

Journey

making recovery from addiction visible

SUMMER 2025 Issue 38



**El Rancho
De La Vida
Recovery
Reimagined**

**Olympia Hospitality
Values in Action**

**Hope
Lives Here
A reminder
from nature**



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

Journey's mission is to amplify hope by making recovery from addiction more visible. We do that through inspirational storytelling, accessible education, and authentic community connection.

Journey Magazine is at the center of this work—sharing real stories, elevating voices, and helping people see that recovery is not only possible, it's happening all around us. We support others in amplifying this message in their own communities—so hope can spread, one story at a time.

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Cover

Jaqui Swanson, Carrie Stackpole, Douglas Clifford, Katherine Anderson Caldwell and James Lebish
Photo by Brian Delaney

Layout

Dependable Layout & Design

As I reflect on this issue of *Journey*, I'm struck by a powerful parallel between the recovery stories we share and my recent experience in the Goldman Sachs 10,000 Small Businesses program.

Social wellbeing isn't just part of recovery—it's the foundation that helps us all stretch, grow, and rise. From recovery journeys to purpose-driven leadership, one thing is clear: **isolation stifles healing and innovation.** None of us are meant to do this alone.

Spending time with other entrepreneurs reminded me of something that's always been true in my own recovery journey—being surrounded by people who understand the path I'm on makes all the difference.

That same truth runs through the stories in this issue—from *El Rancho De La Vida's* innovative, family-centered approach to *Olympia Hospitality's* recovery-informed culture—transformation takes root in environments of support.

From the Publisher



Healing and growth are always relational.

When we make recovery visible and create space for authentic connection, we're shaping a culture that honors both growth and healing. We need communities where people can show up fully, where we celebrate wins without apology, and where we learn from others walking similar paths.

With immense gratitude,

Carolyn

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El Rancho De La Vida

Recovery Reimagined

by Emma Simard

Hidden among the trees in Hinckley, Maine, El Rancho De La Vida—The Ranch of Life—is a recovery center that’s quietly transforming the future of treatment. With six-month stays, a co-ed model, and an approach that blends freedom with support, El Rancho meets people where they are—and helps them grow.

The ranch is the brainchild of Jamie Lebish and Kate Anderson; in 2017, they had a vision for a different kind of recovery center, so they got to work, setting up the nonprofit, getting licensing in place, and looking for a home base. In 2020, El Rancho found a spot to put down roots. The couple had been touring various farms and venues, looking for the perfect space, when they found the Good Will-Hinckley campus. “When we pulled up, it was a no-brainer. I mean, everything was there,” Kate says. The campus had a community college, a career center, a rehab space, and so much more. In March 2020, using an inheritance Kate received from her uncle a year prior as seed money, El Rancho De La Vida was born.

While many people struggled to keep their doors open in the wake of the pandemic, Kate and Jamie felt fortunate to have a slower start. “We were given a chance to stumble a bit,” Kate says. This stumbling allowed the couple to figure out how to go from a recovery residence to a licensed substance use disorder agency. “I had no idea that I had to actually have a book full of policy and procedures,” Jamie says. “We started from scratch. We had nothing. And there were no other businesses that do this, so we had nobody to call. We just had to figure it out.”

El Rancho is unique because it’s a co-ed recovery residence that doubles as a treatment center. It’s the only space in the state that lets you and your spouse go through treatment together. “I was advised by everybody that I ever knew to not do this,” Jamie says. “[They said] this is wrong. You need a marriage counselor, you need all kinds of other staff to be able to do this.” But he and Kate didn’t listen. Instead, they stuck to the plan and filled a void in the recovery world.

El Rancho was the first recovery residence in Maine to earn a Level IV designation—a clinical model recognized by national standards. Before this, MARR hadn’t certified any treatment programs. But Jamie and Kate’s vision challenged the status quo, and El Rancho paved the way for others to follow; today there are now nine Level IV residences.

A Place to Build Your Life

El Rancho uses a phase system that residents move through the longer they are there.

“It’s about meeting people where they are and doing your best with that.” says Howland Bickerstaff, clinical supervisor.

Each phase has requirements that need to be met in order to move on to the next. New residents start in Phase 1, which is orientation, and are there for two weeks. Curfew changes in each phase, and by the time you get to Phase 3, you can be actively working or going to school. “It’s very independent,” says Carrie Stackpole, the ranch’s program manager. You get to choose which meetings you want to go to, including checking out meetings in the town you want to live in after graduation. “That’s something they look forward to,



Howland Bickerstaff, Clinical Director

being able to design their own recovery plan.” Carrie says.

Having the ability to leave campus is an intentional part of how El Rancho supports personal growth. Residents have the opportunity to navigate real-world situations while still having a supportive community to return to. These experiences often spark valuable conversations about emotions, challenges, and personal responses.

“When residents move on, they feel like they’re not just thrown out there,” says Jaqui Swanson, Shiller Ranch house manager. “They’ve built up resources and formed real connections—sober friends who are like-minded.” It’s an approach that’s

helping many find lasting success. “We’re graduating over 50 percent, which is unheard of nationally,” Jamie says.

For some, the next step after El Rancho is Shiller Ranch—a MARR Level III recovery residence for both men and women, located right on the same campus. This close proximity offers continuity and community, allowing residents from Andersson to transition smoothly after their six months, if additional support is needed.

When asked about this success, Kate and Jamie emphasize that credit is due to the team surrounding them. Residents-turned-staff members have a deep love of the work they’re doing, and they’ve helped to create a truly collaborative space, where every voice is heard and ideas are honestly listened to. “Without a staff that continues to grow, learn, be available, and have an open mind, constantly searching for a better way to do things—nothing seems out of the question until it doesn’t work,” Jamie says. This frame of mind means El Rancho is constantly adapting to best meet the needs of its residents.

In addition to the phase system, the ranch offers different therapies, including equine, forest, music, and work therapies, as well as zen meditation, yoga, and more. Staff members will also take residents out for fishing, kayaking, and hiking trips, and it’s not long before residents start to feel like they’re part of a family. “We do everything we can think of together,” says Doug Clifford, the ranch’s evening manager. “We have dinners together, we have home groups together where we talk about very emotional and in-depth things. We break down that wall that everybody has built up through the years, and we do it together,” he says.

Doug is the ranch’s longest-standing staff member and adores the work he does. “It’s a blessing for me every day to wake up and do what I do,” he

says. “It’s a very special place, and when I talk about a family, I truly mean that.” His coworkers share the same feeling. “The growth that I see in the residents is so rewarding,” Jaqui says. “Everybody has their strengths and they’re allowed to use them.”

The space that Kate and Jamie have built over the past five years is shaping what recovery can look like in Maine. “It’s bigger than us now—it always will be,” Jamie says. Guided by a willingness to listen and evolve, El Rancho continues to grow in response to the needs of its residents. Looking ahead, Kate and Jamie hope to expand their services to include an Intensive Outpatient Program and a detox center—broadening the continuum of support available to those on the path to recovery.

Today, El Rancho is more than a place to heal—it’s a community built on trust, care, and purpose. It offers stability during uncertain times and a clear path forward. For many who come through its doors, it feels like the first real chance to rebuild. As Doug puts it, “We’re dealing with people’s lives, we’re dealing with their futures, and we take it very seriously.”



Emma Simard is a writer and editor living in Midcoast Maine with her cat, Frankenstein. When she isn’t writing or proofreading, she’s in her stained glass studio making suncatchers or on the hunt to find the best biscuits and gravy in the state.

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EL RANCHO
DE LA VIDA

What residents at El Rancho are saying:

“ [El Rancho] is a surprisingly great place! I didn’t know what to expect when I got here, but it has become my home. ”

—Rosie

“ They just really care about the residents, and really help us in every area of our lives with great resources from the community. ”

—Paul

“ [El Rancho] just goes way above and beyond from any other place. ”

—Matt

“ The staff is always working together to make it easier for us to grow. ”

—Matt

Physical Wellness

Move, Nourish, and Thrive

In partnership with
Hannaford Supermarkets

by Allison Stowell

As a dietitian, I encourage people to find foods that align with their nutritional goals and improve their well-being. I also spend a lot of time helping individuals understand the importance of physical wellness. When we combine the two, we have the perfect recipe for improving overall health.

Define Body Movement

Instead of focusing solely on fitness, I like to emphasize the benefits of body movement. Thinking about it this way reminds us that physical wellness isn't one-size-fits-all, there are many ways to move that support our health. This perspective also allows for flexibility, balancing more intense workouts with gentler, yet equally valuable, options like yoga or Pilates. It invites variety, reduces boredom, and makes movement more sustainable. And importantly, body movement can also be social—whether it's joining a walking group, attending a class with a friend, or simply moving alongside others, these shared experiences add connection that supports both our physical and emotional well-being.

Use it as a Daily Check-in

When we're utilizing different approaches to physical wellness, we can check in daily and identify what we need that day. Then we can choose the type of body movement that matches our needs. This approach aligns with truly honoring

our bodies. It forces us to slow down and observe who we are on a given day. While I often stress this with eating to encourage mindful food choices, the same concept can be applied to physical wellness. Some days, what we may need most is the boost that comes from shared movement, connecting with others during a group class or walk can uplift our mood while supporting our wellness.

Change and Evolve

Our body movement goals should align with our broader health goals. What worked at one time may not still be the ideal approach. Accepting that as our bodies change and evolve, our approach to physical wellness should too is a sign of true physical wellness. Sometimes this may mean scaling back. It could also mean pushing yourself as you get stronger.

Choose Better Beverages

It's important for all of us to remain hydrated. If we don't drink enough (and become dehydrated), it could lead to headache, muscle cramping, dizziness, nausea, and other issues. When we add exercise to our day, our fluid needs increase (especially if we sweat a lot or engage in activity in high heat). Generally, water is all we need. It's also helpful to add "watery" produce such as iceberg lettuce, cucumbers, and watermelon to help with your daily fluid intake. In some cases, we may need a hydration boosting beverage or powder. Choose options with no added sugar and,

if possible, that aren't made with artificial colors.

Support Physical Wellness Through Food

Along with dedication to physical wellness, comes a commitment to nourish your body with the right food to remain healthy, build muscle, and reduce risk of injury. We don't need expensive bars or protein powders. Instead, go for a colorful diet with plenty of vegetables, fruit, grains, low- (or non-) fat dairy, and lean protein. We should all seek to limit added sugar, sodium, and saturated fat as well, to reduce the risk of diabetes, heart disease, and obesity. Aim for a variety of proteins. Include chicken or turkey, very lean red meat, and fish, along with eggs, beans, nuts and seeds.

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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](https://www.hannaford.com/dietitians).



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Support Mainers in Recovery

Lead the Way as an LADC/CADC

Though more than a decade has passed since Rachelle was in the throes of addiction, the hopelessness she felt then is never far from her mind. She never takes it for granted that the sense of fulfillment she feels now—as a working mom with a son who is thriving and a job she loves—once seemed completely out of reach.

“I was wandering aimlessly out there,” she says. “I had no idea that I could be where I am today.”

That lived experience is an important part of what makes Rachelle so effective in her role as a Certified Alcohol and Drug Counselor, or CADC. Rachelle works in the criminal justice system, helping people who are incarcerated connect to community resources and build the skills they need for a sustainable recovery.

“I feel so empowered that I’m actually making a difference in this world.”

Rachelle is a part of the growing field of Direct Support, ensuring that Mainers with age-related, physical, behavioral, intellectual and cognitive health needs have the support they need to stay safe, independent, and empowered to achieve their personal goals. There are thousands of openings with employers throughout the state. Training is widely available, and many employers offer flexible scheduling options.

Rachelle’s first-hand understanding of substance use disorder helps break down the walls with the clients she serves.

“They can open up, be themselves, and be vulnerable,” she says. “Seeing that someone has been through it before and come out on the other side provides hope that they can also recover.”

Rachelle derives satisfaction from knowing that she’s offering a critical dose of empathy, compassion, and a judgement-free space for individuals who have hit their lowest low.

“A lot of these people have been living with substance use disorder for a really long time. They’ve burned a lot of bridges. As soon as they know that someone actually cares and is there to listen, it’s a great thing.”

Seeing people brighten with hope and move towards recovery and healing is part of what makes it so meaningful. “When I see them grow, even just a little bit, I see that I’m changing someone’s life,” she says.

Having the ability to give back has supported Rachelle’s own recovery.

“I continue to grow and learn on a daily basis,” she says. “It gives me



Photo by Andy Thorington.

the opportunity to feel like I matter. I feel so empowered that I’m actually making a difference in this world.”

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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-- Karen St.Clair (Advertiser since issue #1 (2019))



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Alaina Knox

From a moment of clarity to a life of purpose

by Amy Paradysz

Alaina Knox was first prescribed pain medication in her early twenties during a difficult chapter in her life. What began as physical relief, quickly took on a deeper role.

“I was prescribed pain medication and was also in emotional pain,” Alaina says. “As soon as I put it in my body, I felt a sense of relief I hadn’t felt in my whole life. In the beginning, I was a functioning addict. I functioned until I didn’t anymore.”

Her substance use escalated over time, leading her through cycles of treatment, recovery and relapse. She experienced housing instability, sometimes staying in shelters and other times sleeping outdoors.

“Finally, the universe intervened and put me in a position where I had to sit with myself,” says Alaina, adding that she was incarcerated for two years for drug-related felonies.

As her time behind bars was concluding, Alaina was “dry” but hadn’t been part of a recovery community or gotten to the roots of her addiction. She couldn’t go back home, where her much-younger sisters were still minors. And she was resistant to the idea of going to sober living.

A Moment of Clarity Behind Bars

Then, while Alaina was still in prison, someone offered her drugs. At the last minute, an inner voice told her not to do it.

“The following day, I was randomly drug-tested,” Alaina says. “I had listened to what I now understand to be a Higher Power. My sentence would have been extended if I had used that one time. I was later paroled to Portland to go to sober living.”

She thought she could simply stay

for three months and go back to her previous life in Pennsylvania, being the “well version” of herself.

“Instead, the three months went by, and the change that I felt in myself was so profound that I decided to stay for another three months,” Alaina says, adding that she ended up staying 14 months in total. “It created a good foundation. I needed to stay in sober living long enough that it became a part of me, and I could create structure in my own life.”

While still in sober living, Alaina started a new “get well” job at a pizza restaurant with other members of the recovery community, and she was amazed to be given a key to the safe. “People in my life trusted me with small things,” she says, “and I wanted to do right by them, because my addiction was no longer making me do things that I didn’t want to do.”

Alaina eventually rented an apartment with a friend she met in sober living and began supporting other women in recovery, even some who are still incarcerated today and are eager to learn about finding a solution. Life continued to grow from there. Today, she lives in Portland with her husband, Dylan, who is also a member of the recovery community, and their two cats, Nugget and Muffin.

“I made these changes slowly,” she says. “Finding the life I wanted didn’t happen overnight.”

After the pizza shop, Alaina tried several other jobs. Eventually, she landed at Sweetser, who hired her to coordinate training for the grant-funded Peer Training Network that equips people with lived experience to work in peer support roles. Six months later, Alaina was promoted to Director of Recovery Services, a role in which her lived experiences help her to support people with substance use,



mental health challenges and life-interrupting trauma.

“I get to work closely with professionals who have lived experience like me,” she says. “I never thought I’d find a job where I could share in a group of people in leadership about my lived experience and have that be a valuable contribution.”

At 36, Alaina is five years sober and living a life she loves. “I would be embarrassed to even ask for this life,” she laughs.

A key to her sobriety has been connecting with others, holding each other accountable in a loving way, and sharing not just recovery but all of life’s ups and downs.

“I have a community and a life now that I don’t want to give away to a substance,” she says. “My life is different today because I’m not entirely obsessed with how I feel and what’s happening with me. That’s how I stay well. I used to think that if I lost this or that, I wouldn’t be okay. And then I lost those things and was still okay. Now I know that the only things I can’t live without are my sobriety and my Higher Power. Instead of focusing on what I don’t have, I’m trying to cherish what I do have.”



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



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From Rejection to Social Wellbeing with EFT Tapping

by Karen St.Clair

Rejection hurts. Whether it's being left out, ignored, or feeling like we don't belong, rejection can create deep emotional pain.

Over time, that pain can affect our self-esteem and make us afraid to reach out to others.

But there is a simple tool that can help people heal from rejection and build strong, healthy relationships: EFT Tapping, or Emotional Freedom Techniques, a stress-relief method that combines gentle tapping on certain parts of the face and upper body with talking about how you feel.

It's like giving your mind and body a message that says, "It's okay now—you're safe." Tapping helps calm your nervous system to release old hurt feelings and can change how your brain remembers painful events. That means you can start to feel more confident, more connected, and more open to healthy relationships.

EFT Tapping can work for any age group, but for today, I'd like to share a short story of a junior high student that experienced the real pain of rejection at school.

Alex is 14 years old. At school, he often feels like he doesn't fit in. Last year, a group of classmates stopped talking to him without explaining why. He started to believe something was wrong with him and since then, he's been quiet in class, afraid to speak up, and often chooses to eat lunch alone.

The feelings of rejection stayed with Alex. He wanted to make new

friends but was afraid of being hurt again.

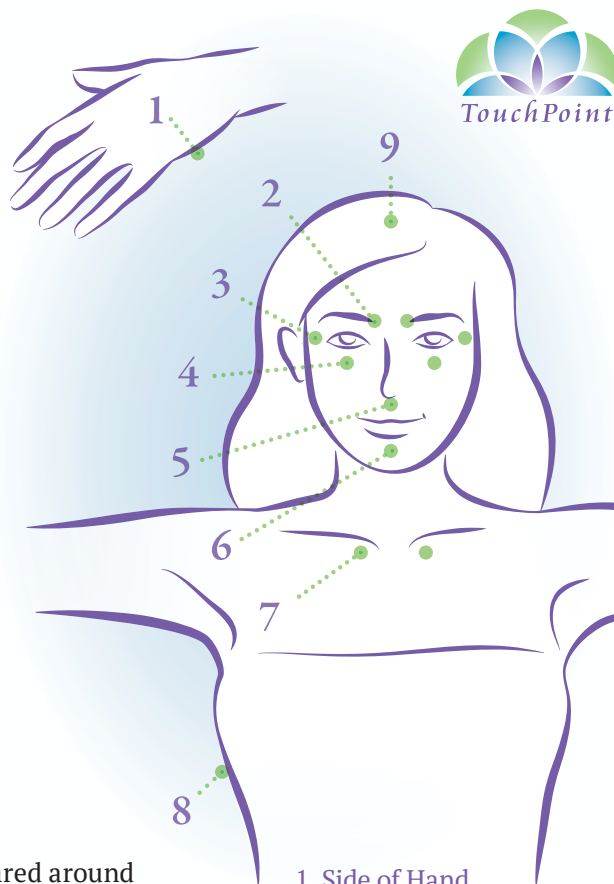
Alex's school counselor introduced him to EFT Tapping. At first, he was unsure. But she explained that he could talk about how he felt while gently tapping on certain spots—like the side of the hand, eyebrows, or collarbone—to help release those hard feelings.

After a few sessions with his school counselor, Alex noticed a change. The heavy feeling in his chest began to fade. He didn't feel as scared around other students. He even raised his hand in class again—and one day, a classmate smiled and asked to sit with him at lunch.

Why EFT Works

EFT doesn't erase what happened, but it helps you see it differently. It lowers the emotional pain tied to rejection, making space for healing. When you no longer feel stuck in fear or sadness, you can start to show up more fully—and others will notice.

You could begin to speak with confidence, start conversations or attract healthier friendships. Rejection can make us feel small, scared, and alone. But just like Alex, you can heal from the past, feel better in the present, and build a future filled with connection and belonging. EFT gives you the power to transform rejection into social wellbeing—one tap at a time.



1. Side of Hand
2. Beginning of Eyebrow
3. Side of Eye
4. Under Eye
5. Under Nose
6. Chin
7. Collarbone
8. Under Arm
9. Top of Head



Contact Karen St.Clair to learn EFT Tapping in private sessions, in workshop settings. Karen is an Accredited Certified EFT International Practitioner/Master Trainer, 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. karenstclair.net

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John Howard Ward

How he found the combination of treatment and support that works for him.

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For John Howard Ward, childhood exposure to substances and trauma was the slippery slope to decades of alcohol dependence. Now, at 52, John is grateful to be in recovery through a combination of medication and counseling, as well as support from those around him.

John remembers being only 10 years old the first time he got drunk. “My friend and I emptied a bottle of brandy at his apartment. His mother was away. I was too drunk to ride a bike, so my mother picked me up.”

A few years later, at 13, John was introduced to an older relative who, John remembers, “offered me a daiquiri as soon as I walked through the door.” The relationship immediately turned abusive, and John drank heavily for the next ten years in an effort to cope with the emotional

and physical trauma he experienced. It wasn’t until he was 30 that John admitted to anyone what had happened.

During his 20s and 30s, John was able to control his drinking enough to build a career in event production. He married and had a daughter. A passionate musician, John lived a life of travel, partying, and late nights. Despite having a family and earning a good income, he acknowledges that, by his late 30s, “things had gotten out of control” and he began to experience consequences of his drinking.

“A low point in my life was when I had a DUI accident at age 40.” Thankfully, nobody got hurt in the accident, but it precipitated two months in jail, tens of thousands of dollars in fines and associated costs, and a suspended

driver’s license. Over the years, John says, “I lost everything, including my home during the recession, and six jobs. My marriage crumbled. My health deteriorated.”

In 2008, John found himself in inpatient rehab where he was diagnosed by a healthcare provider with alcohol dependence, a disease that affects about 11 percent of U.S. adults.¹ The journey to diagnosis and treatment is different for each person and may include multiple approaches and attempts at recovery. During John’s initial treatment, he says, “I wasn’t committed to making a change, and I didn’t have the support system I have now.” Ultimately, he relapsed.

Over and over, John sought recovery. He attended thousands of 12-step and group

Please read the Important Safety Information below. Discuss all benefits and risks with a healthcare provider.

VIVITROL® (naltrexone for extended-release injectable suspension) is a prescription injectable medicine used to:

- treat alcohol dependence. You should stop drinking before starting VIVITROL.
- prevent relapse to opioid dependence, **after** opioid detoxification.

You must stop taking opioids before you start receiving VIVITROL. To be effective, VIVITROL must be used with other alcohol or drug recovery programs such as counseling. VIVITROL may not work for everyone. It is not known if VIVITROL is safe and effective in children.

IMPORTANT SAFETY INFORMATION **Do not receive VIVITROL if you:**

- are using or have a physical dependence on opioid-containing medicines or opioid street drugs, such as heroin. To test for a physical dependence on opioid-containing medicines or street drugs, your healthcare provider may give you a small injection of a medicine called naloxone. This is called a naloxone challenge test. **If you get symptoms of opioid withdrawal after the naloxone challenge test, do not start treatment with VIVITROL at that time.** Your healthcare provider may repeat the test after you have stopped using opioids to see whether it is safe to start VIVITROL.
- are having opioid withdrawal symptoms which may include anxiety, sleeplessness,

yawning, fever, sweating, teary eyes, runny nose, goosebumps, shakiness, hot or cold flushes, muscle aches, muscle twitches, restlessness, nausea and vomiting, diarrhea, or stomach cramps.

- are allergic to naltrexone or any of the ingredients in VIVITROL or the liquid used to mix VIVITROL (diluent).

VIVITROL can cause serious side effects, including:

- 1. Risk of opioid overdose.** You can accidentally overdose in two ways.
 - VIVITROL blocks the effects of opioids, such as heroin or opioid pain medicines. Do not try to overcome this blocking effect by taking large amounts of opioids—this can lead to serious injury, coma, or death.
 - After you receive a dose of VIVITROL, its blocking effect slowly decreases and completely goes away over time. If you have used opioid street drugs or opioid-containing medicines in the past, using opioids in amounts that you used before treatment with VIVITROL can lead to overdose and death. You may also be more sensitive to the effects of lower amounts of opioids:
 - after you have gone through detoxification
 - when your next VIVITROL dose is due
 - if you miss a dose of VIVITROL
 - after you stop VIVITROL treatment

Tell your family and the people closest to you of this increased sensitivity to opioids and the risk of overdose.

Talk to your healthcare provider about naloxone, a medicine that is available to patients for the emergency treatment of an opioid overdose.

Call 911 or get emergency medical help right away in all cases of known or suspected opioid overdose, even if naloxone is administered.

- 2. Severe reactions at the site of injection.** Some people on VIVITROL have had severe injection site reactions, including tissue death. Some of these reactions have required surgery. VIVITROL must be injected by a healthcare provider. Call your healthcare provider right away if you notice any of the following at any of your injection sites:
 - intense pain
 - the area feels hard
 - large area of swelling
 - lumps
 - blisters
 - an open wound
 - a dark scab

Tell your healthcare provider about any reaction at an injection site that concerns you, gets worse over time, or does not get better within two weeks.

- 3. Sudden opioid withdrawal.** To avoid sudden opioid withdrawal, you must stop taking any type of opioid, including street drugs; prescription pain medicines; cough, cold, or diarrhea medicines that contain opioids; or opioid-dependence treatments,

recovery meetings and went through seven rehab stays in four different states. A move to upstate New York in 2023 to be near family put John in touch with a local primary care provider who also had a focus in addiction medicine.

This physician recommended John try VIVITROL® (naltrexone for extended-release injectable suspension) along with counseling, and he agreed. VIVITROL is a once-monthly prescription injectable medication for alcohol dependence in patients who are able to abstain from alcohol in an outpatient setting prior to initiation with VIVITROL treatment.

VIVITROL contains naltrexone, an opioid antagonist. Patients should not be actively drinking at the time of initial VIVITROL administration and VIVITROL should be part of a comprehensive management

program that includes psychosocial support. You should not receive VIVITROL if you are using or have a physical dependence on opioid-containing medications or opioid street drugs, are having opioid withdrawal symptoms, or are allergic to naltrexone or any of the ingredients in VIVITROL.

VIVITROL can cause serious side effects, including risk of opioid overdose, severe reaction at the injection site, sudden opioid withdrawal, and liver damage or hepatitis.

See additional Important Safety Information below.

John has now taken VIVITROL for nine months. The medication, coupled with counseling, working with his healthcare provider, and the support of family and friends, has opened a path to recovery John didn't know was possible.

The toll from John's decades of alcohol misuse is significant, including memory loss and the end of his career. Through it all, he remains hopeful and grateful. "By focusing on my overall health, I have reconnected with family, my ex-wife, and my daughter, and returned to activities important to me like playing music."

"I have so much to be thankful for and I feel like the only way a heavy drinker can truly apologize is to finally get treatment." With this perspective, John feels privileged to share his story to let everyone know that it's never too late, and help is available.

This is John's story and does not represent all people living with alcohol dependence. The information included is not a substitute for professional medical advice. Always talk to your healthcare provider.

Important Safety Information continued

including buprenorphine or methadone, for at least 7 to 14 days before starting VIVITROL. If your doctor decides that you don't need to complete detox first, he or she may give you VIVITROL in a medical facility that can treat sudden opioid withdrawal. Sudden opioid withdrawal can be severe and may require hospitalization.

4. Liver damage or hepatitis. Naltrexone, the active ingredient in VIVITROL, can cause liver damage or hepatitis. Tell your healthcare provider if you have any of these symptoms during treatment with VIVITROL:

- stomach area pain lasting more than a few days
- dark urine
- yellowing of the whites of your eyes
- tiredness

Your healthcare provider may need to stop treating you with VIVITROL if you get signs or symptoms of a serious liver problem.

Before you receive VIVITROL, tell your healthcare provider if you:

- have liver problems, use or abuse street (illegal) drugs, have hemophilia or other bleeding problems, have kidney problems, or have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if VIVITROL will harm your unborn baby.
- are breastfeeding. It is not known if VIVITROL passes into your milk, and if it can harm your baby. Naltrexone, the active ingredient in VIVITROL, is the same active ingredient in tablets taken by mouth that

contain naltrexone. Naltrexone from tablets passes into breast milk. Talk to your healthcare provider about whether you will breastfeed or take VIVITROL. You should not do both.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your healthcare provider if you take any opioid-containing medicines for pain, cough or colds, or diarrhea.

If you are being treated for alcohol dependence but also use or are addicted to opioid-containing medicines or opioid street drugs, it is important that you tell your healthcare provider before starting VIVITROL to avoid having sudden opioid withdrawal symptoms when you start VIVITROL treatment.

Do not drive a car, operate machinery, or do other dangerous activities until you know how VIVITROL affects you. VIVITROL may make you feel dizzy and sleepy.

VIVITROL can cause serious side effects, including:

Depressed mood. Sometimes this leads to suicide, or suicidal thoughts, and suicidal behavior. Tell your family members and people closest to you that you are taking VIVITROL.

Pneumonia. Some people receiving VIVITROL treatment have had a type of pneumonia that is

caused by an allergic reaction. If this happens to you, you may need to be treated in the hospital.

Serious allergic reactions. Serious allergic reactions can happen during or soon after an injection of VIVITROL. Tell your healthcare provider or get medical help right away if you have any of these symptoms:

- skin rash
- swelling of your face, eyes, mouth, or tongue
- trouble breathing or wheezing
- chest pain
- feeling dizzy or faint

Common side effects of VIVITROL may include:

- nausea
- sleepiness
- headache
- dizziness
- vomiting
- decreased appetite
- painful joints
- muscle cramps
- cold symptoms
- trouble sleeping
- toothache

These are not all the side effects of VIVITROL. Tell your healthcare provider if you have any side effect that bothers you or does not go away. You are encouraged to report all side effects to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Read the Medication Guide, which is available at vivitrol.com and by calling 1-800-848-4876, option 1.

Please see Brief Summary of Important Facts about VIVITROL on the following page.

References:

1. Substance Abuse Center for Behavioral Health Statistics and Quality. Results from the 2020 National Survey on Drug Use and Health: Detailed Tables, SAMHSA. <https://www.samhsa.gov/data/release/2020-national-survey-drug-use-and-health-nsduh-releases>. Accessed January 2025.

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VIV-007199

Vivitrol[®]

(naltrexone for extended-release injectable suspension)

BRIEF SUMMARY OF IMPORTANT FACTS ABOUT VIVITROL

What is the most important information I should know about VIVITROL?

VIVITROL can cause serious side effects, including:

1. **Risk of opioid overdose.** You can accidentally overdose in two ways.
 - VIVITROL blocks the effects of opioids, such as heroin or opioid pain medicines. Do not try to overcome this blocking effect by taking large amounts of opioids—this can lead to serious injury, coma, or death.
 - After you receive a dose of VIVITROL, its blocking effect slowly decreases and completely goes away over time. If you have used opioid street drugs or opioid-containing medicines in the past, using opioids in amounts that you used before treatment with VIVITROL can lead to overdose and death. You may also be more sensitive to the effects of lower amounts of opioids:
 - after you have gone through detoxification
 - when your next VIVITROL dose is due
 - if you miss a dose of VIVITROL
 - after you stop VIVITROL treatment

Tell your family and the people closest to you of this increased sensitivity to opioids and the risk of overdose.

Talk to your healthcare provider about naloxone, a medicine that is available to patients for the emergency treatment of an opioid overdose.

Call 911 or get emergency medical help right away in all cases of known or suspected opioid overdose, even if naloxone is administered.

2. **Severe reactions at the site of injection.** Some people on VIVITROL have had severe injection site reactions, including tissue death. Some of these reactions have required surgery. VIVITROL must be injected by a healthcare provider. Call your healthcare provider right away if you notice any of the following at any of your injection sites:
 - intense pain
 - the area feels hard
 - large area of swelling
 - lumps
 - blisters
 - an open wound
 - a dark scab

Tell your healthcare provider about any reaction at an injection site that concerns you, gets worse over time, or does not get better within two weeks.

3. **Sudden opioid withdrawal.** To avoid sudden opioid withdrawal, you must stop taking any type of opioid, including street drugs; prescription pain medicines; cough, cold, or diarrhea medicines that contain opioids; or opioid-dependence treatments, including buprenorphine or methadone, **for at least 7 to 14 days** before starting VIVITROL. If your doctor decides that you don't need to complete detox first, they may give you VIVITROL in a medical facility that can treat sudden opioid withdrawal. **Sudden opioid withdrawal can be severe and may require hospitalization.**

4. **Liver damage or hepatitis.** Naltrexone, the active ingredient in VIVITROL, can cause liver damage or hepatitis. Tell your healthcare provider if you have any of these symptoms during treatment with VIVITROL:

- stomach area pain lasting more than a few days
- dark urine
- yellowing of the whites of your eyes
- tiredness

Your healthcare provider may need to stop treating you with VIVITROL if you get signs or symptoms of a serious liver problem.

What is VIVITROL?

VIVITROL is a prescription injectable medicine used to:

- treat alcohol dependence. You should stop drinking before starting VIVITROL.
 - prevent relapse to opioid dependence, after opioid detoxification.
- You must stop taking opioids before you start receiving VIVITROL. To be effective, VIVITROL must be used with other alcohol or drug recovery programs such as counseling. VIVITROL may not work for everyone. It is not known if VIVITROL is safe and effective in children.

Who should not receive VIVITROL?

Do not receive VIVITROL if you:

- are using or have a physical dependence on opioid-containing medicines or opioid street drugs, such as heroin. To test for a physical dependence on opioid-containing medicines or street drugs, your healthcare provider may give you a small injection of a medicine called naloxone. This is called a naloxone challenge test. **If you get symptoms of opioid withdrawal after the naloxone challenge test, do not start treatment with VIVITROL at that time.** Your healthcare provider may repeat the test after you have stopped using opioids to see whether it is safe to start VIVITROL.
- are having opioid withdrawal symptoms. Opioid withdrawal symptoms may happen when you have been taking opioid containing medicines or opioid street drugs regularly and then stop. Symptoms of opioid withdrawal may include: anxiety, sleeplessness, yawning, fever, sweating, teary eyes, runny nose, goose bumps, shakiness, hot or cold flushes, muscle aches, muscle twitches, restlessness, nausea and vomiting, diarrhea, or stomach cramps.
- are allergic to naltrexone or any of the ingredients in VIVITROL or the liquid used to mix VIVITROL (diluent). See the medication guide for the full list of ingredients.

What should I tell my healthcare provider before receiving VIVITROL?

Before you receive VIVITROL, tell your healthcare provider if you:

- have liver problems, use or abuse street (illegal) drugs, have hemophilia or other bleeding problems, have kidney problems, or have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if VIVITROL will harm your unborn baby.
- are breastfeeding. It is not known if VIVITROL passes into your milk, and if it can harm your baby. Naltrexone, the active ingredient in VIVITROL, is the same active ingredient in tablets taken by mouth that contain naltrexone. Naltrexone from tablets passes into breast milk. Talk to your healthcare provider about whether you will breastfeed or take VIVITROL. You should not do both.

Tell your healthcare provider about all the medicines

you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your healthcare provider if you take any opioid-containing medicines for pain, cough or colds, or diarrhea.

If you are being treated for alcohol dependence but also use or are addicted to opioid-containing medicines or opioid street drugs, it is important that you tell your healthcare provider before starting VIVITROL to avoid having sudden opioid withdrawal symptoms when you start VIVITROL treatment.

What are other possible serious side effects of VIVITROL?

VIVITROL can cause serious side effects, including:

Depressed mood. Sometimes this leads to suicide, or suicidal thoughts, and suicidal behavior. Tell your family members and people closest to you that you are taking VIVITROL. You, a family member, or the people closest to you should call your healthcare provider right away if you become depressed or have any of the following symptoms of depression, especially if they are new, worse, or worry you.

Pneumonia. Some people receiving VIVITROL treatment have had a type of pneumonia that is caused by an allergic reaction. If this happens to you, you may need to be treated in the hospital.

Serious allergic reactions. Serious allergic reactions can happen during or soon after an injection of VIVITROL. Tell your healthcare provider or get medical help right away if you have any of these symptoms:

- skin rash
- swelling of your face, eyes, mouth, or tongue
- trouble breathing or wheezing
- chest pain
- feeling dizzy or faint

Common side effects of VIVITROL may include:

- nausea
- sleepiness
- headache
- dizziness
- vomiting
- decreased appetite
- painful joints
- muscle cramps
- cold symptoms
- trouble sleeping
- toothache

These are not all the side effects of VIVITROL. Tell your healthcare provider if you have any side effect that bothers you or that does not go away. You are encouraged to report all side effects to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

This is only a summary of the most important information about VIVITROL.

Need more information?

- Ask your healthcare provider or pharmacist.

Read the Medication Guide, which is available at vivotrol.com and by calling 1-800-848-4876, option #1.

This Brief Summary is based on the VIVITROL Medication Guide (Rev. January 2024).



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Hope Lives Here

How Nature Reminds Us to Keep Going

*In partnership with
Peter Wohl*

Sometimes life feels heavy. We go through hard days, deep sadness, or moments when everything feels dark. In those times, hope can seem far away. But nature has a gentle way of bringing it back. The beauty of the natural world reminds us that life continues, healing is possible, and hope can return.

Hope lives in the small things: a bird singing, sunlight on leaves, flowers blooming again after winter. These quiet moments speak to something deep within us—something steady, even when life feels uncertain.

Nature shows us that life moves in cycles. After night, there is morning. After winter, spring. Everything rests, then grows again. This reminds us that our pain won't last forever. Like the earth, we can begin again.

Even small moments outside can help. A breeze on your face, the

smell of rain, or the strength of a tree can bring light to the darkness. When life feels hard, let the earth hold you. Sit on the ground. Breathe deeply. Let nature remind you that you belong here, that you are not alone. The earth does not rush your healing. It simply offers space.

Simple Ways to Practice Hope in Nature

- Go outside, even for a few minutes. Feel the sun, listen to the wind.
- Look for beauty: a flower, a cloud, the way light dances on water.
- Sit with a tree. Let it remind you to stand tall and steady.
- Keep a nature journal. Notice how life keeps moving.
- Thank the earth each day. Gratitude opens the heart to hope.

Imagine a seed buried in the cold ground. It doesn't know when or how but, one day, it starts to grow. We are like that seed. Even when we feel stuck, something inside us wants to reach for the light.

"Hope is not something we create, it's something to notice. It's already there, waiting for us to see it."

You are not separate from nature, you are part of it. Just like the sky, the birds, and the trees, your heart can heal, grow, and shine again. Hope lives here. And it lives in you.

Find out more about Peter Wohl on his website ecospiritualpathtothewildheart.com

Olympia Hospitality

Building a Recovery-Friendly Culture from the Inside Out

In partnership with RFW-Maine

At Olympia Hospitality, being a values-driven organization means more than just words on a wall—it means action. Abigail Flynn, Senior Human Resources Manager, shared how Olympia embraced the Recovery Friendly Workplace (RFW) initiative to better support employees navigating substance use, sobriety, or the challenges of supporting others.

Before receiving their official RFW designation in 2024, Olympia was already paving the way. It began when an employee in recovery raised a concern about the alcohol-centric culture often seen in the hospitality industry.

That conversation sparked a partnership with Sobrynth, giving all employees access to a 24/7 confidential peer support line and robust resources for themselves or loved ones.

The impact has been profound. A company-wide survey revealed that 12% of Olympia's employees identify as in recovery, 40% are affected by someone currently in active addiction, and over 50% have a family member who has struggled with substance use. "That's a clear-cut case," Flynn says, "that this is a topic that needs to be addressed in the workplace."

From launching an employee resource group called Olympia Cares to updating handbooks with formal recovery-friendly policies, Olympia is creating a workplace where employees feel supported both personally and professionally.

Leaders receive training on the power of language, and monthly Zoom calls create space for personal



Abigail Flynn

stories from team members at every level—including executives.

Flynn's advice to other employers? "You don't have to have the playbook all written out. Just listen." While Olympia has invested wellness dollars into its program, much of their success comes from intention, compassion, and consistency.

They've also created a private Facebook group for sharing resources and recovery milestones, and partnered with non-alcoholic beverage companies to reshape hospitality culture more inclusively.

As their reputation grows, Olympia continues to form meaningful partnerships, influence industry standards, and cultivate a workplace where every employee feels seen, valued, and supported.

The initiative has even inspired other businesses to reach out, curious about implementing similar practices. Olympia's story offers a

powerful example of how recovery-friendly leadership can drive connection, pride, and long-term culture change.

With growing national partnerships and an expanding reputation, Olympia Hospitality is showing what it looks like to live out core values—especially "concern for others"—by supporting recovery in all its forms.

Olympia Hospitality is a family-owned hotel management company based in Portland, Maine, with over 40 properties nationwide. Known for its values-driven culture, Olympia prioritizes employee well-being and has emerged as a leader in the Recovery Friendly Workplace movement within the hospitality industry.

Sobrynth is a workplace benefit that supports individuals on their sobriety journeys by connecting them with peer coaches and resources. Sobrynth also helps companies become recovery-friendly workplaces through structured programs and expert guidance.

Love is Love

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

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Learn the facts.

This isn't just a course. It's a shift.

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- A shift in how we support people getting better
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Visit journey-magazine.com/basic-recovery-education/ to learn more and start the **30 minute course**



Sean Hemeon's Tears of Gratitude

A Sobriety Story Passed On

by Sean Hemeon

I'll never forget sitting in a twelve-step meeting in my first year of recovery, listening to this big bear of a man sobbing from the podium. It was one of the larger meetings, and he was the main speaker. He was overwhelmed with gratitude for being sober. His situation was heartbreaking—his sister was still in active addiction, unable to care for her children. And this full-bearded man was choking on happy tears because he was granted full custody of them. He wanted nothing more than to give them the life they deserved. And he recognized that would've never happened if he wasn't sober.

It was at that moment that I realized I only thought about myself.

And to be fair, trauma has a way of focusing on self-protection, so the selfishness made sense. I did not know a new way of being and thinking was possible. I was still in shock that I was somehow sober.

My story was horrific: a closeted, gay Mormon in the 90s finding relief as a tweaker, driving cars under eighteen-wheelers, getting arrested, becoming an informant for the federal government, fights, near-death events, dealing with the Washington D.C. judicial system...all the "that would never happen to me" consequences and now recovery.

And here with this sobbing man, it all suddenly made sense—there had to be more to life than only my pain. This man was proving there to be a greater purpose than just my addictions or traumas.

When I was still "out there" and a friend proposed rehab, I hadn't even thought it was an option—I thought it was for heroin addicts living in haunted houses like in that movie *Trainspotting*. Not me, not a daily tweaker residing in an abandoned apartment because it would flood out. Thankfully, I agreed to the help.

So, despite my ignorance, recovery found me.

And then the twelve steps found me.

That bear of a man's gratitude found me.

And now, I'm the one sobbing happy tears.

This year will mark 20 years of sobriety. That is mind-boggling. That is everyone who has supported me because this was/is impossible to do alone.



I'm a married man now with a loving husband, a family of Boston Terriers, and perhaps one day, children. I had always wanted to act and write, and through sobriety, I found myself in Los Angeles, supported by the incredible recovery community, and one day at a time, all my dreams were fulfilled. I have worked on major TV networks on hit shows. I have a forthcoming memoir—*The Good Little Druglord*—about the time before sobriety. And much to my surprise, it turns out I am an artist as well—an abstract painter expressing my soul on the canvas.

None of this would have been possible without sobriety. If not for the gratitude shared and passed on, because we do not do this alone.



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

WHAT WE OFFER:

- Family support services
- Scholarships for treatment and personal enrichment
- Recovery housing for men
- Education and outreach

FAMILY SUPPORT GROUPS

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

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

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

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

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

email: virtual@thefamilyrestored.org
for meeting links

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

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

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



Maine Association of Recovery Residences

www.mainerecoveryresidences.com

What does it mean to be a MARR certified recovery residence?

Narcan Training

Rental Assistance

Ethical Standards

Grievance Program

Regular Inspections

Public Accountability

State-wide Community

Proven Recovery Outcomes

Maine Association of Recovery Residences (MARR), the Maine affiliate of the National Alliance for Recovery Residences, manages the ethical and safety standards for recovery residences and provides certification.



NATIONAL ALLIANCE FOR RECOVERY RESIDENCES



Find a safe, certified house NOW!

SCAN ME



recover2gether

A Community of Hope & Support

Connecting People to Resources

Together, we heal. Together, we rise.



The Larry Labonte Recovery Center

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

Recovery meetings:

SMART Recovery, All Recovery and 12-Step Programs

Recovery Coaching:

Meeting 1-on-1

Naloxone (Narcan)

Training and Distribution:

Used to reverse the effects of an opioid overdose

(207)-418-4983

412 Waldo St, Rumford, Maine

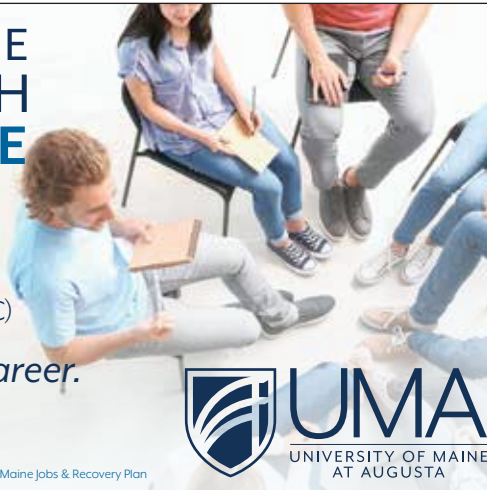
Open: Monday - Friday 10 am - 4 pm

info@llrecoverycenter.com

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

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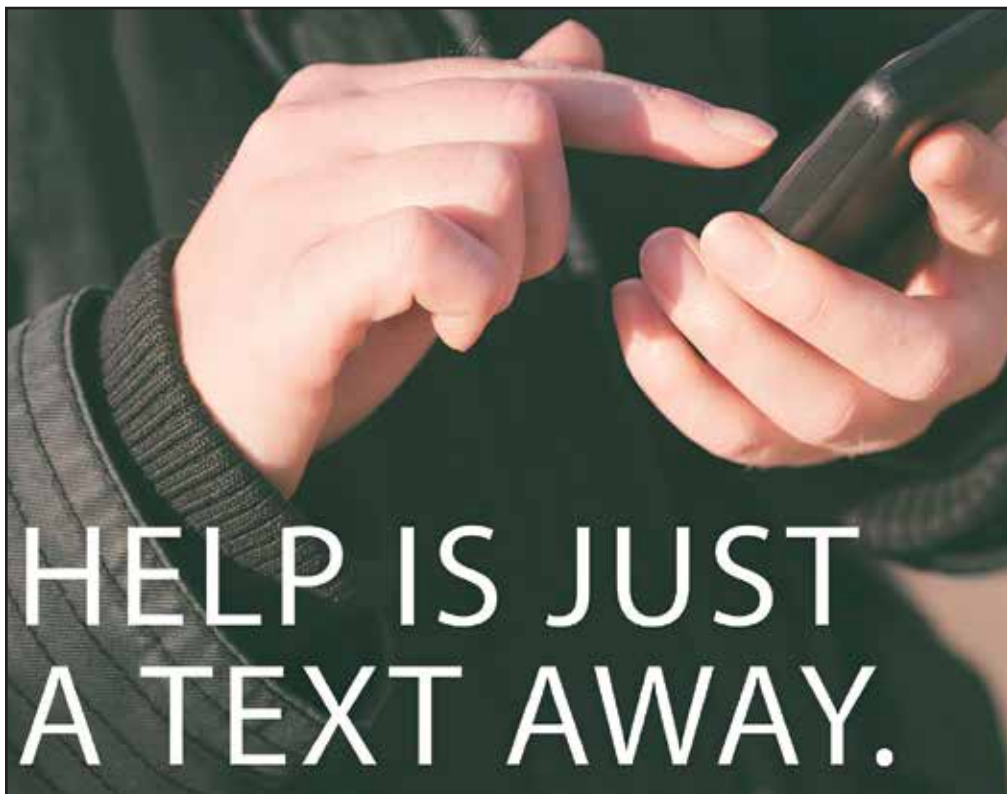
*Funded by Maine Jobs & Recovery Plan

211 MAINE IS FOR EVERYONE

2-1-1 provides information and referrals to services for everyday needs in times of crisis. Some services include:

- Substance Use Disorder
- Basic Human Needs Resources
- Physical & Mental Health Resources
- Employment Support
- Support for Older Adults and Individuals with Disabilities
- Support for Children, Youth, and Families

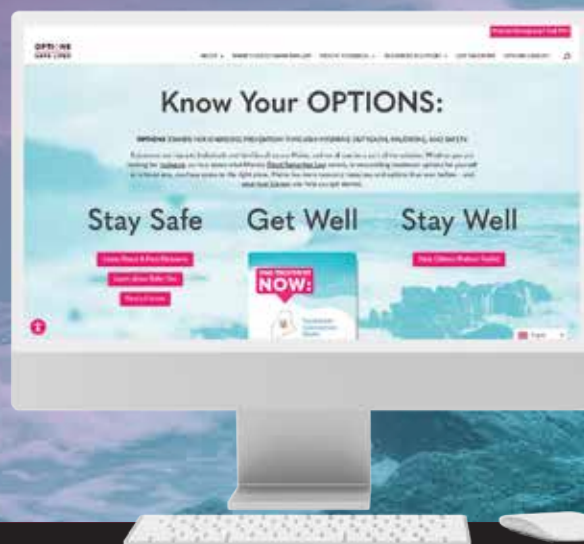
Dial 2-1-1
Text Your Zip Code to 898-211
Visit 211maine.org



HELP IS JUST A TEXT AWAY.

The more you know, the more options you have.

- ✓ Know where to get naloxone
- ✓ Know where to find local resources
- ✓ Know how to prevent, recognize, and respond to an overdose
- ✓ Know your rights under the Good Samaritan Law
- ✓ Know that you are not alone
- ✓ Know that recovery is possible



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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

Food Addicts in Recovery Anonymous (FA) is a program based on the twelve steps of Alcoholics Anonymous (AA). It is designed for individuals who have problems with food such as overeating, undereating, food addiction, purging, restricting, or anyone who is obsessed with food, weight, or dieting. foodaddicts.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

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:

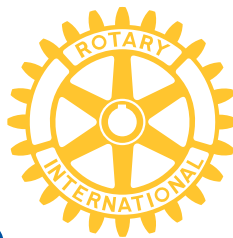
207-951-7536

Recovery Center:

207-631-1536

Rotary

District 7780



TOGETHER we see a world
where **PEOPLE** unite and take action
to **CREATE** lasting
CHANGE across the globe
in our communities and in ourselves



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● Call 888-858-1723

joingroups.com