

# Journey

making recovery from addiction visible

ISSUE 12

Peer  
Recovery  
Coaching

Recovery  
Advocacy  
Project

**A Life Second to None**  
A path from surviving  
to thriving

# ANDY KNEW HE NEEDED HELP. WE GAVE HIM THE LIFT HE WAS LOOKING FOR.

Due to a degenerative back condition, Andy Allen was prescribed opioids to treat his chronic pain. Over the course of 10 years, he developed an addiction that sent his life spiraling out of control — until he found the IMAT program through MaineHealth. “I was treated with compassion and respect, which isn’t something you feel as an addict,” said Andy. “They saved my life and I am extremely grateful.”

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# Journey

ISSUE 12

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## PRIVATE GIFTS

A very special thank you to these people  
who have helped to support Journey  
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*Thank You!*



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# From the publisher –

*We get a second chance at life when we recover, and books can be a vehicle for expanding our possibilities.*

*I used to be embarrassed by how many personal development books I've owned over the years – hundreds, maybe even thousands. At times, I've not been very accepting of myself, as if a desire to grow automatically signifies that I'm not happy with myself. That was a story I sometimes told myself.*

*When I first got sober, my vision of what was possible for my life was very limited because my experiences and view of the world were very limited. But as I spent time with people who were more fully living their best lives, my world started to expand.*

*Wanting to grow, transform and evolve is part of the human condition. In early recovery days, I had to learn a lot of the basics. One thing that helped was an acronym that still works for me today – “H.A.L.T.” – Hungry, Angry, Lonely and Tired. It reminds us to HALT and check-in on our basic self-care needs.*

*My world, and my experiences, expand as I step through more and more days as a woman in recovery. Watching people around me step out of their comfort zones and into a new space for themselves encourages me, too.*

*That includes Journey's very own Niki Curtis, whose first feature article appears in this issue – “The Search for Serenity” (page 6). I'm constantly amazed by Niki's continuing to take on new challenges at the magazine and lean into her potential.*

*I'm grateful that life in recovery isn't just about surviving this single day but being able to accept that a life second to none is actually available. Sarah Kelly explores this idea in “A Life to None: A Path from Surviving to Thriving” (page 26).*

*Kimble Greene's article “Are You Surviving or Thriving” (page 20) encourages us to “live forward, honoring our ever-changing world” and provides some ways to practice that.*

*And finally, English teacher Stephen Chabot shares his personal recovery story on how books helped in his early recovery, too (page 30).*

*My world is constantly expanding and I'm personally evolving and thriving because of my love of books and I hope that you too, reader, find those things that help you expand your perspectives as you evolve and transform and thrive.*

*With Immense Gratitude,*

*Carolyn*



*the bridge to Mackworth Island - where I wrote this publisher's letter ... in my car*

# visible recover



## in this issue:

- 6** The Search for Serenity
- 8** Personal Recovery Story:  
Lindsey Higgins
- 10** Creative Expression : Myles Bullen
- 12** 6 Ways to Fortify Yourself
- 16** Peer Recovery Coaching
- 18** Got Advocacy?
- 20** Are you Surviving or Thriving?
- 22** 5 Minute Guide to  
Cognitive Behavioral Therapy
- 24** The Power of Consistency
- 26** A Life Second to None
- 30** Personal Recovery Story:  
Stephen Chabot
- 34** Recovery Programs

# ery saves lives



# The Search for Serenity

*Taking the world as it is, not what I would have it be*

by Niki Curtis

**T**he word serenity often invokes images of white sand beaches, tranquil ponds, puffy white clouds, and softly, swaying fields of grass.

It can be tied to thoughts of “if only I was there” I would become serene.

Serenity is a state of being: Calm, quiet, peaceful.

In Season 9 of the TV show, “Seinfeld,” Episode 3, “The Serenity Now,” focused on the idea that if you said the words, “serenity now,” anything stressful would just melt away, and that stuffing anger was a poor coping skill. In the beginning of the episode, Frank

Costanza angrily yells “serenity now!” and when asked why, he explains that his doctor gave him a tape to help with his blood pressure and that the words could be used as a tool in order to control his anger and lower his blood pressure.

Later in the episode, Kramer is seen as calm and serene although covered in eggs, and calmly says “serenity now” repeatedly. When Jerry asks if he’s using Frank’s technique, Kramer confidently responds, “The anger, it just melts right off,” and then almost immediately starts to get frustrated while trying to open a bag of chips.

The beloved comedy offers food

for thought: Can words like “serenity now” truly help melt away anger and stress, leaving peace and tranquility? Can directing a command aimed at my anxiety and incompatibility with my outside environment actually calm me and create an inner state or feeling that is soothing and relaxed?

A prayer credited to Reinhold Niebuhr, a Protestant theologian, ethicist, and professor at Union Theological Seminary in New York City, has done just that for many people around the world. Written in 1932, the prayer did not originally have a title in its earlier version; it read “Father, give us courage to change what must be altered,

serenity to accept what cannot be helped, and the insight to know one from the other.”

When Frank Costanza thought of serenity, did he consider it would take courage to change things that could be altered? Was there any level of acceptance in the circumstances or of the people around him? Did he understand that there was even a remote possibility that he could discern one from the other?

The prayer Reinhold Niebuhr created asked a divine creator for help in having courage, finding serenity in the acceptance of things beyond his control, and knowing when it was courage that was needed, or acceptance.

**Serenity didn't come with the words, it came with the acceptance of the circumstances exactly as they were.**

The prayer became popularized when it was adopted and modified for use by Alcoholics Anonymous and other 12-step programs and named “The Serenity Prayer.” This version is widely known as, “God, grant me the serenity to accept the things I cannot change, the courage to change the things that I can, and the wisdom to know the difference.”

In 12-step fellowships, the prayer is a tool that helps someone to accept the reality of a situation, focusing on what that person can change themselves and coming to a place of acceptance for things that are out of their control.

**When a person stops fighting the reality of a situation, real serenity can be felt as the mind comes to terms with reality.**

Although some may attest to the power of prayer to God, gods, or a Creative Power, others have a secular view

and have modified the wording to achieve the same purpose of serenity.

It is not known who wrote the long version of the Serenity Prayer, which continues: “In troubled times may I find the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.

Living one day at a time, enjoying one moment at a time, accepting hardship as the pathway to peace. Taking this world as it is, not as I would have it, trusting in myself to make things right in my life. Trusting in humanity to provide a better world for our children. If I do this I may be able to find love and joy in my friends, family and community.”

The goal is serenity, the path is found through the determination of what can be changed and what can't be changed and the focus of one's energy on changing either the reality or one's perception of the reality.

The Serenity Prayer is a tangible reminder and road map to attaining what may look and feel like your favorite vacation spot, existing inside of you.

From our readers:

*The Serenity Prayer helps me know when to be quiet and when to be brave. -- Rebecca*

*For me, the Serenity Prayer means a willingness to keep the focus on myself and what I can do to improve while striving to fully accept all the rest of the Universe's kids just as they are. -- Mary*

**How does the serenity prayer work for you?**



*Niki Curtis of Portland is a woman in long-term recovery whose passion is to help others and spread positivity. She*

*loves to find creative ways to do that, including writing for Journey.*

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# Lindsey Higgins

## South Portland, Maine

*“My disease started with feeling really uncomfortable”*

**L**indsey narrates her story of what led her to alcoholism and addiction and her journey towards recovery.

“I grew up in a small town in Northern Maine. I remember not feeling a part of my skin and body. In a small town, I felt very out of place. I was seeking relief and comfort. I didn’t know what it was, but I knew that I was very uncomfortable. I remember feeling anger and sadness. All the discomfort and unease that I was experiencing, I didn’t understand that other people in the world experienced it. I suffered alone. That was so painful to me. I moved a lot to seek relief quickly. I sought places where I could drink and use like I wanted to. I created this life where no one was holding me accountable.

I lived in South Korea for eight years, teaching English. South Korea, Seoul was a place where you can drink on a Tuesday night until 4:00 AM. I thought I was fooling people and that I had it figured out. In reality, it was not the case. I desperately wanted someone to hold me accountable. The people that were drinking with me were drinking a lot, but somehow my drinking was on another level. I started to realize that I was drinking differently. I was always the one that would need that extra bit when I got home.

I could watch myself progressing, and it got a little scarier. I didn’t know how to make friends or connections without some relief

or substance. It progressed to a point where it was way out of my control. Drugs became an essential part of my story. That’s what brought me to the place of desperation for help.

I found a solution in London; a 12-step program. I started to hear other men and women talking about their experience, and I didn’t feel so alone. That was huge for me because I’d been suffering alone and trying to control it for so long. I’ve learned that recovery is progressive as well. As the years move forward, things get easier.”

“We’re not so unique. We’re all human beings. As an addict and an alcoholic, finding a connection is hard for me. I have to work at it. You don’t have to fix it all today. Progress comes in little steps. I do a little something today, and it gets a little easier tomorrow. Do one thing differently today. Making friends does not come easily to me. I have to commit to calling one person when I’m feeling that unease.”

I have important sources of support and it’s evolved over the years.

“It has been really beautiful as it’s evolved. Today it looks like calling a sponsor daily, building a spiritual practice, showing up and exercise. Having a community, focusing on food and nutrition, and taking care of my body is important for my journey too. Do little things



*Lindsey Higgins, Mich Pottier and Duncan the dog | photo by Woody LeLand*

like reaching out to friends. I go to meetings too.”

### **How have your aspirations evolved?**

“I’m an artist and a theatre director. It was very disruptive at first when I was using and drinking. There was a lot of people-pleasing. Today, I’m learning how to be an artist that plays and creates. It looks like not needing to please everyone anymore. Internal peace, serenity and joy in my home is the goal.”

### **Final thoughts?**

“There’s so much joy and peace to be found that we’re not able to see when we’re in the throes of addiction. No matter where we are, our recovery is possible.”

*- As told to Journey team member, Mary Atwood*

# Did you know that preventing substance use can start in your medicine cabinet?

More than 80% of seniors use at least 1 prescription medication on a daily basis and 11% of Maine youth report that they have used medication that was not prescribed to them.

**Remove expired or unused medications and safely dispose of them.**

**HOW TO SAFELY DISPOSE OF PRESCRIPTION MEDICATIONS AT HOME**

There are safe ways to dispose of expired prescription medications at home! Follow these recommended steps:

**1** Find your expired and unwanted/unneeded prescription medications. Remove from container and mix with coffee grounds, cat litter, or dirt.

**2** Place the mixture in a closed plastic bag to prevent spilling.

**3** Throw the bag away in the garbage.

**4** Scratch out your personal information on the empty medicine bottle to protect privacy, then throw away.

Resources: SAMHSA, FDA

If you have any questions, contact [prevention@portlandmaine.gov](mailto:prevention@portlandmaine.gov).

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Myles Bullen | photo courtesy of Sarah Violette

# Creative expression

*Myles Bullen leans on tools he used to get sober to process losses in new album, “Healing Hurts.”*

by Amy Paradysz

**P**ortland-based songwriter, poet and performing artist Myles Bullen, 28, says that the tools he acquired during his nine years of living in recovery prepared him to survive this toughest year of his life—and even to thrive.

In 2019, he toured 33 states and three countries, performing 140 times, everywhere from prisons to schools and colleges and from backyards to professional stages. “It was the full gamut of DIY touring,” Myles says. “I felt like I was on fire. I thought, ‘Wow, I’m finally doing this thing to its

fullest potential and next year will only be better.”

And then, in 2020, Myles lost his grandfather and his father and several peers. His usual emotional outlet—performing—came to a sudden halt, when his four-month tour was cancelled early in the pandemic. “I fell into a terrible depression for four and a half months,” Myles says.

To dig himself back out from depression, Myles leaned on everything he’d used to rebuild his life when he was 17 and broke up with alcohol and opioids. That year, too, he had been grieving.

“My grandmother passed away, and I remember going to her funeral and seeing chaos within my family,” he says. “I wasn’t sad, I wasn’t angry, and I had this awareness that I should be feeling emotions, but I wasn’t able to. That night, I woke up and had this sort of ghostly experience with my grandmother in the room saying, ‘Everything’s going to be okay. I love you, Myles.’”

Myles has been in recovery since that night nine years ago.

“I had to change the people I was surrounded with, the places where I was, the contacts in my

phone, the activities I was doing, the food I was putting in my body—everything had to change,” Myles says. “And then I started living life again in a new way. Colors were more vivid. I could smell more intensely. And I could also feel a lot more.”

After spending most of his adolescence high, Myles says that his early recovery was marked by “rapid mood swings, from ecstatically joyful to cripplingly depressed to bursts of anger and then bursts of laughter.”

Instead of avoiding feeling sad or anxious—which is unrealistic—he asked himself, “What is going to be my healthy go-to thing, the least detrimental thing? When I feel anxiety, what do I do to calm myself down? When I feel sad, how do I comfort myself? When I feel angry, how do I express my anger in way that won’t hurt myself or anyone else?”

**His healthy go-to things are yoga, meditation, and writing, playing and performing.**

“Songwriting and expression has kept me alive and healthy,” Myles says. “When I started writing, I was kind of digging up my past and uncovering certain traumas or experiences that I hadn’t processed fully, especially when I was using. Being in recovery, part of my ritual is to write and share it—and to keep doing that.”

Myles is a teaching artist at The Telling Room, a Portland-based nonprofit that empowers teen writers. He also teaches a virtual class for inmates in Maine State Prison, modeling creative writing and narrative processing while facilitating a space for vulnerability.

“I use writing and performing as a cathartic self-practice to interrogate what’s going on with myself,” Myles says, “and when I share it, the goal is to encourage others to do that work and that it is possible to recover.”

Out of all the heartbreak and disappointment he experienced in 2020, Myles wrote and recorded a new album titled “Healing Hurts.” Meanwhile, some of his older songs, like “Way Too Fast”—which talks about dealing with anxiety and shifting to self-care—are even more universally relevant than when he wrote them.

“When I was at my lowest this year, I still had all those tools—practicing yoga, meditation, clean eating, non-violent communications,” Myles says. **“I can use creativity to build something that I love that makes me happy.”**

The secret to a life in recovery, Myles says, isn’t to wish for an

*“... seconds make up minutes, make up weeks, make up years”*

other-worldly experience like the one that jolted him into getting sober when was 17. It’s not possible to replicate someone else’s epiphany. But, thankfully, the secret to a life in recovery is much more practical than that.

“It’s in the day-to-day choices,” Myles says. “It’s about, ‘What am I doing right now in this moment?’ It’s about being present with every choice. Essentially, seconds make up minutes, make up weeks, make up years.”

---

*Amy Paradysz is a freelance writer from Scarborough and part of the Journey team; she can be reached at [amyparadysz@gmail.com](mailto:amyparadysz@gmail.com)*

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# 6 Ways to Fortify Yourself

## *During the Pandemic (and Other Challenging Times)*

by David Lee

**R**esilience is one of the most important attributes that influences the quality of a person's life.

Our level of resilience affects our mental and physical health, how much difficult people and circumstances impact us, and our ability to remain strong and centered in the midst of change, challenge, and uncertainty.

Given the amount of change, challenge, and uncertainty brought on by the pandemic, being intentional about

cultivating our resilience is even more important than ever.

To build resilience, we want to intentionally step outside our comfort zone—i.e. challenge ourselves—and balance this with practices that restore us, practices that enable us to recover from the emotional, physical, and energetic toll the challenge takes.

Just as with physical fitness, the greater the emotional challenges we face, the more recovery we need if we are

to remain at high levels of emotional wellbeing.

Thus, the pandemic requires that we “up our game” when it comes to making sure we are doing things that fortify us and prevent us from becoming energetically depleted, overwhelmed, or depressed.

In this article, we'll explore “The Six R's” of restoration. These practices will help you offset the emotional impact of these challenging times and help you cultivate greater resilience.

## REST

Perhaps the simplest—and most foundational—thing we can do to fortify ourselves during these challenging times is to make sure we get enough sleep.

If you're thinking "No kidding... tell me something I don't know," ask yourself if you are actually doing it versus knowing it. If you are, feel free to skip this section and go on to the next.

While it might seem obvious that it's important to get enough sleep, 1 in 3 adults don't, according to the CDC.

During sleep, our body repairs itself and creates biochemical changes that optimize mood and performance, both physical and mental.

The more stress on the body and mind, the more sleep one needs. Just like athletes need more sleep during times of intense training,

we need more sleep during times of intense emotional challenge.

### *So are you getting enough sleep?*

None of the other practices will have anywhere near their potential effect if you don't have this foundational one in place.

## RECOVERY

When I first got into health and fitness in a big way, I was struck by how clear the people, whose work I respected, were on how critical adequate recovery was, if you wanted to become more fit, and ... not get injured.

We MUST design in enough recovery time and activities to offset the "emotional workout" our life puts us through. The more challenging the time we're going through, the more recovery we need, just as with physical workouts.

We do this, first by inserting brief spells of recovery time throughout the day—such as a quick walk, a fun conversation, an inspiring video, some stretches—whenever we have the flexibility to do so.

Equally important, we can boost our energy and spirits by becoming more intentional about making time throughout the week, and especially on the weekend, to do things that uplift us, and therefore add to our energy store.

If you tend to be very demanding on yourself about needing to always be productive, this might be challenging. However, the time you invest in joy, play, or serenity will pay you handsomely in greater productivity when you get back to work. I know some of my best creative work has come after surfing, doing an intense workout, or reading about a topic that fascinates me.

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***What kinds of things boost your spirits or provide you with nourishing downtime? Are you doing enough of them? If not... are you willing to do so?***

What activities have you found in the past that provide you with an energy boost or simply “fill your well” that you haven’t been doing, and would benefit from reintroducing into your life?

## **REFUGE**

We all need refuge at times ... a place or person or time of day ... that provides us shelter from the storm, offers us safety and softness in the midst of harshness, and enables us to get centered again to go out into the world.

For some people, their whole home is their refuge. They’ve created a living space that nourishes them.

Look around where you live and note if it lifts you up or brings you down.

If it’s the latter, ask yourself how you might bring some beauty into it, or tidy it up, or ask what else it might need to be a place of refuge.

For others, it’s a room in their home or a corner of their room. Perhaps for you, your refuge is being by the ocean or in the forest.

Maybe the one time you have true peace and quiet and stillness is in your car, driving to and from work.

Perhaps you’re lucky enough to have people in your life who are emotionally safe to be around—you can be vulnerable and unguarded with them. With them you feel seen and understood. These people are a source of refuge. (Note: I believe one of the

greatest gifts we can give others is to be a refuge).

***Ask yourself what are your sources of refuge and are you making use of them, and...how might you add more refuge choices?***

## **ROUTINES AND RITUALS**

The pandemic has been quite the “in your face” reminder of how uncertain and unpredictable life can be. Coming face to face with this has caused many people significant anxiety and even fear.

Even if you are someone who is comfortable with uncertainty and you don’t need to feel in control all the time, it can be unsettling to be bathed in uncertainty month after month.

This is why it’s so helpful to step up our use of routines and rituals.

**The structure, predictability, and familiarity that routines and rituals bring to our lives, helps to offset the uncertainty, unfamiliarity, and disorganization brought on by the pandemic.**

Just as small children and dogs thrive on routine because it makes them feel safe, engaging in routines and rituals helps our Reptilian Brain (the ancient part of our brain that is all about survival) feel safe and secure.

Routines and rituals strengthen our ability to deal with the unknown in ways that are similar to what happens psychologically to toddlers in what psychologists call the rapprochement stage of childhood development.



So...what rituals and routines are you engaging in?

Are there ones you used to do—such as meditation in the morning, or doing some reading—that you stopped for whatever reason, that would help ground you...and are you willing to start them up again?

***What routines and rituals do your friends engage in that you might experiment with?***

## **RELATIONSHIPS**

There’s a large body of scientific research showing how critical healthy relationships are to health and wellbeing, including resistance to illness and recovery from life threatening illnesses.

For an example of this powerful relationship, do an internet search on “The Roseto effect” and you will find a fascinating study about how an Italian American community in Pennsylvania had remarkably lower rates of heart disease NOT because they were yoga practicing, meditating vegans (actually they were as far from that as you can be), but because of their close-knit relationships and Old World-style family ties.

Sadly, when they became more Americanized, and adopted the typical “move away from your family and relatives when you grow up” approach that is common in America and no longer focused as strongly on relationships, their level of heart disease began to match the national average.

As we all know, relationships per se aren’t necessarily a source of nourishment and positive wellbeing.

The wrong kinds of relationships can be a major source of stress and emotional pain. Healthy, nourishing relationships, on the other hand, are not only a powerful buffer against the challenges life can bring, they can also be the greatest source of joy and fulfillment, which also boosts resilience.

***So ask yourself: Are you making time for the important relationships in your life, or are you telling yourself you’re too busy?***

Do you relate in ways—like being open and vulnerable with those who are emotionally safe—that foster rich, soul-satisfying relationships...or do you keep it superficial?

## **INFUSING YOUR LIFE WITH THE SIX R’S**

Becoming more intentional about making the 6 R’s an integral part of your daily life can make a huge difference in how fortified you feel in the face of the change, challenge, and uncertainty brought on by the pandemic.

While these factors are important components of cultivating resilience, they are even more important during these difficult times.

Which ones are you already attending to?

Which ones would you benefit from infusing more fully into your life?

How will you start to do so?



*David Lee is a career coach with Heart at Work Associates and a workplace relationship consultant.*

*He is the author of the “Dealing with a Difficult Co-Worker: The Courageous Conversations at Work Series.”*

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Top Row: Samantha Walsh, Sarah Kelly, Crystale Vega, Shannon Fisher; Middle Row: Amy Worrey, Jeremy Gray, Brandi Lee, Richard Butler; Bottom Row: Ali Bland, Cheyenna Baldwin, Krysten Powell, Kerry Casey

# Peer Recovery Coaching

*Providing support and guidance along your path*

by **Leslie Clark**

**W**hat is a peer recovery coach? A peer recovery coach occupies a unique role in a recoveree’s personal journey. They offer coaching at every recovery community center in Maine, as well as increasingly in treatment centers, outpatient clinics and corrections facilities.

Since 2018 Portland Recovery Community Center (PRCC) has trained 292 peer recovery coaches through the recovery hub, using a certified curriculum developed by the Connecticut Community for Addiction Recovery (CCAR). Completion of the 30-hour training is required to become a peer recovery coach in Maine.

Recovery coaches support multiple recovery pathways, meet people where they are, and help them set their own goals for their lives.

The CCAR recovery coach academy covers a range of topics and includes information and tools, as well as opportunities to examine one’s own attitudes and beliefs to be sure that each person is recognized as an “expert in their own lives” and as their own greatest resource in their recovery.

Topics covered include:

**Guiding principles of recovery**

– Foundational to coaching is that recovery is self-directed, strengths-based, empowering, optimistic, and holistic.

**Active listening** – One of the most important skills that a recovery coach needs to possess, the art of listening gives the recoveree the gift of a compassionate witness to their story.

**Crisis intervention** – Recovery coaches learn to define what is a crisis and how to help.

**Stigma** – A recovery coach needs to understand the impact of stigma and labels, and change language and attitudes, so that recoverees are empowered rather than disempowered. By simply changing the words we use, we can help dispel shame, build self-esteem, and end discrimination.

**Motivational interviewing** – Recovery coaches utilize motivational interviewing and facilitate the recovery process by asking good questions so that people are making changes they choose for themselves.

**Stages of Change and Stages of Recovery** – Change takes time and there are predictable stages to change. There are also

stages of recovery, each with its own tasks and rewards. Recovery coaches understand that change is a process and support each person's unique journey over time.

**Multiple pathways of recovery** – Many people are aware of the recovery path that worked for them, but may not be aware of the multitude of options and pathways. Recovery coaches respect and honor multiple pathways. In the recovery coach academy they learn about the variety of programs and activities both nationally and locally.

**Ethics** - Recovery coaching may be provided by volunteers or by paid staff coaches, but all recovery coaches should follow the code of ethics set forth, have regular supervision, continuing education and conduct themselves with the highest standard of integrity.

**Power and Privilege and Cultural Sensitivity** – Recovery coaches are committed to learning and recognizing issues of power and privilege, especially related to race, ethnicity, gender and class. By examining our own behaviors, attitudes, and policies we can become effective advocates for social justice.

**Wellness planning** - Recovery coaches help recoverees build their own personal recovery capital, which encompasses all the resources needed to live a full and happy life. Using a holistic approach, recovery coaches help recoverees identify the areas where they want to build more capital and grow. Some examples of these might be areas such as relationships, housing, work, spirituality, and health.

Peer recovery coaching is free of charge and available throughout Maine. Anyone who is seeking to initiate or sustain their recovery is welcome. To find a recovery coach near you, or to become a recovery coach, visit [www.portlandrecovery.org](http://www.portlandrecovery.org) or send an email to [justin@portlandrecovery.org](mailto:justin@portlandrecovery.org).



*Leslie M. Clark, MSW serves as executive director of Portland Recovery Community Center (PRCC). Leslie speaks openly as a person in long-term recovery to help reduce stigma and advocate for resources and effective public policy.*

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**CELEBRATING FREEDOM FROM ADDICTION** 10:39  
Sarah Siegel  
Bobby Sheehan  
Lindsey Higgins  
Margo Walsh  
Amy Alexander  
Celebrating freedom from addiction to AMPLIFY HOPE

**CELEBRATING FREEDOM FROM ADDICTION** 8:18  
Bobby Sheehan  
Lindsey Higgins  
Margo Walsh  
Amy Alexander  
Celebrating freedom from addiction to AMPLIFY HOPE

**CELEBRATING FREEDOM FROM ADDICTION** 11:56  
Lindsey Higgins  
Margo Walsh  
Amy Alexander  
Celebrating freedom from addiction to AMPLIFY HOPE

**CELEBRATING FREEDOM FROM ADDICTION** 9:33  
Margo Walsh  
Amy Alexander  
Celebrating freedom from addiction to AMPLIFY HOPE

**CELEBRATING FREEDOM FROM ADDICTION** 10:00  
Amy Alexander  
Celebrating freedom from addiction to AMPLIFY HOPE

**CELEBRATING FREEDOM FROM ADDICTION** 1:07  
Celebrating freedom from addiction to AMPLIFY HOPE

Sarah Siegel : Whatever works to keep us above...  
Bobby Sheehan : from being helped to the one who helps...  
Lindsey Higgins : from alcoholism to a life of joy an...  
Margo Walsh - "Don't suffer in silence"  
Amy Alexander - "methadone maintenance helps me be a...  
Celebrating freedom from addiction to AMPLIFY HOPE



Top Row: Aaron Kurcharski, Courtney Allen, Gayla Sheldon, Mitch Rivard, Marshall Mercer; Row 2: Wendy Smith, Chelsea Putnam, Karen Hardy, Jon Reynolds, Heidi Toner; Row 3: Stacy Clayton, Garrett Hade, Sean Fusco, Ryan Paige, Kayla Kalel, Zoe Brokos, Sarah Siegel, Maria Wagner, Katrina Brooks, Eddie Greyfox Burgess, Bottom Row: Craig Cardamone

# Got Advocacy?

## *A new group focusing on local recovery needs*

by **Alison Jones Webb**

**T**here's a new grassroots recovery advocacy group in Maine and it is going to make a difference!

That's what Courtney Allen, recovery advocate and Policy Director for the Maine Recovery Advocacy Project (ME-RAP), says. "ME-RAP is up and running. We've already started holding Community Listening Sessions to hear from people in recovery, affected others, and allies about the needs of the recovery community. The response has been terrific."

Kayla Kalel, Organizing

Director of ME-RAP, says people can also share their views on the ME-RAP Facebook page. "So far, we've had discussions about access to healthcare, criminal justice reform, reducing stigma, harm reduction and overdose prevention, recovery support services, treatment needs, and how community members can support the loved ones of those with substance use disorder. It's been great to see how passionate people are about these issues."

ME-RAP is part of the Recovery Advocacy Project

(RAP), a non-partisan network of people and organizations across the country advocating for addiction recovery policies. According to its website, <https://www.recoveryvoices.com/> RAP is committed to giving people in recovery, family members, and supporters the grassroots organizing tools they need to think and act locally.

RAP is building a visible and effective constituency to demand community and public policy-based solutions to respond to America's addiction crisis.

**“Recovery advocacy needs to be at the community level,”** RAP’s National Organizing Director Ryan Hampden says.

**“We give our state groups the tools they need to identify local needs and build a grassroots movement to make change in their own backyards.”**

Because RAP focuses on local needs, priorities will be different in each state.

Even though RAP focuses on an electoral strategy that encourages people to get involved in their local and state elections, RAP is non-partisan. RAP did some surveying and found that people are willing to cross party lines in voting on recovery issues.

“Recovery isn’t political, but access to recovery services and healthcare, and criminal justice are political issues,” Ryan says. “We’re working on building community around the fact that this is a voting issue. It’s important to learn about your legislators, where they stand on recovery issues, and then hold them accountable.”

**“Change happens from the ground up,”** Courtney says, “Not from the top down. We’re committed to building communities and constituencies of consequence by empowering people to become advocates for what’s best for their own communities.”



*Alison Jones Webb is a public health professional who has worked in the field of substance use prevention, treatment and recovery in Maine for*

*over 15 years.*



## Want to get involved?

We believe that recovery is any positive change. Our recovery community includes people in recovery, people who use drugs, family members, and supporters of the recovery process.

We hope you’ll get involved.

What you can do right now is find out who serves you as:

- mayor
- city council/select board
- school board
- county commissioner
- sheriff
- district attorney
- and state legislator

Write down their names and contact info.

Be ready to get in touch with them when your voice needs to be heard.

Also, submit an application to join our state organizing team!

We need your help!

The application can be found at [www.recoveryvoices.com/application/](http://www.recoveryvoices.com/application/)

For more information, contact Courtney at [courtney@recoveryvoices.com](mailto:courtney@recoveryvoices.com) or Kayla at [kayla@recoveryvoices.com](mailto:kayla@recoveryvoices.com).

You can also ask to join the Maine Recovery Advocacy Project Facebook group.



# Are You Surviving Or Thriving?

## *Choose the perspective that supports you*

by **Kimble Greene, PhD**

**T**here's a big difference between surviving and thriving. As a human being you are wired for surviving in this physical world – biologically, emotionally, and mentally. As a spiritual being you are designed to thrive as an integral part of the nonphysical or energetic realm. Together, you are one whole being - the integration of human and spirit, matter and energy.

As evidenced by your presence on this earth, you've mastered surviving. That said, surviving is not always easy, in fact it can be downright tough. Your growth, healing, learning, ups and downs are ever-changing. As you evolve throughout your life, change

ensues – whether you want it to or not. Impermanence exists. The choice to embrace or resist life's natural ebb and flow is yours. Either way, you're wired to survive.

I happen to be one of those people who like change. It reminds me of my power to choose – thoughts, feelings and actions. It creates challenges I view as pathways to discovery, progress and success. For others, change is not so welcome nor as easily embraced. As with everything, both perspectives are valid, both have purpose, and both offer opportunities for growth.

Regardless of whether you like change, it happens anyway. Preparation for what's to come, even if it's a simple understanding that change is inevitable, helps to solidify your foundation for thriving.

You'll recognize thriving when you experience things such as resilience, passion, a sense of purpose, compassion (for yourself and others), trust/faith, drive, inner harmony, confidence, self-worth, and knowing you are enough simply because you exist.

From this refortified foundation that thriving induces, you'll reconnect to your inner clarity,

intuition, acceptance, wisdom, and personal power thereby facilitating the choices which most support your core essence, goals and dreams, even if those choices must be made multiple times to get it right – right for your unique journey and purpose.

So, as you live forward, honor your ever-changing world by supporting yourself in mind, body, emotion, and spirit. Honor your 'I Am-ness'. Know, regardless of the outcome of your choices, you are not broken and your very presence is a gift to the world.

Your individual light, your unique shining essence has purpose and meaning. You are a gift. Let your light shine and keep it shining regardless of what takes place in the world around you.

You are enough just as you are and have been since birth. The world needs you ... in fact, the world deserves YOU, in your most genuine form. So, nurture grace, embrace your imperfections and step into thriving!

Below are some practices to go from surviving to thriving:

- **Acknowledge** the ways you've engineered surviving in this physical world with regard to matters such as home, finances, conveniences and luxuries, food, health, people and support systems. In your opinion, do you survive well enough?
- **Embrace** the ways you already thrive: self-worth, your connection to the cosmos, compassion for yourself and others, self nurturing, spiritual practices, your ability to manifest and reach your goals, enhancement of your metaphysical abilities such as intuition, inner knowing, wisdom and energetic influence.
- **Envision, imagine, and focus** your energy on more ways

to thrive, such as new types of personal and professional successes, fulfilled dreams, fresh goals and visions for yourself and the world.

Go for the unimaginable!

Irrespective of how you measure your surviving and thriving, honor yourself and your extraordinary powers and gifts as a human-spirit being.



*Kimble Greene PhD, Founder and Chief Catalyst at Catalyst Enterprises Worldwide, LLC is a Bestselling Author, Master Catalyst, and Trailblazer.*

*Her latest book, The Power To Thrive is due out in December 2020 and available for pre-order on her website: [www.drkimblegreene.com](http://www.drkimblegreene.com).*



## BIRTH OF A New Pearl

Have you ever wondered about the beauty of a pearl.

How its mystical transformation happens for it to be.

It is similar to my own journey in recovery.

A transformation slowly happening inside of me.

I have several protective layers similar to the mantle of an Oysters shell.

I protect myself just like the Nacre and with time you will see my new beautiful self.

Just like the grain of sand attempting to invade the Oyster inside.

It will be transformed into something so stunning and beautiful

I am hoping one day to so shall I.

By Don Osborne

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# A 5-Minute Guide to Cognitive Behavioral Therapy

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**P**atients, therapists, and insurance companies often prefer cognitive behavioral therapy (CBT). It's quicker than most other forms of psychological treatment, and a growing body of research shows that it works.

One of the main benefits of CBT is that it trains you to be your own therapist of sorts. You learn to change your thinking and develop more effective ways of coping.

In your sessions, you'll identify distorted thought patterns and replace them with more realistic ones. As your thinking changes, your feelings become more manageable, and your actions become more constructive.

See how working with a therapist or trying CBT on your own could help you to lead a happier and more successful life. Study this quick guide to cognitive behavioral therapy.

## **BENEFITS OF CBT:**

**Treat depression and anxiety.** CBT can be used to treat many mental disorders. That includes some of the most common like depression, anxiety, bipolar disorders, and PTSD.

**Overcome addictions.** Many recovering addicts rely on CBT to prevent relapses. Therapy can help build self-esteem and support healthier lifestyles.

**Sleep well.** Sleep disorders are another reason that patients use CBT. Unlike medications, therapy addresses the root causes of insomnia with little risk of dangerous side effects.

**Strengthen relationships.** Transforming your thinking changes the way you interact with others. You can enhance your communication skills and become more assertive.

**Achieve your goals.** It's a helpful tool for personal development even if you feel like your life is mostly on track. You could use the principles to help you relax or live more mindfully.

## HOW TO USE CBT:

**Find a therapist.** A wide range of professionals can practice CBT, including nurses and general practitioners. If you want to work with a psychotherapist, ask your doctor for a referral or contact the psychological association.

**Prepare for your appointment.** CBT focuses on the present, but your therapist will need some history. Be ready to discuss any relevant medical conditions and childhood experiences. Start thinking about your priority issues and what you want to accomplish.

**Do your homework.** Your therapist will probably give you assignments to do in between sessions. That could involve writing in a journal or practicing new responses to situations that you find challenging.

**Accept discomfort.** You might experience unpleasant emotions

at first. That can be a natural and constructive part of facing fears and doubts.

**Read a book.** Would you rather try CBT on your own? Browse for books recommended by trusted sources like the Association for Behavioral and Cognitive Therapies.

## OTHER TIPS:

**Take an active role.** Your progress will depend on how much effort you put in. Collaborate with your therapist in setting goals. Be honest and open in talking about your thoughts and feelings.

**Avoid shortcuts.** CBT sounds so straightforward that you might be tempted to think that you know it already. However, results depend on taking a structured approach and applying your knowledge consistently.

**Be patient.** There's a difference between quick and instant. Give

your new habits time to reinforce themselves. With practice, they will feel more comfortable and become automatic.

**Review your progress.** On the other hand, let your therapist know if you think you're stuck. You may find it easier to talk with someone else or you may benefit from a different approach. Keep in mind that CBT can be combined with other treatments too.

Psychotherapy may be more affordable and accessible than you think. With CBT, you can make progress quickly with strategies you can use at home or by working with a therapist on a schedule tailored to your individual needs.

-- *provided by Journey team*





# The Power of Consistency

**W**hile many believe that knowledge is power, knowledge is only powerful when it's consistently applied.

Consistency may be the most important component of success. A small step forward each day adds up to a lot of mileage over time.

Are the little things you do each day adding up to something positive? Or is the quality of your life slowly slipping away?

With consistent action over the next 10 or 20 years, what could you accomplish? Five small pieces of chocolate over the same schedule is roughly 25,000 calories, or the equivalent of over 7 lbs.

Are your consistent behaviors helping or harming?

Use the power of consistency to enhance your success:

**1. If you re-lived today for the next 10 years, where would you end up?** If you saved just a small amount of money each day, you'd eventually be wealthy. If you overeat slightly each day, you'd weigh 400+ lbs.

- An effective way to predict your success is to examine your average day and project the likely outcome into the future. An hour each night spent practicing the piano would give different results versus spending an extra hour watching television.

- Your teeth aren't clean because you brushed them for an hour straight. They're clean because you brushed them for 3 minutes for 3,000 days straight.

- Consider where your daily habits and behaviors are

leading you financially, socially, spiritually, and physically. What are the logical conclusions of your daily activities?

**2. Realize that many changes in life come slowly.** Many success gurus advocate taking massive action to see massive results, but that strategy is difficult to apply and maintain.

- Consider weight loss. You can't lose 25 lbs. in a day. Small changes occur to your weight each day. Those small, regular changes add up to impressive results.

- Building a fortune, the perfect body, or a great relationship all take time and consistency.

**3. Consistency requires habits or discipline, and discipline is in short supply.** Use your discipline to develop useful habits. Relying on discipline day

after day is a losing battle for most of us. While discipline can grow with effort, having effective habits is more effective and much less painful.

**4. Learn to act in the moment.** The greatest barrier to consistency is the belief that you can postpone an action to another day. Each day has the power to bring you closer to your goals.

- The only real discipline required is the discipline to act right now.

**5. Have reasonable expectations.** When your time horizon is unrealistic, it's not easy to be consistent. When you ask too much of yourself too soon, it's just as challenging. Be positive and enthusiastic, but be reasonable. Put your focus on regular and consistent improvement. Perfection isn't required.

**6. Use reminders or triggers in your environment to encourage consistency.** Think about the things that you do every day that could serve as reminders. Getting dressed, starting your car, and turning out the light each night are a few examples.

- Each night you turn out the light, you could visualize your goals. After getting dressed, you could do five pushups.

What you do once in a while doesn't impact your life significantly. Rather, it's what you do consistently. Consistency is a major predictor of success in any endeavor.

Develop habits and routines that guarantee success. Consistent behaviors determine your outcomes, so choose behaviors that make sense.

-- provided by Journey team



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# A life second to none

## *A path from surviving to thriving*

by Sarah Kelly

**W**hen I first got sober, I couldn't imagine life without alcohol – and I certainly couldn't imagine fun without alcohol.

What would that even look like? All of my social activities involved drinking. I assumed that life would be rather dull. I would be happy enough and it would all be fine. Blissful? No. Joyful? Nope.

It would just be.

I would figure out a way to survive life and make the best of it. Drinking was no longer a choice so not drinking had to be the way forward.

What I didn't realize is that reality was quite the opposite of my belief. I was barely surviving life with alcohol. In the midst of addiction, I didn't know the freedom or joy of living a full life because I had a very small life.

I had big ambitions and outside success, but I couldn't celebrate them or be fully present.

There's a saying that some use after a length of time in recovery to refer to their, "a life second to none" that refers to having the best life possible.

Why is this?

Because life in recovery opens doors that we could have never imagined.

### **DON'T BE AFRAID TO DREAM BIG**

Developing the belief that one is worthy of a good life. People in recovery are often used to feeling pain, hopelessness, depression, anxiety, and uncertainty. While it seems counterintuitive, sometimes feeling discomfort seems more comfortable because it is a known feeling.

For many, having good brings about a feeling of "when is the other shoe going to drop?" This is normal! It takes a while to rewire the brain to think more positively. In the meantime, start by a simple affirmation, "I am worthy."

### **THRIVING IS DIFFERENT FOR EVERYONE.**

Start examining your dreams and desires. What does a full life mean to you? What do you want your life to look like in five or ten years? What brings you joy? Envisioning your future can help you to build your future.

### **SET REALISTIC GOALS**

Dreaming big doesn't mean big things happen overnight. Most people can't run a marathon if they've never run a mile before.



Change takes time, and small steps lead to big results.

A great way to move forward is by goal setting using the SMART acronym, which stands for Specific, Measurable, Achievable, Realistic, and Timely.

Set a specific goal, create a measurable way to track that goal, define the steps to make it achievable, ask yourself if it's realistic, and set a time frame to complete.

For example, using the running analogy, a SMART goal could be, "I am going to run a 5k in three months. I am going to use a mobile app to help train on how to increase distance and frequency. I plan to run three times per week until I make my goal." You can set SMART goals in any facet of your life.

## IT'S OK TO MAKE MISTAKES OR CHANGE YOUR MIND

Resiliency is one of the keys to thriving.

Mistakes are going to happen.

Opportunities are going to be missed. Some things aren't going to work out. Or you may realize halfway down the road that you don't like the path you took.

It's all okay – you've done nothing wrong.

People in recovery are some of the most resilient people because you've already bounced back from a seemingly hopeless state. You can overcome setbacks!

There is no timeline on what thriving means in your life.

Sometimes it's the setbacks that propel some forward beyond what they had originally envisioned.

In early sobriety, someone told me to write down five things that I wanted in my life and she guaranteed it would be true in five years from that date. I opened the list six years later, and none of it was true. What was true is that I was happier in my life than I had ever been because I had found peace within. Ten years later, that list is getting checked off slowly but surely.



**Sarah Kelly**, owner of Sarah Kelly Coaching and co-owner of 'Love Yourself', is a National Board Certified Health & Wellness Coach (NBC-HWC) and Connecticut Community for Addiction Recovery (CCAR) Certified Recovery Coach. Sarah is an active member of the recovery community.

## Are you ready to re-enter the workforce?

A grant with Maine Department of Labor  
- Connecting With Opportunities  
- can help!

### GOAL:

To create opportunities for individuals impacted directly or indirectly, by the opioid crisis to receive the support, training and guidance they need to access and maintain sustainable employment.

### CRITERIA:

- Impacted by the opioid epidemic or would like to work in the fields related to SUD treatment or recovery AND
- Workers who have been laid off or
- Unemployed for more than 27 weeks

### CONTACT INFORMATION:

Cumberland, Knox, Lincoln, Sagadahoc, Waldo and York County residents:  
Workforce Solutions:  
Gerard Corcoran,  
207-274-3305, Gerard.Corcoran@goodwillnne.org

Aroostook County residents:  
Aroostook County Action Program (ACAP):  
Meghan O'Berry,  
207-554-4154,  
moberry@acap-me.org

Androscoggin, Franklin, Hancock, Kennebec, Oxford, Penobscot, Piscataquis, Somerset and Washington County residents:  
Eastern Maine Development Corporation (EMDC):  
Doug Dunbar, 207-299-5626,  
OpportunityGrant@emdc.org

# Stephen Chabot

## *Falmouth, Maine*

***“I think the biggest thing for me was learning to have fun again without alcohol.”***

**I** like to look ahead and focus on all the positives and the benefits of sobriety, on the things I can do now that I couldn't do 10 years ago,” says Steve.

Currently, Steve is an elementary school principal in the largest elementary school in Maine. Also, he's a dad to three children; a 3-year old preschooler, a 5-year old kindergartener, and a 7-year old first grader. Steve is from New Hampshire originally, and he went to college in upstate New York. After college he spent time in California, Arizona and DC before settling in Portland. Additionally, he was a teacher and a coach before becoming an administrator twelve years ago. Steve's experience with alcohol and substance abuse started like a typical college student's often does.

“I was a really good college student and a college athlete, but weekends were all about partying. I sort of just got into the binge drinking culture; train all week and go to class all week, and then party hard on Saturdays after the race or match or game. That continued into my twenties. I played rugby. I was always doing 5Ks and 10Ks and

some marathons. I boxed and trained in MMA. I would work hard all week but then the weekend would come around, and I would party. Nothing really terrible happened, so I didn't see it as an issue at the time.”

This trend of working hard all week and drinking on the weekends continued through his thirties. It's at this time that he had become a dad and was not as busy outside the home during the week as he used to be. He was at home spending time with the kids. With all this time at home on his hands, Steve started drinking during the week. Then it became almost a daily occurrence.

“It was shortly before my first daughter was born in 2015, that I just said something has to change. I tried rules and parameters and moderation and setting limits for myself. That would work for a few weeks or a few months; then invariably I'd have another setback or a bad night. It was starting to get embarrassing, and shameful.



It started to damage my relationships. I always felt tired and sick and ashamed of myself. Finally, in early 2018, I said enough is enough. From then on, I found a lot of great resources and a lot of great support. I attended AA meetings for a while, but when you're somebody who works 55 hours a week and has three small children, it's hard to go to an evening meeting.

Being a former athlete, I knew I had to get back to who I was at my core, and that visceral way of living.”

Steve worked at finding and creating a program that would help him despite his busy schedule. Morning workouts and reading memoirs by other drinkers became a huge part of his personal recovery program.

“This former Marine, Jocko Willink, he's a teetotaler, and he gets up at 4:34 AM, seven days a week to work out. I started doing that in 2018. There's this other similar approach called “Savers” where they talk about

**I like to look at the positives and benefits of sobriety**

starting your day with some exercise, reading and reflection, and taking time for yourself. I've been doing that ever since and it's made a big difference for me. By the time 7:00 or 8:00 PM rolls around, I'm too tired to even want to think about drinking. I make the joke about making sure I wake up before my demons and get a head start on them."

### Strategies Steve Employs to Avoid Drinking Again

Consequently, Steve had to re-learn how to deal with stress. Before, alcohol would be the go-to decompressor whenever he had a bad day or whenever he wanted to unwind.

"You have to find new ways to decompress. Do whatever you have to do in those first few weeks to not go back to that same craving. You have to forgive yourself. I tried a lot of different things for the first couple of years and today I do a lot of different things. I took the money I was saving on craft beers and used it to build up my home gym in the basement. Now I always have a place to burn off stress."

### The role of community in Steve's recovery

Talking to somebody is the first step to getting help and finding recovery. The community always plays a significant role in one's recovery journey. Steve's case wasn't different; talking to people who understand.

### Advice to people fighting addiction

"It's important for people to know that you can build your own program. It's your life. For me, 12 step meeting programs are maybe 5% to 10% of what I consider my program. I was an English teacher and an English

major, so I love to read. Reading memoirs was a huge part of my approach that first year. Getting up early and working out, and then devoting the very end of my day to reading and relaxing, listening to music, borderline meditation. And I probably drink eight seltzers a day.

Do what works for you personally, whatever that looks like. It's going to be a little different for everybody. Experiment and write things down and create a

## Do what works for you personally, whatever that looks like.

collection of strategies and tools that work for you. Things start to be more manageable. Maybe not in the ways you expected.

I wrote a piece on The Medium about the 22 books I read in that first year sober.

I was pretty happy to feel like I was creating again, instead of just consuming.

Working on being a father, an athlete, maybe a writer, I feel like I'm myself again without alcohol in my life."

- *As told to Journey team member, Mary Atwood*

## CAP Quality Care



Accredited by the Joint Commission on Healthcare Organizations

### Helping People Regain Control of Their Lives Since 1976

Do you find yourself dependent on pain medication, heroin or fentanyl?

Are you looking to stop the daily use?

We can help start your journey to recovery!

We provide respectful, effective, science-based, low cost & confidential treatment of opioid dependence

Services:

- **Methadone maintenance treatment**
- Individual & Group Counseling Services
- Case Management
- Crisis Intervention
- Hepatitis C and HIV Education, Referral and Liaison with Healthcare Providers
- TB testing
- EKG referral is provided
- DEEP services for CAP patients

Accepting:



**(207) 856-7227**

One Delta Drive, Westbrook  
www.capqualitycare.com

# I follow my brightest star.

I love to look up to see the brightest star in the sky. There is something magical and majestic about it. I look up with awe and wonder.

Just seeing it gives me hope.

The bright, twinkling stars against the cold midnight blue help me to recognize my place in the world. Even though I am small in comparison to the dark night sky, I too can twinkle against the darkness.

I can be a bright star too.

Even though the world around us can be dark and cold, I can be a light in the darkness. I can light up a room with my smile. I can laugh and break up stagnant, soggy energy. I can bring my light to the world and transform it with my brightness.

Now that I know who I am and what I want, I follow my brightest star. I pursue my passions. I undertake my projects with great stamina.

I can do anything. I am a star in my own right.

No matter what life throws at me, I know I can handle it. I can make it happen. I can make anything I want to happen. I have the brilliance of a star. I am brilliant.

Now that I am on track to following my brightest star, I act as a guide and light to others. I cultivate their gifts and talents and tickle out their brilliance. It is so much fun to ignite the light in others.

Today, I am so grateful that I have found my light within me and that I may assist others to find their inner shining star as well.

**Self-Reflection Questions:**

- > How can I follow my brightest star?
- > How can I shine more brilliantly?
- > How can I assist others to see their brilliance?

- written by the Journey Team

# Statewide RESOURCES

*These resources are gathered from a variety of sources. Our goal is to provide information on nonprofits that provide free or affordable services that benefit the recovery community.*

## CRISIS HOTLINE

### Maine Crisis Hotline

Maine Behavioral Health  
888 568 1112

24 hour hotline, mobile assessment & crisis intervention

### National Human Trafficking Resource Center/ Polaris Project

888 373 7888

National, toll-free hotline, available to answer calls and texts from anywhere in the country, 24 hours a day, 7 days a week, every day of the year.

### Safe Voices (domestic violence)

800 559 2927

### Maine Coalition Against Sexual Assault

800 871 7741

Confidential services, free of charge. Provides information, crisis counseling, and emotional support and advocacy.

### Maine Access Points

207 319 8823 (call or text)  
info@maineaccesspoints.org

We provide state-wide naloxone distribution, overdose prevention education, support and aftercare.

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

## POISON CENTER

### Maine Medical Center

800 222 1222

The NNEPC poison help line is available 24/7 by phone, chat and text to provide treatment advice for poisonings or to answer poison-related questions.

## HOTLINES

### Intentional Warm Line

50 Moody St Saco  
866 771 9276

Confidential telephone support services for non-crisis situations, including, but not limited to: Peer-to-peer support, social connection, sharing personal victories, overcoming fear, grief or sadness, developing effective strategies for the future, assistance with referrals to community resources, talking to someone when feeling sad, lonely, or discouraged.

### Maine Tobacco Helpline

(Part of Maine Health)  
800 207 1230

M-Th 10a-8p, F 10a-5p,  
S 10a-2p

If you call after hours please leave a message. Staff will call you back.

## Domestic Violence Support

866 834 4357

Information, crisis counseling, emotional support and advocacy.

## MISCELLANEOUS

### 211 Maine

Directory connecting people to variety of health and human services in Maine that can be accessed online or on the phone.

### Medical Professional's Health Program

20 Pelton Hill Rd Manchester  
8a-4p  
207 623 9266 x5

Assessment/screenings for medical professionals who might have substance use disorders/ mental health disorders. Referrals. Monitoring.

### Wellness Mobile

207 520 1683

Outreach vehicle and materials for recovery or prevention.

# RECOVERY PROGRAMS

*We are fortunate to live during a time when there are many options for finding and sustaining lasting recovery from addiction. We are all individuals and while there are many aspects of our personal journeys that may be similar to those of others, we are each called to discover for ourselves what works and what doesn't work for us. Our goal is to provide options and shine a light on different approaches that people use to maintain lasting recovery without endorsing specific approaches or recovery programs.*

*We ultimately leave it up to you, the reader, to decide what works best for you, while presenting you with multiple pathways to recovery.*

## **Alcoholics Anonymous (AA)**

207-774-4335/800-737-6237  
[www.cso.aamaine.org](http://www.cso.aamaine.org)

## **Al-Anon /Alateen**

[www.al-anon.org](http://www.al-anon.org)  
207-284-1844 / 800-498-1844

## **Adult Children of Alcoholics**

(ACOA or ACA)

A 12-step, 12-tradition program for men and women who grew up in dysfunctional homes  
207-322-6284  
[www.adultchildren.org](http://www.adultchildren.org)

## **Cocaine Anonymous (CA)**

617-539-6090 / 800-347-8998  
(meeting info only)  
[www.ca.org](http://www.ca.org)

## **Codependents Anonymous - CoDA**

602-277-7991 / 888-444-2359  
[www.coda.org](http://www.coda.org)

## **Debtors Anonymous (DA)**

Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering. 800-421-2383 / 800-974-0062  
<https://debtorsanonymous.org/>

## **Drug Addicts Anonymous (DAA)**

A fellowship of men and women who have recovered from addiction and are committed to helping those who still suffer, based on the 12 steps  
970-761-5189  
[www.daausa.org](http://www.daausa.org)

## **The Family Restored**

The Family Restored is an interactive and educational support group for families coping with a loved one's addiction. Family members have the opportunity to ask questions, discuss their concerns, and build community with other families in a supportive and non-judgmental environment.

## **Gambler's Anonymous (GA)**

718-352-1671 / 888-830-2271  
<http://newenglandga.com>

## **Heroin Anonymous (HA)**

A fellowship of heroin addicts who help each other practice complete abstinence from drugs and alcohol  
347-858-3601  
[www.heroinanonymous.org](http://www.heroinanonymous.org)

## **H.O.P.E. Group**

A safe place where people come together to find wellness by sharing their stories and listening with an open heart and mind to others  
727-420-2964 (Liz)  
[www.hopehealing.org](http://www.hopehealing.org)

## **Marijuana Anonymous (MA)**

A fellowship of people who share their experience, strength and hope to recover from marijuana addiction  
609-529-6332 / 800-766-6779  
[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

## **Narcotics Anonymous (NA)**

A support program for people in recovery from drug addiction based on the 12 steps of AA  
[www.namaine.org](http://www.namaine.org)  
818-773-9999/  
800-974-0062

## **Overeaters Anonymous (OA)**

A fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating  
Dial 211 for meeting info.  
<http://oamaine.org>

## **Sex and Love Addicts Anonymous (SLAA)**

A program of recovery for people addicted to sex and love, based on the 12 steps of AA  
207-323-5143 / 800-204-2803  
[www.slaafws.org](http://www.slaafws.org)

## **SMART Recovery**

Mutual-support meetings that are free and open to anyone seeking science-based, self-empowered addiction recovery  
440-951-5337  
[www.smartrecovery.org](http://www.smartrecovery.org)

## **Wellbriety Movement** (White Bison)

A sustainable grassroots movement that provides culturally based healing for indigenous people  
207-992-0411 / 877-871-1495  
<https://wellbriety.com>

PAID ADVERTISEMENT



# WORKING TOGETHER TO END MAINE'S OPIOID CRISIS

Each of us can help prevent loved ones from misusing substances.

**The Rx Abuse Leadership Initiative (RALI) of Maine** is sharing simple solutions that can make a big difference, like properly disposing of unused medications and knowing the warning signs of addiction.



Join us and learn more at [rali-me.org](http://rali-me.org).

PAID FOR BY RX ABUSE LEADERSHIP INITIATIVE

# We believe that everyone deserves a happy, rewarding life.

At Discovery Behavioral Health, we connect people, professionals and payors through a seamless network of evidence-based treatment centers in communities nationwide. Because when access to care is easy, recovery is possible.

## Get to know our continuum of care:

- Levels of care include residential, partial hospitalization and intensive outpatient programs
- Evidence-based and trauma-informed clinical therapies
- Robust family and alumni programs
- Most insurances accepted



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844-644-1251

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