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ISSUE 4 • SEPT/OCT 2019

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On the cover: Glenn Simpson in front of Portland's East End graffiti wall | Photo by Brian Delaney



From left - David Lee, Nancy Wolach, Sue Dancil, Mary Atwood, Linda Riddell, Niki Curtis, Lisa Twombly, Carolyn Delaney, Sarah Lunt, Mickie Kucinkas, Patty McCarthy. Sitting - Kimble Greene and Carole Fontaine

A letter from the publisher



The Creative Type

Big deep breaths!

As I sit here in East End's gazebo staring at Casco Bay, trying to get this letter written, I'm reminded of how important breathing is. With about 48 hours until we print, I'm almost out of time and now just have to do it. Maybe you can relate?

This issue about creativity is full of inspiring ways to unveil, unleash and let unfold that piece inside of you that allows for an expression of yourself to either be seen by others or celebrated personally.

We all have it within us, as Sarah Kelly's article tells us. How we access creativity for ourselves is as different for each of us as our own fingerprints, and my work is to uncover those ways for myself.

I find that I can access that part of me in different ways on different days. I can feel creative by shining what God gave me and cleaning my kitchen. I can feel creative energy when I do geeky things with data analysis. And sometimes, on days like this, that energy is all around me and all I need to do is sit, breathe and let the freshness of the air in and the incredible view feed my soul as I type.



People who use creative expression to share a piece of themselves externally have always fascinated me, partly because I didn't consider myself "the creative type" for much of my life. I do know today that I was pretty harshly judging myself based on what I saw others capable of in their expressions.

Today, I can appreciate my own brand of creativity.

I can accept that the goal isn't necessarily to produce something but rather to allow myself that expression of who I am as a human being – and either celebrate it quietly with myself or share with others. And how that becomes visible to others is possible in so many ways.

Whether you use a pen, a camera, a paintbrush, a musical instrument, your vocal cords, physical movement or any of the many, many other means, using our "voice" to share our self with others is not only how we connect but also how we amplify.

This issue includes many wonderful stories about how people are using their voices to help connect and amplify hope – from sock monkeys to beautiful jewelry to colorful trucks – their "voices" are being heard and shared.

We have no idea how much we impact others – we can't know the full extent of each ripple effect of each expression of ourselves. I believe our work isn't to know ... but to just do.

Recovery is possible!

We say it over and over because the entire Journey team believes it – strongly! Our goal is to amplify hope and celebrate freedom from addiction. We creatively express ourselves here – in writing, through

ideas, via photographs, in print, And we provide an opportunity for you to do the same! Visit our website and click on **Share Your Journey** to see the various ways you can share in the magazine.

I may not know the ripple effect created each time these Journey pages head to the printer, but I do know that I'm responsible for what I amplify.

Today, I choose to amplify hope.

Sober sister hugs,

Carolyn Delaney, Publisher

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PHOTO BY BRIAN DELANEY

MAKING CONNECTIONS

From altered journals to sock monkeys, creativity can be a piece of the recovery puzzle

By Amy Paradysz

Creativity is therapeutic, and certainly not just for artists. Stitching sock monkeys, painting on canvas with pre-drawn images or making an altered journal in an art therapy session – these sorts of activities can lighten the mood, forge community or tease out buried thoughts and feelings.

“Addiction is about disconnect and avoidance, while attachment and connection are the root of our existence,” said Rebecca Neumann, a licensed clinical counselor and registered art therapist with SMART Child & Family Services in Windham. “Cooking, gardening, pottery, fine arts, movement, music – there is healing in working with the earth and the hands, and we are designed to have that sort of connection. Some clients simply

squeeze clay, not really making something, but connecting with the material and then being better able to engage in dialogue. That’s how simple this can be.”

Her outpatient clients often enjoy working on altered books, starting with an existing book and being encouraged to transform it into something new, changing its cover, adding to pages, taking pages out. They can collage, paint, cut, bend and fold.

“It’s healthy risk-taking because

you’re breaking a ‘rule’ by writing in a book,” Neumann said. “And there’s something freeing about not starting with a blank page.”



An example of an altered book Provided by Rebecca Neumann

That same sense of starting with something other than a blank slate can be observed in the creative efforts led by artist Alex Crowcroft at Milestone Recovery detox programs

and fabric artist Maggie Muth at McAuley Residence, a women’s recovery program in Portland run by Mercy Hospital.

“Creativity drives all of us,” said Crowcroft, a Portland-based

painter, photographer and digital artist who has been sober for about a year. "Recovery doesn't just have to be stopping drugs and alcohol but about doing all the things you love that you stopped doing that you convinced yourself you couldn't do."

A grandmotherly influence at Crowcroft's meditation group at Portland Recovery Community Center suggested that he share painting with people in detox at Milestone Recovery.

"People in detox are hurting, and they're thinking about all the things they think they should be doing," Crowcroft said. "They're afraid of making another mistake. I can help in easing that burden with art, with something we forgot about but enjoyed in the past. We've turned off our inner child and forget we're allowed to enjoy each other's company and to connect with art."

Crowcroft has taken the time to pre-draw canvases, transforming a group painting session into something as relaxing as coloring – but with more novelty.



Attachment and connection are the root of our existence.

"By the end, we're having conversations not only about recovery but about being human," Crowcroft said. "It's about bringing art to people who have been where I've been and showing them that there's a glimmer of hope. We are able to connect over there being more to life. It's about showing up for them. Every time, we have meaningful connection and conversation. And we might have

made a few paintings here and there."

The fabric artist behind the annual Sock Monkey Saturday day at Mayo Street Arts in Portland each February has brought stitching projects, including sock monkey materials, to the women at McAuley Residence.

"Being able to stitch, even if they're only sewing on a pocket, has given some of the women a real sense of accomplishment," Muth said. "One woman held up a sock monkey and said, 'This is the first thing I've made in my life!'"

There's no plan, no pattern. Just the invitation to make something for their children with their hands.

"Everybody's stitching develops its own personality. With a sock monkey, because it has a face, that's even more evident," Muth said. "There wasn't any intention to make a sock monkey that's a likeness of anyone, but they tend

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to see and recognize something of themselves as a child.”

Muth asks participants to take a break from talking about the struggles involved with recovery – strained relationships, court dates and overdue bills. That request is often met with a few moments of silence ... and then the women open up in more positive ways.

“When I was new in recovery, I didn’t know how to have a conversation like that,” Muth said. “For me, it was very emotional watching the women evolve as they feel better about themselves. The sewing has brought up so many positive remarks from them. One woman made a sweetly dressed sock monkey, then proclaimed, ‘Look how good I look!’”

Artist M.L. Norton of Kennebunk also volunteers at McAuley Residence, teaching not only watercolor painting but also how

to see the world as an artist.

“When you start seeing, when you start squinting, you see darks and lights and values, and it’s beautiful,” Norton said. “We are totally surrounded by beauty if we stop and look. That’s the first step to creating art. We move so fast that we don’t get to see dappled light or the cobalt blue of the sky, and it’s there, it’s free and it’s for us.”

Norton’s students at McAuley Residence say that painting makes them feel better about themselves.

“Use of creativity is a way to get something out that has always wanted to get out and to blossom,” Norton said. “Most people have it. It may not be watercolors. It may be poetry or dance or music. It might be anything that is in you that needs expression. But the light and the joy that come from



Artist Maggie Muth with puppet at Mayo Street Arts

creation is monumental, especially for people who are working on themselves for a better life.”

Amy Paradysz is a freelance writer from Scarborough.

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Transformed: PAINTER ERIC SORENSEN

“Freedom In Our Hearts,” a painting by Eric Sorensen

By Amy Paradysz

“There’s hope,” says Eric Sorensen. “I keep it simple. I tell them there’s hope.”

That’s what he says when he meets someone living what his life was for decades – using narcotics, drinking, sleeping in back alleys, pulling food out of dumpsters, blacking out because of massive withdrawals, not knowing where he was.

“Years ago, my biggest fear was that I’d keep living,” he says, disclosing that he lost his wife to an overdose. “Today I have such gratitude that I’m sitting here healthy, fed and showered, and I’m actually alive.

I ride a bike everywhere, so I see people on the streets.”

He takes a couple of pairs of new socks from Dollar Tree out his backpack, explaining that he gives them to people on the street to show them there’s hope, or at least kindness in the world – something that was a big part of his circuitous journey to sobriety.

“I got a lot of help when I got here 11 years ago,” he says. “It’s God’s grace. Art gave me a reason to stay sober.”

Sorensen, 62, was in his mid-50s when he pulled a large piece of cardboard out of a dumpster in Portland and felt the call to paint,

something he hadn’t done in decades and had never done seriously.

“That piece of cardboard changed everything because I was connected to something beautiful and healing,” he says. “It’s transformative.”

Over the years, Sorensen established a pattern to his days, which include morning support meetings as well as lots of walking, biking and swimming. To the rhythm of all that movement, he began to pray, repeating a phrase like spoken word poetry, or a mantra or a plea.

“Your beautiful, spiritual, creative, powerful, passionate, uninhibited

PHOTOS BY AMY PARADYSZ

creative artistic design and energy," he began, saying just those words as he walked, pedaled and stroked.

The prayer grew, and as the prayer grew so did his art.

"Flow through me into the heart, the soul, the spirit and mind of the many, many of your beautiful, beautiful children," he says, pacing in time with the well-worn words. "Into the powerful, passionate, soft, gentle, tender, eternal spirit of the light, all in the beautiful, beautiful name of Jesus."

Sorensen has been a working artist for the past four years, and nearly every inch of the walls of his apartment is covered with vibrant studies in movement – dancers, musicians, waves.

One of his most recent paintings, "Freedom in Our Hearts" challenged him to find just the right balance between darkness and light.

"I put more dark into it to accentuate the light, then I captured the lighthouse's direction, hope and safety," he says. "The wave is even more powerful now. It's about uninhibited, fearless gratitude for freedom and beauty." That's how Sorensen lives his days – uninhibited in his joy, fearless in his gratitude.

"Look at me," he says, grinning and holding out his arms. "I have hope."



Amy Paradysz is a freelance writer from Scarborough.



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Artist Zoo Cain at Portland's Back Cove
Photo by Brian Delaney

By Patricia McCarthy

Drawing on wood or a sketchpad while listening to people's stories during the 10 recovery meetings he attends a week is soothing and meditative for artist Zoo Cain of Westbrook – and it's also contagious.

"Sometimes other people start doing it," says Cain, who is well known in Greater Portland for his abstract, geometric "mixed-up media" art as well as his bright-colored psychedelic truck. "Now there are often six other people drawing in meetings. They've watched me and thought, 'Oh, I remember how much fun that was! Maybe I'll try my hand at it.' Creating helps me stay sober. I'm using both sides of my brain, and it's given me a lot of endorphins, and I can get a lot done."

A variety of Maine artists say expressing themselves creatively not only aids in recovery, it also builds on itself, spurring them to be even more creative and happy.

Cain, 67, says his work is "way more expansive – a Grand Canyon experience rather than a dark alley!" and he's far more prolific since getting free of drugs and alcohol more than two decades ago.

"My work has always been a celebration of life, but I had hundreds and hundreds of pieces that weren't done," says Cain, who displays his art in a variety of clinics and galleries. "Being sober, you actually finish things. You follow through and show up for your life."

Theater Director Lindsey Higgins of South Portland, who runs the innovative 60 Grit Theatre Company in Portland, agrees that her productivity has soared since getting sober. She's also found her creative voice and learned to be a team player – imperative to success in her business – via sobriety.

Higgins, 36, didn't know what to expect when she walked into her first 12-step meeting while working in England in 2015: "I just knew I was anxious and unhappy and needed to do something. But I was greeted by people I could identify with, and I knew I was in the right place."

Hearing other recovery stories was therapeutic in unexpected ways. Among those, it sparked her imagination. "Storytelling is helping me to find a new way of life. I sat in meetings for six months saying nothing, listening to story after story, and that's at the heart of what I strive to create today."

Higgins says her art has changed for the better during her recovery, largely because the focus for her aptly named theater is now sharp. Productions delve deeply and intensely into mental health and addiction topics.

“When I was not in recovery, there was a lot of ego in my creating of art. I found it difficult to work in a team, and I was combative with myself. It was always an internal struggle,” says Higgins. “I’ve learned to let a lot of that go. I learned the importance of humility. You can’t work in a team unless you’re humble. Theater is a collaborative endeavor, after all, and trying to be the main star of the show when I was the director just didn’t work. I’ve made better art because of learning these things.”



Find what really lights your heart on fire and do that!

There’s also something beautifully inspiring about working creatively on a daily basis, she says.

“It’s just showing up for yourself every day and getting to know yourself better through creating. I didn’t always show up for myself before sobriety. I’ve found that doing even a small bit of art every day has made a difference. Small consistent work has led to big changes.”

Musician and artist Olive Twombly-Hussey, who has been sober since last fall, wholeheartedly agrees.

“My creative output has increased significantly in sobriety,” she says. “The first three months, I cried and played music and went to meetings. And I started practicing every day as a ritual, playing guitar and singing. It turns out that when you do it every day, you get really good at it! I’ve turned all the discomfort to something that’s beautiful and

valuable.”

She and Higgins both say they wish everyone could find a creative outlet because having one is beneficial in such a multitude of ways. “Find what really lights your heart on fire, and do that!” Higgins says.

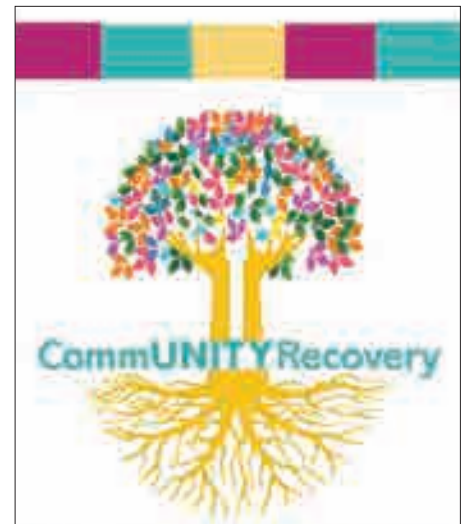
Music is definitely what lights that fire for Twombly-Hussey, 24, and she also does some painting. With a self-described “very loud grunge, post-punk style,” she sings in bands and solo about “the hard things in life that we don’t know how to deal with – from not knowing what’s wrong to losing your best friend.

“Art is really helpful for me,” she says. “Playing acoustic guitar is how I connected with people and pushed away the hopelessness” for years, as she struggled with drinking and lived a nomadic

lifestyle. “Music was my way of persevering and having hope. It was always instrumental in me feeling connected, that I belong, that I wasn’t a freak. My dark, sad music allows me to express myself in a way that people are receptive to. It can be really powerful stuff.”

Twombly-Hussey enjoys harnessing that power in broader ways, too. Before moving to Brunswick this summer, she helped get a music venue up and running in Portland’s West End. Since April, she’s been organizing shows in a revamped garage at Dreamship Community – an “intentional, intergenerational, sober, safe” home “that supports people’s happiness and dreams” – and plans to do the same at The Basement in Brunswick, which also has a close-knit and supportive recovery community.”

She notes that being creative also can be a way to connect with your spirituality, which can be extremely



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Creativity allows us to be close to our authentic beings and articulate what's inside us, and to lose yourself in something beautiful.

important during recovery.

"I've always felt that music and art and creating art is a way for a higher power to communicate through us," Twombly-Hussey contends. "I feel like my creative expression filters it through my reality, but it's something so beautiful and moving and connecting, I couldn't do it alone. It just feels bigger than me.

"Creativity gives me a purpose – music is something I can share with people. That I can have, and give away. It makes me feel connected and it now allows me to hold my own in the music community. And it's a healthy way for me to process through whatever I'm going through – sing about it instead of drinking."



Willa Wirth in her Congress Street Studio | Photo by Brian Delaney

Being creative during sobriety has benefits that can creep up on you in huge and delightful ways, and finding a purpose is one of those, agrees Higgins.

"In the last year, I've found peace of mind. I've found a way to clearly and confidently tell the stories I want to tell," she says. "I'm finally confident that I know what I'm meant to be telling. And when you're confident and build purpose, it starts to weave into other areas of your life. It fills my life in a way I haven't experienced before. Being a woman with a purpose has made all the difference. Finding my voice has been really important."

Next up, Higgins wants to try to involve the recovery community in her theater productions. "I'd love to share this understanding about the importance



60 Grit Theatre Company Director
Lindsey Higgins

art can have in recovery – even if you're only doing it for yourself.”

Willa Wirth, who owns a silver jewelry business and shop in Portland, couldn't agree more about the value of creativity in making life better. She's been in recovery since 2012.

“There's a truth in putting your energy into something consistently. There's a power in it,” says Wirth, who says she feels energized by producing her art and being in nature. She finds writing, photography and yoga to also be “massively powerful” in feeling good and maintaining sobriety.

“My creativity anchors my heart and soul in nature. Creativity allows us to be close to our authentic beings and articulate what's inside us, and to lose yourself in something beautiful. When I'm doing my art, I am in love! I love silver, hammering things out, polishing it, soldering it. My spirit is captured, and my heart is full. I'm creating from my inspiration and my imagination. It's 100 percent shelter from anything difficult or negative.”



Patricia McCarthy is Journey's editor. She's been a writer and editor for 37 years and owns a photography business.

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By David Lee

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Helping your employer do things "better, smarter and faster" isn't just an individual enterprise, though.

Most creative breakthroughs come from conversations, whether one-on-one or in meetings, in which the people involved know how to communicate in a way that fosters, rather than crushes, creativity.

Being skilled at this is especially important if you're in any kind of management position, since one of the most important drivers of employee motivation is knowing that one's ideas and opinions matter. Another important one is being encouraged to solve

problems and voice creative ideas – i.e., having a chance to use one's brain at work.

Employees want to have this kind of creativity-stimulating experience. So how can you be the kind of person who fosters this, whether you're an individual contributor or supervisor?

First, notice what crushes creativity and don't do those things!

What NOT to do

Think of times you've been in a meeting devoted to solving problems and generating innovative ideas. Maybe the topic was providing a better customer experience, making an organizational change go smoothly, or helping improve your workplace culture.

Thinking back, how many of these scenarios sound familiar?

1 One group member put all their energy into convincing others about the value of their idea and no energy into trying to understand the ideas of others.

2 Someone with a strong personality or position of power shuts down a discussion by stating their position in a "this is the last word on this topic" tone of voice.

3 Someone with a litigator's mind and mouth punches holes in a team member's idea, thus crushing the person's enthusiasm for sharing more ideas.

4 Someone engages in a less aggressive transgression, in which the idea and idea-giver are starved by neglect. This frequently happens in meetings, when someone shares their idea, not even a nanosecond of silence occurs, and someone else jumps in to say something totally unrelated. This not only signals that Person 2 was formulating their speech rather than listening, it also communicates disinterest in Person 1's point of view.

It also makes it likely that great ideas die a quick death from neglect, as people rush from one position statement to the next, never reflecting on any of those left behind.

What CAN you do?

1 Reflect on how you behave in meetings and one-on-one conversations, and ask yourself if you primarily talk at people or if you truly listen and try to understand their points of view.

2 Reflect on your response to ideas and perspectives different from yours. Notice whether you find yourself intrigued by them or if you see them as competitors to be vanquished.

3 If you have a forceful personality or a position of significant power, remember that even without meaning to, your power can have a silencing effect on others. You can take care to communicate your point of view in a way that makes it clear you value hearing opposing points of view. You also can directly ask for

alternative points of view by asking questions like “What am I missing here?” or “Where am I wrong on this?”

4 If you don’t think someone’s idea is valid, ask questions to help you clarify your understanding (and maybe theirs) instead of shooting holes in it.

5 If you do disagree, try using a non-threatening approach by saying “Can I play devil’s advocate for a moment?” and then frame your concern or challenge. This simple frame makes it more of a “let’s play with this” interchange rather than a “Prove to me your idea isn’t stupid” challenge.

6 Ask for feedback about how well you listen, and encourage others to share their perspectives. Ask both very blunt people who aren’t terribly worried about whether it will hurt your feelings,

and very sensitive people who might pick up on things that others won’t. Assure the latter you want candor.

7 If you think you need to grow in this area, take an Emotional Intelligence assessment, get 360-degree feedback, and/or seek out coaching.

When you practice being more intentional about avoiding creativity-crushing behaviors and engaging in creativity-catalyzing behaviors, you’ll not only become even more valuable to employers, you’ll build stronger, more productive relationships of all kinds. Doing this also helps bring out the best in your colleagues.



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



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Creative Expression Provides

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By Kimble Greene

For many, mere mention of the word “creative” is akin to “art.” And for those who consider themselves artistically challenged, it can cause sheer panic.

Fortunately, creative expression actually can range from one’s interest in organizing, gardening, baking the perfect pie, decorating a home, fixing a car, teaching, healing, public speaking and bringing joy to others to just about any and all manifestations of individual expression. Our unique, one-of-a-kind ability to materialize the immaterial self is the gift we bring forth into this life.

As long as one’s creativity is an authentic expression of our inner being, each individual’s creative demonstration, regardless of the end product, is significant and important to our individual – as well as our collective – evolution. When creative expression is genuinely representative of one’s passion(s), experience(s), perception(s), idea(s)

and inner self, it’s the unfolding of our spirit – and the soul taking flight that we’re witnessing.

Genuine creative expression is our personal imprint, the illumination of our mind, body, heart and soul in physical form. Our inherent ability to create shines a light on our uniquely individual gifts. It’s the vehicle for our often-forgotten spiritual being to claim its presence in this physical world. Our ability to express ourselves in a personal manner propels our lives into balance – human and spirit, physical and nonphysical, material and energetic, yin and yang. It’s our primary means for transforming our spiritual selves into something tangible.

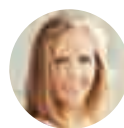
Tapping into this creative essence often brings peace, calm, relaxation, stress reduction and a sense of meaning to our lives.

For example, it’s not unusual to hear folks make statements like, “I love to garden. Having my hands in the dirt somehow relaxes me” or “whenever I’m stressed, I find that baking or cleaning the house soothes the soul”

or “after a long day at work, going out to the garage and working on my car really helps me unwind.” For some, our jobs are our creative outlet. You know you’re engaged in creative expression when the activity you’re engaged in elicits feelings of peace, satisfaction, serenity, joy, excitement and a sense of giving of oneself to the greater good.

Creative expression is wings for the soul – it tells the story of each person’s unique journey and represents the imprint we make on this earth during this lifetime as spiritual beings cloaked in human form.

So take flight, set your Self free, and let the world behold who you are from the inside out.



Kimble Greene, Ph.D. is a best-selling author, transpersonal counselor, inspirational speaker and developer of The Monarch Method™ for personal transformation. www.drkimblegreene.com

What has surprised you the most about sober living?

Finding enjoyment and pleasure in life without the use of a substance.

What is your greatest joy today?

Being able to be present not only for those around me but for myself. For so long I kept away from others in a deep isolation. I thought it to be too difficult to involve myself in real life. Now I get to be a part of the world and not because I have to.

What new hobbies have you explored in Recovery?

Spending time with other addicts in recovery and sharing my experience, strength and hope whenever I get the chance to. Being open with anybody at all in a public manner wasn't even a reality for me while actively using. Now I'm open minded to the opportunity whenever it arises.

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

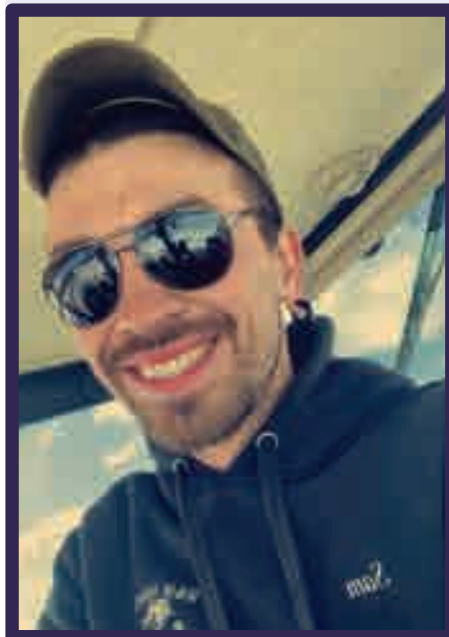
I'm grateful today that the most perfect days I've had since entering recovery were not planned. They just happened, because I was able to wake up alive and clean and be present for another day. No matter the weather, the season or the time, I just enjoy the opportunities I get to spend with other recovering people and my family who I love and no longer take for granted.

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

Recovery has afforded me so many tools to help me get through any situation. I no longer have to get over them, around them or anything

Sam Marr

AGE: 25
RESIDENCE: CARIBOU
OCCUPATION:
FARMER
TIME IN RECOVERY:
2.5 YEARS



**“Remember—
it’s about
progress, not
perfection.”**

else. I reach out to other people in recovery who are there for me as I try to be for others. I practice prayer and meditation in my life. The wonderful gift of just being able to stop and breathe, as simple as it sounds, has been a life saver for me. Staying out of my own head isn't always the easiest thing to do but it's the best thing for me.

Name one of your goals for the future.

Each and every day my goal is to stay clean for another day. To stay in position and remain present for those around me who depend on me, for those who have yet to find recovery. I try not to focus too far ahead—yesterday is history, tomorrow is a mystery. I'm grateful to be able to have the hope that I will be able to see each day through and experience the next mystery.

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

Do your best, tell the truth, and love with all you have. Remember—it's about progress, not perfection. If we were perfect we wouldn't be human. Each of us is exactly where we need to be and that's beautiful. Life on its own terms isn't always to our liking and may not seem easy. But if it were easy we would have dealt with it long ago. Remain grateful for what you have, not upset about what you don't, because we are never sure how much time we have left here. Allow yourself to shine for the person that you are not who you think everyone else wants you to be, because in the big scheme of this life we have ourselves. And who you are is absolutely beautiful. Don't forget to love yourself and be open minded to love from others.



Bridging the brain for

Creativity

Did you know that you're creative?

Yes ... Yes, you!

We all have the ability to be creative.

By Sarah Kelly

We tend to think of creativity as an artistic gift – music, painting, drawing, dancing, writing, etc. Creativity may be most visible in art, but it's so much more than that. By the most basic of definitions, creativity is putting a new idea into action. Any new invention or way of thinking can be considered creative. Creativity can be coming up with a new meal, finding a new way to lift a heavy object, coding computer language.

Creativity and creation are derived from the same word – create.

A 1960s study by Nobel laureate Roger W. Sperry, who was known for his split-brain research, led to groundbreaking discoveries about the differences between the right and left sides of the brain and how people are more likely to

use one side than the other. The theory is that right-side dominant people are more qualitative with data, so more likely to be artistic and free thinkers, while left-side thinkers are more quantitative and analytical, and thus more logical.

Studies in the 1990s show that it's more complicated – that creativity is based on the pathways that translate and transfer information and that you can strengthen your ability to be creative by forming new neuro pathways.

Creativity in recovery

One of the most beautiful things about recovery is finding what brings you joy, and for me, that meant taking on a new creative endeavor, testing what I felt was a brilliantly inspired idea. I decided to start a card company.

As often happens in early recovery, my ideas were grandiose and my ability to pause was

still being fostered. I jumped in enthusiastically, buying everything I could imagine I'd possibly need to make really beautiful cards. I fantasized about selling them at the farmer's market and unleashing a gift I didn't know I had. I obsessed about the right materials and the right way to make cards that rivaled Hallmark's.

Turns out, when I finally sat down to create, I quickly realized that my talent wasn't there – I'm pretty sure the only people my cards would seem beautiful to would be 5-year-olds with an affinity for glitter and dinosaurs. What I did learn is that I love cutting things out, gluing and adding glitter. I turned that into a collage habit that makes my heart happy and helps me work out feelings.

Living a sober life is the very essence of creativity. You're learning a new way to live, a new way to function, a new path for yourself. You're creating new

neuro pathways in your brain to react differently, and every choice you make is creating a new life! The next step is to find what brings joy. Test the waters. Creativity can come in many forms, and many of us have forgotten (or never known) what truly brings us joy.

No matter what failures you face in this quest, never doubt your ability to be creative. You have this gift within. Let it shine.

Ways to spark creativity

Be playful.

Turn on the music and dance in your kitchen, sing in the car, color in a coloring book. Let down your walls, and have some fun!

Practice mindfulness.

A mindfulness practice helps with the neuroplasticity of the brain, thereby helping with the creation of new pathways.

Try something new.

Get outside your comfort zone. Pick up a paintbrush, sign up for a language class, go kickboxing.

Be in nature.

Surrounding yourself with nature calms the mind and opens the heart.

Keep a notepad handy.

Do you have your best thoughts in the shower or as you're falling asleep? Jot them down before you forget!



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



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RECOVERY ALLIES

Faith and action: Clergy as allies

The Revs. Sara and Allen Ewing-Merrill at HopeGateWay in Portland

By Alison Jones Webb

For many people, the recovery journey includes a deepening conviction and dedication to what is holy, and for some this path includes Christian worship. I spoke recently with three pastors and two church members about the role of clergy and the faith community in supporting the recovery community:

“Every human being is a child of God who has sacred worth,” says the Rev. Allen Ewing-Merrill of HopeGateWay, a United Methodist Church in Portland that’s active in social justice issues, including changing the way we think and talk about substance use. “There is no ‘but’ attached to that.”

This is at the root of Christian faith and practice, and this is what grounds us.

The church has to acknowledge its role in stigmatizing substance use and change, Ewing-Merrill says.

“Churches need to go beyond hosting 12-step meetings and invest their best resources in supporting recovery,” he says. Churches can create spaces where it’s safe to use the language of recovery. In his church, people share recovery milestones in worship, and church members celebrate with them.

The Rev. Carolyn Lambert, pastor at Woodfords Congregational Church in Portland, agrees. She’s been active in restorative justice projects in Kennebunk, and serves as chaplain for the Kennebunk Police Department.

“First, we have to shift how we talk about Substance Use Disorder in the church,” she says. “It’s not a sin; it’s a disease.”

To educate her congregation, Lambert invited Kennebunk Police Chief Bob MacKenzie and Katie Rodriguez, a woman in long-term recovery, to speak during worship a few years ago. “You could have heard a pin drop,” she recalls.

Jennifer Gregg and Bonny Rodden are members of the Social Justice Committee at The Episcopal Church of St. Mary in Falmouth who helped educate their congregation and community about recovery. The idea of doing so sprang from a discussion with Bob Fowler, who spoke with the committee about stigma. Fowler runs Milestone Recovery, which offers emergency shelter, detox and other services to people with Substance Use Disorder in Portland.

“St. Mary’s is good at community education,” Rodden says. “We decided this was our role.”

The church hosted a series of community meetings on the root causes of addiction, the science of addiction, and the role of employment in recovery.

PHOTOS BY BRIAN DELANEY

The meetings were helpful for the community at large and members of the congregation who have family members with Substance Use Disorder.

“It helped them feel safe, gave them information and education,” Gregg explains.

Asked about ministering to people affected by substance use on a one-on-one basis, Lambert says that’s what she does every day. Family members often come to her, and she sees her role as listening, showing compassion and teaching about Substance Use Disorder and community resources that can help family members cope.

She also shares her own story as the child of a mother with Alcohol Use Disorder. “When you open up, that helps.”

When Ewing-Merrill sees family members who are struggling, he focuses on teaching about the many pathways of recovery.

“We educate family members about their role in loving people through difficulties,” he says. “If it works, let’s not disparage it. We should never discredit anyone’s recovery path.” He also tries to link family members to resources, including to people in recovery who can share their stories of hope.

The Rev. Jane Field, executive director of the Maine Council of Churches, speaks eloquently about clergy as allies:

“Churches are on their own learning curve about recovery,” she says. “There’s so much we don’t know, and we need to be open to learning about how to be in community with people in recovery in a way that is authentic. ... We need to explore ways to build bridges with the recovery community.”



The Rev. Carolyn Lambert of Woodfords Congregational Church

Field envisions clergy that have broad and deep relationships with people in recovery, and churches where people in recovery feel welcome and where the focus is not on judgment, but on “a spiritual

sense of shalom, of wholeness and health.”

To get to that place, she says clergy have work to do. Being an

ally, she explains, isn’t something we call ourselves. It’s something we do, and “it’s up to people in recovery to call us allies.”

Lambert also is tied to the notion of changing the way clergy think about recovery, and being an ally in action. She leans forward in her seat and is passionate when she says, “We can’t change everything, but we can change the narrative.”



We can’t change everything, but we can change the narrative.



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

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The Holy Donut: So much more than tasty donuts

By David Lee

When Jen Horton interviewed for a human resources position at The Holy Donut earlier this year, she met with CEO Jeff Buckwalter in its Scarborough store. While talking with him, she could hear laughter, joking and singing coming from behind the counter as employees made donuts and served customers.

“Other employers might be bothered by that, thinking that must mean their employees weren’t focused, serious or driven, but Jeff paused, smiled and said to me ‘that’s our culture. I love knowing that people are happy coming to work,’” recalls Horton, smiling. “I knew right then that this was the place for me.”

Something different in the air

Two years earlier, Tristan Bean stopped into the same store. He’d been managing a donut franchise in New Hampshire for eight years and couldn’t help noticing the unique atmosphere.

“You could tell they were genuinely happy to be there. I remember thinking there’s something going on in this culture to make their people feel this way.”

What’s the secret to The Holy Donut positive culture? What makes it the kind of business that not only enjoys a passionate cult following for its products but also radiates a joyful “we’re happy to work here and serve you” vibe?

Bean, now the store’s general manager, says the company has an “Employees Come First” focus – “if you focus first on employees and they’re happy to come to work every day, that’s going to translate into passion for their work and the service they provide.”

A thoughtful beginning

Buckwalter’s sister-in-law Leigh Kellis started The Holy Donut nine years ago in her kitchen.

Her vision: Build a company that creates high-quality comfort food made from fresh ingredients that also delivers a warm, welcoming customer experience. As business

took off, Buckwalter joined as CEO, and the two placed a high priority on creating a “thoughtful and kind” culture.

“Leigh and I consider ourselves thoughtful, and we both had worked in places where that wasn’t present,” explains Buckwalter, adding that his difficult childhood also led to valuable insights into the importance of thoughtfulness, caring and kindness.

“I wanted to pay it forward in a positive way. We wanted to create a company that was human-focused. We’ve all worked in places where that wasn’t the case. We wanted to be different.”

In describing The Holy Donut’s culture, Buckwalter also uses words like accepting, eclectic and helpful. Employees are selected more for their thoughtfulness and attitude than for job-specific knowledge and skills. “We’re not splitting atoms in our kitchen ... we are making coffee and donuts on a high level. If someone comes to us with a great attitude and is ‘on culture,’ we can teach them the skills.”

Recovery as an asset, not a liability

Buckwalter caught Journey publisher Carolyn Delaney's attention when she heard him speak about actively recruiting people in recovery during the Responding to Maine's Opioid Crisis, a community forum in June in Falmouth.

"Both Leigh and I love giving people who want to help themselves a chance. Around 2016, it dawned on me that 10-15% of our workforce were in recovery. It started when we hired a couple of gentlemen in a sober-living facility in Portland, and they told their roommates. Now ... three of our top five tenured people are in recovery. So there was nothing really purposeful in the beginning - we just noticed that people in recovery tend to be really successful here. They are really smart, hard-working people. So we thought ... it's good for them and it's good for our organization, so let's do something more formally."

Buckwalter and Kellis met with representatives from the Portland Recovery Community Center, Milestone Recovery and Providence Place to help newly recovering people find work at The Holy Donut. "We feel like we're willing to help anyone who is willing to help themselves," he explains.

An important part of the company's approach is seeing employees in recovery like everyone else. All employees are held to high standards and seen as capable of meeting them.

Buckwalter mentioned asking some recovering team members about their experiences as new employees. "They said, 'you just treated us as human beings. There was no scarlet R for Recovery.'"

Horton explains how this mindset comes into play during



Jennifer Horton and Jeff Buckwalter, who lead The Holy Donut team

the interview process: "We look at each person as a person and not just a resume. Say there are gaps in employment. They might have had some hard times and reflected on it, and learned how to overcome challenges," she

says. "That's not something to be ignored."



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

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THIS RECOVERY LIFE

Contributed by
Louis Grassi



Hi. I'm 32 and have lived in Maine all my life. I'm in recovery, and I'm proud of that.

I had a wonderful childhood – my parents were generous and very loving. They took us to church every weekend, and my siblings and I certainly were well fed – growing up in an Italian family, Sunday sauce was as vital as oxygen.

But as I grew into my teenage years, I became an anxious kid and fretted a lot over seemingly simple things. But I received more than enough love and support at home to deal with these issues.

There's no thorough way to explain how or why I became addicted to narcotics. I believe it can happen to anybody. The only variable with addiction, in my opinion, is its severity.

Being mentally and physically dependent

on opiates for five years made for an awful and complicated way to live. Opiates like heroin and oxycodone are almost like those toxic relationships that you simply can't turn your back on. A dubious but magnetic attraction exists that makes you feel that leaving him, her or drugs would be catastrophic.

Without a doubt, the most prominent catalyst for my sobriety was my family. It took a few days of detoxing and meetings before I realized fully that they'd never left my side – and never would.

My cousin, also in recovery, took me under her wing and was the sole reason I made it to some of Greater Portland's best 12-step meetings. I'll never forget that.

Thankfully – only by the true grace of God – I have never once looked back in five years. I live every single day one day at a time. As trite as that may sound, I wholeheartedly live by those words.

I still regularly deal with the guilt of hurting my loved ones, and that can turn into dark bouts of depression. Sometimes I even experience cravings. Thankfully, they've gotten much easier to deal with, and now usually manifest as fleeting thoughts as opposed to unyielding fixations.

Knowing how easily those thoughts can become fixations, I choose to keep very busy, with fulfilling work, writing, playing music, watching

true crime shows and old sitcoms, and kicking back with family and friends.

Last year, I decided to become certified as a peer recovery coach. I've always considered myself a good listener, and fortunately, so have my friends! My counselor at the time encouraged me to go for it, and I did. Deep down, I always felt I had a big black addiction mark on the history of my life. So I had an urge to extract positive energy and inspiration from that dangerous, ominous and very selfish time in my life.

“I had an urge to extract positive energy and inspiration from that time in my life.”

Fast-forward a year, and I'm loving working as a peer recovery coach. At the end of every single workday, I acknowledge how grateful I am to be in this role. At the risk of sounding prosaic, it feels like life has come full circle. I went from being a very ill and lost soul to now having opportunities to help people who are looking for sobriety.



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By the time Glenn Simpson awoke in a psych ward in Pennsylvania to a nurse putting an IV in his arm, he had lost track of a few fundamentals. He didn't know what day of the week it was, what had happened to his clothes or how he'd covered the 2,439 miles from the Los Angeles airport, where he last remembered being.

But he knew one thing – he wasn't Mr. Jackson. Mr. Jackson was having electroshock therapy that morning so Simpson's only glimmer of certainty went a long way.

The nurse apologized, and Simpson, a former radio personality from Skowhegan, breathed a sigh of relief. But then, as a toothless woman wheeled herself across his field of vision muttering incoherently to herself, he heard the news that actor Robin Williams had died from an apparent suicide.

What happened next marked the turning point in Simpson's 30-year battle with alcohol and drugs. He slid off the hospital bed onto his knees and whispered the word 'help.'

"I don't know what happened in that moment," says Simpson, 50, of events that took place Aug. 11, 2014. "This sudden sense of warmth and safety and true belief that my life had meaning and purpose just hit me."

It came, Simpson says, with a simple instruction: "How about you don't drink today and you help somebody else out," he says. The woman in the wheelchair was having a hard time getting to the

GLENN SIMPSON

By *Lara Santoro*



TV room. Simpson got behind her and pushed her chair. He then listened to her go on about her fabulously wealthy father while half-hearing details of Robin Williams' lifelong struggle with substances on the TV.

Simpson was 45, divorced, the father of three children he had not seen in years. He had no job, no license, no car, no home and there was a warrant for his arrest for a parole violation. He was \$38,000 in debt.

He decided to "just started saying yes to things."

Simpson got himself to Portland, Maine, and said yes when someone offered to take him to a meeting. He was asked if he was willing to go to any length to get sober. He said yes. A visit to the courthouse to deal with the warrant was suggested. Once again, Simpson said yes. And to his astonishment, the clerk looked up from the screen and said, "Mr. Simpson, we have no record of you." Simpson says he has no doubt about that turn of events being "a God bomb."

Next came the most humbling part of Simpson's journey: walking into a convenience store and applying for a job. The manager of the Lil 'Mart in Scarborough handed him an application, then stood watching him.

"I'm trying to fill it out, and my hands are shaking, and that guy takes a chance, he takes a chance, he hires me," recalls Simpson, his voice breaking, "People used to ask me for my autograph, and now I'm working two days a week in a convenience store. A year later, I'm the manager of the convenience store, and the guy who hired me calls me up and says, 'Glenn, I started drinking again and I can't stop.'"

Simpson did the best he could. By then he was pursuing a graduate degree in mental health and clinical social work. Helping people had become his mission, and he rekindled his passion for art.

As a fully licensed social worker, he watched people in early recovery take to an art project with something approaching hunger: Could he use art to connect people isolated by their disease? He thought of a puzzle,



Artist Glenn Simpson and Elaine Shamos putting up a puzzle installation at the July 15 governor's opioid response summit in Augusta

where one piece is necessarily connected to the next. Why not ask people to render on a single puzzle piece what recovery means to them? And why not then connect all the pieces in an installation to fight the stigma and isolation, and remind the powers that be that a public health emergency needs resources as much as it needs people?

Over the course of nine months, Simpson traveled to recovery communities around the state, meeting with a variety of people

who created their own pieces of the puzzle. Then, at Portland's Rally for Dignity in May, he witnessed a near stampede, standing by incredulously as the whole puzzle – all 80 feet of it – came together in a matter of hours.

Glenn Simpson isn't done. He aims to travel to

every county in Maine and draw people out of their isolation, puzzle piece by puzzle piece.

Why not ask people to render on a puzzle piece what recovery meant to them?

Lara Santoro is a freelance writer in Portland.

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EFT:

Emotional Freedom via Tapping

By Sarah Siegel

The Emotional Freedom Technique, otherwise known as EFT or ‘tapping,’ is a method for self-healing that draws on both ancient and modern wisdom. Tapping with the fingertips on particular points of the body while focusing on emotions and physical sensations helps calm the nervous system and restore the body’s energy and balance.

While many people value and use EFT in their daily lives, people in recovery may find a tapping practice especially beneficial as they build new healthy habits and patterns and release old destructive ones.

You’ve undoubtedly heard of the mind-body connection – it’s a concept echoed in many places. You’ve probably heard it mentioned by a teacher during yoga class or seen it in an article or in the titles of new-age books on the shelves of your favorite bookstore.

The idea of a connection between mind and body is ancient – the father of Western medicine himself,

Hippocrates, was a philosopher in ancient Greece. And 1,000 years before Hippocrates, in China, people discovered certain channels in the body that energy flows through, and believed that the ability for energy to flow freely impacted both the mental and physical health of an individual.

These energy channels came to be called ‘meridians,’ with 12 primary ones identified. Early Eastern medical practitioners also identified many energy centers or ‘points’ along each of the meridians and believed the mind and body were affected in different ways when the points were stimulated.

In 1995, a man named Gary Craig combined the ancient knowledge of meridians and mind-body connection with modern healing insights, and EFT was born. Since then, many people have positively integrated this practice into their lives, both personally and professionally.

Karen St. Clair, a Maine-based EFT practitioner and reiki master, contends that “the door into working with whatever is bothering you is

first through the feeling.” St. Clair’s own healing journey was long and challenging, as she suffered with debilitating sciatica for more than 16 years. She went to countless doctors and chiropractors without finding relief. Finally, she stumbled upon an online EFT training, which helped her trace the source of her pain to feelings and beliefs present at the time of her original physical injury.

St. Clair says she experienced profound healing during that very first EFT encounter as she tapped through her tears for more than 20 minutes. Her pain has never returned, and Karen has a much deeper, personal understanding of the way trapped emotions manifested in her body and led to her physical suffering.

St. Clair, now an international EFT speaker, has had a Cumberland-based private EFT practice since 2011. She also created her own healing modality called ‘Reiki Tap Renewal,’ a fusion of EFT and reiki, another method of energy medicine. Some of the profound realizations Karen has had about EFT are that “it works, even if you don’t believe it will,” and

it's not possible to overdo it.

Bettina Blanchard of Portland is another Maine-based EFT practitioner who has found much value in cultivating a personal and professional EFT practice. Blanchard is a professional organizer and former host of a radio program called "Life Simplified." She is largely self-taught in EFT, and has carved out a niche for herself working with Baby Boomers who struggle with downsizing as they enter the next phase of their lives.

Blanchard says tapping helps release the negative effects of emotional and physical trauma and create space, both mentally and physically, in her life and the lives of those she works with. She thinks highly of the cumulative value of small steps in healing and changing old habits and patterns and says that even small successes are to be celebrated.

Like St. Clair, she says she believes that tapping "can't be done wrong" and that "it works whether you believe it or not but doesn't work if you don't do it!"

"We can't always process everything in life that's thrown at us," notes Blanchard, adding that "tapping helps to calm down any negative emotion." She has found a lot of benefit in Nick and Jessica Ortner's work with EFT and has learned a lot by studying their information online, and even more through applying the practice in her life and witnessing her clients' journeys with tapping.

St. Clair and Blanchard agree that EFT may offer support to someone in recovery who wants to cultivate a new practice in their life, whether it be creative, spiritual, wellness-based or something else. Many of us enter recovery with the belief, on some level, that we are not good enough for healing. This is largely due to the shame and stigma that still exists in certain places in society around addiction and Substance Use Disorder.

Often, when we put down our habit or substance of choice, we discover

that there's a lot more work to do to really find lasting freedom from addiction. The good news is that healing is 100% possible, and we have many options for support along the way as we discover new things that work for us and new ways of finding fulfillment and joy in life.

Tapping is a very accessible, cost-effective option for self-healing that many have found to be of great

benefit in releasing old, damaging patterns and helping to foster new, positive ones.



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



photo courtesy: Robert Mitchell

Substance Abuse is Serious Business!

Recovery? ... maybe not so much.

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

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

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

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

Kathy D Baltes, LCSW Integrative Psychotherapy

(207) 232-3759

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Falmouth, Maine 04105
kathydbaltes@gmail.com



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

FINANCIAL RECOVERY

Part 3: A Look at a Critical Equation

By Casey McClurkin

This is the third installment of our series on financial health and wellness.

Last month, we talked about a ratio that can affect your credit score – the credit utilization ratio. About 30% of your credit score is comprised of your credit usage. As you continue to pay down balances, your credit score will continue to creep upwards. Keep up the good work!

Today, I'd like to discuss a new ratio – not one that will affect your credit score but it does impact your ability to get a personal loan or a mortgage from a bank or other lending institution: the debt-to-income ratio. This ratio is calculated by adding up all monthly debt payments (credit cards, mortgage, car payment, etc.) and dividing by your monthly gross income. For credit card payments, use the minimum balance due for this calculation. What this tells lenders is how much money you have to cover your monthly payments and obligations. An ideal debt-to-income ratio is 43% or less.

Let's look at an example:

Your salary is \$54,000 per year, which equates to \$4,500 in gross income per month (your paycheck amount before

taxes, Social Security, insurance, retirement savings, and any other financial obligations that are withheld).

You have four monthly debt obligations: a \$350 car payment and three credit cards with minimum payments of \$250, \$325 and \$400 (\$975 total) due each month. Finally, you're applying for a mortgage with a monthly payment of \$700.

Your debt-to-income ratio is 45%, calculated as follows:

In this example, your debt-to-income ratio is higher than what a bank or other lending institution would consider an acceptable risk when applying for a mortgage. Guidelines are set by the Consumer Financial Protection Bureau.* According to those guidelines, you still could be approved for a qualified mortgage in this scenario if your credit score is high enough and you can prove your "credit worthiness." However, the best thing to do in this case to reduce your debt-to-income ratio would be to lower your debt payments or increase your income. If you can pay off just one of those three credit cards, you're that much closer to qualifying for a mortgage.

Monthly Gross Income		\$4,500
Car Payment	\$350	
Credit Card #1 (min pmt.)	\$250	
Credit Card #2 (min pmt.)	\$325	
Credit Card #3 (min pmt.)	\$400	
Potential Mortgage Payment	\$700	
Total	\$2,025	\$3,000
Debt-to-Income Ratio (Total Debt/Gross Income)	\$2.025/ \$4,500	45%

And the order in which you pay off those debts matters! You'll want to pay off the credit card with the highest utilization ratio first. There are several strategies to paying off your credit card debts. Tune in next month when we'll talk about debt reduction in detail. It's one of my favorite topics and I'm looking forward to giving you an introduction to getting out of debt!

**To learn more about qualifying for a mortgage and what goes into a creditor's decision about your application, visit the CFPB at www.consumerfinance.gov. You'll find a wealth of knowledge about many financial topics. Look for "Buying a House" for more details on this particular topic.*



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



The Family Restored:

Offering treatment scholarships, support and hope to the recovery community

From left: Brittney Evans, Kevin Gillis, Linda Drukman, Eric Girard

By Catherine Berce

Born out of a desire to offer support to families coping with a loved one's addiction, a small group of people from the Portland recovery community created a support meeting in 2011 called Addict in the Family (AIF). The founders wanted to offer support, education and hope to families struggling to understand a loved one's addiction.

While facilitating support meetings, the founders heard again and again from families that costs associated with recovery often prevented loved ones from entering recovery. To answer this need, the founders of Addict in the Family launched a non-profit in 2014 called The Family Restored with a mission to establish a scholarship fund to help families pay for recovery-treatment programs and associated housing costs.

"When we started, we hoped to raise \$10,000 to help five to 10 families with some of the costs associated with recovery," said John Buro,

one of the founders of The Family Restored. "It's amazing to see how far we've come since then."

In the five years since its launch, The Family Restored has raised more than \$500,000 to fund treatment scholarships, as well as family support groups, education about addiction, 12 Step workshops for inmates at the Cumberland County Jail and a sober-living house called Oak House for women in Portland. In 2018, The Family Restored provided \$151,694 in treatment scholarships to 116 individuals for their recovery.

The Family Restored now offers support meetings, treatment scholarships and workshops in New Hampshire, Vermont and Massachusetts, in addition to Maine. AIF meetings impact about 500 people each month, and the organization is expanding its meeting locations to include more rural communities. According to Karen Walsh, co-founder of The Family Restored and its current

board president, the generosity of the community and its many volunteers have made the organization's impact and reach significant.

"Not a day goes by that I'm not grateful for our volunteers, private donations and the willingness of people to help one another," Walsh says. "I'm constantly taken aback by the amount of support that we've been able to harness for families and their loved ones who want to begin their recovery."

To learn more about The Family Restored, including its treatment scholarships, women's sober house, AIF meetings and educational workshops, visit www.thefamilyrestored.org, email info@thefamilyrestored.org or call (207) 808-7480.



Catherine Berce is a freelance writer from Portland.

MANY PATHS



About This Column

We are fortunate to live during a time when there are many options for finding and sustaining lasting recovery from addiction. We are all individuals and while there are many aspects of our personal journeys that may be similar to those of others, we are each called to discover for ourselves what works and what doesn't work for us.

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

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

THE WELLBRIETY MOVEMENT: Bringing the 12 steps into a circle

By **Deborah Train**

Don Coyhis of Mohican Nation felt an inner calling after a decade of recovery from alcoholism. Like many, he sought a deeper connection to and meaning from his cultural and spiritual roots.

In 1988, he wanted to do more to help raise awareness and begin treating alcoholism in Native American youth in their communities. This led to the creation of White Bison Inc., a Native American-run 501(c)(3) in Colorado Springs.

From this work, it was clear to Coyhis that a path addressing more than the recovery of each individual was needed. The Wellbriety Movement was born to bring the language of the 12 Steps into a circle of healing that looks beyond the individual to include family, community and Native American culture, traditions and principles.

The movement gained momentum in 1999, when the Sacred Hoop of 100 Eagle Feathers travelled to 32 tribal colleges around the nation to raise awareness for the Medicine Wheel & 12 Step program for men and women stopping along the way in communities to share the prophecies that their elders spoke

about. They called it "Coming Together Time" and spoke of red, yellow, black and white sitting in circles together as one Human Race.



Frank Cornstalk and John Bjork—Wellbriety meeting facilitators in Portland

Twelve-step programs can align with the teachings of tribal ways and can be adapted to what different nations' traditions respect. This makes them more familiar to Native American and indigenous people everywhere. Worldwide, indigenous and aboriginal spirituality, culture, and ancient beliefs find all of life sacred. They emphasize the wisdom of elders, ancestors, humility, harmony with nature, universal laws, principles and values.

The Four Laws of Change

Visit whitebison.org or sharingculture.info for more information.

THE FIRST LAW - CHANGE IS WITHIN.

An internal desire to make changes in our lives. A conscious effort to change our intent, our choices, our behaviors; examining feelings and assumptions about who we are as spouses, parents, family members and community members.

THE SECOND LAW - IN ORDER FOR DEVELOPMENT TO OCCUR, IT MUST BE PRECEDED BY A VISION. The principle is that we move toward and become

that which we think about. An individual, family, or community must share a vision of what that healthy future looks like. Without this holistic vision, change can not occur.

THE THIRD LAW - A GREAT LEARNING MUST TAKE PLACE. This speaks to the interconnectedness of relations and the cycles of life – adults, elders and children must simultaneously find their own Great Learning – we're not separate.

THE FOURTH LAW - YOU MUST CREATE A HEALING FOREST. The individual influences the community and the community impacts the individual. A sick tree is taken to a nursery and made well, then brought back to the sick forest, rooted in a cycle of sickness or a cycle of wellness. Health and wellness happen concurrently within the forest.

Wellbriety Circle Meetings have specific guidelines and are treated sacred for the purpose of trust, confidentiality and truthfulness. "The Red Road To Wellbriety: In The Native American Way," by Coyhis Publishing, explains the workings of circle gatherings and outlines how to conduct circle meetings in communities everywhere. Meetings are open to all addictions, and all are welcome. Training through the White Bison organization is available to be able to facilitate Wellbriety meetings, which is where the work to greater self awareness, recovery and healing take place.

Alcohol and drug addiction counselors, or people working in the addiction field can receive continuing education toward their certification through the National Association for Drug and Alcohol Counselors. Resources are available for Native Americans who want to bring Wellbriety recovery to their communities.

In Maine, you can find Wellbriety meetings in several Maine communities, including Presque Isle, Pleasant Point, and Portland. To learn more about the Wellbriety Movement and what White Bison is doing to stretch its

reach into prisons and communities, visit WhiteBison.org. The site also includes daily meditations, monthly themes that bring a variety of issues to light, and a principle to follow each day.



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



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The next one could be yours.

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newventures maine | 40TH 1978 - 2019 ANNIVERSARY

Statewide RESOURCES

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

Clothing, Food, Household Goods

Kaydenz Kitchen Food Pantry

550 Lisbon St Lewiston T & Th 5p-7p
207 577 7942

Food, clothing, household goods for free.

Crisis Hotline

Maine Crisis Hotline

Maine Behavioral Health
888 568 1112

24 hour hotline, mobile assessment & crisis intervention

National Human Trafficking Resource Center/Polaris Project

888 373 7888

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

Safe Voices (domestic violence)

800 559 2927

Maine Coalition Against Sexual Assault

800 871 7741

Confidential services, free of charge. Provides information, crisis counseling, and emotional support and advocacy.

Employment Programs

New Ventures Maine

800 442 2092

A new job, a new career, a new business, a new understanding of financial matters. We help people all over the state venture in new directions by offering tuition-free programs for career, business, and financial education. We have guided individuals through life changes every day for 40 years.

Poison Center

Maine Medical Center

800 222 1222

The NNEPC poison help line is available 24/7 by phone, chat and text to provide treatment advice for poisonings or to answer poison-related questions.

Hotlines

Al-anon/ Alateen Maine

800 498 1844

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

Food Addicts in Recovery

toll free 1 888 998 5297

207 775 2132

www.foodaddicts.org

Intentional Warm Line

50 Moody St Saco

866 771 9276

Confidential telephone support services for non-crisis situations, including, but not limited to: Peer-to-peer support, social connection, sharing personal victories, overcoming fear, grief or sadness, developing effective strategies for the future, assistance with referrals to community resources, talking to someone when feeling sad, lonely, or discouraged.

Maine AA (Alcoholics Anonymous)

207 774 4335

Maine NA (Narcotics Anonymous)

800 974 0062

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

Maine Tobacco Helpline

(Part of Maine Health)

800 207 1230

M-Th 10a-8p, F 10a-5p, S 10a-2p
If you call after hours please leave a message. Staff will call you back.

Domestic Violence Support

866 834 4357

Information, crisis counseling, emotional support and advocacy.

Miscellaneous

211 Maine

Directory connecting people to variety of health and human services in Maine that can be accessed online or on the phone.

Medical Professional's Health Program

20 Pelton Hill Rd Manchester 8a-4p
207 623 9266 x5

Assessment/screenings for medical professionals who might have substance use disorders/ mental health disorders. Referrals. Monitoring. Advocacy with maine state boards for nursing, medicine, pharmacy, dental practice, veterinary medicine, osteopathic practice"

Wellness Mobile

207 520 1683

Outreach vehicle and materials for recovery or prevention. On-site referrals and screenings to guide individuals to resources to folks looking for help. Statewide appears at fairs, events, etc.

Cumberland County RESOURCES

Clothing

Clothes Closet

159 State St Portland
207 774 6396

2nd & 4th W 2-4p

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

Salvation Army Food Pantry

297 Cumberland Ave Portland
207 774 6304

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

St. Vincent De Paul Soup Kitchen

307 Congress St Portland
207 772 1113
F 11a-12:30p

Counseling & Support

Amistad

66 State St Portland
207 773 1956

Amistad helps those with mental illness, substance use disorder, chronic homelessness, and related issues to recover and lead healthy lives.

Catholic Charities Maine

11 Baxter Blvd 2nd Fl Portland
207 775 5671

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

The Center for Grieving Children

555 Forest Ave Portland
207 773 7417

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

Crisis Hotline

Sexual Assault Response Services of Southern Maine (SARSSM)

Portland
800 871 7741

Assistance resolving issues related to sexual assault.

Through These Doors

PO Box 704 Portland
207 874 1973

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

Employment Programs

Career Center Local Center

151 Jetport Blvd South Portland
207 822 3300

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

Family

Kids First Center

Nonesuch River Plaza Scarborough
207 761 2709

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

Opportunity Alliance—Assistance Programs

50 Lydia Ln South Portland
207 874 1175

Food

Bridgton United Methodist Food Pantry

214 Main St Bridgton T 11a-6p
207 318 4467

Casco Alliance Church Food Pantry

450 Roosevelt Trail (Rte 302) Casco
207 344 5370

1st T & 3rd M of month 6-7p

Casco Village Church Food Pantry

941 Meadow Rd Casco
207 627 4282

4th Th call for hours

Chebeague Island Food Pantry

255 North Rd Chebeague Island
207 846 4106

By appointment

Community Food Pantry

290 Tuttle Rd back of building
Cumberland
207 829 2205

1st, 2nd & 4th F 3-6p
3x month; photo ID & utility bill

Falmouth Food Pantry

271 Falmouth Rd Falmouth Town
Hall, Falmouth
207 632 2687

Call first. 1st & 3rd M 9-11a; 2nd, 3rd & 4th T 9:30-11:30a; 2nd, 3rd & 4th Th 4:30-6:30p

First Baptist Food Pantry

360 Canco Rd Portland
207 773 3123

W 10:30a-12:30p in the gym; Crisis financial assistance

Freeport Community Gardens

53 Depot St Freeport
207 865 3985

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

Cumberland County RESOURCES

Freeport Community Services Food Pantry

53 Depot St Freeport M-Th 10a-4p
207 865 3985

Gorham Ecumenical Food Pantry

299-B Main St Gorham
207 222 4351

Th 9-11a; 2nd & 4th W 6-7p

Gray Community Food Pantry

5 Brown St Gray
207 657 4279

1st & 3rd F 2-4:30p

Harrison Food Bank

VFW 176, Waterford Rd Harrison
207 647 3384

T 3-6p

7th Day Advent Church, Front St
Harrison

207 583 9137

T 5:30-6:30p

Judy's Pantry

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

Jan-June: 2nd & 4th T 3-5p

July-Nov: T 3-5p

Dec: varies, check with church

Mid-Coast Hunger Prevention Program

12 Tenney Way Brunswick
207 725 2716

Call or see Facebook page for hours

New Gloucester Food Pantry

19 Gloucester Hill Rd New Gloucester
207 926 3260

2nd & 4th S 8-9:30a

North Pownal UMC Food Pantry

851 Lawrence Rd Pownal
207 688 4938

W 9:30-11:30a; Th 4-6p

Peaks Island Community Food Pantry

19 Church Ave Peaks Island
207 332 2443

M 3:30-5p

Portland Westbrook Vineyard Food Pantry

715 Bridgton Rd Westbrook F 6-7:30p
207 854 8339

Preble Street Food Pantry

252 Oxford St Portland Th 1:30-3p
207 775 0026

Project FEED Pantry

202 Woodford St Portland M-F 1-3p
207 761 3920

Raymond Food Pantry

1273 Roosevelt Trail (Rte 302)
Raymond 2nd & 4th Th 4-6p
207 232 5830

Root Cellar

94 Washington Ave Portland M-Fri 9a-5p
207 774 3197

Sacred Heart/St. Dominic Food Pantry

80 Sherman St Portland T 10-11:30a
207 773 7746

No documentation required.

Salvation Army Food Pantry

297 Cumberland Ave Portland
207 774 6304

Once a month, M W F 1-2:30p

No documentation required.

Scarborough Food Pantry

167 Black Point Rd Scarborough
207 883 2342

T & Th 9a-12p; 1st & 3rd W 4-6p

Sebago Food Pantry

183 Sebago Rd Sebago
207 274 1569

1st, 3rd & 5th M 9-10:30a; 2nd M
3:30-5:30p; 4th M 9-10:30a, 3:30-
5:30p

South Portland Food Cupboard

130 Thadeus St South Portland
207 874 0379

Th 8:30-11:00a; 1st W 5-7p

St. Lukes Food Pantry

143 State St (enter off Park St)
Portland Th 9:30-11a
207 772 5434

Photo ID and proof of residence
required.

St. Vincent De Paul Soup Kitchen

307 Congress St Portland
207 772 1113

M-F 11a-12:30p

Clothing on Fridays.

Standish Food Pantry

Standish Town Hall Standish
207 893 7790

M 9:30-10:30a

4th W 4-6p

Stroudwater Christian Church Food Pantry

1520 Westbrook St Portland Su 1-3p
207 772 2193

Wayside Food Pantry at Sagamore Village

21 Popham St Portland 4th T 10-11a
207 775 4939

Bring your own bags

Wayside Food Pantry at Harbor Terrace

284 Danforth St Portland 3rd W 2-3p
207 775 4939

Bring your own bags.

Wayside Food Pantry at Red Bank Village

584 Westbrook St South Portland
207 775 4939

4th W 2-3p

Bring own bags.

Wayside Food Pantry at Washington Gardens

577 Washington Ave Portland
207 775 4939

2nd Th 10-11a

Bring own bags.

Westbrook Community Food Pantry

426 Bridge St Westbrook
207 591 8147

T 12-2p & 6-7:30p

Documentation required.

White Memorial Food Pantry

97 Allen Ave Portland Th 8-9:30a
207 797 4414

Cumberland County RESOURCES

Williston-Immanuel United Church

Food Pantry

156 High St Portland
207 775 2301

Wayside Meal 4-7p; Food & Misc.
assistance 10-11a

Windham Food Pantry

377 Gray Rd Windham
207 892 1931

M-Th 8:30a-4p by appointment only

Yarmouth Community Food Pantry

116 Main St Yarmouth
207 846 3773

T & F 10a-12p; W 5-7p

Preble Street Soup Kitchen

252 Oxford St Portland
207 775 0026

Hot meals 3x daily: Breakfast 8a,
Lunch 11:30a, Dinner 4:30p

Hotlines

Opportunity Alliance

50 Lydia Ln South Portland
888 568 1112

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

Household goods

Salvation Army Food Pantry

297 Cumberland Ave Portland
207 774 4172

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

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

143 State St (enter Park St) Portland
207 772 5434

One T per month 9:30-11a

Toilet paper, diapers, soap,
toothpaste, etc.

Housing

Opportunity Alliance Residential Programs

50 Lydia Ln South Portland
207 523 5049

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

Miscellaneous

Catholic Charities Parish Social Ministry

307 Congress St Portland
800 781 8550

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

India Street Public Health

103 India St Portland
207 874 8446

Free and confidential STD, HIV and
Hepatitis C Testing, PrEP, education
and linkage to care. Call for more
information or to learn about other
services.

Lakes Region Recovery Center

25 Hospital Drive Suite E Bridgton
207 803 8707

M-F 9a-8p; Sa 12-8p; Su open for
meeting 12-1p

LRRC is a peer to peer center for
those in recovery. Offers groups
and meetings to support different
pathways of recovery such as:
12 Step Meetings, All Recovery
Meetings, Family & Affected others
support, Grief & Loss, PTSD Support
Group, Reiki, and Parenting. LRRC
also has Recovery Community events
such as BBQ's, Pot Lucks, Game Days,
Jam Sessions and more.

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

Michael Klahr Jewish Family Services

1342 Congress St Portland
207 772 1959

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

Portland Recovery Community Center

468 Forest Ave Portland
207 553 2575

M-F 9a-8p; Sa 11a-8p; Su 8a-4p

A safe haven for people in or seeking
recovery. PRCC offers support
groups, family support, telephone
recovery support, recovery coaching,
and wellness activities. All services
free and provided by volunteers in
recovery. Street parking only on side
streets.

Williston Immanuel United Church

156 High St Portland T 10-11a
207 775 2301

Assistance with food, diapers,
cleaning supplies and finances.

Wayside Community Resources

135 Walnut St Portland
207 775 4939

Assistance for basic needs besides
food; must call.

Shelters

Family Shelter (City of Portland)

54 Chestnut St Portland
207 772 8339

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

**Florence House for Women
(Preble Street Resource Center)**

190 Valley St Portland
207 699 4392

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

**Joe Kreisler Teen Shelter
(Preble Street Resource Center)**

38 Preble St Ext Portland
207 775 0026

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

Milestone Shelter

65 India St Portland
207 775 4790

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

**Oxford Street Shelter
(City of Portland)**

203 Oxford St Portland
207 761 2072

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

Preble Street Resource Center

5 Portland St Portland
207 874 1005

Provides showers, limited storage, toiletries, mail, housing/mental health referrals, case management for homeless individuals, etc.

M-F 8a-6p, S-S 9a-12p

Tedford Adult Shelter

49 Cumberland St Brunswick
207 729 1161

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

Tedford Family Shelter

34 Federal St Brunswick
207 729 1161

For families. Call to determine eligibility/access services.

Transportation

**Go Maine Commuter Connections
(ME Turnpike Authority)**

2360 Congress St Portland
800 280 RIDE (7433)

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

**Greater Portland METRO-
Connector**

21 Elm St Portland
207 774 0351

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

Portland Transportation Center (PTC)

100 Thompson Point Portland
207 828 3939

**Regional Transportation Program,
Inc. (RTP)**

127 St John St Portland
207 774 2666

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

Clothing

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

67 Ocean Park Rd Saco

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

Counseling & Support

The Center for Grieving Children

NP Congregational Church 893 Main St Sanford
207 773 7417

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

www.cgcmaine.org

Employment Programs

York County Career Center

9 Bodwell Ct Springvale M-F 8a-5p
207 324 5460

YMCA Northern York County

3 Pomerleau St Biddeford
207 283 0100

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

Food

Biddeford Food Pantry

162 Elm St Biddeford T-Th 9-11a
207 282 4771

Proof of residency required; 1x per month.

**Bon Appetit Community Meal
Program**

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

Serves free nutritious meal M-F Must arrive by 4:30p.

York County RESOURCES

Footprints Food Pantry

37 Old Post Rd Kittery
207 439 4673

Food & non food 1x every 7 days–
T 5:30-6:30p; W 9:30a-1p

FoodPrintsFoodPantry.org

Matthew Meal @ St. Ignatius Gym

25 Riverside Ave Sanford

2nd T 5:30-6:30p

OOB Community Food Pantry

155 Saco Ave Old Orchard Beach
207 937 8094

M 2-7p; T & Th 9a-12p

Food, clothing, toiletries & resource
assistance.

www.oobcommunityfoodpantry.org

Saco Food Pantry

67 Ocean Park Rd Saco
207 468 1305

M-F 9-10:45a; last T 5-6:45p

Must show proof of residency each
time.

Saco MEALS Program

MHT Parish Hall, 271 Main St Saco

M & Th 4:15-5:30p

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

www.sacomeals.org

St. Therese Food Closet

66 North Ave Sanford Th 12:30-2:30p

Stone Soup Food Pantry

180 Main St (lower level) Biddeford
207 283 0055

Once a week, M & W 10-11a

Also has a clothing closet out back.

Waterboro Community Food Pantry

26 Townhouse Rd East Waterboro
207 247 7789

1st T 4-7p; all other T 1-4p

York County Shelter Pantry

140 Shaker Hill Rd Alfred
207 324 1137

M-F 1-4p; 1x month

Health Care

Nasson Health Care

207 490 6900

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

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

Housing

Seeds of Hope Community Center

35 South St Biddeford
207 571 9601

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

York County Community Action

15 York St Biddeford
207 459 2950

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

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

Miscellaneous

OOB Salvation Army

2 Sixth St Old Orchard Beach
207 934 4381

T, T, F, 1-3p

Emergency assistance with food
and financial help for basic needs.
Get there as early as possible or you
may not be seen. Can also make
an appointment with Linda Smith
@934-4381.

Sanford Vet Center

628 Main St Sanford M-F 8a-4:30p

Seeds of Hope Community Center

35 South St Biddeford T-F 9a -1p
209 571 9601

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

Shelters

York County Shelter Programs

147 Shaker Hill Rd Alfred
207 324 1137

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

www.yorkcountysHELTERprograms.org

Transportation

Wheels to Access Vocation and Education (WAVE) Agency

Call between 7:30a & 4:30p M-F for
information. Connects to Biddeford
Shuttle Bus.

www.yorkkwave.org

BECOME A RESOURCES SPONSOR!

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

**Call Carolyn at
(207) 679-5005
for more information**

Food

Bread of Life Food Pantry
90 Lewiston Rd Mechanic Falls
207 345 9501
2nd T 9a-12p

**Calvary United Methodist Church
MEALS Program**
159 Sabbattus St Lewiston
207 782 3221
S breakfast 8a; W supper 5p
Doors open a half hour before.

Greene Baptist Church Food Pantry
102 Main St Greene 1st&3rd Th 1-3p
207 946 5505

**High St. Congregational Church
Pantry**
106 Pleasant St Auburn T 9:30-
11:30a
207 784 1306

**Hope Haven Gospel Mission (Soup
kitchen & shelter)**
209 Lincoln St Lewiston
207 783 6086

Daily breakfast 7:30-8a; M-Sa supper
4:30-5:30p; Su supper 2p

**Leeds Community Church Food
Pantry**
123 Church Hill Rd Leeds
207 524 7151
1st & 3rd Th 6-7p and emergencies

Lisbon Area Christian Outreach
18 School St (MTM Community Ctr)
Lisbon Falls
207 353 6002
W 6-8p; T 10a-12p; Sa 8-10a
Need proof of residency.

**New Beginnings
(for YOUTH under 22 yrs old)**
134 College St Lewiston
207 795 4077
Supper M-F 5:30p

Root Cellar Food Pantry
89 Birch St Lewiston
207 782 3659
M, W, F 10a-12p

Salvation Army Food Pantry
67 Park St Lewiston
207 783 0801
M, T, Th, F 9a-2p
APPT. NEEDED! Can visit 1x every 3
months. Must be 15 days past EBT
date.

St. Mary's Food Pantry
208 Bates St Lewiston
207 513 3841
Times vary - call first.

**Trinity Jubilee Center PANTRY &
SOUP KITCHEN**
247 Bates St Lewiston
207 782 5700
Pantry: T 7:45-11a
Soup Kitchen: M-Sa 11a

Shelters

Hope Haven Emergency Shelter
209 Lincoln St Lewiston
207 783 6086
Sober emergency shelter for 16 men
and 16 women w/ or w/o children.
Must remain sober while living
there. Call or visit website for specific
details. Provides a daily meal.

Miscellaneous

Hope Haven
210 Lincoln St Lewiston
208 783 6086
Resource center providing daily
meals M-Sa 4:30-5:30p & Su 2:30-
3:30p. Emergency shelter. Food
pantry giveaway where you can get
food/clothing/household goods M, W,
F, 10a-3p.

Food

Andover Food Pantry
First Congregational Church, 23 Elm
St Andover T 9-10a
207 364 7968
Produce can be delivered M or T; call
ahead.

Bethel District Exchange Food Pantry
19 Philbrook St Bethel
207 824 0369
By appointment only.

Brownfield Food Pantry
701 Pequaket Trail Brownfield
3rd Th 1-5p
207 935 2333

Buckfield Food Pantry
31 Turner St (Rte 117) Buckfield
207 713 6677
2nd W 12-2p & 5-6p

Canton Food Pantry
Canton Fire Station, 94 Turner St Canton
207 597 2694
Call as needed: Jackie Conant

Dixfield Emergency Food Pantry
Dixfield Baptist Church, 2 Chapel Rd
Dixfield M, T 9a-12p
207 562 7470

Fryburg Assembly of God
8 Drift Rd Fryeburg
207 935 3129
W 9a-3p; Th & F 9a-12p

Grampa Food Pantry
163 Main St Mexico M 2-3:30p; W
6-7:30p
207 364 8603

Hartford Food Pantry
Hartford Town Hall, Main St Hartford
207 224 7184
1st M 4-5p



CELEBRATING NATIONAL RECOVERY MONTH: Together We Are Stronger

***Portland Recovery Community Center serves as
Maine’s Recovery Hub, and helps spread recovery
and the message of hope throughout the state.***

Recovery community centers are the heart of recovery communities, where you can:

- Attend a support group and explore multiple pathways of recovery
- Learn about resources to support your recovery
- Offer encouragement to others
- Participate in recovery coaching
- Find help and support for you and your family
- Discover your own way to give back by volunteering
- Get involved in community outreach
- Enjoy social activities



Looking for a recovery community center near you?

Here are where Maine’s centers are located:

Bangor/Brewer
Bangor Area Recovery
Network
(207) 561-9444

Bridgton
Lakes Region Recovery
Center
(207) 803-8707

Houlton
Aroostook Recovery
Center of Hope
(207) 271-0085

Bath
Peer Learning Center
at Bath
(207) 389-4236

Calais
DownEast Recovery
Support Center
(207) 952-9279

Machias
DownEast Recovery
Support Center
(207) 259-6238

Boothbay
Boothbay Harbor
Peer & Wellness Center
(207) 315-6236

Caribou
Roads to Recovery
Community Center
(207) 493-1278

Portland
Portland Recovery
Community Center
(207) 553-2575

in partnership with:



Portland Recovery Community Center - 468 Forest Avenue Portland (207) 553-2575

Our treatment facility feels just like home.



YOUR HOME.

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

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



RECOVERY CARE

Reduction in ER admissions:



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

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