

Journey

making recovery from addiction visible

Aug/Sept 2023 • Issue 28



SaVida Health Recovery Coaches Ambassadors of Hope

**Botanical
Mocktails!
Recipe Inside**

**Inspiring
Personal
Recovery
Stories**

**Cheers to a New Sober Social Scene
A New Trend In Inclusivity**



HAROLD ALFOND CENTER
FOR THE ADVANCEMENT OF
MAINE'S WORKFORCE

Short-term workforce training through Maine's community colleges

LOOKING FOR A NEW CAREER?

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

FREE or low-cost

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

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

Training programs available in:

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



Visit **Get Training** on our website
to view upcoming programs

Find out how
MCCSworks
for you!

  /AlfondCenter

MCCSworks.com

Journey

making recovery from addiction visible

Aug/Sept 2023 • Issue 28

Publisher & Editor

Carolyn Delaney

Layout

Joline Violette Edwards

Photographer

Brian Delaney

Proofreader

Mickie Kucinkas

Community Engagement

Niki Curtis

Brenda Briggs

Nancy Wolach

Circulation

Brenda Briggs

Editorial Team

Joanna Free

Gale Clifford

Sales

Carolyn Delaney

Operations

Peter Rosasco

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

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

Published 6 times a year by

Journey Enterprises, LLC

PO Box 15134

Portland, ME 04112

info@journey-magazine.com

Visit Us Online

Website: journey-magazine.com

Facebook: [recovery.journey.in.maine](https://www.facebook.com/recovery.journey.in.maine)

Instagram: [recovery_journey_magazine](https://www.instagram.com/recovery_journey_magazine)

LinkedIn: [company/journey-magazine](https://www.linkedin.com/company/journey-magazine)

youtube: [JourneyMagazine](https://www.youtube.com/JourneyMagazine)

Copyright 2023 Journey Enterprises, LLC

All rights reserved.

Cover

Aaron Davis, Adam Hathorn,

Sarah Langevin, David Dobson, Joe Graffius

Photo by Brian Delaney



Forever Thanked

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

Thanks to advertisers, subscribers, sponsors and private gifts—many help us keep the magazine free, and everyone plays a part in amplifying hope!

Please visit our website and click on Private Gifts.

DISTRIBUTION

Bangor Savings Bank • Kennebunk Savings • Maine Prisoner Re-Entry Network
MaineGeneral Health • The Betterment Fund • Martin's Point Health Care

Thank you SaVida Health for sponsoring distribution to the Department of Corrections.

PRIVATE GIFTS

Amy and Noodles

Anonymous x 12

B. Owens-DeWitt

Barbara Lamont

Barbara Sullivan

Bella Vida Hypnosis

Beth Marie Stacey

Bill & Linda Lundborg

Bob Dawber

Body & Soul

Health Solutions

Celia Grand

Connie & Michael Mercer

Co-Occurring Collaborative

Serving Maine

Courtney Allen

Craig & Lisa

Dave & Karen Packhem

Dean Raymond

Dennis & Debbie Gallant

Doris & Mark

Doug Dunbar

Elaine D. Blanchard

Elizabeth Burke Beaty

Isaac Shainblum

Jennifer Kimball Johnson

Josh Riddle

Karen St. Clair

Karen Stultz

Leslie Clark

Lisa Graves

Lowell & Ella Brown

M.C. Hothem, DO

Maine Recovery Ranch

MaineWorks

Mandy Schumaker

Mary Atwood

Mickie Kucinkas

Mommabear7

Phil & Linda Coupe

Rebecca Laber-Smith

Rita Clark

Sandra Stone

Sarah Brown

Stephen Andrew

Susan Britton Pettingill

The Family Restored

www.seachange.org

From the Publisher



In this issue of *Journey*, we explore, celebrate and expand on communities.

We shine a light on inclusivity, alcohol-free by design experiences, and creating or joining communities that nurture understanding, acceptance, and diversity. It's a place where ideas bloom, and dreams can find roots.

I love the idea that as we recover, we evolve—not just as individuals but as a part of a community brought together to support and encourage each other because the people we surround ourselves with can become our architects and pillars of hope.

One of our articles represents a supportive community memory for me and I'm thrilled to share here about their mission.

One snowy night in 1985, my roommates had called the police on me for using and dealing drugs from the apartment. My roommates had packed my things and didn't want me there anymore. The police couldn't arrest me, but they also didn't want to leave me on the sidewalk with my things. So they brought me to a brand new shelter on Brackett Street in Portland. Elizabeth and Claude Montgomery opened the *Friendship House* as a place for people like me—homeless—so I was a guest and one of the first five or so to stay.

What I remember was the amazing food, the kindness and compassion I was treated with by people who didn't even know me, and the many people that came with clothing, toiletries, etc. for those of us staying there. Today, the *Friendship House* still provides a safe avenue to sobriety and a full life, but now it supports men. Please read all about them on page 42.

Thankfully, I've been a part of many types of communities, or groups of people, since I got sober and even now, all of which help to shape the woman I'm becoming. When I step into new spaces, it's usually for a reason—to enrich my spiritual growth, to learn new skills, to deepen my relationships, to spend time with people who enjoy what I enjoy.

In this issue, we explore the expanding inclusivity for people who don't drink or do drugs. From sober cafes to concerts to sporting events, these venues aren't just physical spaces creating an opportunity for inclusivity, they are social statements that challenge the societal norm of alcohol being integral to celebration and socialization.

This is how we change the narrative—by expanding the lens by which people view addiction and recovery.

Be sure to check out Beth D'Ovidio's article, *Maine Treatment and Recovery Runs on Dunkin'* about *Journey's* community Pop-Up Resource Events. We are quite literally meeting people where they're at—thanks to great partnerships!

Carolyn

Since our very first team meeting on November 8, 2018, we've held true to our core values as a team of people fiercely devoted to making recovery visible and celebrating freedom from addiction.

Thankfully we lean on these values when making decisions about what and who to include our magazine and reserve the right to refuse advertisers and editorial content that doesn't align with these values.

CORE VALUES



visible recove

In this issue . . .

ADVERTISERS

AA World Services Meeting Guide.....	43
Augusta Recovery Reentry Center.....	47
Bangor Area Recovery Network.....	47
BARN Recovery Palooza.....	51
Cap Quality Care.....	11
Coastal Recovery Community Center.....	47
Conlon Realty.....	7
CoRecover.....	36
Family Restored.....	31
Healthy Androscoggin / Maine CDC.....	39
Inspire Recovery Center.....	17
Jesse Graham.....	36
Jesse Graham / Portside Real Estate Group.....	43
Lakes Region Recovery Center.....	37
Larry Labonte Recovery Center.....	47
Maine Behavioral Health.....	35
Maine CDC / WIC.....	9
MaineGeneral Medical Center.....	43
MARR.....	20
MCCSworks.....	2
OPTIONS/Fighting Stigma.....	8
OPTIONS/Good Samaritan Law.....	21
OPTIONS/Naloxone.....	13
Pir2Peer Recovery Community Center.....	47
Portland Recovery Community Center.....	47
Saco & Biddeford Savings.....	41
Sacopee Valley Health Center.....	43
Save A Life.....	37
SaVida.....	23
Sweetser.....	37
Touchpoint / Karen St. Clair.....	43
UMA.....	35
Webshrink.....	35
Weiss Method.....	25
Wellness Mobile.....	36

CONTENT

SaVida Health: Recovery Health Model.....	6
Maine Treatment and Recovery Runs on Dunkin'.....	10
4 Types of Recovery Communities.....	12
Botanical Mocktails.....	14
Candles for Community.....	15
Cheers to a New Sober Social Scene.....	16
Maine Prevention Network Making a Difference.....	18
She Recovers.....	22
<i>Personal Recovery Story: Crystale Vega's Journey</i>	24
Alcoholics Anonymous.....	26
Peer Recovery Coaches.....	27
Discovery Recovery with Choices.....	28
<i>Couples in Recovery:</i>	
What's Community Got To Do With It?.....	29
The Addiction Cycle Explained – Part 2.....	30
Sober Social Society.....	32
<i>Stories Restoring Hope: Inked and Sober</i>	33
NAMIWalks Maine.....	34
The Writing of Recovery Allies.....	38
<i>Personal Recovery Story: James Dillon III</i>	40
Friendship House.....	42
Power of Recovery Coaching.....	44
OPTIONS Liaison Spotlight: Dave Bilodeau.....	45
Inspire Recovery Center – Ellsworth.....	46



ry saves lives

Savida Health: Recovery Health Model

An Innovative Personalized Approach

by **Kim Wilson**

SaVida Health, who currently has four stand-alone offices and two co-locations across the state of Maine, is a Medication Assisted Recovery (MAR) program with a holistic approach to care, setting it apart from virtual and medically driven programs.

“We emphasize the role of Recovery Health, allowing the medication to be one tool that supports our members in recovery,” says Abbie Rohde, Director of Behavioral Health and the force behind SaVida Health’s innovative and individualized approach to addiction treatment.

“Our program is primarily relational and behavioral based,” Abbie explains, “because we are firm believers that having a sense of connection and purpose, to ourselves, to others, and to our community, is what helps people find and sustain recovery.”

“While we recognize that medication is lifesaving, connection and healing are life changing,” she shares.

SaVida Health’s Recovery Health model includes addressing physical health issues, nutrition, sleep, mental health, and self-care, as well as relationship repair and financial health. This model recognizes that addiction touches all facets of an individual’s life, and gaining recovery from illicit substances is not the end of healing. The work involved in recapturing a meaningful and purposeful life is supported throughout the entire scope of treatment.

One of the unique aspects of care at SaVida Health is the program’s

commitment to their Professional Peer Recovery Coaches (PPRC). These individuals are a critical part of the professional team. Integrated into member care, development of goals, policy, and practice development and growth, the PPRCs are supported, challenged, and valued as equal members of the organization.

“The entire field of treatment, both within substance use and mental health, recognizes that vicarious trauma is not only occurring, but shaping the size and overall sustainability of this work throughout the scope of treatment,” Abbie explains.

“I was fortunate enough to enter this field after having worked within mental health for 10 years, and benefited from strong supervision, support, and training,” she continues. “As a state, I believe we can do more to parallel this approach, extending it to our Professional Peer Recovery Coaches, who are on the front line with us.”

“While living an active life in recovery is the core of a PPRC, it is not all that these team members have to offer,” Abbie emphasizes.

Joe Graffius is currently a PPRC at the Biddeford location.

“We moved to Alaska in 1999 for a family adventure,” Joe explains. “As kids, we’d run around on four wheelers with rifles chasing bears and caribou. It was pretty epic. But as a teen, I started self-medicating for undiagnosed issues like ADD, anxiety and depression.

“I got an early introduction to Alaska’s commercial fishing industry’s standard of open drug



Professional Peer Recovery Coaches at SaVida Health: Aaron Davis, Adam Hathorn, Sarah Langevin, David Dobson, Joe Graffius

use being acceptable,” he continues. “Earning lots of money, then blowing it at the bars and the dope house on weeklong benders. That lifestyle just was not sustainable. It was a matter of time before I hurt myself or someone else.”

While serving two years in prison in Alaska for possession and drug dealing, Joe found sobriety. After his release, he completed a year-long residential treatment program with Alaska Adult and Teen Challenge before returning home to Maine. Back in Maine, Joe sought out and found a solid recovery community. He joined a church, and got married. He also found a job as a PPRC at SaVida Health.

“Right off the bat, I was welcomed,” he says. “Everybody is so kind and patient and focused on whole care for patients. As a PPRC, they want me to model healthy recovery principals, so they put my personal recovery ahead of everything else.

“It really is amazing that this is a job,” he continues. “Really my job is to be an ambassador of hope, to be an encouragement. To walk beside others, not drag them.”

Aaron Davis is a PPRC and a Community Outreach Specialist, within his role as a team member on SaVida Health's MOUD Grant pilot program, awarded to them by the Office of Behavioral Health and Substance Use. The grant's primary objective is to bring resources, and ultimately treatment, to those in rural areas who do not have ready access to care.

In reflecting upon his job as a PPRC, Aaron shares, "We are given a seat at the proverbial round table. We could feel like we don't have anything to bring to the table except a history of some poor decisions, but the PPRCs are given an equal voice. Our colleagues value what we bring to the table, just as much as the individuals who have letters after their names and years of college behind them."

"I'm no different than they are [members]," Aaron adds. "I'm just a little bit farther along in my journey. At the end of the day, I'm just a guy who was stuck 20 years in addiction and ended up landing in jail and

prison. I couldn't stop walking out in front of that bus even though I knew it was showing up at the same time every day."

David Dobson, an in-reach Professional Peer Recovery Coach, within SaVida Health Washington County, shared on first approach he was wary of working within the field of addiction treatment. "I have seen many people active in recovery take jobs and ultimately that ended in a return to misuse of substances." It is easy to get caught up in trying to help others and not stay balanced in our own recovery," David explained.

When encouraged to share his 'why,' David explained, "I grew up in a home full of alcohol. I was pushed in-and-out of treatment centers, homeless shelters, jails, and institutions. Now, as someone in recovery, I am someone our members can relate to from the start. It is always nice to see and hear the voice of not just our members, but their family members as well. I believe it helps them gain hope."

David reflected on knowing he made the right decision, professionally. "Being able to pass background checks and not having to worry about law enforcement, knowing my past will be shared to inspire others and not to pull me down—it is a wonderful thing," David shared.

SaVida Health's approach to supporting and developing their PPRCs has ripple effects beyond maintaining a healthy workforce.

"Members come into the office, seeking out their coaches first," Abbie explains. "The combination of shared experiences, modeled recovery, and compassionate accountability, all within a trauma-informed space, leads to honest and genuine conversations around not just sobriety, but life."



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.



**CONLON REALTY RECENTLY CLOSED 6 HOMES, HAS 5 UNDER CONTRACT, AND 4 NEW LISTINGS
COME SEE US FOR YOUR REAL ESTATE NEEDS - WE CAN HELP!**



Their solution-driven mentality and focus will inspire YOU to reach for your dreams.

From the moment you walk in the door, Conlon Realty's willingness and patience will guide you through each step. As a result, we will help you to discover all of your possibilities! **This is a real estate agency like none other in Maine.**



Whether you are starting off and it feels daunting, or if you are seasoned in the buying and selling process, Conlon Realty will give you attention and guidance throughout the process. Questions or needs in financing, and connection with a wide array of professionals in the field will astound you!

We hand-select projects that speak to the overall vision of the company. Michael, Deana and Noelle are at the forefront of sophistication in real estate in Maine.

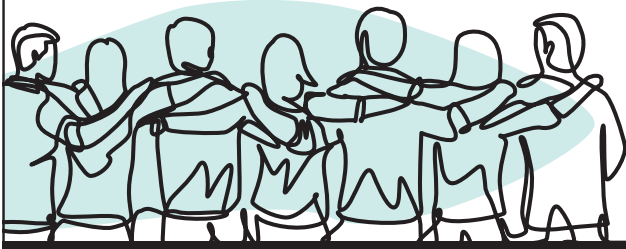
207.776.3721

conlonrealtors.com

info@conlonrealtors.com
823 Portland Rd, Saco, ME



**Ask about our exciting
build packages in
Saco, Old Orchard Beach and
Tidewater Estates - Biddeford**



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](https://www.knowyouoptions.me) to find your county's OPTIONS program Liaison and learn more.

We can all be a part of the solution.

OPTIONS
SAVE LIVES

EXPERTS IN THE FIELD - by Maine CDC

Parenting is hard.

WIC can help!

What is WIC?

WIC is a complete nutrition care program for families that offers:

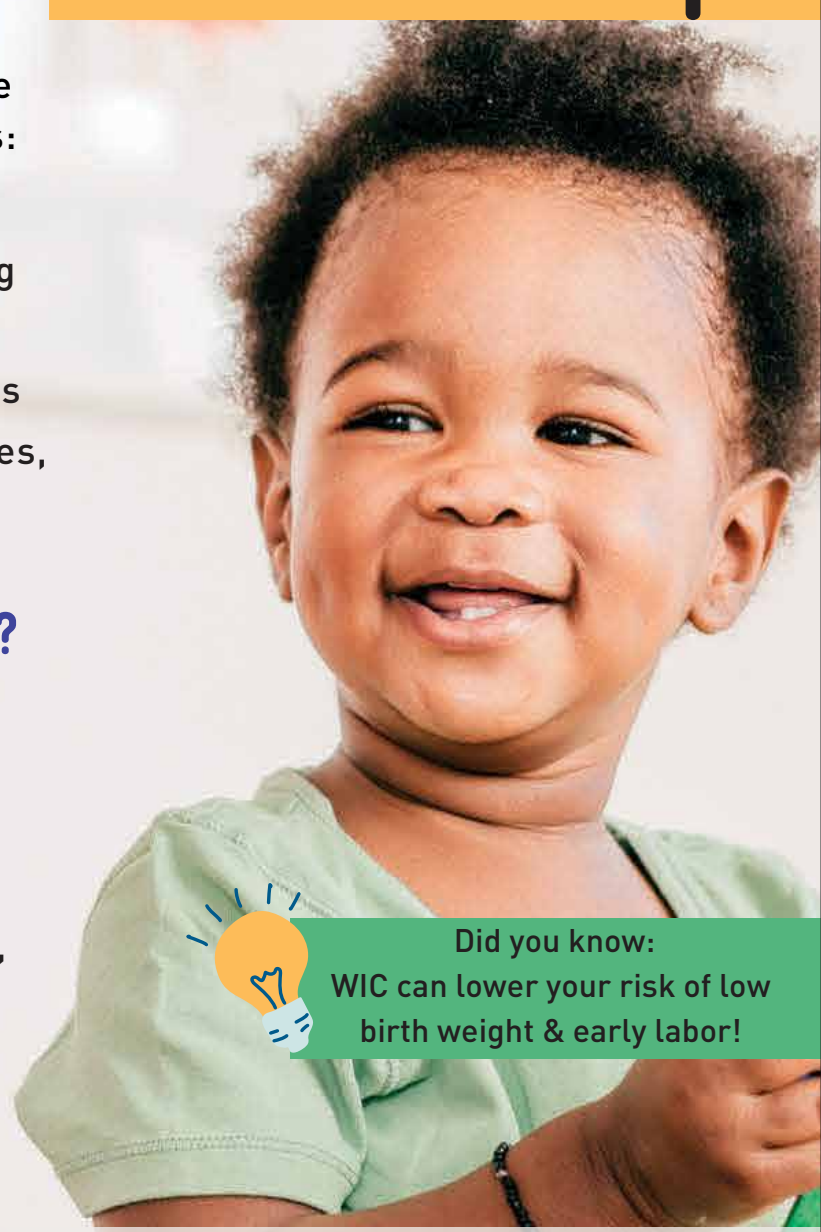
- Nutrition education
- Breastfeeding and chestfeeding support and supplies
- Health screenings and referrals
- Healthy foods like fruits, veggies, infant formula, and more!

Who can apply for WIC?

- Pregnant, nursing, and post-partum parents
- Infants and children up to the age of five
- Children cared for by a father, grandparent, foster parent, step-parent or guardian
- Anyone living in Maine, including migrant workers



This institution is an equal opportunity provider.



Did you know:
WIC can lower your risk of low birth weight & early labor!

Maine Treatment and Recovery Runs on Dunkin'

by Beth D'Ovidio

Mike Kleiner is quite busy, working as the People Operations Business Partner for a Dunkin' management company, Cafua Management. Cafua owns and operates Dunkin' stores in six different states with 240 locations. Mike provides HR support and training for managers at the 36 locations in Maine and half a dozen in Massachusetts.

Now, he is adding SUD (substance use disorder) education to his training agenda.

It all started by happenstance, when Mike and Niki Curtis, Community Engagement Director at *Journey Magazine*, partner of the OPTIONS program, met at a job fair last summer. "I was there recruiting for management positions and Niki was there with her SUD educational information, swag, and copies of the magazine," Mike said. Niki connected Mike with Carolyn Delaney, *Journey's* Publisher, the two hit it off and a business relationship began.

Journey Magazine's mission hit close to home for Mike. His family, as many others, was acquainted with the painful results of substance use. When a family member was in active use, their substance dependence affected those who loved them — immediate and extended family members. "It was extremely painful watching the struggle and the pain it caused," Mike said. "I'm pleased and grateful to say that they've been in recovery for over five years now."

Drawing from his own personal experience, his company's mission statement and his budding relationship with Carolyn, Mike was



open to a partnership with *Journey* and the Maine OPTIONS program. Since earlier this spring, *Journey Magazine* has been presenting "pop-up" resource events at Dunkin' locations across Maine, from Pittsfield to Sanford.

"I'm pleased by how responsive our employees have been about these events," said Mike. Staff and customers have been open-minded, inquisitive and appreciative.

"I first ran the idea of these events by my boss, who then took it to senior management," Mike told us. "They are in full support."

The community-level events, held in collaboration with local OPTIONS Liaisons, include educational materials, lifesaving naloxone, swag, plenty of knowledge to share and resources designed to help

individuals, their friends and family understand SUD and how to get help. To date, there have been 26 pop-up events with many more on the horizon. "Because the events are not promoted ahead of time, customers simply come in expecting their morning cup of Joe and a donut," Mike shared. "They also are provided information about recovery and OPTIONS."

Niki Curtis and Brenda Briggs, both from *Journey Magazine*, are on site at the events. "When Niki gives me a proposed schedule where they want to go, I communicate with the leadership of the store and their boss who is on," said Mike. "I'll tell the managers there is absolutely nothing they have to do to get ready for it. Niki and Brenda will come in, set up the table, do their thing and talk with customers. When staff is on break, they can meet with them, too. They are agreeable because there's really zero impact on their business, and in fact, we get

some additional business through it and we are carrying out our organization's mission."

In addition to hosting the in-store events, the Dunkin' locations are placing posters featuring recovery resources, including how to get naloxone in the store break rooms and restrooms. "We will also be placing vinyl clings on all of the bathroom mirrors that have contact information for getting help on them," Mike said.

"I'm pleased by how responsive our employees have been about these events," said Mike. Staff and customers have been open-minded, inquisitive and appreciative. "I'm happy that people from our company are not shy about getting this information. It's great to see," Mike said.

Mike spends much time commuting between locations across the state; and really enjoys his car radio. "I hear the ads for OPTIONS all over the dial," he told us. "And now when the ad comes on, I say 'this is my *Journey Magazine*, these are my people.'" He went on to say he thinks seeing the pop-up events and hearing the ads are "connecting" the dots for Dunkin' staff and customers as well.

Mike recognizes that until someone is ready to get help, they can't be forced to do so. "Someone may look at the poster in the breakroom three or four times before picking up the phone," he said. "They may never call for help, but at least they know it's available."

He went on to say, "If they look at that poster day after day, maybe the light bulb will come on. You know if just one person gets help, it's all worth this collaboration. It's all multiple layers. The next person that makes a change and gets back in the workforce and makes a success story for themselves — that's a win for their family, their employer and their community. Everyone deserves a second chance."

Cafua Management Mission Statement

Committed to turning moments into memories for our guests while providing opportunities for our employees and giving back to the communities in which we serve.

This recent collaboration with *Journey* and OPTIONS is not Mike's first rodeo. Earlier during his tenure at Cafua Management, his territory was in New Hampshire. "There was a tough drug problem in a particular community," he said. "I got involved with the jail system there and officers would send me people through the work release program. Three store managers came through that system. They turned their lives around. So I know that programs like work release, OPTIONS and publications like *Journey Magazine* work for a lot of people, given the chance. The programs tie together to make a healthier community."

"I just hope that other businesses will sign on with *Journey* and OPTIONS and get more involved," Mike said. "We plan to continue this work, and I invite other employers to do the same."

Any employer who would like to explore community event opportunities with *Journey Magazine*, should contact niki@journey-magazine.com; or the OPTIONS campaign, Maddison Bourassa, Maddison.Bourassa@maine.gov.



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.

CAP Quality Care

Accredited by the Joint Commission on Healthcare Organizations

Helping People Regain
Control of Their Lives
Since 1976

Do you find yourself dependent on pain medication, heroin or fentanyl?

Are you looking to stop the daily use?

We can help start your journey to recovery!

We provide respectful, effective, science-based, low cost & confidential treatment of opioid dependence

Services:

- **Methadone maintenance treatment**
- Individual & Group Counseling Services
- Case Management
- Crisis Intervention
- Hepatitis C and HIV Education, Referral and Liaison with Healthcare Providers
- TB testing
- EKG referral is provided
- DEEP services for CAP patients

Accepting:



(207) 856-7227

One Delta Drive, Westbrook
www.capqualitycare.com



4 Types of Recovery Communities

Supporting Your Recovery Journey

by Groups Recover Together Editorial Team

Social support is a central part of recovery. Here are 4 different recovery communities you can participate in to help you along the way.

Community is a central part of recovery, no matter where you find it. A large body of research links social support with positive recovery outcomes.

Although all social support is important, depending on how you access treatment and what your preferences are, some recovery communities may be better for you than others.

If you'd like to expand your social support network and aren't sure where to start, here are 4 types of recovery communities to explore:

1. Follow recovery accounts on social media.

Recovery can be an isolating experience. For people who don't have a recovery support system in

their daily lives, social media can help. Start with @sobermotivation, @harmreductioncoalition, r/redditorsinrecovery, and r/opiatesrecovery.

2. Consider a mutual support group.

One of the most common forms of community-based recovery is mutual support groups like Alcoholics or Narcotics Anonymous. They're free, effective, and focus on community. Members attend regular meetings to find support, build tools, and work toward recovery goals.

3. Look into sober housing.

Alcohol- and substance-free housing, also known as sober housing, incorporate community support and other resources like mutual support groups. Research shows that people who live in sober housing after inpatient treatment may have lower rates of drug use.

4. Join a recovery program that centers community.

Recovery programs like Groups Recover Together emphasize community. At Groups, in addition

to quick and continued access to medication-assisted treatment, members meet online or in person for group therapy sessions with the same recovery counselors and local peers each week.

As members build relationships, they create a safe space to open up about their experiences and help one another get their emotional and practical needs met.

Groups prioritizes community because we recognize the significance of compassionate social support in fostering sustainable recovery.

Learn more about our program at joingroups.com.

— SPONSORED CONTENT —

groups
recover together

Naloxone saves lives. Have it on hand.

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 as Narcan™) is an important tool to reverse an opioid-related overdose. Naloxone can be sprayed into the nose or injected, and it can save a person's life.

Naloxone has no abuse potential. It will not harm a person that does not have opioids in their system.

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.

- ❶ **Pharmacies.** Anyone in Maine can get the nasal spray without a doctor's prescription by asking the pharmacist. Naloxone costs up to \$150 per kit without insurance.
- ❷ **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.
- ❸ **Local and state organizations.** To search organizations that distribute naloxone, visit <https://getmainenalexone.org>.
- ❹ **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. Get in touch at [KnowYourOptions.ME](https://knowyouroptions.me).



NALOXONE NASAL SPRAY

4 mg

Learn more and find naloxone near you at [KnowYourOptions.ME](https://knowyouroptions.me)

OPTIONS
SAVE LIVES

SCAN THIS QR CODE



Keep up to date by following **OPTIONS**:
Instagram [@knowyouroptionsme](https://www.instagram.com/knowyouroptionsme) | [Facebook.com/knowyouroptionsme](https://www.facebook.com/knowyouroptionsme)

Botanical Mocktails

A Medicinal Spin on Sipping

by Paula Kersch

Maine's very own Botanically Curious invites us to embrace nature in the most delightful, accessible, and affordable manner.

You may have heard of mocktails – those non-alcoholic mixed beverages that are becoming a fun trend. A trend that's not simply about going alcohol-free, but part of a greater movement known as the “sober curious” crowd. It's about seeking novel ways to socialize, have a blast, and feel good, all without the need for a drop of alcohol. The botanical mocktails from Botanically Curious not only bring this unique experience to your table but also offer the added boon of bolstering your body's essential functions!

Imagine an environment that prompts you to view mocktails not just as a drink, but as an opportunity to learn something new, to enhance your health, all while sharing a laugh with your friends. These restorative and hydrating mocktails can round off your wellness activity, like yoga, or be crafted in the comfort of your home, offering a more personalized touch.

Here's a simple, herbalist-approved recipe to kick-start your journey to health and wellness!

If you find your interests piqued by this, Botanically Curious offers a variety of experiences tailored to your taste...

- Tea Blending Workshops
- Outdoor Herb School for Children
- Tisane Tasting
- Wellness Consultations & Herbal Profile
- Mocktail Tastings
- Foraging Focused Nature Walks

Just follow @botanicallycurious on Instagram for a wealth of tips and insider knowledge. Their custom, organic tea blends and bath soaks are also available online at BotanicallyCurious.com.

– SPONSORED CONTENT –



After-Dinner Blue Ginger Fizz Mocktail

This sweet and spicy, blue and purple mocktail is the showstopper at any garden party. It marries the soothing effects of mint and the digestive power of ginger to create a drink you'll love!

Ingredients:

- 15 fl oz carbonated water or ginger beer, chilled
- 8 fl oz Hibiscus tea, chilled
- 1 - 4oz bottle ginger tincture
- 2 cups fresh blueberries
- 1 fresh lemon, sliced
- 2 mint leaves

The instructions provided will walk you through the process, from preparing herbal ice cubes to blending the fruity mixture. And when you're ready to serve, all it takes is combining the ingredients, topping with mint, blueberries, and a slice of lemon, then voila, enjoy!





Candles for Community

by Will Matteson

A universal aspect of human life is the striking of a balance between the individual and the community. We all have individual lifepaths with our own personal needs, dreams, and stories. But we are also all part of a larger community we must navigate to thrive. Just as the individual must choose recovery in their own way, so must communities decide to come together and initiate change.

The opioid epidemic combines millions of individual stories happening to real people, but it is also one story happening to the wider community. We need both individual and public responses to the problem of substance use. The 716 Candles Project is a grassroots effort made up of Lincoln County individuals and organizations seeking to strike that balance.

716 is the number of Mainers who died by overdose in 2022. Volunteers in Lincoln County are saying enough is enough; the time to act is now.

The project will consist of five events happening across Lincoln

County between August 26th and August 31st, International Overdose Awareness Day. These events will bring together artists, musicians, caring professionals, and community members to remember loss, recognize recovery, and seek the change we need to heal as a community. There will be participatory art-making activities, public speakers, opportunities to connect with health resources, and—perhaps most importantly—the opportunity to share your own story and to learn the stories of your neighbors.

The project will consist of five events happening across Lincoln County between August 26th and August 31st, International Overdose Awareness Day.

At the center of each of these events will be a photo essay, “Lights of Lincoln County,” a mobile gallery featuring the various ways that people and networks can be involved in the opioid response. Shot by local photographer, Charles Richards, and curated by the artist Peter

Bruun, these images tell the stories of people, how their lives have been changed by substance use, and how they in turn change the community.

These are the stories of people in recovery. These are the stories of caring professionals. They are the stories of loved ones lost and loved ones still standing. They are also the stories of the future, as with this photo of Medomak Valley High School’s photography class, affirming their own points of view through photography as part of the #WhyYouMatter program.

The events are being coordinated by Healthy Lincoln County and will be free and open to the public. So, light a candle with us this August, to remember and to reconnect.

For more information visit 716candlesproject.wordpress.com.



Will Matteson is a writer and preventionist who strives to educate and promote wellness through the power of words. He lives in Thomaston, Maine with his wife Mary and his dog Sophie.

Cheers to a New Sober Social Scene

A New Trend in Inclusivity

by **Natasha Osborne-Howe**

There is a growing movement in the availability of alcohol-free venues where those who are sober or prefer not to be around alcohol, can enjoy an atmosphere of lively fun and fulfillment.

In recent times, the development of changing views and habits has caused a remarkable shift in the consumption of alcohol and lifestyles that centered on alcohol. A movement has erupted as many started to take inventory of their drinking habits and how alcohol played a role in their lives.

An excerpt on the American Cancer Society's blog stated in part, "In the past decade, movements like Dry January and Sober October have gained traction. Dry January participation peaked in 2022 when many people decided to cut back following a rising trend of alcohol consumption during the COVID-19 pandemic."

Some motivations for observing Dry January included curbing addictive behavior, seeking better sleep, cutting calories and health concerns.

The historic attitude that you can't have fun unless you are drinking has been challenged in the past few years. Surprisingly, many are discovering they can still enjoy a football game, attend a concert or even go to a bar.

There are several stadiums across the country offering alcohol-free sections for those who would prefer not to be surrounded by those drinking. They can be more relaxed and focused on the game, without the worry of a disturbance involving spirits of the liquid kind in the neighboring seat.

These designated areas are known as "section yellow" where volunteers at a booth hand out stickers that say, "one game at a time," inspired by the motto of twelve-step groups.

Gillette Stadium in Foxborough, Mass., home base for the New England Patriots, has provided two alcohol-free sections since 2002. According to the chief financial officer of Kraft Sports and Entertainment, Jim Nolan, it has been very successful.

"It's worked out very well," he said. "People have the opportunity to sit at a game and not have drinking immediately around them."

Six hundred seats are available and the ticket holders are usually seasoned ticket holders.

Other stadiums also offer alcohol-free sections, including the home base for the Arizona Cardinals, Seattle Seahawks, Kansas City Chiefs, Tampa Bay Buccaneers, Chicago Bears, to name a few.

Bars and other establishments across the country have also created sober venues where this tradition can continue, only without the mind-altering spirits. People have an opportunity to feel a sense of community, acceptance and a healthier kind of fellowship.

Abby Ehmann established Hekate Café and Elixir Lounge in New York City's East Village in May of 2022.

"I wanted to offer a community space, an art gallery, tea shop, gift shop and elixir bar," said Abby. "I thought maybe if the elixir part doesn't work,



I could replicate regular alcoholic drinks." And then the press and sober communities got wind of Abby's establishment.

"They were weeping with appreciation and grateful to taste the taste again without the mind-altering effect," Abby recalled. "I concoct things not in a normal bar and everyone is very receptive."

Customers feel safe knowing they won't be served alcohol by accident, which is a selling point for sober people. They find it reassuring.

"I have hundreds of products and make my own homemade simple syrups and sophisticated concoctions," she revealed.

Folks are embracing this new concept of alcohol-free scenarios and enjoy delectable concoctions without compromising sobriety.

"All ages come in," said Abby. "Sixty-five year olds like witchy tea and people love live music."

"We have book clubs, parties and sober open-mic," Abby continued. "This for me is personally gratifying and it has been a labor of love."

A survey done by the company Bare Zero Proof, which produces alcohol-free liquid options, reported that "two thirds of American adults consciously intended to drink less, primarily fueled by health and budget concerns."

The article went on to say, “The mindset held by 64% and young consumers (ages 21-30) and 50% of adults who drink alcohol, will continue into 2023.”

That translates to 100 million people.

Further results from the survey indicated drinking less alcohol in 2023 was intentional for nearly two-thirds of adults and half said they planned to drink less in 2023.

The dry culture has not only planted a seed, but is blooming and thriving in a receptive environment. It is an awakening, not only for those seeking a sober life or less alcohol, but for the general public and those in the hospitality business.

For example, at rock concerts where there can be a significant amount of drinking going. People who are in recovery could feel that being around alcohol or substances threatens their highly valued sobriety and decide to not go at all.

Groups, whose members are a sober fan base for a particular band, offer a safety net and support at concerts. They are the band’s own sober community, but aren’t affiliated with the band.

These group members are volunteers who provide a table at the concert, with identifying yellow balloons and a banner.

Meetings are held during set break for anyone who is struggling. The only requirement to attend a meeting is the desire to be substance free at shows. The group is not affiliated with Alcoholics Anonymous, Narcotics Anonymous or any other twelve-step group.

“We do a meet and greet and people can hang out at the table,” said Scott McKenzie of the Digital Buddhas, sober fan base of the Disco Biscuits. “It’s a chance to meet others in recovery and I have found some of my best friends through Digital Buddhas.”



Left to right: Andy Salkin, Lindsey Harper, Mike Nardone, Cameron Breen, Scotty McKenzie. Set break meeting attendees at Penn’s Peak, Jim Thorpe, PA.

People can wear a yellow sticker that says “one show at a time”, inspired by the 12-step group’s motto, “one day at a time.” Others will know those who are wearing these stickers are in recovery and can safely approach them.

The first Digital Buddhas table was set up in 2002 and created by the late Steve Shelton.

It is refreshing and comforting to know that there are places out there for those in recovery, non-drinkers, sober curious or those who have cut back on alcohol. It is these venues where someone can find support, be

in a sober space, which can cultivate a more wholesome social experience.

It is everyone’s personal choice and discretion as to where they would feel comfortable socializing or attending an event. There certainly is a whole new world of exciting options to explore.



Natasha Osborne-Howe is a woman in recovery who has found creative expression and writing to be not only a passion but a profession, and began writing professionally in 2008. She and her husband, Paul, moved from New Hampshire to York in 2022 with their cat and are enjoying coastal Maine life.



INSPIRE honors all pathways to recovery.

We offer a safe, fun, and welcoming space to connect with members of the community.

INSPIRE RECOVERY CENTER
In Support Of People In Recovery
 A Project of Healthy Acadia

24 Church Street, Ellsworth
207.412.2288

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

All of our programs and events are free and confidential.
 email inspire@healthyacadia.org for more info!

Maine Prevention Network Making a Difference in Communities



by **Beth D'Ovidio**

Maine Prevention Network (MPN) is a statewide effort to implement evidence-based prevention strategies for Substance Use, Tobacco, Obesity, and Youth Engagement and Empowerment. It is supported by the Maine Center for Disease Control and Prevention, with local work being carried out by funded community partners.

Each of the public health districts in Maine receive funds to focus on this prevention work in their own communities.

Local awareness of each community's unique strengths and needs, along with connections to make community changes are key to success.

“Maine CDC is committed to preventing and reducing substance use, misuse, and related problems. To do this, a coordinated and comprehensive public health approach is critical. Our MPN partners have longstanding relationships in their communities with schools, businesses, law enforcement, decisionmakers, youth, and are well suited to lead cross sector collaborative prevention work to address unique community needs while also impacting Maine CDC's state level goals,” said Megan Scott, Maine CDC Substance Use Prevention Program Manager.

She went on to say, “Our MPN partners are trained prevention specialists who work every day to

create healthy communities where youth and young adults can thrive and feel they matter. Their work is critical to reaching our vision of all people in Maine living in communities that support health, safety, and success, foster a strong social connectedness, and are free from the harmful effects of substance use.”

Two community partners shared their story on the substance use prevention work being done in their communities.

LeeAnna Lavoie, Director of Healthy Community Coalition (HCC) a Community Health program with MaineHealth, believes the funding will foster synergies. “One of the funding requirements is that we work collaboratively within our region and at the district level,” she said.

HCC is the lead for the Western Public Health District (comprising Franklin, Oxford and Androscoggin counties), with community coalitions carrying out the work in each county. HCC and Oxford County's Healthy Oxford Hills are programs of MaineHealth. Oxford county's second coalition is River Valley Healthy Communities Coalition, and Androscoggin County has Healthy Androscoggin.

LeeAnna values the state's emphasis on youth initiatives in this round of funding because she believes primary prevention work will lay the foundation for a healthier lifespan. “Having this prevention funding strengthens our ability to provide evidence-based education in the schools to hopefully prevent or

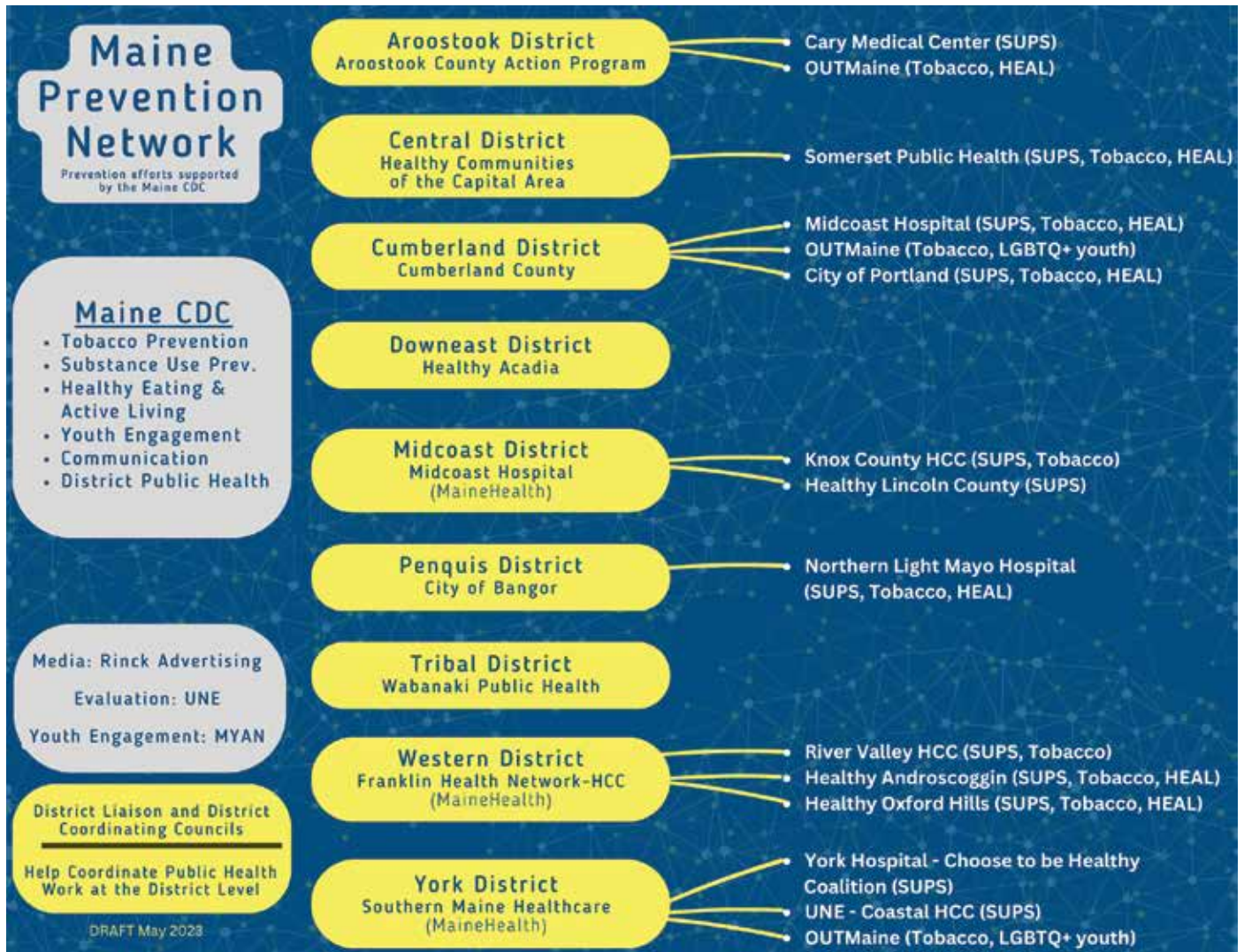
delay the onset of substance use,” she said.

Some initiatives planned include:

- “Life Skills Training,” an evidence-based program for middle schoolers — Governor Mills provided prevention funding to work with 7th and 8th graders in this funding cycle. The Governor's funding will support implementation of the life skills training in the District. The program helps youth resist drug, alcohol, and tobacco use, and effectively supports the reduction of violence and other high-risk behaviors.

- Engaging and recruiting a youth leadership team that will meet regularly to plan and host a youth leadership summit in Spring 2024, this specific project is funded by other funding but supports the MPN initiative. HCC's incoming Board Chair is the youth representative and is assisting with youth meetings and recruitment efforts.

- A Student Intervention and Reintegration Program (SIRP), an alternative to suspension when a youth has violated substance use policy. SIRP targets high school students considered at risk — experimenting with or otherwise using alcohol or other drugs, but not needing treatment. The aim of SIRP is to empower youth to make healthy decisions and reduce the risk for problems in the future. The program focuses on reducing risk of alcohol and drug problems throughout their lifetime and reduce high-risk choices.



• Other programs include harm reduction efforts such as drug overdose education, as well as prevention efforts like safe medication disposal and a Responsible Beverage Service (RBS) Training Program to prevent underage sales of alcohol and sales to impaired individuals.

Across the state in the Downeast District, (Hancock and Washington Counties) prevention team members from Healthy Acadia are using the funding to address specific needs in their communities. “We will use this funding to support strategies for people of all ages to lead healthier, substance-free lives,” said Maria Donahue, MPH, MSW, Community Health & Prevention Director. “We are excited that the MPN work plan requires a mix of different types of activities, including environmental

and policy strategies to reduce exposure and access to substances (including tobacco), collaboration with other community partners, direct education to individuals and groups, and harm reduction strategies to prevent overdose among those who are living with SUD.”

The Down East District Team is particularly enthusiastic about the MPN funding having a deliberate focus on youth prevention and leadership efforts, and that there is flexibility to develop alternative, creative prevention strategies for youth.

Some initiatives they’ll implement include:

- The continuation of a week-long leadership camp for youth. According to Corrie Hunkler, Youth Engagement Coordinator, the camp

offers youth a safe place to dive into issues that are important to them. The youth help decide workshop topics, ranging from coping strategies, to resilience building to prevention-based topics.

- The Responsible Beverage Service (RBS) Training Program, a training for servers, managers, and owners to curb harm related to underage drinking and the overuse of alcohol. “The training provides guidance to licensees on how to effectively and responsibly prevent alcohol sales to both minors and visibly intoxicated people,” said Mia Petrini, Community Health Coordinator – Hitchcock County.

- An opioid prevention project in schools, from the evidence-based Prevention Plus Wellness. The program is a one-hour, single-

session curriculum for middle schoolers. It was piloted this spring in a school on Mount Desert Island. According to Mia, who presented the lesson, the students and teachers were pleased with its content and brevity.

- Distribution of Deterra bags, used for safe prescription drug removal. Deterra bags deactivate drugs, without contaminating the water supply. “The purpose is to reduce the likelihood of anyone intentionally or unintentionally using the discarded drugs,” said Katie Sell, Community Health Coordinator, Washington County.

These combined efforts make us optimistic that more lives will be saved through prevention, treatment and recovery made possible by the commitment of Maine’s leadership.



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.

It's FREE!

**Journey Magazine
Delivered to Your Home**



Looking for a safe place to live in recovery in Maine?

The single most important
question to ask is,
“Is this house MARR certified,
and if not, why not?”

Maine Association of Recovery Residences [MARR]
manages the ethical and safety standards
for recovery residences and provides certification
as an affiliate of:



NARR's four levels of service



<https://www.mainerecoveryresidences.com/>



SCAN ME

**Find a safe,
certified house
NOW!**



Because every person's life is worth it:

make the **call to 9-1-1** if you suspect an overdose.

WHAT IS THE GOOD SAMARITAN LAW?

Maine's Good Samaritan Law prevents a person from being arrested or prosecuted for certain violations if the grounds for that arrest or prosecution result from the person experiencing a drug-related overdose or seeking medical assistance for someone else who is.

Maine's Good Samaritan Law protects a person who:

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

Maine's Good Samaritan Law protects a person from:

- Arrest and prosecution for most non-violent crimes, including all drug crimes;
- Revocations of bail, probation, supervised community confinement, community confinement monitoring, deferred disposition, and administrative release for most non-violent crimes, including for all drug crimes;
- Arrest on outstanding warrants for most non-violent crimes, including for all drug crimes.

The law does NOT protect a person who commits violent crimes, including, but not limited to:

Violent crimes

Murder/Manslaughter
Violation of a protection order
Domestic violence

Sex crimes

Gross sexual assault
Unlawful sexual contact
Sexual abuse of minors

Crimes against children

Abandonment of a child
Endangering the welfare of a child
Etc.



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

OPTI-ONS
SAVE LIVES

The Power of Community

SHERECOVERS® as an Anchor for Healing and Connection

by Journey's Editorial Team

When it comes to the path of recovery, the significance of community should never be underestimated. It is within the warmth and understanding of like-minded individuals that true healing takes place.

One community that exemplifies the power of shared experiences and peer-to-peer support was started in 2011 as a passion project by two women in long-term recovery from trauma, mental health issues, and substance use.

Dawn Nickel, with her personal, academic, and professional experience in women's mental health and addiction, joined forces with her daughter Taryn Strong, who brought creativity, an entrepreneurial spirit, and a deep connection to embodied healing modalities. Together, they laid a firm foundation for the organization that officially became a 501(c)(3) in 2020.

The SHE RECOVERS® Foundation is a non-profit public charity and a global grassroots movement that serves women in or seeking recovery from mental health issues, trauma, substance use, and related life challenges.

With values rooted in inclusivity, empowerment, and connection, the organization provides an anchor for individuals in recovery, offering a space where the power of community shines brightly.

They provide online mutual support groups, recovery education platforms, and resources. Additionally, they offer twice-daily online gatherings, therapeutic movement offerings such as trauma-informed yoga and dance, identity-based support groups and



gatherings, volunteer training, and in-person Sharing Circles held in twenty locations across the United States, including York, Maine!

At the core of SHE RECOVERS lies the empowering force of peer-to-peer assistance. By connecting individuals with others who have faced similar challenges, members share their stories, struggles, and triumphs. Through these connections, individuals realize they are not alone on their journey, finding strength and inspiration in the tales of resilience and recovery shared within the community.

The impact of SHE RECOVERS extends far beyond the boundaries of its community. By promoting personal growth, empowerment, and

resilience, they generate a ripple effect that touches the lives of individuals' families, friends, and communities. The lessons learned within the community become the bedrock for enacting enduring change in society.

The power of community in the journey of recovery cannot be underestimated. Through shared experiences, connections, and personal growth, they cultivate healing that extends beyond the individual, making a positive impact on families, communities, and society.

SHE RECOVERS stands as a testament to the power of community, reminding us that we are never alone and that together, we can find strength, connection, and lasting healing.



MaryBeth Murphy Leads Maine's SHE RECOVERS Sharing Circle

MaryBeth Murphy is a woman in long-term recovery from alcohol and codependency. Her recovery began after sustaining an ankle fracture that landed her in a cast. The pause in her mobility led her to take a hard look at her life and where it was headed.

Two and a half years into her recovery, she was looking for more connection and found SHE RECOVERS online. She booked a retreat with them at Kripalu, where she met co-founders Dawn Nickel and Taryn Strong, as well as Payton Kennedy, their event planner. The connection was immediate.

SHE RECOVERS believes that we are all recovering from something and honors all pathways to recovery while criticizing none. These beliefs were in alignment with MaryBeth, so she became a SHE RECOVERS Coach and a SHE RECOVERS Trauma-Informed Yoga Teacher.

MaryBeth attributes her continuous long-term recovery to the relationships she has formed through the community and now leads the Maine Sharing Circle in York.

Find more information online at marybethmurphy.net/sherecovers-sharing-circle.com or email MaryBeth directly - Mbrncoach@gmail.com.

SHERECOVERS[®]
FOUNDATION



OUTPATIENT MEDICATION-ASSISTED RECOVERY WITH MENTAL HEALTH SERVICES

✓ Suboxone, Sublocade, Vivitrol, Naltrexone

✓ Same Day/Next Day Appointments

✓ MaineCare, Uninsured

✓ Prescribers, Clinicians, Peer Recovery Coaches, Case Managers

SAVIDAHEALTH.COM

CALL US TODAY TO START YOUR RECOVERY

**Biddeford 207.517.5222 • Brewer 207.618.5041 • Calais 207.952.3965
Millinocket - Satellite Location • Penobscot- Satellite Location • Lewiston Coming Soon!**

Personal Recovery *story*

All the Dark Moments, All the Bright Moments

Crystale Vega's Journey

by **Gabrielle Gilbert**

"I'm grateful," says Crystale Vega, reflecting on her three years of sobriety. "I'm grateful to be a survivor of trafficking. I'm grateful for my recovery. I'm grateful to have overcome domestic violence. I'm thankful for all these experiences because they have enabled me to help others." Throughout Crystale's life, she has encountered adversity, but she has also discovered resilience and positivity, which continue to grow each day.

Released from jail in Lewiston in March 2020, Crystale had already achieved five months of sobriety. Her frequent incarcerations had previously been her only source of stability. However, she found solace at Sophia's House, a gender-sensitive residential community focused on recovery. Sophia's House offers healing through various means, including horticulture, nutritious meals, art, meaningful work, a supportive community, spirituality, therapy, and healthcare. It was during her stay there that something within Crystale "clicked," providing her not just an escape route, but a path to genuine transformation.

The year 2020 brought significant changes for Crystale. She earned her associate's degree, cleared her criminal debt, purchased a car, and regained her independence with new found strength and authenticity.

The following year, she successfully completed the program at Sophia's House. During the graduation ceremony, attended by her son, boyfriend, and both parents, Crystale felt an overwhelming sense of pride and support, free from any hidden agendas. This moment served as a powerful affirmation that a new life was within reach, and she had authentic allies by her side. After graduation, she moved into an apartment in Sophia's House's permanent resident community and assumed a leadership role in the program—a "strange full circle," as she describes it.

Throughout Crystale's life, she has encountered adversity, but she has also discovered resilience and positivity, which continue to grow each day.

Due to her unique experiences, Crystale also serves on the board of Just Love Worldwide, a nonprofit organization dedicated to combating sex trafficking and supporting survivors. Her life now bears little resemblance to her past, and she can scarcely believe the transformation at times. She shares, "Given how incredible things have become and how different my life is now, I often ask myself, 'Is this really my life? Do I deserve all this? Is this really happening to me?' But then I take



a breath, and I realize that it is. If it weren't, I wouldn't be here! That's how I choose to perceive it. This is my opportunity."

Crystale's life is now intertwined with the women who contribute to the healing and support of others. Before her time at Sophia's House, she had not experienced the care and camaraderie that women can provide for one another. Now, she witnesses the evidence of such support all around her. She gratefully acknowledges Klara Tammany, the founder of Sophia's House, along with Tricia Grant, Jennifer Edwards, Jamie Richer, Sonya Turgen. This team, along with all the women who have passed through Sophia's House, are cherished friends and extraordinary

influences on her journey. She describes it as a beautiful experience.

Living within this empowering women-led recovery community, Crystale confronted her trauma and self-judgments, enabling her to heal from the inside out. As she became more honest with herself and those around her, her life began to change. “The more I worked on myself, the better my life became,” she affirms. “The more honest I was, the better things got. And now, honesty flows from me naturally, without me having to think about it!” She started to release the burden of self-judgment and embraced her own resilience, strength, and independence.

Once, stability came at the cost of sacrifice and punishment. Now, Crystale realizes that she can create stability for herself. Even more importantly, she can help others find it and build their confidence to maintain it. Crystale understands that stability brings possibilities, and healing comes through honesty. She now works as peer support for several local organizations — providing hope, help and support.

“I do everything possible to guide people in the right direction,” she says. “I can’t force anyone to take action, but I can offer a glimmer of hope, showing them that change is possible. It might not happen on the first or second attempt, and sometimes it takes several tries, but it will happen. There is hope for everyone.”

Crystale Vega is paving the way for more positive transformations to come.



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



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

The Weiss Method can help with:

- o quitting alcohol & nicotine**
- o quitting harmful drugs**
- o quitting refined sugar**
- o weight management**
- o compulsive behavior modification**

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

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

Fill out the contact form on our website to find out more and for a FREE Consultation
www.weissmethodusa.com



Alcoholics Anonymous

Building Bonds of Sobriety and Connection

by Kim Wilson

Alcoholics Anonymous (AA) has been a guiding light for individuals seeking sobriety in Maine since its inaugural meeting in 1944, held in Cape Elizabeth. Today, the State and southern New Brunswick host around 825 weekly AA meetings.

With a shared commitment to maintaining sobriety and helping others do the same, millions have discovered the vital support and fellowship necessary to live their best lives. AA offers a diverse range of meetings that take place at various times throughout the day and evening, ensuring that everyone can find an option that suits their needs.

According to C., a long-term member of AA, the program's inclusivity and accessibility are evident. "You can find a meeting wherever you are," she affirms, even recounting her experience of attending AA meetings on cruises. Overcoming the initial hurdle of attending that first meeting and returning can be challenging for many. To address this, AA members strive to extend a warm welcome to newcomers, group members asking themselves, "Are we doing our best to help the newcomer?"

As C.C., another long-term member, explains, even a simple greeting, a handshake, or a cup of coffee can make a profound connection and inspire someone to stay engaged and keep coming back. Through sharing personal experiences, offering support, and sitting alongside them, members create a comfortable and welcoming environment.

In AA, newcomers come from diverse backgrounds, but their shared goal is sobriety. C. emphasizes that addiction does not discriminate, stating, "You can have a drinking problem and be an M.D. or a Ph.D. As my first sponsor



The photo of A.A. Co-Founders Bill W. and Bob S. is included with permission of Alcoholics Anonymous World Services, Inc. ("A.A.W.S."), all rights reserved. Permission to use this photo does not mean that A.A.W.S. has reviewed or approved this publication, or that A.A. necessarily agrees with the views expressed herein.

told me, 'You can come from Yale or jail.' This disease does not care who you are." D., who joined AA during his college years, highlights the importance of connection in recovery, stating, "You frequently hear, 'The opposite of addiction is connection.'"

The concept of addiction often evokes a sense of isolation, making fellowship and relationships integral to the recovery process. D. reflects on his own journey, acknowledging that if he had felt alone in AA from the start, he might not have persevered. The power of identifying with others who have experienced similar struggles, coupled with the twelve steps, has been key to his recovery.

D. recalls how the sharing he heard at AA meetings mirrored his own thoughts, creating a sense of belonging and reassurance. "I know exactly how you feel. I've been there," he recalls hearing, which warmed his heart and made him realize he was not alone. C., on the other hand, attended her first AA meeting with her sister, also in recovery, back in 1989. That marked the beginning of her own journey, which continues to this day. Reflecting on her past, she recognizes that alcohol governed her decisions, preventing her from experiencing the fullness of life. However, through AA, she found a path to sobriety and a newfound purpose. AA meetings provide a

platform for celebrating recovery milestones, where individuals share their experience, strength, and hope.

The connections formed within the shared experiences of AA often evolve into lifelong friendships. C.C. speaks of the lasting bonds she has forged within the program, explaining how these connections extend beyond meetings. They share meals, embark on weekend getaways, travel, and enjoy recreational activities such as golfing.

These friendships are based on common interests and shared experiences, strengthening the sense of community and providing opportunities for personal growth and enjoyment. C. sums up her experience in recovery with gratitude and enthusiasm, stating, "I love my sober life. I have a beautiful life. Most days I am happy, joyous, and free."

For more information about AA meetings in Maine and to access a list of meetings, visit csoaamaine.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.



Peer Recovery Coaches

Your Dedicated Supporters in the Journey of Recovery

by **Richard Jones, Chief Clinical Officer, Youturn Health**

While traditional treatment for substance use disorder (SUD) works, it only works for the small fraction of people who seek help.

SAMHSA reports that only 6% of people with SUD get treatment. How do we reach the other 94%? And how do we keep them engaged in recovery?

Peer recovery coaching programs can help fill this gap by providing certified and trained professionals who give non-clinical support to engage and educate individuals and their family members struggling with SUD. Peer coaches leverage their lived experience battling and recovering from substance use or mental health issues to connect with an individual in the same situation.

Peer recovery coaches also provide evidence-based information and resources. They use harm reduction and motivational interviewing

techniques and their own lived experience – the same as the person they are coaching – as well as family and community programs to deliver effective, compassionate support.

Additionally, coaches support family members of individuals struggling with addiction, regardless of how engaged that family member is in their own recovery, by providing a baseline education on topics like substance misuse, boundary setting, and self-care.

These interactions help individuals struggling with substance misuse and their family members stay engaged in the recovery journey, maintain a positive outlook, and develop new behaviors and social support that sustain accountability.

It's crucial to remember that substance use disorder is a chronic disease. To achieve success, staying engaged is key, and peer coaching plays a significant role in ensuring that engagement. In fact, a clinical trial conducted by Clemson

University and the University of South Carolina School of Medicine revealed that individuals with a peer recovery coach experienced an astounding 89% engagement rate in their recovery, compared to only 11% without such support.

Peer recovery coaches are only one tool part of a recovery toolkit, and in future articles we'll talk about other tools and how to reach out to someone in need.



Richard Jones is a therapist, clinician, and healthcare entrepreneur in the behavioral health space. He created the Assertive Community Engagement (ACE) methodology of peer coaching which uses motivational interviewing

and positive psychology techniques to keep people engaged in their recovery.

– SPONSORED CONTENT –

Youturn
HEALTH

Discovery Recovery with Choices



by Karen St. Clair

Have you ever taken the time to consider the difference between how you choose to feel at the beginning of your day and how you choose to feel at the end of your day?

We rarely remember these two moments in time; but if we were to track how we chose to feel at the beginning and end of the day, the results would likely be far different.

Why? Because we make approximately 35,000 choices every day!

From the first choice to open our eyes in the morning... to taking our first step of the day... to making a pot of coffee...to choosing what to wear... to checking our phone (all in the first 2-3 minutes of the day).

Without realizing it, we're making choices all day, every day that may or may not have consequences to others, but that will naturally affect how our day unfolds.

It's your choice.

That's what I love about my EFT Tapping practice. It's always there, it's not going anywhere. If I need EFT for support to release stress or tension from my body, it's on duty 24/7.

The key that unlocks the door to emotional freedom is the choice to call upon EFT Tapping in the moment.

Alternatively, I can choose to hold onto my stress and stuff it down into my body so that no one will know that I'm stressed. They'll know. Humans are wired to know. Body language is our first language,



our native tongue is our second language.

When we stuff our emotions down into our bodies, those emotions can take up space and can interfere with the natural flow of how our bodies function. We may have made the choice to stuff our emotions because it's all we know, or we may not be aware of any alternative and haven't considered that we would have the power to make a difference in our own lives.

**"Our choices have dimensions including emotional, physical, mental, spiritual, subconscious, preconscious, and postconscious."
– Carolyn Myss**

Support and community are crucial to all aspects of recovery and can be enhanced by learning the simple technique of EFT Tapping.

The choice to learn EFT Tapping to help lower your stress and anxiety

can be just what you need to change the direction of your life; it was for me. 16 years of sciatic pain was dissolved in one EFT Tapping session. Not only did the sciatic pain subside but the release of such deep emotions felt like a huge weight had been lifted from my body and spirit. Yes, I've made choices that took me in directions I never dreamed possible...not all positive outcomes on the surface but each one with a gift that taught me needed

life lessons.

Contact Karen St.Clair to learn EFT Tapping in private sessions, in workshop settings, or as a presenter at your next corporate function as an Accredited Certified EFT International Practitioner/Trainer NQT, Reiki Master of Masters, International Best-Selling Author, Speaker, Founder of Reiki Tap RenewalSM and a highly skilled professional with a true gift for facilitating her clients' life-changing outcomes. karenstclairEFT.com.



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.

– SPONSORED CONTENT –



What's Community Got To Do With It?

by Elaine Shamos and
Glen Simpson

When it comes to overcoming addiction, the significance of community cannot be overstated. Our social connections provide a safety net and an opportunity to cultivate healthy relationships. Moreover, couples in recovery have a unique opportunity to contribute to a stronger community by offering support to other couples walking a similar path.

Why is being part of a recovery community important?

As humans, we have an inherent need to belong, connect, and participate. By surrounding ourselves with individuals who are also on a recovery journey, we expose ourselves to values and attitudes that foster personal growth and healing. Relying solely on our partner for support can place immense pressure on the relationship and encourage codependency. Who better to turn to than those who have experienced similar struggles or have supported a loved one through addiction and recovery?

Belonging to a community creates a system of accountability. Regularly

attending meetings allows others to know us—our stories, challenges, and victories. It keeps us honest and becomes a process of mutual learning and support. Seeking guidance from a sponsor plays a significant role in driving personal change. In turn, offering mentorship to others ensures that we remain accountable.

How does community support our relationship?

The recovery community is like a science lab for socialization. When we meet new people, we are likely to be more curious, listen more intently, and express more compassion. Isolation caused by addiction may have hindered the development of these skills or caused them to grow rusty. We can now bring these valuable tools back into our relationship. For instance, we can practice active listening when our partners share about their day, reflect back what we heard, and offer insights from our respective recovery meetings. As we engage with others, we may observe new facets of our partners that we hadn't noticed before. It's a rare opportunity to rediscover these qualities within our relationship. Most importantly, being part of a community fosters interdependence,

offering comfort in knowing that others support our partners, and greater connection with each other.

How can couples help build a strong recovery community?

One of the most significant contributions we can make is reducing the stigma surrounding addiction. By openly sharing our stories, we challenge societal perceptions and illustrate that addiction is a treatable illness, not a moral failing. Couples who are publicly vocal about recovery in their larger community help normalize these concepts. We can also be an inspiration for other couples, decreasing isolation and creating hope.

Energy is contagious. When we choose our inner circle, we choose our energy. And when we share that energy with each other, it can be powerful healing for our relationship.



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.

The Addiction Cycle Explained – Part 2

by Elizabeth Hamill

In the last issue, we looked at the two major ways humans process energy – through our *automatic systems* and the *systems that support our freedom of choice*

Next, we consider how the energetic level of our brain, stomach, and blood system together, are the three ringleaders of the addiction cycle. These systems get automated by the repetitive and ongoing use of an addictive substance – which essentially hijack these systems away from their natural design and thereby power the addiction cycle.

What is this addiction cycle?

The *National Institute of Health* defines addiction as: “a chronic, relapsing disorder characterized by compulsive drug seeking and use – despite adverse consequences. It is considered a brain disorder, because it involves functional changes to brain circuits involved in reward, stress, and self-control.” Regarding the ‘cycle’ aspect: any event that is regularly repeated in the same order constitutes a cycle, for example: spring, summer, fall, winter.

Putting these two definitions together, an addiction cycle is a process that a person has established in their automatic systems to continue a certain, usually euphoric, feeling or state. The person is no longer the decision maker and instead, the substance powered by the automatic systems are in control – leaving the person’s conscious choice out of the decision loop. This is what the ‘chronic relapsing disorder’ part of the addiction cycle looks like.

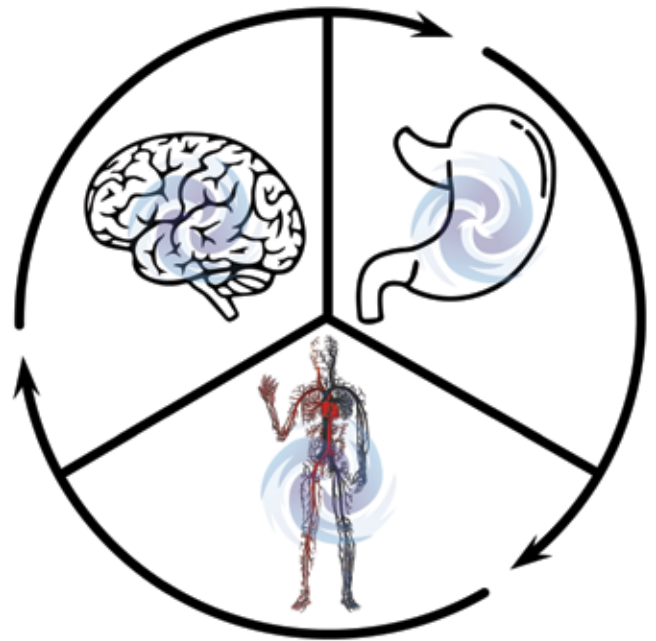
The three ringleaders: brain, stomach, blood

Our brain conducts essential functions, including providing signals to the many automatic maintenance systems such as our digestion function. It’s an incredibly advanced organ and, along with our soul, is designed to make innumerable and extremely precise computations on our behalf. Imagine every calculation needed to perform the task of taking a drink of water including all the intricate signals sent to our hand to pick up a glass and raise it to our mouth. The number of nerves, muscles, tendons involved in this action is enormous, and yet it all happens flawlessly without a single thought about the complexity of the mechanics.

Yes, our brain is amazing. However, it can also be our own worst enemy – if we hand over too much power and allow it to be in the driver’s seat of our life. Because after all, that’s our job! **You are not your brain.**

From an energetic standpoint, our brain has a huge affinity to fly high. It prefers to process what it considers ‘high octane fuel’ because it causes it to feel more stimulated and alive. It loves excitement and new experiences, and it’s completely reliant on us to provide this stimulus.

It’s the part of us that goes to the county fair and points, and says, ‘I want to go on that ride!’ We’ve



taught it what energies are exciting and in return it can do a multitude of functions on demand. It is the part of us that craves refined sugar laden foods because of the short-term ‘feel good’ bump in energy. Our life experiences reflect directly on how our brain gets wired, and this plays out and affects our daily lives.

The brain can be really bossy, especially when it needs an excitement fix. This is why it’s important to work out a direction and purpose in life, because without healthy parameters, our brain will have us floating from one excitement to another, and the art of living is nonexistent because we abdicate our free choice to our brains. It’s easy to see how the brain can get hijacked by an addictive substance or behavior because of its love for flying on high-octane fuel.

Our stomach helps to digest and break down physical foods and plays a big role in the addiction cycle. The stomach, also referred to as the ‘Moving Center’ energetically because it’s responsible for movement and everything we do repetitively.

As our brain loves to fly high, our stomach loves repetition.

It feels most comfortable when we're doing things that it already knows how to do, and it doesn't like surprises like our brain does. The stomach loves it when you settle in to watch a good movie with a bowl of popcorn. It thinks this is heaven.

The stomach has its own way of trying to exert control over our life which can result in mindlessly playing video games for hours on end. It does this in cahoots with our brain because the brain gets excited when we win! Our stomach loves the repetition of the game and distracts us so that we forget about time and end up late for an appointment or delaying tasks we promised ourselves we'd accomplish.

If we allow our stomach to continuously do what it wants, it becomes quite resistant to change and won't like it if new disciplines are implemented. It requires a **greater conscious power** of repetition to create new patterns. This absolutely can be accomplished, but it takes time, focus and patience.

Our blood systems energetically record everything that the brain and stomach do on a repetitive basis. This works like the tape recorders we used before digital recordings took over. Like the tape, our blood can record and hold an electro-magnetic signal. The magnetic ability comes from the micronutrient of its iron content. Iron is one of the most common magnetic metals around and is utilized by many organs and metabolic processes, including our blood system.

Our blood records and maintains patterns as a result of whatever we do repetitively. Our stomach helps to establish these blood patterns by implementing action; then the blood records those actions and stores them until the moving center calls on the blood to replay that pattern. The more times the action

or thought is played out, the more deeply imprinted the blood pattern becomes - thus creating a habit.

Everything that we say — do — think — long for — love — belong to — believe in — gets recorded in our blood and as the blood circulates it informs every single cell in our body. As this process radiates throughout, a micro signal is formed and lives at the edge of our bio-energetic field.

We can choose to superimpose over an unwanted habit using our automatic systems in a conscious way to establish new habits, repetitively, on a consistent basis, with the power of our conscious thought. This works for some, but others with substance use disorder may need help.

And that's where the Weiss Method comes in.

The Weiss Method offers a non-invasive, one-on-one treatment using no medication, needles, or hypnosis. This energy-based treatment cleans and rebalances the systems at the root cause, freeing the person by interrupting the addiction cycle.

Find out more go to <https://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.

— SPONSORED CONTENT —



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

WHAT WE OFFER:

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

FAMILY SUPPORT GROUPS

The Family Restored Support Group is an educational support group for families having difficulty navigating a loved one's addiction.

Falmouth, Maine
Tuesdays, 6:00-7:30pm
Falmouth Congregational Church

South Portland, Maine
Wednesdays, 6:00-7:30pm
The Point Community Center

Portland, Maine
Thursdays, 6:00-7:30pm
Portland Recovery Community Center

Virtual - Tuesdays and Wednesdays & Thursdays, 6:00-7:30pm

email: virtual@thefamilyrestored.org
for meeting links

Visit our website for information on other meetings
www.thefamilyrestored.org

FOR MORE INFORMATION:
207-387-0015
info@thefamilyrestored.org

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

Sober Social Society

by Peggi Cooney

When I stopped drinking alcohol almost four years ago, I seriously thought that my life was over. I believed I would never **have** fun again, never **be** fun again. The word **BORING** came to mind. I was convinced that I would forever be boring because before putting my wine glass down for good, I thought people who didn't drink were *really boring*. I actually felt sorry for them. Big Alcohol had me thinking that fun could not be had at any social gathering that didn't provide alcohol.

An interesting side effect of becoming alcohol free was the opening of my eyes to the incredible pressure there is to drink in the US. I asked myself: When did it become okay to drink alcohol at a six-year-old's birthday party? When did it become a thing to take your children trick-or-treating with your wine glass or Yeti cup so that you can get your treat too at nearly every house in the neighborhood?

The tipping point for me was taking my three- and seven-year-old grandchildren to Disney on Ice, only to have a dad spill a 40-ounce beer down my back. Seriously, a full-service bar at a Disney matinee? And just recently, someone shared that her local zoo offers canned wine, hard seltzer and a margarita machine. We can't even visit the zoo without booze?

When you first quit drinking alcohol, it can feel like everyone is having a good time except you. And if like me, you created a life where booze was often the main event, it's understandable to think life would suck without it.

The reality is that these thoughts of being funless (not really a word, but I like it) and boring couldn't be further from the truth. In 2022, an idea was born by Zero Proof



Sober in the City Guests, Austin, TX. Nick Dennis photo / @nickdennisphoto

Experiences (ZPE) founder Susie Streelman. For her, the hardest part about giving up alcohol was giving up the social life she loved. ***“I drink. I just drink differently, and I deserve a pretty glass and a place at the table.”***

We offer some ideas for those of you newly sober:

Feeling like “the Other”: You feel singled out. The lone wolf. This is the one we hear over and over. And feel over and over. You may hear, “Oh, that’s right, you don’t drink anymore.” But, put a koozie over your can or get a fancy YETI. No-one will even notice.

There’s nothing nonalcoholic available: Sometimes water may even be hard to get. Take a can or a bottle of your favorite n/a beverage along in your purse. Look up the menu or call ahead and ask if the bartender could create a zero-proof cocktail.

Now that you’re sober, socializing seems challenging: You have always used alcohol in the past as a social lubricant. We have found that it’s much easier making connections with others without alcohol. You are already bonded by your commitment to being present. We are much

better listeners. We are much more interesting without the booze.

When you get the courage to ask for something non-alcoholic, the wait person looks at you like you have two heads: Plan ahead. Have a couple “go to” recipes. Susie created Mocktail cards. I order my fav – Club Soda with a splash of pineapple juice, muddled jalapenos, a lime with a salt rim.

Know that socializing alcohol free gets easier with practice. Nothing feels better than socializing without a worry of how you will get home or waking up hangover-free. Whenever I start to feel like everyone else is drinking except me, I remind myself why I got sober – to be the best partner, mother, grandmother, friend, and colleague I can be and to cherish this one precious life.



Peggi Cooney, Chief Connections Officer of ZPE is also a social work instructor/coach for UC Davis. She holds a MSW and spent 16 years in Child Welfare and Adult Protective Services. Peggi published her first book, *This Side of Alcohol* in November 2021. She is currently working on

her next book about secondary traumatic stress and its effect on those in direct practice, such as social workers, health-care professionals and first responders. Peggi resides with her husband Paul in West Sacramento and Lake Almanor, California.

Stories Restoring Hope

Inked & Sober

Chris Bastey's Journey from Punk Rock to Recovery, An Artist's Transformation

Chris Bastey has become something of a legend in Rockland, Maine. Working at the famed Atlantic Studios, he's dedicated nearly two decades of his life to the art of tattooing. His unique, bold, and colorful style is highly coveted, with eager clients scheduling appointments years in advance. But today, we celebrate another of Chris' major achievements: five years of sobriety.



Raised in Hallowell during the pulsing 90s, Chris found solace in the worlds of art, music, and punk rock. The extreme edges of this culture shaped his youth, while cannabis and LSD helped him navigate the struggles of depression and low self-esteem.

In 2000, Boston's vibrant city life beckoned, pulling Chris into its swirl as he joined a friend's band. Soon, he found himself immersed in a social scene centered around alcohol. This pattern of heavy drinking would follow him for two long decades. Upon his return to Maine in 2003, Chris discovered a new outlet for his creativity: tattooing. But as his passion for this art form took flight, so did his dependency on alcohol.

Chris loved the thrill of extremes, a trait punk rock culture celebrated. Despite concerned warnings from friends and girlfriends, he felt his downward spirals validated his authenticity. "In my head, drinking cooking wine in my kitchen in the morning was hilarious," Chris confesses. That was until alcohol, his trusted crutch, started failing him. The

solace he once found at the bottom of a bottle began to fade. His coping mechanism shattered, and Chris knew he needed to reclaim control from the grip of substances.

In 2018, a recovery meeting with a friend sparked a profound transformation in Chris. Despite initial discomfort and skepticism, he clung to the hope that his commitment to sobriety just had to last long enough for him to develop a new way to navigate life.

Chris filled the vacuum left by alcohol with the study of esotericism, initiatory systems, meditation, and spirituality. His thirst for self-understanding led him down paths of self-discipline and higher consciousness. Through these practices, he learned to interact with his own mind, a vital step towards self-knowledge.

During his journey, Chris found a steadfast friend and mentor in Michael, whom he met in recovery meetings. Michael's fervor and authenticity provided a touchstone during those challenging early months. Even as meetings took a back seat in Chris' recovery journey, Michael remained a loyal ally.

In time, Chris built his own tailored approach to recovery, a blend of research, mentorship, and spirituality. He views our culture's propensity for escapism, evident in our entertainment, consumerism, technology, and substance use, with a clear, sober perspective. He

Maine Voices of Recovery series is supported 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.

now chooses self-improvement over intoxication, using his time and energy to "sharpen the knife and hone my skills."

Today, Chris's artistry shines brighter than ever, his work now marked by a clarity and purpose that was missing before. He continues to explore the complexities of his mind and the universe, forever committed to the pursuit of self-discovery.

As Chris observes, there's a wealth of wisdom to be gleaned from those in recovery. "People who have gone through the process of getting sober are very lucky. We have lived through having to give up something very near and dear to us, and learned to understand the value of life after the fact."

If you're embarking on your own recovery journey, Chris has one piece of hard-earned advice: seek self-understanding. "The more you know about yourself, the more power you have over yourself. The more power you have over yourself, the more agency you have in the world around you. And when you have the ability to choose what your life is like, you really feel like you're living."



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.

NAMIWalks Maine

Walking to Make a Difference

by Jennifer Thompson

As the autumn breeze sweeps through Maine, the community gears up for Maine's annual Mental Health Awareness and Suicide Prevention event – NAMIWalks Maine. NAMIWalks is a cherished tradition in the state, serving as a powerful reminder of the significance of mental health awareness and support.

NAMI Maine (National Alliance on Mental Illness) is a non-profit organization that works towards improving the lives of those affected by mental illness in Maine. NAMIWalks Maine, held every October, is a key event that aims to raise awareness of mental illness, reduce stigma, and open doors to support.

NAMIWalks Maine is open to people of all ages and abilities, making it an inclusive and welcoming experience for everyone. In addition to the walk itself, there will be various activities and entertainment throughout the day, including music, food, and opportunities to connect with others who are passionate about mental health advocacy. Join us on October 7, 2023, at Capitol Park, Union St, Augusta, ME. Together, we will walk together to show support for those affected by mental illness.

One of the distinctive aspects of NAMIWalks Maine is that it isn't just a one-off event. Participants are encouraged to form teams and continue fundraising throughout the year. This sustained support enables NAMI Maine to provide essential resources to those who need them, including education, support groups, and advocacy.

The impact of NAMIWalks Maine is felt statewide. Maine has some of the highest rates of mental illness and



A group of NAMI Community Members – University of New England Walk Team.

suicide in the country, and events like this one play a crucial role in reducing the stigma surrounding mental health and connecting those who are struggling with the resources they need. NAMIWalks Maine offers a chance for people to come together and show support for those who may feel isolated and alone in their battles with mental illness.

The ongoing COVID-19 pandemic has exacerbated existing mental health challenges, making events like NAMIWalks Maine even more crucial. The pandemic has created new mental health challenges, and the need for support and advocacy has never been greater. NAMIWalks Maine provides an opportunity for people to come together and support one another during these challenging times.

As the 2023 NAMIWalks Maine approaches, organizers are enthusiastic about the turnout and the impact that the event will have. After holding the walk virtually last year due to the pandemic, organizers are planning for an in-person event this year. They are taking all necessary precautions to ensure that the event is safe for all participants, including adhering to

CDC guidelines and implementing social distancing measures.

If you are interested in participating in the 2023 NAMIWalks Maine on October 7th, there are numerous ways to get involved. You can sign up as an individual or form a team with your friends, family, or colleagues. You can also volunteer your time or donate to support the cause. Every contribution, no matter how small, makes this life saving work possible.

NAMIWalks Maine is an important event that brings people together to raise awareness of mental illness, reduce stigma, and support those who are struggling with mental health challenges. By participating in the walk, you can make a difference in the lives of those affected by mental illness in Maine and show your support for mental health awareness and advocacy.



Jennifer Thompson is the Executive Director at NAMI Maine.

webshrink

help for when life hurts

Providing you with the answers you need about the mental health and addiction questions you have

Original, trustworthy, authoritative comprehensive support with:

- clinical insight
- research news
- personal stories
- expert perspectives

Visit us online today



webshrink.com

Maine Behavioral Healthcare
MaineHealth



We can help with the misuse of alcohol, drugs or prescription medications.

Convenient options include:

- ✓ In person appointments
- ✓ Telehealth appointments
- ✓ Day or evening sessions

Locations in Biddeford, South Portland, Springvale, Rockland.



Immediate openings for substance use treatment.
CALL: 1-822-292-0111

Let Journey amplify your next event!

Add it to our event collector!

A single spot to post and find recovery events in Maine – fundraisers, resource fairs, rallies, walks, softball games, game nights, etc.

Visit Journey-Magazine.com



sponsored by:



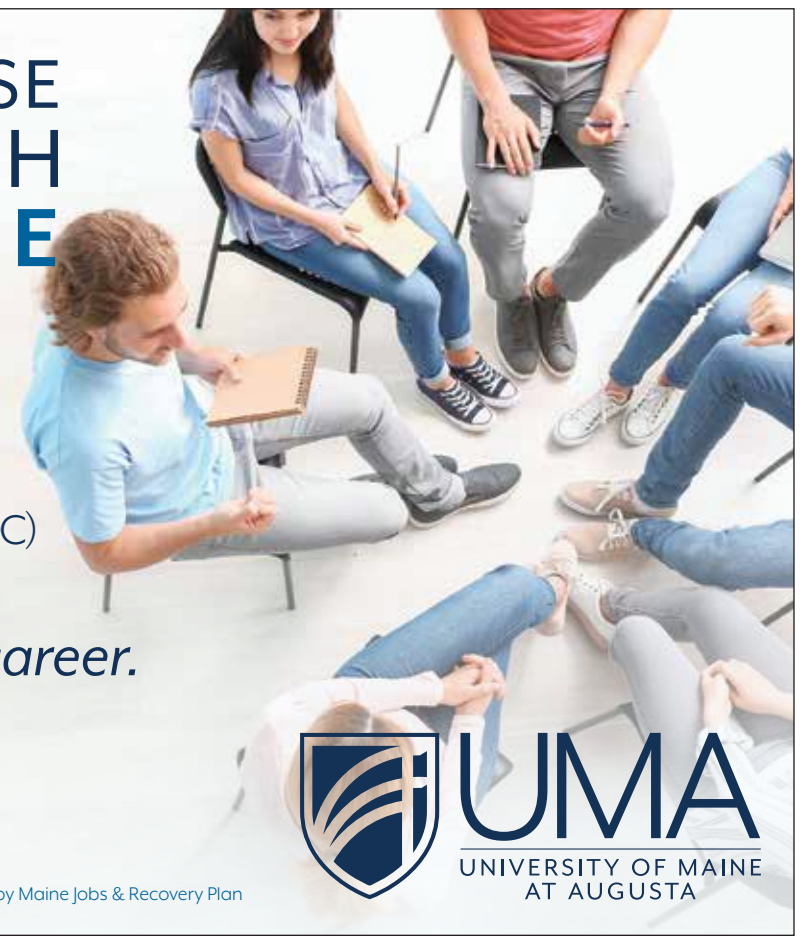
SUBSTANCE ABUSE REHAB TECH CERTIFICATE

- 10 online courses
- Free tuition for up to 5 courses*
- Prepare to become a Certified Alcohol & Drug Counselor (CADC)

Your pathway to a new career.
Apply Now.

uma.edu/sart

*Funded by Maine Jobs & Recovery Plan



Do you want to feel more confident parenting?

Improve your day to day interactions with your child?

Understand why your child "misbehaves"?

With over three decades working with children and parents to transform adversity, develop resiliency and find freedom, **I can help.**



Jessie Graham
CO-CREATING CHANGE
(207) 419-1422

jessiegrahamcoach.com

Wellness Mobile

"Wellness is achievable everyday!"



Supporting Veterans, unhoused individuals and those who need us most with resources and connections to opportunities

207-520-1683
wellnessmobile.org

Maine 501(c)3; est 2018

Love is Love

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

Journey
MAGAZINE

CO RECOVER

Personalized Behavioral Health Care

We are a modern mental health and addictions practice providing state-of-the-art counseling, diagnosis, and treatments



Intensive Outpatient Program

- For CoOccurring mental health and addictions
- Three hours per day, three days per week
- Rolling admissions
- Small groups

esKetamine Therapy

for treatment-resistant depression

- FDA-approved and safe
- Easy nasal spray
- In-office treatments monitored by provider
- Covered by most insurance



TMS Therapy

for treatment-resistant depression

- FDA-cleared and highly effective
- Non-drug & non-invasive
- No side effects from medications
- Covered by most insurance



207-482-0276

co-recover.com

Insurances accepted:

- Anthem - all policies
- Anthem Behavioral Healthcare Program (MHACO)
- Anthem MMC-PHO policies
- Community Health Options
- US Family/Martins Point
- Medicare

Our state-of-the-art treatment center is designed for comfort and healing
10 Atlantic Place South Portland



Everyone Is Welcome!

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

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

(207) 803-8707

www.lrrcbridgton.org

Like us on Facebook
@LakesRegionRecoveryCenter
2 Elm Street Bridgton Maine



**Offering
recovery coaching
and other recovery
resources**

**Save A Life Community
Recovery Center**
19 VFW Street
Lincoln, Maine

207.403.9100

salinc@salrecoverynetwork.org
salrecoverynetwork.org

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
Promising Futures

Sweetser.org/careers



**SCAN FOR
PEER SERVICES
JOBS**

Alison Jones Webb on the writing of *Recovery Allies*

by Joanna Free

“Books have a life of their own and they birth at the moment they’re ready.”

— Alison Jones Webb

Ideally, books come along at the time that we, the readers, most need them. In the case of the 2022 book, *Recovery Allies*, this could not be more timely or true.

Like many books, the seed of the idea came to Alison many years before.

Nearly a decade earlier, Alison was engaged in a project designed to increase access to addiction treatment for young people in Maine. At that time, says Alison, there was very little available. One facet of the project focused on determining the barriers to treatment.

The team gathered information through a variety of means, including focus groups. Research shows that these groups tend to be much more effective when facilitated by members of the communities of focus, rather than by expert facilitators. So Alison trained some young people who were themselves in recovery to facilitate several focus groups around the state. This was a win for all involved, gathering more authentic information, putting group members at ease, and increasing the skills and capacity of the facilitators as well.

Not surprisingly, stigma was – and remains – one of the most significant barriers identified. Parents were afraid to acknowledge the problem their kids had; kids were afraid to acknowledge with their parents the problem that they had. Alison said, “There was just a whole lot of not talking going on, and it really was because of prejudice and discrimination.”

Responding to this observation, in the next phase, Alison’s team trained the facilitators and other young people in the recovery community to tell their stories of recovery. They learned to tell their stories in a positive light, focusing on their recovery and not on their time in active addiction. Although this is more common now, it was not yet at that time. These young facilitators were amongst those blazing that trail.

With the guidance and support of Alison’s team, these young facilitators told their stories to community groups “anywhere people would have us. We were in church basements, school assembly halls... you name it.” The agenda for these town meetings was their storytelling, combined with an opportunity for the audience/listeners to ask questions. The facilitators, telling their stories, were on fire, excited about their recovery, and so the community meetings were engaging and fun. Community members came to listen and learn, and many would say, “This is so wonderful! What can we do to help? What can I do to help?”

For the team members, this was just the kind of engagement they were looking for, though there wasn’t a clear answer to the question. Alison started digging into the research. There wasn’t much on the subject.

Alison thought, “Somebody needs to write about this,” which eventually became, “Oh wait a minute, I can write about this.”

That was the genesis of the book. The year was 2014.

Alison began collecting stories and digging more deeply into the research. This process went on for several years. As she did, she was able to understand the answer to that question, “What can we do to help?” It’s that people can do all sorts of things to be recovery allies – they just need to know about recovery and specific actions they can take.

When a person speaks openly about their situation and their history, they can change hearts and minds.

And, said Alison, the research tells us, you need to keep doing it. “To truly reduce stigma, prejudice and discrimination, repetition is essential to the process. We can’t stop.”

How did this work and research impact Alison personally?

She came to see her own lineage with greater clarity. “My family history is one of silence. Silence is very familiar to me.”

The private conversations she had with the young facilitators helped her to see how this generation speaks

Connect with Alison:

LinkedIn

<https://www.linkedin.com/in/alisonjoneswebb/>

Website

<https://www.alisonjoneswebb.com/>



much more openly about things than she'd learned to do in her family. Their insights and clarity, expressed with honesty and compassion, helped her to see things she hadn't about her own story and family.

In this process, she also learned of a study on the genetic aspects of substance use disorder... and donated her saliva for testing. Alison wanted to participate in the research, and support the researchers sorting this out. "I don't want my grandchildren to have to deal with this."

Through this participation and all of the research and gathering of stories and training events, Alison was changing the culture of her own family as well as that of her community. She was breaking the (culture of) silence, and with a powerful, inspiring response to the vital question, "What can I do?" *Recovery Allies* offers a wealth of information in response to that question.

Another major realization came through her extensive interviews: an awareness of the multiple pathways

of recovery. There was so much more than just 12 Step-based communities. She grew to understand how age, geography, personal characteristics, the time period, all of those and more create different recovery trajectories. Alison also noticed that nearly all – if not every person she spoke with – mentioned a spiritual aspect to their recovery. It could have been a religious pathway or mindfulness or just finding a spiritual opening.

"I hadn't realized how that part of recovery goes really deep in people and is transformative. They'd moved from a state of alienation from themselves and from the community, to one of connection."

"I hadn't realized how that part of recovery goes really deep in people and is transformative. They'd moved from a state of alienation from themselves and from the community, to one of connection."

As Alison said and illustrated more than once in our conversation, we never know what kind of impact we might have when we show up in support of one another.

This is the essential message embedded in the stories, strategies and solutions supporting the recovery - and healing – of individuals and communities in *Recovery Allies*.



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

It's FREE!

**Journey Magazine
Delivered to
Your Home**



 **SCAN ME**

**HAVE IT
ON HAND**



**SCAN THE QR CODE TO
LOCATE FREE NARCAN
NEAR YOU**

Personal Recovery *story*

James Dillon III: The Transformative Power of Connection *Embracing Recovery and Belonging*



by James Dillon III

If you spend any amount of time in recovery spaces (meetings, sober living residences, recovery centers, etc.), it likely won't be long until you hear someone say something to the effect of "the opposite of addiction is connection."

Whether that expression resonates with you deeply or you regard it as a touchy-feely recovery aphorism or you're somewhere in between, there's certainly something to it. At its core, the expression invites us to imagine a life worth living—and one worth living fully.

I'd take that idea even further and say that community, that is, an interwoven network of connections, has the potential to be an even truer salve for addiction.

Such has been the case for my own recovery and my engagement with and sense of belonging to two specific communities here in Maine. The first might be rather obvious: Portland's recovery community. And, on second thought, the second one is quite obvious as well if you've ever met me in-person or seen any of my creative works, and that's Portland's Queer community.

The parallels between these two communities, however, might be less

obvious than my belonging to either one of them.

In my experience, finding a home in Portland's recovery community and in its Queer community came after long periods of inner turmoil, societally-projected shame, and heartbreaking isolation.

Finding my place in both communities required a monumental degree of self acceptance, an ongoing practice that is ever-evolving on multiple levels. When I "came out" to my loved ones about my struggle with addiction a few years ago, the fears I faced were nearly identical to the ones I had when I came out to my family at the age of nineteen. Will this change the way they view me? How might this change the way we interact? Will they still love me? What if they don't want anything to do with me at all?

The answers to these questions didn't come as quickly as I would have liked in either case, but when they did come I knew they were for keeps.

I felt this sense of solidification quite viscerally this past June at Portland's Pride Festival. I was volunteering with the Portland Recovery Community Center at its second annual Pride mocktail bar to raise money for the center's LGBTQ+

committee. The rain had turned the city streets into streams and the walkways of the park were dotted with ankle-deep puddles. As the mocktail bar's host and hype person, I spent most of my time outside of the mocktail bar's tents. I was drenched before the parade had even begun.

My heart warmed at the sound of the crowd getting louder as the parade finished its route from Monument Square to Deering Oaks Park.

"That does *not* sound like an ill-attended affair," I thought to myself as I twirled underneath my umbrella (which had quickly become mostly for show given the rain's ferocity).

A few more hours of rainfall and several "can't rain on our parade" jokes later, I had a lovely conversation with Leslie Clark, the recovery center's Executive Director.

We delved into the ways both the recovery and Queer communities show up for their members, how they support one another, and the beautiful intersections where their paths converge.

"You know what it is?" Leslie mused. "I think both groups of people really know what love is."

And I couldn't agree more.

Throughout my Queer journey and my recovery journey, I have encountered profound lessons about love—what it means to love and be loved, to share love, and to nurture love. These communities have continuously embraced me with an immeasurable and boundless love. Time and time again, they have welcomed me back after periods of absence, lifted me up when I've fallen, and seen me when I've felt invisible.

Of course, no community is without flaws; each carries its own complexities and differing perspectives born from the diverse backgrounds of its members. It's vital to remember that both the recovery and Queer communities possess long and intricate histories.

These histories contain joyous tales of triumph, but they also bear the weight of intergenerational struggles. Both communities are made up of humans whose very existence has been politicized throughout history. Even today, Queer individuals, particularly our Trans siblings, and those grappling with addiction, especially those in active use, face ongoing discussions about fundamental rights, access to housing, access to healthcare, and the freedom to participate fully in society.

It's equally important to remember that at the heart of both of these communities is the idea of becoming. Of becoming the best version of oneself—a self that can show up for themselves and their loved ones honestly, authentically, and fully. Of becoming someone who feels seen, who feels safe, and who feels loved; someone who can make others feel seen, safe, and loved in return.

These are the kinds of connections we need more of in **every** community.

.....
James Dillon III is an artist based in Portland, Maine. They are also a Peer Recovery Coach and the founder of Queercovery.
.....

SACO & BIDDEFORD SAVINGS

COMMITTED TO HELPING OUR COMMUNITY GROW & THRIVE.

IT'S A mutual THING.

sbsavings.bank | (207) 284-4591

Member FDIC

FRIENDSHIP HOUSE

A Safe Haven for Men in Need of a Friend

by Beth D'Ovidio

The Friendship House was founded by Louise and Claude Montgomery in 1985. Louise and her “prayer partner” Alison Kelley felt their higher power was leading them to open Friendship House. In response to that calling, Louise took their “rainy day fund,” with Claude’s okay, to purchase the original home to provide a safe place for those living without shelter in the community. The home soon transitioned to become a haven for men who were recovering from SUD. Some years later, the Friendship House moved to its larger location, 390 Lincoln Street, Portland, Maine.

In January 2012, Herb Blake was offered the job of Executive Director. “I think the Board liked that I came with both management skills and a Pastoral degree,” said Herb. He has been in ministry for many decades and worked with Shaw’s Supermarket in management for over 20 years.

The Friendship House is a MARR-certified residence for up to 15 men who are over 18 years old. In the spirit of the house’s founding, men without resources are not denied a space. “It is a very supportive living community for men in need of a long-term housing solutions who are in recovery. We do befriend all of our residents as we get them started on a path to sobriety,” said Herb. “We are privileged to offer a place for people who don’t have resources or the financial ability to pay for a space in the house.” Also in keeping with its history, The Friendship House has a non-denominational, faith-based approach.

As a non-profit, Friendship House is dependent on fundraisers, donations and contributions from residents once they are working. “We do have what we call resident contributions. Once a resident is far enough along to be working, we ask for a modest contribution,” commented Herb. “It’s really a help for them to get in a pattern of paying that contribution monthly for when they are in their own place.” Herb said though there is no requirement to work, about 75% of the residents do so.

A few years ago, The Friendship House hosted a meeting of first responders and residents. “It was a great experience because the first responders could put a face on substance use,” said Herb. “They could understand more about responding to crisis situations. And, on the side of our residents, it helped them see that when there is a medical crisis, the police are not showing up to press charges against them. They want to keep them from dying. They want to get them to safe places, often through the OPTIONS program.”

Herb pointed out a particularly poignant moment. “I just can’t call it a coincidence. I think it happened for a reason. In that meeting with first responders, one of our residents shared that he had overdosed in a motel in South Portland and the police had come. An officer administered Narcan and brought him back,” said Herb. “That particular police officer was there at the meeting. He stood up and said



‘You have made my day. I responded to that and you’re still alive, and now you are thriving in recovery.’”

Herb recalls one young man who came to Friendship House at 25 years old. “Because of the background he grew up in, he developed substance use disorder at a very young age, and he had incurred some pretty serious charges that really limited his options anywhere,” said Herb. “He actually earned the distinction of becoming our longest tenured resident. I speak of him because he is now coming up on 10 years of sobriety. We’re especially proud of him because he had very few options. He was actually sitting in jail when I believe a family member or close friend reached out to us. So we’re just thrilled to see him doing so well.”

“Our goal is to provide a safe avenue to sobriety and a full life for every one of our residents.”

Herb takes satisfaction in seeing a resident gain sobriety, get a job, get their license back, and start getting their financial affairs back in order.



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.



You have a place to start. Start here. Recovery is possible.

- Counseling
- Family Support
- Peer Recovery Coaching
- Education
- Empowerment
- Van Transportation Services

Providing the Best Quality Healthcare.

207-625-8126

www.svhc.org



FOLLOW US ON



SVHC
70 Main St.
Porter, Me

Walk - In
202 Maple St.
Cornish, Me



Your *Recovery* TOOLBOX




TouchPoint
EFT Tapping
karenstclairEFT.com
207-878-8315

I'VE JOINED PORTSIDE!


"I joined Portside because I wanted to be connected with a community of Real Estate Agents in Midcoast Maine who have similar values. Portside agents have professional and welcoming nature."



JESSIE GRAHAM
(C) 207.419.1422
jessiegraham@portsidereg.com



59 PLEASANT STREET,
BRUNSWICK, ME
www.portsidereg.com
207.607.5965





**Meeting Guide 12+
A.A. World Services**

Alcoholics Anonymous World Services, Inc.

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

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



MaineGeneral Addiction Medicine welcomes Alisa Cleary, DO and Rachel Thomas, MD, MPH

Alisa Cleary, DO and Rachel Thomas, MD, MPH are addiction medicine specialists who treat patients with substance use disorders.

Learn more about Drs. Cleary and Thomas, and all our compassionate, skilled medical staff at www.mainegeneral.org/addiction-medicine.

If you, a loved one or a patient needs a referral, call 207-872-4151 or 207-621-3759.



Expanding Recovery Support

Embracing the Power of Recovery Coaching

by Denise Black

Recovery coaching, a free resource for those seeking recovery and their affected family members, is rapidly expanding across Maine. Little known in Maine six years ago, coaching has now spread statewide, has become professionalized, and is gaining traction in a variety of settings such as treatment, corrections, emergency departments, recovery centers and more. Affected family members are also eligible for this compassionate, supportive program.

Recovery coaches are able to provide support as an individual navigates through their recovery journey and honor all pathways to recovery. Having lived experience with substance use disorder, either personally or as an affected other, recovery coaches provide mentoring, resource navigation, and general recovery support to individuals and/or family members. Coaches also provide a bridge to resources, and offer support, hope, and optimism for daily living.

Healthy Acadia houses two large and highly integrated coaching systems.

Maine Alliance for Recovery Coaching (Maine-ARC) and Maine Recovery Core. Maine-ARC provides training, supervision, and technical assistance. Each coordinator supports a full system of recovery coaching and the coaches in their region.

Maine Recovery Core (MRC) offers recovery coaching positions. MRC interns offer direct peer support at a variety of partner sites, with the aim to improve recovery success among individuals facing substance use disorders. Working closely together, both of these programs span Aroostook, Franklin, Hancock, Kennebec, Knox, Penobscot, Piscataquis, Somerset, Waldo and Washington counties.

Committed to implementing a recovery coach system with high standards of support and ongoing education, Maine-ARC and MRC recovery coaches are required to be trained in the Connecticut Community for Addiction Recovery (CCAR) Recovery Coach Academy, and Ethical Consideration for Recovery Coaches course. In addition, they are also required

to be registered recovery coaches through the Maine Recovery Coach Certification Board (MRCCB) and attend supervision developed specifically for recovery coaches.

Recovery from substances can be one of the most challenging, yet profoundly rewarding experiences in a person's life. There are thousands of people in Maine that are in recovery from substances and living full, productive, and beautiful lives. A recovery coach is a person that can relate to your experiences because they have been there and done it. Being supported during your recovery can make the difference between struggling and thriving, and a recovery coach may be an asset to your recovery. Please consider this free resource as an option. Prevention works, treatment is effective and recovery is possible!

Learn more about recovery coaching, and request a free recovery coach here: <https://healthyacadia.org/need-help>

For more information please contact Maine-ARC Co-Director Denise Black denise@healthyacadia.org.



Top row, left to right:
Kriste Sprague - Director,
Maine Recovery Core; Terri
Woodruff - Co-Director,
Maine-ARC; Denise Black
- Co-Director, Maine-ARC.

Middle row, left to right:
Renee Mozeiliak - MRC
Coordinator; Stacy Austin
- Maine-ARC Coordinator,
Somerset; Donna Mitchell
- Maine-ARC Coordinator,
Hancock.

Bottom row, left to right:
Gretchen Harrington -
Maine-ARC Coordinator,
Washington; Molly Riddle
- Maine-ARC Coordinator,
Waldo; Mackenzie Kelley -
Maine-ARC Coordinator,
Kennebec.

OPTIONS LIAISON SPOTLIGHT

Switching from Sole to Soul Work



Dave Bilodeau

by Beth D'Ovidio

Auburn resident Dave Bilodeau, the Tri-County Mental Health Services OPTIONS Liaison in Androscoggin County, worked for Knapp as a Supervisor for 27 years before earning his degree in Social Services—and he has never looked back. After receiving his degree, he became a case manager for the Assertive Community Treatment (ACT) team in Lewiston; became an alcohol and drug counselor over 15 years ago. “I was working with a lot of people who were released from incarceration when the OPTIONS job became available,” said Dave. And the rest is history.

Dave had already been riding along with police in his previous position as a co-responder for Project Support **You**, making his transition into the new role a smooth one. “It was the natural thing for me,” he said. “Once I was in my current role, I met with every Police Chief in Androscoggin to tell them about the program and to build relationships. One Chief said he couldn’t size up a man on Zoom so I went up to meet him and we then had a great relationship.”

When police call Dave with overdose reports, he tries to meet the individuals in crisis and help get them what they need, whether it is naloxone, a warming shelter, or getting connected to treatment. Dave often rides along with police

on wellness checks. “If someone hasn’t been seen for a while, they aren’t answering the phone, or if someone calls in that someone is suicidal, we go to check to make sure they are okay,” said Dave. “We go to get people help, not to get them in trouble. Now four years later, I think people are beginning to understand that.”

Dave maintains a list of local agencies that don’t have wait lists. “When someone’s ready, you need to act. I give them the list, explain the differences to them and they decide. I sit and help them make the call,” Dave said. “I set some people up with a PATH worker (a state program for people experiencing homelessness who are struggling with mental health or substance use). “There is a lack of housing to start with, and it’s particularly difficult for people experiencing homelessness who don’t have references, etc. Many places won’t take them.”

Dave receives referrals from families, hospitals, physical and mental health providers and churches. “I also meet regularly with recovery providers and do recovery rallies.” Dave regularly presents at schools and at community meetings such as chambers of commerce.

“One time family members called me about a gentleman who hadn’t seen his grandchildren in over five years because of his use,” said Dave.

“I got him into an agreement to be clean and sober for the month of December so he could see his children and grandchildren.” The man got sober and was able to reunite with his family for Christmas for two years before he passed. “I still get cards from his family thanking me for getting to see their grandpa. You take what victories you can. They could have spent their life without meeting him,” said Dave.

“Unfortunately there is a strong stigma around this subject and work. Some people say we are wasting our time and money. When I encounter people who think this way, I ask them if this was your grandson or granddaughter or loved one, would you want this help; and they say yes,” Dave said.

Dave’s best advice to individuals he meets through this work?

Never give up and keep taking those little steps forward. Little victories add up. Always take that first step. There’s no such thing as a little victory. Every victory counts. Little victories are big and you have to take them.



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.

INSPIRE RECOVERY CENTER – Ellsworth

One Day a DMV, the Next a Recovery Center

by Beth D'Ovidio

INSPIRE Recovery Center is a lively space that offers a chance for people in recovery to come together in a safe, fun, and comfortable place while connecting with others in the recovery community. The Center serves as a hub for recovery meetings, recovery coaching services, complimentary programs and services such as journaling and crafts, or for simply connecting with others over a cup of coffee and a quick game of Cribbage.

The Center, a project of Healthy Acadia, was established in September 2021 at 24 Church Street in Ellsworth. Prior to that, the building had served as a Maine State DMV facility. The Center's manager, Beth Alteri, said immediately after opening there were more visitors looking to renew their drivers' license than visit a safe place for those living in recovery. "But that didn't last long," she said.

Beth recalls one client who refers to the Inspire Recovery Center as "magical." When he first visited the center, he was actively using substances. "I took him to a job interview a few weeks ago, and he cried and said, 'when I came into the center, all I wanted was a warm place to watch TV. I didn't care about recovery. I didn't care about any of it. That was over a month ago. I've only used twice in the past month. My sister is letting me come visit more often. I had this job interview today,'" Beth remembers him saying. At the time of the interview for this magazine, the person had over 60 days sober. "He wasn't even considering recovery before coming and staying at the warming shelter."



In addition to 12-step meetings and recovery coaching, there are other activities offered, including:

- SMART Recovery Meetings (Self-Management and Recovery Training). SMART Recovery uses cognitive behavioral therapy — changing the way we think about addiction, the way that we think about use, the way we justify things by telling ourselves things that may not be true.
- SMART for friends and family, which focuses on how to talk to your loved one about recovery without seeming pushy or forceful. Substance Use Disorder (SUD) impacts the entire family, and SMART for friends and family helps affected others to manage their own thoughts, emotions and struggles, as well.
- Parenting and Recovery Support Groups

"We assist people with completing housing applications, connecting with primary care providers and help with preparing applications for state health insurance and EBT cards," said Beth. "We also offer snacks and have some supplies we use to

help those who are food insecure. The items we supply are funded by another source; and we do our best to leverage funds when we can."

Beth thinks what makes INSPIRE unique is the effort to create a safe, comfortable zone for people; and the staff that genuinely cares about the people they serve. "There are some things you can't train people to do..." she said. "We are lucky we have an incredible team of people who just love what they do." She went on to say one of her goals for the center is to hire more staff. "We could increase our offerings," she said.

The Center is currently in the process of hiring an Activities Coordinator and then the sky's the limit!



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.

Bangor Area Recovery Network

Supporting life beyond addiction

(207) 561-9444
www.bangorrecovery.org

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

Spreading Recovery Throughout Maine

Portland Recovery Community Center (PRCC) is Maine's Recovery Hub. We build recovery community throughout the state of Maine. **We are your people.** We are people in recovery who know what it's like and are on the journey with you. Whether you're new or you've been on this path for a while, **recovery community centers offer the home base you need in your recovery journey.** Membership is free and multiple pathways are honored. Find a recovery community center near you by visiting portlandrecovery.org — **and find your people.**

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

CRCC

Coastal Recovery Community Center

11 White Street
 Rockland ME 04841

Free recovery community space for all paths and all ages

207-691-3697
rocklandrecovery.org

The Larry Labonte Recovery Center

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

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

Recovery Coaching:
 Meeting 1-on-1

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

(207)-418-4983

412 Waldo St, Rumford, Maine
 Open: Monday - Friday 10 am - 4 pm
info@llrecoverycenter.com
<https://www.llrecoverycenter.com/>

Pir2Peer Recovery Community Center

Inspiring Hope for Recovery in the Katahdin Region

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

We offer:

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

447-9500
 2323 Medway Road
 Medway, Maine

ARRC

AUGUSTA RECOVERY REENTRY CENTER

2 Bangor Street Suite 2
 Augusta

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

Providing community support meetings, community events and recovery and reentry coaching.

(207) 226-3438
info@thearrc.org

Resource pages
sponsored by:



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

Recovery centers are located all over the nation in the communities they serve. ALL the services are FREE and everyone is welcome. They provide non-clinical support services depending on the center – for example, peer recovery coaching, telephone recovery support, skill building, and other wellness and social activities. Stop in to your local center to find out more about the support offered and volunteer opportunities!

Aroostook Recovery Center of Hope

106 Main Street, Houlton
207-254-2213

ARRC Augusta Recovery Reentry Center

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

Bangor Area Recovery Center

142 Center Street, Brewer
207-561-9444

Bath Recovery Community Center

15 Vine 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

Coastal Recovery Community Center

11 White Street, Rockland
207-691-3697

Commonspace

103 India Street, Portland
207-773-1956

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

2 Elm St, Bridgton, ME 04009
207-803-8707

Larry Labonte Recovery Center

412 Waldo Street, Rumford
207-418-4983

LINC Center

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

Pir2Peer Recovery Center

2323 Medway Road, 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

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



**Maine's largest
recovery celebration
is back for a second year**

Recovery Palooza

SATURDAY, SEPTEMBER 23RD

BANGOR WATERFRONT

- LIVE MUSIC
- INSPIRATIONAL SPEAKERS
- FREE FOOD
- FUN AND GAMES
- AND RESOURCE TABLES FROM ACROSS THE STATE

**CONTACT THE B.A.R.N.
FOR MORE INFORMATION:
(207) 561-9444**





We lower the barrier, not the bar!

Visit jobs.journey-magazine.com

FRIENDLY EMPLOYERS

Second Street Associates

