

Journey

making recovery from addiction visible

June/July 2022 • Issue 21

Joanna Free: from Smoker to Smober

**Friendly employers
play a vital role for
sustaining recovery**

**The Phoenix:
a national
sober active
community**



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Cover

Joanna Free photo
by Lori Campbell



Forever Thanked

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

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From the Publisher



***Move a muscle,
change a thought.***

It’s a sentence I can sometimes access quickly when I feel stunted or stuck—either in a thought or in a pattern of behavior.

I first heard it from a wise man in a church basement many years ago—no doubt passed on to him by another wise man in another church basement.

It’s usually the invading and obsessing thoughts that have warranted this one sentence to come up again and again for me. I rarely obsess about sunflowers (and I LOVE sunflowers!)

I’ve recognized that physical movement and my physical environment play a significant role in my thoughts and my emotional well-being. Knowing full well that I can’t fix my brain with my brain and that I can’t think my way out of stuck or obsessive thinking, I’ve found a quick walk, a quick change of scenery and even sometimes just focusing on something beautiful in the room can change my perspective.

Physical movement, being actively engaged in moving a muscle, energetically shifts my thinking.

I’m thrilled to share Joanna’s story about how she shifts her thinking about kicking tobacco. A shift in thinking about her approach ultimately led her to being “smober”—nicotine-free.

Also included in this issue is **The Phoenix**, a national organization with a mission to build a sober active community that fuels resilience and harnesses the transformational power of connection.

I’m so excited that they’re coming to Maine. There’s such an abundance of opportunities to explore the Maine landscape and to partner with local wellness organizations to provide events for sober people—building community and well-being along the way.

With immense gratitude, *Carolyn*

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ry saves lives

Joanna Free: Butt kicker

No Need to Settle

It was the summer of 1969. There were things I didn't understand, couldn't make sense of, and at 12 years old, didn't have the perspective to understand.

Perspective is powerful.

Lacking that, what I did see was substance use as a way to deal with things that didn't make sense. Somehow using substances did make sense.

On that hot summer night, I said, "I want a cigarette and a drink." In that moment, an adult to whom I turned for care, shelter, and other fundamentals of life, became a source for these things too. My cigarette was lit, my drink was mixed, and I was off and running.

By the age of 14, I spent my lunch money on cigarettes as I approached a pack a day. The cigarettes I didn't smoke became currency for other things: food, other drugs, camaraderie. I couldn't imagine fun without tobacco, and eventually couldn't imagine life without it. Regardless of whatever other substances I used or didn't over the years, from alcohol to weed to hash to LSD to speed to cocaine, tobacco was the through-line.

The first time I tried to stop smoking, I was just 16. Angry at feeling controlled by cigarettes and by an industry I was coming to understand cared less-than-



nothing for my health, I resolved to get free.

The withdrawal... it scared me.

What was especially scary was feeling like I was 12 again. I didn't last a day before I bought a pack and gave up. I didn't even try again for more than a decade.

I could tell you the story of my relationship—relationships—with any and all of the other reasons I'm now in recovery, though the toughest was tobacco. I know not only the date of my *smobriety*, I know the time.

September 13, 1990 at 10:30 p.m. Eastern time.

Leading up to that date and time, there were many attempts—so many I lost count. Quit dates came and went. There were workshops, classes, and many meetings of mutual support with others who sought that freedom and other

kinds of liberation. There was also a growing stack of books as I sought, again, to make sense of something that made no sense to me: why was this so damn hard to kick?

Then someone said, "Why don't you stop setting quit dates? Just see how long you can go." So I wrote down the date and time each time I set them down. When I'd pick them up again, I'd write about what I'd learned. This way, relapses became lessons—less shaming.

Someone else said, "What if you saw it as a challenge instead of a loss? You like a challenge, don't you?" (I do.)

The language we use to talk about our relationship with smoking was also keeping it in power, and me powerless to get free. I started using different words.

A word that's always set me off is *quitting*. I may be many things, but I am not a quitter, so I needed to change that up. A friend in one of my support groups used the word *butthead* because we're so damn stubborn. I liked that. Then one day, someone said, "I heard you quit smoking," I said, "I'm not a quitter—I'm a butt kicker." It stuck.

I like *butt kicker* and *buttkicking* because it describes a process of kicking, of taking back our lives, and kicking, edging the butts out.

I felt free and cool using tobacco as a kid but by the time I was in my

twenties, the sense of freedom was gone. I didn't think about kicking until I was in my thirties, when it became a kind of quiet, private obsession that I shared with very few. Now I'll talk about it with anyone who'll stand still and listen.

I'm a buttkicker—out, proud and grateful.

It took a lot of support to help me stay on a path of freedom: HP, mentors, friends in mutual support communities to walk, talk, rant, cry, and laugh with. A Buddhist nun and others taught me about meditation. There were so many healthcare professionals that I worked with over the years to sort things out. I've experienced many forms of healing, from cognitive behavioral therapy to Reiki, chiropractic care, acupuncture, EMDR, to tapping...on and on.

Because I've worked in the field of mental health and addiction recovery for many years, I enjoy trying out different forms of healing work to see how they can help me grow my life, and what I can recommend to others. It's amazing how many of these things are available to us now for free or for a small fee. Recovery centers (there's probably one close to where you live) are great sources of information, free mutual support groups, and other resources. And even if there isn't a recovery center close to you, there are probably meetings you can access via Zoom.

We don't need to settle for things like tobacco anymore.

There's so much more available to us now than there ever was before...resources our parents and grandparents couldn't even dream of are ours for the seeking, and the asking.

We need each other. I think that's a good thing.



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The Phoenix

Where Recovery Rises

by Jacqueline Brown



Imagine a health club where the only cost of attendance was a commitment to sobriety. That's the model followed by The Phoenix, an innovative non-profit that combines the power of peers and community with group fitness and other meaningful activities for anyone who is at least 48-hours sober.

"We're a safe uplifting community for people in recovery, as well as friends and family, to form healthy relationships and get support in their healing journeys," says Sydney Durand, Regional Director for Northeast Phoenix programs. "At The Phoenix, we don't just help people live in recovery. We help them to thrive."

With Maine locations in Bangor, Portland, Scarborough, Windham and Biddeford, The Phoenix is not your typical fitness club. Classes range from CrossFit and weightlifting to yoga and rock climbing, but there is also room

for art classes, drumming circles, and other wellness-based community activities.

"The Phoenix is all volunteer-driven. Volunteers teach classes based on their interests and what they think will be of interest to the recovery community. In this way, The Phoenix can be anything," Sydney says.

Fitness classes, however, make up the core of The Phoenix's current offerings. "We tend to offer a lot of CrossFit classes because CrossFit gyms have been wonderful and welcoming spaces for us. Whatever class someone attends, moving the body releases endorphins... it's transformative for people in recovery."

The foundation for The Phoenix model is that physical activity and social connections combined with a safe, supportive environment enriches personal recovery. A 2020

member survey reported that after 3 months of active engagement, 87 percent of active members stayed sober.

Other findings showed nearly 9 out of 10 members (ranging from 85 to 94 percent) reported improvements in five common characteristics of a successful recovery journey (connection, hope, identity, meaningful life, and empowerment).

Among other findings, 70 percent of members new to recovery reported they were more motivated to stay sober after taking part in The Phoenix programming, and out of those that experienced relapse, nearly three-quarters (74 percent) had returned to sobriety and reported that The Phoenix helped them get back on track.

Getting started with The Phoenix programming simply requires typing your zip code into The

Phoenix's app to find nearby classes. It's okay to be an absolute beginner. Sydney acknowledges that for people in recovery, signing up for a fitness class can feel intimidating.

"We're here to build skills and help people find personal fulfillment, she says. "You don't have to have a fitness background to fit in with our community. There is no shame here...we are a safe place to take a risk." To drive this point home, Sydney recounted the story of a woman in recovery who drove by a Phoenix gym at least five times before finally taking the chance to go inside.

"She didn't have a fitness background, but she felt that tug that something was in there that she needed. She signed up for a class, and kept coming back. Today her recovery is going strong and she's become an amazing crossfit athlete!" said Sydney.

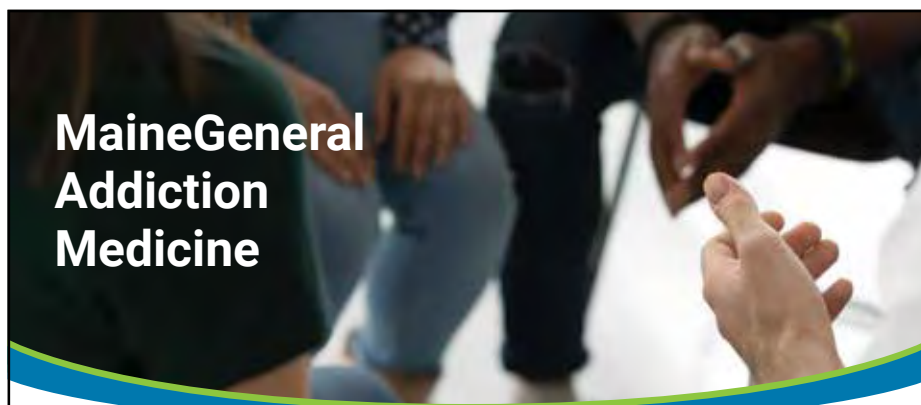
It's these types of success stories that Phoenix loves to celebrate. However, Sydney also recognizes that the biggest success stories happen within minutes of someone first showing up for a Phoenix activity.

"As soon as someone walks through the door, that is the win for us. Our goal is to lower barriers and make joining a sober community as easy as possible to access," noted Sydney.

To find a class or support, visit their website: <https://thephoenix.org/find-a-class/>



Jacqueline Brown is a freelance writer from Southern Maine who regularly contributes to national and regional publications. A former public school teacher in the Boston area, Jacqueline is the published author of several books for children, one of which won the Maine Literary Award for Children's Literature in 2018. When she's not at her computer, Jacqueline can be found looking for seaglass at her favorite beach.



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— David L.

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From the publisher:

There are many gatherings, webinars, panel conversations, and discussions going on around our State. Organizations and community coalitions are harnessing a collective energy to band together and provide awareness, education, and information.

I'm thrilled that we're able to amplify this important information by putting it in print, and circulating it to our Maine communities—this is how we do our part to reduce addiction stigma.

Please contact us if you're facilitating one of these types of conversations. We'd love to amplify the hope that's generated when stigma is reduced!



Employers Play a Vital Role

For people re-entering community from jail, prison, or addiction treatment, a job can be a game-changer

by Jacqueline Brown

The Co-Occurring Collaborative Serving Maine (CCSME) advocates for integrated health and behavioral health services in the state. The organization recently celebrated its 30th anniversary with a panel discussion about current challenges for people reentering communities—from prison, jail or from addiction treatment—and how recovery-friendly employment practices can provide these people with life-changing support.

Here are some of the highlights from this important conversation.

In the United States, 95 percent of all people who are currently incarcerated will eventually return to their communities, noted CCSME Executive Director and panel facilitator Kate Chichester.

An estimated 65 percent of this population has some form of substance use disorder.

Panelist Doug Dunbar, recovery and re-entry workforce specialist at Eastern Maine Development Corporation, understands firsthand the challenges that people face when leaving prison and re-entering daily life. Dunbar served time in jail and is currently in recovery for alcohol addiction. In jail, he was able to lean on his existing support system, and knew that he would return to his own home once his jail stay was over. He also knew that his experience was not the norm.

“I was surrounded by people in jail who I worried about,” he said. “People in jail primarily are young,

poor, and sick...I kept thinking, who is connecting these people with the resources and the services they so clearly need?”

Shawn LaGrega, deputy director of Maine Pretrial Services, named the specific areas where people attempting re-entry after jail can lack support. These include, planning for stable housing. This is often one of the biggest challenges...the subsidized housing stock throughout most of the state is dangerously low.

There are other basics that people re-entering communities may lack, including access to communication technology. “Communication is a huge issue, meaning lack of access to cell phones, access to email or email addresses,” said LaGrega.

“Individuals often don’t have access to computers and don’t necessarily know where they can access them locally.”

Other challenges LaGrega cited include lack of access to transportation, especially in more rural areas, and confusion about applying for MaineCare and accessing medication.

“These people are wondering, ‘what are the resources in my community?’” he said. “How do I get a phone to communicate with a treatment provider? How do I get a ride to and from my appointment? Is my MaineCare active? What happens if I have a complete lack of a payer source? How do I receive appointment reminders when I have so much going on?”

While these challenges and barriers are daunting, hope for bridging these gaps comes in the form of the recovery-friendly workplace movement.

Recovery-friendly workplaces hire people in recovery and/or in re-entry and provide them with the stigma-free support they need to thrive.

Employers that take a chance on people in recovery and re-entry may be the make or break factor in whether or not staying in the community and staying healthy is even possible.

Having a job can provide necessary money for housing and a cell phone, a car payment and even insurance premiums.

A job also provides emotional stability and a support network.

As Lorraine Chamberlain, AMHC (Aroostook Mental Health Center) Program Director of Behavioral Health & Integration, explained, “What being a recovery-friendly

workplace means is that it’s an employer creating an environment where people feel safe to apply for a job, or if they’re working there, that they can come forward and say, ‘Hey, I have a problem. Can you guys help me out?’”

In everyday practice, this can translate to employers who don’t automatically disqualify applicants based on their past involvement with the justice system and keep in context any employment gaps or short stints in jobs when making hiring decisions.

For the employee, a recovery-friendly workplace can offer flexibility for attending support meetings and medical appointments, treating these just like taking time off for any needed appointment.

The benefits of recovery-friendly employment practices is a two-way street. “It’s staggering in terms of productivity, employee health, morale, communication, transparency, satisfaction, connection to the community, and connection to the customer,” said Chamberlain. Absenteeism is down in recovery-friendly workplaces.”

She also cited a US Department of Labor report that highlighted three benefits of hiring people in recovery:

1 Workers in recovery help employers avoid \$4,088 in terms of turnover and replacement costs per individual worker.

2 Workers in recovery miss 13.7 days less than workers with a substance use disorder (SUD) that don’t seek help.

3 Each employee who recovers from a SUD saves a company over \$8,000 on average.

“The bottom line is that a recovery-friendly workplace is good for business,” Chamberlain said.

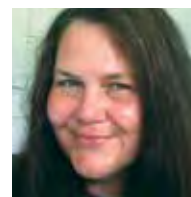
How do people find recovery-friendly workplaces? For incarcerated people, treatment courts may provide access to workforce development programs that can connect them with a job.

These programs can be game-changers, according to Dunbar. “Workforce development programs give people hope,” he said. “It shows them there are individuals and organizations who will work with them. A lot of what we do is to open doors to employers to say here, take a chance on one of our participants.”

Chamberlain added that welcoming employees in recovery means being supportive in the moment, but also forward-thinking in planning “what if?” scenarios focused on accountability and transparency. “My advice is to say, let’s work out a plan...so our policies are in front of it. Our supervisors are in front of it. Our recruitment and retention is in front of it. And is that easy? No. Is it worth it? Absolutely.”

Dunbar hopes that even people who are not in recovery advocate for more recovery-friendly practices in their workplace as a way to strengthen individuals and communities.

“We know from research that jobs give people stability...it sustains and strengthens recovery.”



Jacqueline Brown is a freelance writer from Southern Maine who regularly contributes to national and regional publications. A former public school teacher in the Boston

area, Jacqueline is the published author of several books for children, one of which won the Maine Literary Award for Children’s Literature in 2018. When she’s not at her computer, Jacqueline can be found looking for seaglass at her favorite beach.

Eastern Maine Development Corporation (EMDC)



Treating Employees Equally & Fairly—A Natural Thing to Do

by Kim Wilson

What does it mean to be a recovery-friendly workplace in Maine?

“Part of who we are is to help the community, people and businesses to be the best they can be,” says Lee Umphrey, president and CEO of Eastern Maine Development Corp. (EMDC), which is headquartered in Bangor “So to be a recovery-friendly organization is a natural extension of that. It’s inherent in who we are and what we do.”

In addition, the Northeastern Workforce Development Board has created a program to designate workplaces as recovery-friendly, and maintains a list of recovery-friendly workplaces on its website.

“I like the idea they’ve done that,” Umphrey says, “because it adds value and structure and helps other businesses think that way.”

Maine has been in the throes of an opioid crisis for years now, and the COVID-19 pandemic has exacerbated problems for individuals experiencing addiction.

“A lot of the issues people face in society, individually, family-wise, and collectively in our communities have been compounded,” Umphrey says. “So it’s even more important for us to look at people, communities, and how we can help.”

“It’s essential that people in recovery get an opportunity to



get back to work,” he says. “We’ve hired a lot of people who’ve had the tentacles of circumstance get to them, and we try to get them back on their feet.” As far as gaps in their employment related to addiction, Umphrey adds, “I don’t think people should hide their misfortune or time lapses in employment. Just be honest and say they’ve had personal challenges, and now they’re ready to go back to work.”

EMDC often hires people in recovery as Peer Connectors who provide information about opportunities for work and education to other EMDC employees.

“We have people who have either suffered from addiction or been incarcerated, and we’ve helped them help others,” Umphrey says. “We have to be sure those people get the support they need from us as an organization...we really try to strengthen our support structure and our employees’ safety net to be sure they don’t fall back.”

Although EMDC hasn’t actively promoted itself as a recovery-friendly workplace, according to Umphrey, the word is getting out. Of 65 employees, he estimates 10-12 are in recovery. “I feel strongly that we as a society should be at the point where we don’t need that designation, that

we should all equally try to help our neighbors and friends to succeed,” Umphrey says.

“For me, it’s just one component of being a good organization,” he adds. “We need to treat employees equally and fairly, and support them not only to be successful in their jobs, but to be successful in their communities.

We should be promoting equality to all people, on gender issues, substance abuse issues, and diversity issues.

I think it’s good that it’s being talked about, but we should be further along.

For me, it’s a natural thing to do because it’s the right thing to do.”



Kim Wilson is a freelance writer and editor who lives in Bath.

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Miracles Happen

Anthony Brown's Story

by Gabrielle Gilbert

Anthony Brown has a message for anyone considering recovery: “Miracles do happen. Don’t quit before the miracle happens.”

When Brown was two years sober, he visited the park where he once slept and used drugs. He found a bench and sat down to conduct what he calls “a God test.”

“I said, ‘You know what God, I know cars run on gas, and I know this bench I’m sitting on is solid. I know that for a fact. Prove to me that you exist.’ I went directly to the source.” At that moment, Brown felt an overwhelming sense of peace and comfort within him. He decided to trust in his higher power. God had miracles in store for him.

As a young boy growing up in Steubenville, Ohio, Brown learned there was freedom in the park. He started drinking at 10 years old when he found his mother’s gin under the kitchen sink. Soon after, he discovered marijuana. At 14, he quit school and ran away from home. He joined the carnival and drank and used drugs as often as he could.

“I would put anything in my body to change how I felt,” Brown said. At 18, on a whim, he and a friend drove to Lynwood, California with only a duffle bag of belongings and no place to live.

Brown endured homelessness for 23 years. Early on, he found jobs at fast food restaurants flipping burgers and selling drugs from the drive through window. Brown was arrested a half dozen times before anyone offered him help with his addiction, and then twice after. “The police officer who continued to arrest me asked me if I wanted some help,” Brown says. “At the time, I was sick and tired of being tired and sick. I had no place to live. I had an eighth grade education. I was eating out of trash cans and living in a tool shed above someone’s driveway in a carport. That’s where my life was. I was just tired.”

Brown, who spent most of the 1990s in prison, was sent to a treatment facility, where he realized the true nature of his addiction: “cunning, baffling, powerful.” In treatment, he found community and purpose through attending AA meetings.

“It’s really interesting how some program sayings apply in your life,” Brown says, “Cause they say, ‘No matter how far down the scale we have gone, we will see how our experience can benefit others.’”

When Brown stood up and walked away from that park bench, he



took with him two lessons: don’t hurt anybody and finish what you start.

Through his sobriety, Brown has started and finished more than he ever thought possible. He went back to school for nursing, and today, he is a licensed psychiatric technician and a registered nurse. “I always wanted to be a drug dealer and God made me a nurse,” Brown says, laughing and adding that he is now “addicted” to education. His bookshelves are full and his walls are peppered with academic certificates and degrees, and he’s looking to add some more—he is currently studying for his master’s degree in nursing.

Brown has authored two books about his recovery journey. The first, *From Park Bench to Park Avenue*, chronicles his journey out of homelessness. His most recent book, *I Once Had*

Nowhere To Go, is an illustrated guidebook to inspire conversation around homelessness.

From Brown's website: "The unhoused face challenges including lack of transportation, stigma, and a host of issues regarding access to adequate healthcare. In some cases, the time spent in the streets could last for years. New strategies or reconfigured programs targeting this population need to be developed to assist with a long-term solution. The key is connecting these individuals with resources and creating a method that can answer questions wherever and whenever the individual needs a solution."

Bright, bold, and with more than a little belief, Brown stays busy. He recently purchased an abandoned 9,000-square-foot mansion built in 1916 in Ohio. The mansion, which he calls Brown Manor, is a miracle of his own making. It will be renovated to support the homeless. He launched a GoFundMe campaign to help support renovation costs.

Brown says he owes much of his success to his higher power. "I appreciate the fact that I know that today I'm okay," he says. "And sometimes that's all I get is just knowing that I'm okay at the moment, and I'm gonna always be okay. When I get up in the morning, I hit my knees before I hit my feet. God is like my best friend. We laugh and joke about all kinds of different things, you know? And I get the opportunity to be who I am."



G. Gilbert is an endlessly curious freelance writer, poet, and visual artist waking up in Southern Maine.

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Friendly Employers

On May 16, 2022 *Journey Magazine* launched a new job board on our website in order to provide a stigma-free connection for job seekers and employers.

Employment is vital and a predictor of success in recovery and with the tens of thousands of employers recruiting right now, it's almost impossible to identify employers who will have a conversation about gaps in resumes, spotty job histories or a background that involves the legal system.

Last year, we did an article about Recovery Friendly Workplaces, a movement that started in New Hampshire that promotes wellness for Granite Staters by empowering workplaces to provide support for those impacted by substance use disorder.

Maine is starting to explore establishing a similar program but barring that, it's almost impossible for a job seeker to see employers who will be "kind and pleasant."

Many in the various recovery communities are eager to get to work because it provides economic independence, self-esteem, self-efficacy, and social reintegration into society predicts success in recovery!

Our job board gives friendly employers a chance to put their hand up and be seen for job seekers. *Come join them!*

jobs.journey-magazine.com

Lowering the barrier, not the bar!

Current Employers



Recovery is Good for Business

75% of people who struggle are employed

Employers **CAN** make a difference

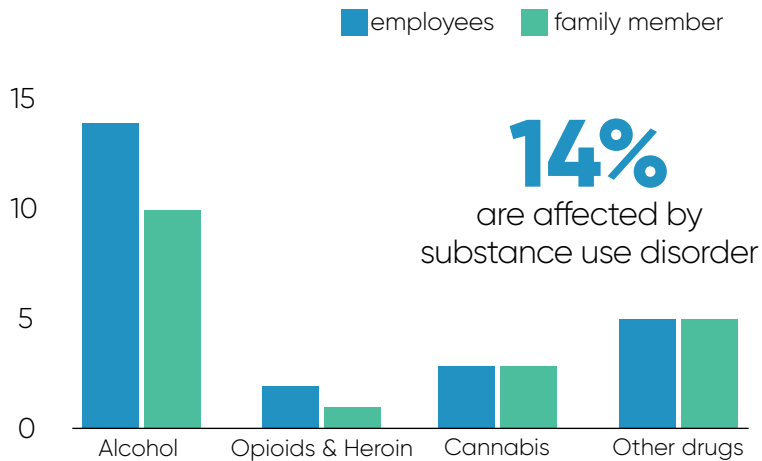
The majority of working people who develop a substance use disorder (SUD) successfully recover.

The Calculator defines a worker in recovery as respondents to the National Survey on Drug Use and Health (NSDUH) who do not report symptoms of a substance use disorder in the year prior to being interviewed, and who report having received treatment for an SUD at some point in their lifetimes.

Workers in recovery have much lower health care costs, turnover and absenteeism than their peers in the same industry who have an untreated SUD.

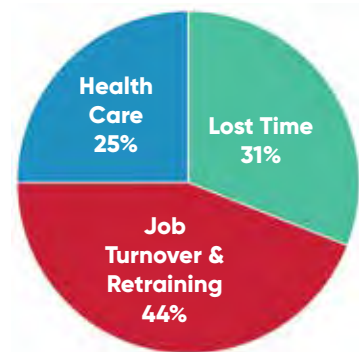
In nearly every industry, workers in recovery use health care less, stay with a single employer and take unscheduled leave at rates equal to or lower than their peers who have never had an SUD.

EXAMPLE: Maine CONSTRUCTION COMPANY with 100 employees



Cost to the business is
\$173,667
annually.

Breakdown shown
in pie chart.



BUT...

Although substance misuse and substance use disorders can be an expensive problem for employers, providing resources to assist workers with their SUD can be a very good investment.

Workers in recovery miss

13.7 days
LESS
per year

than workers with an SUD

Each employee who recovers
from a substance use disorder

SAVES
a company over
\$8,500

on average

Visit the National Safety Council website for more information: <https://www.nsc.org/forms/substance-use-employer-calculator>

Recovery Allies

What can you do?

by Alison Jones Webb

“What can I do to help?” It’s a question that friends, families, neighbors, and community members often ask when they want to support people in recovery. Sometimes they ask how to support a specific individual they know and love. Sometimes they want to know the best way to show up for the recovery community. Sometimes they just want to do the right thing by building healthy communities that include people in recovery.

Recovery Allies: How to Support Addiction Recovery and Build Recovery-Friendly Communities by Alison Jones Webb (North Atlantic Books, Sept. 6, 2022) provides concrete actions, based on suggestions from people in recovery and the new science of addiction recovery, which allies can take to build and expand recovery capital for everyone in recovery.

The action steps below are from Webb’s discussion about the importance of safe housing for people in recovery. “Safe housing is the foundation for healthy relationships and healthy living in recovery,” she writes. “It’s a secure place for self-exploration, a place to learn new behaviors and attitudes, experiment with new ways of living, and build recovery capital. In other words, safe housing is a home.”

WHAT CAN ALLIES DO?

For family members and friends

- If your loved one is in early

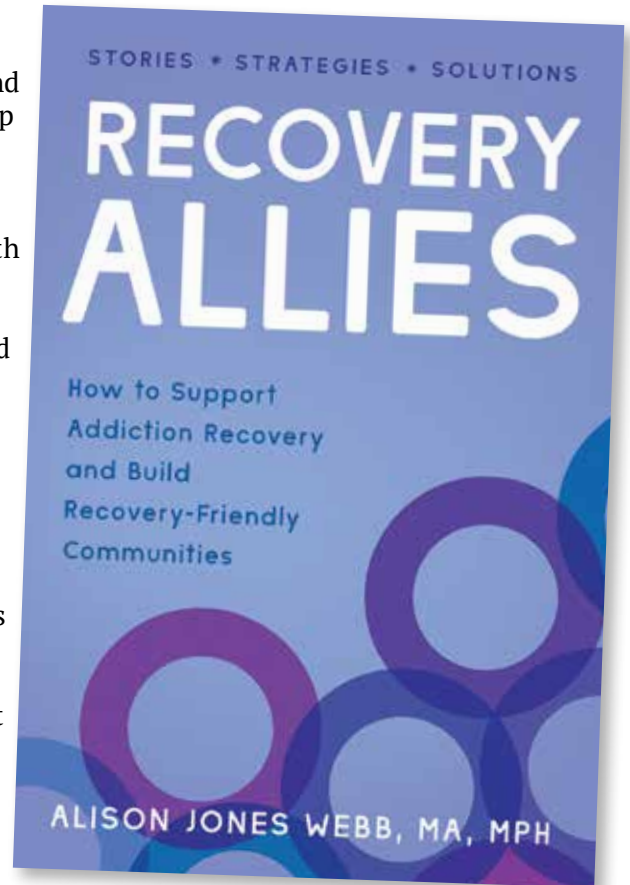
recovery and looking for housing, ask about their housing needs and if they want you to help them find a safe living option. People with a history of relapse, overdose, mental health issues, or trauma in their lives will likely need a more structured and supportive environment. Do your homework to find NARR-certified (National Alliance of Recovery Residences) houses, even if they’re not as close to home as you’d like.

- Finding housing isn’t the same as finding a home. You can help by understanding what “home” means to your loved one; and if they want some help to create that wherever they are living by assisting with clothing, bedding, groceries or books.

- Abide by the rules of recovery residences to support new structure and accountability in their lives, such as “no cell phones” and “no boyfriends.” You can model your new relationship with your loved one in recovery by setting boundaries consistent with the residence’s requirements.

For everyone

- Learn why recovery housing is essential and find out what’s available in your town, city,



and state regarding access to safe housing.

- If recovery housing exists in your town, help combat the stigma by promoting the positive effects of having a recovery house in the neighborhood.

- Join local housing coalitions that address homelessness and affordable housing coalitions and groups that focus on creating resources for people released from jail or prison, and advocate for recovery housing.

For community organizations

- If you want to start a recovery residence in your community, don't assume you know how to do it. Consult with people who have experience such as house operators and managers to create the right mix of structure, accountability, volunteer opportunities, and other vital aspects of the social model of recovery.

- Be sure to include conversations about the need for recovery residences in existing coalitions that address homelessness, affordable housing, and re-entry resources for people released from jail or prison. Invite people in recovery on these coalitions.

- Reach out and create partnerships with recovery houses to link residents with legal aid, credit, and financial management services. Banks may be interested in this activity because many people in recovery houses have debt that banks and credit unions can help restructure.

- Offer volunteer opportunities to people living in recovery houses as a way for them to give back, integrate into the community, and develop new and healthy interests and relationships.

- Create scholarships that benefit people living in recovery residences.

For employers

- Reach out to recovery residences with employment and job training opportunities.

- Host a recovery jobs fair and invite everyone living in recovery residences.

For municipal leaders

- Understand state and federal laws for recovery residences so you can explain to people the rights of recovery residents and restrictions

on recovery housing. Understand the interplay of local ordinances and state and federal laws to avoid violating the Fair Housing Act or the Americans with Disabilities Act.

- Be part of the national conversation on policies that support safe recovery housing.

For landlords and property management companies

- If you're interested in launching a recovery house, don't assume that it's like any other housing project. Start by contacting NARR or your state's affiliate for helpful information. Consult people with experience as house operators and managers to create the right mix of structure, accountability, volunteer opportunities, and other vital aspects of the social model of recovery.

- If you rent to a recovery residence, help reduce the stigma by sharing your experiences and becoming a spokesperson for people in recovery, including at local landlord associations on recovery."

Recovery Allies is available for pre-order at Amazon, Barnes & Noble, Target, and North Atlantic Books.



For more information, contact Alison Webb at alison.jones.webb@gmail.com



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.

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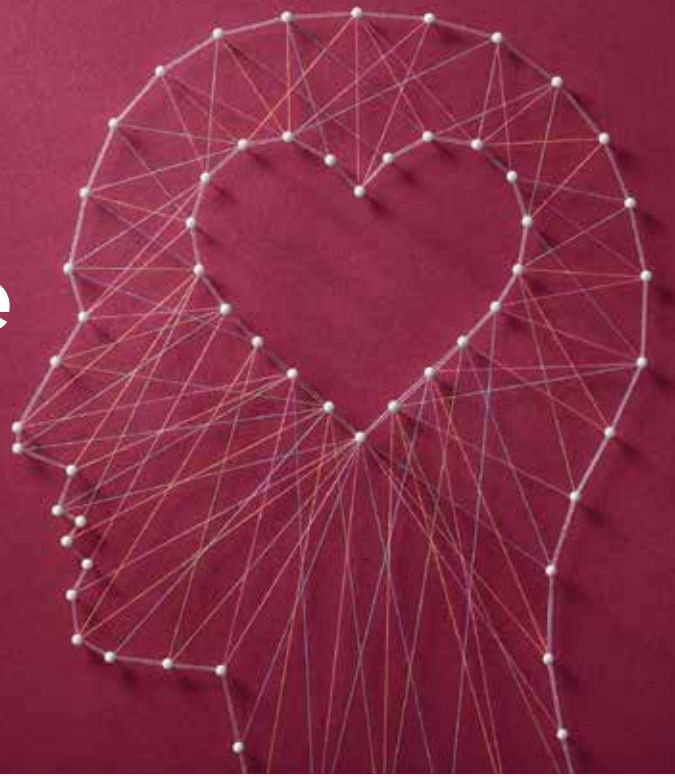
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Finding Purpose in Recovery

It's all about a personal dedication to a cause

by Richard Jones



Finding purpose is one of the most important aspects of finding peace, contentment and well-being.

Purpose and meaning are essential parts of “the good life.”

Purpose is especially important when it comes to dealing with challenges and suffering in life. We know that bad things can happen to good people. We know that it is impossible to avoid suffering—it is part of life.

How do we make sense of this reality? Having purpose and meaning in one’s life can make a huge difference. Purpose provides us with a compass to navigate our way through the difficult times.

In *Man’s Search For Meaning*, Viktor Frankl articulated the benefits of striving to find purpose and meaning in the following way: “For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one’s personal dedication to a cause greater than oneself or as the by-product of one’s surrender

to a person other than oneself. Happiness must happen, and the same holds for success: you have to let it happen by not caring about it.”

Happiness, or **subjective well-being**, is the result of striving to fulfill your purpose. Most people will not experience more “happiness” simply by attaining a goal. Or gaining a new and shiny possession. Rather, it’s experienced by striving to live within your purpose. The increased happiness is a side effect of working within one’s purpose. Or better yet, having meaning in your life.

It is important to note: Purpose is NOT always obvious. When we think about finding meaning and purpose we tend to focus on stereotypical “made for TV” pursuits—saving-the-world type stuff. In our mind’s eye, we envision some type of dramatic and noteworthy pursuit.

Purpose and meaning are more likely found in the everyday drudgery of our life. It’s parents who work to put food on the

table and sacrifice daily for their children. It’s the employee who puts in time over the course of the week and volunteers at church on the weekends.

Purpose and meaning positively impact our day to day lives, improving our spirit and enhancing quality of life across the board. However, purpose and meaning are also essential for our understanding of suffering.

Making meaning in the middle of suffering is one of the most effective ways to walk through terrible circumstances and sometimes finding purpose makes it possible to function in the face of unacceptable outcomes.

In recovery, a sense of purpose is readily available for all of us —captured in the popular slogan “you have to give it away to keep it.”

The sense of service to others can carry the day. Our commitment to helping others fills that void.

We have a built-in opportunity to focus beyond our own needs. This

service commitment is essential for happiness and subjective well-being.



Rich Jones, MA, MBA, LCAS, CCS, CEAP, SAP, c-EMDR, is an experienced therapist, clinician, and health care entrepreneur operating primarily in the behavioral health

space. He is in long-term recovery from an opioid use/alcohol use disorder and a certified peer support specialist. He is passionate about providing quality care and supporting people in need. Rich is the EVP and Executive Director of Heritage CARES, a division of Heritage Health Solutions.

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The Anonymous Path

A Southern Maine Woman with Three Decades in Recovery

as told to a *Journey* team member and written by Amy Paradysz



I never drank in a normal way.

I had my first drink when I was in seventh grade, and I loved that numb feeling.

When I drank, even in small quantities, I made poor decisions.

And I had a blackout or two.

And when I drank in college, I drank hard.

I had been married, and when we separated, I was prescribed pain pills for migraines, and I became dependent on them. The town I lived in had a drug and alcohol counselor. When I went to her, I wanted to know how to go back to normal, taking pills for actual migraines, or doing “normal drinking.” She introduced me to 12-step programs, and the first time I went to a meeting, I cried, knowing, “This is where I belong.”

A bit later, I did some outpatient rehab. And, while there, I got pregnant with my daughter. By the grace of God, I didn’t use while I was pregnant. But I didn’t do a program either. And, as they say, the disease waits for you, and it gets worse. I was on bed rest for a long while, so when my daughter was born and I got out of that hospital bed, I was running around trying to be perfect. And within three weeks I had bought a

bottle of vodka. And then I got more pain medicine.

I was ashamed because I wasn’t the mother or the person I wanted to be. I knew how to hide it well, and that’s what I did for a long time. About 10 months in, I lost a close friend of mine who was a huge partier. I went to his funeral, and his three- and five-year-olds at the time kept asking, “When is dad going to get out of that box?” And that really got me thinking a lot.

I woke up one morning and just knew that that was the day I was going to stop.

I was tired of rubbing my daughter’s back, apologizing for being her mother.

I was desperate enough that I really needed help from my doctor.

I had doctor-shopped and could have gone to jail. And yet, he did his best to help me. We thought I needed to go somewhere and just get regrouped and restarted. I went to rehab at Crossroads for Women, and I’ve been sober ever since.

I learned that we try to fill a void with a chemical, whether it’s alcohol, food, drugs, relationships, whatever. I had been an anxious kid. I never felt like I was enough or worthy. It seemed like everybody else around me knew the secret to

happiness in life and how to fit in. I didn’t think I was pretty enough, thin enough, social enough. I never felt enough. When I drank or used pain medicine, I could get out of my shell, away from that anxiety, especially social anxiety.

In rehab, I examined my family stuff and broke those chains. My parents and siblings came to counseling with me. We were a family that didn’t talk about what happened at home; we wanted to look good on the outside. But, in counseling, the family secrets came out, and I got to see my mom as a woman, not just my mom. And for the next 10 years, until she died, we had the best relationship.

I’ve always believed in God. But trusting in God is totally different. I’ve learned that I have to keep my spiritual bank full. It’s up to me to learn what situations and what relationships are depleting and negative for me and that steal my energy and my center. I’m also really learning how to trust God’s timing and not to be so impatient.

I’ve learned that I can’t use any chemicals. My body is not set up to use them. And it’s not about just staying away from chemicals. I had to grow up—it was like I was 12 years old inside—and learn to live life on life’s terms.

In the beginning, I could stay sober if nothing bad happened.

Spiritual Adrenaline

A Review by Lisa Twombly

Of course, that's unrealistic.

What I didn't know when I first came into recovery was that I wouldn't just stop using substances to fill a void. My void would be filled with spirituality and love.

My core friendship group is women in the program. I call them my family of choice. They get me, and they call me out in very loving ways.

I've had the same sponsor now for 17 years. She's so loving and gentle, but she also calls me out when she sees that I'm getting self-centered. She reminds me not to bow or grovel, that I am a woman of grace and dignity.

I love spending time with people who have felt broken inside and get back up, no matter how hard it is or how many times it takes. That, to me, is success.

Not what you own, not what business you start, not what your house looks like. I want my insides to count.

And you know what counts?

My daughters are grown up now, and they don't remember me using.

They can count on me.

We have such open dialogue.

They are strong, independent women, and they call me out on things when that's what I need, and they tell me things that I've told them.

My own advice coming back to me.



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

If you've ever felt rundown, depleted or out of shape healthwise in sobriety, this book might be for you. If you want to get healthier in sobriety, this book is for you. If you need a guide, a plan and solid science to back it up, you're in luck!

As a health coach, a sober person and a lifelong student of health and nutrition, *Spiritual Adrenaline, A Lifestyle Plan to Nourish and Strengthen Your Recovery*, by Thomas Shanahan (Central Recovery Press, Jan. 15, 2019), checked all those boxes and more for me. Shanahan guides us with skill, science and a practical, no-nonsense attitude through all the reasons and ways active addiction depletes our bodies physically and how to address those deficiencies, so we can not only stop the damage but in many cases reverse it, and even get into the best shape of our lives.

In the first chapter, the author explains that, "It's critical to understand that *Spiritual Adrenaline* is not a substitute for a traditional 12-step program, working with your sponsor and regular meeting attendance. Only after you have established a solid foundation in your 12-step practice and after *at least six months* in recovery should you begin to focus your energy on the interrelated outside issues."

For the next several chapters, Shanahan takes us through the science of why and how we become

so nutritionally depleted in active addiction, and more importantly, all the nutrition and exercise benefits available from proper eating and working out.

Next he gives us a clear plan to address this, including daily schedules for food and exercise, with each spelled out in easy to apply detail. Chapter 12 offers The Seven-Day Spiritual Adrenaline

Detox, followed by Chapter 13's The Spiritual Adrenaline Thirty-Day Program.

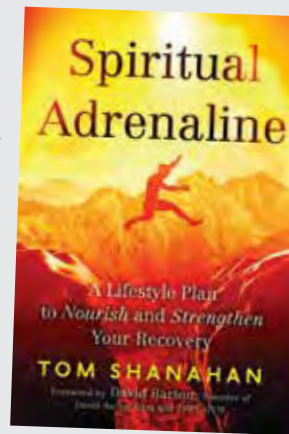
Throughout the book are personal stories from people who have integrated a healthy lifestyle into their recovery and live active, inspiring lives in sobriety. Stories of people who started sober active

communities, lost hundreds of pounds and became a triathlete, found the courage in recovery to try new things and fell in love with running, swimming, or going on active sober travel adventures.

Spiritual Adrenaline is a reference book, a recipe book and a workout guide all rolled into one. Shanahan's desire to give you a one-stop-shop for *A Lifestyle Plan to Nourish and Strengthen Your Recovery* hits the bullseye. If you are looking for a sober health coach-in-a-book, this is it!



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.



Kindred Spirits Camp

Built on compassion, sustained with love

by Wendy Jensen, MSW, LCSW [clean & serene since 1994]

In 1982, prompted by a vision to build a supportive community for all types of recovering people, Stephen Andrew started “Recovery Camp” at the Rowe Camp and Conference Center in Western MA.

Looking to build an opportunity for adults to have summer camp again, he built the camp on empathy and compassion as a chance for adults to let the inner child play and heal.

In 1989 the name of the camp was changed to **Kindred Spirits** to be more inclusive of all people seeking to grow, heal, evolve and participate in a healthy community. Kindred Spirits has maintained its 12 step roots with 12 step principles being interwoven into the lifeshops and 12 step meetings available every evening.

Kindred Spirits explores concepts like radical aliveness, asking for what you need, family of choice, finding your voice, and finding yourSELF as a new way of being in the world and in recovery.

Providing “life” shops like deep healing experiences, breathwork, arts and crafts, hiking, outrageous play, spirituality, yoga and so much more; these experiential lifeshops combined with dances, a talent optional show, tubing down the river provide an opportunity to connect our hearts through play, music and song.

Many campers have been coming every year for decades, and new



campers are welcomed with open arms and open hearts.

Stephen had the vision that community will heal our childhood wounds, and I have to say that after participating in Kindred Spirits camp since 2006, that has been true for me!

It has truly taken my recovery and relationships to the next level.

Give yourself the gift of joining us this August 22nd-27th
<https://rowe.center/adult-camps/Kindred-Spirits/>



Wendy is a licensed clinical social worker and energy healer. She has been coming to Rowe since 1983, first as a Sr High camper, and then to Kindred Spirits since 2006. Wendy has a passion for healing in all its forms, and for helping to create sacred space for that healing to take place within. She is an environmental activist, artist, and writer.

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- impacted by the opioid epidemic or
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CONTACT INFORMATION:

Cumberland, Knox, Lincoln, Sagadahoc, Waldo and York County residents:

Workforce Solutions:

Sheila Muldoon
207-400-4926
sheila.muldoon@workforcesolutionsme.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:

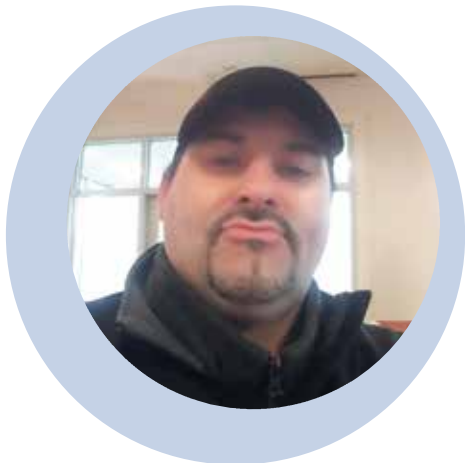
Eastern Maine Development Corporation (EMDC):

Doug Dunbar 207-299-5626
OpportunityGrant@emdc.org

Maine Voices of Recovery

Stories Restoring Hope

by Jamie Lovley



The Friends House, located in Rockland, Maine, is a recovery-focused residence and sober-living environment for men from all over the state. The Friends House was founded in 2018 with the mission of providing a substance-free and caring environment in the community where men could live, work, and connect with one another as they navigate recovery.

Kevin Wayne Nibbey Goodridge has lived at The Friends House for five-and-a-half months. He lives there with several other men in recovery, and his ten-year-old daughter. Being a supportive and present father is important to Kevin, who advocated for his daughter to be the first child allowed to live at The Friends House. “She knows everyone by name, and they all watch out for her.”

Although Kevin can see that having a ten-year-old girl as a resident of an all-male sober-living home might be received negatively by some, he believes part of this negativity is a consequence of stigma around addiction. “Just because people are addicts doesn’t mean they are predators,” he

says. Kevin takes care to always be present when his daughter interacts with others, just like a father would in any other environment. “Women in a sober house would be able to have their kids without question; it makes sense that a father should be able to do the same.”

Kevin attends recovery meetings daily, often with his daughter by his side. She is supportive of the programming that helps him be present in her life and sober. Kevin credits the structure and support that meetings provide with allowing him to stay sober and stay active as a father. “You have to put your recovery and sobriety first, before everything, so you can show up for everyone in your life,” he says. Kevin’s daughter says that her favorite thing about her father is that, “He’s really funny. And he plays Barbies with me.”

Before arriving at The Friends House, Kevin spent years dealing with addiction in its many forms. Abuse in his childhood left him without stability or a sense of security, and by age nine he was drinking and using marijuana. At 14 he was running a gang, dealing drugs, and getting in trouble with the law. At 15, after an ultimatum from his parole officer, he went to a boy’s home in Fort Fairfield. “It saved my life,” he says. The home became a sanctuary for Kevin, and he thrived for three years. After he left at 18, he relapsed.

The following years were heavily impacted by both drinking and drug use. He met a woman who he married, and had three children

Maine Voices of Recovery is a series written by Jamie Lovley and created by Knox County Community Health Coalition in partnership with the community. The goal of the series is to teach the community about recovery, dispel misunderstanding about substance use disorder in the state of Maine, and record stories of how long-term recovery does work. All names have been used with permission.

with her. Their marriage, however, was strained by closet drinking and run-ins with the law. Fast forward to 2021, and Kevin was in an ankle monitor, on probation, and desperate for a change of environment that would support him in getting the help he needed. He had success maintaining periods of sobriety, but knew he needed more community. In moving to the Friends House, he found it.

The first thing Kevin did after his move was dive into recovery meeting programming. He attended 90 meetings, 90 days in a row. Things didn’t change immediately, but along the way something clicked. “Once things took off, I realized it was possible to stay clean,” he says. “My obsession to use went away. All of these little changes started happening to me, like sparks that sustain me throughout each week and month. And all those sparks collected and turned into a fire.”

This fire in Kevin has ignited a passion for helping others that

stretches farther than the walls of The Friends House. Kevin is active in the local recovery community and hopes to soon go into local jails to meet people where he once stood, to offer them structured connection and support as they navigate recovery. He also hopes to speak in local schools to educate young people on why addiction is a disease. “The younger crowd needs to understand that addiction is so much more than just drinking or doing drugs,” he says. “And if they understand they will bring that message home to their families. You have to help the up-and-coming generation.”

Kevin works at the Rockland Hannaford and loves his job. He is thankful to work for a company that respects his scheduled commitment to recovery meetings. Employers around the state can also create recovery friendly environments by honoring these commitments.

Kevin believes strongly that his recovery community and attending meetings will always be a part of his life. He is excited by the prospect of finding a place to live with his daughter, and hopes to settle in the Bangor region, near the Bangor Area Recovery Network. As most Mainers know, finding housing is no small feat for anyone these days.

This challenge is even greater for individuals in recovery, who may have drug charges or experience judgment by landlords and employers. It is Kevin’s hope that communities will open their minds and hearts to those in recovery. “Instead of pushing someone away, hold out a hand,” he says. “Take a chance on people.”

Since moving to The Friends House, Kevin says he has regained a sense of self-confidence, humility, self-awareness, and integrity. “I never thought I’d be good enough, be a good dad, or be a member of

Serenity Prayer

At times elusive, serenity,
Accepting the things I cannot change,
It was hard to obtain this quality,
As for my life I tried to rearrange.

I cannot change, no matter what I think,
And it’s become a life-saving truth,
Never in safety can I take a drink,
Nor relive the days of my youth.

So faced with that, what was my next course?
The future looked frightening back then,
I looked at that youth with so much remorse,
If I could, I wouldn’t go there again.

So forward was the only direction,
But how could I do this alone?
It’s true my life needed correction,
Yet it was the only life I’d known.

But this prayer can guide us through,
When upset, it can provide us peace,
The panic we begin to subdue,
The confidence in our steps increases.

—Joe B.

society again. Now I want to be that burning light people who are lost can see. So, they can see that they too can get back what they’ve lost.”

No two recovery stories look the same. If you believe you have a problem with substance use, reach out for help.

Call 211 for resources in Maine. For a list of local recovery meetings visit: <https://csoaamaine.org/meetings/>

and <https://namaine.org/meetings-by-table/>



Jamie Lovley is a graduate social work student living in Mid-Coast, Maine. She works in substance use recovery at a residential treatment facility and is the Substance Use Prevention Specialist

at Knox County Community Health Coalition. She is passionate about using her experience in journalism and in social work to write recovery stories that fight stigma and inspire hope.

Kindred Spirits

CAMP

ROOTED IN RECOVERY FOR OVER 30 YEARS

www.rowe.center/kindred-spirits

Meeting Guide 12+

A.A. World Services

Alcoholics Anonymous
World Services, Inc.

Brought to you by Alcoholics Anonymous World Services, Inc., Meeting Guide is a free of charge meeting finder app for iOS and Android that provides meeting information from A.A. service entities in an easy-to-access format.

Meeting Guide syncs with area, district, intergroup/central offices and international General Service Office websites (some of which are listed on A.A. Near You), relaying meeting information from more than 300 A.A. service entities directly to you. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.

Recover Loud!

Because addiction has no boundaries

Recovery support and services

Michael Paddleford
Certified
Peer Recovery Coach
recoveryOTR18@gmail.com

find us on youtube

visit us on facebook groups/
recoveryontheroad

THE UNPLUGGED ARCADE

the first mobile board game Arcade

Add games and activities to your events, you supply the people and we bring the games, prizes and fun!

People stay engaged and looking at each other - instead of their phones!

screen free fun

Sean Sickles
207-217-0400
sean@unpluggedarcade.com

RECOVERY COMMUNITY CENTER

CORNER

Bath Recovery Community Center

by **Brian Townsend, Executive Director**

Amistad's Bath Recovery Community Center has a lot to be grateful for and excited about as we head towards another coastal Maine summer.

We have loved our beautiful Recovery Center on the river in Bath, but we learned last year that we would need to find a new home base for our support of recoverees in the region.

The great news is that we have signed a lease on a new and larger Recovery Center that is just around the corner, and that will offer us the opportunity to provide even more for our friends and allies in recovery in Sagadahoc County. The new BRCC space will open in early June. Look for a Grand Opening announcement on our Facebook page!

Around the same time that we'll be moving into our new space, the BRCC will be playing a leading role in the launching of Amistad's new Mid-Coast Overdose and Infection Initiative. This is a two-year Initiative that is being funded by Maine Health Access Foundation, through their Systems

Improvement and Innovation Responsive Grants program. The Initiative will aim to assess and address resource and healthcare gaps for individuals actively using substances in the mid-coast region, and will intersect with and complement the work of the BRCC and the communities of Sagadahoc County in ways that we are incredibly excited to explore.

What we are most excited about, and grateful for, is the culture of transcendence and strength that is emerging within the community of recoverees who utilize our Recovery Center in various ways. It is so powerful to share space with people who are not



Niki Curtis and Kimberli Lovell at Amistad's Bath Recovery Community Center.

content with just being in recovery, but who are energetically pursuing healthy lifestyles and personal growth. It is a beautiful emergence to witness and be part of, and we are grateful beyond words.

Bangor Area Recovery Network

Supporting life beyond addiction

(207) 561-9444
www.bangorrecovery.org



Recovery is a process.
There are many pathways to recovery.
Recovery overcomes shame and stigma.
Supporting recovery is a community responsibility.

Pir2Peer Recovery Community Center

Inspiring Hope for Recovery in the Katahdin Region

Our mission:
To support people seeking recovery by establishing a personalized path to recovery through coordinating services, resources, and referrals.

We offer:

- Recovery Meetings
- Safe space to socialize
- Distributing free Naltrexone
- Recovery Coaching & Recovery Coach Training
- Job skills preparation
- GED Readiness
- Resource Coordination
- Prison Re-integration



447-9500
1009 Central St
Millinocket

Spreading Recovery Throughout Maine

Portland Recovery Community Center

Portland Recovery Community Center (PRCC) is Maine's Recovery Hub. We build recovery community throughout the state of Maine. 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. Find a recovery community center near you by visiting portlandrecovery.org — and find your people.

102 Bishop Street Portland, ME 04103
207-553-2575 • portlandrecovery.org



The Larry Labonte Recovery Center

We are a community-based, all-inclusive recovery center helping people who are struggling with addiction and the families of these individuals.

Recovery meetings:
SMART Recovery, All Recovery and 12-Step Programs

Recovery Coaching:
Meeting 1-on-1

Naloxone (Narcan) Training and Distribution:
Used to reverse the effects of an opioid overdose

(207)-418-4983
412 Waldo St, Rumford, Maine
Open: Monday - Friday 10 am - 4 pm
info@llrecoverycenter.com



Everyone Is Welcome!

Lakes Region Recovery Center is a safe place that encourages and maintains a culture which is welcoming and non-judgmental to people in recovery and their families.

- Recovery Groups
- Recovery Coaching
- Resources
- Telephone Recovery Support
- Wellness Programs
- Recovery Activities & Events
- Family Support Groups

(207) 803-8707
www.lrrcbridgton.org

Like us on Facebook
@LakesRegionRecoveryCenter
25 Hospital Drive Bridgton Maine



2 Bangor Street Suite 2
Augusta

We are building a strong recovery. reentry. community. together

Providing community support meetings, community events and reentry coaching.

(207) 226-3438
info@thearrc.org

Proudly supporting the recovery community,
this section is sponsored by



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

207-284-1844 / 800-498-1844
www.maineafg.org

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
www.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
www.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
818-773-9999 / 800-974-0062
www.namaine.org

Nicotine Anonymous

www.nicotine-anonymous.org
469-737-9304

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.
www.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
www.wellbriety.com

Statewide Resources

CRISIS HOTLINES

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.



Recovery Centers

Aroostook Recovery Center of Hope

36 North Street #1, Houlton
207-254-2213

ARRC Augusta Recovery Reentry Center

2 Bangor St, Suite 2, Augusta
207-226-3438

Bangor Area Recovery Center

142 Center Street, Brewer
207-561-9444

Bath Recovery Community Center

97 Commercial Street, Bath
207-389-4236

Beacon House Peer and Recovery Center

3 Canal Street, Rumford
207-418-0079 / 207-369-0868

Beacon of Hope Recovery Center

19 VFW Street, Lincoln
207-403-9100

Biddeford Peer Support Center

15 York Street, Biddeford
207-358-4414

Boothbay Harbor Peer & Wellness Center

35 School Street, Boothbay Harbor
207-315-6236

Coastal Recovery Community Center

11 White Street, Rockland
207-691-3697

DownEast Recovery Support Center

311 Main Street, Calais
207-952-9279

Down East Recovery Support Center

11 Free Street, Machias
207-259-6238

Harvest Inn Peer Center

43 Hatch Drive, Caribou
207-492-1386 / 207-498-0247

INSPIRE Recovery Center

24 Church Street, Ellsworth
207-412-2288

Lakes Region Recovery Center

25 Hospital Drive, Suite E, Bridgton
207-803-8707

Larry Labonte Recovery Center

412 Waldo Street, Rumford
207-418-4983

LINC Center

38 Memorial Drive, Augusta
207-530-0391 / 207-430-4001

Perry Center (formerly Amistad)

835 Forest Avenue, Portland
207-772-1956

Pir2Peer Recovery Center

1009 Central Street, Millinocket
207-723-1327

Portland Recovery Community Center

102 Bishop Street, Portland
207-553-2575

REST Center

205 Main Street, Lewiston
207-783-7378

Rockland Peer Support Center

12 Union Street, Rockland
207-317-3012

Sanford Peer Support Center

19 Washington Street, Sanford
207-956-2984

Together Place Peer Run Recovery Center

2 Second Street, Bangor
207-941-2897

Valley Peer Run Recovery Center

272 Main Street, Suite 101, Madawaska
207-728-4806 / 207-316-7375

Wabanaki Health & Wellness Center

157 Park Street, Suite 5, Bangor
207-951-7526

Waterville Peer Recovery Center

32 Ticonic Street, Waterville
207-859-2667

Roads to Recovery Community Center

1 Water Street, Caribou
207-493-1278

WHAT YOU CAN DO TO HELP PREVENT PRESCRIPTION DRUG MISUSE

by Janet Dosseva, MPH, PS-C

Prescription drug misuse is a serious public health concern. Most people who began misusing prescription medications were able to get them with ease from the medicine cabinets of family and friends. This misuse is especially dangerous for prescription opioids and other medications with a high risk of dependence. We have seen some alarming trends, with 2021 being a record-breaking year for opioid overdose fatalities in Maine.




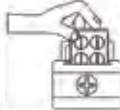
The good news is that we all play a role in prevention when it comes to this topic and can all safeguard our families and communities by practicing safe use, storage, and disposal to limit misuse.

- **Use prescriptions safely:** use medication which is prescribed to you and as prescribed. Do not share with others or in a way other than prescribed.
- **Store prescription medications safely:** keep these medications out of easily-accessible areas. Where is your medicine cabinet right now? If you answered “the bathroom” or “the kitchen,” it might be time to change that. These are two of the most accessible areas in a home. If you have prescription medications (other than life-saving ones), consider locking them up in a lock box and putting that box in a different location.
- **Dispose of medications:** we all hold onto things longer than we should at times. Set some time aside to go through your prescription medications and safely dispose of ones which are expired or no longer needed.

Safe disposal methods protect you, your family, and our community by reducing the risk of prescription medication misuse, diversion into the community, and contamination of our drinking water. Safely dispose of your unused, expired, and unneeded medications.

Throwing medications directly in the trash, flushing, or giving them away to others are not recommended!

Prescription Medication Safe Disposal Methods

<h4>At Home Disposal</h4> <ul style="list-style-type: none">• Mix medication with unappealing substance in plastic bag and throw away• Flushing is not recommended 	<h4>Police Department</h4> <ul style="list-style-type: none">• Year round take back at Westbrook PD lobby (570 Main Street)• Prescription medication drop box 
<h4>Drug Deactivation Kits</h4> <ul style="list-style-type: none">• Pouches like Deterra deactivate medications• Mix meds in bag, pour water, seal, shake, and throw away 	<h4>National Drug Take Back Day</h4> <ul style="list-style-type: none">• Last Saturday in April & October 10 am - 2 pm• Many more drop off locations other than PD• Most environmentally friendly 



This article is written by Janet Dosseva, MPH, PS-C, Program Director for Westbrook Partners for Prevention



About Westbrook Partners for Prevention (PFP)

PFP is a grant-funded substance use prevention coalition in Westbrook, Maine. The coalition is made up of diverse community stakeholders, collaboratively working to reduce and prevent youth substance use rates. PFP works diligently to increase awareness and provide education and resources to both the adult and youth communities. westbrookpartnersforprevention.org



WE CAN ALL HELP IN THE FIGHT AGAINST SUBSTANCE MISUSE.



Prevention and recovery takes community.

Learn more about our work at rali-me.org

