

# Journey

making recovery from addiction visible

Aug/Sept 2022 • Issue 22



## Freddy Petrone

Losing his sight  
began his journey

## Couples in Recovery

**Maine Voices of Recovery:**  
Stories Restoring Hope

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Aug/Sept 2022 • Issue 22

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*Journey* is a woman-owned, independent media brand launched in 2019.

Our mission is to amplify hope by making inspiring personal recovery stories, recovery programs and resources more visible.

## Published 6 times a year by

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## Cover

*Freddy Petrone photo*  
by Brian Delaney



## 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



***A pivotal conversation, a connection,  
and the space between hope and belief***

On February 19, 1993, a conversation with a friend sparked a tiny bit of hope that lifted me out of the deep, dark, intensity of despair I was feeling. The despair was the result of trying many times to get sober and failing ... again.

I had done what I thought at the time was ALL the things—therapy, detox, rehabs—and yet, I was drunk again. On February 12th, I completely surrendered and went into long term treatment. The week between the 12th and the 19th was seven full days filled with such depths of sadness, fear, anxiety, shame, guilt, and remorse that I felt consumed by it all.

That conversation on Feb. 19th was pivotal because he gave me a mustard seed of hope. For me, that mustard seed turned into a connection with something I still don't understand, but I know it helps me stay grounded, feel cared for, and supported in everything I do. It allows me to take risks, fall down, and get back up.

I've learned over time that in the space between hope and belief is COMMUNITY.

People. Humans.

A community can exist with two people sharing common attitudes, interests, and goals. I've experienced that with my own personal recovery, but also as a mother, a wife, a sister, and now as a business owner.

Today I know that I can seek out communities and step in as a newcomer, eager to learn, change, and grow. My work today is not talking myself out of it because I don't think I'm worthy, capable, deserving ... just fill in the blank of how negative self-talk can unveil itself when there's a hope that leads to desire and a need to grow. When I put myself in communities with other people who are doing what I want to be doing, the experiences lead me to believing that it's also possible for me.

In this issue, we celebrate communities that have formed in service to others. Bruce Noddin formed *Maine Prisoner Re-Entry Network* to create a collaborative community in order to reduce recidivism in the State. *Freddy Petrone* tells his personal story of how losing his sight led him to recovery, which in turn led him to form a non-profit to be of service to members in his local community.

Our goal here is to lift up communities, tell inspiring personal recovery stories, promote programs and resources, and make hope visible where people live and work.

Amplified hope saves lives.

I know it did mine.

*Carolyn*

**ADVERTISER INDEX**

- AA World Services Meeting Guide... 31
- Al-Anon Family Groups..... 31
- Augusta Recovery Reentry Center.. 32
- Bangor Area Recovery Network..... 32
- Cap Quality Care..... 29
- The Family Restored ..... 13
- Grace House..... 27
- Healthy Androscoggin/Quit Tobacco.. 9
- Inspire Recovery Center..... 31
- Karen St. Clair/EFT Tapping..... 31
- Kennebec Valley Chamber ..... 31
- Lakes Region Recovery Center..... 32
- Larry Labonte Recovery Center ..... 32
- Maine Assoc. of Recovery Residences 21
- Maine Health..... 2, 8
- MaineGeneral Medical Center..... 7
- MCCSworks..... 36
- Overeaters Anonymous..... 27
- Pir2Peer Recovery Community Ctr.. 32
- Portland Chamber of Commerce..... 27
- Portland Phoenix..... 15
- Portland Recovery Community Ctr... 32
- RALI Maine..... 35
- Recovery on the Road..... 31
- Saco & Biddeford Savings..... 11
- SaVida Health ..... 13
- SerenityME..... 7
- The Unplugged Arcade..... 27
- Weiss Method..... 17
- Westbrook Partners for Prevention ... 23

**visible recove**

# In this issue

*Personal Recovery Story: Freddy Petrone*.....6

Bringing Your Whole Self to Work ..... 10

Sober Houses Within Communities are Essential  
in Addiction Recovery.....12

*Personal Recovery Story: Christine Maider*.....14

Maine Prisoner Re-Entry Network .....16

PRCC Turns 10.....18

Well-Being at Your Fingertips.....22

Recovery Friendly Workplaces.....24

*Couples in Recovery: "It's Complicated" –  
Recovering from Infidelity* .....26

Maine Voices of Recovery .....28

Recovery Community Center Corner .....30

FREE Mutual-Aid Recovery Programs .....33

Statewide Resources & Recovery Centers.....34



# ry saves lives

## PERSONAL RECOVERY STORY

# Freddy Petrone

## *Losing his sight was a catalyst for finding his recovery path*

**F**our years ago, Freddy Petrone spent his birthday at the driving range at Cape Neddick Country Club, and when he placed a ball on the tee and took a swing, it disappeared immediately.

He lost sight of every ball that came off his club, and he knew in his gut something was terribly wrong.

The next day, Petrone saw a doctor, who sent him to Massachusetts Eye and Ear in Boston, where he was diagnosed with Leber's hereditary optic neuropathy, a genetic condition that causes vision loss. The doctors in Boston said he would lose his sight within two to three months.

Petrone, a daily drinker, relied on alcohol to cope with his diagnosis, and his heavy drinking kept him from enjoying what little vision he had left.

"My alcoholism at the time, to be honest, helped me get through that," Petrone said. "I was losing my vision so rapidly it caused me to have severe hallucinations (Charles Benay Syndrome). I would look in the mirror, and my face would literally disappear in front of me. So I'd pour another drink."

At 45, Petrone went blind.

Petrone had tried to get sober from alcohol and drugs many times with little success. Shortly after losing his vision, he weaned himself off alcohol in order to visit his sister in Kentucky at Christmas. He spent three weeks

in Kentucky, without taking a drink, but during that time he was very irritable. "I was so angry, I just didn't care any more. I knew when I got back home to Portsmouth, I was going to start drinking again. The disease had such a grip on me. I made a conscious decision to drink myself to death."

The night he got home, Petrone received a miracle phone call from Willis Eye Hospital in Philadelphia, Pennsylvania with an invitation to participate in a new one year clinical trial that could possibly restore his eyesight. In order to qualify for the trial, his liver enzyme level had to be below a certain number. Thankfully, his bit of abstinence while in Kentucky lowered his enzyme count enough for him to qualify and at the same time, he enrolled in the Carroll Center for the Blind in Newton, Massachusetts.

"The first day at blind school was the worst day of my life," Petrone said. "When I heard the tapping of all the students' canes, it hit me that I was really blind. I started pacing and yelling, 'I'm f'in blind!!' I just could not fathom what was happening to me."

On the second day of school, Petrone was so angry, he wanted to leave but instead, he went to a 12 step meeting, which was offered once a week at the center, and after got down on his knees and prayed "God, please take away this obsession for drugs and alcohol."



Photo by Brian Delaney.

After 2 weeks, something clicked.

"God did for me what I could not do for myself. I got up at 4:30 am and started walking. I made a decision to stop feeling sorry for myself and from that point forward, I was determined to live."

He attended the recovery meetings, and walked 6-10 miles every weekday. By the time he finished the 16-week vision loss program, he had lost 55 pounds, he was still sober, and gained a new sense of freedom and confidence.

Going blind saved his life.

When Petrone returned to Portsmouth from blind school, he dug into recovery and started going to meetings and working the steps. Through that process, he learned tools he needed to deal with his anger and accept life on life's terms.

"The doctors said I could get my eyesight back in around 12 months so I was continuing to hang on and not drink. I was just waiting for that one-year benchmark to see what everyone looked like. As I approached a year, my vision wasn't improving, nothing was happening. But I was still sober. And that alone was a miracle. Through my recovery process, and unbeknownst to me, I was building my foundation that was preventing me from relapsing."

“After going through the 12 steps, I experienced a spiritual awakening, something I had never had in my life before or ever knew existed, and although I was mad at God for taking my vision away, I realized I needed to lean on Him the most throughout this journey. My sponsor instilled in me the importance of helping others, and by doing so removes any self-pity I may have.

Without completely understanding how that worked, I trusted him and started to hand out popsicles at Market Square, without expecting anything in return.”

The cornerstone in Petrone’s life today is helping others. In sobriety, he continues to walk 15 to 20 miles a day in Portsmouth, often getting stopped in his tracks while crossing the Memorial Bridge when it lifts for passing boats.

In 2021, Petrone founded *I Got Bridged*, a nonprofit dedicated to serving people in need on the Seacoast, the name comes from his experience of getting stuck on the bridge and in life. “Getting bridged is not only a physical barrier, but a metaphor for life ... how to get to the other side.” Petrone likes to say “once you cross your bridge, once you get unstuck, it is your ‘Time4Joy.’”

“In that first year they say it gets worse before it gets better,” he said. “It doesn’t just get better, it gets ‘through the roof’ better!! I can’t even contain myself. My biggest problem is that I have a hard time falling asleep because I can’t wait to wake up in the morning. That’s just the truth. I never thought it was possible to be this happy, especially without alcohol and drugs. The feeling that I get is pure joy.

In regards to helping others, the only way to explain the amazing feeling you get is to actually do it.”

.....  
*Written by a Journey team member.*



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# Bringing Your Whole Self to Work with Soberforce

by Gabrielle Gilbert

It all started with a courageous social media post by a co-worker on LinkedIn about his personal recovery. His post led to Marin and two others connecting to share their experiences with each other.

Then in the fall of 2020, Marin Nelson decided to be brave and emailed her 50,000 colleagues at Salesforce inviting them to join a newly formed sober-focused employee group, Soberforce.

After years working for start-ups, Nelson became the regional Vice President of Enterprise Service at Salesforce. Now, she is also the CEO and Co-Founder of Soberforce, an Employee Led Resource Group aimed at destigmatizing addiction and supporting recovery in the workplace.

Sixteen years sober, Nelson has consistently had examples of both alcoholism and recovery in her own family. Recognizing addiction in herself in her teenage years inspired Nelson to reach out for help in May 2005. She started with a 12-step program and found success.

Her sobriety enabled her to gain success in her career and she practiced being upfront about it in those spaces. Informing her coworkers about her sobriety put her in a position of accountability and, eventually, she was able to identify with it.

“I’ll always share about being in recovery,” Nelson says, “because I never know when it will help someone.” From her own power and vulnerability, she created a space

that allowed others to share with her as well.

That was the soil that Soberforce was started in.

Traditionally, sales can be a career of high pressure and demand, as well as lonely day to day. About 75% of sales workers suffer from extreme stress. Soberforce works in direct opposition to that to make employees feel seen and cared for by creating spaces for workers to openly share their own experiences.

Soberforce was developed by Nelson and three other Salesforce employees from different groups who were also on their own recovery journeys. Authentically and vulnerably, workers began sharing their own stories of struggle and day counts of their sobriety, gaining courage and support from others in the same environment. They quickly noticed “people are struggling everywhere.”

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**By having informed and compassionate leaders, employees feel cared for and empowered.**

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Currently, Soberforce has a standing monthly call for members to join and share their personal journeys. There are also break-out sessions for members to spark connections and anonymous call-ins for members that need more time to share.

Soberforce is not affiliated with any particular recovery program, and is not limited to specific addiction struggles. Nelson herself recognizes



that there are any number of paths towards sobriety and that addiction, whether it’s alcohol or gambling, has to be acknowledged to be controlled.

Soberforce is also a space for allies in the workplace who are looking for support or wish to show their colleagues they care about their wellbeing.

Connection spreads when given a place to grow.

And naturally, Soberforce is still growing. Nelson credits Salesforce and its equity groups for the continued success of Soberforce.

With 75,000 employees, Salesforce has significant resources and reach, and is a trailblazer for this type of employee support. Salesforce provides resources, such as law counseling and crisis training, and a structure that can be implemented in other businesses interested in using the model of Soberforce in their own workplaces. That is the ultimate goal of Soberforce, to be adopted by businesses so they too can wholly see and support their teams.

Next steps for employee wellness, according to Nelson, include training leaders to acknowledge

their employees as whole people with full lives and their own struggles. It's important for these leaders to recognize when someone needs help and to have the tools to help them on an individual level. By having informed and compassionate leaders, employees feel cared for and empowered. That alone increases work ethic, a sense of purpose, and a sense of belonging that they can extend to their work and their lives after they clock out.

The impact of businesses integrating their own Soberforce resource teams could change society at large towards compassion and inclusivity, rather than pressure, judgment, suppression and punishment.

Nelson says that, often, all people need is a chance. "My hope is that more companies support mental health," she emphasizes, "not just recovery."

Resources like Soberforce have the potential to transform the workplace, and encourage each of us to show up to work exactly as we are and know we will be cared for.

Marin has recently accepted a new position with Visit.org, which helps companies discover and book hundreds of carefully curated social impact team experiences led by and benefitting local nonprofits, across 90 countries.

Her new role is an extension of what she started with Soberforce, impacting corporate culture at scale, facilitating dialogue around diversity, equity and inclusion, and corporate social responsibility topics.



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

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# Sober Houses Within Communities are Essential in Addiction Recovery

by Dara Hurt

There are few among us who have not been touched by addiction in some aspect of our lives. Whether the struggle is our own or that of family or friends, nearly everyone knows someone whose life has been altered by it.

On a warm spring day, Sarah Sawyer is in the kitchen of the recovery residence in Camden where she lives. She is cooking breakfast for herself and her best friend, Alyssa Carey. Alyssa also lives in the house and is due to deliver twins in October.

The women's lives were once linked by jealousy, anger, and the substances they shared. "I definitely wasn't inviting her over for omelets!" Sarah laughs.

Today they are self-proclaimed soulmates.

Alyssa had been living with a man in Union. Her days were a blur of drugs and alcohol. The situation and the man were dangerous, and she was unable to leave the house. She was cut off from friends and family, including her then 4-year-old daughter.

"I just woke up one day and the realization hit me that I had lost everything. I missed my daughter for the first time in quite a while. I realized that if I didn't do something, I would probably never see her or my family again." Alyssa was in so much pain that morning that she dropped to her



Sarah Sawyer (left) and Alyssa Carey cooking together at the women's recovery house. Photo by Dara Hurt.

knees in surrender. When the man left for work, she called for a ride to the hospital where she admitted herself for detox and treatment.

At age 18, Alyssa had been involved in a near-fatal car accident, and her struggles with substance use disorder began with prescribed painkillers.

Alyssa had made other attempts at sobriety, but she was finally given "the gift of desperation" and says that it has made all the difference in her outlook and commitment to sobriety. Alyssa is upfront and admits that she initially needed her freedom restricted, and she needed to be held accountable to get her feet under her. These aspects are built into the agreement that all prospective

residents must sign upon moving into the recovery residence.

Gradually residents build trust and personal accountability and the structure is eased.

Sarah had checked herself into residential treatment twice in her early twenties. "That was my first introduction to the steps" (the 12-step programs offered by Alcoholics Anonymous and Narcotics Anonymous).

The second time in treatment, she tapered off of Suboxone, a medication for opioid use disorder, but she continued to struggle. "I turned 30, and I was moving back in with my parents. I had nothing to show for my life. I started going to college, and was accepted into the nursing program. I was

functioning, I even had a 4.0 GPA but I was still using. I don't think that anyone was aware, but I just felt like a complete fake."

Sarah totaled four cars in two years, and kept thinking to herself that some "big thing" was going to be the catalyst that would make her get sober. "Finally I figured that if totaling four cars didn't do it, then what was it going to take?"

Sarah also says that the "gift of desperation" was a turning point for her.

Both women are grateful to have the recovery residence, run by the Midcoast Recovery Coalition, in their local area. "I went to residential treatment in New Hampshire but when I came home, all the people and temptations were still here," Sarah said. "I had to learn how to be sober amongst all of that, because this is home."

Both women now have jobs and a supportive community that includes many others in recovery. Sarah has a car that she is determined to keep for as long as possible. "No more crashes!" Both are paying off debts, rebuilding relationships, and thriving.

There are many 30-day residential treatment programs available, and while they offer an invaluable service, they can only lay the foundation for people whose real work is ahead of them.

Recovery residences offer a safe, substance-free place to live so that residents can focus on rebuilding their lives in their local communities.

There is no time limit on how long residents can stay in most recovery residences, as long as they are committed to their recovery and making forward progress on their goals.

Every person's situation is different, as are the kinds of support they may need. The houses are staffed with dedicated people, some of whom have rebuilt their own lives after addiction.

Both Alyssa and Sarah feel certain that if the recovery residence had not been available when they were released from treatment, and they had no alternative to moving back into the community, they would "most likely be dead now."

Midcoast Recovery Coalition is dedicated to helping families, friends, and neighbors struggling with addiction. They are a non-profit, 501-C charity and as such, depend on charitable donations.

Please consider a donation at <https://midcoastrecovery.org>.

.....  
*Dara Hurt is the women's house manager for Mid Coast Recovery Coalition.*



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## PERSONAL RECOVERY STORY

# Hotspot Hope

## Christine Maider's Story

by Gabrielle Gilbert

**C**hristine Maider is a powerhouse. She's a grateful and loving mother of four, a community activist, and a survivor. Christine has been in recovery for the past five years.

She's so much more than her alcohol use disorder, and she wants you to know that if you have a problem with alcohol or drugs of any kind, you are more than that, too.

Christine's drinking got out of control, and she lost custody of her children when she was 26. That's when she began working harder on her sobriety. Christine quickly learned how big a beast stigma and bias can be.

Through her journey, Christine has heard from social worker after social worker that she was a bad mom, she would never hold onto her sobriety, she should sign away the rights to her children. But she worked hard, and she's here to tell her story about regaining custody of her children. "It's a fine art," she says about tolerating stigma while pursuing her sobriety and keeping a cool head.

In that sense, Christine Maider is also an artist.

Five years ago, Christine moved to Worcester, MA when she was experiencing homelessness. Each

day, she drove by an AdCare Outpatient Facility, where she would see people standing around the front of the building, smiling and connecting with each other.

Everyone looked happy.

Christine would ask herself, "why can't I have that?" In the winter of 2016, she decided she could have it.

She signed up for AdCare's day program, met her current counselor, and attended meetings Monday through Friday for a year and a half. Then she was ready to begin the fight to get her children back.

Her reserves of hope began running low but she wasn't going to turn to alcohol this time. She was advised early on in her recovery that if she felt hopeless, if she couldn't find it in herself to keep going, that she could "hotspot hope," similar to a wifi signal on your phone, she could and did start to "pull hope" from those around her.

Christine's experiences with the Massachusetts Department of Children and Families (DCF) were frustrating and painful, but she leaned on her community and took direct actions that helped her maintain the hope of regaining custody of her children. Since the



Photo by SJ Photography

early days of her recovery, Christine has been involved in community volunteering, fundraising committees, and work at the YWCA in her area.

She participates in a Parents in Recovery Advisory Counsel to both process her own experiences with DCF, help support other parents, and organize change within the DCF system. "I believe everybody has the right to recover," she says.

Slowly but surely, Christine and this counsel's work have borne fruit.

Two concrete examples of successes are counsel training for offices within DCF on substance use disorder and domestic abuse and allowing recovery coaches to participate in family meetings alongside social workers.

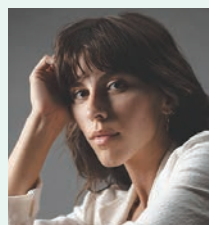
Currently, Christine Maider is one of four women featured in Lisa Oliveri's second documentary, *Recovery City*. Based in Worcester, MA, the documentary acts as an "immersive portrait" of the recovery of these women. Along

with Bridget, Janis, and Rebecca, Christine shares her fight for custody on screen and proves to everyone once and for all that recovery is for everyone.

Christine did regain custody of her children and is maintaining her sobriety and reclaiming her life. For every oppressive comment made in her direction, she has tenfold the smiles from her children. A moment she holds close to her chest is the day she brought her second oldest daughter to her apartment for the first time after gaining custody.

There would be a comparison, now, between her small apartment and the wealthier foster family who took her daughter to Ireland. When Christine tucked her into bed that night, her daughter said she could have everything in the world, “but all she really wanted was her mom and her family.”

This moment has become a well of hope for Christine and now, she gets the opportunity to spend all the time she can with her family.



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



A conversation starter about the grit, resiliency and camaraderie it takes to reclaim lives from addiction.

Learn more at:

<https://www.lisaolivieri.com/recovery-city-synopsis-trailer>

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# Maine Prisoner Re-Entry Network

## *Creating and fostering connections, building one collaborative community*

by Kim Wilson

The state of Maine has a relatively high rate of recidivism, but the Maine Prisoner Re-Entry Network (MPRN), in partnership with the Maine Department of Corrections, is working to change that.

According to Bruce Noddin, the founder of MPRN, “The number that typically gets thrown out is that somewhere between 75-80% of all people in custody suffer from substance use disorders or have a substance use history.” “But,” he adds, “If you ask folks inside, it’s a lot higher than that.”

Bruce was part of a jail ministry in the Androscoggin County Jail, but there was little support for people when they returned to their communities. “I just kept saying, ‘This is all great, but what are we doing for these guys once they leave?’ And the answer was ‘nothing.’ There was no followup. So in June 2017, the head of Catholic Charities social ministries said ‘why don’t you create something?’”

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**“From DAs to prisoners and everything in between,” says Bruce. “There’s a ton of collaboration going on.”**

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The network that resulted, MPRN, now holds a “weekly statewide convening” every Tuesday morning, with 60-80 people from all walks of life — “From DAs to prisoners and everything in between,” says Bruce. “There’s a ton of collaboration going on.”



Courtney Allen, Johnny Clark, Marshall Mercer, Brandon Tobey, Kelli Johnson and Bruce Noddin. Photo provided.

Prisoners have access to network resources nine months to a year prior to their release. “We connect people with recovery residences, recovery coaches, workforce development. We bring in family members, friends, faith-based organizations — whatever their pathway is, we want to help that person discover it,” Bruce explains.

“And I always add ‘dare to dream,’” he continues. “We say, ‘Is there something you’re really interested in? Let’s see if we can pursue this.’ We bring people to the table who can make these things happen. This is about building a life, putting some passions in there. People on the outside have these check boxes: a place to live, access to food, a job, and you’re all set. But we’re here to say, ‘That’s not life. That’s survival.’”

In addition, MPRN created a support group for families called

Rose’s Room, initiated by a mother whose son was incarcerated. Prior to the Covid pandemic, there were 11-12 chapters of Rose’s Room. Currently there is a monthly statewide meeting, and some local meetings are getting started again in-person. “It’s a beautiful way to support people who are in this situation,” Bruce says.

One of many people who have benefited from MPRN’s programs is Kelli Johnson. “I met Bruce Noddin at the Southern Maine Women’s Re-Entry Center, just 10 days after I had my daughter, in prison. I looked at him and said ‘I’m going to work for you some day.’” Kelli is now Director of Administration at the Augusta Recovery Re-Entry Center (ARRC).

“Being separated from [my children] and my newborn daughter, it hit hard,” Kelli says. “I’m really thankful that when I did

get out, MPRN was there to support and guide me along the way. A lot of people get out of jail, and they're forced back into the same lifestyle because nobody will give them a chance," she adds. "I was one of the lucky ones. MPRN gave me the chance, and I've been able to prove myself along the way."

"We just want to make sure that people know we are here," adds Bruce. For more information, visit [www.re-entrymaine.org](http://www.re-entrymaine.org).

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***A very special thank you to  
Bruce Noddin from Kelli Johnson***

*Where would some of us be without Bruce Noddin and the rest of the Maine Prisoner ReEntry Network Team?*

*Sometimes all it takes is for someone to believe in you, give you a little direction, and whisper kind words of support in your ear.*

*Bruce saw past my criminal record and past mistakes, recognized my talents, and has opened doors for me that I never knew were possible.*

*The Maine Prisoner Reentry Network is blurring lines, reducing stigma, changing lives, and bringing our communities together.*

*I would like to send a huge thank you to Bruce and the rest of the MPRN team for believing in me as well as so many other currently and formerly incarcerated Maine citizens.*

*I thank you all so much for your support, and I am honored to be an MPRN employee.*

*#DareToDream*



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



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# How Can We Help You

## *PRCC celebrates*

**T**here was already momentum when recovery community centers (RCCs) burst onto the national scene as part of a “new recovery movement” in America.

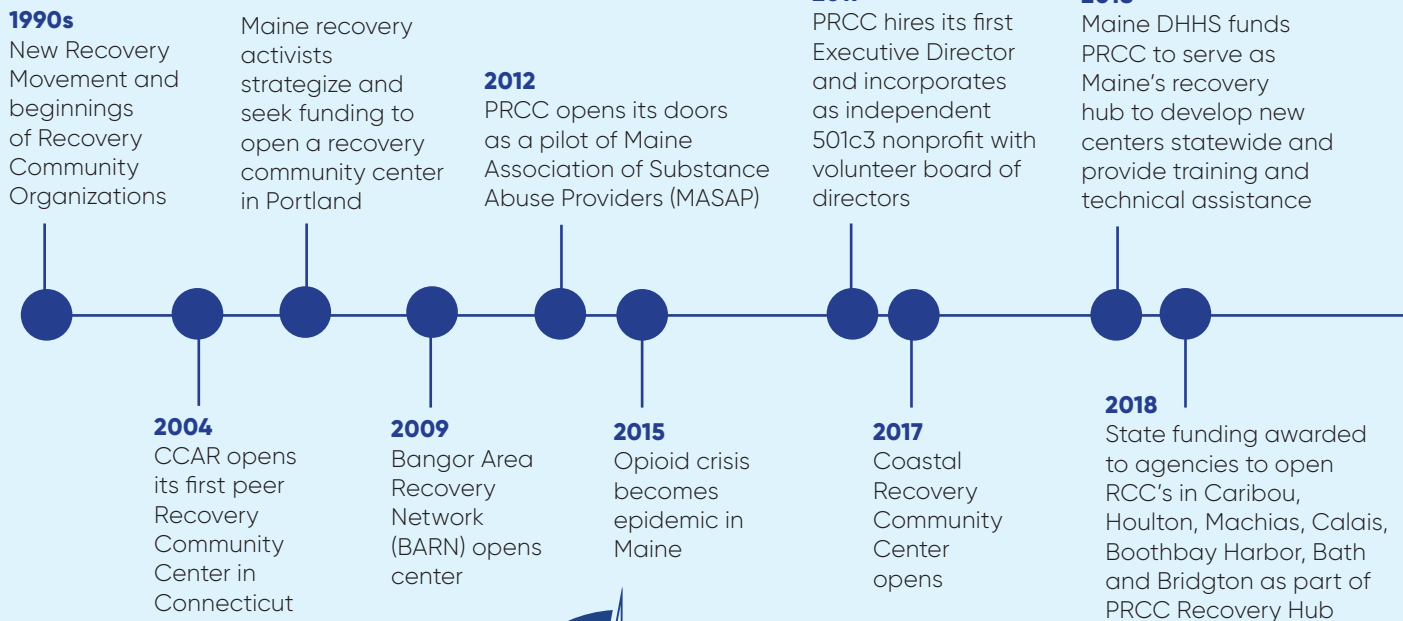
When the first peer RCC opened in Connecticut in 2004, a passionate group of activists were simultaneously working to bring RCCs to Maine. Envisioned as places where recovery can be nurtured and sustained, RCCs “bring recovery to Main Street” and by making recovery visible, carry the message of hope to the larger community.

Portland Recovery Community Center (PRCC) is celebrating its tenth anniversary in September with the grand opening of its new building that serves as a place for a growing recovery community, locally and statewide.

Ten years ago, the landscape in Maine was very different. The opioid epidemic was taking hold, and while strong 12-Step programs existed, there was only one RCC in Maine, the Bangor Area Recovery Network (BARN). Recognizing that people need a safe and caring space to explore options for recovery, PRCC set out to make multiple pathways of recovery more accessible to more people.

Deb Dettor, who played a key role in starting PRCC said, “The idea was that anyone could walk into the center and meet people like themselves, who were taking the hard steps to recover from addiction. They would find community support and a vast array of coaching, groups and activities to help them be successful, free of charge.”

PRCC began as a pilot project and five years later became an independent nonprofit, led primarily by people in recovery from substance use disorder.



# With Your Recovery Today?

## *a decade of helping*

Today, PRCC has over 2,500 active members attending more than 50 groups and activities weekly as well as volunteering in all the center's operations and programming.

In 2018, with funding from the Office of Behavioral Health at DHHS, PRCC became Maine's Recovery Hub to help start and coordinate the work of new RCCs throughout the state. Today, there are 17 RCCs across Maine and more in development.

There is a growing body of evidence demonstrating the effectiveness of RCCs in helping people find and sustain long-term recovery.

PRCC, along with all of Maine's RCCs, is proud to serve on the leading edge of the recovery movement.

We look forward to the next decade of helping recovery live, grow and thrive in Maine.



**2019**  
Pir2Peer  
opened in  
Millinocket

**2020**  
Larry  
Labonte  
Recovery  
Center  
opened in  
Rumford

**2020**  
During COVID-19 restrictions, RCC's provided virtually or in-person:  

- 6,837 activities and meetings/ 55,067 attendees
- 2,408 recovery coach sessions/ 432 individuals statewide
- 18,108 Telephone Recovery Support calls made/694 individuals statewide

**2021**  
PRCC  
purchased  
and opened  
new center  
at 102  
Bishop  
Street in  
Portland

**2021**  
INSPIRE  
opened in  
Ellsworth

**2022**  
Community  
planning and  
momentum in  
York, Franklin,  
Somerset and  
Piscataquis  
Counties

**2019**  
REST Center  
opened in  
Lewiston

**2020**  
RCO study published by  
Dr. John Kelly, Director  
of Recovery Research  
Institute, Center for  
Addiction Medicine,  
Massachusetts General  
Hospital, Harvard Medical  
School showing RCC's  
build recovery capital and  
help sustain recovery.

**2021**  
Maine passed  
LD 488 making  
funding available  
to open more  
RCC's in Maine

**2021**  
Save a Life  
Recovery Center  
opened in Lincoln

**2022**  
Augusta  
Recovery  
Reentry Center  
opened in  
Augusta

# 10

YEARS

**Portland Recovery Community Center (PRCC) is celebrating its tenth anniversary in September with the grand opening of its new building that serves as a place for a growing recovery community, locally and statewide.**

# stig·ma



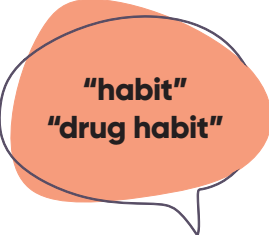

**DEFINITION** a socially accepted negative attitude or idea about people with substance use disorder that can lead to shame and discrimination which:

- creates a significant barrier to wellness and good health
- isolates and separates people who use substances

## STIGMATIZING LANGUAGE

- can shame people and stop them from asking for help
- causes people to struggle with feelings of worthlessness
- dehumanizes a person by assigning a label
- affects how people are treated by society

How people self-identify is up to them, but it's time to change our language as a society.

TERMS TO AVOID	WHY	PREFERRED
 <p>"addict" "abuser" "junkie" "user"</p>	These terms are demeaning because they label a person solely by his/her illness or behavior and imply a permanency to the condition.	Person with a substance use disorder.
 <p>"clean" "dirty"</p>	These words associate symptoms (i.e. positive drug tests) with judgement statements about cleanliness.	Negative, positive, abstinent, substance-free, actively using.
 <p>"habit" "drug habit"</p>	These terms deny the medical nature of the condition and imply that resolution of the problem is simply a matter of willpower in being able to stop the habitual behavior.	Substance use disorder, regular substance use.
 <p>"opioid replacement" "methadone maintenance"</p>	These words imply that treatment medications are equal to street drugs and suggest a lateral move from illegal to legal addiction.	Medication-assisted treatment, medication-assisted recovery.

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# Well-Being at Your Fingertips with EFT Tapping

by Karen St. Clair

**W**e're here today and every day to smooth the path of recovery for ourselves and others. Let's acknowledge that every human being on the planet is in their own form of recovery. You/Me/Us.

Stress and anxiety are common daily occurrences in modern life and "are the cause of at least 95% of all illness and disease" according to Dr. Bruce Lipton, a highly renowned and respected cell biologist from Stanford University Medical School.

Apart from all of the traditional remedies, there's an alternative way to manage this discomfort—it's called EFT Tapping.

EFT stands for Emotional Freedom Techniques, a gentle form of therapy that uses the simple technique of tapping certain acupressure points on the body, providing quick results in reducing stress and anxiety.

Founded more than five decades ago by an American clinical psychologist, EFT Tapping has become a leading mind-body stress reduction technique. Utilizing the same energy meridian system as acupuncture (without the needles), EFT is widely used by more than 15 million people worldwide including recovering celebrities such as You, Me, Oprah, Prince Harry, Actor Naomi Harris, and world-class athletes who use it to improve performance.

Why is EFT practiced by millions? **Because it works.**

EFT Tapping is a scientifically proven technique that quickly reduces high levels of the stress hormone, cortisol, and anxiety-related physical pain. Supported by in-depth EFT research and experiential success stated by the U.S. Department of Veterans Affairs, VA therapists use EFT with their clients suffering from PTSD, depression, anxiety, pain, and other conditions. It also alleviates issues such as phobias, fears, pain and limiting beliefs just to name a few. Simply put, EFT works on everything.

As an EFT Practitioner for more than 12 years, I've guided thousands of clients through the EFT process locally and globally and have found each circumstance to be unique, and yet EFT continues to deliver the ultimate commonality of profound positive outcomes.

As one of my clients described it: "I have suffered with panic attacks, anxiety disorder, fears, and phobias for more than three decades. I've tried everything to cure it, from medication to meditation, and everything in between. I just needed the right tools. From the first session I felt a shift in myself, that I didn't know was possible. In each session I dug deeper and made



connections within myself that I had never made before. Things surfaced that I didn't know I was still holding on to. I can honestly say I've never felt so free and safe in my own body, with my own thoughts. This is the longest I've ever gone without experiencing a panic attack."

In this Well-Being Series, we'll explore how EFT has helped change lives for the better.



*Karen St. Clair is an Accredited Certified EFT International Trainer NQT, Reiki Master of Masters, International Best Selling Author, Speaker, Founder of Reiki Tap Renewal<sup>SM</sup>*

*and a highly skilled professional with a true gift for facilitating her clients' life-changing outcomes. [karenstclairEFT.com](http://karenstclairEFT.com)*

— SPONSORED CONTENT —



# Community Harm Reduction Efforts

by Janet Dosseva, MPH, PS-C

In September 2021, Westbrook installed four community sharps boxes for safe disposal of syringes and other types of sharp medical waste. These boxes were placed around the city in locations where there were reports of improperly disposed needles. This was a collaborative effort involving the Westbrook Partners for Prevention Coalition, The Opportunity Alliance, city officials, Westbrook Police Department, Westbrook Fire Department, and Westbrook Public Services. These sharps disposal boxes serve to not only protect community members from injury, but to also reduce stigma surrounding drug use.

Currently, five municipalities have community sharps boxes available. If you're interested in getting community sharps boxes for your area, learn more by accessing the Maine CDC's Community Sharps Disposal Toolkit. For more information, visit [mainepreventionstore.com](http://mainepreventionstore.com).

## WESTBROOK COMMUNITY SHARPS BOXES

- 1 901 Main Street  
by the fence at Saccarappa park
- 2 Central & Cross Streets  
at the intersection
- 3 192 Brown Street  
outside the community policing building
- 4 Riverbank Park  
back road near the old Legacy Publishing building

Containers provided with support from:

### WHY USE A SHARPS BOX

- Prevent needle-stick injuries and risk of the spread of blood-borne diseases
- Protect the public
- Protect city workers
- Protect the environment

### OTHER ALTERNATIVES

If you cannot access a sharps box, you can dispose of sharps using a thick plastic container like a laundry detergent bottle or a coffee can. Write "sharps" on the container, tape it shut, and throw it in the trash.

### SPECIFIC LOCATIONS:

192 BROWN ST | THE INTERSECTION OF CROSS AND CENTRAL STREETS | RIVERBANK PARK | 901 MAIN ST. ON THE SACCARAPPA PARK FENCE



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](http://westbrookpartnersforprevention.org)





**— Maine's Good Samaritan Law —**

**PROTECTS A PERSON WHO:**

- in good faith, seeks medical assistance for a person experiencing a drug-related overdose
- is experiencing an overdose and needs medical assistance
- is “rendering aid” at the scene of an overdose. *“Rendering aid” means performing any action that involves looking after a person who is experiencing a suspected drug-related overdose.*

**PROTECTS THEM FROM:**

- arrest and prosecution for most non-violent crimes, including ALL drug crimes
- revocations of bail, probation, supervised community confinement, community confinement monitoring, deferred disposition, and administrative release for most non-violent crimes, including ball drug crimes
- arrest on outstanding warrants for most non-violent crimes, including all drug crimes

**IT DOES NOT PROTECT A PERSON:**

who commits violent crimes, including but not limited to:

<b>Violent crimes:</b>	<b>Sex crimes:</b>	<b>Crimes against children:</b>
Murder/Manslaughter	Gross sexual assault	Abandonment of a child
Violation of a protection order	Unlawful sexual contact	Endangering the welfare of a child
Domestic violence	Sexual abuse of minors	etc.

# "It's Complicated": Recovering from Infidelity

by Elaine Shamos, MPH and Glenn J Simpson, LCSW-cc, CADC

Infidelity in any relationship is a complex and highly individual, traumatic event to dissect and heal from.

The definition of what constitutes infidelity is complicated.

Esther Perel in her bestselling book, *The State of Affairs*, writes that infidelity includes one or more of the following elements: secrecy, sex, and emotional involvement.

When infidelity occurs in early recovery, it can be referred to as another "ism" or even sexual addiction. Affairs occur for a multitude of reasons—a need for adoration, autonomy, risk-taking, excitement, revenge, or a need for power and control.

While the affair is not about the partner, it is very difficult to not take it personally. The responses of the partner are varied and highly personal—shock, feelings of betrayal, fear of abandonment, humiliation, guilt, rage, disillusionment, and obsession.

Recovery from infidelity involves the immediate crisis, making sense of what happened, and ultimately envisioning a new future together. This is a complex process and should be undertaken with the help of a trained couple's therapist.

While most experts agree on general recovery steps, they are not "black and white." Each case must be individualized, with an understanding of the nuances of addiction and codependency.

General recovery steps:

- 1 End all contact with the "other person."
- 2 Consult a couples' therapist who has expertise in addiction and codependency.
- 3 Negotiate transparency regarding phone and computer usage.
- 4 Demonstrate sincere remorse for the betrayal. Taking responsibility is vital for the healing process.

5 Talk about the affair and be willing to answer all questions. This is not a one-time discussion. It takes time and requires listening without anger or blame. It is up to the partner to decide how much detail they need without causing more trauma or obsessional thinking.

6 Allow your partner to express their feelings as they come up or as they are triggered, which is part of post-traumatic stress following an affair. It is helpful to work on these triggers with an individual therapist.

7 Both partners may benefit from individual therapy to work on the meaning and effects of the affair. These may include work on cross-addictions, secrecy, seeking adoration, triggers, shame, and boundaries.

8 Work on improved communication—active listening with honesty and compassion. Making sense of the affair can lead to deep

discussions about envisioning what the couple wants.

9 Spend time together not talking about the affair.

10 Do not expect quick or easy forgiveness.

Infidelity does not generally occur because something is wrong in a relationship. Most people who have affairs are in conflict between their beliefs and their behavior. With good therapy and commitment, a relationship does not have to end. Recovery is about re-creation, and healing from infidelity can be about creating a more intimate connection.



*Elaine Shamos, MPH & Glenn J. Simpson, LCSW-cc, CADC, from Portland, are new contributors to the Journey editorial team, and they can be reached at [facebook.com/CouplesinRecovery](https://www.facebook.com/CouplesinRecovery).*

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# Maine Voices of Recovery

## Stories Restoring Hope

by Jamie Lovley



**B**ecky Peasley has been a nurse in the state of Maine for 25 years, but her passion for helping others extends far beyond work. She is a board member for the Coastal Recovery Community Center and speaks in jails, at committee meetings, and at other local opportunities to educate and inspire others.

Before living in South Thomaston, Becky grew up in Tenants Harbor. Today she lives on Sennebec Lake with her family. “It’s so beautiful, I consider it a gift of my recovery to be able to build a life I don’t need a break from.”

Growing up, Becky was an active and successful teenager. She got good grades, played sports, and made her family proud. She remembers that drinking alcohol for the first time at a friend’s house at 13 made her feel better about herself. “When I was drinking, I was a person who was prettier, better, and more confident. Everything felt alright.”

After she graduated and became a nurse, drinking stayed an

outwardly controlled constant in her life. It was in her thirties that things began to change. After her first marriage abruptly ended, Becky recognized she was losing control of her drinking and needed to stop. With the support of her family and friends, she made the decision to become sober for the first time. At her best friend’s wedding, Becky met and fell in love with the man who became her husband. “He has always been 100 percent supportive of me. He has never once shamed me.”

During this period of sobriety, Becky found herself obsessing over alcohol and being angry with herself. The support she had garnered from her loved ones kept her from picking up again, at least publicly. “I had learned growing up, as long as it all looks good from the outside, everything is alright.” She drank before social events and in private, trying to maintain neat appearances.

Eight years ago, during the second inning of one of her children’s softball games, Becky realized she could no longer go on like this. It was while she was drunk in that softball field parking lot, being helped to her car by her husband and mother, that Becky admitted, “I need help. I don’t care what I have to do.” She messaged someone in recovery, and met them the next day. That was the last time Becky drank alcohol.

In her newfound sobriety, Becky stayed active in her recovery, and continued her work as a nurse. Four months later, she had two unexpected surgeries

*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.*

and was prescribed medication to manage her pain. She had taken medications incorrectly while drinking in the past, but she knew exactly how many she would be given, and reassured herself that she would be done after they were gone.

With every follow-up appointment and complications from the surgery, Becky received more medications. After her husband had a serious hockey accident, things escalated further. “He took one, and I took the rest.” What started as two pills a day became ten, and then twenty.

Becky feared asking for help and losing her ability to be a nurse, or having her medical history stigmatize her. “I knew how people in the medical field can make judgments about people with substance use histories.”

Everything came to a halt four months later, when her employer found out. With her nursing career

on the line, she called her husband and said, "I need help, please come get me." His response to her was simple. "Where are you? I love you, and we are going to get through this."

"I felt like such a bad person, but I knew that my disease was just going to keep growing arms. I was so ready to be done." For hours Becky and her husband drove around calling numbers to try to get her the help she needed. No one answered. And no one called back for weeks. "It was terrifying wanting help and not being able to get it. For those two weeks, I could only go from my couch to a meeting. I had so much shame, all I could do was go to three meetings a day."

Those meetings and people's stories gave Becky glimmers of hope. Eventually, she was able to join an intensive outpatient program and found a therapist. Her supports in the recovery community kept her transparent. "Everyone told me you have to be 100 percent honest, willing, and open-minded. If it's in my mind, it has to come out of my mouth."

After this, Becky had to return to her former workplace for surgery to assess a mass for cancer. During the most painful and hopeless hours of her addiction, she had wished it would be cancer. Becky faced returning to the hospital for another surgery head-on, fully aware of the risks involved and the concerns her loved ones still had for her. She woke up from her procedure telling her former coworkers, "I don't take anything I'm not supposed to anymore." Her surgery was successful, she did not have cancer, and she had taken a massive step in her recovery toward freedom.

Becky eventually made amends with her employer, and another

gift of her recovery was returning to nursing in acute care. It wasn't always easy earning back people's trust, but she shared her story freely in hopes of educating others about the disease of addiction.

Becky's experience became a model for her workplace to change how they handled assisting employees in need of help with substance use disorders in the future.

Today, Becky is passionate about creating more life-saving recovery resources in the community. "Two weeks to wait for help is too long. Sometimes 24 hours is too long." Becky advocates for better access to treatment that makes early intervention possible. Creating more accessible resources in the state of Maine is the only way we keep sick people from getting sicker.

"I didn't just decide I'm going to go out and do drugs that day. I had surgery. Addiction is not a moral failing. It's not bad people trying to get good, it's sick people trying to get healthy."

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



*Jamie Lovley is a social worker 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.*

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# RECOVERY COMMUNITY CENTER

## CORNER

### Pir2Peer Recovery Center Launches a New Chapter

When the recovery center you began in 2020 is already in need of a larger space a few years later, it's a good sign that your center is helping more and more people find their path through recovery. The need for a larger space, however, also means that the issues the center is combating – substance abuse and issues related to addiction – continue to be growing problems.

It's this mix of success and pressing need that has launched East Millinocket's Pir2Peer Recovery Community Center to begin its next chapter and expanded mission in a new location in Medway. The new space will be owned by the center and provide more than double the space for recovery programs.

As Ginger Collins, president of Pir2Peer and one of the center's founders explained, "The Katahdin region is hard hit by substance use issues. Our new location in Medway is larger and much more convenient for people to get here and get the help they need.

We'll have our same programming, but now we're also able to expand our reach and offer more new programs. It's an exciting move for us to become a true hub for recovery in the Katahdin region."

Pir2Peer is a unique recovery center in Maine.

It was founded when three women in recovery living in the Millinocket area decided to take direct action to help solve the substance abuse crisis in their particularly hard hit part of the state.

The group secured state funding and decided to embed the grass roots nature of the center's beginning in their name. The Pir of Pir2Peer stands for "people in recovery."

Today the center helps a lot of people through support meetings; connections to health, medical and legal resources; allied support for families and providing healthy meals.

"Our hope is to only increase how many people Pir2Peer can serve," says Collins.

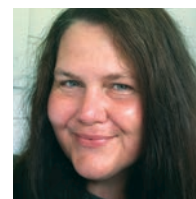
One example of this growing mission is Pir2Peer's new partnership with Wabanaki Health and Wellness to offer Wabanaki's



Michelle Anderson and Ginger Collins at Pir2Peer in Millinocket. Photo by Ken Andersen.

Warrior Down substance abuse recovery program through the center, making participation easier to access for people in the region.

Interested in helping Pir2Peer thrive? As the center prepares for its move, donations are needed – and welcome. Visit <https://pir2peer.org> for more.



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.



## 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.



### INSPIRE RECOVERY CENTER *In Support Of People In Recovery*

A Project of Healthy Acadia

24 Church Street, Ellsworth  
207.412.2288

INSPIRE honors all pathways to recovery. We offer a safe, fun, and welcoming space to connect with members of the community.

- Support Groups
- Recovery Coaching
- Parenting Classes
- Recovery Coaching for Affected Others
- Re-entry and Community Resource Navigation
- Fresh coffee available daily
- Monthly Community Lunch

All of our programs and events are free and confidential. email [inspire@healthyacadia.org](mailto:inspire@healthyacadia.org) for more info!

*EFT Tapping with Karen St. Clair*

**Less ANXIETY is More FREEDOM**

Accredited Trainer  
**EFT International**

**TouchPoint**  
207-878-8315  
[karenstclairaft.com](http://karenstclairaft.com)

**ACEP**  
MEMBER

## Recover Loud!



**Because addiction has no boundaries**

**Recovery support and services**

**Michael Paddleford**  
Certified  
**Peer Recovery Coach**  
[recoveryOTR18@gmail.com](mailto:recoveryOTR18@gmail.com)

find us  
on youtube



visit us  
on facebook  
groups/  
[recoveryontheroad](http://recoveryontheroad)

**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](http://www.maineAFG.org)  
PH: (207)284-1844

**KENNEBEC VALLEY CHAMBER**

**Be A Part of Our Mission  
To Enhance the  
Lives of our Community.**

**Join the Chamber today**  
Call (207)-623-4559 or email  
[info@kennebecvalleychamber.com](mailto:info@kennebecvalleychamber.com)

# Bangor Area Recovery Network

## Supporting life beyond addiction



(207) 561-9444

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



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

# Spreading Recovery Throughout Maine



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](http://portlandrecovery.org) — and find your people.

102 Bishop Street Portland, ME 04103  
 207-553-2575 • [portlandrecovery.org](http://portlandrecovery.org)

## Pir2Peer Recovery Community Center

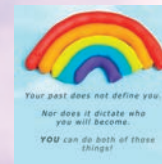
*Inspiring Hope for Recovery in the Katahdin Region*

### 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



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](mailto:info@llrecoverycenter.com)

<https://www.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](http://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 recovery and reentry coaching.

**(207) 226-3438**

[info@thearrc.org](mailto: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](http://www.aa.org)

## **Al-Anon / Alateen**

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

## **Cocaine Anonymous (CA)**

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

## **Codependents Anonymous**

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

## **Debtors Anonymous (DA)**

Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering.  
800-421-2383 / 800-974-0062  
[www.debtorsanonymous.org](http://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](http://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](http://www.foodaddicts.org)

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

718-352-1671 / 888-830-2271  
[www.newenglandga.com](http://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](http://www.heroinanonymous.org)

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

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

## **Marijuana Anonymous (MA)**

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

## **Narcotics Anonymous (NA)**

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

## **Nar-Anon**

A 12-step program for families and friends of addicts.  
[www.Nar-Anon.org](http://www.Nar-Anon.org)  
800-477-6291

## **Nicotine Anonymous**

[www.nicotine-anonymous.org](http://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](http://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](http://www.slaafws.org)

## **SMART Recovery**

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

## **Wellbriety Movement**

(White Bison)  
A sustainable grassroots movement that provides culturally based healing for indigenous people  
207-992-0411 / 877-871-1495  
[www.wellbriety.com](http://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



# SHARING RESOURCES FOR FAMILIES, FRIENDS, AND NEIGHBORS.



The Rx Abuse Leadership Initiative of Maine works with local, state, and national organizations to share information and resources that help combat substance misuse in our communities.

TO LEARN MORE, VISIT [RALI-ME.ORG](https://rali-me.org).



HAROLD ALFOND CENTER  
FOR THE ADVANCEMENT OF  
**MAINE'S WORKFORCE**

# LOOKING FOR A NEW CAREER?

Get job-ready with short-term training  
through Maine's community colleges

**FREE or low-cost**

**hands-on, customized,  
focused curriculum**

**accelerate your career path  
into a high-demand job**

## Training programs available in:

CNA • CDL • CompTIA • EMT  
Heat Pump Installation • High Pressure Boiler  
Land Surveyor • Manufacturing Technician  
Mechanized Logging • Medical Assistant  
Medical Coding • Phlebotomy  
Precision Machining • Refrigeration  
Surgical Technology • Welding



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to view upcoming programs

Find out how

**MCCSworks**  
for you!

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MCCSworks.com