the body's ability to fight infections and certain cancers.(www.health-dictionary.com/aids-hiv/)

Cervix: the base of the woman's uterus (womb) and leads out to the vagina.
(<http://www.medicinenet.com/colposcopy/article.html>)

Colposcopy is a procedure where a trained health provider can look directly at the cervix with a microscope in order to view potential abnormalities
(<http://www.medicinenet.com/colposcopy/article.html>)

Emergency Birth Control also known as emergency contraception or plan B. These are high dose female hormones that can be taken to prevent pregnancy after unprotected sex.
(<http://www.medterms.com/script/main/art.asp?articlekey=25137>)

Depression is one of the most common and most serious mental health problems facing people today. While it is only human to experience feelings of sadness, gloominess, or melancholy every now and then, clinical depression occurs when these feelings endure for long periods of time that can last for several weeks to several years if left untreated. Depression can interfere with a person's ability to function effectively throughout the day or even to have the motivation to get out of bed in the morning. (www.mentalhelp.net/poc/center_index.php?)

Hepatitis is an inflammation of the liver. Hepatitis viruses have been labeled A, through G. Hepatitis can be spread through sexual contact, blood, feces, body fluids, needle sticks, and blood transfusions. (http://www.medicinenet.com/viral_hepatitis/article.htm)

HIPAA (Health Insurance Portability and Accountability Act of 1996) This law was designed to provide continuing insurance coverage for pre-existing conditions when a person changes employment. In addition, the second part of the law was intended to simplify administrative aspects of electronic healthcare transactions. HIPAA mandates standard transaction code sets to be used by “covered entities”—providers, plans, payers and employers. The intent was to help promote e-commerce by using standard code sets that would simplify EDI transactions. HIPAA also covers important issues such as security, privacy and the confidentiality of a person’s identifiable health information via electronic media.(www.aishealth.com/EHealthBusiness/EHealthTerms.html).

PAP Smear is a test where a small sample of cells from the woman’s cervix is taken and smeared onto a slide where it can be viewed under a microscope. The goal of this test is to see if there are unusual cells that may indicate further investigation. Most women should get a PAP smear yearly. ([Http://www.medicinenet.com/pap_smear/article.htm](http://www.medicinenet.com/pap_smear/article.htm)).

Seasonal Affective Disorder. This diagnosis involves symptoms of depression that occur during the fall and winter seasons when the days are shorter and there is less exposure to natural sunlight. When the spring and summer seasons begin and there is greater exposure to longer hours of daylight, the symptoms of depression disappear. (www.mentalhelp.net/poc/center_index.php?)

Sexual Aggression: Any kind of sexual activity against a person's will.

Sexual Assault- Rape: Forcible sexual relations with an individual without that person's consent under actual or threatened force

Sexual coercion: any kind of sexual activity that is forced on another person through the use of force, pressure, alcohol and drugs, or authority. (www.sexology.org/glossary.htm)

Stalking generally refers to harassing or threatening behavior that an individual engages in repeatedly, such as following a person, appearing at a person's home or place of business, making harassing phone calls, leaving written messages or objects, or vandalizing a person's property. (www.ncjrs.org/txtfiles/169592.txt)

STD- Sexually Transmitted Diseases: any of various diseases usually transmitted by direct sexual contact. (www.nlm.nih.gov/medlineplus/mplusdictionary.html)

Triage is the process of sorting people to assess severity of medical need. (<http://www.medterms.com/script/main/art.asp?articlekey=251>)

