

Journey

making recovery from addiction visible

June/July 2023 • Issue 27

Dan Belyea

workforce and
education advocate
at work

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Cover

Dan Belyea

Photo by Brian Delaney



Forever Thanked

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My word for 2023 is **deliberate**.

When choosing my defining word of the year, I always look up the meaning. “Deliberate” is defined by Merriam-Webster as “characterized by or resulting from careful and thorough consideration.”

I chose the word at the close of last year, aware that I was feeling emotionally, mentally, and spiritually fractured. I had many things going on, great things but still things that required my energy.

As a lifelong learner, I have an insatiable desire for new information and skills. In today’s world, there’s an abundance of these right on my phone. It’s dizzying how fast I can access information about any topic.

Accepting that my energy is finite—and like water, it will nourish what I pour it into—I had to make some decisions. As the year began, I got clear on my purpose and priorities, which gave me a guide to make decisions about where to put my energy. Some things I’ve let go of and some I’ve poured more energy into.

It has also helped to seek educational opportunities that align with my priorities in the direction I want to go. As a student of YouTube and Google, I’ve proven to myself that I’m capable of learning what I need to in order to get the job done and also ask for help from wise counsel.

I can learn almost anything.

But I can’t learn EVERYTHING.

With a daily practice of prayer and meditation, I seek to be **deliberate** in my pursuit of learning new things. I’ve unsubscribed from most email subscriptions and set timers for myself on social media and other platforms that could offer both opportunities and distractions.



Protecting my own energy aligns with the part in the serenity prayer “courage to change the things I can”—it requires attention and preparation. Being able to harness that energy and use it carefully and with thorough consideration to continue on my journey toward the things that are important to me is a blessing.

In *The Ahab Inside*, author Michael Gorham harnesses his creative energy and skills to drive social change around addiction through theater (p. 10).

If a new career path is in your sights for this year, check out Dan Belyea’s personal recovery story for information on his programs for internships and apprenticeships (p. 6).

For a free, instant access to a life-affirming support activity, check out Greg Marley’s article about “A Walk in the Woods” (p. 9).

Finally, I’m thrilled to share that U.S. Vice President Kamala Harris now has one of *Journey’s* signature bracelets! We met when I was in Washington D.C. to accept the award for the 2023 SBA Small Business Person of the Year for the State of Maine.

When she read it, she said, “Amplify hope—I love that,” and hugged me.

I love it too!

Grateful.

Carolyn



visible recove

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ry saves lives

Personal Recovery *story*

Dan Belyea

*Sober, happily married
and advocating for jobs
for people in recovery*

by Amy Paradysz

Dan Belyea's work as the chief workforce development officer for the Maine Community College System is even more meaningful to him because he is sober — 17 years and counting — and able to advocate for educational and workforce opportunities for others in recovery.

“When I present nationally and locally on the Harold Alfond Center for the Advancement of Maine’s Workforce, I always disclose that I’m a person in long-term recovery and that people in long-term recovery are successful,” Dan says. “I’m proud of giving a voice — particularly in higher education — for individuals who have had some bumps in the road. If we offer work opportunities to folks who are in recovery or are justice-involved, they will work harder and they will stay longer. They are especially loyal when they find an employer who understands that if they are in recovery, they have appointments and things they need to do, just like someone with diabetes or with another mental health challenge.”

To get where he is today — not only in long-term recovery, but happily married and at the top of his field professionally — Dan had to deal with childhood trauma, come to terms with his sexual orientation and find a recovery support community.

“I discovered that I wasn’t alone when I joined a community where I could talk about things that were trigger points for me,” he says.

Dan had watched his father struggle with alcohol and related health issues, and he “knew better.” Even so, the night he turned 21, he drank alone and in the dark. “Shortly after that, I knew I wasn’t on a good path,” he says.

“I have clinical depression; it’s hereditary. Alcohol made it worse, much worse.”

He started his career at Eastern Maine Community College in Bangor, and for a number of his 28 years there he was a “functioning alcoholic.” He thought he had things under control because he didn’t drink until after work, or because on weekends, he waited until noon. He spent every evening at home (to avoid drinking and driving), and he divided his returnable bottles to bring to various places, as if he could hide the quantity. He was too ashamed to talk to his father, who

was in recovery, and he gained 70 pounds.

Dan credits his former family physician in Orono, Dr. Michael Bruehl, for setting him on his recovery journey. Dr. Bruehl was monitoring his liver enzymes and his weight and finally said something like: “Dan, you’re coming here every three months and nothing is changing. I really don’t need to see you anymore because I’m not helping you.”

Whether it was because he was sick of being sick, or because his



Photo by Brian Delaney.

competitive drive kicked in, or both, Dan asked for three months to see if he could make some changes.

He saw a counselor to help deal with his post-traumatic stress disorder (PTSD) from a sexual assault from a trusted community member when he was incredibly young. He got treatment for his depression and he quit drinking cold turkey.

“I saw my doctor again, and my labs significantly changed,” Dan says. “In another three months, my labs had improved even more. After about a year or so, I admitted to him that I had quit drinking.”

Physically, it showed. Though Dan stayed sober day after day, week after week, month after month, building up to 3½ years of sobriety, he was keeping his alcoholism private. The desire to drink persisted and he was afraid that if he told people he was in recovery that they’d eventually see him fail.

Then, someone invited him to a recovery support meeting.

“The folks at the Bangor Area Recovery Network [BARN], when I came into the program in late 2009 and 2010, were very good to me,” Dan says. “Telling my story in front of people was very emotional but very healing. The people around me cared and I wasn’t ashamed or alone. It was like this massive weight came off my back.”

The man who had invited him to meetings became his sponsor.

“I now had a set of tools that I desperately needed,” Dan says. “That grounding helped me make sure people around me held me accountable and helped me talk through what I needed to do and what I needed to avoid.”

Because he had those tools, he could see more clearly that he wasn’t living a truthful life.

“I knew in junior high that I was gay, but the only way to survive at the time was to act straight,” Dan recalls. “I wanted to advance my career. I hoped that getting married would make it go away, but it doesn’t because you’re born that way.”

Only once he was part of a recovery community was Dan able to come out, publicly, as a gay man.

“That was hard,” Dan says. “Lots of things happened, including divorce, that could have brought me back to drinking. It was because I had the right tools that I didn’t stumble. I know where I’ve been and where I am today. I know I have people I can reach out to. I know I can go to a meeting. I know my trigger points and why they happen. I’m good with where I am, who I am, and it’s all because I now have the tools to sort through some things in my life that I couldn’t sort through until I got into a community that understands.”

During all of these life changes, Dan met and fell in love with Greg Sereyko. They’ve been married for seven years.

“I remember when I first met Greg, he didn’t understand alcoholism, and he said that I could have a glass of wine every once in a while,” Dan says. “I told him, if I have a difficult day and know you give me permission, I’ll be off and running. No one can give me that kind of permission.”

Instead, on those inevitable bad days, Dan says that he turns to exercise, or reading, or worst-case, a bowl of ice cream. Drinking isn’t worth destroying his health, his marriage, or his ability to advocate for the recovery community through his work overseeing the state’s community college workforce initiatives.

“We’re providing free training to individuals across the state of Maine and will train 24,000 Mainers throughout the next four years in the hospitality, health care sectors and

the trades and construction,” Dan says. “We have developed the Harold Alfond Center for the Advancement of Maine’s Workforce and put together \$62 million in workforce training using public and private funds. We have \$35 million from Maine Jobs & Recovery Plan and \$15.5 million from the Harold Alfond Foundation. Part of our effort within that training is helping folks with skill gaps – particularly those who are unemployed, underemployed, justice-involved, recovery involved, New Mainers or older adults – to get training to access high wages so they can live their economic dream.”

Training and apprenticeships are available for the following sectors: health care, information technology, hospitality, manufacturing, trades, construction and clean energy.

“We are working on a project to train 500 broadband technicians, and splicers are being trained to expand broadband across the state of Maine, training that comes with a possible stipend that could cover the costs of living in a recovery home while getting the skills needed for a great paying job,” Dan elaborates.

He has seen the number of recovery-friendly workplaces grow significantly over the past decade.

“With our workforce shortage, the work that *Journey magazine* is doing, and the support from the Mills administration, and the Director of Opioid Response Gordon Smith, and what others are doing, employers are more willing to work with individuals with gaps in their employment or who have a record. I think that being honest about addiction, that it affects anyone from any walk of life, helps end the stigma.”



Amy Paradysz is a recovery ally and freelance writer and editor from Scarborough with more than 20 years of experience. She can be reached at amyparadysz@gmail.com

Finding Help is as Easy as 211

by Nikki Williams,
211 Maine Program Director,
United Ways of Maine

Imagine the following scenarios:

- You have an aging parent living across the state. They're struggling with daily tasks but want to stay in their home. Who do you call? What kind of help do you need?
- You have a family member who recently had a baby, and they are struggling to find mental health support. What are they eligible for? Where can they go?
- You are someone who never needed formal support before, but you lost your job, and you don't have enough food for the week. Where do you go? When are they open?

Finding help for complex needs like shelter, substance use, mental health, or food access can be hard for many Mainers. Fortunately, there is a Maine-based program that can help.

211 Maine is a free, confidential resource that helps people find services that help them stay healthy, safe, and independent. This includes everything from food pantries and heating assistance to mental health services, support groups, utilities assistance, and more.

Simply by dialing 211 or texting your zip code to the number 898-211, people are connected to trained specialists here in Maine who can help them find a variety of needed services. This is a free, confidential service, and help is available 24 hours a day, seven days a week for people of all ages.

211 Maine is a national model. "While other 211s outsource their afterhours or weekends, whenever someone contacts 211 Maine, they connect to a live person here in the state."

211 Maine became a statewide service in 2006. In 2022, the program received its **one millionth call**. The most common needs identified through referrals last year included: rent payment assistance, heating and utility assistance, health care, mental health and substance use resources, housing and shelter, relief check information, tax preparation assistance, and questions related to COVID-19.

"With the rising costs to meet basic needs like food and rent, it is more important now than ever for our community members to have an accessible place to find help when they need it," said Shirar Patterson, 211 Maine Board of Directors President and President/CEO of Heart of Maine United Way. "211 Maine is that place for people to go when they don't know where else to go."

In addition to helping Mainers connect to the spectrum of health and human services, 211 continues its involvement in specific programs and projects, including serving as the centralized access point for the State's new *Help Me Grow* system that helps families with children birth to eight get connected to needed behavioral health or educational services. Other initiatives include serving as Maine's *Opiate Helpline*, *Problem Gambling Helpline*, answering questions about browntail moth caterpillars, COVID-19, and more.

It's important for people to think of 211 as a tool. It's a starting point to see what might be able to help. If someone isn't able to get help from the information that 211 provides, we always encourage them to reach back out so we can look for other resources.

211 Maine is a collaborative effort of the United Ways of Maine, the State of Maine, and The Opportunity Alliance as the Contact Center Partner. For more information or to search the 211 directory, visit www.211Maine.org.

SOMETIMES YOU NEED MORE THAN AN INTERNET SEARCH. YOU NEED A CONVERSATION.

Certain issues are hard to navigate. You're not alone. Call 211 – it's free and confidential. Maine specialists are available 24/7 to provide information and connect you to local programs and services that can help. Friendly, non-judgmental people are waiting to assist you!

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A Walk in the Woods

Nature as Support for Recovery and Mental Wellness

by Greg Marley

“And into the forest I go, to lose my mind and find my soul” — John Muir

Nature has been my refuge for as long as I can remember. I spent my childhood growing up with an active alcoholic father in a small home, the middle child of five siblings. Life was always crowded and noisy, often tense and angry and I sought places to escape. In New Mexico I would hike out to the desert grasslands, alone or with our dog, and seek the silence as I watched the roadrunners, quail and Jack Rabbits or chased lizards as kids will do. I loved the brown angular landscape and the sense of space, the vista of mountains always in the background. The desert was my place to slip away into quiet and to find inner peace, even if I lacked the words and the awareness as a 10 year old.

I moved to the east coast as a young adult, fresh out of college and seeking change. In Maine I traded the mountains and the desert for dense forest and green fields; and I focused my attention away from reptiles and desert animals and on to plants and wild mushrooms. What stayed constant was seeking the peace and the quiet of nature. What stays constant is the reliance on the primary senses of sight, smell, sounds and touch. And perhaps a focus on breathing. An ideal afternoon for me today is to step into the forest and explore with no specific destination in mind. I

am not there to climb a mountain or reach the lake, but I might.

Some people call what I do a walking meditation. The Japanese call it forest bathing, *shinrin yoku*, and have long recognized it as a practice that helps people, both adults and children, to de-stress. What they have known for centuries, and modern researchers have confirmed, is that forest bathing boosts health and well-being. The intention is to live in the present moment and drink in the forest through all of your senses. We can access nature in the woods but working in your garden with your hands in the dirt is another easily accessible doorway into nature. Seek the beauty of nature where you can find it; in your yard, in the community or out in the woods.

I work in mental health, providing training and consultation in suicide prevention and also responding to a community in distress after a suicide or traumatic loss to provide them with support and resources. It is not light work. I carry the weight of painful stories of loss and of hopelessness. The forest offers me a place and a time to decompress, to move my body and let go of the day or the week and the pain. Most of the time I enter the forest alone but I do have a few friends who can walk with me and value the quiet as much as I do. When someone outside that small circle asks to come with me into the woods to talk about wild mushrooms, I gently but firmly decline. I let them know that

this is my time to reclaim myself. My family understands and often reminds me if it has been too long, “Dad, you’re getting a little crispy.” And I know it is time to go into the forest.

Forest bathing requires no learning, is available without a referral, and costs no more than a good pair of shoes and a raincoat. There is no waiting list, no prior authorization and no comprehensive assessment is required! This life-affirming support to recovery may be found right outside your back door across much of New England and is only a short drive away. Enjoy, explore, immerse yourself and breathe!

It is just that simple.



NAMI Maine is the state chapter of the National Alliance on Mental Illness. Through support, education, and advocacy, NAMI Maine is dedicated to building better lives for the 1 in 4 Mainers who are affected by mental illness. Since 1984, NAMI Maine has engaged with leaders, organizations, and community members at all levels to improve the state’s mental health system. www.namimaine.org



Greg Marley, LCSW, is the Senior Clinical Director of Suicide Prevention at NAMI Maine. gmarley@namimaine.org

'The Ahab Inside Me'

A Playwright's Reckoning with the Destructive Roots of Addiction

by Michael Gorman

How do you confront a disease as sneaky and destructive as addiction? How do you kill a whale as fierce and murderous as Moby Dick?

Those are the words I used to describe the beginnings of my own personal and artistic journey after the devastating loss of my older brother, a commercial fisherman, to opiate addiction. As a playwright, I wrote a series of plays about the experience and, like Ahab, that famous captain of a whale ship in ancient New Bedford who lost his leg to the Great White Whale. I assembled the most capable, courageous crew possible, grabbed a good, sharp harpoon and set sail to hunt the evil animal down.

Like Ahab, I sought revenge for a traumatic loss: Ahab, for the loss of his leg; me, for the loss of my beloved brother. But I soon realized that you can't get even with a drug, any more than you can get even with a whale, and I had to delve deeply into my own emotions. I had to come to grips with my anger and pain, not only by my brother's death, but by the chaos and destruction left in his wake. I had to deal with *The Ahab Inside Me*.

To deal with these emotions, I wrote a play about addiction called "UltraLight" that dealt directly with opiate addiction in the fishing community of New England. The play premiered in New York City before touring Maine in 2003, and it connected deeply to people and communities struggling with addiction. Over the next 20 years, I wrote other plays about addiction, including a trilogy named "The Honor and Glory of Whaling."

Writing plays about addiction and the chaos swirling around it has



On left, Ryan Andrew Perry. On right, Teddy Lytle. Photo credit: Bill Axell.

become a personal journey and artistic quest, and one that I now realize may end up with as many chapters as there are contained in the pages of *Moby Dick*.

It's not a stretch to say that I'm obsessed. But my obsession no longer stems from anger. It stems from a need to educate and to dispel the myth that addiction is a choice rather than a disease and a "moral failing." To blame a person struggling with substance use disorder for their disease makes no more sense than blaming an innocent whale for defending itself after being attacked.

There are many ways to attack addiction, but for me, it's through art and theater. As an artist, a "creative" approach is the only approach that I know how to take. It is the approach that I took when I first learned of my brother's heroin addiction and I sought the refuge of the theater to tell *my* story — the story of an affected family member. It's a story that often gets ignored or consumed in the chaos of a family's struggle to

grapple with a loved one's destructive addiction. And it's an approach that I've been taking ever since.

It's an approach that has led me to become an activist as well as an artist. It inspired me to create "Chasing the New White Whale-Harpooning Addiction," an epic ongoing performance art and advocacy model and outreach tool that directly addresses the devastation being caused by the ongoing opiate epidemic in working and commercial fishing communities in Maine, New England and beyond.

It's an approach that has led me to involve people in the community with lived experience dealing with substance use disorder directly in my productions as performers. Perhaps most significantly, it has led me to create an open forum of discussion — on stage, in the heart of the community — around our performances and the difficult issue of opiate addiction to help propel constructive social change.

Through my experience, I have become convinced that a creative approach is perhaps the most effective way to deal with the issue of addiction. It is the only way that truly seeks to speak to the spirit, imagination and holistic well-being of a community and its individuals.

But if there is one thing that I have also learned on my decades-long journey, it is that stigma presents the greatest barrier to healthy recovery within our communities. It is the force that leads to discrimination and shame and prevents people suffering from substance use disorder from seeking help. Internalized stigma leads to destructive behavior and self-harm and, like the Ahab inside of us, it leads to a violence turned inward that destroys hope.

Capt. Ahab was “addicted” to the thought of seeking revenge on an innocent whale and, as a result of his actions, a whole ship full of men — a community — lost their lives. That doesn’t have to be our fate. By


coming together through the shared experience of live performance we can start to overcome stigma and begin to build healthier, more compassionate and understanding relationships within our communities and with ourselves.

My latest theatrical production is “The Ahab Inside Me-Redux,” an epic, uplifting tale of fishing, obsession, addiction and recovery that calls for a reevaluation of Ahab’s vengeful attitude toward the white whale and our own destructive relationship to nature, the environment and ourselves. It will premiere at The Colonial Theater in Augusta in July, and I hope you’ll join me and my courageous crew for a show!



Michael Gorman is a playwright and the director of The Forty Hour Club, a Maine-based theatrical production company dedicated to creating original artist-driven independent theater.

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Accidental overdose can happen to anyone taking drugs, whether occasionally, regularly, or for the first time - when it happens, having naloxone on hand can reverse the overdose and save a life.

What is naloxone? Naloxone (commonly referred to by the popular brand name Narcan) is an important tool to reverse an overdose. It can be sprayed into the nose or injected and may reverse the effects of an overdose.

Naloxone has no abuse potential. If a person does not have opioids in their body, it will have no effect.

You do not need a prescription to carry or use it, and trainings are available all around the state of Maine to learn how to get and use it.

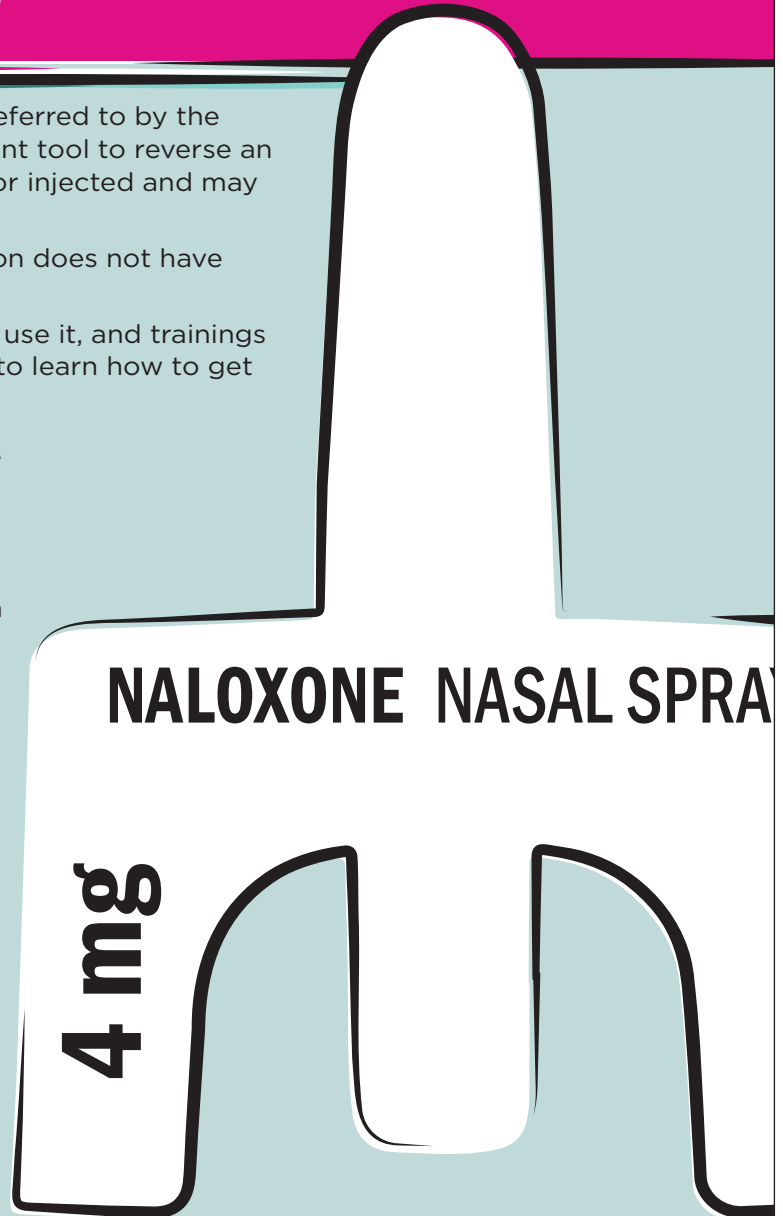
Where can I get naloxone in Maine? There are a variety of ways to get naloxone for yourself, a loved one or your organization.

Pharmacies. Anyone in Maine can get the nasal spray without a doctor's prescription by asking the pharmacist. Narcan™ costs up to \$150 per kit without insurance.

Get a prescription along with any opioid prescription. If you or a loved one are being prescribed opioids, request a prescription for naloxone to go with it for insurance to cover it.

Local and state organizations. To search organizations that distribute naloxone, visit <https://getmainenaloxone.org>.

Your local OPTIONS liaison. Through the State of Maine's OPTIONS initiative, each county has a liaison who can connect people to resources and can provide naloxone. See liaison contact information on page 7.



Learn more about naloxone on the SAMHSA (Substance Abuse Mental Health Services Administration) website:

<https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/naloxone>

OPTIONS
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Using Herbs for Health and Healing

by **Jacqueline Brown**

Herbs and plant medicines have been used for centuries as traditional medicines for common health concerns and to support the body in healing and overall health. In modern times, herbs have also been used to support people in recovery. Curious to learn more?

It was her own curiosity about herbal healing that led Paula Kersch to found Botanically Curious, a southern Maine herbalism company that offers consultations and educational events to help people understand how to use herbs to promote wellness, including using plant medicines in recovery support.

Paula's journey to head herbalist at Botanically Curious began with her need to find new solutions for issues going on in her health. "I started noticing my work life affecting my health, still being in my 20s and not receiving specific answers from doctors on why things weren't quite right with my body, so I decided to do some investigation and research on my own."

This path led Paula to herbal medicine, which not only helped her find her own way back to wellness, but ignited a new passion that she knew was important to share with others. "I took ownership over my health, went back to school for herbalism and bought a farm! I never intended to start a company, I was just curious about herbs and how I could utilize them for my health," she describes.

Today that curiosity has taken the form of helping others understand options for plant-based medicines for their own health. "Botanically Curious Offers 1-1 consulting with



clients where we go through an intake process, establish an energetic profile and make recommendations on herbs best suited for the body," Paula explains.

Other core offerings of Botanically Curious are entertainment-education based classes and events that help introduce people to the world of herbal healing. Regular offerings include herbal mocktail and tea tasting and how to wild forage for herbs in Maine. Botanically Curious also offers Home & Hearth services to teach people how to grow herbs at home and use herbs in foods.

In everything Botanically Curious does, "we aim to educate people on the phytochemistry and science behind WHY these herbs work in the body and in what ways. Our mission is to make herbal application easy for everyday life ... whether that is a class, ongoing consulting support, foraging walks or private events," Paula confirms.

Herbs for recovery support

When the body needs added support in recovery to return to a state of balance and wellness, herbs can help.

"Herbs can be really useful in making healthy swaps," Paula notes. For example, herbs can serve as an alternative to alcohol as a key ingredient in fun and tasty "mocktails." Herbal ingredients help turn these drinks into health tonics.

According to Paula, "Herbal mocktail mixers aren't just juice and fizzy water...it's education on herbs you can use to restore the body from stress, which will also support your body to make more health decisions moving forward."

As for specific herbs that can help, if you drink chamomile tea when you need to calm your mind at the end of a stressful day, you are already using herbal healing in your life. Other helpful herbs include milk thistle,

which supports liver health, and Tulsi (Holy Basil), an adaptogenic herb that helps to rebuild resilience from stress.

Paula is able to work with clients to build a personal herbal support plan.

“[For example,] if you lift weights and need more holistic alternatives for recovery in the body, work with Botanically Curious 1-1 through our consulting to create a plan that works best for your body without added stimulants. Bring your friends to a mocktail tasting so you can connect and learn about herbs together. If you like to cook or garden, book a Home and Hearth service to get guided support to include herbs that will add to your recovery efforts,” says Paula.

Wild foraging for herbs can also become a fun and healthy hobby for anyone looking to swap old habits for something new and fun. “To get outside and move more, come to a foraging walk and start to practice sustainable foraging. Once you know how to do it, you can get free, nutrient dense foods to help support your body.”

Most of all, Paula recommends for people to, “Stay curious and don’t be afraid to start. Asking for help allows you to build a new community of supportive, like minded people. Botanically Curious is easy to get a hold of through social media if you have herbal application questions and find out about future events!” Find Botanically Curious on Instagram at @botanically_curious.



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.

— SPONSORED CONTENT —



Botanically
Curious

Annette works at Sweetser as an Intentional Peer Support Specialist embedded in the Emergency Room at Northern Light Eastern Maine Medical Center.



“In my role at Sweetser, I’m able to be present and meet people, like me, where they are at from a similar lived experience perspective. I offer hope from the heart to everyone and anyone when they show up in an emergency department, without having to be asked. It is truly my passion. If you have a similar passion, I challenge you to join our amazing team!”

- Annette King



Sweetser

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Sweetser.org/careers



SCAN FOR
PEER SERVICES
JOBS

Stories Restoring Hope

Malerie Lockhart

Malerie Lockhart works at the Maine Coastal Regional Reentry Center (MCRRC) in Belfast through Volunteers of America as a Certified Alcohol and Drug Counselor (CADC). The MCRRC provides treatment, education and vocational opportunities for incarcerated men with the hope of reducing recidivism.

Malerie believes people deserve more than just a second chance. “I’m a believer in second, third and fourth chances. I was given more chances than I probably deserved. It may take more than one, but it is worth a person finding a better life and better version of themselves.”

Growing up Lamoine, Malerie felt uncomfortable in her own skin and, from a young age, eager to rebel. She first experimented with substances at 13, moved out at 15, emancipated herself at 16, and by 19 she was using heroin and other substances regularly.

“I was trying to escape,” she recalls. “I had hated myself for so long, it scared me to find out who I truly was.”

After her first rehab stay, Malerie tried to give up drugs but still drink alcohol. She received an OUI and lost her license not long after. “I thought it was all Maine’s fault. I sold everything to buy a one-way ticket to Florida. I had \$200 to my name to start fresh, and, in that month, everything turned upside down.”

It was in Florida, sitting in a jail cell, that Malerie realized that the same discomfort that pushed her to seek substances all the years before was her only companion. “It made me

realize that I would have a problem with all substances for the rest of my life, and that something had to change.”

In 2013, during a period of sobriety, Malerie had her first child. During the next two years she navigated early motherhood, an abusive relationship, substance use disorder and another pregnancy. After losing custody of her children for a time, she fully threw herself into recovery.

“I had to change everything this time,” Malerie says. “I had my children depending on me.”

For Malerie, this involved medication-assisted treatment (MAT), inpatient care, outpatient care, and counseling.

“MAT was not a drug to me at the time, it was a tool that helped me get through the roughest, most crucial part of early recovery,” she says.

Today, Malerie’s children are 7 and 9. When they drive by the site of the since-closed residential treatment facility called Hills House in Ellsworth, her oldest faintly remembers living there.

“Relapse is a part of my story; I’ve celebrated one year twice,” she says.

Over time and through hard work, Malerie regained self-love and relationships with family.

“Accountability means following through over and over to prove my word meant something. When my parents told me they trusted me again, it melted my heart.”



Our Maine Voices of Recovery series was created by Knox County Community Health Coalition in partnership with the community to teach about recovery, dispel misunderstanding about substance use disorder in Maine, and record stories of how long-term recovery does work. All names are used with permission.

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.

Today, Malerie is actively working toward her LADC licensure to continue to help others in drug and alcohol treatment.

“I have so much in my life today,” she says. “I’m proud. I wanted to get my degree, and my CADC, and I saw them through.”

Malerie sees her work as a chance to plant seeds of hope for the future.

“It can be difficult when you want to help others who aren’t quite ready for help yet. You don’t know what obstacles someone has had to overcome within themselves just to get to where they are at.”

Malerie’s love for family and passion for her career remind her of just how far she’s come, and keep her motivated to stay sober.

“I want to help other people find their path. No one’s path to recovery looks the same, but there’s always some way to connect and relate.”



Jamie Lovley is a Prevention Specialist at Penobscot Bay Community Health Partnerships and also works in residential substance use treatment. She is passionate about using her experience in journalism and social work to write recovery stories that fight stigma and inspire hope.

Coastal Recovery Community Center

A Center Open for Everyone

by Beth D'Ovidio

It all began when a community led discussion in 2016 about an immediate need to address substance use disorder was held. In order to tackle the issue, the town would need a brick-and-mortar space where people could come together as a true community.

Three people from that meeting are now recovery coaches and members of the Board of Directors for the Coastal Recovery Community Center (CRCC) which opened in 2017 and serves 100 members a month with an additional 100+ coming in for meetings.

Erin Hustus has been the Co-Director of the Center since CRCC first opened its doors. And those doors are open to everyone in the community.

"Everything is open to the general public. There's no one who doesn't know someone who is currently using or in recovery," said Erin. In Erin's case, she is an affected other.

"Our center meets the needs of the entire population, from very young children to the elderly," Erin said.

"This illness affects everyone and we want to make sure people know there's a place for them to come, no matter what age or whether they are in recovery or not." On any given

day you will find a meeting ranging from AA to NA to Overeaters Anonymous.

Monthly sober events also take place at CRCC. "We try to host sober events in sync with events that are often associated with substance use, like St. Patrick's Day and the Super Bowl," Erin elaborated. "We like to provide an alternative experience that is equally, if not more, fun without substance use."

The Center partners with the Knox Clinic for Wellness Wednesdays on the second and fourth Wednesdays of the month. The events range from Reiki to sound therapy and are free and open to everyone in the community. "There is such a sense of calm over the Center on Wellness Wednesdays," Erin said. "You can see the calm on people's faces."

A proud moment for the Center was when a local artist, through Arts in Action, worked with youth to design a mural conveying hope, meaningfulness and bridging the gap. The artist then worked with the young people to bring the mural to life for CRCC.

"The result, which includes butterflies, hands and waves, are a visual reminder of how we are all connected," Erin explained. "They chose the same colors as other dozen or so local community murals

around town to signify being part of the community."

"We had an open house at the Center to showcase the mural. The church even brought parishioners down to see." The story was even covered by The Penbay Pilot, Erin said.

When asked about future goals for CRCC Erin replied, "Our end-all, be-all hope is to have a detox center, transitional housing and the community center all in one space. Transportation is an absolute barrier, so being able to meet needs in a single location will help reduce that."

CRCC is the closest center to those who are in Knox, Lincoln and Waldo Counties.

"We keep going so we can reach as many people as we can," Erin said, "offering a place that's available and open for everyone."

This article was made possible with the support of the OPTIONS program and the Maine Office of Behavioral Health. KnowYourOptions.ME



Beth D'Ovidio is a public relations/communications professional with extensive experience writing compelling content for PR, marketing, and social media. She has 20 years of experience in developing and implementing successful media strategies, plans and campaigns.



The Addiction Cycle Explained

A Weiss Method Perspective

by Elizabeth Hamill

Picking up where we left off in *Journey's* last issue, describing how energy works in the body, let's next take a look at how the addiction cycle works.

Humans process energy in two major ways – through **automatic systems** and **systems that support our freedom of choice**. It is within the automatic systems that the addiction cycle lives.

We don't have to think about the automatic systems that help us perform a huge number of functions and tasks, from keeping our heart pumping to breathing to digesting food. Tasks that we perform on a repetitive basis ultimately get programmed into our automatic systems as well. Think of riding a bike. For example, we only have to learn how to do that once. Can you imagine if you had to learn how to walk every morning when you got out of bed? Or re-learn how to drive a car every time you get behind the wheel?

Our automatic systems are a marvelous part of our design that allow us to program ourselves to perform a huge array of tasks. They hold onto the learning process of particular proficiencies and are ready to act anytime we ask our systems to perform. Consider a task like typing. When first learning this skill, you have to think about where each character is located on the keyboard. But with more and more practice, you eventually don't even have to look at the keys – your body's automatic systems have taken over this process so that you can spend your time thinking about what you want to write about.

Our incredibly efficient automatic systems help us every single day to perform a multitude of tasks so we can live our lives the way we choose – right? Well, as we know, life is not that

simple! Since these systems remember everything that we do on a repetitive basis, we have to be careful.

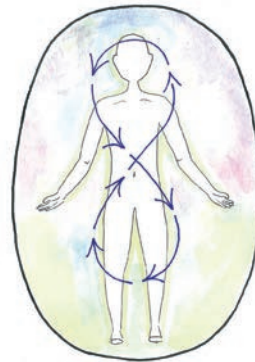
Hijacking the automatic systems

If we're constantly checking our phone and scrolling through social media every 10 minutes, we program this behavior into our automatic systems. If we want to change this behavior, we must decide that we will not be distracted so easily anymore and work consciously to change the behavior – utilizing our **freedom of choice systems**.

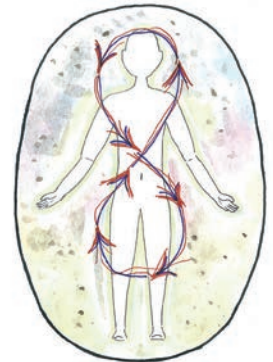
Alcohol, nicotine, refined sugars and harmful drugs are considered chemically addictive. Part of the reason they're addictive is that they're experts at hijacking our automatic systems. The nature of an addictive substance causes a person to crave it increasingly, and the automatic systems – just doing what they're designed to do – get abused. The substance takes over and can cut the person out of the decision-making process.

The core issue for the addiction cycle lies inside our freedom of choice systems – meaning that at some point, we made a decision, whether consciously or not, to allow the substance into our body – repetitively – thereby setting up the circumstance for our automatic systems to possibly get hijacked. And if they do get hijacked, the addiction cycle begins.

This is why the most important step to sobriety is the conscious decision to stop, as this is where the problem started in the first place – when we made that choice to repetitively allow the substance into our body. Some people can break the addiction cycle by simply making the conscious choice



Our automatic systems functioning as they were designed.



Our automatic systems being hijacked by an addiction cycle.

to do so. Other people make that choice but are unable to accomplish the goal to quit without outside help and assistance.

There are many paths to sobriety and recovery. The Weiss Method is one that offers non-invasive, one-on-one treatment with no medication, needles or hypnosis. The energy-based treatment cleans and rebalances a person at the root cause in the automatic systems.

Find out more about how the brain, stomach and blood are the main ringleaders in the addiction cycle and how they get hijacked and take over our lives by listening to or watching "The Addiction Cycle" at www.weissmethodusa.com.



Elizabeth Hamill found the Weiss Method to quit nicotine and from that experience, trained in Germany to become a Weiss Method Certified Practitioner. As a Certified Life Coach, she is passionate about helping others reach their highest potential by overcoming the impediments

that hold them back.

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Fighting Stigma to Save Lives

WHAT IS STIGMA?

Stigma causes negative attitudes, stereotypes, shame, and fear toward people who use substances. People who use substances often internalize these feelings. Stigma is expressed in big and small ways through words and behavior. It can create an environment where people feel devalued, dehumanized and isolated because they struggle with substance use.

STIGMA

HOW IS **STIGMA** HURTING PEOPLE IN MAINE?

- makes it hard to ask for help
- prevents people from offering support
- stops people from getting medication for treatment
- reinforces strong negative feelings of worthlessness and shame
- leads to isolation
- blocks people from recognizing there is a problem
- blames people for their substance use disorder
- keeps people from carrying naloxone
- causes discrimination
- robs people of empathy and compassion

STIGMA



Substance use disorder is a chronic condition that changes the way a person's brain works, making it difficult to stop. It can happen to anyone, and it often starts with a prescription.

Help to fight stigma in Maine by following the OPTIONS campaign on social media and sharing stories of support and resilience (@knowyouoptionsme on Facebook and Instagram).

Visit KnowYourOptions.ME to find your county's OPTIONS program Liaison and learn more.

We can all be a part of the solution.

OPTIONS
SAVE LIVES



Career Centers and Grant Program

Connecting People with Jobs and Support

by Beth D'Ovidio

Finding a job you can be proud of can reverse the negative self-value many individuals who struggle with substance use may feel. When you have a job that is meaningful and provides for your basic needs, you feel a sense of accomplishment that can help you keep your sobriety.

But this isn't easy, particularly for someone who has been out of the workforce for any length of time. This is where the Maine CareerCenters can be of tremendous help to those who are looking for employment opportunities.

The state's 12 career centers, which operate under the umbrella of the Maine Department of Labor, provide a variety of employment and training services, at no charge, for all Maine workers and businesses.

A pilot program in the Bangor area has recently begun that is specifically for those in recovery and works directly with recovery houses to help residents find employment. The CareerCenters are now working

with the Pine Tree Institute to pilot the same program in the greater Lewiston and Auburn area.

"We work directly with different recovery centers on initiatives based on the needs of that center," said Rene Smith, a CareerCenter manager in Lewiston. "For instance, one of our offices is working with a recovery house that is offering different workshops every two weeks in a 12-week cycle."

The workshops vary from resume writing and interview tips to onsite, in-person mock interviews. "We have some HR professionals from local businesses, as well as other organizations, participate on the mock interview panels," said Rene.

The program also provides active listening training; soft skills training, and even helps with transportation needs in order to get clients to hiring events.

The centers help clients get the training, certification, or degree that will help them move forward. "We help them with applying to education

resources, and we work with partners to assist with the funding," Rene said. "Don't consider yourself out if you don't have the funding – there are many opportunities to get funding for jobs from getting a CDL (Commercial Driver's License), through a counseling degree."

Sometimes communities become involved. At one large hiring event with community support, about half of the clients landed jobs as a result. In another example, employers collectively succeeded in getting bus routes extended to enable people with transportation barriers to secure employment.

"Whether we're working with the county jail, the Department of Corrections probation, or in recovery houses, we have really good success, working directly with our employers, placing people," Rene said. "About 90% of our employers are second-chance employers."

"We have something for everyone: students just entering the work world trying to figure out what they want to do, or someone who wants to

switch careers, or has been out of the workforce for a while. We also work with people who have disabilities,” said Jessica Picard, Communications Manager of the Maine Department of Labor. “We help people identify their transferable skills, host hiring events, and work with employers to find out exactly what their needs are.”

If there is not a nearby center available, people can access the services online, by phone, email, or live chat on the website. CareerCenter staff also go into local community centers, such as libraries, on a regular basis in many communities to connect with people.

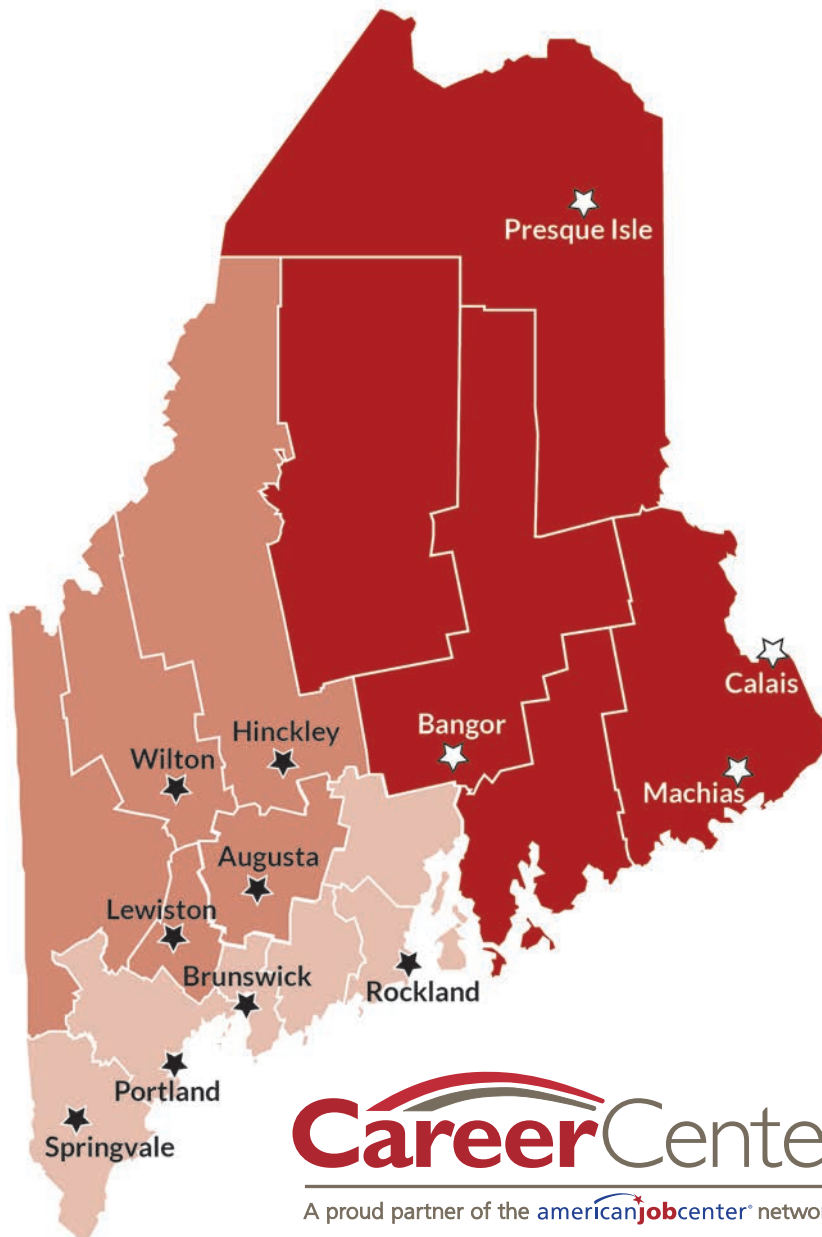
In addition to the CareerCenters, the Connecting with Opportunities Initiative is a state grant that is focused on the opioid crisis. It can provide one-on-one career guidance, employment-based case management and financial assistance to unemployed individuals impacted by opioid use disorder (personally or as an “affected other”). It can also help out-of-work individuals who would like to enter career fields focused on substance use disorder and recovery, such as counseling, addiction treatment and mental health care. For more information about this initiative, visit www.maine.gov/labor/bes/coi/.

“We’re happy to help people in early sobriety find work,” said Rene. “But we’re happier to see them get a career that is rewarding. We like to see them start out on a career path, not just a job. It’s very exciting to see people succeed through the program.”

This article was made possible with the support of the OPTIONS program and the Maine Office of Behavioral Health. KnowYourOptions.ME



Beth D'Ovidio is a public relations/communications professional with extensive experience writing compelling content for PR, marketing, and social media. She has 20 years of experience in developing and implementing successful media strategies, plans and campaigns.



CareerCenter

A proud partner of the [americanjobcenter](http://americanjobcenter.org) network








Maine CareerCenters provide a variety of employment and training services at no charge for Maine workers and businesses. Whether you are looking to improve your job qualifications, explore a different profession, find a new career or hire an employee, the CareerCenter can help.



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Up-Level Your Professional Life In Recovery

3 Affordable Ways for Building Skills



by Editorial Team at Groups Recover Together

Work can be a meaningful part of your recovery.

Some people may think of recovery as a pause — that other things, like career goals, have to be put on hold until milestones are hit. But the truth is that no matter where you are in recovery, having a job can help you.

Working can improve your mental health and increase the chances of positive recovery outcomes. It's also a great way to expand your social support network.

Whether you already have a job you like or you're thinking about your options, there are affordable ways to learn new skills and advance in your career — even as you're moving through recovery:

1. Take free or cheap classes online.

Websites like Coursera, EdX, Futurelearn, Lynda, and even

YouTube offer free or low-cost informational sessions on virtually any skill or topic. While the first three websites do the vetting for you, looking up a presenter's credentials can help you figure out if they're the right resource.

2. Check out events in your community.

Your local library or community center could be a treasure trove. It's also worth keeping an eye out for Facebook and Eventbrite events that interest you. To narrow down your options, follow relevant community and professional groups on social media for posts about upcoming events.

3. Join a recovery program with career support.

Some recovery programs, like Groups Recover Together, will also help you with career development. Groups Recovery Support Specialists will assist members in meeting their career support needs, logistically and financially:

- Technology (cell phones, laptops)
- Resumes
- Interview clothes
- Interview skills
- Current and future employment goals
- Education, certifications, or licensure

Working while in recovery won't always be easy, but Groups can help you find the right balance of medication-assisted treatment, peer community, and employment support to compassionately guide you through the process.

Learn more about our program at joingroups.com.

— SPONSORED CONTENT —

groups
recover together

We Are Not Alone: Community Connectedness and Resilience

by Hawa Shir, Program Coordinator, Westbrook Partners for Prevention

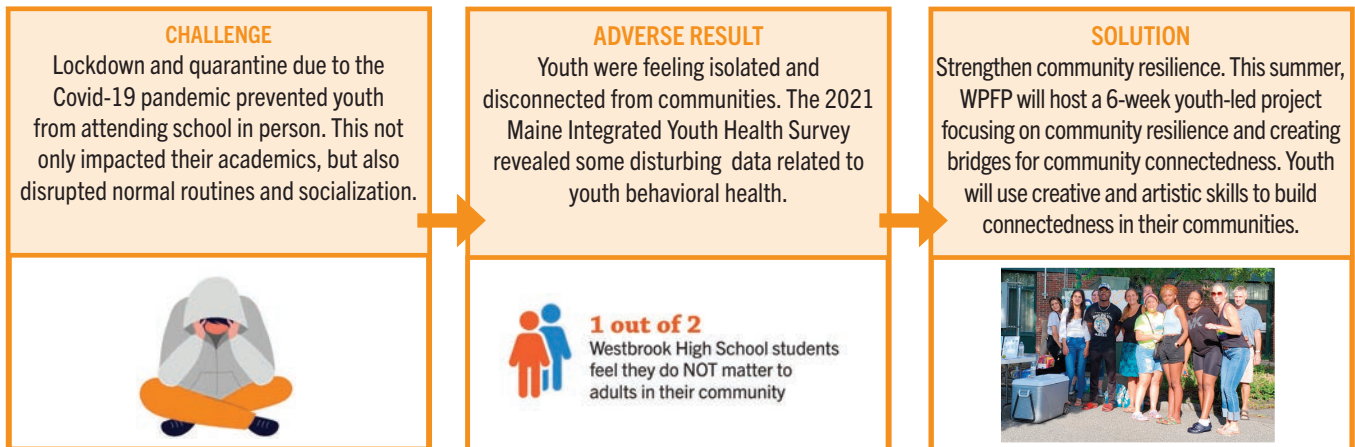
During the past few years, people have been facing a variety of adverse challenges in their individual lives. Collectively, those individual challenges have impacted communities as a whole. Communities experience adverse situations together. However, connectedness can be lost when bombarded with various disasters and tragedies. Having strong and equitable structures in place to create systems where community resilience can prosper is important for the well-being of everyone in the community! Without strong connections, people may not feel comfortable asking for help and could turn to unhealthy coping mechanisms such as substance use.



The Resilience Tree describes the impact of equitable and trauma-informed systems and supports. These investments help communities become resilient and equipped to support the health of their members.

Source: The Center for Community Resilience at George Washington University - Dr. Wendy Ellis, Director of the Center for Community Resilience

EXAMPLE OF COMMUNITY RESILIENCE



A COMMUNITY IS RESILIENT WHEN COMMUNITY MEMBERS:*

- Are connected to each other and work together
- Adapt to changes in the physical, social, or economic environment
- Are self-reliant if external resources are limited or cut off
- Learn from experience to improve the community over time

*From Maine Resilience Building Network

FOLLOW WPPF FOR PROJECT UPDATES

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This article is written by Hawa Shir, Program Coordinator 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.

Authentic Communication

by Elaine Shamos and Glen Simpson

Communicating with your partner honestly about yourself is one of the most feared and avoided topics.

In our last column for Journey, we discussed ways to assess how well you differentiate yourself from the relationship. The next step is the ability to communicate your deepest thoughts, feelings and desires with your partner.

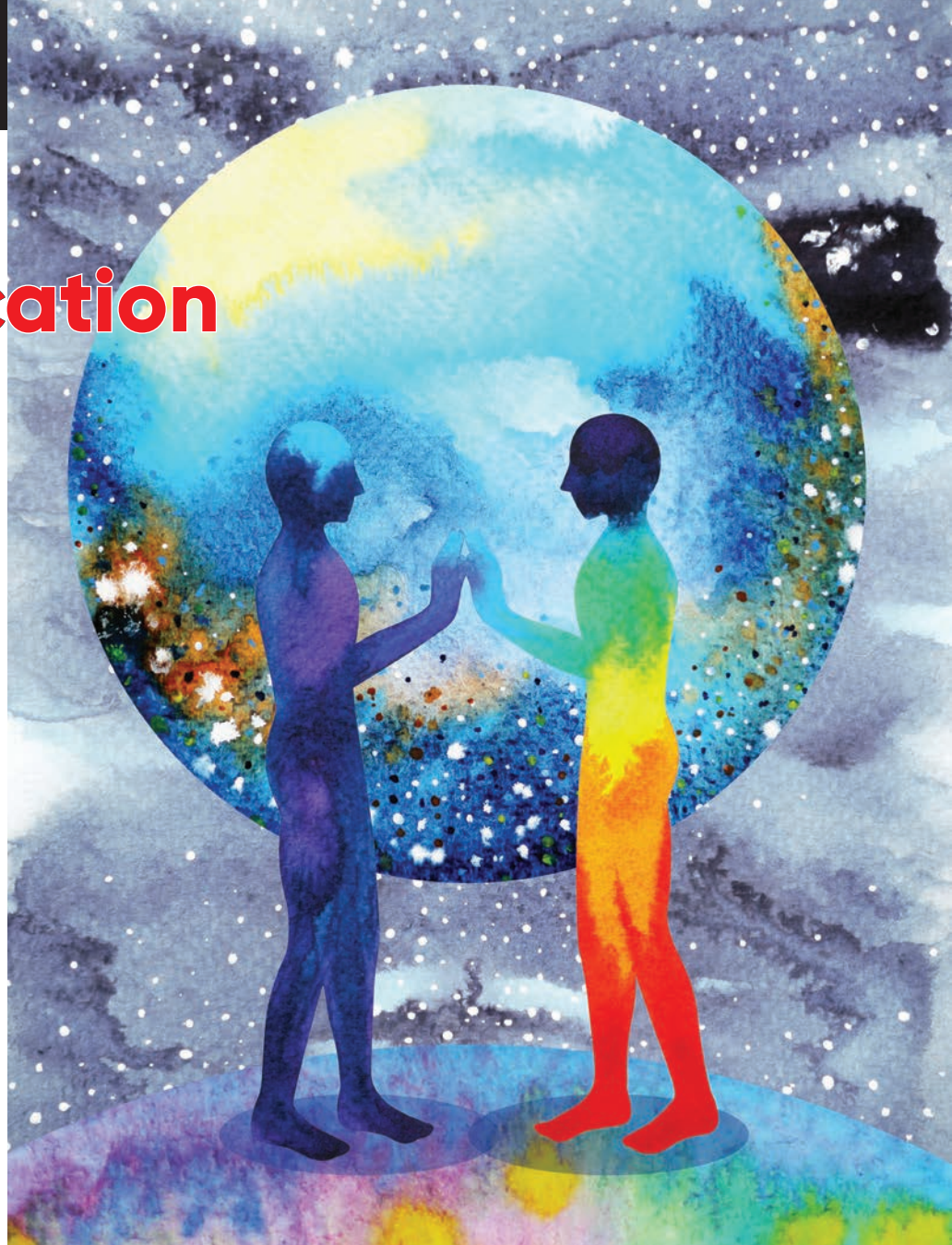
Over the many phases of recovery and growth, you change; thus the relationship is constantly straddling stability and change. To have a successful partnership, each person needs to explore who they are, their willingness to build a foundation of trust and how to mutually communicate. This is how to become authentic as a couple.

You First

Before you can have heartfelt communication, you need to know (at least for today) who you are, how you feel and what you need. Insights into your behavior patterns, feelings and needs is the homework before the conversations. Individual therapy, working the steps of AA and Al-Anon, meditation, etc. can all be helpful.

Speak from the Heart

The most authentic expression is unscripted and honest. Use language that feels natural to who you are. Have the conversations when you won't be interrupted, where you can be fully present in the moment. Communicate in a way that shows you value the other person. Often it is helpful to start this process with a couples' therapist.



Listen, Listen, Listen

The greatest gift you can give another is to listen actively, with curiosity and patience, complete attention, and respectfully, even when you don't agree. Try to understand their story, their perspective, and do not take anything personally. Recognize how much trust it takes to be vulnerable.

Agree to Adapt

Adaptability is about responding to new information with good communication and a willingness to be flexible. Pushing past our old resistance helps us become more flexible and reap the benefits of growing as individuals and together.

Overall, communicating authentically requires being honest, respectful and present in the moment. Your bond strengthens and creates an authentic couple by making the time to talk, check in with each other and create rituals for intimate conversations. In the words of Bruce Lee, practice makes it natural, skillful and steady!



Elaine Shamos, MPH, has 30 years experience as a public health professional and is the former director of Dartmouth's Women's Health Resource Center. Glenn Simpson, LCSW, CADAC, has a private practice specializing in substance use disorder, and couples therapy. They are working together on a book for couples in recovery.



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Al-Anon: Mutual Aid for Families of Alcoholics

“Let it begin with me”



by Kim Wilson

Finn, an Al-Anon member for eight years and treasurer of his district, describes Al-Anon as “a place for people to come who are struggling with this disease, to learn how to maintain their serenity.” Finding that serenity takes courage and work, but Al-Anon is there to help.

Finn was “very nervous” about attending his first meeting. “Would I know what the rules were?” he says. “Would I break some kind of norm that I didn’t know about?” He was relieved to find it welcoming and supportive.

“None of those fears were founded,” he says. “I was welcomed to the first meeting and all the meetings that I went to.”

“Some people gave me their phone numbers in case I wanted to talk. I just listened for many meetings, and that was fine,” he continues. “There are no rules, I came to find out. Nobody was going to kick me out or make me feel bad for not doing something right.”

At the time, Finn was in a relationship with a recovering alcoholic and he recommended Al-Anon.

“We were having relationship problems and he thought I could use this program because I grew up in an alcoholic home,” Finn says. “I didn’t want to come, but I thought maybe it could fix our relationship. I didn’t really think there was anything wrong with me. I think a lot of people come hoping to find a way to get the alcoholic to stop drinking.”

What Finn learned through the help and support of Al-Anon was, “There really is nothing we can do to stop a person from drinking, from causing a crisis, from losing their jobs, or from neglecting the people they love. There’s nothing we can do about the effects of alcoholism except work on ourselves. And that’s a really tough thing to come in and hear.”

“But,” he continues, “Al-Anon provides the support we need to get through the hard times. We develop our own inner strength, our own ability to cope with things in a more healthy way.”

“It’s been an amazing program for me personally,” he adds. “I’m still here after eight years and I’m still getting a lot out of it.”

Cathy, an Al-Anon member since 2014, emphasizes that the program has helped her improve all her relationships, not only with those who are drinking.

Of her 32-year relationship with her wife, she says, “The last nine years [since going to Al-Anon] have been the most content and happiest of our relationship. I’ve learned how to take care of myself, how to please myself, and not make someone else responsible for my happiness. The clearer I am about what I want and need, and the more I’m able to be direct about it, the better it is.”

“It’s just made everything so much simpler and cleaner,” she explains. “A lot of the nutty dancing we were doing has been changed.”

Cathy goes on to talk about the “positive ripple effect” Al-Anon has had in her life. She talks about a Thanksgiving dinner with her wife, a friend from Al-Anon and her friend’s husband. When it came time to go around the table and say what they were grateful for, each one answered, “Al-Anon.”

As for her relationships with the active alcoholics in her life, Cathy says, “I’m more compassionate. I’m able to see beyond the drinking and let them be who they are. I don’t judge them about alcohol or drug use,” she continues, “because it’s a disease, not a moral issue. And my need to fix it has changed.”

“In Al-Anon you learn the three Cs,” she explains: “I didn’t **cause** it, I can’t **control** it and I can’t **cure** it.”

“Al-Anon really helps me keep the focus on how I do me; not how you do you,” Cathy adds. “That makes my relationships so much easier.”

Susie is 16 years old and attended her first Alateen meeting when she was 11 or 12. Her stepfather was an alcoholic, and her mother, who was involved in Al-Anon, encouraged Susie to attend a meeting.

Because of Alateen, Susie says, “I got the understanding that I couldn’t control what my stepfather did. Even if I was super good, did all my chores and didn’t make trouble, he would still drink, he’d still make trouble. Even if everything was perfect, he’d still find something to be mad about.”

But over time, with the support of Alateen, “I stopped worrying about

what I could do to make things better for him and thought about what I could do to make it better for me,” Susie says.

Susie strongly encourages other teens who are struggling with someone’s drinking to attend Alateen. “We’re all there for the same reason,” she points out. “Nobody’s going to judge you. We understand what you’re going through.”

“Alateen puts you on the right track when you’re feeling lost and you don’t know where to start or what to do,” she said. “It’s kind of like a home base.”

In Maine, there are approximately 100 weekly Al-Anon meetings from which to choose.

“In the Portland area, there is a meeting available every day, sometimes twice a day. If you live in a smaller town, there might be a meeting just once a week,” Finn explains. “But now that Zoom has opened up the world to everybody, it’s pretty much possible to find an Al-Anon meeting any hour of the day.

“It’s been really nice to have more choices,” he says. “Every meeting can offer something a little different. You may want a very large meeting where you can just listen and not have to share, or you may want to share, so you can find a small meeting. You may want a meeting that is just for parents, or children of alcoholics, or just for women, people of color, or LGBTQ.”

People are encouraged to try six meetings before deciding whether or not Al-Anon is right for them. For more information about Al-Anon and a list of meetings in Maine, visit maineafg.org.



Kim Wilson is a freelance writer and editor who lives in Bath. She enjoys volunteering, renovating her World War I-era home and exploring the Midcoast.

From Al-Anon’s Service Manual

OPENING

“We welcome you to the _____ Al-Anon/Alateen Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy. We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in Al-Anon/Alateen we discover that no situation is really hopeless and that it is possible for us to find contentment, and even happiness, whether the alcoholic is still drinking or not.

We urge you to try our program. It has helped many of us find solutions that lead to serenity. So much depends on our own attitudes, and as we learn to place our problem in its true perspective, we find it loses its power to dominate our thoughts and our lives.

The family situation is bound to improve as we apply the Al-Anon/Alateen ideas. Without such spiritual help, living with an

alcoholic is too much for most of us. Our thinking becomes distorted by trying to force solutions, and we become irritable and unreasonable without knowing it.

The Al-Anon/Alateen program is based on the Twelve Steps (adapted from Alcoholics Anonymous), which we try, little by little, one day at a time, to apply to our lives, along with our slogans and the Serenity Prayer. The loving interchange of help among members and daily reading of Al-Anon/Alateen literature thus make us ready to receive the priceless gift of serenity.

Anonymity is an important principle of the Al-Anon/Alateen program. Everything that is said here, in the group meeting and member-to-member, must be held in confidence. Only in this way can we feel free to say what is in our minds and hearts, for this is how we help one another in Al-Anon/Alateen.

CLOSING

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest. The things you heard were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

A few special words to those of you who haven’t been with us long: Whatever your problems, there are those among us who have had them, too. If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered

and no unhappiness too great to be lessened.

We aren’t perfect. The welcome we give you may not show the warmth we have in our hearts for you. After a while, you’ll discover that though you may not like all of us, you’ll love us in a very special way — the same way we already love you.

Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love and peace of the program grow in you one day at a time. Will all who care to, join me in closing with the _____ prayer?

SaVida Health: An Addiction Treatment Program Making a Difference ... One Life at a Time

by Jacqueline Brown

Providing addiction treatment services from its three Maine locations in Calais, Brewer, and Biddeford, SaVida Health's centers are designed for the "whole person," offering individualized counseling options, Peer Recovery Coaching, case management and comprehensive medication management.

"Our approach to treatment includes putting our member's first, including recognizing that a trauma history is both likely and manageable. We approach this with passion and focus", shared Abbie Rohde, LCSW, CCS and the Director of Behavioral Health here in Maine.

Recognizing that entering recovery can be an intimidating and vulnerable process, SaVida Health has intentionally created a space that reminds their members that they matter. It is not enough to tell people they matter, however then ask them to sign forms they do not understand, sitting in uncomfortable chairs, hungry. The office culture includes warm, light filled spaces, cellphone chargers, snacks, coffee and hand selected furniture. "We want every member to feel that our Health Home is in fact their treatment home" shared Rohde.

"Our team, regardless of role, are committed to supporting trauma informed care, providing support without judgement, demonstrating compassionate accountability and helping our member's rediscover who they want to be," says Rohde.



Joe Graffius, Peer Recovery Coach; Christina Pizzo, LCPCc, CADC; Aaron Davis, Peer Recovery Coach

Kyle's Story: The Difference Feeling Welcome Can Make

What does a day in the life of a SaVida Health patient look and feel like? Kyle is a 41-year-old Mainer who has now been in recovery for three years. He found his sobriety with the help of SaVida Health, a place that, for the first time in his recovery journey, made him feel understood.

Here is Kyle's story.

I experimented with marijuana and alcohol as a teen and started using opiates at age 20. I was addicted and knew I needed help, but for years, getting that help was like riding a roller coaster. I went to two rehabs, I saw multiple doctors...and I was still using.

SaVida was not my first attempt at recovery, there were other programs. I had the label of "drug seeker," signed forms I didn't read, knew I was a burden

and understood I would be an addict for the rest of my life. I was connected to SaVida when I entered Fresh Start Sober Living and although I was hesitant and doubtful, I showed up to my appointments. It was there that I began to feel understood and was able to see myself as more than my decision to use opiates. I had underlying mental health issues that I needed to address in order to gain recovery. My addiction was not just bad choices, it was so much more complicated than that.

Early in my recovery, I would meet with my Counselor and attended my medical appointments, sometimes going to a Group session and sometimes talking to a Peer Recovery coach, every week. It felt intense and I did not always understand it.

There were times when I pushed back, when I did not show up, when I wanted to quit. They met me in those spaces and filled the gaps. And then I started to feel

better, to understand more and could honestly share that I had accomplished many weeks in recovery. I gradually graduated to bi-weekly appointments, and then monthly. Ultimately, I received the help I needed to want to do better, to be better. There is so much more to life than being labeled an addict.

Two years into my recovery I received a text message from a SaVida Peer Recovery coach, Brian. He wanted to know if I wanted coffee, if I needed to talk. I did. I told him how hard it was to get out there, to work, to face the fears and doubts in own head.

He understood. Not only did I receive encouraging words, but he helped me sign up to take a course to become a Certified Peer Recovery Coach. This led to me becoming a House Manager at Fresh Start Sober Living. This led Fresh Start to connect me with a pilot program run by the City of Bangor to train new bus drivers. I then obtained by Class B license and a paid training.

The beginning of all of this was a seed. A seed of hope that I would find recovery and finding my way into a SaVida Health office. An office where I needed to show up weekly, meet with the Providers and not quit. An office where I was encouraged and challenged and supported. Today I am a city bus driver in Bangor, living in Recovery and proud of who I have become. I know that I can do this and I know that SaVida Health is a place that anyone who carries hope can do it too.



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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Tucker's House in Bridgton

A Tranquil Home to Find Sobriety

by Beth D'Ovidio

Kirsten Wears, Executive Director of Tucker's House, has always had a passion for serving the underserved. She is an affected other and grew up in a household where Substance Use Disorder (SUD) was prevalent. "I worked at a local grocery store in Bridgton and found that in Bridgton alone there was tremendous need," she said. "If I was ever in a position to create a job of my own, this would be it. I am very fortunate to be in this position and I am grateful to be here doing this."

Opening Tucker's House in Bridgton, ME was a three-year process for Kirsten Wears, Executive Director. Prior to opening in February 2023, Kirsten had to first establish non-profit status, secure funding, and get a lease. Ultimately, she found "the perfect location, and the building was in turnkey condition." Tucker's House is now a MARR-certified Level III house, meaning there are some recovery services offered in addition to residence.

Laid off in March 2020 due to COVID, Kirsten began taking recovery coaching courses as well as training on how to supervise. She did a lot of reading and talking with her dad, who was sober. "He was a big part of this in the beginning," she said. "He has been working in this field for 40 years since he got sober. "Having experience with loving someone who is struggling with substances helps remind you it is not who they are, it is the disease."

The grounds at Tucker's House are beautiful and meticulously maintained. "It is very peaceful and screams serenity," Kirsten said. "Inside we function like a family unit. We are kind to each other and at



Front row: Rick Olson, Tracey Martin, Charlotte Kelly, Mary Fernald, Kimberly Leighton, Trina Sanborn, Catherine Bell, William McKenzie. Back row: Susan Rivet, Kirsten Wears. Photo credit: Ashleigh London

the end of the day we just really try to focus on loving each other." The women's recovery house has ten beds and an 11th bed for a house manager.

"At the house, we dig into everything; budgeting and paying bills, preparing financially for life's 'what ifs,' how to prepare a meal for people – all that we take for granted when we are not burdened with the disease," said Kirsten. "They can learn how to adult here, when they fall, they have supporting, caring people around them. The meetings and chores serve as a "Welcome to Life 101." Our youngest woman here was 19 and the oldest was 65."

"We talk very clearly about transparency and have peer-to-peer accountability. Your own sobriety is your focus. Don't let someone else affect that," said Kirsten.

"One of the women wrote a note that reminded me why we do this work. It said 'this house has given me a safe place to lay my head, and I am reminded every day that I am beautiful'," Kirsten said. "Reminding

them that they are strong tells them daily that they have value and worth. SUD has robbed them of so much time for what could be a beautiful life."

"It is challenging when I can see within them something they don't yet see in themselves. They don't believe they are capable of doing great things and you want to shake it into them but you can't. They have to see it for themselves," said Kirsten.

"But when you see the self-pride begin to emerge, it's definitely worth celebrating."

This article was made possible with the support of the OPTIONS program and the Maine Office of Behavioral Health. KnowYourOptions.ME



Beth D'Ovidio is a public relations/communications professional with extensive experience writing compelling content for PR, marketing, and social media. She has 20 years of experience in developing and implementing successful media strategies, plans and campaigns.



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- Is experiencing an overdose and needs medical assistance;
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- Revocations of bail, probation, supervised community confinement, community confinement monitoring, deferred disposition, and administrative release for most non-violent crimes, including for all drug crimes;
- Arrest on outstanding warrants for most non-violent crimes, including for all drug crimes.

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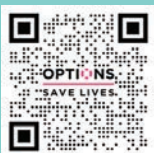
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Learn more about Maine's Good Samaritan Law at KnowYourOptions.ME.

OPTIONS
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OPTIONS LIAISON SPOTLIGHT

Dawn Kearns

Long Workdays, Many Rewards



by Beth D'Ovidio

Dawn Kearns has been in recovery for a number of years and, as is her nature, she wanted to pay it forward to others on their own journeys. That's why Dawn is such an asset to Kennebec County as OPTIONS Liaison, working for Sweetser.

"When the OPTIONS position came available it was not just a position, it was also a position within my own community," she said. Dawn lives in Gardiner, ME. She had personally struggled with Opioid Use Disorder there. "When I struggled with my own use, I watched it tear apart the community and friends ravaged by it. When I got my sobriety, it was important to me to fight this. In active use, I had six or eight people I used with. There are only two of us left. The opportunity to be in a position to hopefully effect some change is something that became really important."

Dawn engages others by being visible in her communities. "I've begun doing pop-up tabling events in the county. I go through harm reduction supplies very quickly. Yet, I know there are many other people out there who could benefit from getting the information and supplies.

Client work is a huge part of her role. "It's more than a full-time job," she said. Dawn's workday begins around 7 am, when she checks in with the Augusta Police Department to see if any related cases came in overnight. Many individuals Dawn serves are unhoused, and even though she has their name and an address, she doesn't always

know where they are. But, she's resourceful and tenacious. "I have several places I go every day to look for them," she said. "I visit the LINC Center, a peer support center in Augusta, which attracts people from varying backgrounds. The center has a food pantry; classes; meetings and they allow people to shower. The homeless community congregates there."

She then moves on to the Augusta Recovery Reentry Center to see if she can connect with the names she has just gotten and check in on the people who are on her caseload. She then returns to the Police Department for a noon briefing where the officers talk with her about people they are concerned about and instances that have happened.

Dawn works closely with Kayley Childs, who is an Intensive Case Manager at the Police Department.

"Sometimes we go out together if a call comes in," said Dawn. She tries to visit other communities every day and visits shelters, soup kitchens and libraries to find people who may need her help. Her day generally ends around 6 pm.

"Through my job, I provide connections," she said. "That connection could be giving you harm reduction supplies and education; or could be me sitting with your family and explaining things so everyone knows what SUD looks like; or driving you to the Emergency Room; making referrals; giving a tour of the area recovery support. It is all about connections."

Dawn has worked to build a collaborative network of resources within the community. "I am proud of our collaborative approach with the various agencies also providing services for those who take substances or are in recovery. Through collaboration, we are able to serve a client cohesively and not yo-yo them around from one service to another. When everyone knows the person, we can seamlessly provide all the services they need. When it clicks it's wonderful. No one person is going to save the community. We have to work together."

Dawn's Advice:

- Don't give up.
- Not every approach works for every person.
- There is help and people do get to the other side.

This article was made possible with the support of the OPTIONS program and the Maine Office of Behavioral Health. KnowYourOptions.ME



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OPTIONS LIAISON SPOTLIGHT

Lacey Bailey

Helping Others One Lifeline at a Time

by Beth D'Ovidio

Lacey Bailey, the OPTIONS Liaison at Sweetser for York County, is a Maine native who enjoys giving people a lifeline when they most need it. "Through my position with OPTIONS I am able to connect people with the services they need," she said. "Many people check in with me on a regular basis as another person they can reach out to and be connected with."

Lacey is in long-term recovery and can share her own life experience with those she helps. The vast majority of people Lacey works with are struggling with active substance use and are very isolated for a variety of reasons. "When someone hasn't had connections for a long time, it can be the first hope they get," she said. Lacey provides people with the tools they need wherever they are in their substance use journey.

"Whether it's peer support, professional support, or group support — the connection, compassion, and relationship piece is pivotal to the rest of the work," said Lacey.

Lacey has an office at the Sanford Police Department and works closely with the officers as part of their mental health unit. The department provides her with a number and a radio. "They give me every tool they have to keep connected and stay safe," she said. "I can't say enough good about the Sanford Police Department. They have been essential in allowing me to do my work with OPTIONS."

Lacey follows up after each call with the person or affected others she meets through the police

department. Sometimes people are simply looking for a resource, and other times they are looking for long-term help. Lacey works with individuals on their immediate needs at the scene of the event and often assists them with basic living needs such as housing, food and clothing. She also aligns people with immediate medical treatment they may need and later primary care, substance use treatment, and harm reduction measures, like naloxone.

"Sometimes they won't have shoes on or jackets, so we connect them with clothing through a local clothing closet. Others may need a ride to detox or someone to sit with them in the hospital and advocate for them while they are there," said Lacey. "Whatever the need is in the moment to make the person feel safer is the approach I take. I meet people where they are and this helps build trust. Having a trusted relationship is the best tool. I don't judge, I offer kindness and compassion and let the person be self-directed by giving them guidance. The people we help really appreciate that."

Even though Lacey's workspace is within the Sanford PD, she also works with other police departments in York County. "I will soon be going to Wells two days a month to show them how officers work with someone in a clinical role. It's nice to have a home base, but I really do like when we can reach across town lines. Everyone reaching out brings communities together. If we are going to succeed in this work, we need to be on the same page and all work together."

"Stigma is still a huge challenge for the individual and community." Lacey believes it is still difficult for people



who use substances to think they will get the help they need. "I think stigma is lessened by being at the scene and being able to advocate for the person during follow-up. There is a growing trust within the community and with the police departments who are trying to help those who struggle with SUD. People are in "awe" and offer valuable feedback about how calm and supportive the police and other first responders are with individuals in crisis. It helps restore trust with individuals and people in the community."

When asked what advice she has for the people she meets through her work with OPTIONS, Lacey said "Keep connecting and keep talking about it. Don't push it aside, even if you aren't ready for full treatment, keep talking about it and keep connecting with those around you. The less secretive we can be about substance use, the better off we will be."

Good words to live by.

This article was made possible with the support of the OPTIONS program and the Maine Office of Behavioral Health. KnowYourOptions.ME



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There's a real person in your community ready to help—ready to connect you to resources for harm reduction, treatment and recovery.



OPTIONS
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Meet your local OPTIONS Liaison.



OPTIONS Liaisons are public health professionals that often work alongside local emergency medical services (EMS) and law enforcement agencies to follow up with people and families after an overdose. In addition to helping people navigate services, Liaisons assist people to meet basic needs; de-escalate behavioral health crises and provide short-term therapeutic interventions; provide naloxone training and distribution; and conduct outreach and education. Anyone can make a direct referral to a Liaison, including individuals who use drugs, their families and loved ones, and others within the support system.

The Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative is a coordinated effort of the Maine Office of Behavioral Health (OBH) and other state agencies to improve the health of Mainers with substance use disorder. OPTIONS supports treatment, harm reduction and recovery, and aims to reduce the number of fatal and non-fatal drug related overdoses.

County	OPTIONS Liaison	Email	Phone
Androscoggin	Dave Bilodeau	dbilodea@tcmhs.org	(207) 344-1828
Aroostook	Vanessa Charette	vcharette@amhc.org	(207) 762-4851
Aroostook	Sarah Baker-Corbett	scorbett@amhc.org	(207) 762-4851
Cumberland	Tom MacElhaney	tjmacelhaney@sweetser.org	(207) 468-2848
Franklin	Katlynn Johnson	katlynnj@wmbh-me.com	(207) 500-1752
Hancock	Nick St. Louis	nstlouis@amhc.org	(207) 762-4851
Kennebec	Dawn Kearns	dkearns@sweetser.org	(207) 446-3304
Knox	Will Bucklin	wbucklin@sweetser.org	(207) 298-4672
Lincoln	Nicholas Loscocco	nloscocco@sweetser.org	(207) 468-3483
Oxford	Glenn Gordon	glenn.gordon@ocmhs.org	(207) 357-1751
Penobscot	Ashley Roberts, CADC	aroberts@chcs-me.org	(207) 991-1162
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Sagadahoc	Maria Beauregard, CADC	mbeauregard@sweetser.org	(207) 468-3304
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Waldo	Ann Ward	aeward@sweetser.org	(207) 468-2766
Washington	David Grieco	dgrieco@amhc.org	(207) 496-9733
York	Lacey Bailey	lmbailey@sweetser.org	(207) 468-4015

For the most up-to-date information, find contacts online at <https://knowyouroptions.me/about-options/> or call 2-1-1. For more information on the OPTIONS Liaison program, contact robert.porter@maine.gov.

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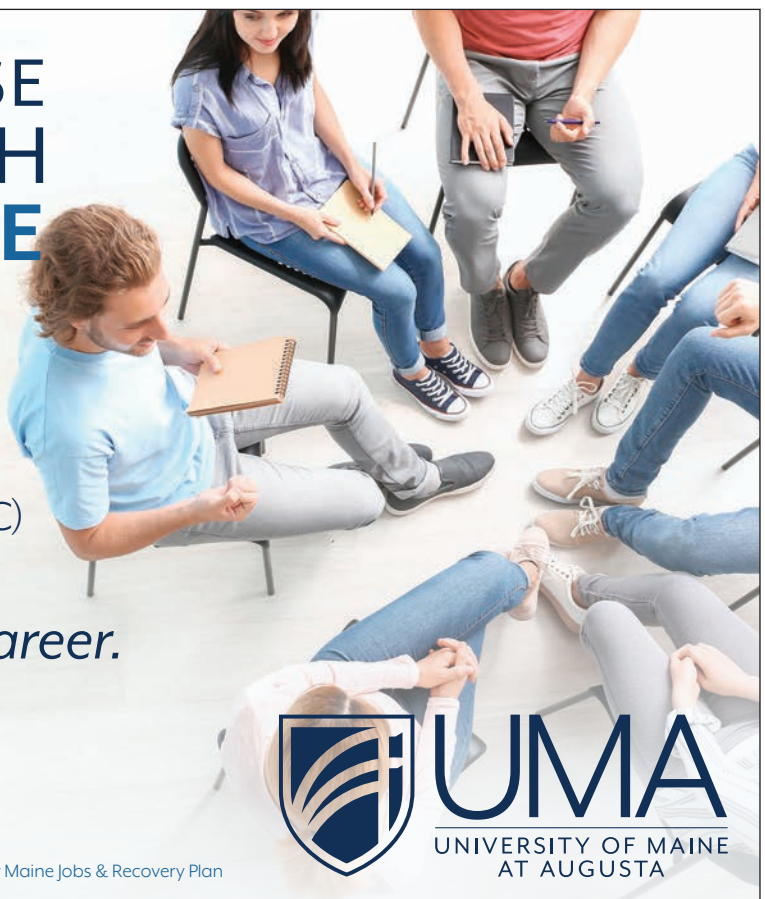
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4 Considerations for an Employee Support Program

by Hamilton Baiden

In the last issue of *Journey*, we talked about the cost substance use can have in a workplace and tips to help employers develop a high-level support plan. It just makes sense to address these issues and build a healthier, happier, more productive workforce, so this month, let's drill down further four considerations when building an employee support program.

1 Workplace Substance Use Policy

A workplace substance use policy is important for creating and maintaining a substance-free work environment and to help mitigate risk. It should include a drug testing policy, available support programs, and rules for all employees. Review this policy as you onboard new hires and annually with existing employees and provide all employees information about substance misuse including symptoms and the effects on performance.

2 Employee Education

Discuss with employees how they and their family members can get help through an Employee Assistance Program (EAP), a health and wellness program, your healthcare provider, or other channels. Communicate often about prevention resources like health and wellness programs, helplines, and other resources so employees know where to turn for help. Also highlight what support is confidential; people may be reluctant to get help through employer-sponsored programs if they think their employer will find out about their struggles.



Make sure these resources are easily accessible (e.g., posted in a break room and/or the company intranet) and include hard copies in the employee handbook.

3 Deriving Engagement and Outcomes

Determine what you'll need to measure the success of your policies and programs. Consider a multidimensional approach to capture an employee's social, environmental, and behavioral wellbeing over time. For example, you may want to measure opioid reduction or relapse prevention, speed to recovery (or minimized lost work time), or adherence to a care management plan.

4 Update Policy and Programs Annually

Based on the data and reporting you get about your support programs,

adjust your policies and programs accordingly. Is engagement low? You might have a Lunch and Learn or educational webinar to talk about employee wellness and share your resources. Is engagement high?

Consider relapse prevention resources to your program to keep people motivated and build a healthy workplace environment for those in recovery.



Hamilton Baiden is CEO of Youturn Health and a person in long-term recovery. He oversees the company's long-term strategy and growth and is committed to helping others on their recovery journey.

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Youturn
HEALTH

Westbrook Provides Community Help for Overdose Prevention

by **Jaqueline Brown**

“You never know when you will have an opportunity to save a life.”

That sentiment, says Janet Dosseva, Director of Westbrook Partners for Prevention in Westbrook, Maine, is the guiding force behind the nonprofit coalition’s new program that has made naloxone (Narcan) available in many of the city’s public buildings, including the public library, high school and City Hall, along with training staff members in how to administer it.

Westbrook Partners for Prevention is a network of educators, parents, students, health professionals, law enforcement, and other interested community members working together to support Westbrook youth, ages 12-20, in making healthy, substance-free choices.

Dosseva cites growing concerns around fentanyl use and accidental exposures in making it an even greater priority to face the opioid addiction crisis head on through increased education and easier access to harm reduction resources like naloxone. Also known by its brand

name Narcan, the drug is used to reverse opioid overdoses.

“Getting Narcan into more public places and knowing when someone needs help and having people who know how to administer it...we need this in place right now,” Dosseva confirms.

Previously, Westbrook Partners for Prevention worked to install sharps boxes in public buildings. Providing naloxone in these same locations was a next logical step to acknowledge the potential for emergencies and emphasize the importance of timely intervention. Libraries, schools, churches and other public spaces are often easily accessible to individuals from diverse backgrounds, making them ideal locations to distribute Narcan.

Getting the program up and running has become a true community effort.

“We do Narcan training so that staff in the building know how and when to respond to a community member in crisis. The response has been incredibly positive. People want to be part of the solution,” Dosseva confirms. Westbrook Partners for Prevention also distributes easy to

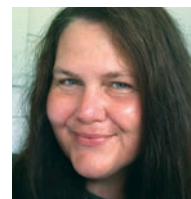
carry cards that contain information about how to recognize and respond to signs that someone has overdosed.

By equipping public buildings with Narcan and putting the focus on education, everyday citizens have the ability to intervene and potentially save lives, transforming public buildings into vital hubs for community health and safety.

And that’s the whole point, says Dosseva.

“So much of public health is tearing down barriers,” Dosseva describes, “This is what we’re doing...we’re chipping away to bring more access to life saving resources and lessening stigma around it.”

“This is how communities become healthier,” she adds.



Jaqueline 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.





On Smoking and Education

by Joanna Free

Our focus in this issue is on education, and my focus — in this lifetime, apparently — is on smoking and smobriety, and the freedom to choose.

How are smoking and education related? It may surprise you to learn that smoking, smobriety and education are related in several important ways:

Personal Education

The higher your level of education, the less likely it is you'll smoke, or ingest other toxins for comfort, for focus or for pleasure. Of course, your level of education also correlates with other factors, too, such as the safety and stability of your environment and the quality of education available to you, both within and outside your home. Socioeconomic status figures into this, too. As your wealth and self-determination go up, your opportunities for education rise, too,

and the likelihood that you'll smoke goes down. The more choices you have available to you, in all areas of life, the less likely it is that you'll choose toxins of any kind, for any reason. In the military community, for example, smoking goes down as rank goes up. The same is true in other hierarchies.

Choices

The more you learn about tobacco and nicotine, and about the vast array of other options available to you besides those substances, the more likely it is that you'll stop using them and choose other options instead. Seek alternatives such as exercise, medication, tapping, hypnotherapy, acupuncture, meditation... the list goes on and on.

Once you decide to take tobacco off the table, there's room to add more life affirming activities.

Shared Learning

As with other kinds of education, teaching is one of the best ways to

deepen our learning. One of the best places to learn and teach, often within the same hour, is in mutual support community. Many people are unaware that there are meetings for nicotine recovery, just as there are for freedom from other substances and addictive patterns. These meetings blossomed and went global during lockdown. Visit [nicotine-anonymous.uk](https://www.nicotine-anonymous.uk) to learn more about connecting with others.

REFERENCES:

National Library of Medicine:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7025916/>

American Journal of Preventive Medicine:

[https://www.ajpmonline.org/article/S0749-3797\(22\)00450-0/fulltext](https://www.ajpmonline.org/article/S0749-3797(22)00450-0/fulltext)



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

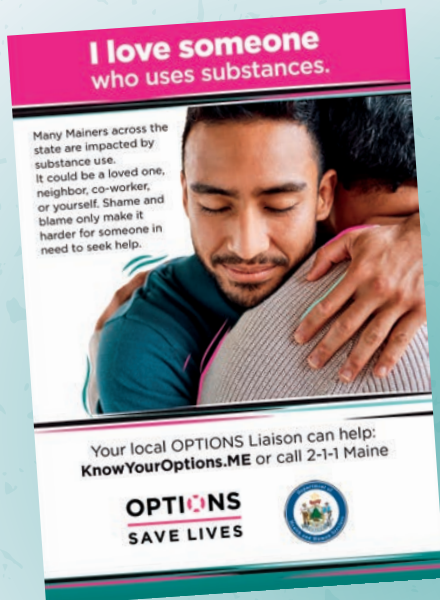
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The OPTIONS Partner Toolkit

KnowYourOptions.ME:

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Recovery Discovery EFT for Procrastination



by Karen St. Clair

There is always a valid reason behind why we continuously procrastinate or feel resistant towards a task, even if that reason may not be logical or helpful to us. At times, we all delay or postpone certain tasks, but there is a distinction to be made between occasionally stalling and true procrastination and it's important to recognize the difference.

Universal Root Cause of Procrastination (for all humans)

If you're struggling to start on small tasks that seem insignificant to the overall outcome yet are necessary steps toward moving forward, the root cause of your chronic procrastination may be an underlying fear that you're unaware of.

While you may attribute your procrastination to laziness or a dislike of a particular "to-do" item on your list, those are not the real reasons. The truth is that completing those small assignments will bring you closer to taking the bigger action required to move you towards significant progress. A subconscious fearful part of you is very aware of this fact and may start sabotaging you early on as you move toward your goal.

Uncovering Hidden Fears

I've personally experienced the struggle of procrastination when building my website. Despite my desire to complete it as soon as possible, I found myself spending countless hours perfecting wording and obsessing over images. It wasn't until I took the time to delve into my thoughts and emotions that I discovered the root cause of my procrastination: fear of becoming



more visible. This fear made no logical sense. I had never even considered the idea of my emotional safety feeling at risk by having a website. But for that fearful part of me, every small task towards building the website felt significant, and completing them felt like stepping into the unknown.

How EFT Tapping Acknowledges the Fear Factor

Have you ever found yourself procrastinating on a task that seemed so simple and straightforward, yet you just couldn't bring yourself to start it?

There's a part of your subconscious that is often overlooked, a younger and less resourced version of yourself that is fearful of the consequences of taking bigger action. And this part needs to be acknowledged and heard.

EFT Tapping clears the path to what your fearful inner child is afraid of and why. By shining a light on this hidden part of yourself, you can finally end the cycle of procrastination and move forward

energetically and with greater confidence.

Why Confronting Emotions Is Key to Moving Forward

You might find yourself constantly putting others' needs before your own, leaving you feeling drained and disheartened, but putting extra pressure on yourself to get things done won't solve the problem. Instead, utilizing the powerful and yet gentle technique of EFT Tapping can serve as your Go-To self-care tool during those times.



Karen St. Clair is an accredited certified EFT International Trainer NQT, Reiki Master of Masters, best-selling author, speaker, and founder of Reiki Tap RenewalSM and has a gift for facilitating her clients' life-changing outcomes.

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of adults with
untreated
substance use disorder
are employed*

*According to the National Safety Council

artists, students,
lawyers, painters,
therapists,
medical professionals,
customer service reps,
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dog walkers, doctors,
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To explore marketing opportunities
contact Carolyn Delaney (carolyn@journey-magazine.com)

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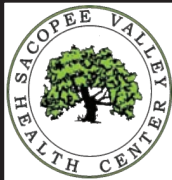
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Addiction

by Earlene Moody

When you're in the throes of a deadly addiction
That causes so much pain and affliction
The road ahead seems wide and rough
This life you're living you've had enough
There seems to be no solution to end this pain
You've tried many times to get off this train
You feel like you're drowning in so much despair
You wish it would all end you don't even care
The drug pulls at you with so much power
You feel it every day every agonizing hour
Your sense of self and awareness has grown thin
Where does it end where do you begin
You wish for the strength to turn it around
You can't seem to pull yourself up off the ground
You grab at your phone to call out for help
You realize you can't do it all by yourself
What little strength you have tugging from within
You grasp at it fighting because you want to win
A spark of hope begins to build inside
With all your might you're going to come clean this time
You know it won't be easy a hard road ahead
But a rehab has called they've found you a bed
You ask for courage to follow it through
The way you've been living just won't do
Tears flow down your face as you reach for the door
You feel the drug tugging at you like never before
As you walk outside and look up at the sun

You say to the drug "This is it you're done"



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www.bangorrecovery.org



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Resources pages
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FREE 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.

MUTUAL AID PROGRAMS

Adult Children of Alcoholics (ACA) is a 12-step program of men and women who grew up in alcoholic or otherwise dysfunctional homes. The ACA program was founded on the belief that family dysfunction is a disease that affected us as children and affects us as adults. adultchildren.org

Al-Anon is a 12-step program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. al-anon.org

Alcoholics Anonymous is an international 12-step program of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. Membership is open to anyone who wants to do something about their drinking problem. aa.org

Cocaine Anonymous is a 12-step program of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. ca.org

Codependents Anonymous (CoDA) is a 12-step program of people whose common purpose is to develop healthy and loving relationships. CoDA.org

Crystal Meth Anonymous is a 12-step program whose primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers. Membership is open to anyone with a desire to stop using drugs. crystalmeth.org

Debtors Anonymous is a 12-step program that offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others. debtorsanonymous.org

Drug Addicts Anonymous is a 12-step program of men and women who have recovered from addiction and are committed to helping those who still suffer. We have recovered by using the twelve steps as outlined in the book of Alcoholics Anonymous. daausa.org

Food Addicts Anonymous is a 12-step program that believes that food addiction is a biochemical disorder that occurs at a cellular level and therefore cannot be cured by willpower or by therapy alone. faacanhhelp.org

Gam-Anon is a 12-step program of men and women who have been affected by the gambling problem of another. gam-anon.org

Gamblers Anonymous is a 12-step program of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. gamblersanonymous.org

Millati Islami is a fellowship of men and women, joined together on the Path of Peace. We share our experiences, strengths, and hope while recovering from our active addiction to mind- and mood-altering substances. Following Millati Islami's 12 Steps to Recovery, members look to Allah (G-D) to guide us on Millati Islami (the Path of Peace). While recovering, we strive to become rightly guided Muslims, submitting our will and services to Allah. millatiislami.org

Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning someone's addiction problem.

nar-anon.org

Narcotics Anonymous (NA) is a 12-step program of people for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. We suggest that you keep an open mind and give yourself a break. na.org

Nicotine Anonymous® ("NicA") is a 12-step program of men and women helping each other to live lives free of nicotine. nicotine-anonymous.uk

Overeaters Anonymous is a community of people who through shared experience, strength and hope are recovering from unhealthy relationships with food and body image. oa.org

Recovery Dharma uses Buddhist principles and practices to recover from addiction. RecoveryDharma.org

Sex Addicts Anonymous is a 12-step program offering a message of hope to anyone who suffers from sex addiction. saa-recovery.org

SMART Recovery is an abstinence-oriented, not-for-profit organization for individuals with addictive problems. Our self-empowering, free mutual support meetings focus on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. smartrecovery.org

Underearners Anonymous (UA) is a 12-step program for individuals recovering from a distorted sense of self and time, an inability to provide for one's needs or to fully express one's competencies. WeAreAllUA.org

Wellbriety — White Bison offers sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaska Native community nationwide. wellbriety.com

Women for Sobriety is based on a new life program of positivity that encourages emotional and spiritual growth. It is run by women in small mutual aid groups held in hospitals, clinics, treatment facilities, women centers, and wherever women with alcoholism are being treated. womenforsobriety.org

Workaholics Anonymous is a 12-step program for individuals to share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from workaholism. workaholics-anonymous.org

FIND RECOVERY ONLINE

319 AA Group — We are a group of alcoholics working together to get and stay sober. We are doctors, custodians, mothers, fathers, children, and everyone in between living our lives one day at a time. Everyone who has a desire to stop drinking is welcome to become a member of our family as we trudge the road of happy destiny. 319aagroup.org

IN THE ROOMS — Through live meetings, discussion groups, and all the other tools In the Rooms has to offer, people from around the world connect with one another and help each other along their recovery journeys. intherooms.com/home

LifeRing Secular Recovery is a secular, non-profit organization providing peer-run addiction recovery groups. The organization provides support and assistance to people seeking to recover from alcohol and drug addiction, and also assists partners, family members and friends of addicts or alcoholics. lifering.org

Reddit Recovery — A place for Redditors in recovery to hang out, share experiences, and support each other. They discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome. reddit.com/r/REDDITORSINRECOVERY

SHE RECOVERS Foundation is a global grassroots movement currently consisting of more than 325,000 women in or seeking recovery from substance use disorders, other behavioral health issues and/or life challenges. All efforts are designed to end the stigma and shame of "being in recovery" so that more women can heal and grow. sherecovers.org

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

Franklin County Recovery Center/Farmington

130 Quebec Street, Farmington
franklincountyrecoverycenter@gmail.com

Franklin County Recovery Center/Jay

2 Church Street, Jay
franklincountyrecoverycenter@gmail.com

Harvest Inn Peer Center

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

The Hills Recovery Center

15 Tannery Street, Norway
207-744-2424

INSPIRE Recovery Center

24 Church Street, Ellsworth
207-412-2288

Lakes Region Recovery Center

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207-803-8707

Larry Labonte Recovery Center

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207-418-4983

LINC Center

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Perry Center (formerly Amistad)

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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

Roads to Recovery Community Center

1 Water Street, Caribou
207-493-1278

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



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- ✓ In-person and Telemedicine
- ✓ Substance Use & Mental Health Medications
- ✓ Peer Recovery Coaching
- ✓ Monthly Injections Available
- ✓ Same Day/Next Day Intake
- ✓ Probation/Parole Approved
- ✓ Dually Licensed Clinicians & Counselors
- ✓ Case Management with Wrap-around services
- ✓ MaineCare/Uninsured



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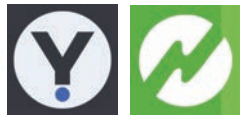
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