

# Foundation House

2023 Brochure



Recovery.  
Elevated.



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# OUR MISSION <sup>®</sup>

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We imagine a world where no one faces their toughest battles alone. At the heart of our mission is the belief in the limitless possibilities of confronting adversity head-on. A life in recovery isn't just a return to normalcy; it's a journey to a life beyond imagination, and we're here to ensure you never walk this path alone.

#### Our Belief

Recovery is more than emerging from pain or fixing what's broken. For us, run-of-the-mill will no longer do. We're here for more. That's why at Foundation House, we don't just treat, we transform. Treatment here is a journey—a forward-thinking, constantly evolving, and eternally optimistic path that reshapes stories, redefines futures, and revitalizes spirits. Our environment is designed to empower, uplift, challenge, and nurture.

#### Our Commitment

We are dedicated to lasting recovery that's tailored to each individual. Everyone has their own unique story, and everyone deserves a chance to live without the weight of addiction or mental health challenges.

- 1. Wholehearted Care**—We focus on overall well-being, addressing the whole person, not just their symptoms.
- 2. Empowerment Through Knowledge**—We equip our community with the information, tools, and resources they need to build the life they desire.
- 3. Community Above All**—We cultivate a supportive, nurturing environment where every member is encouraged, respected, and heard.
- 4. Continuous Evolution**—We constantly refine our methods, ensuring that we offer the best possible treatment to those in our care.

Foundation House isn't just a treatment center. It's a fresh approach to what recovery means. Join us, and elevate your recovery.

*Welcome to Foundation House*

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# CONTENTS<sup>®</sup>

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<b>Our Program</b>	7
<b>Clinical Approach</b>	9
What We Treat	10
Levels of Care	11
<b>Our Story</b>	13
<b>Portland, Maine</b>	17
<b>Our Campus</b>	19
Residences	21
Campus	27
<b>Our Program</b>	35
Academics	37
Cooking & Nutrition	39
Mindfulness	40
Wilderness Adventure	41
Service Work	42
Experiential Therapy	43
What's Included	48
Alumni Program	49
Families	50
International Expeditions	51



# OUR PROGRAM <sup>®</sup>

For over two decades, Foundation House has been at the forefront of men’s mental health and substance use treatment. Our program is anchored in evidence-based therapeutic practices, innovative programming, and a nurturing environment. Our comprehensive program seamlessly guides older adolescents (16-19), young adults (20-27), and adult males (28+) from residential care to independent living.

## Our Philosophy

We believe in a proactive, hands-on, action-oriented approach to treatment. We empower our clients to be key decision-makers in their recovery journey, cultivating trust and self-advocacy. Our tailored treatment plans aspire to exceed goals and benchmarks, setting the stage for a thriving life post-treatment.

## Therapeutic Approach

Our clients are immersed in a comprehensive clinical program, including daily group and individual therapy sessions. We emphasize integrated clinical care and our experiential activities are not just therapeutic—they’re transformative. Designed to fortify resilience and break through personal limitations.

## Educational & Career Support

Our extensive academic resources and support are tailored for individual educational aspirations. We offer guidance to employment, education, and active participation in the community.

## Our Facilities

With three beautiful homes, a dynamic urban campus, and a vast 120-acre therapeutic ranch, we provide an unparalleled setting for recovery and the perfect balance of city and nature.

## AT A GLANCE

- ✔ We treat behavioral, mental health, co-occurring disorders, and substance use disorder
- ✔ 1-12 month program, avg. length of stay 180 days (6 months) with a typical minimum of 90 days
- ✔ Personalized treatment for older adolescents, young adults, and adult males

## SCHEDULE

Our weekly schedule contains clinical programming, experiential therapy, and the proper balance between structured and free-time. Here’s an example week:

## Weekly Schedule

	8am-9am	9am-12pm	12pm-2pm	2pm-4pm	4pm-6pm
Monday	Meditation	Large Process Group	Clinical Groups	Cooking Class/ Gym Hours	Peer-Led 12 Step /Free Time
Tuesday	Meditation & Yoga	Small Process Group	Life Skills Group	Acupuncture/ Gym Hours	Free Time
Wednesday	Meditation	12 Step Process Group	Addiction Medicine	Music Studio/ Float Tanks	Alumni Meeting /Free Time
Thursday	Meditation & Yoga	Health & Fitness (Hockey, Boxing, Yoga)	Emotional Regulation	Relapse Prevention	Free Time
Friday	Meditation	House Clean	Attachment Group	Small Process Group	Experiential/ Trip Departure
Saturday	Free Time/ Adventure Trips	Free Time/ Adventure Trips	Free Time/ Adventure Trips	Athletic Leagues/ Gym Hours	Free Time
Sunday	Free Time/ Adventure Trips	Free Time/ Adventure Trips	Free Time/ Adventure Trips	Health & Fitness/ Gym Hours	House Meeting/ Free Time

\* Individual Therapy Sessions: Scheduled throughout week

\* Multi-Day Trips: Wellness, Skiing, Wilderness, Paintball etc.

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# CLINICAL APPROACH<sup>®</sup>

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At Foundation House our exceptional clinical team, led by our triple-board-certified psychiatrist and supported by master's-level clinicians, tailor evidence-based therapies to align with each client's unique needs. Our goal is to address your core issues and guide you towards a meaningful life.

Our focus extends beyond merely managing symptoms. We target the underlying causes of mental, behavioral, or trauma-triggered issues that have led to disruptive behaviors or substance use disorders. Our tailored therapy, life skills training, and immersive experiences are designed to recalibrate the brain's reward system, bolster resilience, nurture healthy relationships, and reinforce the transformative power of recovery.

## Comprehensive Clinical

We cater to a spectrum of mental health and substance use challenges. Our comprehensive treatment plans addresses the psychiatric, psychological, social, and physical dimensions of addiction, empowering young men with the tools to flourish.

## Integrated Treatment

We believe in treating the whole person. We believe in treating the whole person. Our integrated treatment model combines clinically validated modalities for mental, behavioral, and substance abuse challenges that treat the core issues and support long-term health.

## Growth and Independence

We focus on hands-on life skills training, blending practical experiences to hone essential skills for life after treatment. Our evidence-backed therapies foster self-awareness, empathy, and emotional agility, prepping clients to tackle life's highs and lows.

# What We Treat

## WHAT WE TREAT

- Substance Use Disorder
- Behavioral Issues
- Anxiety Disorders
- Trauma
- Depression
- PTSD
- Executive Functioning
- Failure to Launch
- Relationship Skills
- Technology Addiction
- Grief and Loss
- Self-Harm

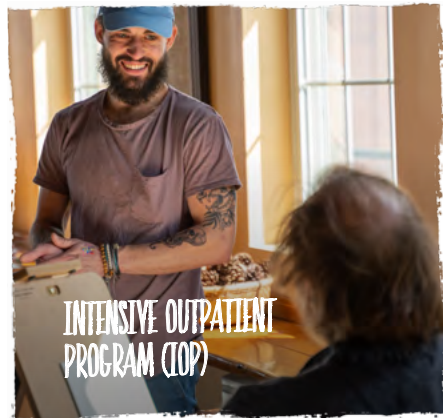
# CLINICAL APPROACH

During their residential stay at Foundation House, clients progress through our Phase Reintegration Model, designed to provide the appropriate level of care and preparation for life post-treatment.



## Stage 1

Treatment begins after detox and stabilization. Our initial stage is focused on providing assessment, stability, routine, behavioral and mental health support, and family involvement. With 20+ hours of clinical care weekly, distractions are minimized, allowing for individual and group therapy, experiential activities, life skills training, wellness, and clinical participation.



## Stage 2

Our second stage focuses on increasing independence while maintaining momentum. Clients engage in 9+ hours of clinical care weekly, daily groups, individual therapy, clinical assignments, and experiential activities.



## Stage 3

Our final stage prioritizes relationships, surroundings, and goal planning for a smooth transition to life after treatment. At this stage, academic and vocational progress blend seamlessly with recovery and clinical care. Continuing care planning with patients, families, and clinicians enables clear communication around a long-term care strategy.



## Our Evidence-Based Approaches To Care:

- Medical and Psychiatric Services
- Family Therapy and Support
- 12-Step Education
- Acceptance and Commitment Therapy (ACT)
- Art and Music Therapy
- Attachment-Based Therapy
- Cognitive Behavioral Therapy (CBT)
- Compassion-Focused Therapy (CFT)
- EMDR
- Emotional Regulation
- Experiential Therapy
- Motivational Interviewing
- Relational Therapy
- Solution-Focused Therapy (SFT)
- Trauma-Informed Care (TIC)



Licensed by the State of Maine as both a substance abuse and mental health treatment facility and is accredited by the Joint Commission on Accreditation of Healthcare Organizations.

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# OUR STORY<sup>®</sup>

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Foundation House was born out of a childhood relationship between two best friends from New York City - Patrick Babcock and Peter Kellerman.

Peter died in the tragic events of September 11th, 2001 while working for Cantor Fitzgerald in The World Trade Center. In memoriam of his best friend, Patrick started Foundation House to carry on Peter's name and share his own recovery with young men who are seeking a way to live happy, joyous and free.

A portion of the proceeds from Foundation House are applied to annual contributions made to local, regional, national and international charities and organizations. As part of our International Expedition program, Foundation House works with local organizations in the locations we visit, helping to give back to those in need, wherever we go.



ALUMNI  
circle

# The Foxhole

## OUR STORY

# THE FOXHOLE

a FOXHOLE is a TRENCH dug in the earth that PROVIDES SOLDIERS a place of refuge AND SHELTER.

At Foundation House, our community is aptly named 'The Foxhole.' Much like soldiers seeking refuge in a foxhole, our clients unite against shared adversaries: addiction, distraction, and mental health challenges. Our strength and path to recovery are amplified when we stand shoulder to shoulder, achieving collectively what seems impossible alone.



No Mud, No Lotus.



160 PREBLE STREET

LOCATION: 160 Preble Street, Portland, ME 04101

INFO: Our Main Office, where experiential, holistic and clinical programming happens, is a 7-10 minute walk from our houses.



# PORTLAND, MAINE®

Our beloved city is the perfect blend of vibrant city life and serene natural settings. Set on a peninsula and bordered by the Atlantic Ocean, its downtown is filled with life and culture, unique shops, top-notch dining, and a rich arts scene, creating a sense of community that's truly rare.

For over two decades, we've found that Portland's blend of urban energy and Maine's peaceful landscapes are essential for recovery. Our residences and campus all sit in the middle of the city, while our 120-acre therapeutic ranch is a short drive away, surrounded by Maine wilderness. A wealth of clinical research shows that exposure to nature significantly reduces stress, anxiety, and depressive symptoms, making this city-nature blend an unbeatable asset.

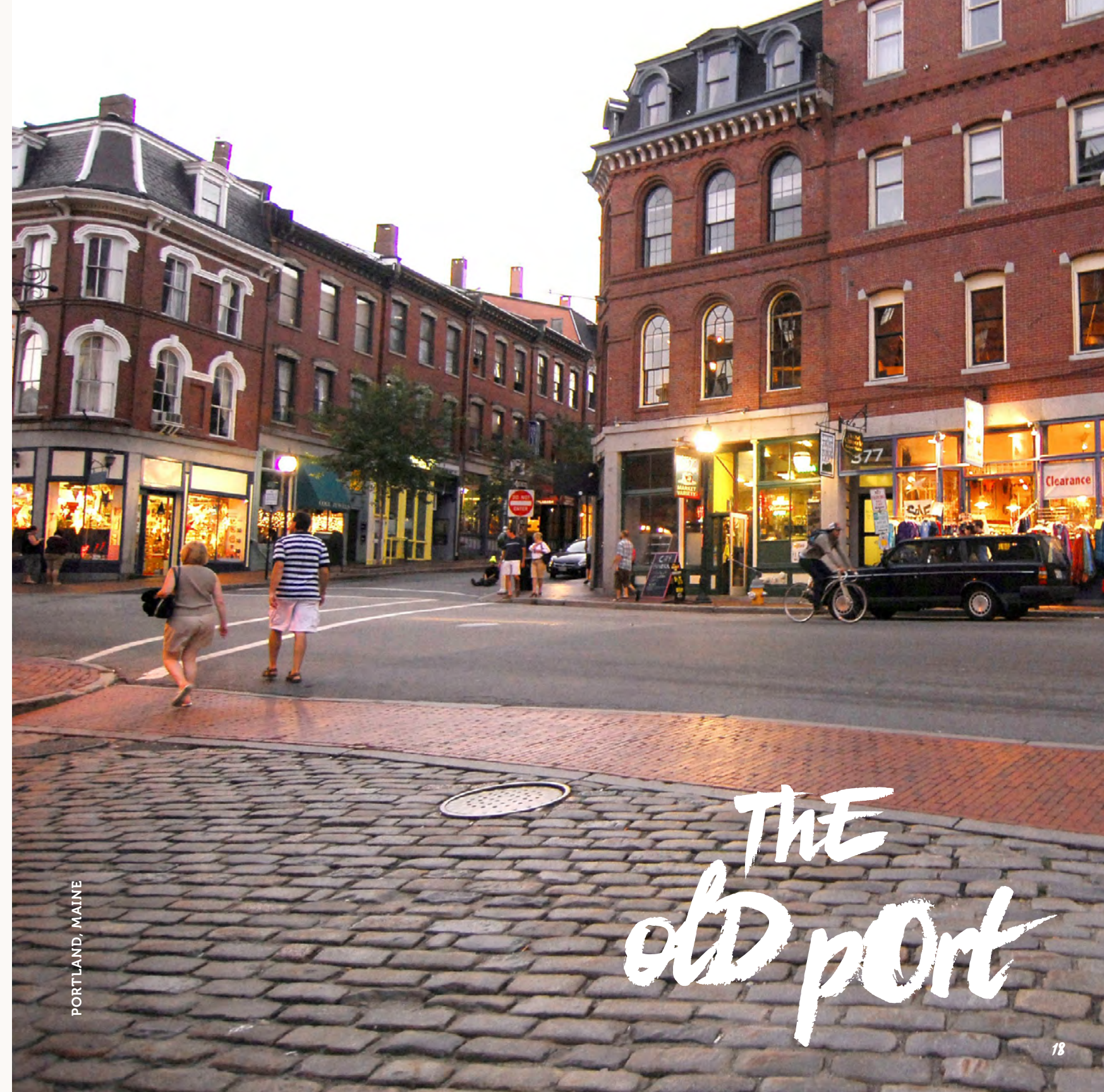
Portland's manageable size promotes connection and belonging, vital for healing. A walk through the city often results in meeting a client, staff member, an alumnus, or a familiar face from the deeply rooted recovery community. Despite its small footprint, Portland boasts a vast network of resources, from counseling to job opportunities, all furthering successful recovery and sustained well-being.



PORTLAND HEADLIGHT



SURFING AT CRESCENT BEACH



PORTLAND, MAINE

THE  
old port

# OUR CAMPUS <sup>®</sup>

## Clinical + Programming

Our campus is spread across two blocks in Portland's Bayside neighborhood. Comprised of our Clinical Building, Activity Center, and Program Center, all of our weekly programming happens here and clients are free and encouraged to take advantage of all that these unique spaces have to offer.

## Residences

All three of our houses are located on one block in the heart of downtown Portland, and just a half-mile from our clinical offices and programming campus. The houses are fully furnished, newly renovated, and beautifully maintained. Each residence is equipped with wifi, household supplies, outdoor/grilling spaces, flat-screen televisions, and all the comforts of home.

In the family-style setup, clients share common areas and are assigned to either a single or double occupancy room. There is ample kitchen space to allow everyone to cook for themselves, and everyone shares in household chores.

## CLINICAL + PROGRAMMING

### 1 CLINICAL BUILDING

### 2 ACTIVITY CENTER

Rock Wall, Gym, Yoga Studio, Wilderness Adventure Center, Batting Cage

### 3 PROGRAM CENTER

Education Center and Therapeutic Float Spa

## RESIDENCES

### 4 235 STATE STREET

### 5 42 MELLEN STREET

### 6 40 DEERING STREET

# RESIDENCES



STATE STREET



Details: 235 State Street, Portland, Maine



Kitchens: 6 modern kitchens, one on every floor.



Bedrooms: 16 bedrooms, 27 beds, singles and doubles



Home Theater: surround sound and comfortable seating.

# RESIDENCES



Mellen Street



Details: 42 Mellen Street, Portland, Maine



Kitchens: Four full kitchens, recently renovated

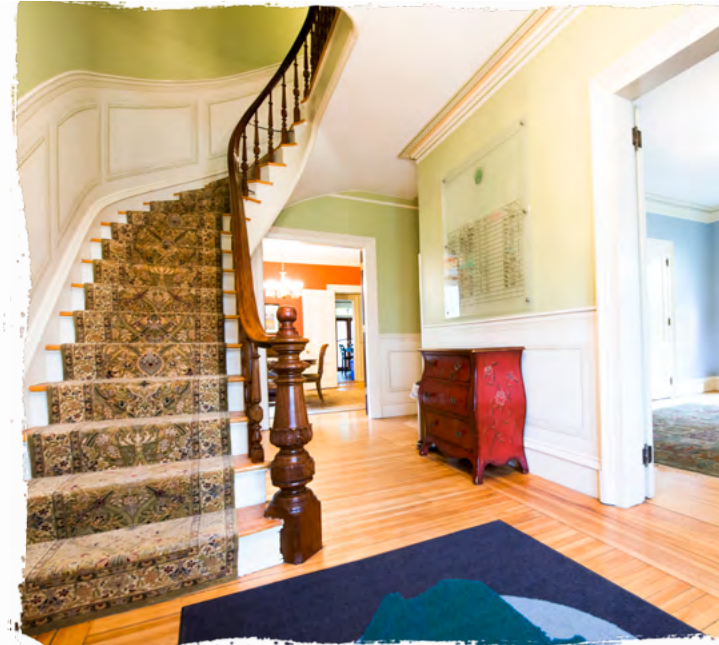


Bedrooms: 10 bedrooms, 14 beds, singles and doubles

# RESIDENCES



# Deering Street



Details: 40 Deering Street, Portland, Maine



Bedrooms: 8 bedrooms, 15 beds, 5 baths



Living Rooms: Three comfortable common areas



Kitchens: 3 full kitchens



Outdoor: Patio and roof deck with city views

## OUR CAMPUS



160  
preble  
STREET  
The main office



Our main office at 160 Preble Street is the headquarters for Foundation House – we call it ‘The Foxhole’. Clients start their morning checking in with their therapist, receiving medications (if prescribed), and picking up their daily spending money. Throughout the day, groups are held in our large meeting space or our conference room. The building also provides a location for clients and alumni to complete school work, shoot some pool, play ping pong, hold a movie night or watch TV

on our 160-inch HD projector screen, and relax in between group sessions. Just a 7-10 minute walk away from our houses, 160 Preble and the rest of the Bayside Campus are just steps from Bayside Bowl, Trader Joe’s, Whole Foods, Fork Food Lab, and the University of Southern Maine. Each of our clinicians, our medical staff, and our administrative departments have offices at 160 Preble Street making it the hub for the entire Foundation House team!

## OUR CAMPUS

# The Foxhole Ranch



The Foxhole Ranch, located on 120 acres in Bethel, Maine adjacent to the White Mountain National Forest, serves as a satellite hub for multiple programmatic and clinical uses. Multi-day wilderness adventures often start and end at the ranch, wellness retreats leverage its remote location to slow things down, seeking solitude and community.

In the event of a relapse or discharge, a clinically suitable client may join our Wilderness Intervention Program, a three-day wilderness excursion with 24/7

supervision, therapeutic tasks, individual therapy, and the formulation of a new treatment plan before potential readmission.

### Highlights of the Foxhole Ranch include:

- Two Adirondack Style Homes
- Pool & Pool House
- Four Season Camping Trips
- Cross Country Skiing Trips
- Alpine Skiing Trips at Sunday River Ski Resort
- Trail & Service Work



Details: The Foxhole Ranch, Bethel, Maine



Homes: 2 Adirondack style homes



Ranch: a working horse ranch and barns



Pool: Pool and pool house for relaxing summer days



Paintball: Our very own full paintball course

## OUR CAMPUS

# activity center

Our Activity Center hosts our rock wall, foxhole gym, yoga studio, batting cage, arcade machine & wilderness gear room. Steps from our main clinical building and outfitted with darts, bumper pool and an entertainment space, this building provides a multi-use activity space to keep our clients engaged and active throughout the day. It also plays host to our Wednesday night alumni-led 12-step meeting.



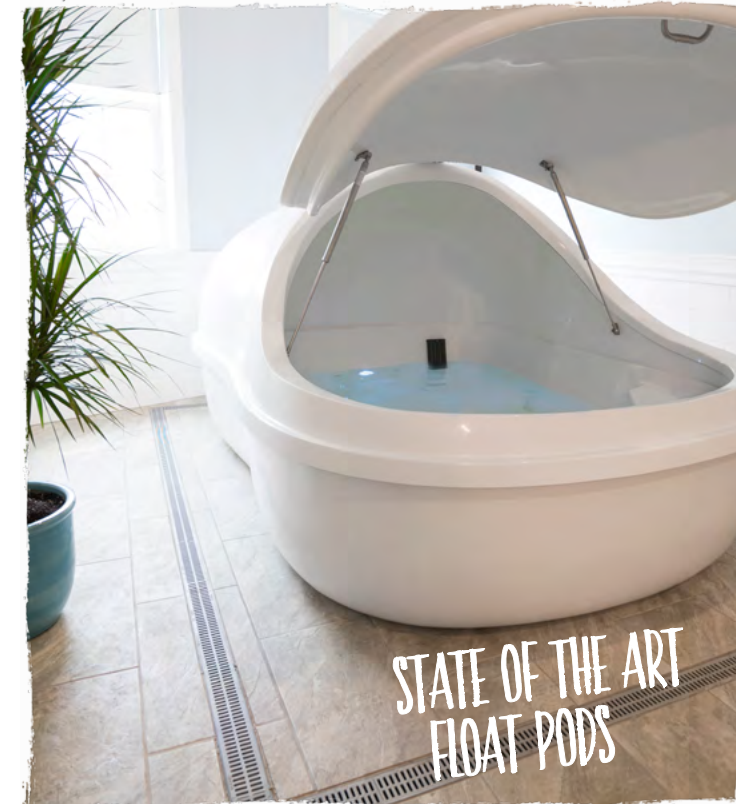


## OUR CAMPUS

# The Therapeutic Float Spa

The goal of the Foundation House Therapeutic Float Spa is to introduce a progressive method for our clients to relax their nervous system, calm their thought process, and practice mindfulness in a unique way. Ongoing clinical and psychological studies of float therapy have shown multiple

benefits, such as reducing stress by lowering cortisol levels; managing chronic pain, injury, and illness; fighting anxiety and depression; elevating mood; and even improving sports performance.



STATE OF THE ART  
FLOAT PODS



FULLY OUTFITTED FLOAT ROOMS



45-90 MINUTE SESSIONS



SITTING AREA & TEA BAR

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# OUR PROGRAM <sup>®</sup>

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At Foundation House, our cutting-edge experiential programming fuses dynamic action with insightful guidance. Clients dive into a rich blend of outdoor adventures, community involvement, and meaningful peer connections, pushing both mental and physical boundaries. These experiences not only bolster confidence but also serve as therapeutic environments, blending clinical expertise with hands-on participation.

This method empowers young men to reshape their mental frameworks, igniting authentic feelings of achievement. Our immersive activities enable them to synchronize mind and body, shatter self-imposed barriers, and draw strength from their peers' companionship.

We also fine-tune our approach to align with male perspectives. Prioritizing goal-oriented activities, solution-driven tactics, and practical skill enhancement. This strategy breaks down misconceptions, simplifies seeking help, and equips our clients with proactive tools to not just tackle, but transcend challenges.

## Our Programming Includes:

- Experiential Therapy
- Academic Advising
- Career Counseling
- Cooking and Nutrition
- Yoga, Mindfulness and Acupuncture
- Wilderness Adventure
- Service Work
- Fitness Training
- Music Studio
- Surfing
- Wellness Retreats
- Health and Medical Groups
- Team Sports and Activities
- Tickets to Local Events
- Bike Share Program
- International Travel
- Alumni Programming

PORTLAND, MAINE

Bike  
SHARE  
program



## OUR PROGRAM

The disruption of academic and occupational goals can leave young men in early recovery feeling adrift and their future uncertain. We provide clients with a thorough interest and aptitude assessment, steering their academic, career, and vocational directions.

### Academic Advising

We provide tailored academic services to help clients map their educational paths. Our experts guide clients through diverse educational options. To balance education with recovery, we often recommend flexible online platforms, and have successfully helped many students graduate from Fusion Global Academy, The American Academy, and James Madison Online. Partnering with Academic STARS Success, we offer specialized tutoring, including support for executive functioning.

### Career Counseling

Our career guidance is tailored to individual needs. While some may need to craft a standout resume, others might look for a phased reintegration into the job world. Leveraging our extensive insights into Portland's job landscape, we extend support to clients keen on part-time or full-time employment.

# ACADEMICS and Career Counseling

### Educational Opportunities:

- Traditional High School Diploma
- High School Equivalency
- Higher Education Admission
- Ed Tech Training



### Local Schools & Universities

The University of Southern Maine  
Bates University  
Bowdoin College  
Colby College  
Maine College of Art  
Southern Maine Community College  
The University of New England  
Fusion Academy  
Laurel Springs School

## OUR PROGRAM

# COOKING & NUTRITION

At Foundation House, we prioritize holistic care. Recognizing that many men entering our program have faced challenges in maintaining nutritious diets, we provide comprehensive support. With guidance from our Naturopathic Doctor and Certified Personal Trainer, clients benefit from guided grocery shopping, cooking classes, meal planning, and tailored weight-training programs.



# MIND FULLNESS

meditation  
yoga & acupuncture

Meditation empowers our clients to reflect on their thoughts, recognize harmful patterns and cycles, and gain a deeper understanding of themselves so that they can better guide their own responsive action.

Drugs and alcohol often mute the body's signals; yoga gently reintroduces clients to the art of heeding their body's cues. Addressing anxiety, stress, and depression prevalent in early recovery, these practices are vital for maintaining calm and balance. For genuine emotional and spiritual growth, moments of undistracted tranquility are essential.



## OUR PROGRAM

# Wilderness Adventure

Wilderness adventures connect our young men to Maine's vast wilderness, unparalleled coastline, untouched landscapes, and New England's finest mountains. Clients learn cooperation, trust, and forge profound bonds. Our bi-weekly adventures, spanning from Thursday to Sunday, immerse clients outdoor activities and retreats to the Foxhole Ranch. Beyond the thrill and exploration, these trips offer an escape from digital distractions, rekindling past passions or igniting new ones in the great outdoors.

### Monthly adventures include:

- Hiking, backpacking and camping
- Kayaking and canoe trips
- Rock and ice climbing
- Alpine and cross-country skiing
- Fishing
- Surfing and more...



# SERVICE WORK

Effective recovery hinges on service to others. Service work enables our clients to contribute and feel connected to the world at-large, and regain self-respect. For our young men, shifts in actions often precede shifts in mindset. Beyond engaging with the Portland community, we're committed to environmental stewardship.

Recently, the Foxhole contributed to a greener Maine via trail upkeep and preserving native habitats. On a global scale, our international expeditions emphasize environmental projects, including rebuilding post-natural disasters.



## OUR PROGRAM

# EXPERIENTIAL Therapy

Experiential therapy is an immersive approach that promotes healing through hands-on activities in individual or group settings and comes in many forms. It's grounded in the idea that true healing stems from direct experience. Through action, clients tap into buried emotions, learn effective coping techniques, and reshape their reactions to situations. It's a versatile

tool for those aiming to address past traumas, enhance relationships, or lead a more balanced life. We've found it particularly beneficial for our young men, and for a range of mental health issues.



*WE provide regular opportunities for our CLIENTS*



*To be active, HAVE FUN TOGETHER and*



*push THEM BEYOND THEIR COMFORT ZONE*



*opening their mind TO NEW POSSIBILITIES.*

# OUR PROGRAM

# Back packing



## OUR PROGRAM



WHAT'S INCLUDED



ICE HOCKEY



FLAG FOOTBALL

### *Fitness*

As a client of Foundation House you have memberships at:

#### FOXHOLE GYM

Weight training, personal training, batting cage, & bouldering wall.

#### RECON FITNESS

Alumni owned MMA gym. Bi-monthly private group classes on boxing, striking, cardio, bag work, etc.

#### EVO ROCK GYM

Access to indoor climbing course.

### *Tickets for local teams*

As a client of Foundation House you have access to tickets for:

#### MAINE MARINERS

Home tickets available for NHL Boston Bruins affiliates at Cross Insurance Arena, Portland, Maine.

#### PORTLAND SEA DOGS

Tickets for home games of the Red Sox AA affiliate at Hadlock Field, Portland, Maine.

#### MAINE CELTICS

Tickets to home games of NBA G league affiliate of the Boston Celtics at Portland Expo Center, Portland, Maine.



## OUR PROGRAM



Our Alumni network fortifies Foundation House's community by bridging past clients with our current community. Their enduring involvement remains the bedrock upon which our community stands. We rely on the strength of this group to act as a power of example and perpetuate our values outside of our program. Alumni not only partake in daily programs,

athletic leagues, select wilderness adventures, and global expeditions but they also lead weekly 12-step meetings at our homes and on our campus, underscoring the spirit of mentorship and unity.



# Families

Research shows that young men have a better chance of long-term recovery and healing when they have the support of their family. To help our clients and families move toward healthy communication, boundaries, and self-care, we offer family therapy and support as part of our program.

Family members gain important skills and insights that improve their ability to support their loved one, care for themselves, and actively participate in the treatment process in three primary ways:

1. Weekly family therapy sessions
2. One-on-one family coaching sessions
3. Monthly support group, facilitated by our clinical team.

# INTERNATIONAL TRAVEL®

## Annual Global adventures

### HOLI FESTIVAL INDIA

LOCATION: Varanasi, India

INFO: Holi festival is a jubilant festival held to commemorate the victory of good over evil.

A change of scenery can reinvigorate the soul and sharpen one's focus. Our international expeditions, began with a simple idea, "What could we do that young men in early recovery would never believe was possible in treatment?" These trips, crafted meticulously for our clients and alumni, plunge us into genuine, rewarding, and challenging situations. They solidify our community, deepens relationships, and exceed the expectations of what recovery is "supposed to look like."

INTERNATIONAL TRAVEL

EUROPE  
Normandy Beach



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## INTERNATIONAL TRAVEL

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# Africa Tanzania

Our annual journeys grant clients a unique blend of adventure and sobriety. We travel not just to see, but to truly understand the world as it exists. Our mission was to take our clients to all seven continents. So far, we have 5 under our belt with the last two in our sights.

Every expedition emphasizes service work and giving back to the communities that take us in. Our contributions to these communities often extend

beyond the trip's duration. The bonds formed and commitments made internationally inspire continued service and connection back in Portland, ensuring we revisit and support regions that need us most.



INTERNATIONAL TRAVEL

# INDIA Varanasi



Bodhgaya

ORPHANAGE SERVICE WORK



WHITE WATER RAFTING IN THE HIMALAYAS

INTERNATIONAL TRAVEL



St. John  
virgin island



SCUBA DIVING



SERVICE WORK



CLIFF JUMPING



INTERNATIONAL TRAVEL

PATAGONIA  
Chile



# INTERNATIONAL TRAVEL

## Up Next: AUSTRALIA 2024



Foundation House is excited to announce our next international expedition to Australia! Our trip will take us to Cairns in Queensland to scuba dive the Great Barrier Reef, the central Outback to traverse Alice Springs, Ayers Rock, and the Olgas, and finally to Sydney to visit the iconic Sydney Opera House and hike the Blue Mountains. We will also be making stops to Cape Tribulation and Whitsunday

Island to observe the ecosystems unique to Australia's diverse landscape. These trips are meant to engage in a journey of self-discovery that promotes self-determination, cultural competence, and the importance of the group experience. Join us as we cross our sixth continent off our list!





# CONTACT

If our message resonates with you or someone you know, contact us. Every day, we dedicate our time to individuals, families, and professionals, to make sure every person gets the help they need. We'd love to hear your story. For details on the Foundation House program, availability, or cost, reach out to our admissions team.

**Admissions:** (207) 791-2002

**Staff Directory:** (207) 791-2000

**E-Mail:** [info@foundationhouse.com](mailto:info@foundationhouse.com)

**Fax:** (888) 245-3952

## **Main Office**

Foundation House  
160 Preble Street  
Portland, ME 04101

[Click Here](#) to fill out an Admissions Form

*\*all inquiries are confidential*



## Foundation House

Behavioral Health and Substance  
Abuse Treatment for Men