



In 2011, we at PROP (People's Regional Opportunity Program) and Youth Alternatives Ingraham merged to form The Opportunity Alliance. Our new organization serves children, youth, and adults; individuals, families, and communities throughout Maine.

The Opportunity Alliance is comprised of 50 integrated community based and clinical programs serving more than 20,000 people annually. For more than 40 years, we have

provided early education and child care, senior volunteer programming, advocacy, information and referral, crisis response and prevention, mental health and substance abuse treatment, as well as basic needs for people living in poverty. We continually seek ways of integrating our programs into a seamless continuum of care.

Our programming draws from a wide range of resources, blending evidence-based practices with practical experience and community resources. We place a particularly high value on services that empower families and individuals to connect with natural and community supports. We are a leader in peer to peer and parent to parent partnering supports and services. We offer crisis intervention, outpatient psychiatric care, and programs for individuals attempting to recover from substance use and mental health co-occurring disorders. We have fostered many collaborative partnerships with groups that have become valuable resources for the families and individuals who come to us for help. We work with families and individuals to create low-stress, highly supportive environments in their own homes and among their extended families, neighborhoods and communities.

Programs, Supports, & Services

Family & Community Supports

-Parenting Education: provides individual coaching for parents, conducts trainings for parents and educators, and supports a variety of initiatives to improve parenting.

-Parents as Partners: parents who have navigated the state's child protective system successfully reunifying with their children, act as advocates and provide support to parents currently engaged in the system and attempting to reunify with their children.

-Strong Fathers: a program that helps men to become more skilled and active parents through classes, workshops, discussion groups, family activities, and individual mentoring.

-Mediation Services: trained volunteer mediators help people defuse potentially destructive conflicts. This program is run entirely on private donations

Quick Facts

The Opportunity Alliance:

- served more than 20,000 Mainers last year; individuals, families, and communities throughout the state;
- offers more than 50 programs serving children, youth, adults, and seniors; individuals, families, and communities throughout Maine.
- employs more than 450 people;
- operates from more than 25 locations including residential facilities, clinical sites, early education sites, and administrative offices.

sought through grants and fundraising efforts. Our mediation program is free and open to anyone who needs the service regardless of ability to pay.

-Community Services Case Management: staff provides brief crisis intervention, assessment, work plan development, and information and referral.

-General Assistance Administration: through contracts with approximately nine towns in Cumberland County, we serve as the General Assistance Administrators assessing and granting funds to income-eligible individuals and linking them to additional services.

Children & Youth Mental Health Services

-Children's Case Management: case managers help to coordinate and advocate for needed mental health, educational, legal, financial and supportive services for children and youth ages birth to 21 years.

-Children's Outpatient Therapy: offers outpatient therapy in both York and Cumberland counties. Licensed therapists work with families to create a therapy best matched to the child's and family's strengths and needs.

-Treatment Foster Care: for children and youth removed from their homes by DHHS because of abuse or neglect. Given their experiences, many of these children need additional supervision, stability and care, often at a moment's notice.

-Multidimensional Treatment Foster Care (MTFC): this evidence based, short term (6-9 months) program, provides case management, counseling and skills training to teach troubled youth and teens with co-occurring mental illness and substance abuse issues how to behave within families, at school and in society at large.

-Homeless Youth Services: provides intensive case management for homeless & street youth, boys and girls ages 14 to 21. Our Homeless Youth Services (HYS) case managers focus on supporting and stabilizing the client's entire family — siblings and parents, too.

-Behavioral Health Services at Long Creek Youth Development Center: provides comprehensive clinical services to youth ages 11-20 residing at the Long Creek Youth Development Center and to their family members.

-Detention Response Program: intensive, community-based supervision, monitoring and case management for youth involved in the juvenile justice system.

-Young Parent Program: a parenting education program for young parents who are pregnant, parenting, and or working on reunification. We partner with young parents to support healthy attachments, child development, and connection to community with family centered case management; prenatal education; infant and toddler development; and parenting classes.

-22 Park Avenue: offers housing for six homeless, pregnant or parenting people up to age 22 and their children. The program's goal is to give homeless parents the skills and support they need to feel empowered to make smart decisions and positive choices for their families.

-Edgewood: is a six-bed residential treatment program for youth ages 16 to 21 designed to offer intensive, focused treatment and rehabilitative services to promote a successful return of the youth/young adult to family or community and self-sufficiency.

Adult Mental Health Services

-Community Support Services (CSS): provides adult case management for individuals diagnosed with a mental illness and possibly co-occurring addiction disorder.

-Adolescent Community Integration Services: we work with homeless adolescents through our MaineStay residence. Community Integration Service at MaineStay focuses on assisting the adolescents (ages 16-21) plan and implement their goals while residing at MaineStay and once the adolescent leaves MaineStay, whether or not they have completed the full residential program.

-Adult Community Integration Services: for individuals diagnosed with mental illness and possibly co-occurring disorder who are homeless or at risk of homelessness.

-The Women's Project: is a free statewide targeted case management program for women affected by substance use (their own or others). The Women's Project addresses barriers to treatment and recovery. The staff also provides information and referral to additional services and supports.

Residential Treatment Programs:

-Edgewood: this is a six-bed residential treatment program located in Scarborough for youth ages 16 to 21 who are attempting to become more independent within the community as adults.

-MaineStay: a Portland-based collaborative program includes an eight-bed residential treatment facility and support services for young adults, 18-25, struggling with homelessness and mental illness.

-The Bridge: a 12-bed emergency residence for homeless adults with a major mental illness, providing a safe, supportive environment, comprehensive treatment and connection to community resources.

-Gordon Green: an eight-bed permanent residence providing intensive treatment and support for elderly adults under guardianship with a combination of challenges including mental illness and disabilities related to age or physical impairments.

-Helen Winslow Ray House: a seven-bed comprehensive rehabilitation residence providing support, counseling and advocacy for adults with a major mental illness.

-Morrison Place at Randall Street: a 12-bed treatment facility offering intensive individualized treatment of homeless adults with co-occurring mental health and substance abuse issues.

-Outpatient Psychiatry Services: include psychiatric evaluation, medication management and counseling for adults requiring individual solution-focused outpatient services.

Crisis Services:

-Cumberland County Crisis Response: a comprehensive 24-hour mental health crisis system offering phone and face-to-face crisis intervention and stabilization services.

-774-HELP: available 24 hours a day, 365 days a year, 774-HELP(4357) offers immediate access to crisis intervention, suicide prevention/intervention, crisis/supportive counseling, problem solving services to adults and children throughout Cumberland County.

-Mobile Outreach: available 24- hours a day, 365 days a year, Mobile Outreach offers face to face crisis intervention services for adults, families and children during a mental health crisis. A range of services includes crisis assessment and intervention and stabilization services.

-Peer & Family Navigators: Peer & Family Navigators are consumers of mental health/substance use services and are currently in recovery. They are an integral part of the Mobile Outreach team providing short term supports to help others become and stay engaged in the recovery process to promote recovery.

-Mental Health/Police Liaison: working closely with the Portland Police Department, this specially trained staff-person provides crisis intervention, assessment, and assistance in facilitating crisis services.

-Broadway Crossings: a short-term therapeutic, crisis stabilization unit that is an alternative to hospitalization for adults experiencing a mental health crisis.

Developmental Disability Services:

-Heath House: a comprehensive service providing 24-hour care and supervision to people with a developmental disability that results in a significant functional limitation in major life activities.

Early Childhood Education

-Early Head Start: a free family visiting program for qualifying families. "Parent Partners" make weekly home visits to pregnant mothers, and children age 0-3 and their families.

-Head Start: a program that provides all children with a safe nurturing environment while supporting parents while they identify and meet their own goals and nurture the development of their children. Head Start sites are located throughout Cumberland County. Head Start is part/day part/year. Free program to qualifying families.

-Public PreK Partnerships: Head Start partners with the Public School System. Head Start and Department of Education funds are used to deliver this model. In these classrooms, transportation is provided by the school districts.

-Child Care: offered full-day/full year, serves children 6 weeks to 5 years old. Subsidized child care fees are on a sliding scale and are based on household income and family size.

-Maine Families: works in partnership with expectant parents and parents of babies and toddlers to ensure safe home environments, promote healthy growth and development for babies and young children, and provide key connections to needed services.

Nutrition Services: our nutrition programs aim to promote child and family wellness by providing nutrition services that supplement and compliment those of the home and community.

-Women, Infants and Children (WIC): WIC is a nutritional education program which provides supplemental foods to promote good health for pregnant, postpartum, and breastfeeding women, and infants and children up to age 5.

-Summer Food Service Program: we collaborate with numerous community partners and volunteers to ensure that meals are available Monday-Friday for children during the summer months when school is out.

-Kids Katering: provides quality, nutritious affordable and accessible meals to children and seniors.

Community Initiatives

-Community Partnerships for Protecting Children (CPPC): a locally driven, national initiative that aims to enhance the lives of children and their families by engaging neighbors and communities to support families before there is a need for more disruptive and costly intervention.

-SPIRAL Arts: offers opportunities for people of all ages and life experiences who are seeking hope, purpose, and meaning, to create art in a supportive, spiritually centered, caring community.

-Center for Career Exploration: allows at-risk youth to explore career options by exposing them to a range of opportunities, including job shadowing and on the job training.

-The Parkside Neighborhood Center: works to strengthen individuals & families living in the Parkside neighborhood of Portland by offering educational and cultural opportunities to connect diverse neighbors and promote social and physical well-being. The Center's programming adapts to emerging needs, the list of current program offerings is subject to change.

-Westbrook Children's Project: promotes healthy development for Westbrook children and youth in an effort to reduce the risks of truancy, school dropouts, substance abuse, juvenile delinquency.

-Maine Youth Action Network (MYAN): through skill building trainings, networking, leadership opportunities and technical assistance, MYAN empowers and prepares youth to be proactive, involved leaders in their schools and communities .

-Foster Grandparents & Senior Companions (Senior Volunteer Programs): provide meaningful volunteer opportunities for people age 55 and over and at the same time help to meet critical community needs in school, child development centers, Head Start, adult day programs, rehabilitation centers, assisted living and private homes throughout York and Cumberland counties.

-Communities Promoting Health Coalition CPHC: a coalition of communities in western Cumberland County with representatives from health care organizations, nonprofit agencies, schools, law enforcement, and youth to raise awareness of public health.

-2-1-1 Maine: a statewide health and human services information and referral system. It is an easy-to-remember three digit telephone number that helps people in accessing health and human services in their community.

Housing & Energy Services

Housing and Energy Services provide relief for income eligible households in heating and energy costs, affordable housing, and repair or replacement of household heating and energy equipment.

- **Above Ground Storage Tank Replacement Program**
- **Affordable Rental Housing**
- **Central Heating Improvement Program (CHIP)**
- **Central Maine Power Assistance Credit**
- **Central Maine Power (CMP) Pole Program**
- **Electric Lifeline Program (ELP)**
- **Energy Crisis Intervention Program (ECIP)**
- **Home Repair Program**
- **Keep ME Warm**
- **Lifeline Telephone Assistance Program**
- **Low Income Assistance Plan (LIAP)**
- **Low Income Home Energy Assistance Program (LiHEAP)**
- **Portland Water District (PWD) Conservation Program**
- **Portland Water District (PWD) Lifeline Rebate**
- **Weatherization Program**

For more information on
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