

Journey

making recovery from addiction visible

June 2021 • Issue 15

**Damaged Body,
Dynamic Spirit**

**Recovery
Works for ME**

**Couples
Recovering
Together**

**Tyler & Elizabeth Hall
Augusta, Maine**



SUBSTANCE USE DISORDER CAN HAPPEN TO ANYONE WE CAN HELP YOU BEAT IT



Following an accident in 2006, Sara was prescribed Percocet for pain management, a series of events that led to her spiral of substance misuse. Sara's struggles were compounded by the passing of her beloved grandmother and temporary child custody loss. Sara says she was "fed up with continued detoxing," and decided to take a step in the direction of recovery. She began treatment at Maine Behavioral Healthcare, which she credits as a critical step in turning her life around.

"When I first walked into the Springvale office I could just tell that they honestly cared about me as a person. Dr. Scott and the whole team provide the support I really need. I couldn't do this without them and I am so grateful," Sara says. "My kids are what motivate me to stay in treatment."

Our intensive treatment programs offer the following services:

- Medicated Assisted Treatment to control cravings and reduce withdrawal
- Group and individual counseling
- Peer support
- Patient navigation
- Education about health maintenance through each level of treatment


Maine Behavioral Healthcare
MaineHealth

Accepting new substance use treatment patients in South Portland, Biddeford, Rockland and Springvale. Call **1-844-292-0111**.

Read Sara's full story at mainehealth.org/IMAT

Journey

June 2021 • Issue 15

Publisher

Carolyn Delaney

Editors

Susan Axelrod
Mickie Kucinkas

Layout

Joline Violette Edwards

Photographer

Brian Delaney

ISSUE 15 Contributors

Amy Paradysz
Barbara Sullivan
Bruce Campbell
Elaine Shamos
Leslie Clark
Lisa Twombly
Rebecca Grant
Robert Fickett
Sarra Maddocks
Tyler Hall

Journey Team

Alison Jones Webb
Barbara Conner
Brenda Briggs
Bruce Campbell
Jeffrey D'Amico
Lisa Falconieri
Mary Atwood
Nancy Wolach
Niki Curtis

info@recovery-journey.com
(207) 679-5005
Portland, ME 04101
www.journey-magazine.com

Cover

Tyler & Elizabeth Hall
photo by Brian Delaney

**CONNECT
WITH US**



/recovery.journey.in.maine



Thank You!

People recover in communities and while recovery is an individual's responsibility, entire communities benefit when recovery from addiction is visible.

Thanks to subscribers, sponsors and private gifts many people help us keep the magazine free and play a part in amplifying hope!

Visit our website and click on Private Gifts.

DISTRIBUTION

MaineWorks • Kennebunk Savings Bank
Maine Prisoner Re-Entry Network • Portland Recovery Community Center

PRIVATE GIFTS

Anonymous x 9	Karen Stultz	Connie & Michael Mercer
Amy and Noodles	Dennis & Debbie Gallant	Karen St. Clair
Jennifer Kimball Johnson	Courtney Allen	Mandy Schumaker
Sandra Stone	Josh Riddle	Dave & Karen Packhem
M.C. Hothem, DO	Dean Raymond	Mickie Kucinkas
MaineWorks	Elizabeth Burke Beaty	Bill & Linda Lundborg
Susan Britton Pettingill	Lowell & Ella Brown	Barbara Sullivan
The Family Restored	Rebecca Laber-Smith	Mary Atwood
Bella Vida Hypnosis	B. Owens-DeWitt	Craig & Lisa
Isaac Shainblum	Elaine D Blanchard	Doug Dunbar
Bob Dawber	Celia Grand	Lisa Graves
Stephen Andrew	Body & Soul Health	Phil & Linda Coupe
Mommabear7# @♥?	Solutions	Beth Marie Stacey
Barbara Lamont	Leslie Clark	www.seachange.org

From the publisher

Today, I'm thankful for a community that is built on lifelong learners.

Our past provides ample opportunity to be re-examined, reflected on, and then reframed in a way that best supports us today. I know I learn something new about myself every time I walk through that process with a trusted friend.

My past could be last week, last month, last year.

As a lifelong learner, when I can show up as my best Carolyn self and trust that there's something other than me and my ego leading the way, I'm able to acquire new skills and capabilities to be of best service to my fellows.

Being a new, independent publisher has required me to step into new places and spaces for myself, ask for help and take the next right step that's lit from trusted sources.

In this issue, we have articles about starting a new career path in recovery with Amy Paradysz's *Finding Meaningful Work*, and how to step out and forward when looking for work with Bruce Campbell's

practical tips in *"How Can I Follow My Bliss?"* Reader *Veronica Ingrao* shares her story about her pursuit of education running parallel to the beginning of her recovery journey.

Tyler Hall's offering, *"Dying In Recovery"* shares an intimate view of just how his recovery program provides him an opportunity to be of utmost service to his fellows by sharing himself on a day-by-day basis—and how precious a single day is.

These stories all illuminate the truth that your past does not define your future and that our lives are enhanced as we walk a path that is ours. This path is only created when we walk. Gratefully, none of us have to walk alone.

With immense gratitude,

Carolyn



From team member Mary Atwood

"I'm part of *Journey* because we know that shared experiences from people who have found a way up and out of their active addiction have a life-changing impact on people who still struggle.

I'm committed to *Journey* because I want this message of hope to reach the people who need it.

Being part of *Journey* and its evolution has required me to say 'yes' to my own personal development in several areas and has provided me with the opportunity to expand my own thinking—as we've adjusted and shifted to the needs of our readers.

Because we hear from people impacted directly by reading the magazine, my answer is "Of course, I'll help"—when you can be a small part of someone receiving the message of hope ... "of course, the answer is yes."

visible recove

In this issue

- 6**..... Finding Meaningful Work
- 7**..... Getting Back to Work
- 8**..... *Sponsored Content:*
The State of Maine OPTIONS Initiative
- 10**..... Dying in Recovery
- 12**..... Personal Recovery Story:
Veronica Ingrao
- 14**..... Book Review: *The Artist's Way*
- 16**..... Couples Recovering Together
- 18**..... How Can I Follow My Bliss?
- 20**..... Everyone Hates The "B" Word!
- 22**..... What is Prevention?
- 23**..... Advertiser Index
- 24**..... Yoga in Recovery
- 26**..... Recovery Works for ME
- 29**..... *Second Chances*
- 30**..... Recovery Community Centers
- 33**..... Statewide Resources
- 34**..... FREE Mutual-Aid Recovery Programs



ry saves lives

Finding Meaningful Work and Helping Others Find Theirs

by Amy Paradysz

As he turns 30 this summer, Zachary Walker is right where he wants to be—not only settling into an Old Orchard Beach cottage with his girlfriend but spending his days helping others on the path to recovery.

As a Peer Connector for Goodwill Northern New England, his job is to help Mainers in recovery enroll in job training services paid for by the Department of Labor's Opioid National Emergency Grant (ONEG).

"I get to help others, while still recovering from my 10 years of use," Walker says. It has been seven years since he kicked alcohol and marijuana, other than a six-month relapse more than three years ago.

He received services from Goodwill himself and, in 2020, Goodwill hired him as a Peer Connector to help people find career counseling, job placement assistance, financial literacy, computer training, interview coaching and resume writing.

"I get to help others, while still recovering from my 10 years of use."

– Zachary Walker

"Our job is to serve people affected by addiction and help them break down those barriers in their lives, achieve stability and find meaning," Walker says, adding that a lot of what he does is "active listening."

Social services is the work he's wanted to do since childhood.



Zachary Walker enjoys Old Orchard Beach.

His mentors include his mother Catherine Duclos, a former Life Navigator with Goodwill, and his step-father Michael Rodriguez.

"If it wasn't for my step-father, I might not have stayed sober, gotten to recovery and gotten this job," Walker says. "I had a lot of opportunities that I could have taken a lot further—in social services, in the food industry or in the trades—and I didn't, because I'd wake up hungover and call out of work, or cancel plans or be late. It takes over your life. Now, I live recovery every single day of my life. I love this job."

Walker's days are full, connecting with peers—30 and counting, as

more referrals come in. Each peer is also supported by a Career Advisor and a Life Navigator focused on navigating support systems to eliminate barriers to employment.

"Most of the peers are in early recovery—they're getting out of jail, or getting sober or getting into a sober house, starting a program and getting back on their feet," Walker says. "Other people have lost employment, sometimes because of the pandemic."

The U.S. Department of Labor awarded the two-year National Emergency Dislocated Worker Grant to Maine Department of Labor, in partnership with Maine's three local workforce boards.

Coastal Counties Workforce, Inc. (CCWI) is overseeing and managing the grant for the coastal counties region of Maine.

Their service provider, Workforce Solutions (operated by Goodwill Northern New England) performs the work, with Peer Connectors like Walker helping hundreds of Mainers who have been unemployed for 27 weeks out of the past year access job training.

“Our job is to serve people affected by addiction and help them break down those barriers in their lives, achieve stability and find meaning.”

– Zachary Walker

“Once they’ve enrolled, we can start working on their goals—starting with housing, food and clothes, then getting a laptop and into training and employment opportunities,” Walker says. “Getting them back to work is our focus.”

“A lot of the time, they’re not in a place to be career-oriented and just need a job,” Walker says. “But hopefully, down the line, they have the time to explore a career field or get into a training that can result in a certification or credential.”

If you or anyone you know would like help finding work, contact Goodwill by filling this form: <https://goodwillnne.org/support-services/get-help-finding-a-job-workforce-support/>



Amy Paradysz is a freelance writer from Scarborough and part of the Journey team; she can be reached at amyparadysz@gmail.com.

Getting Back to Work

*recovery + internship =
new career avenue revealed*

When Sean Burns, 27, moved from New York to Maine in February last year, he began “a whole new life.” Sean was 6 months sober for the first time in eight years, but hadn’t been employed for months. When he heard about a 12-week internship at *Journey Magazine* through the Goodwill Work Experience program, he thought it was the perfect opportunity.

“I love working with computers,” Sean said. He had wanted to find work in technology or something that helped others in recovery. The digital specialist position involved learning how to make graphics for *Journey* while working from home.

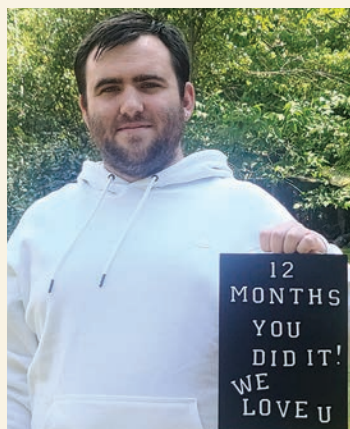
“That was the whole package all thrown in one and I was really excited for it.”

When Sean began the job, he hadn’t had much experience in designing graphics, but he quickly picked up the skills he needed. *Journey’s* founder Carolyn Delaney signed him up for courses to learn how to use the website program Canva.

Sean learned how to turn inspirational quotes from people’s recovery stories into well-designed images. Over the 12 weeks, his designs got better and better. The marketing and

social media experience he gained will help him find future jobs, he said.

“It’s definitely an avenue of work that I’m interested in” Sean said.



Before landing his internship at *Journey*, Sean was in recovery but struggling with personal finances.

“For the first time in a long time, I was able to save money,” he said. “Finally being able to save and improve

my credit, which *Journey* has helped me do, has really helped me a lot. I can finally purchase things I actually enjoy, instead of spending all my money on drugs.”

Now, Sean has over 21 months in recovery under his belt and recently started another internship at Portland Recovery Community Center, where he is a Communications Assistant. He has continued to save up for his first car, and can’t wait to see what other good things recovery will bring into his life.

Everyday Sean wakes up grateful to be alive, and he said none of this would have been possible without him finding his way into recovery, and looking to his higher power and family for guidance.

As told to a Journey Team member.

The State of Maine OPTIONS Initiative

Using all avenues to support Maine people affected by the opioid epidemic

By Gordon Smith, J.D., Director of Opioid Response, State of Maine



Chantel: 4 years in recovery.

Last July, Governor Janet T. Mills announced at the Second Annual Governor's Opioid Response Summit that the state would develop an overdose prevention program that would have a presence in all of Maine's 16 counties.

Launched formally in January, the OPTIONS initiative (Overdose Prevention Through Intensive Outreach, Naloxone and Safety) is now connecting with Maine people in 14 counties with recruitment of a behavioral health specialist still ongoing in Knox and Piscataquis counties.

The initiative has both a media component and an on-the-ground component with behavioral health liaisons co-responding to overdose calls and reaching out to individuals who are using drugs, and a media component encouraging Mainers to call 911 when an overdose occurs.

The media component also provides educational messages on the state's Good Samaritan Law and positive examples of successful recovery (many Journey readers have seen the media ads featuring Shelly and David Yankowsky, Chantel and Dustin).

Each month, the liaisons meet together to share best practices and to hear from technical advisors who have experience in the field. More information on the OPTIONS program is available at the new website at www.knowyouroptions.me. The website lists harm reduction and treatment resources available by county.

New data available from the Office of the Attorney General and the University of Maine are offering greater insight into the substance use disorder epidemic, and how the state should respond.



Dustin: 5 years in recovery.

As we continue to fight the epidemic, which is more lethal than ever due to more powerful drugs like fentanyl and the number of persons using alone during the COVID-19 pandemic, we will use all avenues available to support Maine people, families and communities being affected by it.



GOOD CALL, GOOD SAMARITAN.

In a drug overdose emergency, 911 should always be an easy call. That's why, in 2019, Maine passed a new Good Samaritan Law.

Its purpose is to ease any hesitation a person might have about calling 911 for medical assistance. Bottom line: first responders want to keep everyone alive and safe, so call them right away if you ever witness or suspect an overdose.

Even if you have Narcan on hand (another lifesaving choice), getting EMS/police there can make the difference between life and death.

Maine's Good Samaritan Law:

- ✓ Protects a person who calls 911 in a drug overdose emergency from arrest
- ✓ Protects the overdose victim from arrest

Learn More:



MAINEWORKS

A GOOD JOB MAKES ALL THE DIFFERENCE

MaineWorks is a proud B Corporation, member of the Alternative Staffing Alliance, and leader in social employment. We strive to be a model for other companies and a catalyst for change around the world.



Contact Us (207) 415-3585 | info@maineworks.us | www.maineworks.us

Dying in Recovery

*Damaged body,
dynamic spirit*

by Tyler Hall

In August of 2020, I was diagnosed with terminal cancer, and the first thing I thought about was my recovery. I had just celebrated 18 months of living a new way of life, and my first thought was, “I didn’t get clean for this.”

I knew the traumatic effect that it was going to have on my family, my friends, and my peers in recovery, but I realized I had been preparing for this moment my entire life.

I was given six months to live, and when my doctors and I were discussing treatment options, that time was reduced to three to six months. I chose to rely on the greatest relationship that I developed in recovery and that was my relationship with God. Nowhere was he factored into their percentages, so I surrendered everything to him.

At 18 months clean, at thirty-three years of age, I was considered a hospice patient, and one of the biggest conversations I had to have with my doctors was about pain management. They were ready and willing to write me prescriptions for the strongest narcotic pain medicine that the world could offer, but I immediately refused. I hadn’t worked so hard, not only in my life, but in my recovery, just to hang it up when things got tough. I had fought way too hard to get back to my true self, the man



before the drugs, and developed an amazing and intimate relationship with God—I wasn’t willing to give those things up for anything. The second those drugs hit my body, not only would my brain go back to the way it used to be in active addiction, but I would lose my perseverance and my fortitude, and give up my will to live.

Each and every day involves constant acceptance and surrender to my circumstances and limitations. I can no longer drive, leave my home alone, go grocery shopping with my daughters, or any of those little things I used to do, and which I took for granted.

Since January, the cancer has now spread to my entire body; it’s made its way into my brain stem, and I’ve been having multiple strokes and seizures. But no matter what, the drugs will never be an option.

I was able to apply the 12 steps of recovery to every matter in my life. In essence, my body had become a shortcoming, and I turned it over

to God, the same thing I did with my social inequities in my sixth and seventh steps.

**Each and every day
involves constant
acceptance and
surrender to my
circumstances and
limitations.**

Each and every day of my life could be my last, but it isn’t promised to me or anyone; life is a temporary thing for us all.

Since I was diagnosed, I have lived more than I have my entire life, and not only is that because of the work I did in recovery, but also because I am finally living instead of just surviving.

I spend every day of my life, living a 12th step, being of service to not only my program, but also to God and my family. I’ve spoken in meetings on Zoom all across the world, and in community groups with my church, because the world

needs to hear that you can go through even the most profound moments of suffering, and not use drugs.

Every time I'm asked to speak, or share my story, I do so without hesitation, because I never know who may need to hear what I have to say, and my story, even though it is about the end of my life, very well may be the thing that saves someone else's.

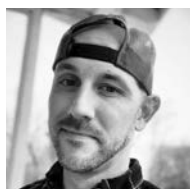
I am finally living instead of just surviving.

The 12 steps of recovery have given me the tools and knowledge to be able to navigate anything in this life, and I truly believe my relationship with God, and the work he puts in front of me, is the only reason I'm still here.

I chose to lean on my higher power in this time of turmoil, and accepted my circumstances, because I would rather have a damaged body and a dynamic spirit, than a dynamic body and a damaged spirit.

Today, I'm living my absolute best life, alongside my wife, my children, and hundreds of friends and extended family. And if I had to go through everything in my life in order to get exactly where I am today, I'd do it all over again in a heartbeat.

My story proves that an addict, any addict, can lose the desire to use drugs and find a new way of life; we must just stay stubbornly committed to it, no matter the circumstances.



Tyler Hall, from Augusta, is a freelance writer in recovery.



Our energy-based treatment method is customized for that uniqueness.

The Weiss Method can help with:

- ✓ alcohol & nicotine cessation
- ✓ refined sugar & other drug cessation
- ✓ compulsive behavior modification
- ✓ weight management
- ✓ other unwanted habits

The treatment breaks the addiction cycle without medication, hypnosis, or needles.

Treatments are available either remotely or in person – both highly effective

Fill out the contact form on our website for a FREE Consultation

www.weissmethodusa.com

(207) 653-9221



PERSONAL RECOVERY STORY

Veronica Ingrao

Eleven years.

It took me 11 years to painfully claw through just two years of college.

My family immigrated to the United States with \$100 so my sister and I could access high-quality education.

Three generations of female doctors, who lived through WWI, WWII and immigration, preceded me. They were tough, I thought, while I was a dejected junkie deluded by the idea that I could ever hold a respectable career.

I spent my nights with seedy characters in scary places, so my days in lecture halls, falling asleep in textbooks, felt like a sham.

I was not ready to abstain from drugs and hear the hopeful, miraculous stories of people in recovery, but I sure needed hope. My classmates, while often shocked when I'd text them "I'm going to detox" instead of attending finals, held space for me.

I learned second chances do exist—that I could fail Macroeconomics one semester, yet ask for help from my professor to pass the next time.

I accessed learning support, and learned acronyms like APA (APA is the style of documentation of sources used by the American



Psychological Association) and MLA (Modern Language Association) to support my scholarly writing, while acronyms like AA and NA and other "A" groups were still far out of my reach.

I learned that while chaos theory fascinated me, I'd never be great

at math. I was exposed to other populations of people who knew what it meant to be judged harshly, like my friends in the school's Queer Student Center.

Three years. It clicked.

Through the warm embrace of the recovery community in Portland,

Maine, who held me through several relapses, my spirit began to heal.

I finished the last half of undergrad, completed grad school, and got a professional (conditional) license as a therapist in three years.

Like recovery, education means freedom.

A year before I received my master's degree, the familiar narrative of not-enoughness came for a visit, and I sat with the dean of my program to inquire about a PhD. When I realized a doctorate in social work meant more math courses, I quickly embraced that while no one would ever call me doctor, I could still help heal wounded people.

Now, friends say I work too much. The truth is, I love my job as a therapist. Sitting with people who are desperate to find meaning and cheering them on is a privilege. Sometimes, clients and peers share their fears about higher education with me and ask how I did it.

Like recovery, education means freedom.

While I chose a helping profession, which is an easy reach from recovery work, some of the most helpful, generous sober people I know work in the business world. The best part is that there doesn't need to be a "when I get sober, I will..." My education journey ran parallel to my road to recovery.

While the idea that a degree—a piece of paper—dictates our worth is false, it gives us opportunities to become changemakers in novel ways, destigmatizing and empowering our community.

.....
Submitted by Veronica Ingrao.

Subscribe Today

to get Journey delivered right to your home
(or the home of a loved one)

recovery-journey.com/subscriptions
or scan this QR code with your phone



YOUR PATH TO HIGHER EDUCATION.



FAME is the trusted resource created to help you start or restart higher education. Our experienced team is here for you—to navigate barriers, better understand financing options, and help you apply for grants and scholarships. It isn't too late to start, and no matter where you are in your educational journey, we are here for you.

Ready to get started? Visit
FAMEmaine.com



The Artist's Way by Julia Cameron

Review by Lisa Twombly

Morning Pages:

three pages, hand-written, purely stream of consciousness, zero rules, for your eyes only

Artist's Date:

A couple of hours, all by yourself, engaging your creative spark - nature, music, dance, a movie - all can fuel your creative spirit.

One morning in March of 2016, my road to recovery began when I wrote *Morning Pages*, from *The Artist's Way*, for the first time.

If the requirements had been anything more than a pen and paper, I would not have been willing or able to begin what grew and evolved into sobriety, healing and a newfound creativity.

Five years ago, I would not have identified alcohol as the problem, though it was, and I would not have identified myself as creative, though I do today. These joys and discoveries came to me through *Morning Pages* and *The Artist's Way*.

Morning Pages and *Artist Dates* form the foundation of Julia Cameron's *The Artist's Way*, published in 1992, after she taught the program as creative recovery for blocked artists for a decade.

Cameron became known as a creativity teacher with many famous and not-so-famous artists, writers, film makers and ordinary people giving her credit for their unleashed, reignited or newfound connection to creativity.

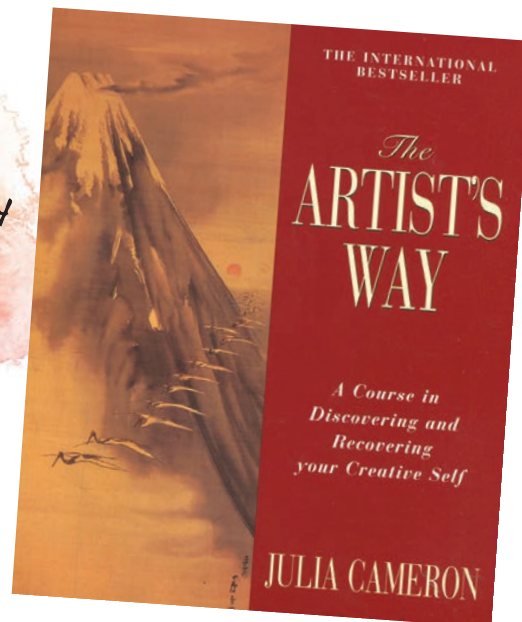
In the categories of small miracles, you'll get there when you get there, and time takes time, I bought *The Artist's Way* several years before I ever got further than the first few pages of the introduction, before life was upended by divorce from a 20 year marriage and several subsequent moves with two children in tow.

In each new place, this book found its place on the shelf or table nearest my bed, ever present and a part of my daily visual landscape—part of what it meant to be home—regardless of where we'd actually landed.

That day in March 2016, life had become unbearable, I became desperate, and my hands reached for *The Artist's Way*. This time I made it to the section called The Basic Tools. Under the heading *Morning Pages*, Cameron clearly states, "There is no wrong way to do *Morning Pages*."

My loose idea of some sense of God was thanked profusely, as any form of structure or managing a particular state of mind *while* writing felt too far a hill to climb.

But I *could* do what she suggested, especially when she said, "nobody



is allowed to read your *Morning Pages* except you." I felt invited to a safe, accepting, and no pressure space, where I could say anything (*anything!*) that crossed my mind, was in my heart, needed expressing, or was too tender or shameful to share with anyone else.

Cameron says of The Basic Tools: if the *Morning Pages* are the work, the *Artist Date* is the fun, yet most people will dutifully show up for the *Morning Pages* and miss all the fun by skipping the *Artist's Date*.

I confess, I tend to skip the fun of the *Artist's Date*, too. She says, "Doing your *Morning Pages* you are sending—notifying yourself and the universe of your dreams, dissatisfactions, hopes. Doing your *Artist's Date* you are receiving—opening yourself to insight, inspiration, guidance."

Artist's Dates bring you to creativity; they're intended to inspire, not produce. Maybe going to a museum lights your fire, or

watching Bob Ross paint or listening to a much loved album from start to finish or walking silently in nature.

One **Artist's Date**, I took myself out to research hooked rugs, as my grandmother designed and hooked rugs that lit the creative spark in me as a child. I felt connected to my grandmother's creativity and our shared love of textiles, handwork, simple designs, and the warmth of home.

...a practice that grew and evolved into sobriety, healing and a newfound creativity.

Three years into my sobriety, I came across an Artist's Way group that met every week at the local recovery center. Yes! Originally created as a group workshop, *The Artist's Way* easily translates to a group format, which Cameron outlines in the appendix **Forming a Sacred Circle**. The suggested format includes each member equally, with no leader, though facilitators may set up the group initially to get it started. I loved experiencing the book as a group program, discussing the exercises and tasks at the end of each week's section and sharing our creative explorations and ideas.

Despite the title, you don't need to be an artist or even think of yourself as creative to benefit from *The Artist's Way*. As a non-artist, I agree. Over time and with practice, I've come to see myself as creative.

I've used the tools to see my world differently, and daily writing clarifies and grounds me in my truth and experiences. By putting down on paper the truth inside, in safety, without fear of judgment (even my own), trust in myself and faith in my Higher Power have deepened, matured, and shown me strength.

Along the way, I realized that the simple beginning of writing **Morning Pages** started me on the road to taking better care of myself, which led to feeling worthy and capable of getting sober, then taking those early and shaky steps of asking a counselor for help and going to meetings.

Morning Pages were my constant daily practice for the first four years of my sobriety, and *The Artist's Way* showed me that recovery was possible and that life after stopping drinking gets so much better, one morning page at a time.



Lisa Twombly is a Holistic Health Practitioner who is creating an online program and community, called *Better Off Sober Sisterhood*, for women seeking a healthy sober life.



WE ARE HIRING!

MENTAL HEALTH & SUBSTANCE USE DISORDER SPECIALISTS

Kennebec Behavioral Health has a range of career opportunities for mental health professionals who are looking for a positive, collaborative work environment. Check out our current job openings and apply today!



Health, dental, vision & life insurance benefits



403(b) with employer match



Continuing Education Units & reimbursement



Locations throughout Maine



APPLY TODAY



www.kbhmaine.org/Careers



Resumes@kbhmaine.org

The Recurrence Response

by Elaine Shamos, MPH & Glenn J. Simpson, LMSW-cc, CADC

The question we get asked the most in the work we do with couples in recovery is the dreaded: “What happens if one of us relapses?” A Recurrence can happen to both the person with the substance use disorder as well as the person who loves them and engages in maladaptive behaviors. (Experts in the field prefer to use the word “recurrence” or “recurrence of symptoms”).

What are The Stages of Recurrence?

Recurrence does not start with picking up a drink or drug or engaging in controlling behavior. The process of a recurrence includes emotional, mental, spiritual, and physical aspects, which can occur months before the addictive behavior occurs. This means there is potentially plenty of time for issues to be addressed preventably once one understands and embraces these stages.

What are the Signs of an Emotional Recurrence?

In an emotional recurrence, you are not thinking about the end

result but your emotions and behaviors may be setting you up.

The signs of emotional recurrence may include mood swings, anxiety, defensiveness, avoiding meetings, or poor eating and sleeping habits. Recurrence response at this stage means recognizing what is occurring and practicing self-care.

We suggest each partner come up with their own self-care plan before they notice these symptoms, because they *are* going to come up. Sharing your plan with your partner can build understanding.

Examples of a self-care plan may include going to a meeting, talking to your therapist, exercising, or doing something creative.

What are the Signs of a Mental Recurrence?

In a mental recurrence, there is a war going on in your mind. Part of you wants to engage in the “old” behaviors and there is the part of you that does not.

The signs of mental recurrence can be: negative thinking, glamorizing the past, or predicting the future.

Techniques for dealing with mental urges. Play the tape through. Question your beliefs. Meditate. Share with your thoughts with someone in recovery. Distract yourself for 30 minutes. Again, making a mental recurrence response plan ahead of time and posting it somewhere you can see, is helpful.

What are the Signs of a Spiritual Recurrence?

A spiritual recurrence happens when your behaviors and thoughts do not align with your beliefs and values.

For example, if you find yourself letting your ego take over your behaviors, doing things that do not fulfill you, ignoring your spiritual practices, and moving away from the things that give you value, then your spiritual health is at risk.

Talking with your sponsor about these issues may be a good place

to practice being vulnerable and truthful in a safe space. Creating a daily spiritual ritual and setting new boundaries can also be helpful.

What are the Signs of a Physical Recurrence?

The physical recurrence is when one picks up the substance or engages in the maladaptive behavior. It is hard to stop the process once it has begun. However, if you can recognize your behaviors as maladaptive and have a plan in place for recovery ahead of time, you may be able to shorten the duration of the recurrence and continue your recovery process. Sharing these plans with your partner can go a long way to establishing trust and keeping the relationship from derailing.

How Can Co-Recovery Help?

Becoming conscious of your emotional, mental, and spiritual health throughout the recovery process reduces your risk of experiencing a major recurrence. However, when it does happen,

our advice to loved ones is to look within, for compassion and empathy. The hardest thing to do is to not take it personally.

Love does come with boundaries however, and if your partner's recurrence is a threat to your recovery, it may be necessary to separate while encouraging treatment.

It is important for everyone to remember to not live in fear of the future that something bad *could* happen. If we are living our life in a way that supports our emotional, mental, spiritual, and physical health, then we have nothing to fear.

Recovery is about moving forward, living in the light, and not being afraid of the dark.



Elaine Shamos, MPH & Glenn J. Simpson, LMSW-cc, CADC, from Portland can be reached at [facebook.com/CouplesInRecovery](https://www.facebook.com/CouplesInRecovery).



Recovery Happens Here

We support individuals and families struggling with substance use disorders. We work towards reducing the stigma of addiction in our communities.

Medication Assisted Treatment

Call 207-616-0705 | BlueSkyCounseling.com

Waterville, Bangor, Skowhegan, Rumford, Farmington, Augusta & Lewiston

Blue Sky Counseling



Love is Love

A core value for **Journey** is inclusivity. We respect and value humans...period.



Believing recovery is possible, our mission is to strengthen and support families affected by addiction

WHAT WE OFFER:

- **Family Support Groups in Maine, Massachusetts, New Hampshire and Vermont - in person and virtually**
- **Financial assistance for treatment and recovery housing**
- **12-Step workshops for families and incarcerated individuals**

The Family Restored Support Group

The Family Restored Support Group is an educational support group for families having difficulty navigating a loved one's addiction. Our meetings are facilitated by individuals in long-term recovery that offer a unique perspective from first-hand experience. Families have the opportunity to discuss their concerns and build community with other families.

Scholarships for Treatment and Recovery Housing

TFR established a scholarship program to help families pay for intensive 12-Step based treatment and/or recovery housing. To see if you qualify for a scholarship and to submit an application, please visit our website.

CONTACT US

ADDRESS

P.O. Box 10116
Portland, ME 04104

PHONE

207-387-0015

EMAIL

info@thefamilyrestored.org

www.thefamilyrestored.org
501(c)(3) nonprofit

How Can I Follow My Bliss If I Don't Know What It Is?

A practical approach

by Bruce Campbell

After a year or two of recovery, when one's self-belief in their own recovery takes root, the question often comes: "What do I want to do now that I have a chance to do it?" It is an organic question, and part of the recovery process. If you are already happy doing what you are doing, then keep on doing that. But if you are not happy, or if what once brought you joy no longer does, or if you simply don't know what to do, then keep reading.

Joseph Campbell, the twentieth-century's foremost professor of comparative mythology, was often asked by his students, "What should I do?" And his famous answer was simply: "Follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be." What we need to do to earn a living occupies a great deal of our time. The great recovery promise of serenity escapes us when we have a job we hate. But the opposite is equally true when we love what we do; it gives us purpose, meets our needs, and is one of the cornerstones of our contentment.

So, what to do? How do I follow my bliss if I don't know what it is? It is not as hard as you may think. Many of us have checkered job histories, and in this instance, the more

jobs we have had, the better. If we have large gaps in our employment history, or even a limited job history, we can still take what we call a "Job Inventory." And as with all things in recovery, our own experience is our guide.

Simply start by writing down every job (or volunteer activity) you have ever had into two columns, "Jobs I Liked" and "Jobs I Didn't Like."

Next, list or order the jobs in each column in priority or descending order, "The Jobs I Loved or Liked the Most" and the "Jobs I Hated and Disliked the Most." You should end up with being numbered in priority from 1-10, with 1 the highest, 10 the lowest in each column.

Next, identify the elements of each job you loved or liked the most that made you like it: earning good money; independence; being part of a team; having high expectations; working with people; working by yourself, etc.

Do the same for the other list to discover what you did not like: monotonous work; terrible co-workers (and spell out why they were terrible); poor wages or salary, micromanagement; unhealthy or unsatisfying work environment etc.

By the time you have done this for the top 5 or 6 in both columns, you should begin to see a pattern emerge. And there you have it.

Follow those things that bring you joy, jobs or careers that have the elements of the activities that you have identified as those you love or like the most. Discard the rest. This may not give you a specific answer or a specific job, but it will lead you in the right direction for a career. And, as in all things in recovery, this journey is best done with a guide who has walked the same path. And at some point, though, there may be a need to step forward in faith, to find another job or go back to school.

At this point, we turn it over and step forward in faith.

It has been my observation that when people do that, the universe responds.



Bruce Campbell, LCSW, LADC, has been a professional social worker for over 30 years and in long-term recovery since 1984. Currently he is serving as the Northern Maine

Accounts Coordinator for Journey Magazine. Contact him at bruce@recovery-journey.com.



**Save the Date -
September 19, 2021!**

Wellspring's 6th Annual
Race for Recovery
in Bangor

207-941-1612

sponsorship opportunities
www.wellspringmaine.com



Scan to Health

RESTORE * RE-ENERGIZE * REINVIGORATE

Embrace the Future of Wellness

scantohealth.com



5 Fundy Road, Suite 10C
Falmouth, ME 04105
(207) 550-7450

Looking for financial peace?

*I can help bring calmness to
you and your financials*



Bill Libby, CPA
(207) 671-7610

wglibbycpa@yahoo.com

Ataraxy Financial Services

Individual & Business Taxes
Financial Coaching
Business Management



You're Not Alone.

Intense support for early
recovery and relapse
prevention with a strong
focus on developing
healthy coping skills.

The Adult Intensive Outpatient Program

Call 207.777.8700.



Everyone Hates the "B" Word!

A plan DOES provide financial freedom

by Rebecca Grant

The word "budget" can cause negative feelings and anxiety for many, but a budget, also known as a "spending plan," is just a tool you can use to help you gain control of your money and your expenses and help you improve your financial habits.

But how does one go about creating a budget?

- *Track Your Income* – Get a total picture of your income (frequency of each income source received and how much from each income source). You have to know what's coming in before you can plan for what's going to be spent.

- *Track Your Spending* – Track your spending for one month. Then analyze your spending by each category (housing, utilities, food, etc.). Keep your receipts and review your bank statements. To the right is a sample "spending tracker sheet" that you can use. (Consumer Financial Protection Bureau's "Your Money, Your Goals" toolkit.)

- *Identify Your "Needs" vs. Your "Wants"* – Are you spending money on items you don't need? Needs are things you must have to live – such as shelter, utilities,



A Spending tracker can help you analyze and change your spending habits

1. Get an envelope to collect your receipts.
2. Use the table to track your spending in the categories below. Don't forget about bills you share with others.
3. At the end of the month, add up each category.

Spending for the month of: _____

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	CATEGORY TOTALS
Cell phone						\$ 0.00
Debt payment						\$ 0.00
Eating out						\$ 0.00
Education + childcare						\$ 0.00
Entertainment + personal care						\$ 0.00
Groceries + other supplies						\$ 0.00
Health expenses						\$ 0.00
Helping others						\$ 0.00
Housing + utilities						\$ 0.00
Pets						\$ 0.00
Transport						\$ 0.00
Other						\$ 0.00

Total spending this month:

You can find CFPB's Your Money, Your Goals Toolkit at www.consumerfinance.gov/consumer-tools/educator-tools/your-money-your-goals/toolkit/. This particular spending tracker sheet is on page 84 of their toolkit.

food, and transportation. Needs could also include obligations such as debt, child support, alimony and student loans. Wants are things you can choose to live without. For example, having a reliable car to get to work is a need. But getting a brand new car might be more of a want. But it is not always that clear cut, because one person may see it as a want and another may see it as a need.

- *Cut or Reduce Your Expenses* – Taking a hard look at your total expenses and determining areas where you may be able to cut out the expense or reduce it can help you free up money for what you need most. It can also give you more money every month to save toward your goals, such as emergency savings, paying off debt, and saving to purchase a vehicle or a home.

Examples: Downgrade your cell phone plan and internet / TV services or change to cheaper plans; carpool with coworkers/ friends a few days per week instead of driving every day; cut back on eating out by bringing your lunch to work or making your own coffee at home; cancel unused services / memberships.

A budget is just a tool to help you gain control of your money.

Try the spending tracker for the next month and see how it goes.

In the next article, we will cover some easy ways for creating a “bill calendar” and prioritizing bills when payment dates don’t always match when you get paid.

.....
Rebecca Grant is the Financial Coaching & Savings Coordinator at MaineStream Finance, a Penquis CAP subsidiary. She manages the Maine Family Development Account (FDA) Program, helping Mainers save and meet financial goals.

**When you don't know where to turn...
 if someone you love drinks too much...**

Al-Anon Family Groups can help.

Try a meeting today.



Find a meeting and learn more:
 Web: www.maineAFG.org
 PH: (207)284-1844



WCSA 106.1 FM
 Portsmouth Community Radio



WCSA Addiction & Recovery Podcast Series



Stream us live
 or on-demand at
www.wscafm.org/listen

MILESTONE RECOVERY



HOME TEAM

(207) 838-8904

MONDAY-FRIDAY 9:00AM TO 9:00PM

MILESTONE-RECOVERY.ORG

The HOME Team is here to help you. We are compassionate, non-judgmental, and specialize in helping persons dealing with substance use, mental health, and homelessness in Portland.

Our Team can help with basic needs like clothing, food, local transportation to appointments, and access to Narcan and detox programs.

If you or someone you know needs help, please reach out.



What is Prevention?

by Barbara Sullivan

The dictionary defines **prevention** as a way to stop something from happening before it starts. How do we prevent addiction from happening? Addiction is a disease. It centers in the brain.

The best answer we have so far is to educate children about substance use and abuse as early as possible. How early is early?

I think you can start as early as second or third grade. Talk to kids about what they already know. What does it mean to be healthy? How do they stay healthy? Ask them why they take medication when they are sick? Ask them why it is important to store medication in places where children can't reach it? Teach them the difference between an over-the-counter drug like children's Tylenol and a prescription drug like an antibiotic. Explain that a prescribed drug is for a specific person's ailment. Ask them why it would be dangerous to take a drug that is not prescribed for them?

This age group may be too young to understand addiction but they are old enough to understand what it means to have an allergy. Ask them if anyone they know has an allergy to peanut butter, a bee sting, grass, pets or gluten? Young children with allergies have already learned

refusal skills at an early age. Their parents have taught them to say no to things like peanut butter or how to avoid food with gluten, or the reason to stay away from pets that can trigger an allergic response.

Addiction is like having an allergy to alcohol and other drugs. This explanation sets the groundwork for moving the conversation about prevention to young people in grades 4 through 6.

I am a prevention education specialist. I visit classrooms across the country talking to teens and preteens about the danger of alcohol and drug use on their brain and body. Teenagers are a curious and engaged audience. They have heard about alcohol and drug use but are sometimes ill informed.

As a prevention specialist, I had to get educated before talking to teenagers. As a parent or caregiver, you also can get educated. You can initiate the conversation about drugs and alcohol.

The best place I have found to learn about all drugs and their effect on the body is by going to the National Institute on Drug Abuse website: <https://www.drugabuse.gov/>. Click on the link for Drugs. Every drug

imaginable is listed. You can learn how each one impacts the body.

The most common drugs used by teens nationwide are alcohol, nicotine and marijuana. Learn about these drugs. Try to avoid saying things that are hearsay and may not be factual. Teenagers are very smart. Don't be afraid to ask them what they know about drugs? I ask them this question all the time. This helps me understand what they know and where their information needs clarifying.

Help your teen know the facts about alcohol, nicotine, vaping and marijuana. Knowledge is power!!



Barbara Sullivan taught middle school in Maine for 25 years where she designed a middle school substance abuse curriculum for grades 6-8. Barbara has

presented at professional conferences on the topic of alcoholism as a family disease. She is currently working as a Prevention Specialist for FCD Prevention Works, a division of the Hazelden Betty Ford Foundation.

**This
column
brought
to you by**



ADVERTISER INDEX

Al-Anon	21
Ataraxy Financial Services	19
Aware Recovery Care	36
Bath Recovery Community Center	28
Bishop Medical Group	27
Blue Sky Counseling	17
CAP Quality Care	29
Catholic Charities	23
FAME	13
Grace House	23
Karen St. Clair	23
Kennebec Behavioral Health ..	15
MaineHealth	2
MaineWorks	9
Milestone Recovery	21
Portland Phoenix	25
Portland Recovery Community Center	31
RALI Maine	35
Scan to Health	19
St. Mary's Health System	19
State of Maine Good Samaritan	9
State of Maine OPTIONS Initiative	8
The Family Restored	17
Voices of Hope and Recovery ..	32
WCSA	21
Weiss Method	11
Wellspring	19

Many thanks to our advertisers for making this publication possible.

EFT Tapping with Karen St. Clair
Chronic Wellness is one click away.
karenstclairEFT.com

Accredited Practitioner
EFT International
ACEP
ASSOCIATION FOR CONJUGATED ENERGY PSYCHOLOGY
 207-878-8315
 TouchPoint

GRACE HOUSE
Healing through empowerment

We provide the support and structure necessary for women who are willing to work to maintain a productive, spiritual lifestyle.

(207) 615-4356 **www.gracehouseforwomen.com**

WE BELIEVE
 you have your own path to **recovery**

SERVICES:

- BHH Care Coordination
- Addiction Counseling
- Intensive Outpatient Program
- Peer Recovery Support & Day Space
- Mental Health Counseling
- Co-Occurring Counseling
- Medication Management
- Outreach Coordination

Now offering Opioid Health Home Services with rapid enrollment.

For 50 years, since we first opened our doors in 1966, Catholic Charities has worked to create a world in which each person is cherished, regardless of individual limitations or struggles.

By believing in every person's ability and desire to reach his or her fullest potential, we've been able to help thousands of Maine adults and children battling mental health issues, substance abuse, addiction, and other behavioral disorders.

Catholic Charities Behavioral Health Network
 A System of Care You Can Count On
 ccmaine.org

If you believe you or a loved one are ready for change, call us at 1-800-781-8550

Yoga in Recovery

Why We Practice

by Sarra Maddocks

Yoga is known to foster the mind/body connection, but it also acts as a conduit to understanding that each of us has an inherent connection to something greater than ourselves. Yoga makes room for the student to passively experience an awareness of the mind/body/spirit connection; but as people in recovery, we have a mind/body/spirit in conflict! Yoga helps find freedom from conflict.

Yoga improves our mental wellbeing. By breathing deeply and completely we instantly gain a few moments of mental clarity; try it right now—now imagine an hour's worth of that!

To anyone experiencing the disconnected brain fog of early sobriety, a little bit of clarity is a massive gain.

The breath work found in yoga also increases focus. The average human has 6,200 thoughts per day, in the throes of early recovery this can feel like 6,200 thoughts per minute!

The reminders to breathe during yoga, and breathing a certain way takes a lot of attention. It makes you focus, and that maelstrom of rapidly swirling thoughts dies down for a bit, you are PRESENT.

Jodi shared, "In the early stages of recovery, I had a hamster wheel for a mind. Being guided by an instructor to focus on breath allowed the hamster wheel to slow down; slowing down that wheel allowed the good stuff to begin."



Yoga naturally has a major impact on the physical body, it fosters a healthy metabolic system, builds a strength, and promotes cardiovascular functionality, and about a thousand other things.

However, those of us in recovery have a seriously conflicted relationship with our bodies. For some of us, the physical body has been a warzone, a place of pain and suffering, a place so disconnected that we no longer recognize the difference between thirst and hunger.

Yoga helps recovering bodies physically heal and organ tissues detox. It fosters a sense of safety and joy in the body, often for the first time, that does not come from a drink, or a drug, or from the hands of another.

When I first came to yoga I had this "all or nothing" relationship with

my body, and ended up getting hurt as a result. It wasn't yoga's fault, it was mine, my ego was calling the shots. Since then yoga has taught me that when engaged in ANYTHING physically demanding I must listen.

Without fail, the voice of the body tells me when to back off, when to rest, and informs me when it's up for a challenge. Yoga helps us reunite our relationship with our bodies, it's the first amends a person in recovery can make.

Abby told me, "Going to yoga class and practicing at home are important check-ins with myself, and help me make other healthy choices, like getting outside, eating nutritious food, and breathing. I now appreciate the cumulative cleansing nature of my yoga practice because I'm not re-toxing every night! Yoga gives me the space to listen to my body in ways I didn't before."

Lastly, the spiritual aspect of yoga is that the entire practice makes space for you to become a conduit for connection—connection to life, to energy, to understanding, to the universe, to the divine.

For a lot of people this shift is scary, however, opening the door to the possibility of a spiritual connection plays a major role in most recovery, and yoga helps prop that door open. The mat becomes a place where that hard-to-establish spiritual connection becomes more accessible, and connection is the opposite of addiction.

“Yoga helps me to connect with the essence of my recovery solution. Within the focus of movement I find myself present. I have come to know that presence with something greater than myself is what I have been looking for—what I had been looking for for years.” – Ted

Yoga gives us the discipline to quiet the mind, the structure to listen to our bodies, and the space to form spiritual connection, it heals the conflicted state of disconnect we previously inhabited. Iyengar said, *“Yoga does not just change the way we see things; it transforms the person who sees.”*

Those of us committed to the lifelong transformative practice of recovery understand this concept. Why not add yoga to your recovery tool box and see what happens?

Thank you to all my recovery community peers who helped me write this piece.

Namasté



Sarra Maddocks is a 500 hr RYT, and Yoga Program Director at Jade Integrated Health. She is also part of the teaching staff at Scarborough Yoga, and instructs at Crossroads For Women. Sarra is an active member of the recovery community.

We all get by with a little help
from our friends



The

PORTLAND PHOENIX

is proud to rise with

Journey

and its readers, advocates
and friends

Your free, independent weekly paper featuring balanced news, arts and entertainment. Found wherever free weeklies are welcomed. Also available online.

portlandphoenix.me / 207.536.5210 / 251 US Route 1 / Falmouth

Recovery Works for ME

Recovery in the workplace is an asset for employers

by **Bob Fickett**



I am a person in long-term recovery and work at the Bangor Area Recovery Network in the field of peer-based recovery support services.

I am intimately familiar with the barriers individuals face when entering the workforce and/or while working to sustain their recovery.

Among many other obstacles, obtaining gainful employment can be an extremely difficult barrier to overcome. For those hindered by criminal backgrounds and gaps in employment history, reentering the workforce can be trying, especially when they are already putting a lot of energy and time into engaging in their recovery. It can be downright discouraging.

We speak often in this field of “recovery capital,”—the internal and external resources that one can draw upon to be successful in their recovery journey. Paramount among these recovery capital domains is employment. When speaking about recovery capital, I’d even argue that employment is fundamental and foundational.

It is easy enough to draw a direct line from employment to many other recovery capital domains.

To meet basic needs such as food, shelter, and clothing requires an income source. To access health care and mental health services, we often need income or insurance. The list goes on, and it is aside from the role gainful employment can play in empowering individuals, bolstering self-esteem, building social relationships, and creating a sense of belonging in the community.

Employment is fundamental and foundational.

I have seen with my own eyes that employment can often make or break someone’s recovery so when Joanna Russell, executive director of the Northeastern Workforce Development Board, approached me last year about developing training around recovery and employment, I was immediately interested.

When she explained to me that she wanted our target audience to be service providers in the workforce system, employers, and business owners, my interest turned to excitement.

Our efforts are so often focused on educating and preparing someone in recovery to enter the workforce. It is important to ensure that an

individual in recovery has the tools, skills, and resources needed to successfully gain employment.

This was a different opportunity—an opportunity to inform the other side of the employment relationship. To demonstrate to employers and business owners the importance of addressing substance use in the workplace, the value of hiring people in recovery and supporting them in their process.

Joanna and Benjamin Hawkins of the Northeast Workforce Development Board, Laurie McDonnell from the Maine Department of Labor, and I began meeting as a workgroup to start hashing out a framework around which I could build a workshop.

After a wealth of great conversation and input from everyone, we defined five learning objectives:

- Increase understanding of the return on investment in recovery
- Increase understanding of SUD as a chronic condition from which people do recover
- Define and increase fluency in the language of recovery
- Build capacity to understand and support recovery in the workforce

- Develop understanding of how to use the tools to become a Recovery Friendly Workplace

Several weeks of developing the presentation and meeting with the workgroup produced “Recovery Works for ME,” a four-hour interactive workshop that illustrates for employers the value of supporting recovery in the workplace, provides education around the process of recovery, and how they can take their first steps toward becoming recovery ready.

After piloting the workshop with service partners within the workforce system, we also developed a two-hour iteration that was less interactive and more presentation style to make it more accessible for the often-busy schedules of business owners, managers, and human resource personnel. Both formats have been well received and elicited much conversation among participants.

I continue to work with Joanna and Ben to expand on their work around recovery friendly workplaces and deliver the workshop as needed.

There is still much work to be done around recovery in the workforce. The topic is multi-faceted and ranges from understanding recovery processes, pathways, and stigma to complex questions about human resource management practices, hiring policies and legal liability concerns.

“Recovery Works for ME” begins a conversation and can start to align attitudes and perspectives in a more progressive direction.

It’s time for us to stop viewing hiring people in recovery as simply a risk and begin viewing recovery in the workplace as an asset.

.....
*Bob Fickett is the Executive Director for the Bangor Area Recovery Network, a recovery community center in Brewer; contact him at robert@bangorrecovery.org for more information on the workshop **Recovery Works For ME.***

have you checked out our new youtube channel? real people. real stories. real hope.

Bath Recovery Community Center

Bringing Recoverees Continuous Connection

all services at no cost:
support groups
tele-support
recovery coaches available
community resources
harm reduction training & resources

(207) 389-4937

**Stop by and visit our new location!
97 Commercial Street
Bath, Maine**

Second Chances

*I want to be a part of my family.
It's been a decade I've been losing my sanity,
All my goals and my morals.
It's left me all alone with my sorrows.
Seeing me lose everything in sight
And letting me give up without a fight.
I want a new life, I can almost taste it
But I'm scared I'm going to waste it.
I've seen all the bad things on the streets,
All the evil of lying and deceit.
A few of my many fears,
That are always going to be near.
I want to ask for forgiveness from you
And from everyone I ever knew.
I'm sorry I let my life slip.
It was so hard to keep it all in my grip.
Without this time away to think,
My life would've been gone in just a blink.
I'm learning to grow
And seeing all of my foes.
I'm facing my demons,
While letting the right people in.
To help me conquer my dreams.
I've gathered up quite the team.
Who won't let me fail,
That are helping me raise my sail,
To a bigger and better future,
One of love and nurture.
From the family I left behind,
They will finally see me climb.
No longer will I be defiant.
This is my life and I will be triumphant!*

By: Brooke Olum 10-26-20

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



Recovery Community Centers Offer Good Soil for a Place to Grow

You don't get over addiction by stopping using, you get over addiction by creating a new life

by **Leslie Clark**

Recovery is a life-long journey of learning and growing.

In early recovery, the focus is on getting through the first days, weeks, and months of not using. Our brains and bodies begin to heal. We do hard work to address the pain that brought us to addiction, and the pain we caused others.

The light comes back into our eyes. Some of us experience what is referred to as the “pink cloud” where our newfound freedom from substances feels heady and even exhilarating.

Now what? New patterns and engaging in the community take time—a lifetime.

When I first came into recovery, I didn't understand why there were still people coming to support

meetings after twenty years. I thought, “they need to get a life!”

Yet here I am after more than 30 years, still around and still learning and growing. In recovery, we are able to become the people we were always meant to be.

Addiction robbed us of our connection with our truest selves, but now we discover new interests, or rediscover ones we'd lost along the way. We learn to write poetry, lift weights, take a guitar class, or plant a garden. We become curious about others, how things work, and the world around us.

Our curiosity leads us to new adventures and connections with others. Seven years ago, I literally “found my voice” when I began singing with others and recording on my own. In singing, I find joy

and I am my best self. This is one of many gifts I've received by being a person in recovery.

Whether you are 19 or 90 years old, the community supports your discovery of your true self.

Recovery is so much more than not using.

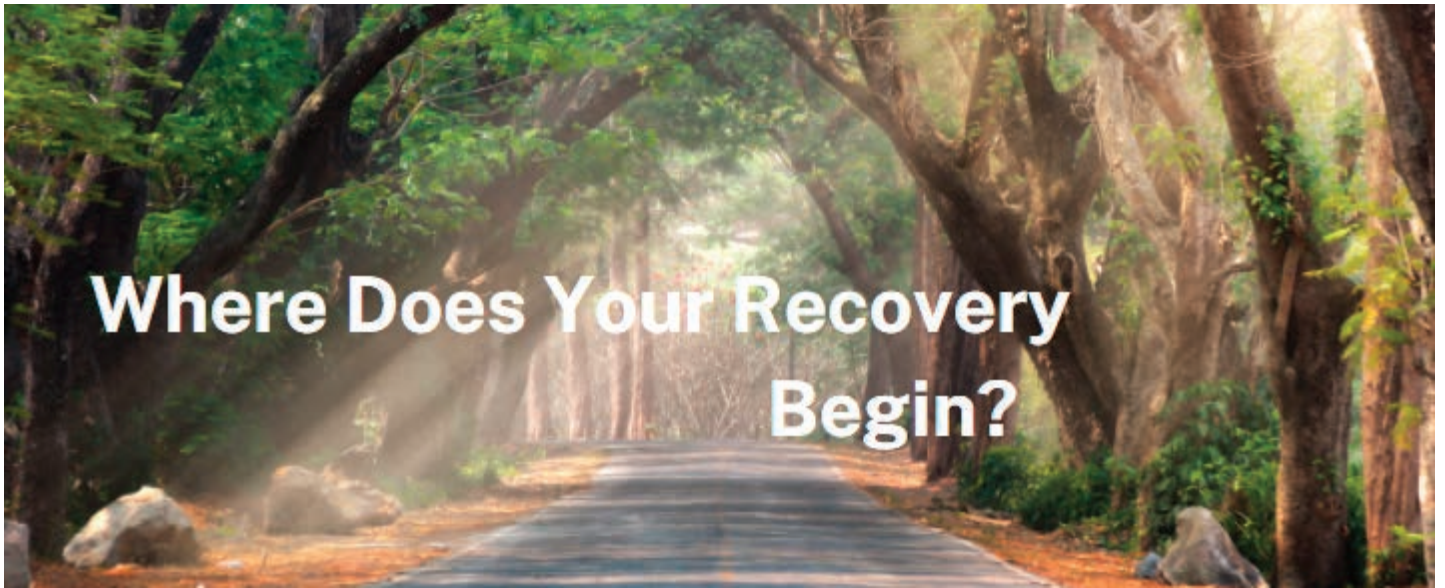
It is about creating our best lives.

Over a lifetime.



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.



Where Does Your Recovery Begin?

Recovery community centers often bridge the gap between treatment and sustained recovery - living a full and happy life and giving back to others as they find their recovery. ***We are your people.*** We are people in recovery who know what it's like and are on the journey with you.

Whether you're new or you've been on this path for a while, ***recovery community centers offer the home base you need in your recovery journey.*** Membership is free and multiple pathways are honored.

Portland Recovery Community Center (PRCC) is Maine's recovery hub - building recovery community throughout the state of Maine. Find a Recovery Community Center near you by visiting www.portlandrecovery.org — and ***find your people.***

Aroostook Recovery Center of Hope (Houlton) 254-2213 • **Bangor Area Recovery Network** (Bangor) 561-9444 • **Bath Recovery Community Center** (Bath) 389-4937 • **Harbor Peer & Wellness Center** (Boothbay Harbor) 315-6236 • **Coastal Recovery Community Center** (Rockland) 691-3697 • **DownEast Recovery Support Center** (Calais, Machias) 259-6238 (C), 259-6238 (M) • **Lakes Region Recovery Center** (Bridgton) 803-8707 • **Larry Labonte Recovery Center** (Rumford) 418-4983 • **Portland Recovery Community Center** (Portland) 553-2575 • **Pir2Peer Recovery Center** (Millinocket) 418-4983 • **REST Center** (Lewiston) 783-7378 • **Roads to Recovery Community Center** (Caribou) 493-1278

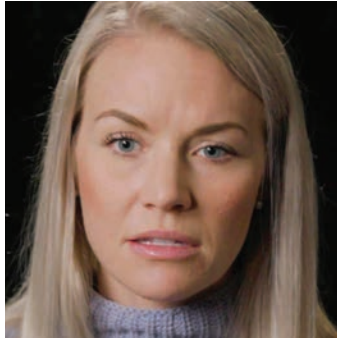


**Portland
Recovery Community
Center**

Visit PRCC online at www.portlandrecovery.org or give us a call at **(207) 553-2575**.

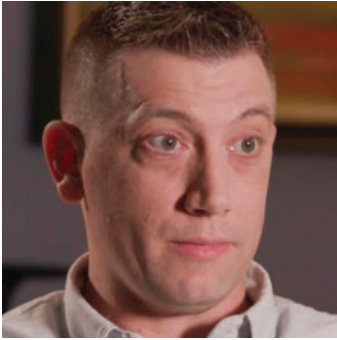
Portland Recovery Community Center is funded by Maine Department of Health and Human Services, other public entities, private foundations, corporations, and individuals.

12-Episode Documentary Series on Substance Use Disorder (SUD)



VOICES OF HOPE

The Rugged Road to Recovery



Visit www.VoicesofHopeandRecovery.org for episodes, information and updates

The series airs on Saturdays at 7pm on WGME 13 and Bangor's WABI, and on Fridays at 7pm on WAGM in Presque Isle and is available on YouTube.



Special thanks to the Scarborough Police Department



THANK YOU TO OUR SPONSORS: William & Sally Haggett



GENERAL DYNAMICS
Bath Iron Works

MaineHealth

Gorham
SAVINGS BANK
Banking is believingSM
Member FDIC

PINELAND
FARMS
NATURAL MEATS

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

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

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.

FREE Mutual-Aid 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.aa.org

Al-Anon / Alateen

www.maineafg.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

Cocaine Anonymous (CA)

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

Codependents Anonymous

602-277-7991 / 888-444-2359
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

Food Addicts in Recovery

Anonymous (FA) is a free 12-step recovery program for anyone suffering from food obsession, overeating, bulimia and under-eating. www.foodaddicts.org

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

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

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

Narcotics Anonymous (NA)

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

Overeaters Anonymous (OA)

is a community of people who support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food.
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

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

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>



SHARING RESOURCES TO SUPPORT LOVED ONES



The Rx Abuse Leadership Initiative (RALI) of Maine is proud to work with organizations across the state that are sharing information and ideas to address the opioid crisis. Together, we're finding solutions to ensure individuals and families have the support they need.

Learn more about RALI and our partners at rali-me.org.

Our treatment facility feels just like home.



YOUR HOME.

Now you can recover from drug and alcohol abuse without leaving your home, your family or your career.

Drug and alcohol addiction is a serious illness. So results matter. Aware Recovery Care's unique and innovative In-home Addiction Treatment program is delivering them.



Aware has earned The Joint Commission's Gold Seal of Approval® for both Home Care and Behavioral Health Care.



AWARE

RECOVERY CARE

Reduction in ER admissions:



In-Network Provider: **Anthem**  | **MaineHealth**

500 Southborough Drive #205 | South Portland, ME 04106 | 207.203.9097 | AwareRecoveryCare.com