

Journey

making recovery from addiction visible

Oct/Nov 2024 • Issue 35

Mackenzie Kelley

Turning Personal Experience into a Career Path

Nonantum Resort:
A Recovery Friendly Culture

Maine's 1000 Lives Campaign
Providers Working Together to Save Lives



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MacKenzie Kelley

Photo by Andy Thorington | NL Partners

Layout

Dependable Layout & Design

As I read through the articles for this issue, I'm reminded that feeling valued and having a sense of purpose can come from many different places. For some, work is an important part of recovery and finding meaning in life. But it's not the only way.

In the article "Building a Career," Mackenzie shares how work became something she truly cared about, bringing her a sense of pride and purpose. By helping others in recovery, she not only found a fulfilling career but also turned her past challenges into a positive force for change. While a job can bring purpose, many people also find meaning in supporting others, showing up for themselves each day, or volunteering — spreading hope along the way.

One way we see hope spread is through our volunteer Hope Ambassadors. These individuals share *Journey Magazine* with their communities, helping to make recovery more visible.



From the Publisher



Roger, a retired barber from Saco, Maine, has been part of his community for more than 50 years. Now, as one of our Hope Ambassadors, he distributes 300 copies of each issue to businesses in Saco and Biddeford.

People know him, like him, and trust him. Through Roger and others like him, we see the power of connection and how just showing up can make a difference.

I invite you to reflect on your own experiences. Whether you're working, volunteering, caring for others, or being present in your community, what you do matters. Meaning comes from the everyday acts of showing up — whether it's for others or for yourself. Sometimes, it's those small moments of connection that have the greatest impact.

Thank you for being part of *Journey Magazine*. Together, let's continue to build a community where everyone feels valued and finds meaning in showing up and spreading hope.

With gratitude,
Carolyn

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Building a Career Supporting Individuals in Recovery

Turning Personal Experience into a Career Path

by Maine Careers with Purpose

When Mackenzie Kelley was in recovery from Substance Use Disorder, and ready to enter the working world, job hunting felt like an uphill battle.

Everything changed when she discovered a growing new field, where first-hand experience with recovery was preferred, and in some cases, required. She discovered a new world of opportunity as a recovery coach, working one-on-one with individuals to help them access community-based resources, and providing a helpful, supportive, and empathetic hand when they needed it. She'd always known that she'd wanted to work in the field that involved supporting others, and this field offered an ideal fit.

"I've been through it. I know what it's like to feel alone and not want to be," she says. "I was so grateful to be able to use something that seemed so negative — for a positive — and to be able to really help somebody else."

After completing the training program, she discovered work that she loves. "To be able to see somebody and offer encouragement, strength, and hope, and say 'I know exactly what it feels like, and you can have a good life, and you deserve it,' then support them in that, is so rewarding," she says.

Mackenzie is one of thousands of people who have discovered a whole new field of opportunities in Direct Support. There is a critical need statewide for individuals like Mackenzie to work as recovery coaches, peer support specialists, and in other positions supporting



individuals in recovery in a variety of settings.

The growth of the field, and the abundance of full, part-time, and per-diem opportunities, means that those who are interested can find positions that allow them to manage work with other life and school responsibilities, as well as their own recovery work.

**"It doesn't feel like a job.
It feels like what I was meant to do,
and I'm getting paid for it."**

That flexibility is a huge benefit to Danielle Ward, a recovery coach and a peer support specialist.

She loves that she can do work that doesn't lock her in to a 9-5 schedule that she can juggle with her work as a yoga instructor, or her coursework to complete her bachelor's degree, while also giving her the time she needs to be there for her kids. But mostly she loves the fact that she's found work that feels like such a good fit.

"I was always that person who had a lot of empathy and compassion," she says. "I like to be there to listen and express that I've been in their shoes."

For Mackenzie, the work provides a level of satisfaction that surpasses anything she's ever experienced.

"This is unlike any other job I've had. Helping people doesn't feel like a job," Mackenzie says. "It feels like I'm doing what I was meant to do and getting paid for it."

To learn more about full-time, part-time, and per-diem opportunities in your community, go to Mainecareerswithpurpose.org. Follow @MaineCareerswithPurpose on Facebook and Instagram.

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TO HELP THEM FIND IT.”**



OPTIONS Liaisons are here to connect Maine people with local resources for substance use treatment, recovery, and harm reduction.

And in 2024, there are more options available than ever before: more treatment beds with same-day availability, more medication-assisted treatment, more recovery coaches, more recovery community centers, and more peer support groups statewide.

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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Bridgton's Strong Recovery Network Celebrating Community and Heritage

A purple powder 50-“cannon” salute in remembrance of the late Dr. Peter Leighton, who was a veteran, a person in recovery and a community leader in Bridgton's recovery movement.

Article and photos by Amy Paradysz

It really does take a village.

We're not talking about the butcher, the baker and the candlestick maker in an old-timey village.

We're talking about the emergency department physicians, inpatient and outpatient treatment programs, peer recovery coaches, recovery community center, recovery residences and all the other features of what Catherine Clough-Bell calls a “recovery-ready community.”

“Today, we have all that,” says Catherine, the licensed alcohol and drug counselor (LADC) and certified clinical supervisor (CCS) who founded Crooked River Counseling.

All these organizations—and more—were at the fourth annual recovery rally Sept. 14 on the Bridgton Hospital campus, where people connected with resources and with each other. Volunteers grilled hamburgers and hot dogs, kids jumped in a bouncy house and got their faces painted,

football players set up a corn hole tournament, and speakers shared their recovery stories.

A highlight of the day was a purple powder 50-“cannon” salute in remembrance of the late Dr. Peter Leighton, who was a person in recovery and a leader in establishing Bridgton's recovery support network.

“Peter would be so happy to see that this community has kept up the momentum for people in recovery and people who love people in recovery,” said Kimberly Leighton, who is raising their five children and working with pediatric therapy office Play Warriors Inc. “I am so happy that we are equipped with these resources in this town and that we can find these moments of connection. You can say, ‘I know this hospital, this recovery center, these counselors, this magazine,’ and you may change someone's life.”

The rally was hosted by Crooked River, which has substance use disorder and mental health treatment services available on both Bridgton Hospital and Rumford

Hospital campuses and works in partnership with Lakes Region Recovery Center in Bridgton and Tucker's House recovery residences in North Bridgton and Harrison.

“To have all these organizations working together as smoothly as they do—it's a miracle,” Catherine says.

This network didn't yet exist at the beginning of the opioid crisis, when Crooked River started seeing patients with substance use disorder who had been prescribed pain medication for an injury and then, when that was cut off, began using street drugs.

“I had never seen anything like that and had been in the profession since 1997,” Catherine says. “There were quite a few of them, and they were young. Many of them had kids. I was desperate to do something.”

Medication-assisted treatment (MAT) was just emerging, she says, and physicians were reluctant to get involved with prescribing medications for MAT and recommend the counseling piece.

When Crooked River paired up with Dr. Craig Smith of North Bridgton Family Practice in 2009, they became one of the first teams in Maine to offer integrated office based treatment for substance use disorders to offer MAT—in a town with a year-round population of not quite 5,500.

But that was only the beginning.

Crooked River has built collaborative relationships with emergency department (ED) staff at Bridgton Hospital and Rumford Hospital.

“When patients come to the hospital, they’re typically at their lowest or some event has happened related to the addiction,” says Mary Fernald, who works in the ED at the 34-bed Bridgton Hospital. “As they sit there, realizing what has happened, we’re right there to suggest trying a new path and connect them with the next step.”

Next steps might include detox, MAT, peer-to-peer support, inpatient or outpatient treatment, a sober living home, 12-step support groups or any combination of those supports. With the exception of detox facilities, which typically require a trip to a city, the Bridgton area has it all.

“When I touch base with patients about the resources available, they’re in awe,” Mary says. “But everybody needs support, and people take care of each other here.”

Catherine also founded Lakes Region Recovery Center in 2018 with Department of Health and Human Services funding. Crooked River, Lakes Region Recovery Center and Dr. Peter Leighton, who had an MAT practice, developed a bridge program with the Bridgton Hospital ED. After Dr. Leighton died from a brain tumor in 2021, other physicians stepped in and the bridge program has continued.

“We developed the bridge program so that if someone came to the ED



Front row: Lisa Hodgkins, CADC, Debra Thomas, Office Manager, Catherine Clough-Bell, LADC, CCS, Founder, President, Clinician
Back row: Dr. Craig Smith, DO, MAT Provider, Bill McKenzie, LADC, Gary Bell, Administrator, Anne Meroney, LADC, Tracey Martin, Recovery Coach

and was in withdrawal and had an opioid addiction, physicians who were willing and able could prescribe medication and would also refer to a doctor in their network, as well as a recovery center and counseling,” Catherine says. “All these organizations, working together, have created a network for people who struggle with addiction and are seeking recovery.”

Next, the recovery center and the hospital established a recovery coach program. It’s not uncommon for the recovery center to get a call from the ED and send a specially trained recovery coach to talk with the patient about what they need and want and what services may be helpful.

Lakes Region Recovery Center, led by Executive Director Tracey Martin, offers peer-to-peer support recovery coaching, 12-step meetings, Narcan training, employment assistance, grief support groups, weight and wellness support, and so much more. All services offered are free of charge.

In 2022, another piece of the puzzle fell into place with the establishment of Tucker’s House, a 10-bed women’s recovery residence in North Bridgton

and a 10-bed men’s recovery residence in Harrison.

“For a long time, there weren’t a lot of services in the Bridgton area,” Catherine admits. “But that has changed. Between Bridgton Hospital, Crooked River, Lakes Region Recovery Center and Tucker’s House, and all the resources we can connect people with outside our community, we know who to call if we identify an unmet need.”

This village of care and support proves that recovery is not just possible but thriving in Bridgton.



Amy Paradysz is a freelance writer and photographer based in Scarborough. She can be reached at amyparadysz@gmail.com.

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CROOKED RIVER COUNSELING, PA

Six Tips for Balancing Family, Career, and Anxiety

by Stan Popovich

Balancing your family responsibilities, career, and personal anxieties can be challenging, but with the right strategies you can manage more effectively without becoming overwhelmed.

Here are six tips to help you maintain a healthy balance:

Set daily goals

Start each day by setting clear, achievable goals for yourself. Whether it's related to work or family, having a plan helps you stay focused and productive. As you accomplish these goals, you'll feel more confident and ready to tackle the next challenge.

Ask for help

Don't try to do everything on your own. If you have a spouse, involve them in household tasks. If your children are old enough, give them responsibilities too. At work, focus on tasks you can manage and don't hesitate to delegate others. Sharing the load reduces stress and helps you maintain balance.

Evaluate and adjust

It's important to regularly assess your workload and responsibilities. If you're feeling overwhelmed, take a step back and reevaluate what's on your plate. It's okay to take a break, prioritize, and adjust your tasks to better manage your time and energy.



Practice relaxation techniques

When anxiety starts to build, take a moment to calm yourself. Deep breathing, a short walk, listening to music, or engaging in a hobby can help clear your mind and provide a fresh perspective. Finding these small moments of calm can make a big difference in managing stress.

Prioritize your tasks

Focus on completing tasks based on their importance. For example, if you need to go to the supermarket and also clean the house, prioritize the trip to the store first if it's more urgent. Planning your day with priorities in mind helps reduce stress and keep you organized.

Communicate effectively

Open communication with family, friends, and coworkers is key to

preventing misunderstandings and managing expectations. Regularly check in with those around you to ensure that everyone is on the same page. Effective communication can save time, reduce stress, and help you work more efficiently with others.

Remember, it's normal to feel anxious at times, but with these strategies, you can better manage your responsibilities. If you continue to struggle with stress and anxiety, consider speaking with a mental health professional for additional support.



Stan is the author of *A Layman's Guide to Managing Fear*, which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at www.managingfear.com.



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Working in Recovery Gave James Rickrode a Fresh Start

by Amy Paradysz

For James Rickrode, long-term recovery—seven years and counting—has been possible by making it his top priority. It’s not easy for a man with five kids at home, but James insists it’s the only way. Today, at 46, James is vice president and general manager of Fresh Start Sober Living of Maine, a nonprofit that operates 17 recovery residences in the Bangor area. These residences offer safe, affordable housing for people recovering from drug and alcohol addiction.

“With 150 people in early recovery, it’s a very demanding job,” James says. “But the success stories we see here at Fresh Start keep me motivated. I needed a job that would hold me accountable, and my co-workers do that. We drug test each other, make sure we’re attending meetings, and go to recovery events together.”

Scott Pardy, who founded Fresh Start, met James while running recovery meetings at local jails. Scott eventually became James’ sponsor. “James decided that, for him to stay sober, it had to be a lifestyle—just as drinking had been,” Scott says.

James’ substance use began early. At 10, he started drinking and using cannabis. By his teens, he was dependent on alcohol and drugs. A car accident at 19 led to a prescription for pain medication, which he began abusing. “I manipulated doctors to get more medication,” James says. His substance use led to several arrests for disorderly conduct and domestic violence. “I got away with a lot for a while,” he admits.

Though he tried methadone and other treatments, James continued using alcohol and cannabis. “I was in and out of detox programs, thinking of it like an oil change—clean up for a month, then go right back to using.” He even added heroin to the mix. Things took a dark turn when James was arrested and spent some time in jail.

James believed opioids were the root of his problems. After successfully quitting opioids with the help of medication-assisted treatment (MAT), he thought things would improve. But he continued to drink heavily, sometimes consuming a gallon of vodka a day. In July 2017, another argument with his wife escalated, and James threatened to hang her. This time, he faced aggravated domestic violence charges—a felony. The jail sentence that followed was the rock bottom James needed. He hasn’t used drugs or alcohol since.

“As I began to work a program of recovery in jail, things started getting better just quick enough to give me hope,” he says. He attended church, started addressing his mental health issues, and earned his GED. After seven months, James was released to Wellspring, a six-month treatment program in Bangor.

The treatment program was life-changing. “It was the first time I consistently worked toward something and achieved it,” he says.

After completing treatment, James moved into a level 1 recovery residence but felt he needed more structure. He then moved into Fresh Start’s level 2 recovery residence,



and within months, Scott hired him as a House Manager. Fresh Start has since expanded, adding new houses each year, and in 2023, it became a nonprofit. Now, James serves as Vice President and part-owner.

In his role, James develops policies, oversees house managers, and handles various tasks, from fixing toilets to working with attorneys to help residents get released to Fresh Start. He also maintains an apartment at the recovery residence for when he needs to “hit the pause button” from family life.

James’ life today is a far cry from his past struggles. He credits his recovery to working a program, staying away from substances, and living by spiritual principles. “I do service work, and I just got my driver’s license. I’d never had one before. Yeah, my life is good,” he says.



Amy Paradysz is a freelance writer and photographer based in Scarborough. She can be reached at amyparadysz@gmail.com.



“DOES MY VOTE EVEN MATTER?”

Yes, it does!

The voices of the recovery community – it’s members, friends, families, and allies – matter.

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Be informed, use your voice, and vote!

VOTING 101 IN MAINE

In Maine, your right to vote is NOT affected by a criminal conviction.

Polling places are open until 8:00 p.m.

Maine uses Ranked-Choice Voting, which allows voters to select candidates in order of preference by marking them as their first, second, third, and subsequent choices.

There is NO deadline for registering to vote in person. You can do this at the polls on Election Day.



Sorting Through Brain Clutter

How to Figure Out What's Most Important

by **Roz Applebaum**

Here's something fun to try: write down three things on your mind right now. It could be something you need to do or something that's bothering you. Next to each one, rate how important it is on a scale from 1 to 10. Ask yourself: Should I do it right now, or can it wait until later today, tomorrow, or next month?

Great! You're learning how to figure out what's most important and clearing the clutter in your brain. This will help you take control of your time and your life!

I used to feel like I wasn't getting much done each day. I'd start doing one thing, then switch to something else before finishing. By the end of the day, I felt tired and frustrated. It was hard to sleep because I kept thinking about things I hadn't finished. I realized I had to change something. The first thing I did was stop checking my email and texts all the time. Instead of reacting to other people's needs, I focused on my own. Now, I pause before responding so I can stay focused on what's important to me. I'm not

ignoring people; I'm just choosing when and how to respond.

To help me stay focused, I take two 10-minute breaks each day to think about what's important. I look at my list of things to do and my calendar. I sit quietly and let my thoughts settle. This helps me decide what to do next without getting distracted. When I finish, I feel calm and ready to take action. Taking this time to reflect has been really helpful. It gives me space to figure out what needs to be done now and what can wait. It's a way of checking in with myself and my goals.

One of the best things I've learned is how to block out distractions. When I stopped checking my phone and emails all the time, I noticed how much more focused I became. Distractions like these can steal your time, so it's important to take control of when and how you respond to them. Now, I only check my messages during set times of the day. This simple change has helped me feel less stressed and more productive.

A friend of mine, who is always juggling several projects at once, decided to take a break one afternoon

and sit on her porch. She felt so peaceful watching the dragonflies zip by. It was a small moment of calm, but it made her feel refreshed. Dragonflies are known for symbolizing change, and sometimes, all it takes is a small break to allow a big shift in how we feel. Taking time to pause, even for just a few minutes, can help you clear your mind and refocus.

So, take charge of your time! Make a list of what's important, rank the importance of each task, and allow yourself some time every day to process. By avoiding distractions and staying focused, you can take meaningful action on your goals. When you make space for quiet reflection, you'll not only get more done, but you'll also feel more in control of your day.



Roz Applebaum is a Life Coach and Corporate Trainer who helps people organize their time and tasks through mindfulness. Based in southern Maine, Roz has spent over 30 years turning chaos into calm, helping both individuals and businesses save time, energy, and resources. She shows her clients how to be more productive, reduce stress, and feel more positive. Want to learn more? Visit www.rozapplebaum.com for free tips on how to stay organized and focused.



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Falmouth Congregational Church

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Portland Recovery Community Center

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

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“When we started offering treatment for opioid use disorder in the emergency room, we worried there would be long lines for Suboxone, but that didn’t happen. Instead, patients began to feel more comfortable talking about their drug use, and I felt like I finally had a way to help them, which improved our trust and communication.”

– Justin Bennett MD
Board Certified Emergency Physician, BlueWater Health

Healthcare Providers Working Together to Prevent Overdose Deaths

Maine healthcare providers are joining forces with healthcare organizations to tackle the opioid crisis through the **1000 Lives Campaign**. Led by doctors and other healthcare workers, this effort aims to prevent 1,000 opioid overdose deaths over the next five years. Hospitals, clinics, emergency departments, pharmacies and more are working together to save lives by following consistent “bundles” of care.

In healthcare, a bundle is a small set of steps that helps make care better and safer. The goal is to always do the same four or five steps every time care is given. This ensures that patients receive the best possible care, no matter where they are treated.

Each type of healthcare provider in the **1000 Lives Campaign** will use their own bundle designed to save lives.

Emergency Departments (EDs) will use a bundle that includes offering to start buprenorphine in the emergency department to treat opioid use disorder (OUD) giving a buprenorphine prescription at discharge sufficient to get the patient to a follow-up prescriber, and giving naloxone, a medicine

that can reverse overdoses, for patients to take home.

Hospital inpatient care providers will follow a bundle that includes offering to start patients with OUD on buprenorphine while in the hospital, and making sure patients already on OUD treatment meds stay on their medications – such as buprenorphine or methadone – while in the hospital to help patients maintain their recovery without interruption. It also includes giving a patient a buprenorphine prescription sufficient to get them to a follow-up prescriber.

Primary care providers ensure that patients with OUD who have been started on buprenorphine receive timely follow-up care after leaving the ED, hospital, or correctional facility for opioid-related issues. They use a comprehensive care bundle to facilitate quick access to appointments, aiming to prevent relapse by ensuring that buprenorphine prescriptions are renewed without interruption. This coordinated approach helps maintain continuity of care and supports recovery during the critical transition period after discharge.

Specialty care providers such as dentists and surgeons will use a bundle that reduces the use of new opioids during surgeries and offers safer options for pain control, especially for younger patients.

Behavioral health providers will offer medications for opioid use disorder or help patients find specialists, following a bundle that assists patients in getting the support they need.

While not all healthcare organizations are participating yet, more and more across Maine are joining the **1000 Lives Campaign** and committing to these life-saving bundles. The Campaign is working with pharmacies and correctional facilities and other sites of care to see what their bundles of care should be, and how the Campaign can help.

This campaign shows how powerful teamwork can be.

By working together, Maine’s healthcare providers are joining the fight against the opioid epidemic.

The **1000 Lives Campaign** proves that with the right care, consistent steps, and collaboration, we can make a real difference in fighting this crisis.

PARTICIPATING ORGANIZATIONS



































For more information or to sign on to the campaign, email MMACQI@mainemed.com



Nonantum Resort

Building A Recovery-Friendly Culture

In partnership with Pinetree Institute - RFW-Maine

Nonantum Resort received its Recovery-Friendly Workplace (RFW) certification from New Hampshire, in April 2023, starting with a re-entry program to help people return to work after incarceration. Many of these individuals were in recovery from addiction. This program sparked a big change at the resort, creating a more open and supportive workplace for everyone dealing with personal challenges.

A key part of Nonantum's success is a focus on flexibility and support. They provide a place where employees feel safe sharing their struggles without worrying about losing their jobs. Whether someone needs time off to attend recovery meetings or treatment, Nonantum makes sure their job is secure, allowing them to focus on their recovery while continuing to contribute to the workplace.

This open culture has led to greater employee engagement. Staff members, whether in recovery or not, help each other and offer support with personal and work problems. This supportive environment has helped build stronger relationships, improve teamwork, and made employees feel like they're part of something bigger than just their job.

Nonantum also celebrates recovery milestones; a unique distinction.

Employees openly share and celebrate events like sobriety anniversaries. This not only strengthens bonds but also creates a sense of pride and community within the team.



Nonantum received their Recovery-Friendly Workplace certification from New Hampshire in 2023.

Since becoming certified, three big changes have happened at Nonantum:

1 Higher employee engagement

Employees feel more connected to the company and to each other, and more involved in their work.

2 Stronger team bonds

The focus on helping one another has brought employees closer, building a strong, supportive community.

3 Less stigma about recovery

Workers are now more comfortable talking about recovery and celebrating milestones like sobriety anniversaries which has helped create a more inclusive and understanding workplace.

What Employers Can Do

Nonantum's experience offers actions that employers can take to become more recovery friendly:

Create a culture of openness

Encourage open communication, an environment where employees feel safe to share personal challenges without fear of losing their job.

Be flexible

Allow employees in recovery to take time off for meetings or treatment without penalizing them. This support can make a big difference.

Celebrate success

Recognize and celebrate recovery milestones, such as sobriety anniversaries, to build a stronger sense of community and support within the workplace.

By adopting these practices, businesses can help build a more inclusive, supportive work environment that benefits both employees and the whole organization.

Workplace Wellness

Fostering a Culture of Openness

Creating a workplace where people feel safe and supported can start with small, thoughtful actions. These steps can help employees feel comfortable sharing their worries without being afraid of judgment.

Here are some ideas:

Encourage help-seeking behavior

Encouraging people to ask for help is important because it shows them that it's okay to reach out when they need support. We can help by letting everyone know that asking for help is a sign of strength, not weakness.

By sharing information about where to find help, like talking to a counselor or joining a support group, it becomes easier for people to get the assistance they need. Talking openly about mental health and challenges also helps people feel comfortable asking for help without feeling judged, making the environment more supportive and caring.

Lead by example

When managers are honest about their own struggles, it helps others feel okay about sharing too. If leaders show they can talk about tough things, it makes it easier for employees to feel comfortable talking about their challenges.

Encourage honest communication

Give employees chances to share their thoughts and concerns. This could be through meetings, suggestion boxes, or anonymous feedback. When people know they are being heard, it helps build trust and makes the workplace better.

Listen and offer support

Listening closely to employees and showing you care can make a big difference. Offering flexible work hours or extra help can really show support when employees are going through something difficult.

Normalize conversations about challenges

Talking about personal struggles like mental health or recovery should be a normal part of workplace

discussions. Over time, when these topics are discussed openly, employees might feel more comfortable sharing their own challenges.

Create helpful policies

Making policies that support employees' well-being, like giving time off for health or recovery, shows that the company cares about its workers.

By taking these steps, employers can offer a workplace where people feel safe, valued, and able to talk about their challenges and victories.

This can help the whole team work better together and create a positive environment for everyone.



Unlocking Your Body's Natural Calm



by Dr. Larry McCullough

We've all heard of "fight, flight, or freeze," the body's common reactions to stress or danger. But there's another important response your body can use to calm down in stressful times. Recent research shows that the human body has natural ways to stay calm, by using physical actions to soothe the mind.

The Power of the Vagus Nerve

Dr. Steven Porges studied how the body responds to stress. He found that we have a special nerve called the vagus nerve with two parts: the back and the front. The back part helps the body shut down during extreme stress. The front part, however, helps calm the body down.

This front part of the vagus nerve has nerve endings in your face, ears, neck, chest, and stomach. When it's activated, it helps you feel less stressed. Luckily, there are simple ways to tap into this calming system.

Focus on Exhaling

You've probably heard that breathing deeply can help when you're stressed. Dr. Porges' work shows that the exhale is key to calming down.

When we're stressed, we take fast, shallow breaths, which make our body prepare for action. **But slow, long exhales tell your body it's safe and okay to relax.**

Research shows that we can create positive experiences to help protect ourselves from stress.

Here are two easy breathing exercises:

1. Box Breathing

Breathe in for four seconds, hold for four, exhale for four, and wait for four seconds before starting again. Doing this a few times can help calm your mind.

2. Four Counts In, Six Counts Out

Breathe in for four seconds and exhale for six seconds. This is a great way to calm down.

Humming, Strumming, Rocking, and Rolling

There are other ways to calm your body by using your vagus nerve. Humming stimulates the nerves around your throat and ears, sending calming signals throughout your body. Gentle, rhythmic activities like strumming a guitar or rocking back and forth can also

help you feel safe and relaxed. You can even gently roll your head in circles to relax your neck muscles, which tend to tighten when you're stressed.

The Power of a Smile

It turns out that smiling can really help during tough times. Smiling triggers the release of dopamine, a chemical in your brain that makes you feel happy.

Even forcing a smile — like holding a pencil between your teeth — can trick your brain into thinking you're happy. Smiling can also attract others, and connecting with people can make you feel better.

Creating Positive Experiences

Research shows that we can create positive experiences to help protect ourselves from stress. Using your body to calm your mind is a simple way to do this. Over time, these small actions can help you build a more positive, peaceful life.



Dr. Larry McCullough is the Executive Director of Pinetree Institute which he founded in 2012. The Institute focuses on developing trauma-informed community services, particularly those addressing Adverse Childhood Experiences (ACEs) to strengthen resilience in individuals, families, and communities.

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Find Job Success with EFT Tapping

by Karen St. Clair

Have you ever felt nervous about a job interview or stressed about finding work?

There's a simple technique called EFT Tapping that can help.

EFT stands for Emotional Freedom Techniques. It's a method that combines elements of psychology and acupressure to help you feel calmer and more confident and it's easy to learn!

Here's how EFT Tapping works

EFT Tapping involves gently tapping on specific points on your body while focusing on a problem or emotion. These points are the same ones used in acupuncture, but without needles. Tapping with your fingertips on these points while thinking about a stressful situation can help reduce negative emotions and increase positive ones.

How Can EFT Help with Job Hunting?

Looking for a job can be tough. You might worry about your skills, feel discouraged by rejections, or get nervous about interviews. EFT can help in several ways:

- Reducing Stress
- Boosting Confidence
- Improving Focus
- Calming Interview Nerves

How to Use EFT for Job Success with this simple routine

1. Identify the issue: For example, "I'm worried I won't get hired."
2. Rate your stress level from 0-10, with 10 being the highest.
3. Create a setup statement: "Even

though I'm worried about getting hired, I accept myself."

4. Tap on the side of your hand while repeating this statement three times.

5. Tap on these points while focusing on your worry:

- Beginning of eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone
- Under arm
- Top of head

6. Take a deep breath and re-rate your stress level 0 – 10. Is it lower?

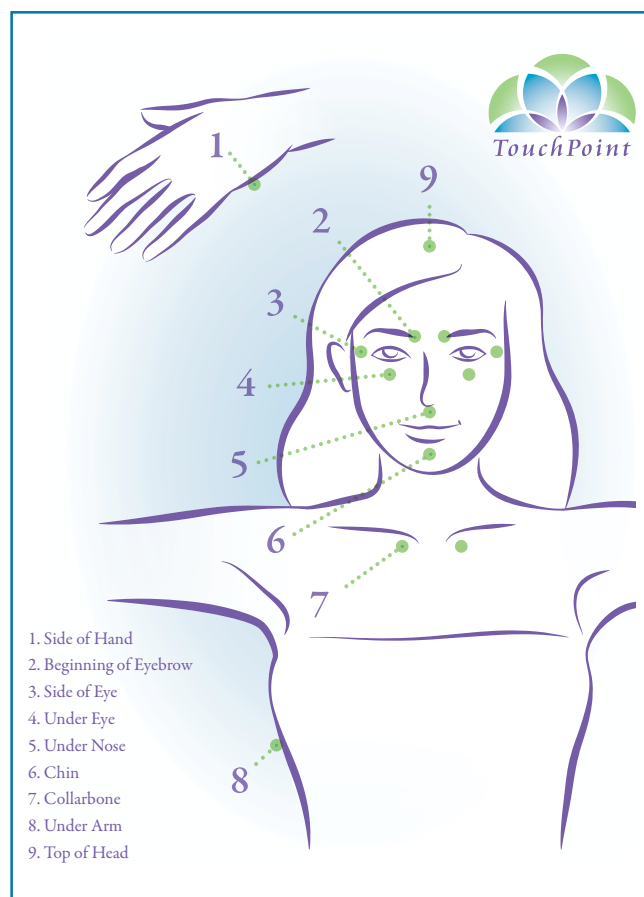
7. Repeat the process if needed, adjusting your statements as you go.

Is EFT Tapping popular?

Yes, EFT is practiced by more than 10 million people around the globe and is scientifically proven. Studies show that it can reduce stress and anxiety to improve your performance. It's also important to remember that EFT works best when combined with other job search strategies, like improving your resume and practicing interview skills.

Tips for Using EFT in Your Job Search

- Use EFT regularly, on any emotion.
- Be specific about what's bothering you when you tap.
- Combine EFT with positive statements about your skills and value as an employee.



Remember, looking for a job can be challenging, but you have tools like EFT to help you along the way. By tapping into your own emotional strength, you can approach your job search with more confidence and less stress.

Who knows? Your next tap could lead to your next great job opportunity!

.....
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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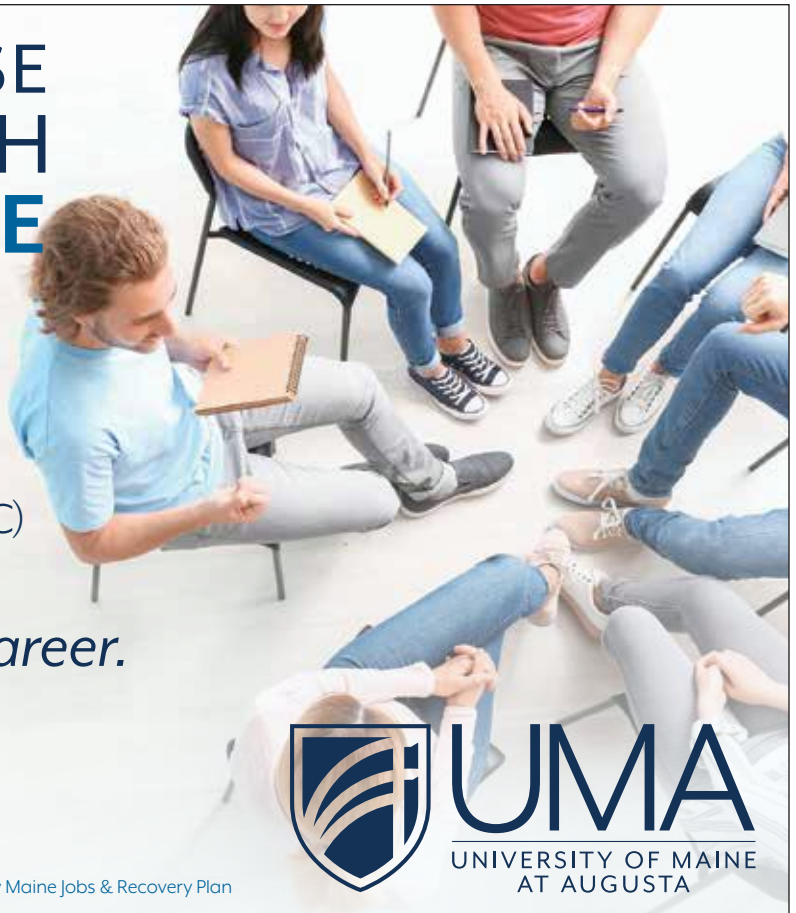
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Easy Meal Prep

Save Time, Eat Healthy

In partnership with
Hannaford Supermarkets

by Allison Stowell

A busy week doesn't mean you have to give up on healthy meals. If meal planning, shopping, and cooking feel too hard or make you rely on expensive and unhealthy takeout, we can help! Here's an easy plan to make meal prepping simple.

Plan Ahead

Look at your calendar and make a menu that fits your week. Decide which days you can cook and which days you can eat leftovers. You can also make casseroles or prepare slow-cooker meals when you have extra time. This helps cut down on food waste and makes it easier to avoid takeout.

Before going to the store, check your fridge and pantry. Are there any foods that need to be used soon? Plan meals around those items so you don't waste food. Also, check what you already have so you don't buy extra.

Smart Shopping

There are many healthy and quick options at the store if you know where to look. Try things like microwavable grains, frozen veggies, whole grain wraps, and healthy sauces. Use the Guiding Stars program to find nutritious foods easily. Learn more at GuidingStars.com.

Think about what you like to cook. If you don't have time to wash and chop veggies, buy pre-washed and pre-cut options. Grab easy-to-eat vegetables like grape tomatoes, baby carrots, mini cucumbers, and string beans. Shop for foods that are quick to prepare, especially on busy days (your future self will be happy you did!).

Cooking Tips

Don't stress about doing too much meal prep at once—it can be time-consuming and may lead to waste if you don't feel like eating what you've prepared. Instead, cook a little extra at each meal so you have leftovers. Use those leftovers to create new

meals without having to cook from scratch every night.

Try ideas like “deconstructed dinners” and “nextovers.” Deconstructed meals let everyone choose their own ingredients without making a big recipe. Nextovers are leftovers turned into new meals, like turning last night's roast chicken into chicken tacos. These tricks save time, reduce waste, and help you eat healthy without extra effort. For more tips, check out the blog at GuidingStars.com.

Need help? Hannaford dietitians are ready to guide you! Visit Hannaford.com/dietitians for tips on healthy eating and to sign up for free online classes on meal planning, budget shopping, and more.



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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A Life Reclaimed: Jen Brown Shares Her Strength

In just four years of sobriety, Jen Brown has mentored, encouraged, or guided hundreds of women in recovery, from Portland, Maine, to Tampa, Florida.

“I moved to Tampa a year ago and hit the ground running,” Jen says. “I wanted to take everything I learned in Portland and make a difference here. The gift of sobriety allows me to be of service. Someone comes in broken, and six months later, the light is back in their eyes. Someone saved my life, and I want to do the same for others.”

But Jen has also lost people, including someone she had been closely supporting. “Her mom called me asking why, and I didn’t have the answers,” she says. Jen eventually found herself disassociating from the pain. Through therapy, she realized her depression was partly due to Maine’s long winters. The Florida sunshine made a difference.

Even so, moving to Florida seasonally wasn’t an easy decision because her three kids live in Maine.

“My ex-husband and I decided together,” Jen says. “I took a full year to plan, so my kids wouldn’t get hurt. I brought each of them down separately to see what it would be like when they visit, and I come back in the summers. My ex is an amazing dad and co-parent, and his girlfriend loves my kids.”

Jen’s journey into addiction started early. At 14, she had her first drink and realized she couldn’t stop. “What

I came to understand in recovery is that I’d been thinking alcoholically my whole life,” she says. “I used alcohol to avoid feelings.”

After high school, Jen majored in Communications at the University of Southern Maine. “Truth be told, I majored in drinking and frat parties,” she says. Her five-year relationship ended after she discovered her partner’s inappropriate behavior online, and she turned to alcohol to cope with the heartbreak. Later, she married, had twin daughters, and got addicted to pain medication after back surgeries.

During the pandemic, financial pressures forced her family to move in with her in-laws. Feeling trapped, Jen turned to drugs.

“Within six months, I was knocking on death’s door,” she says. After being sent to a motel, her husband texted, saying she’d never see her kids again. That was the wake-up call Jen needed. “I looked in the mirror, and it looked like the devil staring back at me. I called the cops on myself and went into detox.”

The detox facility suggested sending her to Florida for treatment. “I said I couldn’t leave my kids, but truthfully, I’d left them a long time before,” she says. Her kids encouraged her to go, and what was supposed to be 30 days turned into seven weeks that changed her life.



“I hadn’t realized alcohol was a problem too,” Jen says. “When they gave me a 12-step book, a lightbulb went off, and I realized, ‘I’m an alcoholic.’”

Back in Maine, Jen chose to stay in a sober living residence and involved her kids in her recovery. “I wanted them to understand that being in recovery is a good thing,” she says. One of her daughters even began writing a book about sobriety.

When Jen was about 18 months sober, one of her daughters told her, “When you were drinking and doing drugs, I didn’t trust you. Now, I trust you completely.”



Amy Paradysz is a freelance writer and photographer based in Scarborough. She can be reached at amyparadysz@gmail.com.

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Understanding Recovery Capital

Building Strength for Recovery

In partnership with Addiction Policy Forum

Recovery from addiction is a journey, and having the right support can make all the difference.

That's where **recovery capital** comes in. Recovery capital is a way to measure the total resources a person has to help them find and maintain recovery from addiction. **Think of it as three different "accounts" to fill with positive things.** The more you have in these accounts, the easier your recovery journey becomes.

The first account is **personal capital**. This includes things like your health, having a job, financial stability, mental well-being, and even basic needs like food and transportation.

For example, having a steady job or attending therapy regularly adds "deposits" to your personal capital account. On the other hand, things like losing a job, poor mental health, or not having access to food and shelter can take away from this account, making recovery more challenging.

The second account is **social capital**, which involves your relationships with others. Family and friends who support your recovery, being part of a positive peer group, or participating in activities like school, work, or volunteering can help build up this account.

These relationships provide the emotional support needed to stay on track. But not all relationships are positive. Keeping in touch with



people who are still using drugs or alcohol can take away from this account and make recovery harder.

The third account is **community capital**, which includes the larger support systems around you. Access to recovery programs, support groups, recovery housing, and treatment centers are all examples of community capital.

These resources provide guidance and encouragement as you work through your recovery. However, if you don't have access to these kinds of resources, it can be harder to stay in recovery.

Recovery capital helps people figure out where they need the most support. Everyone's journey in recovery is different, and some people may need extra help to build up their recovery capital. For example, someone with low personal capital might need more help finding a job or getting healthcare, while someone with low social capital might need support in building positive relationships.

Think of these accounts like financial accounts — just as you need deposits to stay in the green, recovery capital can be invested in or depleted. Regular deposits such as therapy, employment, or positive relationships strengthen each area. Deductions, like losing a job or staying connected with substance-using friends, deplete the accounts, making recovery more difficult.

By understanding and building up personal, social, and community recovery capital, individuals can strengthen their chances of success.

Recovery is possible and with the right resources and support, a healthier, happier future is within reach.



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WCCC Expands Criminal Justice Programs

NEW: Concentration in Corrections and Probation

Washington County Community College (WCCC) in Calais, Maine, is expanding its offerings with a new degree option within their existing Criminal Justice program. Starting in Fall 2024, students can enroll in a concentration in Corrections and Probation. This program will teach students the skills needed for jobs like corrections officers, probation officers, re-entry specialists, and other roles in the criminal justice system. WCCC created this program to help meet the growing demand for workers in these important fields.

WCCC has a strong history of offering programs that make a difference in people's lives. One of its most successful programs is the Substance Use and Recovery program, which started a few years ago. This program helps students become addiction counselors by offering a one-year certificate and an Associate degree. Students can prepare for jobs as Certified Alcohol & Drug Counselors (CADC) or Licensed Alcohol & Drug Counselors (LADC). The program is affordable, and students can get financial aid through federal and state funding. Many graduates go on to make a big impact in the field of addiction recovery.

In addition to this, WCCC has been working with the Maine Department

of Corrections since 2018 to provide online education to people in prison. This program is offered at four prisons across the state, giving inmates a chance to take high-quality college courses. These classes help them learn new skills and prepare for life after prison. By offering education to people in prison, WCCC aims to lower the chances of them returning to the justice system and to help them succeed when they return to their communities.

The new Corrections and Probation concentration builds on this success. The program will teach students not only the practical skills they need to work in corrections and probation but also how to use a trauma-informed approach. This means understanding the challenges that people in the justice system face, especially those who have experienced difficult or harmful situations in their lives. This focus on compassion and care makes WCCC's program unique and important for the community.

WCCC is also proud to be a recovery-ready campus. This means the college offers support to students in recovery from addiction. Students can work with trained recovery coaches, use private meeting spaces, and get help from local recovery organizations like the Aroostook Mental Health Center and the

Downeast Recovery Support Center. WCCC makes sure that students have the resources they need to stay on track with their education and recovery.

Tyler Stoldt, the dean of enrollment management and student services at WCCC, says that education can change lives. "We've seen how education can transform the lives of people in recovery and those involved in the justice system," he says. "Our new Corrections and Probation program is designed to give students the skills they need to help justice-involved individuals and fill important jobs in our community."

WCCC is committed to providing flexible learning options for all students. The Criminal Justice Corrections and Probation, Substance Use and Recovery, and Human Services programs are available fully online. Students can take classes through a mix of online and Zoom sessions. There are also 8-week course options to fit different schedules. To learn more and apply for free, visit www.wccc.me.edu.

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Finding Purpose Through Work

Why Jobs Matter for Well-Being

by **Delvina Miremadi-Baldino**

For people in recovery from substance use, having a job can be an important part of rebuilding a stable and meaningful life. But work matters for everyone. It doesn't just give us a way to make money—it gives us a sense of purpose and helps us feel important. Dr. Gordon Flett, who studies why people need to feel they matter, says, "Mattering means feeling like you are seen, heard, and valued, and knowing that what you do makes a difference to others."

Today, people really want to feel like what they do matters. When we feel important at work, we aren't just doing a list of tasks—we're contributing to something bigger, and that's where real purpose comes from. Positive Psychology teaches us that purpose is a key to happiness. Dr. Flett says that purpose alone isn't enough—we need to know that we matter. We need to feel like the work we do makes a difference. That's what makes a job more than just work—it makes it meaningful.

Think about a teacher who works hard to help students learn. What keeps them going, even when it's hard, is knowing they make a difference in their students' lives. They feel appreciated by their students, coworkers, and parents. Dr. Flett would say they don't just have a job—they matter.

Work gives us many chances to feel like we matter. Small things—like finishing a task, getting a compliment from a boss, or helping a coworker—remind us that people see us and that what we do counts. These moments of feeling important build up our strength and happiness.



When we feel appreciated, we are more motivated to keep going, even when things are tough. This is why it's so important for workplaces to show that they value each person's contributions.

Workplaces that help people feel like they matter also help people feel like they belong. It's not just about being on a team—it's about knowing that you bring something special to that team. When employees feel valued for who they are and what they do, it creates a place where people can succeed and grow.

We all want to feel like we matter. Dr. Flett says, "People who feel they matter are more likely to thrive, not just survive." Whether you are in recovery or just facing life's

challenges, finding meaning and purpose at work is closely linked to feeling like you matter. Work gives us the chance to feel seen, heard, and appreciated. When that happens, it doesn't just change our job—it changes how we feel about ourselves.

In the end, it's not just about making a living—it's about making a life that feels meaningful.



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.

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

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 people 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 in the communities they serve. All of the services are FREE and everyone is welcome. They provide non-clinical support, and services vary by 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.

Aroostook Recovery Center of Hope

106 Main Street, Houlton

207-254-2213

ARRC Augusta Recovery Reentry Center

2 Bangor Street, Suite 2, Augusta

207-226-3438

Bangor Area Recovery 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

commonsplace

103 India Street, Portland

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

commonsplacemaine.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

Rotary

District 7780



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