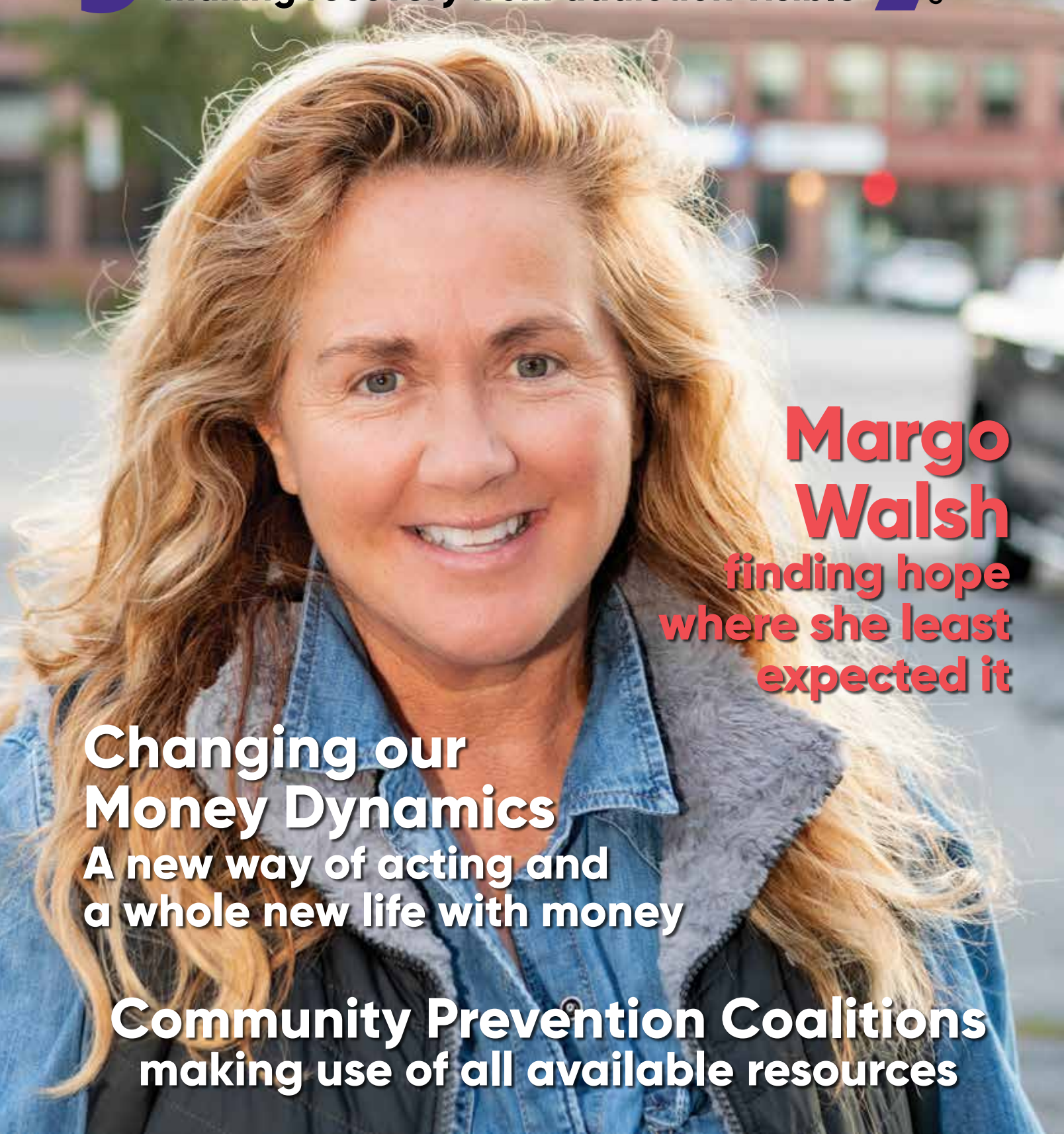


Journey

making recovery from addiction visible

Oct/Nov 2022 • Issue 23



**Margo
Walsh**
finding hope
where she least
expected it

**Changing our
Money Dynamics**

A new way of acting and
a whole new life with money

Community Prevention Coalitions
making use of all available resources

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Journey

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Oct/Nov 2022 • Issue 23

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Cover

Margo Walsh 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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This issue of *Journey* is about financial well-being and this past week, in thinking about my publisher’s letter, I was brought back to the late 80s and early 90s when my financial situation was very visible.

Back in the day, everyone in the grocery store behind me knew I was on food stamps.

It was very clear then because it was paper money, like monopoly money, and it came bound in a book, like a book of stamps ... oh food STAMPS, I just got that connection!

I had to keep the book with the larger “bills” or the cashier wouldn’t accept it, so when I went to check out, I would have my book and tear off what I needed for the groceries.

Sometimes people would say mean things or I’d hear big sighs as they waited patiently for me to count out the stamps; there really was no hiding it.

But, with the approach of “no shame in my game,” I got to a place of gratitude around even those experiences. Because if it wasn’t for that type of help, I wouldn’t be able to say “I know exactly what that feels like” with a straight face to a mum talking to me about her EBT card not having enough...

Over the years, my financial situation has changed, and I have had opportunities to look at my financial well-being or my relationship with money. As Joanna talks about in *Sober, Smober or \$omething Else*, it’s an area that, when explored, can nurture all aspects of our lives — from self-care to self-esteem to service.

Jane Honeck shares about changing our *Money Dynamics* and an approach that embraces acknowledgement and self-acceptance; it encourages working with ourselves and not against ourselves as we evolve and transform our financial well-being.

And this is another area where we don’t have to do it alone. There’s hope, help and support available when we can approach these new areas with an open mind and willingness.

Grateful for it all. *Carolynn*

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ry saves lives

The Power of Prevention-focused Coalitions

by Amy Paradysz



Spurring community change is like an old-fashioned barn raising.

Everyone who is able to do so pitches in and makes use of any available resources.

That's why community coalitions are essential partners in Maine's continuum of prevention, treatment, and recovery.

There are dozens of such coalitions, funded by the Maine Center for Disease Control and Prevention (Maine CDC) and/or the federal Drug-Free Communities Grants or other grants. Historically their focus has been on primary prevention—intervening before a problem, such as teaching social-emotional skills to middle schoolers so they have the skills to make safe decisions regarding substance use. Increasingly, prevention coalitions are also working with treatment, harm-reduction and recovery-focused community partners.

Megan Scott manages the Substance Use Prevention Team within Maine CDC, which distributes funding to 19 prevention coalitions from York to Caribou.

“Coalitions are the preferred model to impact public health issues like substance misuse because they engage a community in all

its sectors,” Scott says. “The folks who lead the coalitions are often certified prevention specialists, and they engage with policymakers, schools, civic organizations, healthcare and law enforcement. They know the community and have a few unique interventions based on community level need, but overall, they are doing a lot of the same things—working with schools and business on substance use policies, offering prevention programs directly to students, working with law enforcement, offering classes and support for parents and other caring adults. There are things that these coalitions have in common because we know we will be most successful when we work at the community level.”

Examples include working with businesses to update smoke-free policies to include cannabis, providing Responsible Beverage Seller trainings, and engaging youth in underage drinking prevention efforts through a program like Sticker Shock where they put stickers on alcohol bottles warning that providing alcohol to minors (under 21) is illegal.

“They're all dealing with the same issues as a result of too much access to tobacco, too much access to cannabis and alcohol,” Scott says.

“One of the ways I measure success is through the relationships that are built. For example, in Gardiner there's a successful organization called Healthy Communities of the Capital Area that leads a coalition and youth group. Youths went to the mayor's office afterschool and asked straight out why there were so many cannabis shops downtown. To me, that's a success. Youth were empowered to ask what message the community wants to send.”

The coalitions, too, work in coalition. They help each other by sharing what works in their community—and might also work in another. One coalition has a great idea, implements it and shares it with the rest of the state—or, in the case of SoPo Unite—the nation.

The following are a few stories—among many.

SoPo Unite's Restorative Substance Use Policy

One of Scott's favorite success stories is the restorative substance use policy developed by SoPo Unite, which has become a model both within the state and nationally.

Under the old model, a substance use violation at South Portland High School meant a suspension of

7-10 days. “A student gets caught using a substance and they get suspended for a week, and what do you think they’re going to do?” Scott says. The policy served no one, which is why teachers and coaches under-reported substance use.

Under the Restorative Substance Use Policy in effect since 2018, the student is required to see a Licensed Alcohol and Drug Counselor (LACD), who determines where they are on the continuum of use. The student may spend a few days with an in-school restorative coordinator, taking accountability for their behavior and getting any support they might need (in addition to completing regular schoolwork). Or they may be assigned to a 12-hour Student Intervention and Reintegration Program (SIRP). If the student is on an athletic team, they go on a probationary status—remaining part of the team though temporarily unable to compete.

“Rather than punishing students, we’re helping them turn things around,” says Lee Anne Dodge, the SoPo Unite program director embedded in South Portland High School. “We’ve seen really positive outcomes.”

The restorative policy grows the student’s support networks rather than severing them. Dodge notes that 70% of students continue to see the LACD longer than required to do so. Having found help, they accept it voluntarily.

SoPo Unite is one of 15 Drug-Free Communities Coalitions in Maine and one of over 700 nationwide. Research shows that anywhere there is one of these multi-sector community coalitions, the rates of youth substance use go down. Each coalition brings together all sectors of the community—including parents, school staff, police, healthcare, business, civic and faith-

based groups and organizations that serve young people.

“Trying to change this school policy had an effect throughout the community, working with the school board, law enforcement, the school social worker, parents and businesses,” Scott says. “It had such a big impact on the community even outside the school walls, which is the power of prevention.”

Once the South Portland community took that leap of faith and began seeing positive results, SoPo Unite was featured in national articles by the Pew Charitable Trust article (“How One School Is Tackling the Youth Vaping Epidemic”) and NPR (“Just How Hard Is It to Quit Vaping”). Since then, the coalition has made presentations to communities in at least 10 other states that are considering creating their own restorative policies.

Power of Prevention’s Prime for Life® Program

“The Prime for Life work that Power of Prevention did in a recovery center was a huge success,” Scott says. “Some of these parents didn’t feel equipped to talk with their kids about substance use, and once they have Prime for Life training, they realize they are the best people to talk with their kids. They are empowered and have the words.”

Power of Prevention, a program of Cary Medical Center in Caribou, is a local coalition that works with community partners to make Aroostook County a healthier place to live and work. The coalition runs a successful Prime for Life program to get participants thinking about the consequences of high-risk choices, practicing how to refuse substances, understanding the phases of addiction and planning for the future. It is taught at high

schools, recovery centers and at Aroostook County Jail.

“Prime for Life is a conversation; it’s not just harping at people,” says Project Lead Kim Parent. “It’s really thinking about your choices and how to do things differently moving forward. In the jail, we’ve had people coming out stay in recovery, go back to school and get a degree. Prime for Life was the seed that was planted in their life that helped them change and grow and bloom.”

Power of Prevention also:

- Runs a Sticker Shock program: Alcohol sold during specific times of year is stickered with a reminder not to share alcohol with anyone under 21.
- Collaborates with Healthy Acadia to get medical professionals thinking about how to avoid over-prescribing, which leads to excess prescription drugs in the community.
- Provides naloxone training for law enforcement/fire/emergency medical services units.
- Collaborated with Boys & Girls Clubs of Border Towns to host a Youth Prevention Week.
- Publishes an annual resource guide for prevention, treatment and recovery resources (powerofprevention.org).

Somerset Public Health Building Referral Pathways

Somerset Public Health is a Skowhegan-based coalition of staff members, community members, organizations and businesses working together to improve health in Somerset County, with a growing focus area on substance use prevention, treatment and recovery.

“I can’t stress enough the importance of having a group of organizations that can really work together to solve problems,” says

Matt L'Italien, director of Somerset Public Health. "We work together to find those win-wins where we can have some mutual obligation and mutual accountability to one another to make things happen that otherwise wouldn't. Collectively we can have a greater impact."

As a coalition, Somerset Public Health:

- Builds referral pathways between jail and substance use treatment and between primary care, emergency care and behavioral health care (including Kennebec Behavioral Health)
- Works with schools to help build resilience and prevent substance use and tobacco use/vaping in youth
- Teaches healthy eating on a budget (SNAP-ED) and encourages physical activity (Move More Kids, funded by the New Balance Foundation)
- Connects people in treatment and recovery with sober living homes
- Connects people to work opportunities (Eastern Maine Development Corporation; Connecting with Opportunities)
- Provides narcan training



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

More prevention coalitions statewide

Southern Maine

- Choose To Be Healthy** www.facebook.com/choosetobehealthy/
- Coastal Healthy Communities Coalition (CHCC)** www.une.edu/chcc
- Partners for Healthier Communities** <https://www.facebook.com/partnersforhealthiercommunities/>
- The Opportunity Alliance** www.opportunityalliance.org/
- SoPo Unite** <https://www.southportland.org/departments/police-department/community-programs/sopo-unite/>
- Be the Influence** <https://betheinfluencewrw.org/>
- Casco Bay Create Awareness Now** www.cascobaycan.org
- Westbrook Partners for Prevention** <https://westbrookpartnersforprevention.org/>
- Portland Public Health** <https://www.portlandmaine.gov/224/Emergency-Resources>

Midcoast

- Southern Midcoast Communities for Prevention** <http://accesshealthme.org/>
- Healthy Lincoln County** <http://www.healthylincolncounty.org/>
- Knox County Community Health Coalition** <https://www.facebook.com/knoxcountycommunityhealthcoalition>

Western Maine

- RACE to Recovery Consortium** www.mainehealth.org/franklin-community-health-network/healthy-communities
- Healthy Community Coalition** <https://mainehealth.org/franklin-community-health-network/healthy-communities>
- Healthy Oxford Hills** <https://healthyoxfordhills.org>
- Healthy Androscoggin** www.healthyandroscoggin.org

Central Maine

- Kennebec Behavioral Health** <http://www.kbhmaine.org/substanceabusetreatment>
- Healthy Communities of the Capital Area (HCCA)** www.hccame.org
- Somerset Public Health** www.somersetpublichealth.org

Downeast Maine

- Healthy Acadia** <https://healthyacadia.org/>

Northern Maine

- Power of Prevention** <http://www.carymedicalcenter.org/>
- Bangor Public Health** <http://www.bangorpublichealth.org/>
- Wabanaki Public Health** www.wabankipublichealth.org
- Mayo Regional Hospital** <http://www.mayohospital.com/departments/community-outreach/>

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Personal Recovery *story*

Broken Open with Margo Walsh

Finding hope where she least expected it

by **Gabrielle Gilbert**

It started with sugar.

When she was growing up, Margo was after all the sweets she could find, sneaking with a sweet secret.

She speaks about an insatiable need that has always been within her: “Sneaking, stuffing, couldn’t get enough.”

Margo is a recovering alcoholic.

Since she was a young girl, Margo felt she was “terminally unique” and insatiable, whether it was powdered donuts, sweet wine or external affirmations from those around her.

Unfortunately, this made for a poor foundation to the house full of termites that her alcoholism later built.

But Margo Walsh, founder of MaineWorks, has been building a better home and one she hopes to share.

Guilt, shame and remorse—Margo knew it all too well.

Back then, Margo used to say, “I would rather be dead than not drunk.”

She experienced her first blackout in her twenties and it became a trend to not feel the weight of all the memories she was missing and her own risky behavior while



Photo by Brian Delaney

she was working for recruiting companies for the financial industry—like Goldman Sachs Investment Banking Division in New York.

In December 1997, she had blacked out again and her family couldn’t forgive her this time. Margo decided to call for help and checked herself into a rehab facility.

Lovingly and full of hope, her father brought her in the next day.

That was not the end of her struggles, however.

She worked hard to build a better foundation for herself and her family once she decided she

was worth saving. She began volunteering at a jail and working at an international human resources consulting firm—Hewitt.

At this point in her recovery, she was focusing on helping those around her to the best of her ability, but she wasn’t her own priority.

She was really focused on helping others.

She witnessed how many people were imprisoned due to the disease of addiction and the difficulty they faced trying to gain employment after their release.

Her experiences and expertise led to the creation of MaineWorks.

A certified B-Corporation since 2013, MaineWorks is an employment company focusing on gaining employment for those in recovery, those with felony convictions and those who need real assistance.

Margo's passion project has become a roaring success, employing hundreds since its opening in 2010. MaineWorks was recognized as the most successful innovative business in the State of Maine by SCORE in 2014 and Margo Walsh herself was named as one of five Women to Watch by MaineBiz Magazine.

She has been honored for her courage and compassion.

Margo lovingly mentions the connections she made with women she met during 12 step meetings and rehab facilities, how connecting with them saved her. They validated her struggles and her constant quest, her patterns and fears. They shared their own. "I found hope where I least expected it. I found it in the church basements, not the church. I met it among people that said 'me too, oh totally! I get what you're saying. YES to that.' And that's the connection I never dreamed I would find. That's what I was looking for."

Margo had once sought out the perfect people and the perfection in herself, then she medicated with alcohol to cope. In recovery, Margo was now seeking out imperfection. The imperfections and mistakes and bad habits—she was able to see them now, after so many had shared with her.

Knowing that change is possible and with help and support, people can rebuild their lives, Margo also co-founded Maine Recovery Fund with her sister in 2017. A 501(c)(3) nonprofit organization that assists people re-entering the workforce

with integrative services, housing & transportation and tools & training.

Margo prioritizes same-day access to mental health care and prides herself on being available to listen or support anyone who seeks her out. She believes staying quiet and stuffing your feelings is what gets you in trouble and encourages speaking up and out about how you are and what you're going through.

That's the only way healing can begin.

And Margo has learned to care for herself in tandem.

"Now I have become my priority." She says, "If you're empty, you can give nothing. Right? You are constantly emptying yourself and in the end, you're empty. So hopefully I can offer that. Women and people in recovery need to find the things that fill them up and actively know what that is. I'm really connected to the ocean and the water. I spend most of my time when I'm not working literally on the water. So I've found peace there, and I wish peace to everybody in these difficult times, but don't do it alone, find people to be with and connect to because we are stronger together. I believe that. I am here to help anyone who is seeking a better life, it's worth every second."

"Hopeful – The Story of MaineWorks" a movie about Margo and how she built MaineWorks from her kitchen table to what it is today—a multi-state, socially conscious innovative employment agency. Visit hopeful-film.com for more information!



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

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Changing Money Dynamics

A new way of acting and a whole new life with money

by Jane Honeck



Don't you wish there was a documented scientific plan with well-tested protocols for solving your money problems? A plan that if you followed its prescribed steps, all your issues and all the angst would go away.

Finances would become easy, just a quiet engine humming in the background, peaceful and unobtrusive.

But there isn't a documented scientific plan.

Dealing with money is not a one-size-fits-all proposition and what works for one person just doesn't work for the next.

Why?

Because money isn't concrete and scientific.

It has emotional and behavioral sides, and when things don't go as you hoped, you judge yourself harshly. And with that judgment comes guilt.

Guilt for not knowing how to do things "right."

Guilt for spending too much, spending too little, or something in between.

Guilt for obsessing over money or only thinking about it when it runs out.

Guilt is ready to rise to the occasion and brings shame as its co-star.

Not only are you guilty for making wrong decisions, shame says you're bad, stupid, and untrustworthy; that in the hands of someone like you, the future is hopeless.

Trying to solve money problems with guilt and shame as its foundation is like building a house on shifting sands.

So, you follow a new program, one that will birth a new improved you.

You convince yourself that this time will be different, you'll be better and smarter. You feel strong, able to tackle your problems, until that shifting foundation weakens and crumbles, and you fall back into old patterns.

Guilt and shame shout in your ear, "I told you so" and you respond, "I know, I'm hopeless."

Sound familiar?

But what if there was another approach, one based in curiosity and appreciation for who you are today, not who you hope to be tomorrow?

When I trained as a Gestalt Certified Coach, the Paradoxical Theory of Change offered a new

truth, one with a new perspective. It goes like this, "the more you try to become what you're not, the more you remain the same."

Think about it.

If you're like most, you can see the evidence with a history of diets that crash, exercise routines that stumble, or budgets that implode.

This theory invites you to consider change from a new vantage point, one where you acknowledge and accept who you are.

It asks you to work with yourself, not against, and to do it with curiosity and openness so you can learn and transform from what you do best.

This is how real change happens—and sticks.

Knowing this, a colleague and I (he, a psychotherapist and me, a CPA) joined forces and created a simple, no-wrong-answer quiz that identifies your strength when thinking about money.

It is based on four money styles, each a unique and positive approach to money, with no style better or worse than another, and each motivated by a different need.

The Practical Style: Someone who leads with this style wants financial security and stability.

You will sacrifice today to have enough in the future and will devote a lot of time and energy to make sure things are done right. Money is serious business.

The Logical Style: Those with a strong Logical Style make decisions only after gathering and analyzing all available information. You need complete and current data to fully understand and evaluate the alternatives, and like structure, organization, and a good plan.

The Ambitious Style: With a dominant Ambitious Style, you're internally motivated and ready to move full speed ahead while looking for new opportunities to turn creative ideas into reality. You believe that striving hard with high expectations is where you'll find success.

The Relaxed Style: With a vigorous Relaxed Style, you minimize financial stress whenever possible, and prefer to put energy into satisfying experiences and meaningful relationships. You enjoy and appreciate the non-monetary side of life, and strive not to let finances worry you.

Most have one leading style, the *modus operandi* for dealing with money.

Remembering that all four styles are positive and necessary for a balanced financial life, your ultimate goal is to build a balanced approach using all four.

Working with knowledge of who you are to begin with, you can bypass the guilt and shame, and build a solid foundation for initiating and sustaining positive, long-lasting change.

These money styles give you a new language for describing money behaviors too. Instead of calling

yourself (and others) a penny-pincher, you embrace your need for security. Instead of begging someone to "please let it go," you accept their desire for information before making decisions.

You learn that money behavior can be about experiences and relationships, and stop labeling it as irresponsible.

From this appreciative stance, judgment, guilt, and shame are silenced and you stay curious and open to all viewpoints.

You discover neutral language making it easier to engage with family and friends.

Working from what you do best, you can forge a balanced approach, one that draws on the strengths of all styles. This is the opposite of short-lived, punishing, or guilt-ridden programs.

Working with money styles, you use your strengths to embark on a new financial life filled with optimism about who you are and what you can do.

With that as your foundation, long-lasting effective change is finally attainable.



Jane Honeck, CPA, Author and Coach began as a traditional accountant for individuals and businesses. Knowing this classic approach wasn't enough, she

became a Certified Empowerment Trainer at the Empowerment Institute of NY where she created financial empowerment workshops. She furthered her education at the Gestalt International Study Center, becoming a GISC Certified Coach. Jane is author of the internationally published, award-winning book, *The Problem With Money? It's Not About the Money!* The book reflects her passion for helping everyone master the beliefs that drive our financial lives. Her newest program, *The Money Dynamic*, works with money styles to help you create a balanced, optimistic approach to finances.



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

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Personal Recovery *story*

What My Journey Taught Me

by Brad Sorte

If you saw me kicking a soccer ball with my daughter or noticed me at a business lunch, you might assume my life has been easy. You might even imagine my privilege has made me oblivious to the pain of others. But you would be wrong.

Behind my professional demeanor, I was once just a boy growing up with anxiety, fear, insecurity and emotional pain that I did not have the words to express or the tools to cope with. What I did have was access to alcohol. A substance that became my solution, my escape, my entire world until my early twenties. That is when my family realized the severity of the issues and stepped in.

It was through their grace and support that I began to recognize drinking was not an answer — it was a disease.

My loved ones gave me a choice. Go to treatment for your alcohol use disorder or come to terms with the reality that you are likely to face dire consequences. I chose treatment. My time at Caron not only saved me, but it also transformed my vision of how I wanted to live.

My journey empowered me to redefine my approach to wellness and to help other families live their best lives. I also learned I needed to take care of myself emotionally, physically, mentally and spiritually.

Running became an important outlet for me.



It's not only good for my body but it also supports me and provides time alone and allows me time to meditate. I also experience peace from the physical and psychological feeling of exerting myself.

I found that once I developed coping skills and achieved a stable recovery, my career took off. In fact, it led me back to where it all began. After receiving my master's in social work, I became a family therapist at Caron. Concurrent with this role, I decided to pursue an MBA, because I thought it was just as important to balance my business knowledge with my clinical experience. Over time, I evolved in my career at Caron to eventually lead the organization, a position I started last year.

Today, I am thrilled about how far Caron has come. The COVID-19 pandemic was devastating, but we emerged stronger than ever, prepared to support individuals and families with complex addiction and medical problems, emerging

mental health challenges and trauma-related issues through research and proven treatment outcomes. We recently opened a unique center for medical research on our Pennsylvania campus and are gearing up to open The Keele Center, a major medical center in South Florida next year.

As a nonprofit, we have committed to not only treating the patient, but also prioritizing the family because addiction is a family disease. Providing family members with education, therapy and support disrupts intergenerational trauma and leads to significant transformation. We are seeing an amazing trajectory of healthy families supporting other families in crisis — like advocates for AIDS, cancer, and other chronic diseases. My journey now is about prioritizing the eradication of stigma and helping to dismantle the polarization of the recovery world in favor of uniting for a better quality of life. I am loudly declaring

every day that people don't have to die because value-based addiction treatment works.

But at the end of the day, I never lose sight of the importance of remaining grounded in my own recovery.

I am a grateful person, father, husband and colleague. I appreciate the laughter of the young adults in the dining hall, seeing families connect in a meaningful way and listening to an individual sharing the amazing experiences and relationships in their life because they chose to ask for help.



Bradley F. Sorte is the President and CEO of Caron Treatment Centers, an internationally recognized nonprofit dedicated to addiction and behavioral healthcare treatment, research, prevention, and addiction medicine education.

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Smober or Sober or \$omething Else?

The Many Names and Faces of Recovery Today

by Joanna Free



Recovery takes many shapes and forms nowadays, thankfully!

I know people who are smober—free of smoking, usually tobacco, often vaping, too; sober—free of alcohol; some who are both sober and smober, and some who are neither yet still very much in their own version of recovery!

It's September as I write this to you, Recovery Month here in the States, so I'm enjoying conversations that start with the question: What is recovery for you?

For some of us, recovery is another word for transforming a life. This can take different shapes and forms over one individual lifetime and for as long as we're alive.

We can evolve as humans until we take our last breath.

When I worked as a therapist, the eldest client I saw came to therapy for the first time at 78. I've seen people stop smoking in their seventies, too.

As we live and evolve, we get to meet new challenges and opportunities to grow, to show up in new ways.

After the release of the June/July 2022 issue, I got a lot of questions about what I'd written.

The most frequent: what is smober, and is that a word you made up?

Smober isn't a word I coined. I first heard it in 1990—it's been around that long! Don't you love how smober is just one letter different from smoker, yet it describes a state that can be so vastly different from smoking. I also love that it sounds like sober, another form of recovery. Sometimes when people see it in print, they think it's sober misspelled—even when it's printed on a t-shirt!

The word that I did coin in recovery is *buttkicker*. And being a *buttkicker* isn't just about kicking butts, it's about bringing a *buttkicking* consciousness to all areas of our life.

Buttkicking is about being willing to go to any lengths, to stay committed to your own evolving version of recovery, no matter what comes.

It may be when you keep taking your recovery to the next level.

The relationship with money is one of those next-level areas of recovery for many of us.

Once we “stop the bleeding” of our vital life force - killing ourselves quickly or slowly through chemicals or other life-threatening means — we get to look at how to use our vital life force to be the people and have the influence we came here to have and be.

And, like getting sober or smober, money recovery can also be primary recovery.

Money recovery is one of those places I've met people who aren't sober or smober in the traditional sense, though they have amazing recovery and transformation in other areas, such as their newfound ability to manage and direct funds, or to get paid well for the work they do and love.

Not everyone in recovery has struggled with drugs: alcohol, tobacco, heroin, meth, opioids, etc.

Some have launched and sustained recovery for any number of other reasons besides substances. For some, hitting bottom was about depleting resources in other ways.

One fellow traveler was living in a garage at their onset of recovery and is now managing a seven figure income. For others the transition is less dramatic, though still thrilling, miraculous.

Fiscal health is an area of recovery for me.

Alongside physical health and smobriety, I see how changing my relationship with money nurtures all of the other aspects of my life, from self-esteem to self-care to service.

In the mutual support communities where I belong, learn

and grow, I'm able to hear how others are growing along these lines. I'm also able to see how often I've shortchanged myself, physically, fiscally and otherwise.

It's a good metaphor, isn't it? How have you shortchanged yourself? How would you prefer to be living and rewarding yourself for a life well-lived, for a job well done?

Something I love to remember is that no matter how entrenched a

pattern may be, it's just that: an old way of being.

It's our history, and we're malleable, bendy, flexible.

With enough guidance and support, we can transform old patterns, especially when we bring a butt-kicking consciousness to that transformation.

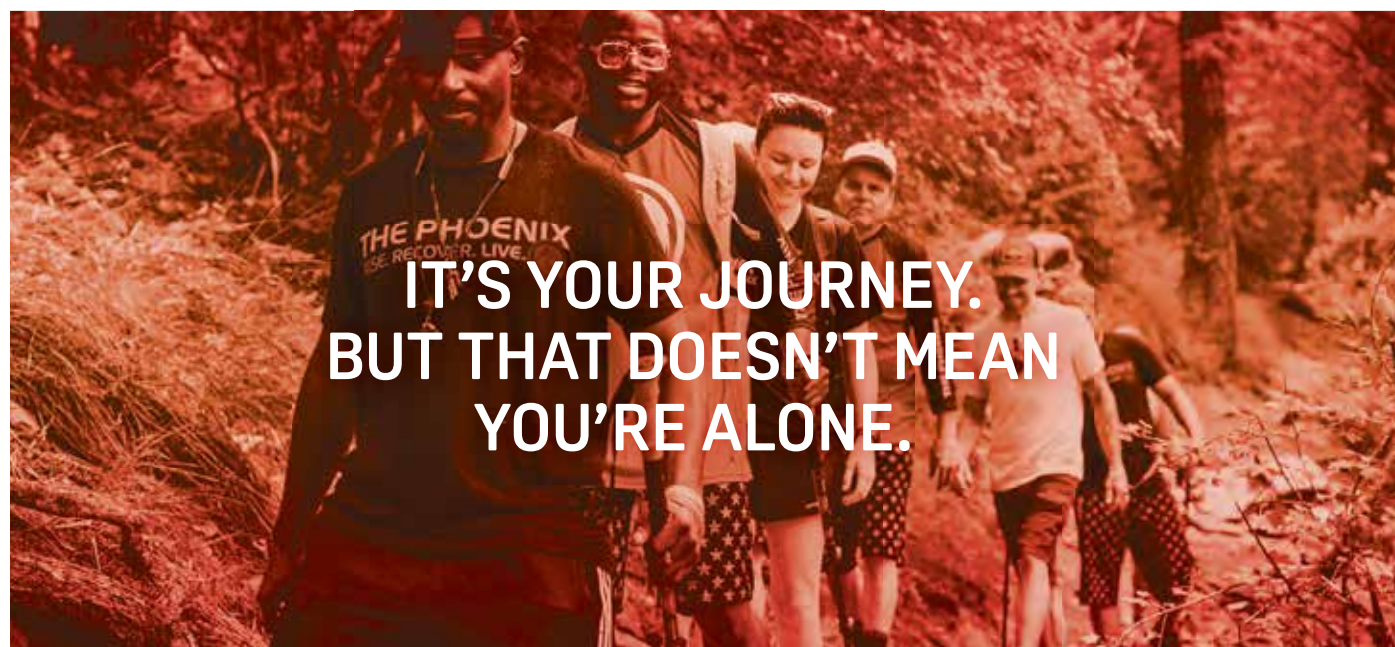
One day at a time, together.

We were never meant to do any of this alone.

We recover together, yet each in our own individual way. Yay!



Joanna Free is the (grateful) author of *BUTTKICKERS: Twenty Ways to Leave Tobacco* and a (proud) writer for *Journey Magazine*.



The opposite of addiction is connection. Finding activities you enjoy, and surrounding yourself with people who offer support and friendship. At The Phoenix we believe simple steps like these are changing how society looks at addiction and recovery. Join us, and join our movement. Scan the QR code, download our app, and find The Phoenix near you and virtually.

ThePhoenix.org/Movement



THE PHOENIX

Maine Voices of Recovery

Stories Restoring Hope

by Jamie Lovley



Rochelle Grant-Kenney lives in Hope, Maine with her daughter Kristina Lee and grandson Sander James. When she isn't spending time with her grandson, she is serving as a community consultant for local task forces focused on substance use prevention and recovery. For Rochelle, family is what keeps her strong in her recovery, and the little boy that lovingly calls her "Mimi" is a daily reminder of all she's gained back since becoming sober in 2009.

Growing up, Rochelle first witnessed addiction at home. At age 13 Rochelle started smoking cannabis and at 15 she began to drink. In the 70s and 80s cocaine and crystal meth were growing popular in Midcoast Maine, and she started to use substances frequently throughout her young adult life. She married in 1981, had a daughter in 1997, and a son in 2001. Rochelle experienced the tragic and sudden loss of her son James in 2001 and her husband in 2005. Her pain and grief led her to a growing addiction to pain pills, specifically Percocet and benzodiazepines.

Four years later another tragedy changed Rochelle's life forever. She had been receiving medicated

treatment from a methadone clinic since 2003, medication she sometimes shared with her brother, a local fisherman. One day, after getting a ride from her brother in the morning, Rochelle got a call in the evening that he had passed away. Rochelle faced 20 years to life in federal prison for providing him with methadone, but when police could not prove whether it was the methadone or another drug that contributed to his death, her sentence was changed to five years.

"It was not till I sat incarcerated, finally with a clear head, that I realized my parents had been right about everything." Unfortunately, Rochelle's father passed away while she was serving her sentence. He enjoyed 27 years of sobriety before then and gave back to others through mentorship and sponsorship.

Rochelle wanted to get and stay sober, but when she was incarcerated there weren't recovery programs that she could access. Since then, programs have been pioneered in Maine for people in federal prison with drug charges. She became active in the recovery community as soon as she was released.

Rochelle faced difficulty finding housing or jobs and lacked support from family members who could not yet forgive her for what happened years ago. However, restoring these relationships became the driving force for Rochelle, who was reunited with her then 17-year-old daughter. With time and through sobriety, Rochelle was able to build back connections. "My mother looked down on me for a very long time. She passed away last year, and in the last two years of her life, we were able

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.

to mend our relationship and spend time together. I am so very grateful for that."

Rochelle has a passion for giving back to others and wants to see a stronger recovery community built up locally. "I wanted to speak at schools so they could understand how dangerous sharing your medication can be. People never think something so terrible could happen just from sharing their prescription." Prescription drug misuse among teens and young adults is a very serious and growing issue in Maine communities. Today, Rochelle is an active attendee at the Knox County Recovery Collaborative's Community Consultant meetings and works to inform local recovery efforts with her years of experience.

Part of Rochelle's vision for a stronger local recovery network is greater access to halfway houses or sober houses in the area where people can get back on their feet. She also hopes that the local community would understand more about the science of substance use disorder.

When asked what her long-term key to recovery is, Rochelle answers without hesitation, "It's all for my family and my grandson. We want to give the younger generation better resources than we had. My daughter and I talk about what the world is

going to be like when Sander is 15 or 16.”

Rochelle’s daughter graduated from the Wayfinders Program, and her mother could not be prouder. The pride is mutual. “I’ve come so far. I have my own car, and my own house. I have tons of friends in recovery. I’m just so grateful for what I have gained. To see that my daughter is also proud of me means the world.”

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



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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Sensational Radar

An upgraded GPS

by Carole Fontaine

I closed my eyes and acknowledged that I had not been the best caregiver of my body. After five years of chronic illness, painful surgeries, physical and emotional trauma, the numbing of my feelings had been a necessary survival mode.

But it also disconnected me from my intuition, and left me doubtful, insecure, and reacting in fear.

I longed for physical and emotional wellness and knew it was time to strip the bandaid and heal the hurt.

That meant pausing and acknowledging all that I was feeling and moving beyond the grief back to wholeness.

Your body's senses are part of the most infinitely accurate radar system when you learn to read the signs correctly.

It responds differently to each emotion.

Learning to read your body's language will help you become attuned with your inner guidance, helping you prioritize what's important.

It will also bring space between you and your emotions and allow you to experience them instead of being directed or overwhelmed by them. Noticing physical sensations related to emotions is the first step toward connecting body and mind.

For the next week, when you experience emotions, connect with the sensations you feel in your body, observe and write down everything you feel in a journal, from any area of the body, you experience sensations.

Start to decipher your body talk!

When I am **angry** my body feels

When I am **stressed** my body feels

When I am **sad** my body feels

When I am **calm** my body feels

When I am **happy** my body feels

When I am **ecstatic** my body feels

Learning to understand how your body talks is vital to move through life with ease and grace. Once you recognize how a YES or a NO feels in your body or early warning signs from certain situations, you can take action to manage your stress and navigate away from triggers and stressors.

Of course, challenging situations are part of life's journey. By knowing yourself, armed with patience and non-judgment, and understanding of your body's cues and signs, you can learn to moderate your reactions, and tame spiraling emotions.

For example, the next time you sit down to pay your bills or balance your checkbook, observe the story that is playing in your head and note all physical sensations in your body. Be patient and non-judgmental. (Money has no negative or positive qualities, it is simply money. It is the meaning that we attach to it that triggers us. It is one of the biggest stressors for most people.)

Then, bring into your mind's eye a happy situation that resolved in your favor where you felt

empowered, calm, and in control. Notice the shifting physical sensations across your body as you imagine the joyful scene. Commit to memory every detail so that the next time you feel triggered you can recall the vision and sensations you felt. If your mind is busy scanning your senses it helps you stay present, and if your mind is immersed in a joyful visualization, it won't have time to worry.

Consequently, you start to break the hold that particular situation or story may have on you and start to reprogram your reactions to triggers in a peaceful manner.

It's not a failsafe practice but mindfulness can change your life. When you become the observer of your actions and reactions without judgment, you recognize that you have an inner radar guiding you through life. Reading the signals will help you learn to trust your intuition, and make beneficial decisions.

Approach this method with curious enthusiasm, like a child discovering clues on a treasure map. And always have compassion for what you have gone through, and survived.

You've made it this far, imagine what you can accomplish with an upgraded GPS!

(Excerpted in parts from *SAIL ABOVE THE CLOUDS—How to Simplify your Life* by Carole Fontaine.)



Carole Fontaine is a bestselling author, Certified Life Coach, Meditative Writing, Shakti Dance® yoga, and Reiki Master Teacher. She uses her 20-years of living aboard a sailboat to teach empowerment,

mindfulness, and spiritual connection. Her book SAIL ABOVE THE CLOUDS—How to Simplify your Life is available on Amazon. SailAbovethClouds.com

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Fresh Start Sober Living

Expanding to meet the needs

by Kim Wilson

From its humble beginnings at 87 Ohio Street in Bangor, Fresh Start Sober Living now includes nine sober residences for men and two for women, and is about to open the doors of its twelfth residence this fall.

Four to five years into his own sobriety, Scott Pardy, founder of Fresh Start, was conducting AA meetings at Penobscot County Jail at the encouragement of his sponsor. “I started to see the same guys...they couldn’t stay clean, and then they’d commit crimes to support their habit and land back in jail,” Scott says. Recognizing the need for sober housing in the area, he bought the house on Ohio Street.

“That was the first house,” he says. “It kind of took off from there.”

“Housing’s the base of the pyramid,” he adds. “If I was living in a tent, homeless, behind the Hope House in Bangor, I’d be drinking also.”

“All the houses are nice,” Scott emphasizes. “Everybody has some dignity; everybody plays a part. We have chores lists; we keep the properties clean. Upstairs, downstairs, kitchen, bathroom, outdoors. If somebody has outside duty, they mow the lawn.”

The city of Bangor has been an invaluable partner to Fresh Start. “We’ve had great support,” Scott says. We’ve been very fortunate. People like the program. We continue to get good housing

deals, even with the pressure of what’s going on with home sales. It allows us to stay affordable, which is the other half of the mission.”

“Hopefully we’re going to get a decent-size grant,” he adds, “Because everything is skyrocketing. Energy costs have almost doubled. Electricity has gone up incredibly. Insurance has almost doubled. And the need continues to grow. “With the applications we get each week, we could easily fill five more houses right away.”

One of Fresh Start’s house managers, Ken Hutchings, knows about the need firsthand. After a fall down a fire escape, Ken became addicted to prescription painkillers.

“I went in for an appointment one day, and the doctor said ‘I can’t prescribe any more medication.’ That’s when it started, right there.

“It’s a lot harder now for people to get it [painkillers], which is good,” he adds. “The doctors think they’re helping, but in the long run they’re really not. They’re starting people on the road to Hell.”

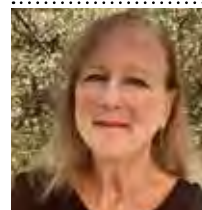
In 2018, Ken was about to graduate from Wellspring, a recovery program in the Bangor area.



“I was lucky to get in,” he says of his acceptance into a Fresh Start residence. “I couldn’t have asked for anything any better. If I was out on my own, I probably would have been right back at square one. Addiction’s a hard thing when you have to do it alone.”

Both Scott and Ken would like to see a detox house in Fresh Start’s future, and a larger building where they could host recovery meetings. Ken’s vision is for “a place for people to come, then transition to one of our houses. A place to get a handle on their addictions so they’re able to better their lives and move on.”

For more information, visit freshstartrecovery-maine.org.



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

The Importance of Youth Voices

by Janet Dosseva, MPH, PS-C

Youth voices are often overlooked. However, the children of today are the leaders of tomorrow and have valuable perspectives. The Westbrook Partners for Prevention (WPPF) coalition strives to empower youth and help elevate their voices for the issues that are important to them. Most recently, this included working alongside a small group of high school students to create prevention messaging and promote mental health, resiliency, and alternatives to substance use. WPPF participated in a summer youth employment program known as “Gateway to Opportunity.”

Gateway to Opportunity connects high school youth participants and a college-aged team leader to paid learning opportunities. The program is six weeks long and focuses on 21st Century skill-building. WPPF was one of eight host sites in Maine this past summer. The WPPF group learned about foundational public health concepts, substance use prevention and harm reduction strategies, team work, advertising/effective messaging, and social media content creation, to name a few. They were also connected to local career opportunities and learned about employment applications, resume and cover letter writing, and financial literacy.

We highly encourage you to talk with the young people in your lives whether it’s about challenges they’re facing, local community topics, substance use and recovery, or simply about the things they’re passionate about. These are incredibly valuable conversations which we will be continuing during the school year with our Youth Leadership Coalition students.

TIPS FROM OUR YOUTH GROUP

- Check in with us, even if it seems like we’re not listening.
- Grades aren’t always representative of someone’s intelligence or abilities.
- There’s a lot of stigma still in talking about substance use and mental health. Please listen when we do talk and don’t dismiss what we say.
- Be more open-minded and listen and participate in the things we like doing.



Thank you to our partners involved with our G20 project: Westbrook School Department, Maine Youth Action Network, City of Westbrook, Rinck Advertising, My Place Teen Center, Voices of Hope!

FOLLOW WPPF TO SEE MORE OF OUR YOUTH-CREATED MESSAGING



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



About Westbrook Partners for Prevention (WPPF)

WPPF 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. WPPF works diligently to increase awareness and provide education and resources to both the adult and youth communities.

To learn more about Gateway to Opportunity and potentially be a host site: www.myan.org/programming/youth-employment-and-internships/



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.

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!

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Vulnerability

It's the ultimate superpower

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

When we ask couples in recovery what their biggest goal is for the relationship, the answer usually describes some form of emotional intimacy.

When we explore further, couples say: “The freedom to tell my partner how I think and feel without being criticized; To be seen for who I am; To have someone I can feel safe with.”

So, what are couples in recovery longing for?

The ability to be truly vulnerable.

That is the power to share one's deepest needs, desires, fears, anxieties, flaws, and dreams while trusting they will be received without judgment.

Couples in recovery are both uniquely qualified to embrace vulnerability, as well as challenged at practicing vulnerability in their partnerships. In recovery, we see and practice vulnerability at 12-step programs when the newcomer raises their hand and talks about their disease for the first time; or another person tearfully talks about their partner's addiction and their struggle about how not to enable them.

But why is it so difficult to practice that vulnerability as individuals with our partners? Anxiety, fear, denial, trauma may all come up

when we risk sharing our heart outside of the protective walls of our respective addictions. However, if we are putting our faith in a partnership that will thrive, both partners must be willing to express those tough, gritty, anxiety-inducing emotions, and trust that the person receiving them will respond in a loving way.

While vulnerability takes conscious practice, it also requires a sturdy foundation.

The building blocks of vulnerability are:

Desire: We must start with a passion for a deeper relationship. We must be open to letting go of the past, changing our way of communicating, listening, asking questions, and learning about ourselves.

Transparency: Truthfulness and integrity in the relationship are prerequisites to feeling safe enough to be vulnerable. The foundation of trust is complete honesty, no errors of omission, especially if there has been betrayal in the past.

Self-knowledge: We need to know ourselves, our patterns of behavior, our own judgmental beliefs, and our fears and anxieties if we want to share with our partner. What we share will evolve as we are always changing and discovering who we are.

Author and social worker Brene Brown speaks of vulnerability as a superpower. The superpower of being vulnerable does not require a cape, a costume, or a cloak of comfort. It requires courage.

Choose courage – the results are worth it!

8 things you can do to practice vulnerability

1. Try something with your partner you have been afraid to do.
2. Buy the most ridiculous t-shirt for each other and wear it out together.
3. Ask your partner for help with something you usually struggle with alone.
4. Play hooky and go to a matinee together.
5. Keep a couples' gratitude list.
6. Create a collage together of what your relationship means to one another.
7. Share a fear you have.
8. Apologize first.



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.



— 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 all drug crimes
- arrest on outstanding warrants for most non-violent crimes, including all drug crimes

IT DOES NOT PROTECT A PERSON:

who commits excluded crimes, including but not limited to:

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Murder/Manslaughter	Gross sexual assault	Abandonment of a child
Violation of a protection order	Unlawful sexual contact	Most crimes committed against someone under 18 years of age
Domestic violence	Sexual abuse of minors	



Recovery Discovery with EFT Tapping

by Karen St. Clair

“Everyone you meet is fighting a battle you know nothing about.

Be kind. Always.”

— Robin Williams

So true. Not only is everyone fighting a battle, “everyone” includes you and me. Internal battles have become the pulse of humanity and yet are largely ignored.

Why Do We Try to Disguise Our Internal Battles?

- Fear of being judged
- Not knowing where to turn for help

What is EFT and How Can It Help?

EFT stands for Emotional Freedom Techniques. Commonly referred to as ‘Tapping,’ a simple and easy-to-learn way of releasing emotional overwhelm, limiting beliefs and even pain caused by hiding our internal battles. Tapping is a scientifically proven, natural method used for working with the Mind-Body connection for self-help, peer-to-peer care and in practiced hands, therapeutic care.

EFT brings together an efficient mix of Mind-Body connections to down-regulate the nervous system by using the body’s energy meridian system. It’s easy to use by simply Tapping your own fingertips on nine acupressure points, while focusing on an issue you’d like to change for the better.

Professionally applied, EFT has been found to be so effective that Tapping can achieve in minutes

what therapy has taken months to accomplish.

What Can EFT Be Used For?

Throughout the past 12+ years of practicing EFT, clients have found successful outcomes from emotional turmoil and upset all the way to phobias, PTSD and troubling memories from childhood events. Now that we understand how intertwined the mind and body really are, EFT can be the perfect tool for restoring well-being from issues such as this abbreviated list of examples:

In the Moment:

- Pain due to headaches, injuries, emotional overwhelm
- Fear of flying, spiders or performance anxiety
- Negative moods and emotional states
- Confusion around what blocks you from what you want
- Stress / Anxiety reduction

In Deeper Use:

- To resolve old memories, hurts and wounds
- For lessening Seasonal Affective Disorder (SAD)
- To release traumatic events, including PTSD
- To find and release old limiting beliefs
- To create more rapid healing of health conditions
- Self-sabotaging behaviors
- For phobias and bothersome behaviors
- Old habits or coping behaviors, such as smoking and cravings

The Best Proof?

Your Own Experience

Even though there are many videos



you can find on the internet, it’s recommended that you try these simple but powerful techniques with someone professionally trained and certified, for the best experience and quality results.

Experience for yourself EFT’s ability to rapidly change perception, body chemistry, and your stress response to present or past events. Find out what more than 15 million people across the globe have found with Tapping, “You can easily feel better fast.”

Learn how EFT Tapping can change your life easily and safely at your own pace.



Karen St. Clair is an Accredited Certified EFT International Trainer NQT, Reiki Master of Masters, International Best Selling Author, Speaker, Founder of Reiki Tap RenewalSM

and a highly skilled professional with a true gift for facilitating her clients’ life-changing outcomes. karenstclairEFT.com

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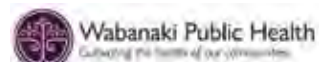
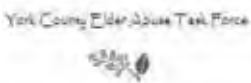




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Larry Labonte Recovery Center *Rumford's New Path to Recovery*

by **Jacqueline Brown**

The Larry Labonte Recovery Center in Rumford opened its doors in 2020 directly next door to Arbe's Carpet & Tile Center on Waldo Street.

This was no coincidence.

"Larry Labonte was the former owner of Arbe's Carpet & Tile. He passed away seven years ago of SUD [substance use disorder]. When Lonnie Labonte, his son, inherited the business, there was an entirely separate part of the building that he didn't know what to do with at first. It just sat there," recounts Kathie Williams, Director of the Labonte Center as well as Lonnie's mother.

A few years later, the use for the space became abundantly clear. According to Kathie, "Lonnie's best friend committed suicide after struggling with SUD. Another friend overdosed. Lonnie looked at me and said, "I know what we're going to do..."

The plan rapidly came together for the Larry Labonte Recovery Center, a community hub for those seeking help for substance use issues to get connected with needed recovery resources, with Lonnie's mother Kathie, herself a person in recovery, coming on board as Director to help make the vision a reality. Lonnie



Labonte serves as President of the Board.

"We knew what we wanted to do, but we also had no idea what we were doing. I didn't even know what a 501(c)(3) was, let alone how to create one," says Kathie.

However, with help from both WMARI (Western Maine Addiction Recovery Initiative) and the Portland Recovery Community Center, Williams soon had the wheels turning. "We put out a call on Facebook inviting people to our first community fundraiser. We had hundreds of auction items, live bands, a spaghetti dinner... The event raised \$6000 dollars! Bonnie Gatchell came to us with the idea to have a Mud Run to honor the memory of her son Adam. The now Adam Gregory Gatchell Memorial Fund raised \$8.5K! This gave us what we needed to get going."

The Larry Labonte Recovery Center officially opened its doors early 2020. The pandemic certainly didn't make the start of the



recovery center easy, but Williams and Labonte persisted, and with the help of volunteers and now added staff members, the center is bustling with activity and making a difference in the lives of people throughout the region.

According to its mission statement, the Larry Labonte Recovery Center is a "nonjudgmental, safe space for community members to come to find support groups and guidance on their unique pathway to recovery."

As Williams explains, the center does everything from recovery coaching to peer-to-peer mentoring to facilitating Narcan (naloxone) trainings to providing cell phones to those in need of help attending Zoom meetings related to recovery to handing out basic hygiene supplies and recovery information to people reentering the community after serving jail time.

The center has also rapidly expanded its reach.

“We do a lot of outreach...going out into the community for naloxone training. We train about 25 people at a time, working in schools, food pantries and churches,” confirms Williams. Naloxone, also sold under the brand name Narcan, is a medication designed to help reverse the effects of an opioid overdose. The center provides individual training for Narcan as well. During the center’s open hours, a person can come in anytime for training. The center also offers outreach training in Norway and Mexico.

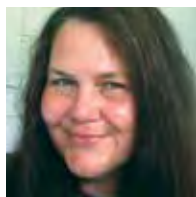
Williams relates that one of the center’s proudest success stories has come from these training sessions.

“We had a mother call us who had just been trained on Narcan. She used it to save her son’s life.”

There are many other stories too of people who walked into the Larry Labonte Center and walked out ready to enter recovery.

“People go into detox and we might not hear from them again, but some we do and it’s so uplifting to hear how they are doing and how much things have changed for the better. This is why we’re here,” Williams confirms.

The Larry Labonte Recovery Center is always looking for volunteers. To help out, get in touch with the center on their Facebook page (under LLRecoveryCenter) or email Kathie Williams directly: kathie@llrecoverycenter.com.



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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A Project of Healthy Acadia

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- spotty job experiences

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www.bangorrecovery.org

Recovery is a process.
 There are many pathways to recovery.
 Recovery overcomes shame and stigma.
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Our mission:
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- Resource Coordination
- Prison Re-integration

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

(207) 803-8707
www.lrrcbridgton.org

Like us on Facebook
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ARRC
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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

Nar-Anon

A 12-step program for families and friends of addicts.
www.Nar-Anon.org
800-477-6291

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

Roads to Recovery Community Center

1 Water Street, Caribou
207-493-1278

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Terah Ames, LCSW, LADC, CCS
Program Manager

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