

Journey

making recovery from addiction visible

SPRING 2026 Issue 41



Karen St. Clair
EFT: Accessible
Wellness

No Wrong
Door to
Recovery

Got a Craving?
When the Brain Misreads the Body



No long drives, just long-term recovery.

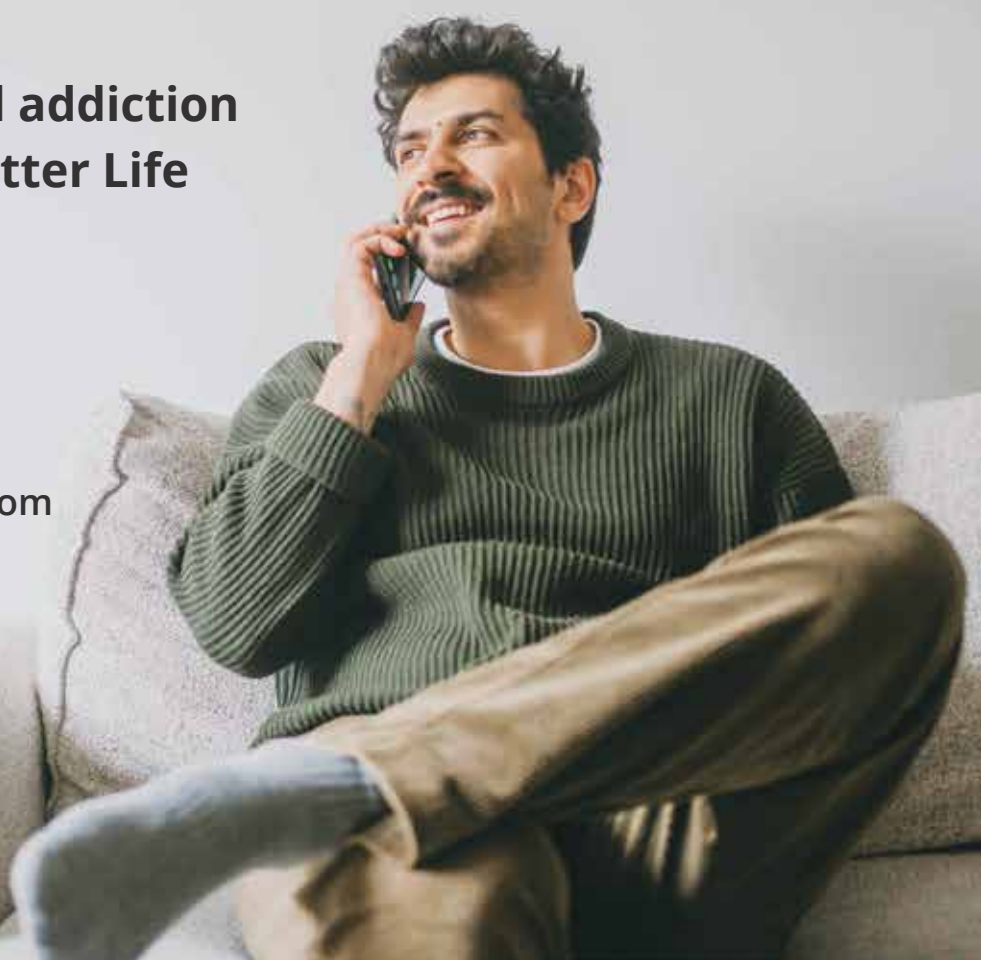
Online addiction treatment that fits into your life.

- Same-day medication-assisted treatment
- Supportive online care, from counseling to medical and mental healthcare
- All insurance accepted, plus a sliding scale fee

**Move beyond addiction
and into a Better Life**



betterlifepartners.com
(866) 679-0831



Journey

making recovery from addiction visible

SPRING 2026 Issue 47

Publisher

Carolyn Delaney

Editor

Amy Paradysz

Engagement & Editorial

Brenda Martin

Joanna Free

Journey is a woman-owned, independent media brand launched in 2019 to amplify hope by making recovery from addiction more visible through content, courses and community engagement.

We share personal stories to provide evidence that recovery is not only possible, it's happening all around us. We support others in amplifying this message in their communities—so hope can spread, one story at a time.

We use AI tools to support research and drafting, with human oversight ensuring accuracy and brand voice integrity.

Published 4 times a year by

Journey Enterprises, LLC
PO Box 1045
Westbrook, ME 04062
info@journey-magazine.com

Visit Us Online

Website: journey-magazine.com
Facebook: [recovery.journey.in.maine](https://www.facebook.com/recovery.journey.in.maine)
Instagram: [recovery_journey_magazine](https://www.instagram.com/recovery_journey_magazine)
LinkedIn: [company/journey-magazine](https://www.linkedin.com/company/journey-magazine)
youtube: [JourneyMagazine](https://www.youtube.com/JourneyMagazine)

Copyright 2026 Journey Enterprises, LLC
All rights reserved.

Cover

Karen St. Clair
Photo by Brian Peterson

Layout

Dependable Layout & Design

In this issue, we explore recovery as it is actually lived—active, imperfect, and deeply human. You'll meet people rebuilding their lives through movement, faith, music, health, and community. Their stories reflect what we see every day; there is no single path forward, only a decision to keep going.

One theme runs through these pages: connection changes lives. Whether it's a sober volleyball game under park lights, a panel story that lands in someone's chest like a spark, or the quiet discipline of showing up for your own health, recovery is built in small, repeated acts of care.

We also look at the science behind cravings and why your brain sometimes misreads stress as an emergency. Understanding that

From the Publisher



doesn't remove the work—but it can remove the shame. And when shame lifts, people are more likely to ask for help, stay in the room, and keep going.

Thank you for reading, sharing, and supporting *Journey*. When we make recovery visible, we make hope practical—one story at a time.

Carolyn

In this issue . . .

Karen St. Clair: <i>Journey's</i> First Partner in Making Wellness Accessible	4
Pathways to Recovery: There Is No Wrong Door	6
Full Circle of Light	8
<i>Personal Recovery Story</i> : In the Heart of Phoenix, a Recovery Movement Arises ...	10
The Body–Recovery Connection	11
Got a Craving? When the Brain Misreads the Body	12
<i>Personal Recovery Story</i> : Love Beyond Walls	14

Karen St. Clair

Journey's First Partner in Making Wellness Accessible

By Carolyn Delaney

In 2019, when *Journey Magazine* was brand new and unproven, Karen St. Clair said Yes. She committed to six issues of advertising—a leap of faith that felt enormous when everything about the magazine was just taking shape.

That decision launched more than a business relationship; it began a friendship, a mentorship, and a partnership that has shaped *Journey's* approach to recovery and wellness content.

Karen's gift has always been making Emotional Freedom Technique (EFT) tapping accessible. While some wellness practices can feel complicated, Karen translates the science into clear steps anyone can follow.

Her articles didn't ask readers to become experts; they invited people to try simple tapping sequences at home, at work, before bedtime... anytime. Karen also helped *Journey* broaden "wellness" beyond mindset. Her work connects emotional regulation to physical recovery, showing how calming the nervous system can reduce tension, support sleep, and make it easier to follow through on everyday body-care habits like hydration, stretching, movement and rest.

She consistently frames EFT as a self-directed tool that complements medical care rather than replacing it. This clarity matters deeply to *Journey's* readers, many of whom are navigating recovery and need straightforward, honest guidance.

Karen references research like the 2019 meta-analysis showing EFT's

effectiveness for anxiety, depression, and post-traumatic stress disorder (PTSD), while keeping the focus on what people can actually do today, in this moment, to feel better.

Over the years, Karen has been more than a contributor. She's been a sounding board for strategy, a mentor through business challenges, and a steady presence as *Journey* grew from a risky startup to a statewide and now multi-state resource.

Her work demonstrates what *Journey* believes: recovery tools should be accessible and practical. Karen has spent years making that possible, sharing wisdom and skills to meet people where they are.

Check out Karen's articles on our website (journey-magazine.com) for some helpful guidance on getting started with EFT.

FREE Online Education - for everyone



RECOVERY BASICS

Foundational Information for Everyone

a digital course by Journey
in collaboration with:

L.L.Bean



Accessible, Clear and Practical Recovery Education

75% of people who struggle with **untreated** substance use disorder are employed

Learn the facts.

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

- A shift in how we talk about addiction
- A shift in how we support people getting better
- A shift in how we build communities where recovery is visible, valued, and possible

Learn how you can be part of the solution!!

Visit journey-magazine.com/basic-recovery-education/

to learn more and start the **30 minute course**



The more you know, the more options you have.

- ✓ Know how to prevent an overdose
- ✓ Know where to get naloxone and how to use it
- ✓ Know your resources, including OPTIONS Liaisons
- ✓ Know your rights under the Good Samaritan Law
- ✓ Know that you are not alone, and recovery is possible.

New Resource:
Treatment Connection Maine
FIND TREATMENT NOW:



Learn more, and browse 150+ Maine resources:  **KNOWYOUROPTIONS.ME**

WE RECOVER TOGETHER

The Center for Recovery at St. Mary's is here when you are ready.



Our Rapid Access Center is open every day from 8 AM to 6 PM for same-day evaluations and admissions.

Call 207-376-3419 to speak with a recovery coordinator.



stmarysmaine.com/recovery

Pathways to Recovery

There Is No Wrong Door



Recovery is often portrayed as a single road: enter treatment, complete a program, stay sober. But real life is more complex, and more hopeful, than that narrative allows.

Research consistently shows that people reach recovery through multiple pathways. Some receive formal support. Others change on their own. What matters most is not the door someone walks through but that they keep moving toward wellness.

More than half of people in recovery use assisted pathways. These include clinical care such as rehabilitation programs, medication-assisted treatment (MAT), and therapy. These paths also include mutual-help approaches like 12-step programs and faith-based recovery groups.

For many, structure, medical oversight, and community provide the stability needed to break addiction's grip. These supports can address both the biological and psychological dimensions of substance use disorder, especially when co-occurring mental health conditions are present.

Some people solve a substance problem on their own. This is called natural recovery or self-change or unassisted change. These individuals don't need or go to treatment, they rely on personal strength, life changes, new relationships, faith,

or events like a new job, becoming a parent, or a health scare.

For people with milder alcohol problems and strong support, this may work. But when the problem is more serious, involves more than one substance, includes mental health or trauma issues, or has caused major harm, professional help or support groups are usually safer and more effective than trying to handle it alone.

This reality challenges the idea that there is one correct formula. Recovery is not a single intervention; it is a process of change. For some, that process requires intensive clinical care. For others, it unfolds through incremental adjustments and personal turning points.

The phrase “there is no wrong door” captures an important truth: entry points vary and matter. Some start in a hospital. Some in a church basement. Some alone at a kitchen table deciding they cannot continue as they have. Each pathway can lead to the same destination: wellness.

Recognizing multiple routes to recovery also reduces stigma. It acknowledges autonomy while preserving the value of professional care. It allows families, clinicians, and communities to focus less on policing the method and more on supporting sustained change.

The broader lesson is clear: recovery ecosystems must remain flexible and accessible. Insurance coverage for treatment matters, so does peer support, and creating social and economic conditions that make lasting change possible.

Source: Kelly, J. F., Greene, M. C., & Bergman, B. G. (2019). *Beyond abstinence: Changes in indices of quality of life with time in recovery in a nationally representative sample of U.S. adults. Alcoholism: Clinical and Experimental Research*, 43(6), 1197–1206.

Recovery Basics
FOUNDATIONAL INFORMATION

free, 30 minute digital course
accessible. clear. practical.

journey-magazine.com

**WE'RE HERE
FOR YOU!**



Substance Use Disorder Treatment

Alcohol | Opioids | Stimulants

- ◆ Group and individual counseling
- ◆ Intensive treatment programming
- ◆ Medications, long-acting injections
- ◆ Case Management
- ◆ Peer support
- ◆ Harm reduction services

Currently accepting patients!
Find care close to home:



 **MaineHealth**
MaineHealth.org/SUD



recover2gether

A Community of Hope & Support

Connecting People to Resources

Together, we heal. Together, we rise.



**Because personal finance is, well, personal.
We offer personalized solutions for you.**

We are 'local helping local'



Brittany Eaton
Collections Manager
Brittany.eaton@tcfcu.com



Nicole Lemieux
Mortgage Loan Officer
Nicole.lemieux@tcfcu.com



1-800-649-3495

www.tcfcu.com



The Larry Labonte
Recovery Center

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

Recovery meetings:

SMART Recovery, All Recovery
and 12-Step Programs

Recovery Coaching:

Meeting 1-on-1

Naloxone (Narcan)

Training and Distribution:

Used to reverse the effects of
an opioid overdose

(207)-418-4983

412 Waldo St, Rumford, Maine

Open: Monday – Friday 10 am – 4 pm
info@llrecoverycenter.com

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



STRENGTHEN LA

EMPOWERING PEOPLE. STRENGTHENING COMMUNITIES.

Looking for a better job?

Strengthen LA can help!

We connect people in Lewiston Auburn with
local employers who are ready to hire.

No long commute. No need to move.
Just real support, training, and a path to success.

Your Future Starts Here.



Want to Learn More?

Visit our website, and join our monthly
Workforce Wednesday eNews



Full Circle of Light

By Leslie Johansen Nack

If you stick around long enough, life eventually comes full circle. And every so often, something deeper happens; a full circle of the spirit. I felt this recently, sitting before eight men and one woman at an inpatient treatment center, about to tell my story of sobriety. I didn't expect to be profound; I only hoped my words would be helpful, honest and selfless.

Our panel that day included four women, including me, and my husband, David. Our leader began by sharing her journey, followed by the two other women. Then it was my turn.

My heart thudded hard in my chest. It had been years since I sat on a panel like this, speaking to people so newly and tenderly sober. I knew I couldn't say the "wrong" thing, but I wanted to share from the heart, maybe igniting some hope in one of them.

I didn't know why each person was there. Maybe a judge ordered them. Maybe their boss gave them an ultimatum. Or maybe they walked in of their own will, sick and tired of being sick and tired. It didn't matter. What mattered was that they were here, waiting for a story, hoping for something to carry away with them—a spark.

Years earlier, in my own 28-day program, panels like this were mandatory. We had to attend 12-step meetings, go to individual therapy once a week and group therapy three times a week, and take classes on communication. There was downtime for reading and writing, which to me felt like a little slice of heaven. They say alcoholics are egomaniacs with inferiority complexes, and I was no exception. I walked into treatment thinking, *How could I possibly need this?*, while simultaneously feeling superior to every person there.

I ended up in this treatment program because I visited my mother's treatment center in Century City, Los Angeles, a few days earlier. I'd never seen her sober—she drank and popped pills my entire life, went in and out of mental hospitals for my whole childhood. But on that visit, she was different. She smiled a genuine smile, her skin glowed, and her eyes had hope. I wondered what alien force had possessed her, but there she was, brand new.

Meanwhile, I was sinking. After my father's sudden death in his private plane six years earlier, I numbed myself with drugs and alcohol while trying to work and cope. The grief threatened to spill out, and I was running out of places to hide it. I'd

lost my job, burned through my money, and was living in my car, begging for showers from my little sister when I had the courage to ask. I was out of options, out of excuses, and out of rope.

In that frozen moment, my chest expanded with a fierce knowing

That was the state of affairs when I checked myself into treatment and, about two weeks in, I sat in the big room and listened to a panel. Five people sat before us patients, and they each shared their own stories.

The man spoke second to last, sharing how sobriety had given him a life he never imagined—he'd found love, stability, and a sense of gratitude that carried him through each day.

The last person to speak was the woman beside him. She shared that she'd been an intravenous drug user, living on the streets after a family tragedy broke her spirit. In treatment, she clawed her way back to life, attending 90 meetings in 90 days, working the 12 steps, finding a sponsor, and staying sober. Her words captivated me.

As she spoke, it was as if the roof cracked open and she glowed. Everything stopped. My entire being

vibrated with hope. For a moment, I believed she wasn't just a woman—she was an angel sent to wake me up.

When she finished, the room came back into focus. I watched her reach for the man's hand next to her, and he looked at her with such love that it shook me to my core. They were together. They were sober. They were a couple, sober and thriving!

In that frozen moment, my chest expanded with a fierce knowing: *I will be sober. I will find love. I will be okay if I follow this path.*

It sounds hokey, I know. But convincing you of my spiritual moment isn't important. What is important is that it happened almost 40 years ago.

And now, back in that treatment center, sitting next to David—my husband of 35 years—I told this same story to the group before me. Tears streamed down my cheeks as I spoke from my heart, feeling each moment intensely. After David shared, I reached for his hand, and that light inside me expanded again, pulsing with the certainty that I am exactly where I need to be.

One man, whose tattooed eyelids stayed closed throughout the meeting, opened them and looked directly at me, and I knew I had connected with his heart. Later, he hugged me and said that his girl was in treatment, too, and he wished for a life like mine and David's.

Life is a gift. Even in its darkest hours, it circles back to the light. And for that, I am grateful every single day.



.....
Leslie Johansen Nack is the author of two award-winning books: her historical novel The Blue Butterfly and her debut memoir Fourteen. Her forthcoming sequel, Nineteen: A Daughter's Memoir of Reckoning and Recovery, concludes her raw and deeply personal story that chronicles her path to sobriety and a renewed sense of hope. Find more about Leslie and her work at www.lesliejohansennack.com.
.....



Maine Association of Recovery Residences

www.mainererecoveryresidences.com

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

- *Narcotics Training*
- *Rental Assistance*
- *Ethical Standards*
- *Grievance Program*
- *Regular Inspections*
- *Public Accountability*
- *State-wide Community*
- *Proven Recovery Outcomes*

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



NATIONAL ALLIANCE FOR RECOVERY RESIDENCES



SCAN ME

Find a safe, certified house NOW!

In the Heart of Phoenix, a Recovery Movement Rises One Game at a Time



By Travis Bradley

On a Monday night in Scottsdale, Ariz., more than 20 people in recovery gather under park lights, music playing, volleyball in motion. No folding chairs. No fluorescent church basement. Just sweat, laughter and a woman calling out, “Circle up.”

This is recovery in Phoenix — active, secular and built around connection.

Phoenix is one of the fastest-growing cities in the U.S., projecting momentum with year-round sunshine, a vibrant arts scene, and professional sports.

Beneath that growth, however, the metro area ranks among the highest in the nation for substance use. In 2024, a significant share of its 1.6 million residents reported using illicit substances, placing the city near the top nationally across multiple substance use categories.

As Phoenix grows more secular and more transient, recovery here is evolving. For many, sobriety is no longer anchored solely in meetings. It is anchored in movement, community and belonging.

Michael, volunteer manager for the Phoenix chapter of The Phoenix — a nationwide sober active community — has been in recovery for more than 20 years. He began in a traditional 12-step program and found stability, which his siblings did not. As the oldest, he buried three siblings who lost their battles with addiction.

Through that loss and his long-term recovery, Michael found something essential in The Phoenix: accessible connection across every stage of sobriety.

“It’s pretty interesting what someone with three days needs versus someone with six years,” Michael said. “We have a simple solution to a common problem. Connection and community that creates a sense of belonging.”

Monday nights at Northsight Park illustrate that philosophy. Participants warm up, music plays, check-ins happen briefly before games begin. The tone is informal but intentional.

Volunteers like Tiffany help facilitate those gatherings. Becoming involved is straightforward: attend events, complete onboarding, start leading. What keeps people returning is less procedural.

“When you get out of an institution, you go back to your same friends, your same family or your same environment,” Lehman said. “You get to choose to show up and meet new people and socialize.”

Tiffany describes herself as a “straight-up alcoholic.” She found the recreational community—volleyball, pickleball, hiking, mocktail socials—offered the ability to be present in social spaces without alcohol, something she once believed impossible.

“It was a new experience to realize what I can do in recovery,” she said. “I can go to a sober lounge, have conversations and not feel like I need five shots just to be there.”

What groups like The Phoenix offer is not just distraction but substitution. The premise is straightforward: replace chemical stimulation with communal, physical engagement.

Isolation reinforces addictive behavior. Structured connection disrupts it.

Physical activity does not erase cravings overnight, and neurological recovery can take months or years. But consistent, socially reinforced movement, both literal and relational, can gradually retrain the brain’s reward system.

On a Saturday at the Encanto Sports Complex, Amber runs a pickleball group. She has been sober for 10 years. Her path began with alcohol at 14, and escalated despite early resistance and shifted permanently when she learned she was pregnant.

“I was two months sober when I got pregnant, so that fueled me even more,” she said.

She later completed a faith-based recovery program and gradually built a stable life. Today, she brings her 10-year-old son, Keith, to events whenever possible. While he has never seen her in active addiction, he knows her history in age-appropriate ways.

For her, recovery is not only abstinence. It is modeling a different social world — one where celebration does not require substances and where community replaces chaos.

On courts, trails and park lawns across the Salt River Valley, recovery looks less like resistance and more like belonging.

Travis is a journalist with a background in psychology and previous experience in the mental health and addiction medicine field. He currently covers local sports in the Sierra Nevada foothills in Sonora, California.

The Body–Recovery Connection

How Health, Movement, and Self-Care Support Lasting Change

Imagine trying to calm your mind while living in a body that feels broken.

Research suggests something different: **physical health is not a side issue in recovery; it is one of the systems that makes stability possible.**

Researchers use the term **Recovery Capital** to describe the resources that help someone sustain recovery over time. These include relationships, housing, purpose, and community.

Physical health is one of the most foundational forms of this capital. Improving health doesn't just add support; it reduces the pain, boredom, and isolation that often pull people back toward old patterns.

Below are some research-backed insights into how the body shapes recovery, along with one practical action for each:

Unmanaged pain is a silent relapse trigger

Chronic pain, dental problems, sleep disruption, or untreated illness don't just cause discomfort, they drain hope. When your body keeps breaking down despite your efforts to stay sober, motivation erodes. The question quietly shifts from *"How do I keep going?"* to *"What's the point?"*

One residential client described it this way:

"If I get another negative health thing happen to me, I'll just go, 'Oh, \$%#@ it. I'm going to drink.'"

Pain doesn't have to be extreme to be dangerous; it only has to feel endless.

One action: write down one physical issue you've been pushing through and tell a healthcare provider or counselor about it this week.



Movement can quiet the addicted mind

Exercise supports recovery not just because it's healthy, but because it can change mental states.

Many people describe moments during physical activity when their thoughts finally slow down. This is often called a *flow state*, a period of deep focus where the mind goes quiet and attention settles into the body.

Running, swimming, lifting, or team sports can offer relief that substances once provided. This relief isn't about escaping feelings; **it's about giving the mind somewhere to rest.**

One action: Try one form of movement this week and notice whether your mind feels quieter during or after. Not whether you "did enough."

Taking care of your health is an act of autonomy

Learning how to manage your health, such as making appointments, understanding medications and following through on care builds independence.

In active addiction, healthcare often becomes something people avoid. Fear, shame, and past experiences of being

dismissed or harmed can make staying away feel safer than showing up.

Re-engaging interrupts that cycle. Making the appointment, walking in, answering honestly, returning for follow-ups—each step reverses the pattern of avoidance.

Over time, it marks a shift: from being managed by systems to managing your own care.

Engagement, and the sense of agency that comes with it, empowers us and our recovery.

One action: Prepare one question before your next appointment and ask it, even if it feels uncomfortable.

Recovery is a whole-body affair.

When you treat your body as a partner in recovery — not an afterthought — you build stability where it matters most.

Your body is carrying you through recovery. What support does it truly need right now?

**Osborne B, Kelly PJ. Substance use disorders, physical health and recovery capital. Drug and Alcohol Review. 2023;42(6):1410–1421.*

Got a Craving?

When the Brain Misreads the Body

Ever notice a voice in your head that insists you need a chocolate bar late at night, even though you're already full? Or that third cup of coffee, even when you know it won't help?

That voice isn't about willpower; it's about how your brain reads signals from your body.

Your body has a hidden sense called interoception. It's how your brain keeps track of what's happening inside you; your heartbeat, breathing, hunger, stress and energy levels.

Think of it as your body's internal weather report.

For some people, this system works quietly in the background, helping the body stay balanced.

But for people struggling with substance use disorder, this internal system often sends the wrong signals. A small dip in energy can feel like a crisis. Everyday stress can feel overwhelming. The brain overreacts, treating normal sensations as emergencies.

This helps explain why cravings feel so powerful. A craving isn't just wanting something—it's a mismatch between how your body feels and how your brain thinks it should feel. Over time, the brain can begin to believe that a substance is necessary just to feel normal. When it's not there, the brain goes on high alert, even if there's no real danger.

Cravings are exhausting because they pull the brain out of autopilot. Instead of moving through the day automatically, the brain works



overtime trying to “fix” a problem that isn't actually an emergency.

A growing body of neuroscience helps explain why stress can feel like a need—and why movement can reset that confusion. In a 2024 review published in *Current Neuropharmacology*, researchers examined how substance use disrupts the brain's ability to read internal body signals and why physical exercise is uniquely effective at restoring that balance. Their findings point to a small set of practical insights that help explain cravings, fear of discomfort, and how the brain relearns safety through movement.

Cravings are signal errors, not personal failures.
They reflect confusion in the brain—

body system, not weakness or lack of discipline.

One key player in this process is a small brain region called the insula. It acts like a traffic controller, deciding which body signals matter and how strong they feel. One part senses physical changes, like a racing heart. Another helps decide what to do. A third connects those sensations to emotions and memories.

This system is so influential that when the insula is damaged, intense cravings—such as the urge to smoke—can disappear almost instantly.

Your brain decides how urgent a sensation feels.
Cravings don't come straight from

the body; they're shaped by how the brain interprets internal signals.

Another challenge is how the brain predicts the future. People often believe future cravings will be unbearable, but research shows most daily cravings are smaller than expected and fade on their own. When the brain predicts extreme discomfort, fear takes over, making change feel impossible.

We tend to overestimate future pain.

Fear of cravings often causes more suffering than the cravings themselves.

So how do you retrain a system that's sending the wrong messages?

According to research published in *Current Neuropharmacology*, physical exercise is one of the most effective ways to restore healthy interoception. Exercise gives the brain repeated, safe exposure to strong body sensations—like heavy breathing or a pounding heart—and teaches it that these signals are not dangerous.

When you exercise, you learn the difference between “my heart is racing because I’m moving” and “something is wrong.”

Exercise recalibrates your internal signals.

It helps the brain relearn what stress feels like when it isn't an emergency.

A simple way to strengthen this skill is to practice noticing how hard exercise feels. Before a walk or run, predict how difficult it will be. During the activity, notice what's actually happening. Afterward, compare your prediction to reality. This process trains the brain to make more accurate predictions and reduces fear of discomfort.

Many people use music or TV to distract themselves during workouts, which can help you get started. But the deeper benefit comes from occasionally tuning

in. Turning off distractions for the final few minutes and consciously focusing on breathing and movement is an active way to teach your brain calm amidst stress.

Learning happens through attention, not avoidance.

Paying gentle attention to body sensations builds confidence and control.

Exercise isn't just about fitness. It's about rebuilding trust between your brain and your body. When your brain learns that discomfort isn't danger, urges lose their power.

The next time a strong urge hits, ask yourself: Is this a real emergency, or is my brain misreading the signal?

Sometimes, a short walk or run is exactly the reset your brain needs.

Source: Brevers D, Billieux J, de Timary P, et al. *Physical Exercise to Redynamize Interoception in Substance Use Disorders. Current Neuropharmacology. 2024;22(6):1047-1063.*

RECOVERY IS POSSIBLE. YOU HAVE A PLACE TO START. START HERE.

SACOPEE VALLEY HEALTH CENTER
MAT—MEDICATION ASSISTED TREATMENT PROGRAM
PROVIDING SUPPORT AND SERVICES FOR OPIOID USE DISORDER.

70 Main Street, Porter
www.svhc.org
207-625-8126



Center for Addictive Problems

CAP

Quality Care

helping people regain control of their lives since 1976

We can help you stop daily use and start your journey to recovery.

Providing respectful, effective, science-based, low cost, and confidential treatment of opioid dependence.

We can help you with:

- **Methadone maintenance treatment**
- Individual & Group Counseling
- Case Management
- Crisis Intervention
- Hepatitis C and HIV Education, Referral and Liaison with Healthcare Providers
- TB testing
- EKG referral is provided

Accredited by the Joint Commission on Healthcare Organizations

We accept the following:

- Aetna
- Aetna/Meritain
- Anthem
- Community Health Options
- Harvard Pilgrim
- Humana Medicare Advantage
- Humana Military/Tricare
- Mainecare
- Martin's Point
- Medicare
- United Healthcare
- Veteran's Affairs Administration
- Wellcare

Start regaining control today!
Contact us to help



(207) 856-7227

One Delta Drive, Westbrook
www.capqualitycare.com

Love Beyond Walls

Finding Purpose Through Faith and Music

By **Demetrius Davenport**

When I left Philadelphia and moved to Maine in 2010, I was looking for peace. I wanted a fresh start and a life away from the violence in my neighborhood. But instead of finding a new beginning, I slipped into the same patterns. I started using and selling, telling myself I was just trying to get by.

Those choices eventually led to my downfall. I was sentenced to seven years for possession of a firearm.

Prison forces you to look at yourself in a way the outside world never does.

During those years, I had a lot of time to think about my life, my family, and the future I wanted. When I got out, I told myself the worst was behind me. But a year later, the Feds showed up at my door. I had gone to a gun range. For most people that's legal, but as a felon it was a mistake—one that put me back behind bars.

This time, I ended up in a federal penitentiary in Pennsylvania. Violence there was part of daily life. Waking up each morning meant deciding how I was going to survive that day. In that place, I made a promise to myself: if I made it out alive, I would never come back. I would change for good.

When I finally returned home, I came back with a different mindset.

I gave my life to God, and something shifted inside me. I started writing raps about faith, healing and redemption. The words came faster and clearer than ever before. It felt like God was guiding every line. That's when I realized I had found my purpose—to use my voice to spread hope instead of hurt.

Today, I'm doing more than I ever imagined. I recently released my first Christian hip-hop song, "OMG," under my stage name DD-11. It's available on all major platforms. Through my music, I want people to know there is always another way forward. Even if you've fallen, you can rise again.

My purpose reaches beyond music. A significant issue I see is the challenge of breaking free from negative relationships and unhealthy cycles—something I've faced in my own life. These patterns can shape us in painful ways. Too often, we try to numb that pain instead of dealing with what's underneath. I want people to know



that healing is possible. Love, faith, support and positive choices can replace anger, fear and addiction.

My story isn't just about the mistakes I've made. It's about transformation. I'm living proof that no matter how far you've fallen, God can lift you up. There is life beyond walls, and it's waiting for anyone willing to believe that change is possible.

Demetrius Davenport is a Christian hip-hop artist known as DD-11. He is the author of Love Beyond Walls, a book about building healthy relationships and discovering purpose. His music and writing focus on faith, healing and personal transformation.



Support me

PEER CENTER



*Come as you are.
We'll meet you there.*

**No payment.
No insurance.
No full name.
Just bring yourself!**

Brunswick's new Peer Center!

Located at Sweetser's Hope & Healing Center, 329 Bath Road Brunswick, Maine

SupportME is a new and inclusive community peer support space for the Midcoast Maine area that provides individuals experiencing mental health challenges, life stress, and trauma with walk-in peer support.

Peer Center Hours:
Monday-Friday
8:30 AM - 4:30 PM



What We Offer

- Daily peer-run, participant-driven groups where attendees can practice mutual support and talk to people with similar experiences and challenges.
- One-on-one support from our Certified Intentional Peer Support Specialists with lived experience.
- Learn and grow through engaging workshops on topics such as job hunting, education, nutrition, wellness, financial well-being, and more.
- A safe, restorative environment with access to books, games, resources, and a sense of belonging.

MainePeerCenter.org

207-373-3005

PeerCenter@sweetser.org

Resource pages
sponsored by:



FREE RECOVERY PROGRAMS

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

MUTUAL AID PROGRAMS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FIND RECOVERY ONLINE

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

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

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

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

Wellness Mobile

"Wellness is achievable everyday!"



Supporting Veterans, unhoused individuals and those who need us most with resources and connections to opportunities

207-520-1683
wellnessmobile.org

Maine 501(c)3; est 2018

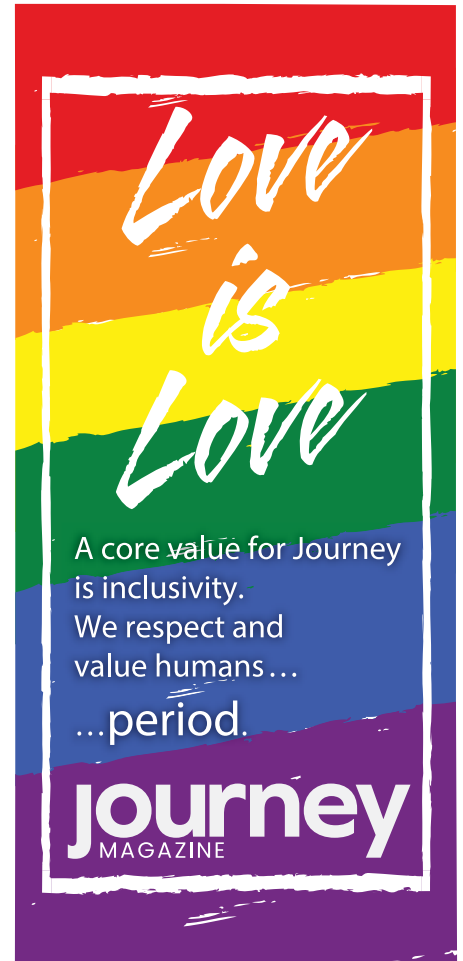


Meeting Guide 12+ A.A. World Services

Alcoholics Anonymous
World Services, Inc.

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

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



Reach. Inspire. Influence.

A media partner where you know your Advertising makes a difference for your Business, your Employees, their Families, your Customers and your Community.

"As a seasoned media buyer, I know value when I see it. Advertising in JOURNEY has lived up to every expectation and far exceeded many more. I applaud the success of JOURNEY and look forward to my continued affiliation with like-minded business leaders."

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



for advertising opportunities email carolyn@journey-magazine.com



SACO &
BIDDEFORD
SAVINGS

COMMITTED TO HELPING
OUR COMMUNITY
GROW & THRIVE.

IT'S A
mutual
THING.

sbsavings.bank | (207) 284-4591




Member
FDIC



Start Your Recovery Journey With Groups

Quick access to evidence-based medication and group support in Maine and New Hampshire

Feel like yourself again with a supportive care team and evidence-based medications that reduce cravings and withdrawal— like Suboxone, Sublocade, and Brixadi.

-  Virtual or in-person care at an office near you
-  1 hour of therapy a week
-  Help with health care, housing, and jobs

Covered by most insurance plans with options for those without coverage.



Take the first step today **888-858-1723**

