

Journey

making recovery from addiction visible

Aug/Sept 2024 • Issue 34



Danielle Rideout

Using Her Recovery to Help Others

The Healing Power of Community

The Basics:
Addiction
Treatment
Recovery

Why Not
Ask for Help?



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Carolyn Delaney

Community Engagement & Circulation

Brenda Briggs

Niki Curtis

Business Development

Carolyn Delaney

Operations & Editorial

Joanna Free

Mickie Kucinkas

Peter Rosasco

Emma Simard

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PO Box 15134

Portland, ME 04112

info@journey-magazine.com

(207) 679-5005

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Cover

Danielle Rideout

Photo by Brian Delaney

Layout

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On Sunday mornings, I join a group of people on Zoom for a book study. Because of this study, I also talk every week with an accountability buddy about our homework and what resonated.

Even though I'll probably never meet these people in person, this experience has been very rewarding and has made my life better in many ways. As I read the articles in this issue, I feel very thankful for these times when we can create communities both in person and online.

Today, I'm anchored in communities I've been in for decades and am joining new ones for different reasons. These include growing spiritually, learning skills to run *Journey*, and forming new habits.

Our article, "*Why Not Ask for Help?*" talks about the barriers people face when struggling with addiction. I also see how the barriers apply when asking for help for spiritual growth, learning business skills, and changing habits.

I've learned that when I find a path, choose a teacher, and join a group of people on the same path, the possibilities are endless. Our potential — as individuals and in community — is limitless.

From the Publisher



In this issue, we cover the basics of addiction, treatment, and recovery with help from subject matter experts from the Addiction Policy Forum and the Recovery Research Institute. Their work in these areas is vital, and we believe more people should see it — so we've put it in print. A special thank you to those organizations.

Please share what you learn about addiction, treatment, and recovery. With forty million people struggling with active addiction, twenty-six million in recovery, and 46% of people in the United States affected, what we know and how we talk about it affects everyone.

We can all amplify hope.

Grateful, *Carolyn*

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Find your local Liaison on our website, and connect with us on social media @knowyouroptionsme to help spread the word that in Maine, recovery is an option for everyone.



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Danielle Rideout

Using Her Own Recovery to Help Others

Danielle Rideout grew up on an island off the coast of Maine. She felt embraced by her tight-knit community, but that wasn't enough to beat out the alcohol and drugs that filled a void she had felt from very early on in life.

"As soon as I tried drugs and alcohol, it hit me that this was what had been missing from my life. This is what's going to make me feel safe in my own skin."

Danielle first experimented with alcohol when she was 12 years old. She started using opiates at age 15 years.

"In my junior and senior years in high school, I remember being so sick because I either didn't use the night before or I used that morning and I was nauseous from that. And it was just this vicious cycle. But I was weirdly okay with it because this is what made me feel okay."

Danielle entered treatment for the first time before she graduated high school.

"I started young and got sober young," Danielle confirms.

This included detox and attending a 12-step program with a friend. Although she recognized and appreciated the help she was receiving, unfortunately, her recovery didn't stick. She was in and out of treatment between the ages of 17 and 22.

Danielle also got a job lobstering after high school and entered into a "work hard, play hard" phase in her life where she put in long hours on the lobster boat, but in her own time, she had begun using drugs.

During these tumultuous years, Danielle knows that she was lucky to always have one constant: the support and encouragement she received from her family to keep trying to get and stay sober.

"Whether it was my mom, my brother, my uncles, my cousins, my grandmother... I always knew I had a place to go and I knew I always had someone to be there for me."

Danielle met her husband when she was 21 but continued using through the early years of this relationship [her husband does not have a substance use disorder].

When she was 23, Danielle found out she was pregnant.

This finally gave her the courage to make a change.

"I knew that I couldn't be the mom I wanted to be and use drugs, so I got on Suboxone and ended up staying sober throughout my pregnancy."

Danielle was fortunate to connect with a pilot program at Mercy Hospital for moms in recovery using



Suboxone. "In group, we would talk about recovery and pregnancy and parenting. Nurses came in to help us prepare and set up to succeed. It was the greatest program."

Danielle stayed connected with the mom's group after giving birth to her daughter. "But when she was about three months old, I ended up relapsing."

This time, however, Danielle was determined to get into recovery and stay there. After striking out at two treatment centers, the new mom found her way back to the 12-step program.

"I spent every day of the first three years of my recovery in a 12-step meeting. I stayed on Suboxone. I got a sponsor. I worked the steps."

And then something else changed for Danielle. As her own recovery took root, she knew that she wanted to reach out and help others.

“I don’t really ever do things halfway, so I wasn’t just going to be in recovery. I also wanted to become a substance use counselor, so I worked for it and got my counseling license.”

Danielle loved her job working in a methadone clinic and continued her own recovery by successfully tapering off Suboxone. She also added fitness to her daily routine, which she said was a key part in helping deal with the side effects of ending Suboxone.

In the 17 years since, Danielle has volunteered with family crisis services and other helping agencies, obtained a bachelor’s degree in criminal justice and a master’s degree in counseling, served as the Westbrook Police Department’s recovery liaison, and began teaching a recovery-friendly

Phoenix class at Crossfit Yarmouth. “The gym has become another place of community for me. I have developed amazing friendships there, and it has given my family a healthy way to spend time together.”

She and her husband also had their second child, a son.

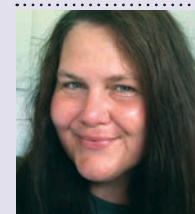
Today, she’s a counselor in private practice who specializes in working with individuals and families experiencing substance use disorder as well as people involved in the criminal justice system and pregnancy/parenting issues.

Danielle views her work helping others on their recovery journey to be a privilege. “Every time someone walks into my office, I feel like I have the privilege of being there with them, of hearing their story and being a safe place for them to share that shame in hopes that over time it lessens. This is powerful work.”

Danielle’s openness about her own recovery journey has also helped open doors as she connects people with recovery resources she has personally experienced.

To Danielle, this is part of being a good member of the Maine recovery community, which in many ways resembles the large family and tight-knit island community of her origins.

“I’m trying to do what my family and the island did for me, I guess, by building a sense of community for people, a sense of connection and belonging...to help them know that support is there when they are ready.”



Jacqueline Brown is a freelance writer from Southern Maine who regularly contributes to national and regional publications. A former public school teacher in the Boston area, Jacqueline is the published author of several books for children and is a past recipient of the Maine Literary Award for Children's Literature.

The Phoenix

The Phoenix, A National Sober Active Community, is a nonprofit organization that provides a supportive and active community for anyone impacted by substance use.

The Phoenix offers free programs and activities for anyone with at least 48 hours of continuous sobriety. The organization aims to foster a supportive environment that promotes sobriety through physical activity and community.

Key aspects of The Phoenix include:

Community Focus

The Phoenix emphasizes building a strong, supportive community where members can connect with others who share similar experiences and goals.

Free Activities

All programs are free for members who have 48 hours of continuous sobriety. Activities include yoga, climbing, running, cycling, CrossFit, hiking, and more.

Inclusive Environment

The Phoenix welcomes individuals from all backgrounds and stages of recovery, including allies and supporters, aiming to create an inclusive and non-judgmental space.

Nationwide Presence

The organization has expanded its reach across the United States, offering both in-person and virtual events to accommodate a wide range of participants. Their free mobile app makes it easier than ever to connect with other community members and register for events.

Focus on Physical and Mental Health

By promoting physical activity and

healthy lifestyle choices, The Phoenix helps members build resilience, improve their physical and mental health, and sustain long-term recovery.

They’re fueling a movement that builds on the power of community and belonging to change how society approaches addiction and recovery.

By providing hundreds of weekly sober events and activities, they’re creating safe spaces for all individuals to connect, build friendships, find support, and have fun.

Visit them online at thephoenix.org or download their free mobile app by searching “The Phoenix: a sober community” on the Apple Store and Google Play.



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

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Falmouth Congregational Church

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

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

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

email: virtual@thefamilyrestored.org
for meeting links

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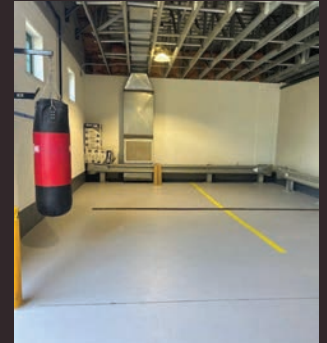
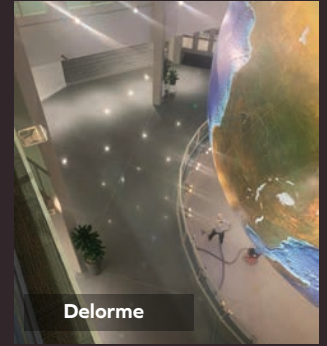
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The Basics

ADDICTION

Addiction is often misunderstood and judged harshly. However, it's not a sign of weakness or a moral failing. It's a medical condition that affects many people worldwide.

Let's explore what addiction really is, how it develops, and the importance of seeking help early.

What Happens in the Brain?

Addiction starts in the brain. It's important to know that certain areas of the brain play a big role in addiction. Our brains are wired to make us feel good when we do something enjoyable, like eating or socializing, by releasing a chemical called dopamine. Normally, this helps us survive and thrive.

However, when someone uses drugs or alcohol, these substances can hijack this system, making the brain release more dopamine and making the person want to keep using the substance to get that good feeling again. Over time, their brain starts to think that the substance is as necessary as food or water.

Why Do Some People Get Addicted?

Not everyone who uses drugs or alcohol will become addicted.

Factors like genetics, environment, and the age when someone first uses substances all play a part.

Early use can increase the risk because the brain is still developing.

Understanding the Risks

Different substances affect people differently. For example, while only a small percentage of people who drink alcohol become addicted, a much higher percentage of heroin users develop an addiction. Recognizing who is at risk and the factors that contribute can help prevent addiction.

Measuring Addiction's Severity

Like other illnesses, addiction can vary in severity—mild, moderate, or severe. Understanding the level of severity helps doctors create the best treatment plan. This might include different types of care depending on how much the addiction affects the person's life.

The Myth of Hitting Rock Bottom

Many believe that a person must reach their lowest point to start recovery. However, this is not true and can be dangerous. Early intervention can prevent serious consequences, just like early treatment for other diseases.

Addiction is a complex but treatable brain disorder, not a character flaw. By understanding how it works and the factors that influence it, we can better support those affected and improve the chances of successful recovery.

Early help is key to overcoming addiction.

Thank you to the Addiction Policy Forum for letting us extract this information from their "Addiction 101" video series.

Addiction Policy Forum aims to integrate all aspects of addiction response—from prevention and treatment to recovery and support—into a unified action plan, addressing the crisis at both local and national levels. Visit them at addictionpolicy.org

Use this QR code to view the full series.



The Basics

TREATMENT

Navigating Addiction and Treatment: A Guide for Families is a helpful book created by the Addiction Policy Forum. It gives clear and simple advice on different ways to treat addiction, how to talk to loved ones about it, and how to take care of yourself during this challenging time.

With tips from top doctors and researchers, this guide helps families find the best ways to support their loved ones and shows that recovery is possible for everyone.

Treatment Settings

Inpatient/Residential Programs:

These provide intensive care in a residential setting, ideal for those requiring a structured environment.

Partial Hospitalization Programs (PHP):

These are suitable for patients who need intensive care but can still live at home.

Intensive Outpatient Programs (IOP):

These offer substantial support while allowing patients to maintain their daily routines.

Outpatient Programs (OP): Less intensive, these programs are ideal for those with strong external support systems.

Detoxification: This setting is crucial for managing withdrawal symptoms under medical supervision.

Opioid Treatment Programs (OTP):

Specialized programs for those with opioid use disorders.

Office-Based Opioid Treatment:

Treatment administered in a doctor's office, often involving medication.

Types of Services and Interventions

Assessment: Comprehensive evaluations to identify the severity of SUD and any co-occurring conditions.

Cognitive Behavioral Therapy (CBT):

Helps patients identify and change harmful behaviors and thought patterns.

Counseling:

Individual or group sessions to provide emotional support and guidance.

Contingency Management:

Uses positive reinforcement to encourage sobriety.

Medications for Addiction

Treatment (MAT): Includes medications to manage withdrawal symptoms, reduce cravings, and treat co-occurring conditions.

Mutual Aid Support Groups:

Groups like Alcoholics Anonymous (AA), Narcotics Anonymous (NA), LifeRing, Wellbriety, SMART Recovery provide peer support.

Family Therapy: Involves family members in the recovery process to improve support systems.

Medications for Addiction Treatment

Opioid Use Disorder (OUD): Medications such as methadone, buprenorphine, and naltrexone help manage cravings and withdrawal symptoms.

Alcohol Use Disorder: Medications like disulfiram, acamprosate, and naltrexone are used to reduce drinking.

Tobacco Use Disorder: Nicotine replacement therapies (patches, gum) and medications like bupropion and varenicline are used.

Long-Acting Injectables and Implants

Long-acting formulations (e.g., naltrexone injections) provide extended relief from cravings and help ensure medication adherence.

Payment Options for Treatment

Coverage from private insurance, employer-sponsored plans, government insurance (Medicaid/Medicare), self-pay and scholarships.

It is important to check with insurers about coverage specifics, prior authorization requirements, out-of-pocket expenses, and treatment limits.

The Guide serves as a starting point for understanding the many treatment options available for addiction recovery. We encourage you to explore the guide, and share your experiences to help others.

The Addiction Policy Forum aims to integrate all aspects of addiction response—from prevention and treatment to recovery and support—into a unified action plan, addressing the crisis at both local and national levels. Visit them at addictionpolicy.org

Use this QR code to view the guide.



The Basics

RECOVERY

Recovery from a substance use disorder is defined as a process of improved physical, psychological, and social well-being and health after having suffered from a substance-related condition.

There are several other ways in which recovery can be defined — some, for example, mention the resolution of a substance use problem, while others specify abstinence.

Here are some fast facts:

The Words You Use Matter

When talking about addiction and recovery, it's important to be careful with your words. Using kind and respectful language helps. For more information, see the Addictionary at recoveryanswers.org.

Keep an Eye on Recovery

Addiction is a long-term condition, and the chance of slipping back is high, even after a long time without using. It usually takes about five years to be at no greater risk than anyone else. Continuous care and support are important for many years.

Don't Lose Hope with Setbacks

Sometimes, people may start using again. It's important not to give up. Recovery takes time, and setbacks can happen.

Early Help is Best

The sooner addiction is found and treated, the faster people can fully recover.

Different Ways to Recover

There are many ways to get better from addiction. These include medicine, therapy, support groups, and sometimes people do it on their own. All ways are good and should be supported.

Support Services

There are a variety of support services available. **FREE** recovery programs like SMART Recovery, LifeRing, Alcoholics Anonymous (AA), Nicotine Anonymous and many others (see pages 32-33). Additionally, many states now have recovery community centers, recovery residences and recovery coaches to support people in recovery.

Family Support

Families also need help when a loved one has an addiction. Getting outside help can break negative patterns and support recovery. Families benefit from getting help for themselves too.

Good Chances of Getting Better

Addiction has a good chance of recovery compared to many other illnesses. Between 42%-66% of people with addiction fully recover, though it can take time.

In summary, supporting recovery from addiction means using kind words, giving ongoing support, and recognizing the many ways people can recover.

Early help and continued care make recovery not just possible, but likely.

Use this QR code to visit the website for more information.





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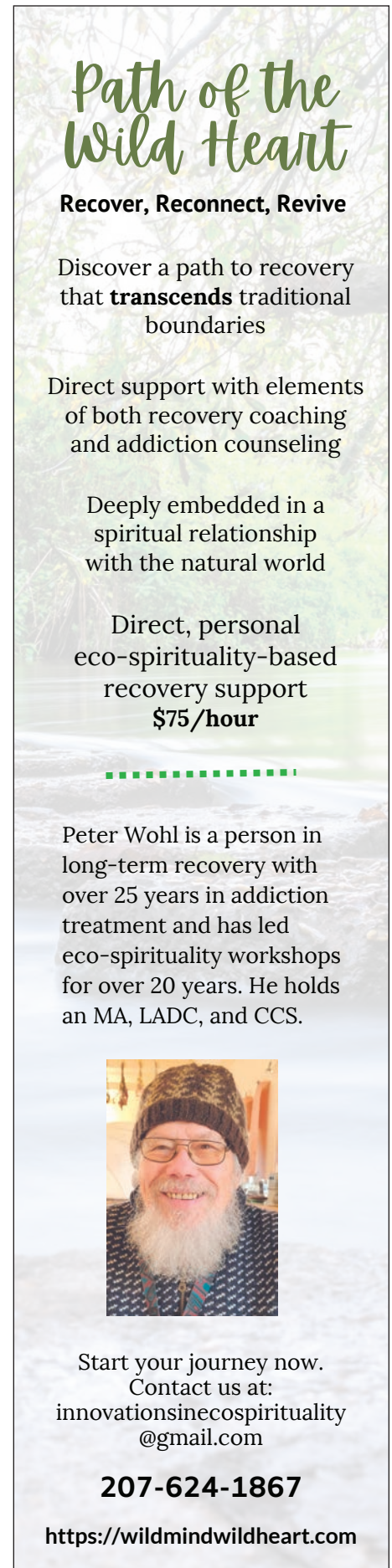
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Exploring Treatment Options

A Path to a Beginning

by **Jacqueline Brown**

If you or a loved one have realized there may be a need for treatment for substance use disorder, you might feel confused about the many different options available in Maine. Medical detox, inpatient residential, outpatient treatment, 12-step groups ... how do you know which one to choose?

It's normal to feel overwhelmed and unsure where to start.

As Adam Tarr, Business Development and Outreach Coordinator at Liberty Bay Recovery Center in Portland, explains, "When people hear the word treatment, everyone thinks something different. One person might think AA, someone else thinks of a psychiatric unit. These two examples are at complete opposite ends of the spectrum."

To cut through what may feel like an overwhelming array of choices and get the answer to this question, Adam recommends picking up the

phone. This first phone call places you in the hands of someone who can guide you through the process of connecting to the right help and treatment. [See next page for hotline numbers.]

What can you expect in this call? "To begin to understand needs, the type of questions about how much, how often, what are you using, what are you drinking, what your treatment history looks like... this screening is really to see the whole picture of the whole person," says Adam.

According to Debra Poulin, LCSW, CCS, Director of Clinical Services for Maine's Office of Behavioral Health, there are a number of different treatment options that may be decided upon when someone is admitted for treatment. These options include:

Inpatient treatment programs that offer intensive care in a residential setting. Residential programs are designed to support individuals who may

also be experiencing significant social or psychological challenges in addition to struggles with addiction. Inpatient programs place emphasis on helping the individual set up structures in their life for greater success after discharge. Detox may be part of the inpatient process.

Outpatient treatment programs (OP) provide individual and group therapy as well as relapse prevention training.

Intensive outpatient programs (IOP), another option, typically offer structured substance use treatment three to four days per week, generally for a total of three to four weeks.

Partial Hospitalization Program (PHP) is a type of structured mental health treatment that is more intensive than traditional outpatient care but less intensive than full inpatient hospitalization. PHP provides a high level of care and support for individuals who need more supervision and treatment than

regular outpatient services but do not require 24-hour care.

Medication-Assisted Treatment (MAT) is a treatment option that combines medication with counseling to help manage withdrawal symptoms and cravings for those experiencing opioid and opiate dependence.

Medication is supervised and monitored by a medical provider, typically through an outpatient medical or behavioral health center or inpatient residential setting.

Adam explains what these options look like. “The highest level of care for inpatient treatment with substance use disorder is detoxification. In detox, you stay at the facility and get medication to help you taper off substances. Once you’re off the detox meds, you usually move to residential care. You attend programming and groups every day, and there are nurses and other professionals on site.”

As for outpatient treatment, Adam explains how they function. “PHP is programming five to six days a week, IOP is three to five days a week, and then OP is one day a week.” You can start at the most restrictive level of care (inpatient) and work your way through to the least restrictive level (OP).”

Good Questions to Ask

You will be asked to provide extensive information during an intake phone conversation, including questions about substance use.

However, also be prepared to answer questions about health insurance coverage or coverage by MaineCare, and whether you need transportation to the facility.

That initial call is also an opportunity for you to ask your questions. Adam recommends that the first question you ask any treatment facility is whether they have a bed available.

“If you’re looking for immediate treatment and the facility isn’t expecting a bed to be open for a few weeks, get this question answered early on in the call to save on time and frustration,” says Adam.

Individuals entering inpatient treatment may want to ask about what to bring, including clothing and bedding.

If help is needed to obtain leave from work, ask if the center offers a liaison to help coordinate this, or can advise on how to proceed.

Self-pay individuals should ask about payment plans or other financing options.

Another common question Adam says gets asked all the time is, “Can I smoke cigarettes?” and the answer varies by treatment center.

Maine Cares

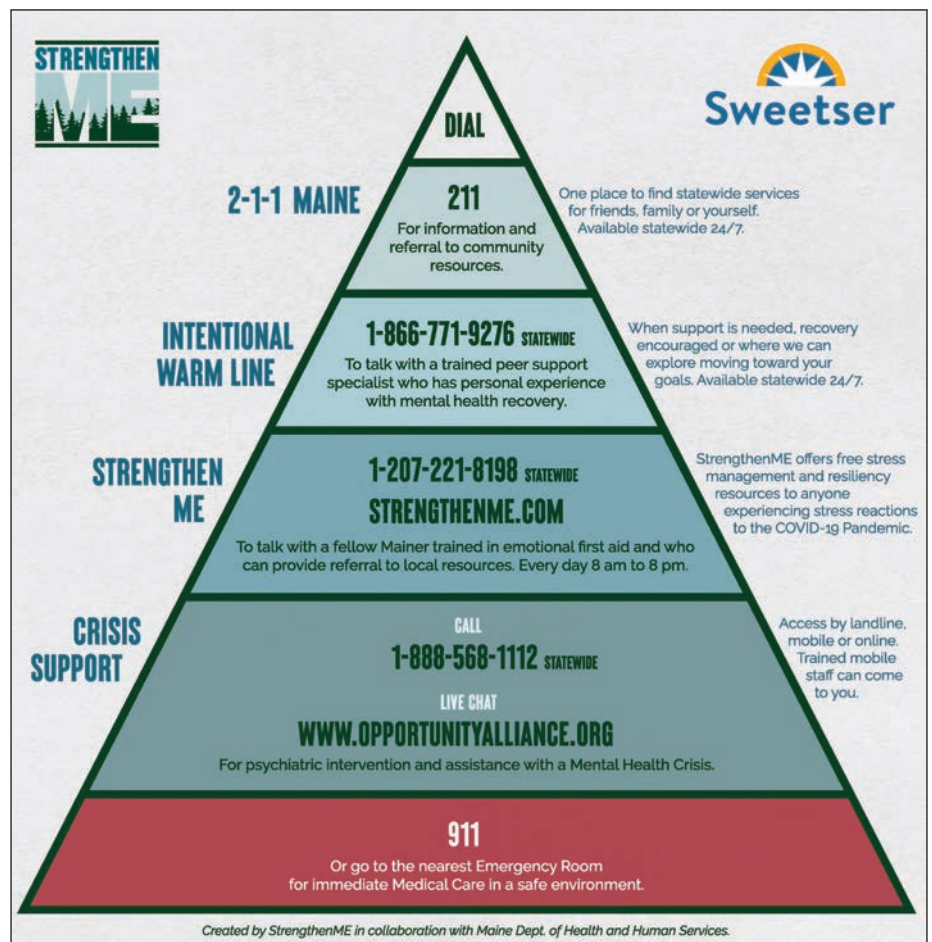
Whatever is determined as the best path forward into recovery, Debra Poulin wants Mainers to know that recovery help is available to all Mainers who are ready to take that first step.

As Debra wants anyone in need of help with addiction to know, “Your recovery journey is personal and unique to you. You are in charge of leading the way, but you don’t have to journey alone.”



Jacqueline Brown is a freelance writer from Southern Maine who regularly contributes to national and regional publications. A former public school teacher in the Boston area, Jacqueline is the published author of several books for children and is a past recipient of the Maine Literary Award for Children’s Literature.

AT-A-GLANCE



Why Not Ask for Help?

Understanding the Barriers



Addiction affects many people and their communities. Even though there are many ways to get help, people with addiction often don't ask for it.

Understanding why can help us create supportive environments that encourage the ask.

Believing they should handle it alone can stop them from asking for help because they feel embarrassed or think they should manage on their own.

Fear of judgment and concerned about what others will think if they find out about their addiction. They fear being judged or seen as weak, which keeps them from seeking the help they need.

Not ready to change because they might not realize they need help or know about the support available.

Cost of treatment can be expensive. Without enough money or insurance, many find it hard to afford the help they need.

Lack of treatment options due to long wait times and issues like no transportation or childcare can make it hard to access care.

Unsupportive social circles of family and friends and some perhaps even encourage their addiction, it's much harder for them to seek help.

Stigma makes people afraid to ask for help because they don't want to be labeled negatively.

Shame and guilt about their situation or belief they should handle it on their own without burdening others.

Fear of rejection can be very strong if they have faced negative reactions before when disclosing their struggles.

Lack of awareness and some don't know about the resources and support available.

Misinformation and myths can also be barriers. Beliefs that addiction is a moral failing or that one must hit "rock bottom" before seeking help can prevent early intervention.

Cultural norms can prevent people from talking about personal problems or mental health issues because it's a taboo in their culture.

Fear of consequences such as losing their job, facing legal issues, or damaging relationships if they seek help. This fear can be a powerful barrier.

Financial barriers due to the cost of treatment and lack of insurance coverage are significant barriers. Many people don't have the financial resources to afford professional treatment.

Lack of trust in treatment systems due to previous bad experiences with treatment providers or are skeptical about the effectiveness of treatment can make people reluctant to seek help.

Mental health issues like depression, anxiety, or trauma can complicate the decision to seek help. These conditions can make people feel overwhelmed or believe their problems are insurmountable. Each one of us can help make it easier for people to get the help they need.

Here are some ways you can make a big difference:

Learn and share what you learn with your friends and family. This helps everyone understand that addiction is a health issue, not a bad choice.

Fight stigma by always using kind and respectful words when talking about addiction. If you hear someone saying hurtful things, speak up and explain why those words are harmful.

Create a supportive community by being a friend to those in recovery. Invite them to join community events and activities.

Respect differences by learning about different cultures and how they view addiction. Support programs that respect these differences and provide the right kind of help for everyone.

By doing these things, you can help create a community where people feel safe and supported in seeking help for addiction. Your actions can make a big difference in their journey to recovery.



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How EFT Builds Stronger Communities

by Karen St. Clair

Emotional Freedom Techniques (EFT), commonly known as EFT Tapping, has emerged as a powerful tool not only for individual healing but also for bringing communities together. This simple yet effective method combines elements of cognitive therapy with acupressure, offering a unique approach to managing stress, anxiety, and a wide range of emotional and physical issues.

This process helps to calm the body's stress response and promote emotional balance. What makes EFT Tapping particularly suited for community building is its accessibility, ease of learning, and capacity for individual or group practice.

The Most Portable Modality for Stress and Anxiety Management

One key advantage of EFT Tapping is its portability. Unlike many other stress-management techniques that require specific equipment or environments, EFT Tapping can be performed anywhere, at any time. This makes it an invaluable tool for managing stress and anxiety at every step of recovery.

As more research continues to validate the effectiveness of EFT Tapping, its integration into mainstream healthcare and community wellness programs is likely to increase. The simplicity, portability, and effectiveness of this technique make it a valuable resource for individuals and communities seeking to improve

their emotional and physical health in an increasingly stressful world and has made it a go-to source of peace and calm in our fast-paced lifestyles. Many professionals in high-stress industries have incorporated it into their daily routines.

How does EFT work?

At its core, EFT Tapping involves gently tapping on specific acupressure points while focusing on thoughts or emotions. This process has been shown to calm the amygdala, the part of the brain responsible for processing emotions, particularly fear and stress.

Numerous scientific studies have demonstrated the efficacy of EFT Tapping in reducing cortisol levels, the primary stress hormone, and regulating the body's stress response.

The power of EFT Tapping lies not only in its effectiveness but also in its accessibility. Communities across Maine have embraced this technique, incorporating it into various aspects of daily life, from schools to healthcare facilities.

Karen leads EFT Tapping workshop trainings at MaineHealth/Maine Medical Center and at other companies teaching staff members the powerful benefits of EFT for self-care.

Follow up testimonials underscore workshop participant's long-term EFT positive results:

- *"I'm amazed at the relaxed feeling that EFT brought to me."*
- *"What I liked best about the EFT workshop was that it moved my trauma out!"*



- *"The entire class was awesome! So easy to learn and very useful."*
- *"I enjoyed the sample exercises we used to learn EFT. You made it so easy."*

EFT Tapping has proven to work gently, thoroughly, and effectively across a wide range of issues.

The Science Behind EFT Tapping

A 2019 meta-analysis published in the *Journal of Evidence-Based Integrative Medicine* reviewed over 100 studies on EFT Tapping, finding "Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health." The analysis concluded that EFT Tapping is a safe and effective treatment for anxiety, depression, and PTSD, with large effect sizes and long-lasting results.

Community Impact: Success Stories from Maine and Beyond

• **Therapists:** “I’ve been recommending EFT Tapping to my clients for years. It’s particularly effective for those in recovery from addiction or trauma. They can use it discreetly in any situation where they feel triggered or overwhelmed, providing immediate relief and support.”

• **Teachers:** “EFT has brought a significant improvement in our students’ stress levels and academic performance. Many of them now use tapping before exams and presentations, and the results have been remarkable.”

• **Vietnam War Veterans:** “EFT Tapping has been a game-changer for me and many of my fellow veterans. It’s helped us manage PTSD symptoms more effectively than any other technique we’ve tried. The best part is that we can do it anytime, anywhere.”

• **Corporate Managers:** “I used to struggle with work-related stress and anxiety. Since learning EFT Tapping, I’ve been able to manage my stress levels much more effectively. I do a quick tapping session during my lunch break or even in the restroom if I’m feeling overwhelmed. It’s been a lifesaver in high-pressure situations.”

As more people experience its benefits, EFT Tapping is poised to play an increasingly important role in fostering community and well-being for all.

.....
Contact Karen St. Clair to learn EFT Tapping in private sessions, in workshop settings, or as a presenter at your next business function. Karen is an Accredited Certified EFT International Practitioner/Master Trainer NQT, Reiki Master of Masters, international best-selling author, speaker, founder of Reiki Tap RenewalSM and a highly skilled professional with a true gift for facilitating her clients’ life-changing outcomes. karenstclairEFT.com
.....

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- Recovery & Well-being Alliance
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** source: National Institute of Drug Abuse



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Building Community with Food

In partnership with
Hannaford Supermarkets

Whether it's within our own communities or through dishes that link us to cultures around the world, food ties us to one another. It connects us with friends and bonds us to family (including loved ones who are no longer able to be at our family table). In this light, food unites us. It does more than simply support our health but nourishes and enhances our sense of community too.

There are ways to build community through food. We can connect with neighbors and community programs or support local growers.

Supporting Local Farms

When we support our local farms we're doing more than just ensuring we have fresh homegrown foods in our home. A visit to a local grower reminds us of the seasonal produce available in our region, while increasing our awareness of how to maintain local lands. It supports nearby farmers so they can continue their essential work, while building our local economy and community. To find out more about your local growers visit the USDA Local Food Directory website (usdalocalfoodportal.com).

Community Gardens

Along with local farms, community gardens bring people together through the act of growing nutritious food. A simple garden becomes the foundation for sharing produce among gardeners, which then usually extends to others in the community. The simple act of maintaining a garden brings neighbors together to share more than just tips for ensuring an abundant crop, the garden becomes a hub for connection and building partnerships.

Soup Kitchens and Food Pantries

Whether it's by donating, serving, or making food deliveries to those in need, non-profit soup kitchens and food pantries are the building blocks of a strong community. When we embrace opportunities to volunteer for these organizations, we're ensuring that our neighbors have nutritious meals. This type of meaningful community service reminds us that a community thrives when we lift each other.

Celebrating culture

We're reminded just how small the world is when we embrace ethnic recipes and celebrate culture through food. Intentionally incorporate international cuisine into your home as an opportunity to try new flavors and as a teachable moment for young eaters. For inspiration, check out the robust "world flavors" recipe collection on Hannaford.com.

Generational Recipes

Preparing a dish that's been made year after year, in many different homes, connects generations. There's something special about family cooking together and making memories in the kitchen. While food is the reason for the connection, it quickly becomes much more. It maintains the spirit of loved ones no longer with us, while ensuring the next generation can continue to pass down recipes and tradition too.

Potluck Meals

Savoring memorable meals with friends is a beautiful way to build bonds through food. It's even better when friends come around the table with their favorite dishes to create an eclectic potluck meal. Invite friends to bring dishes that are meaningful to them or that tell a story they can share. In this

light, food doesn't just bring friends together, it creates lasting memories and builds friendships.

Cookbook Club

If a traditional book club doesn't work for you, consider a cookbook club instead. Your club can individually select recipes to prepare for one another and come together to share dishes, along with your impressions and thoughts on the book. It's a beautiful way to grow your cookbook collection while exploring food with friends.

Meal Prep with Friends

Meal prepping for the week is helpful, but can also be burdensome and make your already-too-short weekend seem even shorter. Instead, turn this task into something to look forward to (and more efficient) by inviting friends over to prep together. Plan to prepare meals alongside one another, resulting in several prepped meals made at once. Your fridge and freezer will be stocked. And a difficult chore will become time to connect with friends.

We're here to help

Hannaford has a long history of supporting organizations and programs that help keep our local communities healthy and thriving. The Hannaford Dietitian team has helped Hannaford customers make more nutritious choices for over 20 years. Whether it's through virtual classes, store tours or weekly in-store demonstrations, your Hannaford Dietitians are here for you with meal ideas, grocery lists, healthy eating tips, and more. Hannaford.com/dietitians.



Allison Stowell MS RD CDN is a dietitian for Hannaford Supermarket. The Hannaford Dietitian team offers free online classes, in-store tours and more for the communities it serves. Visit Hannaford.com/dietitians.

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Scan the QR Code and check out our in-person and virtual events today!

A Flourishing Life

Cameron Obremski's Story

by Gabrielle Gilbert

Cameron Obremski is a vibrant musician and a recovering addict. Growing up, Cameron was, “an outcast in my soul” making fast friends with the kids who got into trouble. He started smoking cigarettes before double digits and was an active user before his twenties. He experienced homelessness and jail time. As an adult, Cameron used whoever and whatever he could. Whenever he was given another chance, Cameron took more than his share. He was in and out of rehabs and detoxes for years making the same bad decisions.

Then he started making different decisions.

“I was lucky that I survived,” he says. When he was accepted into the Salvation Army for the third time, he committed himself to sobriety. Rather than staying stuck, Cameron changed his tune. He found a sponsor, did the steps, distanced himself from friends, and reflected on himself. “It helped me see that if I let myself, I would continue to destroy my life.”

Doors opened to a new world for Cameron and it challenged him to keep changing.

He minded his urges and learned to say “no” to them, whether it was girls, drugs, or petty crimes. He says now, “Sometimes I get urges and I want to do the wrong thing. Those thoughts are there, you know what I mean? I just notice them and I don’t do those things anymore and that’s how it goes. It registers in my heart, it goes through my mind and it’s like, ‘You’re a weirdo. You don’t do those things anymore.’” He goes on to say, “I just change one thing, and I change another thing, and another thing, and my life flourishes.”

Cameron found himself holding onto anger and pride and harmful relationships even in recovery and began approaching them as someone new, someone kinder and softer. God began putting him in more healthy dynamics. He found friendships in sober living homes and sober coworkers.

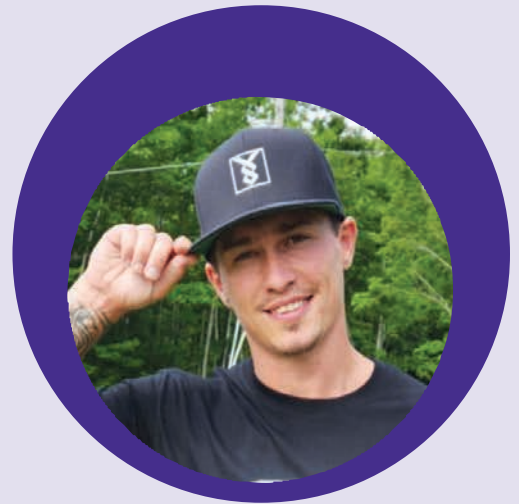
He began writing music again. He got a cat. He fell in love.

Cameron had to learn how to let love in by looking in the mirror and making changes toward compassion and away from aggression. “I melted because of my cat,” he says, “I’ve seen new hope because of her.” When he would yell, his beloved cat Belle would run and hide from him on instinct. Cameron had to change, he didn’t want to chase love away. This demanded hard, constant work of learning who he was underneath it all and evolving into a more loving person.

His wife, Arielle, nurtured a lot of the good within Cameron. “In my ugliest moments, she loved me,” he says. “She made me notice that I didn’t have to be a bad person...She helped me become a new person. God just took me and was like, ‘You see this? Everyone around you is showing you that this is who you are. Why aren’t you being who I meant for you to be?’”

After years of trying to protect himself by burning bridges and keeping people away, Cameron had to start letting all the love in and allow it to change him and grow a new life.

“I know I’m strong because I fight my emotions all the time.” Cameron says, “When I quit drugs, I knew I could do anything. I wish I could give that to people. I get emotional [about this] all the time. I love people so much...we’re supposed to live our



whole lives and learn things. My whole message, everything I put out there, everything I do, the way I live, I want to encourage people to just try, just try.”

Cameron’s heart grows bigger by the day. He holds space for difference and difficulty and encourages everyone to get real with themselves, to look in the mirror with compassion, and discover their hang-ups and mistakes, as well as their light and dreams.

Everyone misses out when we miss out on ourselves. “I know I can be better.” He says, “If I could come from where I was to be where I am now, look at where I’m gonna be next year. And if I continuously evolve, I can’t even imagine.”

Cameron’s life now revolves around simple, organic living and maintaining the relationships in his life that keep him on his beautiful path. It’s easy for him to look around and love life, seeing it all as a gift but a gift he has worked hard to achieve and is consistently supporting himself to grow. Joyfully, he says, “I’m at the safest place I’ve ever been in my entire life. This [life] is the coolest, weirdest adventure that I’ve ever been on.”



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

HELPING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

You may suspect or discover your loved one is dealing with a mental illness, drinking too much, or using drugs. As a family member, you can play a central role in getting them the help they need.

REMEMBER MENTAL AND SUBSTANCE USE DISORDERS ARE TREATABLE

People can, and do, recover. Family support can make all the difference. For more information, visit www.SAMHSA.gov/families.

TALK TO YOUR LOVED ONE

Express your concern and tell them that you're there to help. Create a judgement-free and loving environment to foster conversation and openness.

SEEK SUPPORT

If you or a loved one needs help, call **1-800-662-HELP (4357)** for free and confidential information and treatment referral.



BE OPEN

Discuss your family history of mental illness or drug and alcohol use, if relevant. It may help your loved one feel less alone.



BE SURE TO CARE FOR YOURSELF TOO

Being a caregiver can be highly stressful and emotionally draining.



SHOW COMPASSION

Be patient as you help your loved one locate resources and treatment services.



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

Stepping Deeper into Recovery

by Elaine Shamos
and Glenn Simpson

Attending the 12-step programs of AA and AlAnon have long been a gold standard for individual's recovery from substance use and those who are in a relationship with someone in addiction recovery. The positive impact of having these kinds of communities where one can share anonymously as well as apply the 12-step principles has been well documented.

In our practice, we have found it helpful to explore even deeper recovery with two other 12-step inspired programs: Adult Children of Alcoholics and Dysfunctional Families (ACA) and Recovering Couples Anonymous (RCA). Exploring the benefit of either or both these support programs can have a significant positive impact on couples in recovery.

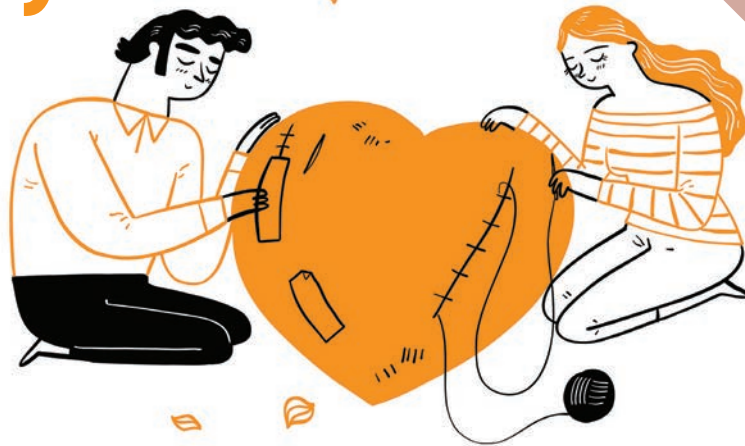
Understanding Adult Children of Alcoholics (ACA)

Growing up in an alcoholic or dysfunctional home, the child can create coping strategies for safety and security that leave them ill prepared to function in a long-lasting relationship. They struggle with boundaries, how to get their needs met as an adult, past trauma of emotional or physical abuse, and feelings of shame or blame.

Common Traits of Adult Children of Alcoholics

(adapted from "The Laundry List" (1978))

- Isolated; fear of others (especially authority figures), mistrust of others
- Seeking approval at the cost of identity loss, hiding feelings
- Fraught relationship with alcohol or other substances/compulsive, high-reward behaviors



- Strong feelings of martyrdom/ attracted to weakness in personal relationships
- Tendency to become codependent; intense desire to people-please
- Fear of being abandoned; willing to do/put up with anything to maintain relationships
- Intense sense of disconnect with emotions; difficulty expressing yourself
- Low self-esteem; harshly judgmental of yourself; not worthy of love and respect

For more information and meeting lists, go to <https://adultchildren.org>

While ACA focuses on individual recovery and coping strategies, there are also valuable resources available for couples who wish to work on their relationship dynamics together.

One resource is Recovering Couples Anonymous (RCA), a program specifically designed to help couples develop healthier communication and intimacy.

What is Recovering Couples Anonymous (RCA)

The primary purpose of RCA is to help couples with the destructive patterns in their relationships and establish healthy communication skills, caring, intimacy, and freedom from childhood patterns.

This group has adapted the 12 steps of AA, although there is no organizational affiliation with AA. These free meetings are open to any couple. They do not intend to replace a couple's sessions with their therapists, but rather seen as augmenting that work. The only requirement is the desire to remain committed to each other and work to develop new intimacy. Using the 12-step format participants share their experience, strength, and hope. It is therapeutic to learn that one is not alone in these struggles and using tools of the program, couples can learn to grow and take responsibility for the well-being of their relationship.

More information and meeting times can be found at recovering-couples.org

The bottom line for couples in recovery is growing to understand yourself better, and ultimately, bringing that knowledge to creating more joy and intimacy in your relationship. This is the most rewarding work you will ever engage in.



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



Meeting Guide 12+ A.A. World Services

Alcoholics Anonymous
World Services, Inc.

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

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



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The Healing Power of Community

A Journey to Resilience

by **Delvina Miremadi-Baldino, Ph.D., Ed.M., CAPP**

When we talk about healing and becoming strong again, being part of a community is very important. A community is a group of people who support each other, and this can be really helpful for those who are trying to get better from tough times or addiction. A community gives people a place where they feel like they belong, they have a purpose, and everyone helps each other out.

Imagine a place where everyone feels important and understood—a place that's full of kindness, where people listen to each other and everyone is welcome. This kind of community is the best place to heal. Here, people can talk about their feelings and share their stories without being scared of what others will think. Whether it's at community centers, support groups, or clubs, healing starts with feeling safe and supported.

But it's not just about feeling safe. The strong connections we make with others in the community are what really help us become resilient. When communities focus on building these positive relationships, they create a strong support system that can help everyone through tough times. Having friends and activities in the community gives people emotional support and practical help, making life better by offering friendship when they feel lonely and cheering them on when things get hard.

Studies show that feeling like you're part of the community and helping out makes you stronger. When people feel that their community values their help and ideas, they feel good about themselves. Doing volunteer work or projects together lets people give back to their community and feel more connected.

One simple way to feel this connection is by keeping a Gratitude Journal. Writing down the things you are thankful for, like small acts of kindness from others in your community, can make you feel more a part of it and more appreciated. This not only makes you feel better but also strengthens the ties between everyone as they see how they positively affect each other.

Communities that celebrate everyone's successes and share positive stories give people hope and encourage them to keep going. Whether it's through events, local news, or social media, showing that recovery is possible and every small victory is important motivates everyone to keep trying and growing.

Diversity and being inclusive are key to a strong community. When we accept everyone's differences and learn from each other, our community grows stronger. Programs that teach us about different cultures and include everyone make sure that all members of the community feel valued and important. This makes the community better for everyone.

Another great approach is Strengths-Based Activities. Helping people find out what they are good at and use those strengths in community activities makes everyone feel valued and more confident. Workshops that help people discover and use their strengths not only make individuals feel better about themselves but also help everyone support each other better.

It's also important to focus on young people to keep the community strong in the future. Programs that give young people chances to learn, lead, and help out build a strong foundation for them. By getting them involved in what the community does, we help them feel responsible and proud, which helps them and the community grow.

In summary, communities play a big role in helping people have positive experiences and become resilient. By creating supportive places, building connections, encouraging everyone to join in, sharing positive stories, giving everyone access to resources, including everyone, and supporting young people, communities can really help their members heal and grow. With everyone working together, communities can be a powerful force in helping people overcome challenges and thrive.



Delvina Miremadi-Baldino is the Executive Director of Maine Resilience Building Network. She is a Certified Positive Psychology Practitioner, a Certified Coach, and a passionate advocate for mental health. Delvina is dedicated to integrating resilience and health equity into the very fabric of Maine's communities.

SUPPORTING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

STARTING THE CONVERSATION

When a family member is drinking too much, using drugs, or struggling with a mental disorder, your support can be key to getting them the treatment they need. Starting the conversation is the first step to getting help.

How You Can Help

- 1 IDENTIFY AN APPROPRIATE TIME AND PLACE.** Consider a private setting with limited distractions, such as at home or on a walk.
- 2 EXPRESS CONCERNS AND BE DIRECT.** Ask how they are feeling and describe the reasons for your concern.
- 3 ACKNOWLEDGE THEIR FEELINGS AND LISTEN.** Listen openly, actively, and without judgement.
- 4 OFFER TO HELP.** Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.
- 5 BE PATIENT.** Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

What to Say

"I've been worried about you. Can we talk? If not, who are you comfortable talking to?"

"I see you're going through something. How can I best support you?"

"I care about you and am here to listen. Do you want to talk about what's been going on?"

"I've noticed you haven't seemed like yourself lately. How can I help?"

For more resources, visit www.SAMHSA.gov/families.

If you or someone you know needs help, call **1-800-662-HELP (4357)** for free and confidential information and treatment referral.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

SAMHSA
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The Power of Community in Recovery

In partnership with Recovery Research Institute

When it comes to recovery, having a supportive community can be a game-changer.

Whether it's your family, friends, or a group of like-minded individuals, having people who care about you can make a big difference.

Building a New Identity

Recovery isn't just about quitting a habit; it's about creating a new life. When you have supportive people around you who believe in you, it boosts your confidence. These relationships give you emotional support and practical help, making your recovery journey smoother and less stressful.

Learning from Each Other

Imagine being part of a group where everyone is cheering for you. In such a community, you can learn from others' experiences and share your own. This mix of perspectives enriches your life and strengthens your resolve.

For instance, someone in your group might have faced similar challenges and found ways to overcome them. Their stories can inspire and guide you.

Family and Friends Matter

Studies show that people with strong family support are more likely to stick to their recovery plans. Living with loved ones or having close friends around can provide the encouragement needed to stay on track. Families often play a key role in recovery by offering a safe and stable environment.

Community Programs are Key

Community programs, like support groups and community centers, provide spaces where you can connect with others who understand what you're going through. These programs can increase your recovery

capital, which are the resources that help you stay sober. This might include job training, educational opportunities, or simply a place to meet and talk.

Community support is not just a nice-to-have; it's essential for long-term recovery. By leaning on the strength of those around you, you gain the resilience to overcome challenges and build a fulfilling, sober life. Remember, recovery is not a solo journey; it's a community adventure.

Encourage your community, and let them encourage you.

Enhancing Recovery Through Science



MASSACHUSETTS
GENERAL HOSPITAL



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

The Recovery Research Institute (RRI) is a leading nonprofit research institute of Massachusetts General Hospital, an affiliate of Harvard Medical School, dedicated to the advancement of addiction treatment and recovery.

RRI has given us permission to publish articles from their website (recoveryanswers.org) for this column. A special thank you to John Kelly and his team for allowing us to amplify their work!

Please visit recoveryanswers.org to learn more.

Building a Recovery-Friendly Community



A happier,
healthier place
for everyone

In partnership with Alison Jones Webb

Creating a community that helps people in recovery needs many different people to work together. This includes all community members, groups, businesses, and leaders who make laws. The main goal is to make a place where people in recovery feel supported, face less judgment, and can be happy and healthy.

Here are a couple steps to start the process:

Gathering Community Resources

The first step is to know, use and share the local resources we have. This means getting help from friends, community leaders, businesses, and faith-based groups to support recovery. By bringing together all these different helpers, we can make a caring place for people who are on their recovery path.

Creating Safe Spaces

It's important to have places without alcohol or drugs so people in recovery can make new friends and learn new,

healthy ways to live — like recovery residences or recovery community centers. These places give stability and a sense of belonging, which are very important for recovery that lasts a long time.

Reducing Stigma

A big problem for people in recovery is the negative judgment or stigma about substance use. We can help by using kind words and having open talks about addiction and recovery. When the community understands and supports recovery, people are more likely to ask for help and feel welcome.

Providing Education and Awareness

Teaching people about addiction and recovery helps everyone understand and support those in recovery. Informative campaigns, workshops, events and sessions can clear up misunderstandings and make the community more knowledgeable and supportive.

Building Recovery Capital

Recovery capital is all the personal, social, and community support that helps people in recovery. This includes

access to education, jobs, health care, and social services. By improving these resources, communities help people in recovery lead better lives which in turn strengthens the whole community.

Encouraging Diverse Pathways to Recovery

Everyone's recovery journey is different, so we need to support many ways of recovering. This includes traditional programs, medical treatments, faith-based methods, and other proven approaches. By offering different options, we can help everyone find the best way for them.

Building a recovery-friendly community takes time and teamwork. By using local resources, creating safe places, reducing stigma, supporting friends, changing policies, teaching the community, getting everyone involved, improving recovery support, taking care of holistic health, and supporting different recovery paths, we can make a community that helps everyone heal and feel better.

Together, we can create a happier, healthier place for everyone.

Resource pages
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FREE RECOVERY PROGRAMS

We are fortunate to live during a time when there are many options for finding and sustaining lasting recovery from addiction. We are all individuals and while there are many aspects of our personal journeys that may be similar to those of others, we are each called to discover for ourselves what works and what doesn't work for us. Our goal is to provide options and shine a light on different approaches that people use to maintain lasting recovery without endorsing specific approaches or recovery programs.

MUTUAL AID PROGRAMS

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

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

Alcoholics Anonymous is a 12-step program and fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. aa.org

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

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

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

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

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

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

Millati Islami is a fellowship of men and women, joined together on the Path of Peace. Following Millati Islami's 12 Steps to Recovery, members look to Allah (G-D) to guide us on Millati Islami (the Path of Peace). While recovering, we strive to become rightly guided Muslims, submitting our will and services to Allah.
millatiislami.org

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

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

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

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

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

SMART Recovery is an abstinence-oriented program for individuals with addictive problems. Our self-empowering, free mutual support meetings focus on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. smartrecovery.org

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

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

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

FIND RECOVERY ONLINE

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

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

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

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

STATEWIDE FREE RESOURCES

CRISIS HOTLINES

Maine Coalition for Domestic Violence Support

866-834-4357

Statewide information, crisis counseling, emotional support and advocacy.

Maine Crisis Hotline

Maine Behavioral Health
Dial 988 (or 888-568-1112)

24 hour hotline, mobile assessment & crisis intervention.

National Human Trafficking Resource Center/Polaris Project

888-373-7888

National, toll-free hotline, available to answer calls and texts from anywhere in the country, 24 hours a day, 7 days a week, every day of the year.

Safe Voices

800-559-2927

Provides individualized advocacy for all survivors of domestic abuse, violence, sex trafficking, and sexual exploitation in Androscoggin, Franklin, and Oxford Counties.

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

Maine Tobacco Helpline

800-207-1230

M-Th 10a-8p, F 10a-5p, S 10a-2p

If you call after hours, please leave a message. Staff will call you back.

Peer Support Line

50 Moody St Saco

866-771-9276

Confidential telephone support services for non-crisis situations.

MISCELLANEOUS

211-Maine

Dial 211

With hundreds of hotlines and helplines and thousands of programs offering all types of services in Maine, you may need help figuring out where to go. 211 offers confidential information and referral services connecting people to various services in Maine. Available 24 hours a day, seven days a week.



Maine Access Points

207-319-8823 (call or text)

info@maineaccesspoints.org

We provide state-wide naloxone distribution, overdose prevention education, support and aftercare. www.maineaccesspoints.org

Medical Professional's Health Program

20 Pelton Hill Rd Manchester 8a-4p

207-623-9266 x5

Assessment/screenings for medical professionals who might have substance use disorders/mental health disorders. Referrals. Monitoring.

Spiritual Care Services of Maine

207-261-5200

Stress, anxiety, and crisis management support for all people of any faith or tradition, or no faith or tradition. www.scsmaine.org

RECOVERY CENTERS

Recovery centers are located all over the State in the communities they serve. All of the services are FREE and everyone is welcome. The centers provide non-clinical support. The services provided vary by recovery center. Examples of services include peer recovery coaching, telephone recovery support, skill-building workshops, and wellness and other social activities. Stop in and visit your local center.

Arroostook Recovery Center of Hope

106 Main Street, Houlton

207-254-2213

ARRC Augusta Recovery Reentry Center

2 Bangor Street, Suite 2, Augusta

207-226-3438

Bangor Area Recovery Network

142 Center Street, Brewer

207-561-9444

Bath Recovery Community Center

15 Vine Street, Bath

207-389-4937 and 207-389-4936

Beacon House Peer and Recovery Center

3 Canal Street, Rumford

207-418-0079 / 207-369-0868

Coastal Recovery Community Center

11 White Street, Rockland

207-691-3697

DownEast Recovery Support Center

311 Main Street, Calais

207-259-6238

Down East Recovery Support Center

11 Free Street, Machias

207-259-6238

Harvest Inn Peer Center

43 Hatch Drive, Caribou

207-492-1386

The Hills Recovery Center

15 Tannery Street, Norway

207-744-2424

INSPIRE Recovery Center

24 Church Street, Ellsworth

207-412-2288

Lakes Region Recovery Center

2 Elm St, Bridgton, ME 04009

207-803-8707

Larry Labonte Recovery Center

412 Waldo Street, Rumford

207-418-4983

LINC Center

38 Memorial Drive, Augusta

207-530-0391 / 207-430-4001

Lincoln County Recovery Community Center

3 Hall Street, Newcastle

207-565-6374

commonspacemaine.org

Pir2Peer Recovery Center

2323 Medway Road, Millinocket

207-447-9500

Portland Community Center

103 India Street, Portland

207-773-1956, keith@amistadmaine.org

Portland Recovery Community Center

102 Bishop Street, Portland

207-553-2575

Roads to Recovery Community Center

1 Water Street, Caribou

207-493-1278

Rockland Peer Support Center

12 Union Street, Rockland

207-274-3671 or 207-701-4417

Save a Life Recovery Resource Center

19 VFW Street, Lincoln

207-403-9100

Together Place Peer Run Recovery Center

2 Second Street, Bangor

207-355-1894 or 207-941-2935

Valley Peer Run Recovery Center

272 Main Street, Suite 101, Madawaska

207-728-4806 / 207-316-7375

Wabanaki Health & Wellness Center

157 Park Street, Suite 5, Bangor

207-951-7526

Peer / Case Management: 207-951-7536

Recovery Center: 207-631-1536



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