

FOR MAINE'S RECOVERY COMMUNITY

ISSUE 3 • JULY/AUG 2019

Journey **FREE**

**Education, Growth
& Transitions**

**PEOPLE LIKE US
LIVE LIKE THIS**



**USM's Peer-Led
Recovery
Community**

**Unexpected
Messengers
of Hope**

hope • empower • connect



ADDRESSING MAINE'S OPIOID EPIDEMIC TOGETHER.

We understand there's no single solution to end substance use disorders or the suffering they cause. That's why we're bringing organizations together and sharing best practices to help ensure individuals and families have the resources they need.

Learn more about the Rx Abuse Leadership Initiative of Maine and our partners at rali-me.org.



FOR MAINE'S RECOVERY COMMUNITY

Journey

PUBLISHER

Carolyn Delaney

EDITOR

Catherine Berce

CREATIVE DIRECTOR

Michael Geneseo

CONTRIBUTING WRITERS

Alison Jones Webb

Amy Paradysz

Casey McClurkin

David Lee

Kimble Greene

Lara Santoro

Mary Moskowitz

Patricia McCarthy

Sarah Kelly

Sarah Siegel

JOURNEY TEAM

Amy Canfield

Barbara Delaney

Brenda Briggs

Brian Delaney

Carolanne Sullivan

Carole Fontaine

Daniel Coyne

Deborah Train

Elaina George

Elaine Lilley

Kathy Potter

Keagan Delaney

Kimberly Marcotte

Lisa Twombly

Mary Atwood

Mickie Kucinkas

Nancy Wolach

Niki Curtis

Shawna Cohen

Sue Dancil

Tia Cobb

Tonia Mason

info@

recovery-journey.com

(207) 679-5005

**533 Congress St.
Portland, ME 04101**

CONNECT WITH US



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

On the cover: Melissa Rivera on
Portland's beautiful East End
Photo by Brian Delaney



*Dealing
with
Diagnosis*



TouchPoint

EFT Tapping
karenstclairEFT.com
207-878-8315

A letter from the publisher

Learning To Love My Wobble

David Lee's article in this issue is about learning new things and learning to love that point in the growth process where we start to wobble a bit.

From the very first conversations about starting Journey right up until this morning, I've wobbled in many areas along the way - very shaky at first, but with some practice and other humans, the wobble turns into a very steady, solid step.

First, who am I to start a printed magazine? My background is IT leadership, not publishing, not journalism. Then the question, "Why not me?" steadied that wobble along with an incredible group of people alongside me - helping with each next step - some with experience in publishing and journalism. All with caring, compassionate hearts.

Next came the "I am now very visible" wobble, insecurity at many levels with this one. I find comfort in the mission of the magazine: to amplify hope. My own personal insecurities seem petty when compared to our mission.

Something that has helped with the wobbling is that I have firm roots. I have roots in my own recovery programs, my family and friends, and fellow travelers along the way. I have roots in my daily practices and I have roots in my experiences - experiences from the past that have shown me examples of showing up, asking for help with the very next step and then moving along.

Another thing that has helped with the wobble is the Journey team (some are below). We are a group of people on a mission, driven to

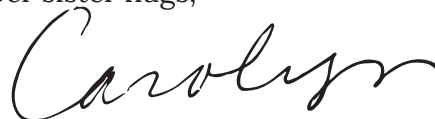
amplify hope with an unrelenting desire to share that **Recovery Is Possible** and to provide the space for others to share their own journey with you.

For the creation of Journey, it has really felt like the universe has paved the way and we are all just stepping into the space - one wobble, then a shaky step and then a firm step at a time.

We have great articles about people venturing into new spaces for themselves or revisiting former spaces with renewed interest - along with shining light on the great work being done by law enforcement in Alison's **Recovery Allies** column as well as sharing info about the SMART Recovery Program in Sarah Siegel's **Many Paths** column.

Dear reader, please know that whatever path you're taking to recover, we're here for you. And if you're not ready yet, we'll still be here when you're ready to take a wobbly step.

Sober sister hugs,



Carolyn Delaney, Publisher



From left - Kimble Greene, Catherine Berce, Amy Canfield, Kathy Potter, Lisa Twombly, Elaine Lilley, Sarah Siegel, Carolyn Delaney, Mary Atwood, Sue Dancil, Kimberly Marcotte, Mickie Kucinkas, Robert Cabeca



From left - Michael Geneseo, Deb Train, Niki Curtis, Carolyn Delaney, Brian Delaney and Lily Delaney, Carole Fontaine, Mary Atwood

inside

22.

6.

38.

In This Issue

| | |
|---------------------------------------------|----|
| R.O.C.C. Stars..... | 6 |
| Credit for Recovery..... | 9 |
| Training & Support | 12 |
| Learn to Love Your Wobble | 16 |
| Your Brain On Recovery | 20 |
| To Do or Be? | 26 |
| Cultivating Wisdom | 41 |
| Boost Self Confidence with New Skills | 42 |

In Every Issue

| | |
|--------------------------------------|----|
| On The Journey | 19 |
| Recovery Allies | 22 |
| Readers Share -“The Tree & Me” | 29 |
| People Like Us Live Like This | 31 |
| Wellness Recovery | 32 |
| This Recovery Life | 35 |
| Financial Recovery | 36 |
| Many Paths | 38 |
| Readers Share -“The Beginning” | 40 |
| Resources | 44 |



USM President Glenn Cummings (l) with ROCC student Lauren Porter

By Amy Paradysz

Eleven University of Southern Maine graduates had a second, much more intimate commencement ceremony in May, recognizing not only that they had met the graduation requirements, but also the work they had done while committed to a recovery community called the Recovery Oriented Campus Center (ROCC).

“It was such a heart-warming ceremony, so inspiring to see what they have overcome,” said University of Maine President Glenn Cummings. “And they had GPAs of 3.5 to 3.9. It’s really impressive.”

Nationwide, there are more than 130 collegiate recovery centers. Most focus on substance use recovery, but the ROCC uses a more holistic model, including recovery from mental health issues.

“The stats around co-occurring disorders are so high, it just makes sense,” said Anna Gardner, a clinical counselor who coordinates the ROCC. “We look at emotional health recovery as a journey, just as recovery from substance use is a journey. It’s being able to make changes in your life, getting the support you need to be able to manage the symptoms of that disorder to have a more fulfilling life – and, for our students, to succeed academically.”

The ROCC has offices and social space on the second floor of the Recreation & Fitness Complex on USM’s Portland campus. Students who commit to pursuing a life in recovery, supporting others in the ROCC community and participating regularly are called peers.

Peers coordinate social activities, facilitate support groups and get training on how to educate the larger community on overdose prevention and response.

“We’re trying to grow the sense of community within the space,” Gardner said, “But also expand that out into the larger community to decrease the stigma around substance use disorder and mental health issues.”

Lauren Porter, who graduated in May with a bachelor’s degree in social work, was a senior peer leader at the ROCC. Her first forays into the ROCC were meditation gatherings, not the most social of ROCC events. But once she went on a ROCC hike, not only her first ROCC social event but her first mountain hike ever, she knew she belonged.

PHOTOS BY BRIAN DELANEY

“It felt like I’d known those people forever,” said Porter, who then helped plan social events, from on-campus game or craft nights to off-campus Sea Dogs or Portland Museum of Art excursions.

“That was a big turning point for me. Part of our mission at the ROCC is to redefine the college experience and what fun means. The ROCC gives students a chance to connect, plus something to look forward to on campus.”

Having struggled with a mental health disorder and self-injury for more than a decade, Porter stepped up to facilitate a ROCC mental health support group. Then, recognizing the co-occurrence of chronic illness and depression, she started a chronic illness support group on campus.

“The ROCC gives students all the

options – peer support, social activities on and off campus, wellness and advocacy,” Porter said. “The ROCC was a huge part of me getting through college and prevent-



Part of our mission at the ROCC is to redefine the college experience and what fun means.

ing relapse, and it was the best part of my senior year.”

Throughout the University of Maine system, counseling support for students and access to 12-step recovery meetings are common.

The University of Maine at Farmington has a Wellness Community at Stone Hall, which, though it is more targeted to outdoor athletes than students in recovery, is a substance-free residence hall. The

University of Maine at Orono has set aside two substance-free floors in Aroostook Hall, also not specifically for students in recovery, but as substance-free campus housing.

UM Orono has a collegiate recovery center, Maine Black Bears in Recovery, which welcomes students in recovery from substance use disorders, eating disorders and mental health struggles. In April, Black Bears hosted Voices in Recovery, an event where six people associated with UM Orono spoke about their recovery journeys.

“It seemed like there was a lot of camaraderie,” said James Hiers, a

Proudly supporting the recovery community
through our Spotlight Fund:
Shining a light, making a difference.



Kennebunk Savings

800.339.6573 • kennebunksavings.com/community

Equal Housing Lender • Member FDIC

drug and alcohol educator. “But we struggle to find traction. The issue is participation and getting people in the door.”

Hiers has tried switching program locations, days of the week and times of day, trying to find a way to attract and support more Black Bears on the recovery spectrum, because they’re certainly out there. In comparison, the ROCC had 30 to 35 students participating in its peer program this year, a small fraction of the number of USM students on the recovery spectrum.

Both universities actively promote their collegiate recovery centers with the dual intentions of spreading the word that support is available, without turning a blind eye to overuse of alcohol and other substances.

“When I was going to college, it was kind of accepted that overdrinking was part of the college experience and we’re no longer seeing that as acceptable behavior,” Cummings said. “When it gets to the level of addiction, we need a comprehensive approach to how we redirect students and provide the services and the fellowship – which is a big part of the ROCC – to get them moving in the right direction.”

Funding is a challenge, but, Cummings said, “My long-term dream is to have a sober residential hall where students can choose to live there and not use drugs or alcohol, and have counseling support right there in the building.”

Amy Paradysz is a freelance writer from Scarborough.

Motivational/Strategy Coach

Empowerment through Focus & Clarity

Are you currently thriving on your Life Path?
Is your internal compass pointing to your True North?

Are you seeking clear & concise direction?



Having been on this journey myself, I can help.

Elaine Lilley
Motivational/
Strategy Coach
info@elainelilley.com

Caring compassionate Suboxone treatment since 2012.

Jeremy Spiegel, M.D.
Practice Founder



CASCO BAY
MEDICAL

47 Portland Street, 4th Floor
Portland, Maine 04101

207-772-3221 | cascobaymedical.com

Credit for Recovery

By Amy Paradysz

Damien Ramsdell was just two months away from graduating from Bowdoin College with a degree in government and legal studies when he hit rock bottom.

"I had made so many attempts to get sober, since about halfway through my junior year," he said. "That night, after a failed suicide attempt because I couldn't stop drinking, I had an alcohol-induced psychotic break. The amount I had that day was pretty typical, but I was on a separate plane of existence, talking in an Irish accent, acting erratically."

Campus security officers told Ramsdell to wait for his father to come pick him up. But, somehow, Ramsdell was driving home toward Scarborough on I-295 when campus security called and asked him to pull over.

"I shut the car off, pulled the keys out of the ignition, got in the passenger seat and waited for the cops to arrive," Ramsdell said. "That night was the last time I ever drank. I knew if I picked up a drink again, I was going to die in a drunk driving accident or kill myself. But, for quite a while, I fought the urge. I had all these emotions that were

unmasked and I didn't know how to deal with them. But since I hit one year sober last year, I haven't really had urges."

Ramsdell was a 2013 graduate from Scarborough High School, where he was an A student and varsity soccer, hockey and baseball player.

"In Scarborough, I was a big fish in a small pond," he said. "In college, drinking was a comfort for about two years before it was no longer about partying, but about me getting drunk alone in my apartment. There's such a big emphasis on drinking and the work hard/play hard mentality. I took that too far and I didn't know where to get help, and by the time I was looking for it, it was kind of too late."

Once Ramsdell was charged with operating under the influence, he was put on a combination of medical leave and suspension and started an intensive outpatient program in Biddeford while finishing his last semester of studies living with his parents.

"We, as his parents, hadn't experienced any type of addiction



before and didn't really know how to be helpful, knowing that he wanted to graduate and we wanted to help him get that done and do treatment at the same time," said Sherry Ramsdell, explaining that there were times when she pushed her son to complete his studies and he just knew he needed an AA meeting more. "We're learning the ropes as we go. And we're really proud of him that he's turned things around so quickly."

Last spring, Ramsdell sent a letter to Bowdoin to make amends. His counselor also sent a letter to the college, assuring that the former student was living sober and had a support network. Only then, a year later than originally planned, did Ramsdell receive his diploma. Today, at 23, he's a full-time paralegal who is active in AA and applying to law schools in Boston.

"It's been challenging," he said. "I thought recovery would derail my plans, but now I'm still going after the same goals as before. I'm thinking about being in recovery and trying to incorporate that with an intense graduate school experience. This is a lifelong adjustment."



Project Alliance works to increase collaborative efforts and take action to reduce risks related to alcohol, marijuana, and prescription drug use for youth and community members in northern York County.

www.projectalliance.info

Amy Paradysz is a freelance writer from Scarborough.



Substance Abuse is Serious Business!

Recovery? ... maybe not so much.

photo courtesy: Robert Mitchell

"Tim Sample stands onstage and makes you laugh at yourself, or perhaps, in spite of yourself. An evening of his humor leaves you feeling clean from the experience. He might be the best example of **how laughter really is the best medicine.**" - **Entertainment Times**

"It's a delightful paradox that the long, winding road to successful, vibrant, long-term recovery often starts with a recognition of the absurdity of our own situation and a newfound willingness to take ourselves just a bit less seriously." - **Tim Sample**

To learn more about the healing, therapeutic power of humor and how to book a Tim Sample performance, please visit:

TimSample.com; email tim@timsample.com or call 207 522 3347

Heart At Work Associates

Career Counseling & Outplacement Services for Your Life Stage

- professionals in recovery
- companies preparing to lay off one or more employees
- boomers exploring a new life/work chapter

Thank you Journey for your good work!

Contact David Lee for a consult. david@heartatworkassociates.com

Love is Love

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

...period.

Journey
MAGAZINE

The journey of a thousand miles begins with one step.

- Lao Tzu



If your journey includes a new career with one of Maine's well-known construction contractors, **we can help you take the first step!** Try our **earn while-you-learn job training program**. MaineDOT's Civil Rights Office sponsors on-the-job training for women, minorities and disadvantaged workers. For more information visit mainedot.gov or call us at **207-624-3036**. TTY Users Dial **Maine Relay 711**.



On-the-Job Training
Highway & Bridge Construction
Training opportunities for women, minorities, and disadvantaged workers



Training and Support for building a new life in recovery



By **Patricia McCarthy**

Recovery provides a tremendous opportunity to explore and cultivate new parts of ourselves and new ways of living. Many people in the early stages of recovery forge new friendships, try out new hobbies and work to establish new, healthy daily practices in their lives. It's a time of great change and self-discovery, a chance to reimagine life and what you want it to be. While in recovery, you may decide to pursue a new career or learn a new skill or trade. You also may want to integrate hobbies and relationships from your pre-recovery days with the new passions and friendships you've discovered during your recovery journey.

Fortunately, there are a wealth of resources in Maine that can help you feel connected again in healthy ways and keep you on track. It's crucial to seek those out, says Steve Danzig, executive director of ENSO Recovery, which operates outpatient opioid addiction programs in Westbrook and Sanford, recovery residences in Sanford and medication-assisted treatment programs in Maine jails.

"Getting into recovery is a total change of lifestyle, where people have to let go of familiar activities and hobbies that are closely identified with using," says Danzig, a licensed clinical social worker and licensed alcohol and drug counselor, among other designations. Finding new pursuits and seeking therapy and support are particularly helpful in the early stages of recovery. "Developing a new sense of community is what fills people's souls," Danzig says. "That community will help keep you going and rekindle that spirit."

"People really need access to that. Whether it's yoga or Reiki or AA meetings or rock climbing – putting new things together to start to feel fulfilled is so important," he says. "You can't just remove something and not put something in its place."

There are many different avenues that people in recovery may want to consider while working to create a new life. For starters, Danzig and others highly recommend the Portland Recovery Community Center, "which lets people access all kinds of help that creates

a sense of belonging and kinship with other folks.”

Portland Adult Education is another wonderful community resource that can be particularly useful for people in recovery, says Executive Director Anita St. Onge.

“The focus of our work is for people who may have struggled with getting a high school diploma or equivalency because of addictions and other reasons,” she says. “We help people to gain whatever they need to advance in their lives through education.”

Portland Adult Ed also has a college transition program that includes help with financial aid and career counseling, a learning lab for people who can't attend traditional classes but still need support and a network of other Cumberland County adult education programs that share resources. The program also offers a vast array of health and wellness and enrichment courses.

“This is a place where there's no right or wrong door,” says St. Onge. “You come in where you are, and we try to get you to where you want to be to meet your goals.”

That's the idea behind an innovative partnership between the Bangor Area Recovery Network and Eastern Maine Community College, too. They've teamed up to offer a free three-month course that introduces people in recovery to EMCC. The course covers everything from the process of enrolling to seeking financial aid and completing FAFSA forms to learning how to read a syllabus and respond well to a writing prompt.

Four students completed a pilot program this spring and loved it,

says instructor and social worker Brian Welsh. Two of the students say they'll enroll at EMCC this fall, and two plan to do so later.

“The biggest thing they gained, I think, is confidence that they can do it. And the biggest thing we're offering is compassion,” Welsh says. “We're working with each student as an individual, helping them to see their needs and support them. We recognize that they are extremely capable and resilient people overcoming significant challenges, and we respect that.”

New Ventures Maine is another resource offering tuition-free programs for people in work and personal life transitions, including people dealing with addictions and working through recovery, says Executive Director Gilda Nardone, who has been involved with the organization since its inception 40 years ago.

New Ventures helps people who are trying to figure out their career moves, educates people at all economic levels and situations about financial



Tom Handel at Portland Media Center filming “Perspectives.”

matters, and offers many other services. Students can apply to take part in emergency savings and other matching programs, Nardone notes.

“We help people figure out what's next,” she says. “And we offer support and guidance while they're figuring it out.”

Have a lot on your mind and want a venue to express it? It's easier than you might think. The

“The opposite of addiction is connection.” — Jonathan Hari



RELATIONSHIP GROUPS

CONNECTION • COMMUNICATION • COMPASSION
COOPERATION • COMMITMENT • COURAGE

Through the Practice of Vulnerability, Empathy and Self Awareness You Will Establish Fulfilling and Intimate Connections and Self Mastery

- Gender Specific
- Sliding Scale and Some Insurances Accepted
- Convenient AM and PM Options

Christine Drabek, LADC, MS, CCS 207.808.9975 www.christinedrabek.com

“When people start to get into recovery, these situations will present themselves.

It’s about having the willingness to follow an opportunity and about getting out of your comfort zone to try to do something different. People start from wherever they are to put the pieces together, and I think the biggest piece is willingness.”

*-- Steve Danzig,
Enso Recovery*

Portland Media Center offers a series of classes that can lead you to broadcasting your very own television show on a Portland public access channel in short order.

“Anyone is welcome to come in here and learn to use our equipment and take our studio classes,” says Executive Director Tom Handel, noting that most initial instruction is free for Portland residents and non-residents can qualify with a simple \$30 annual membership. “It’s a great place to be creative and feel connected.”

That ability to make connections has been crucial for Tia Cobb



Tia Cobb

of Windham, who was led into recovery by an instructor at Spa Tech Institute in Westbrook. The school offers training for careers in healing professions. Cobb, 33, has completed massage and polarity therapy programs there and will graduate in November from its cosmetology course. She’s been sober since 2012, after a SpaTech instructor she confided in suggested she attend an Alcoholics Anonymous meeting.

“Spa Tech is a life-changing place. It’s a healing school with healing modalities,” Cobb says. “I’ve felt extremely supported there.”

A large advertisement for MaineWorks. At the top, a white bridge graphic spans across the text "MAINEWORKS". Below this, the text "A GOOD JOB MAKES ALL THE DIFFERENCE" is displayed, with "ALL THE DIFFERENCE" in orange. To the right is the Certified B Corporation logo. Below the main text is a paragraph: "MaineWorks is a proud B Corporation, member of the Alternative Staffing Alliance, and leader in social employment. We strive to be a model for other companies and a catalyst for change around the world." At the bottom, there are four small rectangular photos showing employees in various work settings. A red banner at the very bottom contains contact information: "Contact Us (207) 415-3585 | info@maineworks.us | www.maineworks.us". The background of the ad is a dark, textured wall with many small, colorful circular objects hanging from it.

MAINEWORKS

A GOOD JOB MAKES ALL THE DIFFERENCE

Certified B Corporation

MaineWorks is a proud B Corporation, member of the Alternative Staffing Alliance, and leader in social employment. We strive to be a model for other companies and a catalyst for change around the world.

Contact Us (207) 415-3585 | info@maineworks.us | www.maineworks.us

PHOTOS BY NICK MADDEN AND JOANNE ARNOLD

Good opportunities are waiting for people who can start committing to feeling better, says Danzig.

“When people start to get into recovery, these situations will present themselves,” he says. “It’s about having the willingness to follow an opportunity and about getting out of your comfort zone to try to do something different. People start from wherever they are to put the pieces together, and I think the biggest piece is willingness.”



Patricia McCarthy, a freelance writer for 37 years, works as an editor for the Maine Center for Public Interest Reporting.



www.FindYourMaineHome.com



Here when you need us:

207.232.6127

mgup@kw.com



Central Maine Counseling

Getting to the heart of recovery

Providing:

- Intensive Outpatient Program
- Outpatient Mental Health Evaluations & Therapy
- Medication Management
- Outpatient Substance Abuse Evaluations & Therapy
- DEEP Evaluations & Treatment
- Group, Family & Couples Counseling
- Case Management Services

407 Alfred Street Biddeford
(207) 391-6084



Four decades of success stories.

The next one could be yours.

Visit newventuresmaine.org or call us at 1-800-442-2092 to take the next step towards your career, business and financial goals today.



40TH 1978 - 2019 ANNIVERSARY



Learn To Love Your Wobble

By David Lee

Go to where you could embarrass yourself, but without hurting yourself,” said Rebecca, the yoga instructor, as we moved into the yoga pose called Half Moon. She had just given us three different variations of the pose, from easiest to hardest, and left it up to us to pick which version we would try.

“And there’s no need to add any drama,” she added. I smiled at this. If that was not already enough of a daily dose of wisdom, Rebecca followed up with this gem, quoting a yoga teacher of her own: “The pose actually only begins at the wobble.” When I heard that, I knew I had to write about this.

On the Edge of Embarrassment

I had mixed feelings about Rebecca using the phrase “embarrass yourself.” On one hand, I thought it was useful because it tapped into the common fear of looking foolish if we try something and fail. On the flipside, it is important to remind ourselves that, if we fail, embarrassment is optional. One of the most useful principles of emotional self-management I have learned is that situations often do not cause our emotions: the meaning we assign to a situation is what causes our emotional responses. (I am not talking about automatically triggered emotional reactions, but emotions we hold on to.)

The only way we can learn and grow is to step outside of our comfort zones. However, we will not do it if we believe it will be too painful to take that step. That is why we want to take proverbial baby steps: to make changes that are big enough to feel challenging, but small enough to avoid an emotional face plant if we fail.

No Need for Drama

We do not have to make leaving our comfort zones a bigger deal than it is. One way that people add drama in yoga and when working out is putting on what instructors and trainers call a pain face. You know that look: all scrunched up with furrowed brow and clenched jaw. Putting on a pain face signals to your

mind that what you are doing is painful and, if done repeatedly, is a great way to create the feeling of pain where before there was just discomfort. It also teaches the body to associate pain with that particular posture or activity, and with stepping outside your physical comfort zone.

If I tried the most advanced Half Moon variation and tipped over and fell, I could believe that everybody else is thinking, "What a clod." If I engage in that self-talk, then yes, I will feel embarrassed. Instead, I can think: "I still have a way to go on that one. Big high five for going for it!" If that's how I interpret my fall, I can feel bemused and cheerful, ready for the next move.

Begin at the Wobble

Rather than fearing that we will wobble if we try something new and challenge ourselves, we need to instead recognize that feeling awkward and performing clumsily is a good sign. It means we are growing.

When I first started practicing handstands, my arms wobbled from using stabilizer muscles I had never needed to use until then. It was not just physically difficult. I had this primal, irrational fear of being upside down and also of falling over backwards, even though I was practicing them against a wall and could not fall over backwards. While intellectually I knew I was in no danger, my body said otherwise.

Over time, what felt unnatural and awkward and what made me feel very vulnerable became normal and eventually easy.

Instead of seeing that wobbly feeling as something to avoid, it is actually something to seek out. It is not a sign that we are doing it wrong. It is a sign that we are changing. The wobble is only temporary.

Your Growing Edge

Think of those parts of yourself or your life that you want to nurture and grow. You may be learning a new skill or a new profession, changing jobs or careers, or developing a fitness and wellness practice.

Perhaps you are working on becoming open-hearted and unguarded in relationships, or braver about speaking your truth and setting boundaries. Once you have that in mind, you can apply Rebecca's words to your personal situation.

1. Reflect on your own "I moved beyond the wobble" experiences and remind yourself that if you did it before, you can do it again. When you feel anxious about stepping outside your comfort zone, remind yourself of your own previous experiences of moving beyond the wobble, how you survived them and how much easier that thing is now for you. If you are in the middle of the wobble, remind yourself that it is just the beginning phase, the first chapter. It is not the whole book.

2. Use the mantras "I love to wobble" and "Discomfort is my friend." They will remind you that it is only through allowing yourself to wobble by stepping outside your comfort zone that growth happens. If you are feeling uncomfortable and wobbly,



We Respect Your Journey and Want to Help

Uniquely positioned to help people with their personal transformation either as a client or student, the school specializes in education, growth and healing to support you on your journey.

- **AS A CLIENT:** Looking your best has never been more affordable at our student clinic providing massages, facials, haircuts and permanent color. Visit www.spatech.edu/school-clinic.html to learn more.
- **AS A STUDENT:** For those looking for careers that use their creativity, healing energy and intuition, the school is a leader in preparing students for meaningful careers in the health and beauty industries.

Having a career you love is one of the most powerful changes you can make that will support everything else you do. www.spatech.edu

(207) 591-4141

\$5 off your first visit with this ad

you are growing. If you say these mantras to yourself with tongue in cheek, with an attitude of bemusement, it helps even more.

3. Start small. Remember to take baby steps. Make the first step outside your comfort zone so ridiculously small that there is no way that you can rationally convince yourself that it is scary.

Taking baby steps is one of the most effective behavior change strategies. For more on that, check out **B.J. Fogg's TED Talks**.

4. Reframe failure as feedback and learning. When we try something and it does not go well, we can see it as feedback on how we can do

it differently and better next time, and as a learning experience. We can immediately shift into curiosity mode and ask, "What can I learn from this?"

Go Forth and Wobble

Learn to love your wobble because if you are wobbling, you are learning and growing. Each time you wobble, you are becoming a braver, better version of yourself. And what's not to love about that.



David Lee is a career coach at Heart At Work Associates.



Be More Active with Chiropractic

Offering optimal health and wellness through chiropractic care.

Alleviate symptoms of:

- migraine headaches
- chronic pain
- chronic allergies
- dizziness/vertigo
- insomnia
- scoliosis
- ear infections
- and more

Your Choice for HealthCare

Call today and receive consult/screening

207-571-8028

331 North St, Unit 102
Saco, ME 04072

www.activechiropractor.com



Recovery Friendly Primary Care

Supporting all people, all paths with:

- medication assisted treatment
- weight management
- pain management

Meridith Norris, D.O., FACOPF

58 Portland Road, Suite 18
Kennebunk, Maine

(207) 604-5034



Free yoga scholarships available for people in the early stages of recovery.

New location opening July 2019 at
260 Western Avenue South Portland

www.MaineHathaYoga.com

(207) 874-9642



Link Stevens LCSW, LADC

Wellness & Recovery Counselor

Substance Abuse Treatment -
Counseling - Assessments
DEEP Certified

(207) 749-4930 Office (207) 221-1964 Fax

142 High Street, Suite 409 Portland Maine 04101

LinkStevensCounselor@gmail.com

What has surprised you the most about sober living?

Finding my voice and being honest, open and vulnerable in front of others actually brings people closer together. I always thought that being vulnerable was a sign of weakness, not a strength! Being honest with each other even when it is difficult is an act of love. Since learning this, I have grown tremendously emotionally. My relationships are authentic and real.

What is your greatest joy today?

Being a sober single mom, having custody of my daughter and reuniting with my family – being “part of” again. Being a sober sister and aunt, too. The ability to be honest, accountable and responsible.

What new hobbies have you explored in Recovery?

Kirtan, yoga and watercolor painting. I never dreamed I would do these things. Being at McAuley Residence has really opened up my world and given me the courage and support to do these things.

If you could plan a perfect day for yourself, what would it involve?

Having a couple of hours of self-care to myself in the morning. Then enjoying the day with my daughter and parents and sister hanging by the pool in the sun – enjoyable family time. Ending the day with a meeting, then time alone with my daughter before her bed time.

Amanda Lapointe

AGE: 33

RESIDENCE: PORTLAND

OCCUPATION:

PERSONAL SUPPORT
SPECIALIST

TIME IN RECOVERY:

16 MONTHS



“Being honest with each other even when it is difficult is an act of love.”

What tool(s) do you rely on when you're having a bad day?

Writing my daily inventory to share with my sponsor later and working through whatever is bothering me, which is a whole lot different than how I handled things in the past. My support system. I have so many people in my life today, both professional and personal, who are my cheerleaders. Gratitude and focusing on how my problems today are so much smaller than they use to be.

Name one of your goals for the future.

Graduating from McAuley and furthering my career. I'd like to go back to college. I am not sure of my career direction, but I have very recently been told that I had the highest score ever on a recent exam I took and would make a great nurse, if I choose to pursue nursing school.

What's one piece of advice you have for someone just starting their journey in Recovery?

Do not get into a relationship because it is just a distraction. Focus on yourself. Take every suggestion given to you, even when it doesn't make sense or scares you. That's exactly what I have done. I have grown a lot by facing my fears. I really didn't used to like to talk to people, but I do now. I now speak at the jail and at rehab, sharing my story. Newer people tell me they relate to me more than to someone with a lot of sobriety. We can make a difference to someone else, even with only one day of sobriety. Doing all this has helped me to be comfortable with who I am and I am not ashamed of my past anymore.

This Is Your BRAIN

ON

Recovery

By Sarah Kelly



At four months sober, I stepped off of the metro in Washington, DC, to see the cherry blossom trees in full bloom. I stood there in awe at the beauty. I turned to my friend to share my excitement at how beautiful this moment was, and was met with a somewhat confused look. We had been getting off at this stop for four years together. I had never noticed trees, the cherry blossoms or the beauty of the city.

Using alcohol and drugs changes the chemical structure of the brain. In simplistic terms, substance use disrupts the natural functioning of the brain. Different substances can affect the brain in different ways, but three major areas of the brain are typically impacted: the basal ganglia, the extended amygdala and the prefrontal cortex. These areas of the brain are responsible for motivation, pleasure, survival, stress receptors and decision-making.

Some drugs also affect other areas of the brain that are critical to the body's functioning, such as cardiac and respiratory systems. Substance use has a direct negative impact on the body's most complex organs.

The good news is that there is new proof that the brain is resilient. In addition to increased awareness of substance use disorder, there is a lot of new data on the brain that is the result of studies on posttraumatic stress disorder (PTSD) and traumatic brain injury. These studies have found that just as substance use can impact the brain in a negative way, recovery can change the brain in a positive way.

The brain is capable of "rewiring" its structure. Neuroplasticity refers to the ability to form new neural

 **GraceCleaves**
EXECUTIVE COACH & EXPERT FACILITATOR

Changing behaviors. Managing conflict.
Improving performance. Balancing work.



Coaching for business executives, physicians, and medical leaders.

440 Forest Avenue • Portland, Maine 04101 • 207.899.7079
gracecleaves@gmail.com gracecleaves.com

pathways, meaning that the neurons find new patterns of connection within the brain. Transmitters and receptors can adapt to working around or even supporting the damaged brain cell to create a new system that works.

In a 2015 article in *Psychology Today* entitled “Recovery (like Addiction) Relies on Neuroplasticity,” neuroscientist Marc Lewis writes, “Recovery involves a major change in thoughts and feelings, and such changes require ongoing neural development or neuroplasticity.” All pathways of recovery support neural development and neuroplasticity. Learning new behaviors and tools, and practicing these skills in daily life creates the new pathways.

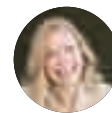
The brain is reprogramming a person’s response and reaction.

Taking daily action to use these new tools and skills helps solidify this new response system. Just like there are many pathways of recovery, there are many ways to help boost neuroplasticity. Mindfulness exercises, meditation, yoga, exercise, taking a class to learn something new and getting enough sleep are all ways that you can help boost your brain power.

While noticing cherry blossoms may seem like a small step forward, it was the first proof for me that my brain was learning a new normal. What I didn’t know then was that the cherry blossoms sparked a hope

in my heart that life could be beautiful again. Getting sober is like waking up to the world again, and thankfully we all have the capacity to create a new normal.

Note: It’s always important to visit a health care professional to discuss your personal neurological make-up. Neuroplasticity practices are beneficial, but do not solve all issues related to addiction.



Sarah Kelly, NBC-HWC, M.A., B.A., owner of Sarah Kelly Coaching, is a writer, speaker, and board certified Health & Wellness Coach and trained Recovery Coach.

SACRED NEW BEGINNINGS

ThetaHealing Technique Practitioner



Do your thoughts get in the way of you living the life you imagine? Do you want to be empowered to change the thoughts that are limiting your true potential?

A ThetaHealing session is a great way to tune-up your connection to your highest self. This non-invasive, gentle process can be received in person, by phone or video conference.

Call or email for more information

Nancy Bariluk-Smith
Certified ThetaHealing Practitioner
207-502-7118
nancy@sacrednewbeginnings.com
www.sacrednewbeginnings.com

CAP Quality Care

Accredited by the Joint Commission on Healthcare Organizations

Helping People REGAIN CONTROL of Their Lives
Since 1976

*Providing respectful, effective, science-based,
low cost & confidential treatment
of opioid dependence*

Services:

- Methadone maintenance/withdrawal
- 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



(207) 856-7227

One Delta Drive, Westbrook www.capqualitycare.com



Unexpected Messengers of *Hope*

Chiefs Moulton and Kilbride at an Operation Hope location.

By Alison Jones Webb

Police departments across the state are on the front lines of addressing Maine's addiction crisis. The opioid epidemic has been front and center for law enforcement for many years, and local police departments have worked on reducing overdose deaths and helping people find treatment. I wanted to find out if law enforcement can also help amplify hope. I interviewed three law enforcement officers and one state representative to find out.

"Any community can do this," Bob MacKenzie, Chief of Police for the Town of Kennebunk, says. He is talking about working together to support people in recovery. We are having lunch at Sebago Brewing Company in Kennebunk and he is describing the outpouring of support for people in recovery from substance use disorder in Kennebunk, where he grew up. "We get everyone involved," MacKenzie says.

In Kennebunk, the business community has been especially active. Through Chief MacKen-

zie's leadership, the District 7780 Rotary, which encompasses southern Maine and seacoast New Hampshire, has been fighting the opioid epidemic by offering trainings and educating the public on how addiction is a disease. MacKenzie was instrumental in the formation of the Rotary District 7780 Recovery Initiative Committee, which sponsors educational trainings about addiction. In the trainings, attendees learn about the opioid crisis, addiction and the signs of an overdose, as well as



Chief McKenzie

how to perform first aid and administer Naloxone, a medication used to block the effects of opioids during overdose. The Rotary District 7780 Recovery Initiative Committee also invites members of the recovery community to speak to area rotary clubs.

The Kennebunk community has come together to raise funds to host several trainings for recovery coaches, who support people in early recovery as they find their way to wellness. With these funds and with additional money from Kennebunk Savings Bank's Spotlight Fund, the police department is working with the Portland Recovery Community Center to deploy trained recovery coaches throughout York County.

"Sure, we have to arrest," MacKenzie said. "But we can also be allies. We can have empathy. There's a time and place when law enforcement can talk, human to human. We can say, 'You made a mistake. You can get past this. There is help. There is hope.'"

Time and time again, I hear from people in recovery that police officers were a big part of their recovery. Appreciation for being treated like a human being is a common refrain. Law enforcement officers do not always know when their actions greatly impact a person's recovery, according to MacKenzie. "But we know we're part of the solution," says MacKenzie.

Like most allies, people in law enforcement who are engaged as recovery allies have had a compelling experience that propels them to act. For some, it is finding out that someone they love has an addiction and then figuring out how to help. For others, their empathy is born from seeing so many people struggle with addiction and the harmful consequences that addiction can bring, including crime in their communities.

Robbie Moulton, Scarborough Police Chief, describes what many police officers experience. "You see the same people in the booking room again and again, and you see the pain they're in, and you have to do something," Moulton said. Moulton

We couldn't wait around for policies and laws to change. We had to do something.

and his officers were inspired by the Gloucester, Mass. Police Department's Angel Program and worked with staff at the

Portland Recovery Community Center to create Operation HOPE (Heroin-Opiate Prevention Effort), which launched on Oct. 1, 2015.

Since then, Operation HOPE has linked Angels (people trained to provide compassion and find appropriate treatment) to 375 people seeking help. "There were too many people dying," Moulton says. "We couldn't wait around for policies and laws to change. We had to do something." Since the formation of Operation HOPE, several other police departments in Maine have developed similar programs.

They call themselves the Neighborhood Hope Dealers at Operation HOPE, and they find treatment for people with



We provide the support and structure necessary for women who are willing to work to maintain a productive, spiritual lifestyle in order to heal their past and build a solid foundation for their future.

Grace House (207) 615-4356
www.gracehouseforwomen.com

opioid addiction who voluntarily turn in heroin, opiates, needles and other addiction-related paraphernalia without fear of arrest. People from all over Maine come to Scarborough seeking help. Those entering the program must be motivated to do the hard work and make changes, and to build a new life that supports sobriety. Health insurance is not required, although Operation HOPE works with insurance companies for people who do have coverage.

For some people, it is an effective intervention. One recipient recently phoned the Scarborough Police Department and left this message: "Thank you for giving me the opportunity to save my life....[treatment] was amazing and now I'm in [a recovery residence]. I could not ask for more in life...Living one day at a time is the best thing I've ever learned, and I finally feel happiness again. Every day is a gift. So, thank you so much."

John Kilbride, Chief of Police for the Town of Falmouth, takes the role of amplifying hope seriously. In Falmouth, it is mandatory for all police officers to carry copies of Journey in their cruisers and to give copies to families in crisis. "It's a beautifully done resource," Kilbride said. "It just landed on my doorstep." According to Kilbride, publications like Journey support one critical aspect of his police work: starting the process of recovery.



Chief Moulton

"It was clear after dealing with pharmacy robberies [of opioids] that there was no fear of law enforcement or incarceration," Kilbride says, when talking about the opioid crisis. "People were driven by their disease." Law enforcement officers are social workers by virtue of their experience working with people in crisis

who need help, he says. When those crises hit, he instructs his officers to slow down, spend time with families, and act with compassion and empathy. That is something he learned through a family member's addiction, and that changed him. "It made me a better cop," Kilbride says.

Kilbride's passion is education and prevention. He is interested in intervening before there

is a problem, working "up-stream" in the lingo of public health. He is actively involved in Casco Bay CAN, a regional prevention coalition that serves Cumberland, Falmouth, Freeport, Gray, New Gloucester, North Yarmouth, Yarmouth and Pownal. Kilbride participates in the coalition's work with students, parents and community groups on drug take-back days, education, community forums and other events. He is also working with the Greater Portland Council of Governments (GPCOG) to address opioid addiction as a community problem with a community solution. "GPCOG is responding to energy in the community, in churches and in Rotary, and is helping us coordinate our efforts," Kilbride said. The focus is on making the opioid problem visible and providing education about addiction and prevention.



Chief Kilbride

Rep. Charlotte Warren, D-Hallowell, is the House Chair of the Criminal Justice and Public Safety

BEACH BAGELS
"The Best Place To Eat On Old Orchard Street"
Freshly Baked Bagels, Muffins & Pastries
 12 Flavors of Coffee, Iced Coffee, Espresso, Cappuccino, Lattes & Chai, Fruit Smoothies, Frozen Coffee Drinks, **Hours @ Heart**
 Fresh Deli Sandwiches, Fried High, Salads
Now Serving:
 Full Breakfast, Lobster Rolls, Appetizers & Burgers
 16 Flavors of Ice Cream
OPEN DAILY AT 6:00 AM - 11:00 PM • YEAR ROUND
 14A Old Orchard Street • Old Orchard Beach, ME
 207-934-6255 • www.beachbagels.com

Committee at the legislature and she previously served on Maine's Judiciary Committee. When it comes to policies around law enforcement, she knows what she is talking about. She took a short break from her committee work to talk with me in her office at the State House. "Law enforcement doesn't just want to lock people up; they want to be part of the solution to our addiction crisis. Law enforcement officers have continuously asked the committee for more help and more ways to help people in recovery," Warren says.



Rep. Warren

"They [law enforcement] take pride in what they are doing to help people in recovery," Warren says. "They look up to what Scarborough and Kennebunk are able to do, but in their rural areas, there are no services. They are on the front lines. They are begging for help to be able to do their part."

There is so much to do, according to Warren. Supporting medication assisted treatment in jails, transition planning before release, safe and affordable housing at release, wraparound services for people coming out

of jail and statutory changes around mandatory minimum sentencing are at the top of her list. "We need to be better at accepting and supporting individual choice and pathways [to recovery] in jails and prisons," Warren says. "We need to celebrate people's successes when they get out."

I ask her what her vision is, what she would like to see in Maine in 10 years. "We would start early," Warren said. "We would recognize the difference between youth who use drugs recreationally and the small percentage who have a serious problem at an early age. We would be supporting children through tough situations. We would be talking about emotions and mental health, talking about emotional and physical pain." Her vision mirrors that of Chief Kilbride, who says it is all about prevention.

Somehow, I think they would both would agree with Chief MacKenzie, who reminded me of what he calls the "dash of life" – that dash between a person's date of birth and date of death. "That's your legacy," MacKenzie said. "That's what counts. You have to know it, see it, do it."

Amen, brother.



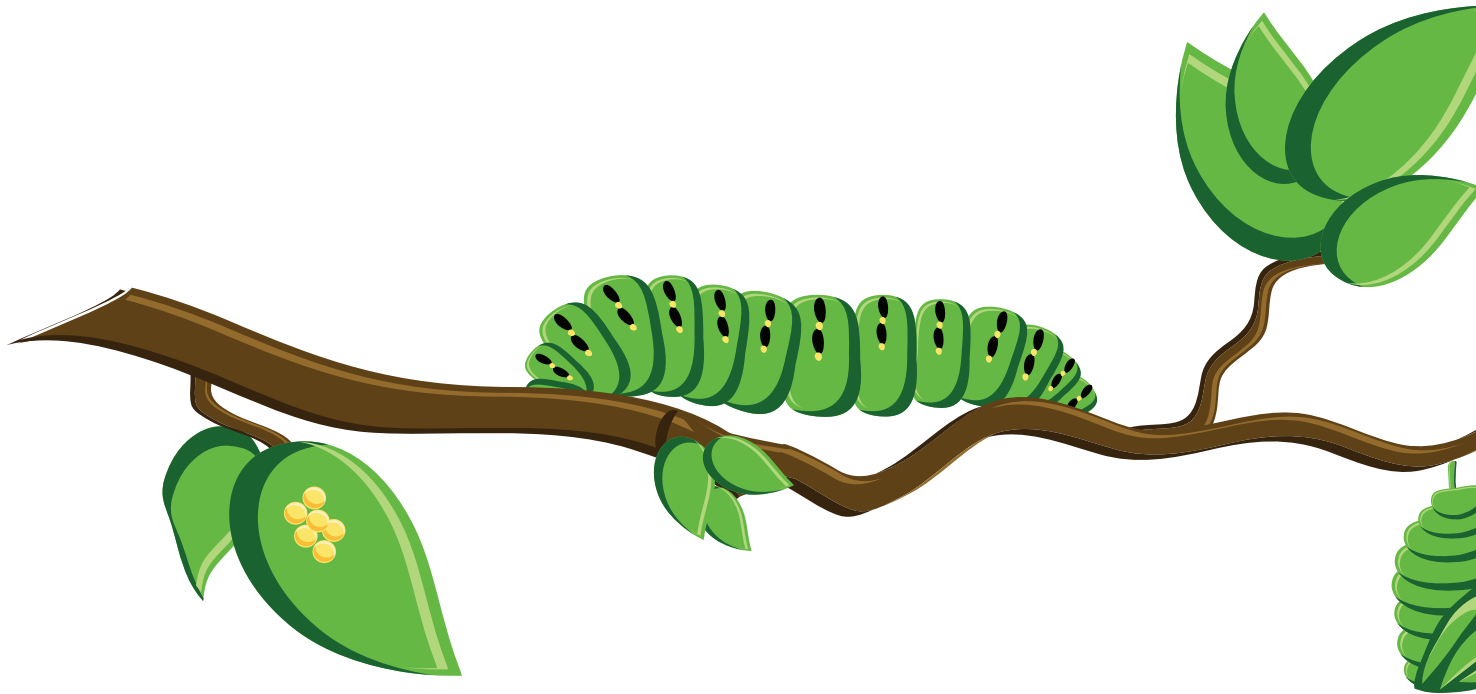
Alison Jones Webb is a public health professional who has worked in the field of substance use prevention, treatment and recovery in Maine for over 15 years.

GOODWORKS HERE.

We believe in opportunity.

At Goodwill we are all about second chances.

GOODWILLNE.ORG/JOBS



To Do or Be? That Is the Question.

By *Deborah Train*

Who are you? Our identity can easily get enmeshed with what we do for a living, who we are related to or what we have done in the past. But that really isn't who we are, thank goodness, because careers, jobs, relationships and accomplishments come and go. Who we are is the inspiration that flows from our value base and serves as a catalyst for making decisions in our lives.

When we are unclear about our personal values, then we may be prone to subscribing to someone else's. Even cultural values are questionable, so it's best to truly know what drives us and strive to be as authentic as we possibly can, whether others like it or not. We each have a unique potential of possibilities. It isn't about what we do, it is who we are being in

the world and how we are doing the doing.

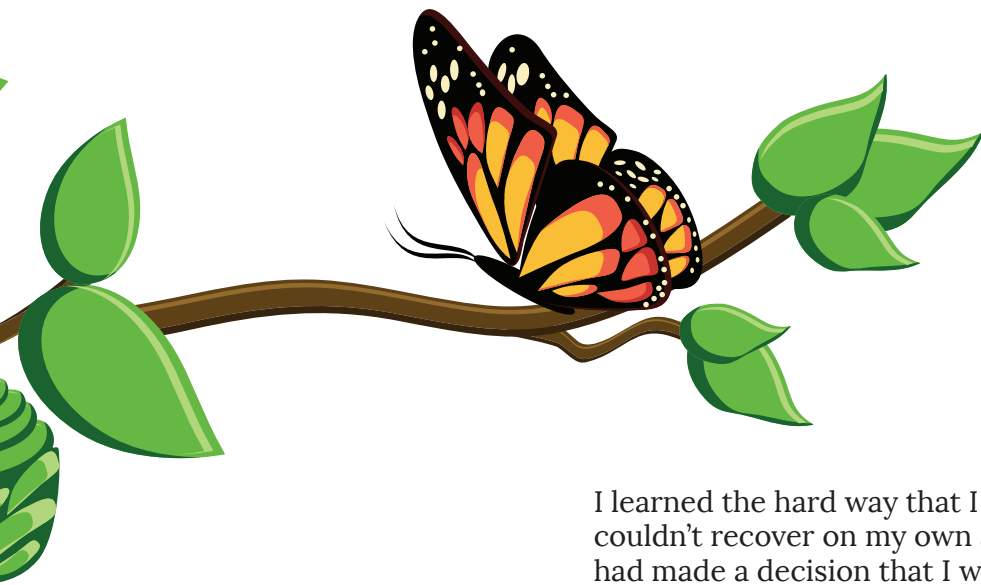
After having some success with physical recovery managing or abstaining from whatever substance or behavior is causing negative consequences or feelings, many of us logically want to go about the business of putting our lives back together again, as quickly as possible. Fixing all of the physical and tangible aspects of life may come easy for some. No matter how it looks on the outside, it really is about how we feel on the inside. That is our personal barometer.

Early recovery can be challenging and for many, finding a job, going back to school or maintaining healthy relationships may not be so simple. Jumping in too soon could mean sabotaging our recovery if we are not clear

and honest with ourselves about what our intentions are. This is where it's important not to compare ourselves, our progress and our lives with anyone else's.

Are we listening to what others tell us what we should do? Are we using work as a socially acceptable way to avoid practicing stillness and self-awareness? My mother explained it best: even if we can't see it, there's some healing time needed and how much time is needed depends on the individual.

Underneath our physical addictions, there may be some causes and conditions that held us hostage to our addictive behaviors. If we are still making choices with the same set of limiting beliefs – like people pleasing, trying to get good enough, smart enough, or rich



enough – then we may be undermining the potential for a truly beautiful existence - one that includes self-love and clarity about our authenticity and intentions.

If someone breaks a leg, we're not going to tell them to start training for a marathon.

In 1990, when I was getting sober, I thought I was pretty smart. I was going to tackle this recovery and put Humpty Dumpty back together again and I was going to do it quicker and better than anyone else. I can see now that I had something to prove.

I learned the hard way that I couldn't recover on my own and had made a decision that I was going to jump into my recovery with both feet and not take any shortcuts. I had no idea about the inner manifestations of low self-worth, self-esteem, perfectionism, shame and denial, just to name a few. I knew about self-will and I knew

I needed you to be happy in order for me to feel worthwhile.

I signed up for college courses in my first year of sobriety and ended up having to drop all three. It was a wake-up call and a humbling experience, but what it showed me is how fragile my heart, mind and soul really were. I, for one, could not balance this commitment in early recovery without jeopardizing my state of wellbeing. I became overwhelmed and anxious, every day.

It was in my third year of recovery that I was able to take a class, to test the waters, and passed with flying colors. By then I was also clearer about who I was becoming and what I truly wanted to do with my life.

Struggling with substance use?

We can help.

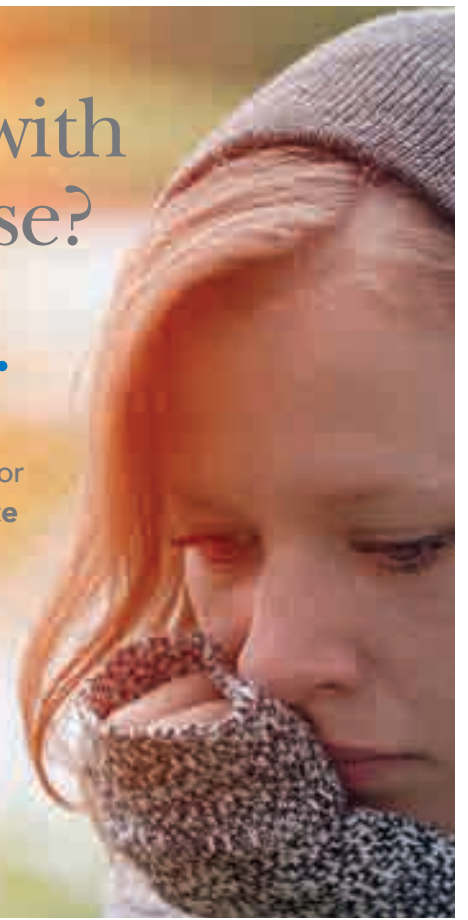
When you're ready, we're here for you. Call our **Addiction Resource Center** at (207) 373-6950.



MID COAST HOSPITAL

For a Lifetime of Caring

WWW.MIDCOASTHEALTH.COM





We treat each person as a unique individual.

Creating a solid foundation in recovery and achieving a life of peace & purpose!

- There is hope for men seeking recovery from drug & alcohol addiction!
- Beautiful surroundings in Hollis
- 28-day treatment program
- Spiritually based program of Recovery
- Study & practice as outlined in the Big Book
- Structured program to start building a 12-step way of life

www.providenceretreat.org
(207) 298-9130



* Providence Retreat is not affiliated with AA

Higher education became an esteem builder because I had practiced, one day at a time, living a life of recovery that included a foundation of self-analysis and self-discovery. Unearthing my liabilities and assets, and having a solid foundation and support structure in place ensured that the challenges ahead would be viewed as an exciting adventure rather than an arduous task.

I received an honorary Student Teacher of the Year Award and graduated summa cum laude, not without the fear, but with enough recovery and support to move successfully forward, at my own pace.

Having patience for ourselves, reprogramming negative self-beliefs and eliminating self-criticism takes love and patience from ourselves, and we have to make sure we surround ourselves with supportive people. Life doesn't have to be the school of hard knocks. The clearer we are about our motives and intentions, the more opportunity we have to move toward our authentic selves. And that is truly what the world needs.



Deborah Train, owner of Everyday Inspired Life, is an International Coaching Federation certified professional coach.

Groups
Individual Sessions
Monthly Workshops & Classes

FOR MORE INFO, GO TO:
WWW.DAVIDJORDANLCP.COM
207-423-6860

\$9
YOGA CLASSES FOR THE RECOVERY COMMUNITY

We train Yoga teachers & Reiki practitioners!
Mention this ad for \$25 off training

Arcana

HEALING ARTS. LOCAL CRAFT. SOULFUL YOGA.

207-773-7801 81 MARKET STREET, PORTLAND, ME
ARCANAMAINE.COM FOLLOW US ON INSTAGRAM:@ARCANAHEALINGARTS

Readers Share

The Tree and *me*

*Dappled light through leaves turned golden,
Dancing on my tired eyes
As I feel a softly spoken breeze through
My hair,
Caressing my tightened brow.*

*The base of a tree, my backbone
Holding me straight.
Her roots cradling all my instability.*

*In a breath, then two and three
I give myself to the tree.
Molding to her wisdom
To share her secrets of beauty,
Of change,
Of longevity.*

*She teaches me things,
To dance in the sun,
To bend with the wind,
To embrace the rain,
To reach my roots deep,
With all of me.*

*In a breath, then two and three,
My roots reach hers and tethered to my truth,
I rise.*

*To dance in the sun,
To bend with the wind,
To embrace the rain
And let my roots reach deep.
With all of me.*

By Niki Curtis

Humans Are Unique.

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



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

The Weiss Method can help with:

- sugar
- drugs
- nicotine
- unwanted behaviors
- alcohol
- weight management

Fill out the contact form on our website for a FREE Consultation.

weissmethodusa.com

(207) 653-9221



1321 Washington Ave Suite 310 Portland

A CULTURE OF COMPASSION,
CREATIVITY, COMMUNITY
& CONNECTION



Medication Assisted
Outpatient Treatment
and Recovery Residences
Specializing in the Treatment
of Opioid Use Disorder
in Community and
Correctional Settings

3 LOCATIONS

406 BRIDGTON ROAD
WESTBROOK, ME 04092

69 EAGLE DRIVE
SANFORD, ME 04073

93 WESTERN AVENUE
AUGUSTA, ME 04330

SERVICES

INTENSIVE OUTPATIENT
GROUPS
INDIVIDUAL COUNSELING
MEDICATION MANAGEMENT
MENTAL HEALTH
CASE MANAGEMENT
DEEP

MAINESUBOXONE.COM
(207) 245-1800



Change your perspective through:

- Counseling
- Art therapy
- Addiction recovery
- Medication management
- Case management
and more at



Call today to get a fresh perspective:
(207) 893-0386

To learn how to receive services, become a foster parent or to inquire about employment opportunities, visit SMART CFS at www.smartcfs.org or contact us at information@smartcfs.org or (207) 893-0386.

85 Topobog Trail, Wintham | 11 York Street, Biddeford



Everyone Is
Welcome!

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

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

(207) 803-8707

www.lrrcbridgton.org

Like us on Facebook
@LakesRegionRecoveryCenter
25 Hospital Drive Bridgton Maine

Adding Color to Your Journey

New England's
Most Complete Paint Store

Maine Paint

www.mainepaintco.com

1037 Forest Ave.
(207) 797-4609
PORTLAND

937 Portland Road
(207) 284-7111
SACO

153 Ocean Street
(207) 767-3338
SOUTH PORTLAND

412 US Route 1
(207) 846-1278
YARMOUTH

Different name, same great service!



www.johnsonpaint.com

(617) 536-4244
BOSTON

(781) 376-9191
WOBURN

(781) 891-7199
WALTHAM

(603) 319-8919
PORTSMOUTH

PEOPLE LIKE US LIVE LIKE THIS



When Melissa Rivera quit drinking, she figured a line or two of cocaine every now and then wouldn't hurt. Born in Topsham, Maine, to two alcoholic parents, the entrepreneur had perfected the art of self-sabotage early on, walking away from Bowdoin and Bates, from the US women's soccer team when it came knocking at the University of Southern Maine, from a bachelor's degree with only two exams to go and, finally, from a career with Apple in California. She'd pulled herself up by her bootstraps, opened a boutique in downtown Portland, drank it into the ground and finally put the plug in the jug after a breast specialist wondered if by "too much" Rivera meant two to four drinks a day. "I said more like nine or ten," to which the specialist replied: "You're getting drunk every day." Somehow that hit Rivera right between the eyebrows.

At 37, Rivera was alcohol-free, gluten-free, dairy-free, caffeine-free and abuzz with cocaine. "I kept dialing up eight balls," Rivera recalls with a shake of the head. "Two to three times a week, sometimes more." An eighth of an ounce consumed in secrecy every other day eventually got her down to one hundred pounds and no more than three hours of sleep a night, typically from six to nine in the morning, when she slipped into her corporate skin and strode convincingly into the neon glare of "a highly reputable business."

MELISSA RIVERA

By *Lara Santoro*



One morning, out of the blue, came a prolonged bout of hyperventilation. Says Rivera, "I called my boss and said I won't be in today." She entered an outpatient program run by Mercy Hospital and endured the challenges of early sobriety without peer support because, Rivera says, she could not endure public exposure. She had started coaching people in nutrition and the mere idea of walking into an AA meeting and confessing an unhealthy habit sent her into a tailspin.

She'd had a revelation by then: she couldn't be the only professional in Portland juggling high visibility and addiction. Behind the mask of success there had to be people paralyzed by fear and shame, just like her. "Business people," she says, leaning forward, counting on her fingers, revealing the greens and red of a magnificent full arm tattoo. "People in the spotlight, people in the public eye, people...to whom I can say: I know what it's like to have a super unhealthy, super unbalanced life, and I know what it takes to get out of that hole and create the kind of life you never thought possible without drugs and alcohol. Because I've done it."

That was a year and a half ago. Since then, Rivera, now 41, has turned a longtime passion into a full time job as a health coach. She earned a degree from the Institute for Integrative Nutrition in New York City and experienced what she called "a pinch-moment" when one of the directors asked her if she could mentor students. Rivera joined World Gym as a resident health coach, the first the facility has ever had. This past winter, she walked into a women's meeting of Alcoholics Anonymous, sat down, and looked around her. There, she says, "were women of all ages, all walks of life, all shades of skin, and they were beautiful and for the first time I felt like I fit in."

Lara Santoro is a freelance writer in Portland.

Kick the Sugar Habit

By Mary Moskowitz

Did you know that people can be biologically addicted to sugar in a way that is similar to addiction to nicotine, alcohol and drugs? Many people recovering from addiction replace alcohol with sugar. Sugar causes your body to release dopamine and opioids, stimulating your brain in the same way as other addictive substances. Over time, as happens with alcohol and drugs, your body needs more and more of this sweet, potent substance to get the same good feeling as it did the first time, setting you up for powerful cravings that are hard to ignore.

Scientific research also shows that you can go through sugar withdrawal. Although not as severe as drug withdrawal, the process can still be uncomfortable. Some common symptoms of sugar withdrawal include headaches, bloating, fatigue, cramps and nausea.

On average, Americans are consuming between 22 and 30 teaspoons of added sugar a day. The American Heart Association recommends that women consume no more than six added teaspoons of sugar each day and men no more than nine teaspoons each day. Unfortunately, sugar is found everywhere, including in most processed foods, from cereal and granola bars, ketchup, energy drinks and sodas to baby food, yogurts and even toothpaste. Our taste buds are becoming so accustomed to these strong, sweet flavors that real, whole foods and beverages taste boring and bland to us.

Our brains and bodies also get used to the quick energy boosts we experience when

eating refined sugars and carbohydrates. We get a sugar high as our blood sugar quickly spikes, followed by a sugar crash. This sugar low stimulates our cravings and appetite, which can leave us more vulnerable to weight gain and disease.

Here are 9 steps you can implement to break free of your sugar addiction:

- 1.** Eat a healthy breakfast that includes protein, healthy fat and fiber. When you eat a balanced breakfast first thing in the morning, it helps set you up for normal blood sugar the rest of the day. Think green smoothies, eggs and leftovers in place of sugary breakfast cereals, yogurt and muffins.
- 2.** Stay hydrated. Sometimes sweet cravings are a sign of dehydration. Before you reach for a sugary drink, have a glass of water and wait a few minutes to see what happens. Caution: coffee drinks, energy drinks and sodas are America's number one source of sugar.
- 3.** Eat sweet vegetables and fruit to satisfy your sweet cravings. They are healthy and delicious and provide your body with important vitamins and nutrients that will help you overcome your junk food cravings. For example, apple slices with nut butter might satisfy your cravings as much as a bowl of ice cream. When you have cravings, wait 15 minutes for the cravings to go away and go for a walk outside to distract yourself.
- 4.** Lower the glycemic load of your meals. As I recommended with breakfast, combine quality protein, fats and whole-foods in all of your meals. Eat fiber-rich

carbohydrates, vegetables, legumes, nuts, seeds and a limited amount of whole grains and fruit. The combination of protein, fats and fiber from whole foods slows down the digestive process, averting blood-sugar spikes.

5. Eliminate processed fat-free and low-fat foods. These foods contain high quantities of sugar and chemicals to compensate for lack of flavor and fat and they will send you on a roller-coaster ride of sugar highs and lows. It is important to include healthy fats in your diet to support healthy cell membranes needed for optimal insulin function and blood sugar control. Healthy fats include wild caught fish, avocados, olives and organic grass-fed butter and meats.



Are you suffering with a chronic ailment?

Has it been 5, 10, 20 years? And you've tried *everything*? Would you like to fast-forward to the **Future of Healthcare?**

You can, with NES Health.

NES Health offers an accurate bio-energetic assessment and targeted therapy protocol. There is no guesswork with NES. Finally, a system that works for chronic issues.

**Don't suffer any longer,
call us today: 207-781-6060**

myinnerimage.com/nas



Replenish Healing Retreats

Each seasonal day-long retreat aligns with the natural rhythm of nature in a safe, healing community to promote personal growth and transformational healing.

Find more info on each of our four nourishing retreats provided by Celia Grand, LCSW, BCD at: www.replenishhealingretreats.com

Together we thrive



MILESTONE RECOVERY

A nonprofit helping Mainers find recovery for more than 50 years.



Detox | Residential Treatment | Housing | Outreach | Emergency Shelter
Portland & Old Orchard Beach

milestone-recovery.org

(207) 775-4790

6. Get moving. Exercise helps balance blood sugar levels and reduces tension so that you do not feel the need to self-medicate with sugar and food. Get out more and move. Start with simple activities like dancing, walking, yoga and daily stretching. Ten minutes at a time will add up. You do not need to make exercise a big event that you feel pressure to do each day. Just move more and make it part of your daily activity, like brushing your teeth.

7. Get more sleep, rest and relaxation. Lack of restful sleep damages your metabolism, causes increased cravings for carbohydrates and makes you eat more. Lack of optimal sleep also increases your risk for heart disease, diabetes, dementia, depression and early death. Getting enough quality sleep helps maintain blood sugar balance and weight loss. Consider talking to your doctor if you are not feeling rested and energized after a full night's sleep.

8. Experiment with spices. Coriander, cinnamon, nutmeg, cloves and cardamom

will naturally sweeten your food and help reduce cravings, helping you to retrain your taste buds to prefer the taste of real, whole foods.

9. Slow down and find sweetness in non-food ways. Biologically, you do not need unrefined sugar, but you do need other things, such as positive social contact, outside time, regular movement and loving relationships to feel happy and fulfilled.

When making any lifestyle changes, it is important to find support with those that understand your struggles and care about your health and success. Making these changes with a friend or loved one will help you stay on track.



Mary Moskowitz MS CHC is a certified Integrative Health Coach at Mainely Health and Nutrition. She specializes in thyroid, autoimmune disease and digestive disorders.

SINCE 2017, MAINE RECOVERY FUND HAS PROVIDED:

- **SAFE TRANSPORT TO WORK**
(6,500 safe rides and 2,000 bus passes)
- **WORKER STARTER KITS**
(350 warm jackets and 750 pairs of steel-toed boots for those just getting to work)
- **ACCESS TO SERVICES**
(sober housing, recovery support, medical/dental, skills training, mental health counseling)
- **CRISIS RESPONSE**
(over 220 crisis interventions for those in need of immediate assistance)

Seventy-two percent (**72%**) of maine recovery fund clients are successful in recovery and rebuilding their lives. (We consider a client a success if they are able to maintain steady employment, access safe, sober housing, and begin to build a life for themselves to sustain their recovery).



**MAINE
RECOVERY
FUND**

ELAINE WALSH CARNEY
PRESIDENT AND CO-FOUNDER
ELAINE@PATHFINDERPA.COM

MARGO WALSH
BOARD CHAIR AND CO-FOUNDER
MARGO@MAINEWORKS.US

**494 FOREST AVE.
PORTLAND, ME 04101
(207) 650-9179**

Contributed by
Elaine Lilley

“You’re going to go over the edge.”

What? Who said that? As I prepared to go out for an evening of dinner and drinks, I heard it. Soft and subtle, but not my own. You know that voice that warns you to not go down that street or not to eat that fish because it is not fresh? Yeah, that one. It wasn’t a special night. It was just a normal Saturday night of drinks and dinner.

Later that night, as I came home and entered the condo, I saw my dog. He was perched on the back of the couch, ears perked up and awaiting our return anxiously. I saw his eyes. Those soulful eyes. He was waiting for my greeting and the loving pats and cuddles that I usually gave him. Not this night. Mumma (as I am known in Dog World) roared past him and entered the bedroom, from which I did not exit until the following morning. No cuddles. No greeting.

In the morning, I made a decision that I was done. It had to stop. That is when I put a very large X on the calendar and never looked back. It has now been more than four years since I have had any alcohol. How do you maintain this commitment? That is a question I get asked a lot. For me, *my spiritual practice helped me and brought me the salvation I was so craving.*

I have found that non-traditional methodologies like Shamanism have allowed me to maintain my path of sobriety.

Shamanism is a healing practice that originated with the aboriginal cultures. The practice helps me engage with the energy of nature, animals and the directions to increase healing and acquire insight. Shamanic journeying entails putting myself in a meditative state by listening to the beat of the drum, while allowing my mind and heart to journey to what Shamanism calls the lower world or to the higher world. The middle world is where we live, our reality.

My first journey to the lower world was to find my spirit/power animal. I was told anykind of animal could show up; tiger, hippo, crow. Which animal chose to be with me depended upon where I was in my life. This animal would be by my side as I journeyed to the lower world. He or she would provide protection and guidance as I made my way through a very unknown place – like your first days, weeks and months being sober. The upper world consisted of meeting my spirit guides, angels and ancestors who provided wisdom, knowledge and just overall “Keep yourself together and we’ll give you signs we’re here.” I look to them each and every day as I continue to commit to my decision to stay sober.

What do Shamanism and sobriety have in common? Both can help me overcome



“My spiritual practice helped me and brought me the salvation I was so craving.”

obstacles and roadblocks to having a joy-filled life. Learning new practices helps me immensely in maintaining my sobriety. The beginning of sobriety is akin to the lower world, in my opinion. The path is not always lit, who I meet sometimes surprises me and my courage is necessary in order to enter into the unknown without always knowing where it will take me.

Want to share your Recovery Life?
Email carolyn@recovery-journey.com

CREDIT CARD DEBT & FINANCIAL HEALTH

By Casey McClurkin



Hello, readers!

Welcome back to the second article in this series about your financial health and wellness. Last time we talked all about credit scores. We covered what a credit score is, why it is important and how to improve your credit score. In this article, you will learn about one of the important numbers that affects your credit score: credit utilization ratio. You will learn what credit utilization means, how it can affect your credit score and some tips to keep your credit utilization at a healthy level.

First, an explanation of what exactly credit utilization ratio means. Simply put, it is the amount of your available credit that you are actually using. Say, for example, you have one credit card with a \$1,000 limit. Your outstanding balance, or the amount you have charged, is \$500. All you have to do to figure your credit utilization on this card is divide the balance (\$500) by the limit (\$1,000) and multiply by 100. In this case, the credit utilization ratio is 50 percent.

The scenario above is called the per card credit utilization ratio. What if you have more than one card? That is easy, too. If you have more than one card, you need to know your overall credit utilization ratio. Again, it is a simple calculation. Add up the credit limit of each credit card, then add up the outstanding balances of the cards. Divide the total balance by the total limit.

| Credit Card | Limit | Balance | Credit Utilization Ratio |
|--------------------|----------------|----------------|---------------------------------|
| A | \$1,000 | \$500 | 50% |
| B | \$3,000 | \$250 | 8.33% |
| C | \$750 | \$750 | 100% |
| Total | \$4,750 | \$1,500 | 31.5% |

Let's look at an example. Assume you have three credit cards. Credit Card A has a credit limit in the amount of \$1,000 and the balance is \$500. Credit Card B has a limit of \$3,000 and a balance of \$250. Credit Card C has a limit of \$750 and is maxed out, meaning the balance is \$750. What is the per card utilization ratio? And what is the overall utilization ratio?

Now that you understand how to calculate your credit uti-

lization ratio, you can use this information to your advantage. The most important thing to know is that the credit scoring agencies look at both per card and overall ratios; one is not more important than the other. Also, this ratio factors heavily in determining your credit score. The lower your credit utilization ratio is, the more attractive you are to lenders. What is a good ratio? Anything under 30 percent is considered good. The lower your credit utilization ratio is, the better.

Looking at the scenario in the chart on the previous page, the overall credit utilization ratio is barely above 30 percent, which is pretty good. However, two of the individual cards are considerably higher at 50 percent and 100 percent. What can you do to improve your ratio? Three simple things: do not use the cards with the higher ratios (if you can stop using the cards altogether, even better); pay the minimum balance on two of the cards; and work on getting the third one down to at least 30 percent. In this case, you would need to reduce the balance of Credit Card A by \$200 to 30 percent and reduce the balance of Credit Card B by \$525 to get to 30 percent.

Lastly, how can you prevent yourself from going over the 30 percent threshold? Most credit card companies offer text alerts that you can set up online. You can set up a text message to alert you when you have reached 25 percent of your limit so that you know when to ease up on spending for that particular card. Another option is to ask for a credit limit increase. If you decide to exercise this option, just know that it is considered an inquiry on your credit and will cause your credit score to drop temporarily.

The best option to improve your credit and decrease your credit utilization ratio is to stop using credit cards and to pay off your debts. You may not think this is a good option for you right now. However, learning about your cash flow and creating a spending plan for your family can do wonders for your credit, your wallet and your financial health and well-being.

Now you know how to get your credit score and a copy of your

credit report, how to calculate your credit utilization ratio and how to improve both. In the next issue of Journey, we will learn all about the debt to income ratio and how it is used to determine if you will qualify for a mortgage.



Casey McClurkin, a certified Behavioral Financial Advisor, is the owner of Evolve Money Coaching.

Kathy D Baltes, LCSW
Integrative Psychotherapy

(207) 232-3759

98 Clearwater Drive, Suite 4
Falmouth, Maine 04105
kathydbaltes@gmail.com

"... we are all just walking each other home"
-- Ram Dass



SALLY A. MORRIS

ATTORNEY AT LAW, LLC



Guidance, Dedication & Compassion

I have been both an employment lawyer and have represented nonprofit entities for 25 years.

If you have been harassed or discriminated against, I know you are fighting for your dignity. I listen to you and fight hard to protect your rights.

Maine nonprofits work tirelessly and passionately to fulfill their missions. I am here to stand beside your organization and guide you through policy, compliance and tricky situations.

Six City Center, Suite 300, Portland | 207.558.6161 x109

www.morrisemploymentlaw.com

MANY PATHS



About This Column

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.

Recovery is a personal process and there is no right or wrong way to recover. We may find that certain modalities and methods help us at different times in the healing process. This is a beautiful thing.

Journey's Many Paths column shines a light on different approaches that people use to maintain lasting recovery without endorsing specific approaches or recovery programs. We ultimately leave it up to you, the reader, to decide what works best for you, while presenting you with multiple pathways to recovery.



*(Re)Covering
&
(Re)Discovering
You.*

York Hospital's Recovery Center is the premier seacoast area program offering outpatient treatment for patients with Substance Use Disorders and for those affected by others' use. If you need help, reach out to us at:

(207) 351-2118

 **York Hospital**
Recovery Center

The Recovery Center at York Hospital ◀ 16 Hospital Drive York, Maine ◀ 207.351.2118 ◀ yorkhospital.com

By Sarah Siegel

Self-Management and Recovery Training (SMART) is a mental health and educational program that centers on changing human behavior, thoughts and feelings. It is designed to empower people to abstain from substances or behaviors that cause suffering and to help them develop positive lifestyles. SMART uses evidence-based treatment tools that change as scientific understanding of addiction changes, with particular emphasis on a type of cognitive-behavioral psychotherapy called Rational Emotive Behavior Therapy.

SMART Recovery does not have a spiritual component, but people of all faiths and backgrounds are welcome in the group and can incorporate their own religious or spiritual beliefs into their healing as they see fit. In SMART Recovery, religion and spirituality are considered a matter of personal preference, not a necessity for recovery. The locus of power is centered entirely on the individual and on one's ability to use the different tools and methods contained within the program to heal and change through self-knowledge.

SMART Recovery emphasizes four key areas of awareness and change. These are:

- (1) Building and maintaining motivation.**
- (2) Coping with urges.**
- (3) Managing thoughts, feelings and behaviors.**
- (4) Living a balanced life.**

According to SMART Recovery's website, the primary tool used by those in the program is the ABC Tool, which helps us understand how our thoughts impact both our emotions and behavior. If we change our thinking, our feelings and actions will also change.

Michael Mihailos of the Portland Recovery Community Center has found great value in the SMART Recovery program. Mihailos, who is in recovery, first connected with SMART in New York City, where he grew up. However, it wasn't until he found himself in Maine that he decided to really "try everything," which led him to visit many different types of groups and programs and ultimately brought him back to SMART Recovery.

One of the major obstacles for Mihailos in other programs was the religious aspect. While he respects other faiths, personally, he struggled with the prescribed method of prayer. "A lot of people thought I was an atheist, but it's the opposite," Mihailos said. "I'm Eastern Orthodox Christian." He simply felt uncomfortable when it came to following a path of recovery that included a religious component that differed from his own.

"Spirituality cannot be forced. It must be felt," says Mahailos. Ultimately, SMART Recovery resonated with him because of its focus on self-empowerment.

"The resources were there and I used the resources," Mahailos says. He believes that it doesn't



Michael Mihailos,
SMART facilitator

matter what group or program you use, as long as you put in the effort – and, he says, it doesn't need to be done perfectly. He sees healing as a process and says it is important to find a recovery program that resonates with your own personal views and beliefs. As a result of his personal experience using the SMART program in his own recovery, Mahailos has become a facilitator of a SMART Recovery group at PRCC and supports others as they walk their own, personal paths of recovery.

For more information on SMART Recovery, visit www.smartrecovery.org.



Sarah Siegel of Brunswick is an ordained interfaith minister, mindfulness meditation coach and writer.

The Beginning

by Kathleen Rivers

I've been told that you can stand to do any task for five minutes and that this is a good way to approach the dreaded house cleaning chore. So, as I spent my allotted five minutes cleaning the refrigerator out the other day, I realized something quite amazing that I didn't voice until today: my refrigerator is a metaphor for my life at this very moment.

There are, even after working on cleaning it out, still some very, very bad things in there, buried in the dark, almost unreachable part of the bottom shelf and in the depths of the crisper drawers. They are things that I don't want to look at or deal with, old things that may have, over a period of time, changed from what they were originally to a very different matter altogether. It's sort of like when something that happened to you early in your life becomes a problem today, because your thoughts and feelings are colored by the event that traumatized you in the first place.

Have no fear. I am working on cleaning the depths of my refrigerator. I've dealt with some of the results of grocery shopping gone awry. And I'm working on ridding myself of out-of-date condiments that serve no purpose other than to clutter up my mind (oops, make that space).

At one time in my earlier life, I went hungry. Could that have brought about my uncontrolled need to fill my refrigerator with lots of stuff that just spoils and gets tossed eventually? Could one event have had such a profound effect on me? In any case, as I cleaned out my refrigerator, I also was working on cleaning out all of the outdated, spoiled and useless shit in my head. Got rid of it for once and for all. Spoiled milk, moldy food, hard bread and rotten vegetables, be gone with you. I am done with you and what you represent in my life.

I envision a new, wiped-clean-of-the-old-crap refrigerator in my future. I will have it and nobody is going to stop me. I will scrub, throw out and finally polish until that clean and shiny surface emerges. I'll be free finally or, at the very least, able to deal with it all.

Kathleen Rivers, from Saco, is currently eight years sober and loving life. She wrote this essay in 2010, when she was first in recovery from a lifetime of alcohol addiction.





Cultivating Wisdom

By *Kimble Greene, PhD*

When I hear the word education, I envision a classroom filled with metal desks and small hard wooden chairs. I think of young ones whose creativity is crushed because of the rigid structure of the system. I see children whose self-expression is stifled due to the rules established by our culture. I recall my own experience in the educational system, where I felt bullied by teachers and students alike and the expectation of excellence felt unattainable. In a system where social achievement was the norm, my shyness felt unbearable. After a while, you may stop trying, feel defeated and begin to believe you are not enough. Sadly, so many of us feel like the child whose individuality has been sanitized.

The good news is there is still so much life within you that is eager for expression. Learning is an internal, personal growth experience as well as an external, world discovery experience. Your

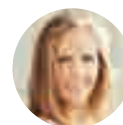
life is filled with learning the hard lessons and the joyful ones. Your story, your experiences and your insights are important to so many people, in addition to yourself. Education goes both ways: we receive lessons from others and we offer them to others. Learning is a collective lifetime experience in mind, body, emotions, relationships and spirit.

When you believe you have succumbed to expectations that do not support the exceptional individual you are, you may feel lost, disconnected from the very essence that is your unique imprint upon this world. The world needs you and the special gifts you have brought with you into this lifetime. Try to embrace all that comes your way, both the difficult lessons and the exhilarating ones. Educate yourself through the resources and means that best serve you and your growth. And, if you are sitting in a classroom or anywhere else being educated and

something or someone does not resonate with you, simply shift your focus to the things that inspire you. Seek out what ignites your passions and speaks to who you are at your core.

The time for you to be you is now. Here are some ways to liberate yourself from expectations:

- 1. Make your own rules.** Express yourself in ways that are meaningful and authentic to you.
- 2. You are unique.** Embrace that there is no one else like you in the whole world.
- 3. Soak in all that speaks to who you are at your core.** Share the lessons you have learned. You are wise and have so much to offer.



Kimble Greene PhD is a best-selling author, transpersonal counselor and inspirational speaker.

How You Can Boost Your Self Confidence by Learning *New Skills*



Start a
new chapter

For many people, improvements in confidence and self-esteem come directly from learning. As we learn, as we succeed and even as we fail, we grow. During a period of recovery, there's a unique opportunity for new beginnings: to accept new challenges with an open mind, to meet new people and to become a stronger person. Naturally, it can be daunting to leave our comfort zones and try something new. But once the first step is taken, the improvements to our confidence and character can last the rest of our lives.

The Benefits of Learning New Skills

When we learn new skills, no matter how specific they are, it's easy to undervalue the broader impact they have on our lives. As you hone your talent to reach a particular goal, you're also learning other valuable skills along the way. Take the example of joining a woodworking class, with the aim of creating a wooden table. It may feel like you're only going to learn about carpentry, but there's a lot more to it than practicing with a hammer and saw. You're also improving hand/eye coordination, practicing focus and perseverance, developing teamwork skills and even using math and geometry. You need these skills to build the table, but they're also assets that will benefit you in life now and in the future.

Setting and Achieving Goals

A common trait of successful people is that they set goals. Whether it's a small goal in the short-term or something much more ambitious, goals help us to focus our energy in a positive direction. Without a target to aim for, it's easy to lose direction. In fact, it can be very hard to even begin the journey. We've all fallen into the trap of saying, "I'd like to do that one day" without ever committing to a goal. Making a phone call, attending an info night or even circling a date on your calendar can be the important first steps in your self-improvement.

The journey towards a goal is often more important than the final outcome. Whenever you move forward, even if it's slowly, you are improving, growing and learning along the way.

If you're trying to lose 30 pounds in an exercise class, you're still a much healthier version of yourself by the time you've lost 20 pounds. If you take up further education, you may not pass every test, but the knowledge you're gaining is still invaluable. It's important to focus on the finish line, but to understand that every step is also moving you forward from where you started.

Social Interaction and the Value of New Relationships

When we reflect on how we first met our friends, it was often the result of joining a new social group. Whether it's a job, a class, a sporting team or a hobby club, a common cause always helps to build new relationships. As human beings, we are social by nature. Through interaction and cooperation, we learn and draw strength from one another.

Joining new groups allows us to meet new people, improve our self-confidence and make new friendships that can last a lifetime.

It can be uncomfortable to join a new group. Perhaps you know a few people in the group or maybe you don't know anyone at all. It's perfectly normal to feel nervous trying something new in an unfamiliar setting. But self-improvement involves requires taking a step of faith

into the unknown. As your confidence grows, there's a wonderful sense of satisfaction waiting for you.

If you're seeking some new direction in your life, think about something you've always wanted to do or get better at. Take a moment to ignore any self-doubt and focus purely on what it would feel like to achieve that goal. If you've been able to do that, you've already taken the very first step in a new journey.

**When you don't know where to turn...
because someone you love drinks too much...**

Al-Anon Family Groups can help.

- Meet others who share your experience
- Learn detachment, boundaries, self-care
- Begin to heal and gain self-confidence

Try a meeting today.
Learn more at:
Web: www.maineAFG.org
PH: (207)284-1844

The advertisement features a QR code in the top right corner, a blue triangle logo on the left, and two handprints on the right. The background is a blurred image of a person.

Liberty Bay
RECOVERY CENTER

Medical Detox Inpatient Stabilization Extended Care Treatment IOP

Call Now 844-894-2673 Portland, Maine

The advertisement features a lighthouse on the right side, a globe logo on the left, and a green footer with a gold coin icon.

These resources are gathered from a variety of sources. Our goal is to provide information on non-profits that provide free or affordable services that could benefit the recovery community. If you'd like your organization listed here, please visit our Resource page on the website and click on "Click to Add Your Resource" and a Journey team member will get in touch with you!

Crisis Hotline

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. The NHTRC is operated by Polaris Project, a non-profit, non-governmental organization working exclusively on the issue of human trafficking.

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.

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

Al-anon/ Alateen Maine

800-498-1844

Resource for anyone impacted by a relative or friend's alcohol dependency, either currently or in the past. Support is provided through literature and meetings, where everything shared remains confidential, as well as the identity of those attending.

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 AA (Alcoholics Anonymous)

207-774-4335

Maine NA (Narcotics Anonymous)

800-974-0062

Call their helpline to get information and talk to a recovering addict

Maine Tobacco Helpline

(Part of Maine Health)

800-207-1230

Mon.-Thur. 10am - 8pm, Fri. 10am - 5pm, Sat. 10am - 2pm

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.

BECOME A RESOURCES SPONSOR!

Journey Magazine provides these Resources listings as a directory to help connect people with the help, support, and services they need to stay healthy and on their journey.

Ask your Journey advertising executive for details on how you can help by sponsoring this section.

**Or call Carolyn at
(207) 679-5005**

Cumberland County RESOURCES

Clothing

Clothes Closet

159 State St., Portland
207-774-6396

2nd and 4th Wed. 2-4 pm

Free clothing, shoes, boots, coats, small household items. Entrance is on the left side of courtyard.

Salvation Army Food Pantry

297 Cumberland Ave., Portland
207-774-6304

Voucher, must call ahead; once per year based on availability; \$40 clothing & household.

St. Vincent De Paul Soup Kitchen

307 Congress St., Portland
207-772-1113
Fri. 11am-12:30pm

Counseling & Support

Amistad

66 State St., Portland
207-773-1956

Peer support and recovery center open to adults with histories of mental illness, retardation, substance abuse or other life changes.

Catholic Charities Maine

11 Baxter Blvd., 2nd Flr., Portland
207-775-5671

Assessments, substance abuse education, and individual and group treatment and DEEP certified. Sliding scale & Mainecare accepted.

The Center for Grieving Children

555 Forest Ave., Portland
207-773-7417

Free services to encourage safe expression of grief and loss and fosters each individual's resilience and emotional well-being.

Crisis Hotline

Sexual Assault Response Services of Southern Maine (SARSSM)

Portland
800-871-7741

Assistance resolving issues related to sexual assault.

Through These Doors

P.O. Box 704, Portland
207-874-1973

Domestic violence hotline, advocacy, shelter, outreach services, education, training and support groups, emergency shelter, support groups & more.

Employment Programs

Career Center Local Center

151 Jetport Blvd., South Portland
207-822-3300

Vocational assistance (Voc Rehab, Career Ctr & ME Job Bank) for individuals seeking a career or career change. Low to no-cost assistance to people who are employed, underemployed, or have barriers to employment.

Family

Kids First Center

Nonesuch River Plaza, Scarborough
207-761-2709

Kids First Center offers a series of programs to provide practical information and emotional support to parents.

Opportunity Alliance – Assistance Programs

50 Lydia Ln., South Portland
207-874-1175

Assistance through child development programs, including Head Start, Early Head Start, WIC, Maine Families, child care, Youth resiliency programs, case management, temporary housing, food commodities, Women's Project, Women's Substance Abuse Treatment support, foster grandparent program, housing weatherization, home improvement loans, HEAP fuel assistance, residential treatment programs, and outpatient psychiatry.

Food

Bridgton United Methodist Food Pantry

214 Main St., Bridgton
207-318-4467

Tues. 11am-6pm

Casco Alliance Church Food Pantry

450 Roosevelt Tr. (Route 302), Casco
207-344-5370

1st Tues & 3rd Mon. of month;
6-7pm

Casco Village Church Food Pantry

941 Meadow Rd., Casco
207-627-4282

4th Thu. of month; call for hours

Chebeague Island Food Pantry

255 North Rd., Chebeague Island
207-846-4106

By appointment

Community Food Pantry

290 Tuttle Rd., back of building,
Cumberland
207-829-2205

1st, 2nd & 4th Fri. of month, 3-6pm;
3x month; photo ID & utility bill

Falmouth Food Pantry

271 Falmouth Rd., Falmouth Town
Hall, Falmouth
207-632-2687

Call first. 1st & 3rd Mon. of month,
9-11am; 2nd, 3rd & 4th Tues., 9:30-
11:30am; 2nd, 3rd & 4th Thurs.,
4:30-6:30pm

First Baptist Food Pantry

360 Canco Rd., Portland
207-773-3123

Wed. 10:30am-12:30pm in the gym;
Crisis financial assistance

Freeport Community Gardens

53 Depot St., Freeport
207-865-3985

\$10 for season; 4x8 ft each on Elm St.

Cumberland County RESOURCES

Freeport Community Services Food Pantry

53 Depot St., Freeport
207-865-3985

Mon.-Thurs., 10am-4pm

Gorham Ecumenical Food Pantry

299-B Main St., Gorham
207-222-4351

Thu., 9-11am; 2nd & 4th Wed. of
month, 6-7pm

Gray Community Food Pantry

5 Brown St., Gray
207-657-4279

1st & 3rd Fri., 2-4:30pm

Harrison Food Bank

VFW 176, Waterford Rd., Harrison
207-647-3384

Tue., 3p-6p

7th Day Advent Church, Front St.,
Harrison
207-583-9137

Tue. 5:30-6:30pm

Judy's Pantry

CE United Methodist Church
280 Ocean House Rd., Cape Elizabeth
207-767-1031

Jan.-June: 2nd & 4th Tue., 3-5pm

July-Nov.: every Tues., 3-5pm

Dec.: varies, check with church

Mid-Coast Hunger Prevention Program

12 Tenney Way, Brunswick
207-725-2716

CALL or see FB page for hrs

New Gloucester Food Pantry

19 Gloucester Hill Rd., New
Gloucester
207-926-3260

2nd & 4th Sat., 8-9:30am

North Pownal UMC Food Pantry

851 Lawrence Rd., Pownal
207-688-4938

Wed., 9:30-11:30am; Thu. 4-6pm

Peaks Island Community Food Pantry

19 Church Ave., Peaks Island
207-332-2443

Mon., 3:30-5pm

Portland Westbrook Vineyard Food Pantry

715 Bridgton Rd., Westbrook
207-854-8339

Fri., 6-7:30pm

Preble Street Food Pantry

252 Oxford St., Portland
207-775-0026

Thu., 1:30-3pm

Project FEED Pantry

202 Woodford St., Portland
207-761-3920

Mon.-Fri., 1-3pm

Raymond Food Pantry

1273 Roosevelt Tr. (Route 302),
Raymond
207-232-5830

2nd & 4th Thu., 4-6pm

Root Cellar

94 Washington Ave., Portland
207-774-3197

Mon.-Fri., 9am-5pm

Sacred Heart/St. Dominic Food Pantry

80 Sherman St., Portland
207-773-7746

Tue. 10-11:30am

No documentation required.

Salvation Army Food Pantry

297 Cumberland Ave., Portland
207-774-6304

Once a month, Mon., Wed., Fri.,
1-2:30pm

No documentation required.

Scarborough Food Pantry

167 Black Point Rd., Scarborough
207-883-2342

Tue. & Thu., 9am-12pm; 1st & 3rd
Wed. 4-6pm

Sebago Food Pantry

183 Sebago Rd., Sebago
207-274-1569

1st, 3rd & 5th Mon., 9-10:30am;
2nd Mon., 3:30-5:30pm; 4th Mon.,
9-10:30am, 3:30-5:30pm

South Portland Food Cupboard

130 Thadeus St., South Portland
207-874-0379

Thu., 8:30-11:00am; 1st Wed., 5-7pm

St. Lukes Food Pantry

143 State St. (enter off Park St.),
Portland
207-772-5434

Thu., 9:30-11am

Photo ID and proof of residence
required.

St. Vincent De Paul Soup Kitchen

307 Congress St., Portland
207-772-1113

Mon.-Fri., 11am-12:30pm

Clothing on Fridays.

Standish Food Pantry

Standish Town Hall, Standish
207-893-7790

Mon., 9:30-10:30am

4th Wed., 4-6pm

Stroudwater Christian Church Food Pantry

1520 Westbrook St. Portland
207 772 2193

Sundays 1-3pm

Wayside Food Pantry at Sagamore Village

21 Popham St., Portland
207-775-4939

4th Tue., 10-11am

Bring your own bags

Wayside Food Pantry at Harbor Terrace

284 Danforth St., Portland
207-775-4939

3rd Wed., 2-3pm

Bring your own bags.

Cumberland County RESOURCES

Wayside Food Pantry at Red Bank Village

584 Westbrook St., South Portland
207-775-4939

4th Wed., 2-3pm

Bring own bags.

Wayside Food Pantry at Washington Gardens

577 Washington Ave., Portland
207-775-4939

2nd Thu., 10-11am

Bring own bags.

Westbrook Community Food Pantry

426 Bridge St., Westbrook
207-591-8147

Tue., 12-2pm & 6-7:30pm

Documentation required.

White Memorial Food Pantry

97 Allen Ave., Portland
207-797-4414

Thu., 8-9:30am

Williston-Immanuel United Church Food Pantry

156 High St., Portland
207-775-2301

Wayside MEAL 4-7pm; Food & Misc. assistance 10-11am

Windham Food Pantry

377 Gray Rd., Windham
207-892-1931

Mon.-Thu., 8:30am-4pm, by appointment only

Yarmouth Community Food Pantry

116 Main St., Yarmouth
207-846-3773

Tue. & Fri., 10am-12pm; Wed., 5-7pm

Preble Street Soup Kitchen

252 Oxford St., Portland
207-775-0026

Hot meals 3x daily: Breakfast 8am, Lunch 11:30am, Dinner 4:30pm

Health care

Greater Portland Health

many locations in Portland
207-874-2141

PCP, dental & mental health. Call to schedule, sliding scale.

Hotlines

Opportunity Alliance

50 Lydia Ln., South Portland
888-568-1112

Immediate access to advocacy, crisis/supportive counseling, problem solving, crisis intervention, suicide prevention/intervention, and psychiatric services to adults and children throughout Cumberland County, 24 hours a day, 365 days a year.

Household goods

Salvation Army Food Pantry

297 Cumberland Ave., Portland
207-774-4172

\$40 voucher once a year, based on availability; must call ahead.

St. Elizabeth's Non-Food Essentials Pantry (St. Lukes)

143 State St., enter on Park St., Portland
207-772-5434

One Tue. a month, 9:30-11am

Toilet paper, diapers, soap, toothpaste, etc.

Housing

Opportunity Alliance Residential Programs

50 Lydia Ln., South Portland
207-523-5049

Five residential treatment programs in Portland, South Portland and Scarborough focusing on mental illness, substance abuse problems and ending homelessness.

Miscellaneous

Catholic Charities Parish Social Ministry

307 Congress St., Portland
800-781-8550

Will help with unmet needs on an individual basis; ex. Metro bus passes, crisis financial needs; will need documentation of situation.

Michael Klahr Jewish Family Services

1342 Congress St., Portland
207-772-1959

By appointment only; two bags of food per month; diapers, feminine products, Depends, etc.

Williston Immanuel United Church

156 High St., Portland
207-775-2301

Assistance with food, diapers, cleaning supplies and finances. Thu. 10-11am

Wayside Community Resources

135 Walnut St., Portland
207-775-4939

Assistance for basic needs besides food; must call.

Shelters

Family Shelter (City of Portland)

54 Chestnut St., Portland
207-772-8339

Shelter for homeless families living in Portland. Apply through the General Assistance office in Portland, at 196 Lancaster St. Must have been living in Portland before becoming homeless and must have children with you.

Florence House for Women (Preble Street Resource Center)

190 Valley St., Portland
207-699-4392

A small number of Emergency Beds for immediate, short-term housing for women who are temporarily homeless because of an economic or situational crisis.

Joe Kreisler Teen Shelter (Preble Street Resource Center)

38 Preble St. Ext., Portland
207-775-0026

Shelter for homeless ages 12-20, open 365 days a year, 24 hours

Milestone Shelter

65 India St., Portland
207-775-4790

Emergency shelter and detoxification for active substance abusers. Limited number of beds for women. Admissions 7am-9:30pm, 7 days a week on a first-come, first-served basis.

Oxford Street Shelter (City of Portland)

203 Oxford St., Portland
207-761-2072

Emergency services include housing placement assistance, mental health services and substance abuse services. Police on-site for safety. Toiletries, linen, emergency supplies and community referrals available 7:45pm-7:45am.

Preble Street Resource Center

5 Portland St., Portland
207-874-1005

Provides showers, limited storage, toiletries, mail, housing/mental health referrals, case management for homeless individuals, etc. Mon.-Fri., 8am-6pm, Sat.-Sun., 9am-12pm.

Tedford Adult Shelter

49 Cumberland St., Brunswick
207-729-1161

For single adults, nightly meal is provided. Call or go to shelter after 3:30pm any day to determine eligibility/access services.

Tedford Family Shelter

34 Federal St., Brunswick
207-729-1161

For families. Call to determine eligibility/access services.

Transportation

Go Maine Commuter Connections (ME Turnpike Authority)

2360 Congress St., Portland
800-280-RIDE (7433)

Assists commuters to organize car pools. Provides regional transportation information.

METRO Bus - Connector

114 Valley St., Portland
207-774-0351

Connects to South Portland Bus and other transportation at PTC in Portland.

Portland Transportation Center (PTC)

100 Thompson Point, Portland
207-828-3939

Regional Transportation Program, Inc. (RTP)

127 St. John St., Portland
207-774-2666

Service for persons with disabilities, seniors, low income, children of social service agencies and persons moving from welfare to work.

Clothing

Open Hands, Open Heart (side of Saco Food Pantry)

67 Ocean Park Rd., Saco

Free children's clothing infant - 17yo; Must provide proof of being a York County resident.

Counseling & Support

The Center for Grieving Children

NP Congregational Church, 893 Main St., Sanford
207-773-7417

Free services to encourage safe expression of grief and loss and fosters each individual's resilience and emotional well-being. www.cgcmaine.org

Employment Programs

York County Career Center

9 Bodwell Ct., Springvale
207-324-5460

Mon.-Fri., 8am-5pm

YMCA Northern York County

3 Pomerleau St., Biddeford
207-283-0100

Programs, events, exercise classes, gym, and pool for youth development & healthy living and social responsibility for all.

Family

YMCA Northern York County

[see above]

Food

Biddeford Food Pantry

162 Elm St., Biddeford
207-282-4771

Tue.-Thu., 9-11am

Proof of residency required; 1x per month.

Bon Appetit Community Meal Program

19 Crescent St. (2nd Cong. Church),
Biddeford
207-283-0380

Serves free nutritious meal Mon.-Fri.
Must arrive by 4:30pm.

Footprints Food Pantry

37 Old Post Rd., Kittery
207-439-4673

Food & non food 1x every 7 days;
Tues., 5:30 - 6:30pm; Wed., 9:30am -
1pm

FoodPrintsFoodPantry.org

Matthew Meal @ St. Ignatius Gym

25 Riverside Ave., Sanford
2nd Tues., 5:30 - 6:30pm

OOB Community Food Pantry

155 Saco Ave., Old Orchard Beach
207-937-8094

Mon. 2 - 7pm; Tues. & Thurs. 9am -
12pm

Food, clothing, toiletries & resource
assistance.

www.oobcommunityfoodpantry.org

Saco Food Pantry

67 Ocean Park Rd., Saco
207-468-1305

Mon. - Fri., 9 - 10:45am; last Tues. of
month, 5 - 6:45pm

Must show proof of residency each
time.

Saco MEALS Program

MHT Parish Hall, 271 Main St., Saco
Mon. & Thurs., 4:15 - 5:30pm

Show up at start time; changing
menu is posted on their website

www.sacomeals.org

St. Therese Food Closet

66 North Ave., Sanford
Thurs., 12:30 - 2:30pm

Stone Soup Food Pantry

180 Main St. (lower level), Biddeford
207-283-0055

Once a week, Mon. & Wed., 10-11am
Also has a clothing closet out back.

Waterboro Community Food Pantry

26 Townhouse Rd., East Waterboro
207-247-7789

1st Tue., 4-7pm; all other Tue., 1-4pm

York County Shelter Pantry

140 Shaker Hill Rd., Alfred
207-324-1137

Mon.-Fri., 1-4pm; 1x month

Health Care

Nasson Health Care

207-490-6900

Comprehensive medical, dental, and
mental healthcare (sliding scale fees)

<http://yccac.org/healthcare/>

Housing

Seeds of Hope Community Center

35 South St., Biddeford
207-571-9601

Interest free loans for qualified
people for security deposit for those
seeking stable housing.

York County Community Action

15 York St., Biddeford
207-459-2950

LIHEAP (fuel assistance) & ELP
(electricity assistance). Call to
schedule an appointment.

<http://yccac.org/heat-energy-fuel/>

Miscellaneous

OOB Salvation Army

2 Sixth St., Old Orchard Beach
207-934-4381

Tue., Thu., Fri., 1-3pm

Emergency assistance with food
and financial help for basic needs.
Get there as early as possible or you
may not be seen. Can also make

an appointment with Linda Smith
@934-4381.

Sanford Vet Center

628 Main St., Sanford

Mon.-Fri., 8am-4:30pm

Seeds of Hope Community Center

35 South St., Biddeford
209-571-9601

Tue.-Fri., 9am-1pm

Continental breakfast & hot soup;
clothing closet, career center and
a free phone for use & computers
during this time.

Shelters

York County Shelter Programs

147 Shaker Hill Rd., Alfred
207-324-1137

For individuals and families. Case
management and counseling offered.
Community IOP.

www.yorkcountyshelterprograms.org

Transportation

Wheels to Access Vocation and Education (WAVE) Agency

Call between 7:30am & 4:30pm, Mon.
-Fri. for information.

Connects to Biddeford Shuttle Bus.

www.yorkwave.org

Food

Bread of Life Food Pantry

90 Lewiston Rd., Mechanic Falls
207-345-9501

2nd Tue., 9am-12pm

**Calvary United Methodist Church
MEALS Program**

159 Sabbattus St., Lewiston
207-782-3221

Sun. breakfast, 8am; Wed. supper,
5pm; doors open a half hour before.

Greene Baptist Church Food Pantry

102 Main St., Greene
207-946-5505

1st & 3rd Thu., 1-3pm

**High St. Congregational Church
Pantry**

106 Pleasant St., Auburn
207-784-1306

Thu., 9:30-11:30am

**Hope Haven Gospel Mission (Soup
kitchen & shelter)**

209 Lincoln St., Lewiston
207-783-6086

Daily breakfast, 7:30-8am; Mon.-Sat.
supper, 4:30-5:30pm; Sun. supper,
2pm

**Leeds Community Church Food
Pantry**

123 Church Hill Rd., Leeds
207-524-7151

1st & 3rd Thu., 6-7pm and
emergencies

Lisbon Area Christian Outreach

18 School St. (MTM Community Ctr.),
Lisbon Falls
207-353-6002

Wed., 6-8pm; Thu., 10am-12pm;
Sat., 8-10am

Need proof of residency.

**New Beginnings
(for YOUTH under 22 yrs old)**

134 College St., Lewiston
207-795-4077

Supper Mon.-Fri., 5:30pm

Root Cellar Food Pantry

89 Birch St., Lewiston
207-782-3659

Mon., Wed. & Fri., 10am-12pm

Salvation Army Food Pantry

67 Park St., Lewiston
207-783-0801

Mon., Tue., Thu. & Fri., 9am-2pm

APPT. NEEDED! Can visit 1x every 3
months. Must be 15 days past EBT
date.

St. Mary's Food Pantry

208 Bates St., Lewiston
207-513-3841

Times vary - call first.

**Trinity Jubilee Center PANTRY &
SOUP KITCHEN**

247 Bates St., Lewiston
207-782-5700

Pantry: Thu., 7:45-11am
Soup Kitchen: Mon.-Sat., 11am

Shelters

Hope Haven Emergency Shelter

209 Lincoln St., Lewiston
207-783-6086

Sober emergency shelter for 16 men
and 16 women w/ or w/o children.
Must remain sober while living
there. Call or visit website for specific
details. Provides a daily meal.

Miscellaneous

Hope Haven

210 Lincoln St., Lewiston
208-783-6086

Resource center providing daily
meals Mon.-Sat., 4:30-5:30pm & Sun.,
2:30-3:30pm. Emergency shelter.
Food pantry giveaway where you
can get food/clothing/household
goods Mon., Wed. & Fri., 10am-3pm.

Food

Andover Food Pantry

First Congregational Church, 23 Elm
St., Andover

207-364-7968

Tue., 9-10am

Produce can be delivered Mon. or
Tue. Call ahead.

Bethel District Exchange Food Pantry

19 Philbrook St., Bethel
207-824-0369

By appointment only.

Brownfield Food Pantry

701 Pequaket Tr., Brownfield
207-935-2333

3rd Thu., 1-5pm

Buckfield Food Pantry

31 Turner St. (RT 117), Buckfield
207-713-6677

2nd Wed., 12-2pm & 5-6pm

Canton Food Pantry

Canton Fire Station, 94 Turner St., Canton
207-597-2694

Call as needed: Jackie Conant

Dixfield Emergency Food Pantry

Dixfield Baptist Church, 2 Chapel Rd.,
Dixfield
207-562-7470

Mon. & Tue., 9am-12pm

Fryburg Assembly of God

8 Drift Rd., Fryeburg
207-935-3129

Wed., 9am-3pm; Thu. & Fri., 9am-
12pm

Grampa Food Pantry

163 Main St Mexico
207 364 8603

Mon 2-3:30p Wed 6-7:30p

Hartford Food Pantry

Hartford Town Hall, Main St., Hartford
207-224-7184

1st Mon., 4-5pm

STOP

And look at this page
with the **WE** app

Available in the iTunes App Store



WHEN **WE** STAND TOGETHER
WE CHANGE THE WORLD

1. Download the **We** app to your Apple device.
2. Launch the app and look at this page with it.
3. Experience the magic of augmented reality.

varlio

Our treatment facility feels just like home.



YOUR HOME.

Now you can recover from drug and alcohol abuse without leaving your home, your family or your career.



RECOVERY CARE

Drug and alcohol addiction is a serious illness. So **results matter**. Aware Recovery Care's unique and innovative **In-home Addiction Treatment** program is delivering them. Statistics shows that our **integrated medical care** and **compassionate monitoring**—provided in the privacy of a client's residence—promotes lasting recovery.

Reduction in ER admissions:



We are an in-network provider for Anthem Blue Cross and Blue Shield.

500 Southborough Drive #205 | South Portland, ME 04106 | 207.203.9097 | AwareRecoveryCare.com