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ISSUE 5 • NOVEMBER 2019

# Journey



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FOR MAINE'S RECOVERY COMMUNITY

# Journey

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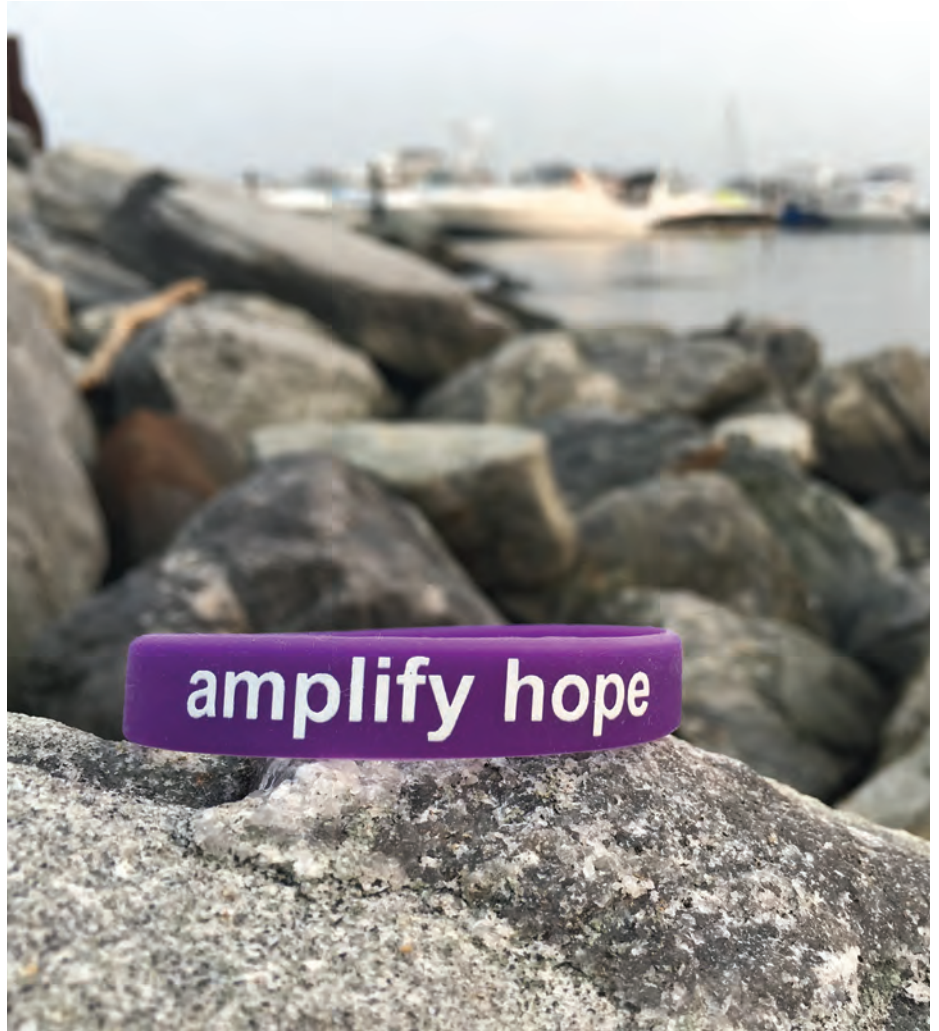
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On the cover: Community builder  
Lisa Silverman at Mackworth  
Island | Photo by Brian Delaney

From left: Carole Fontaine, Deborah Train, Sarah Lunt, Kathy Potter, Carolyn  
Delaney, Nancy Wolach, Sarah Siegel, Niki Curtis, Lisa Twombly, Patricia  
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# A letter from the publisher

## GETTING CLEAR ON COMMUNITY

To get completely clear on what we mean by giving this latest Journey issue a “community theme,” I decided to look up the word “community.”

It can refer to “a group of people living in the same place.” And another definition describes community as “a feeling of fellowship for a group of people who come together as a result of sharing common attitudes, interests and goals.”

This started me thinking about the various communities I’ve been a part of, especially since starting on a recovery path. My world definitely expanded when I started my recovery and certainly has broadened since I stepped into new places and spaces as the publisher of a magazine.

From my first community in recovery – living at a women’s “halfway house” (Evodia) back in 1993 – to the community created by gathering a team of great people who want to Amplify Hope by publishing Journey – and everything in between – I’ve been incredibly blessed to be able to grow as a result of being part of each one of the communities I’ve experienced.

Personal growth is a necessity for me as I venture into new circles and new communities because it requires me to be open to self-reflection on how I’m showing up. David Lee’s column (See page 16) about a courageous conversation we shared shines a light on how, when we’re in community with people we care about, we’re able to summon courage to speak freely about things that are bothering us and how that deepens our connections.

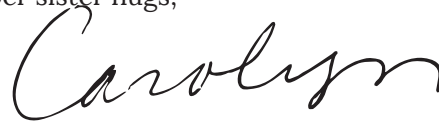
Communities have the power to strengthen the connective tissue between us humans and can help us feel encouraged, supported and loved.

It’s been absolutely heartwarming to learn about and highlight the outpourings of support from Maine communities that are helping people in recovery in so many ways. Through Journey, we’re able to shine a light on organizations and businesses that come together to make places like the Bangor Area Recovery Network in and Portland Recovery Community Center (See page 6) so successful.

The team of people that comes together to share passion, ideas, compassion and skills to get Journey to the printer every issue is truly amazing; the energy generated by the dozen or so of us that meet each week keeps me motivated with a full heart and drive, and I’m grateful for every single member of my Journey community.

Whatever community is working for you today, celebrate it and cherish it – and know that it’s stronger because you’re showing up as yourself and adding to it.

Sober sister hugs,



---

Carolyn Delaney, Publisher

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# All together now

Across the state, recovery support organizations are grounded in community

BARN staff members Bob Fickett and Sharon Field

## By Amy Paradysz

**W**ith a multifaceted issue like addiction, there's no one road to recovery. In fact, there are many. Community approaches are just as unique.

The Bangor area has a community center that approaches recovery much like a YMCA approaches fitness – with a menu of classes, groups and social events. In the Midcoast area, a nonprofit has opened two sober houses. And in the Kennebunks, partnerships between the police, recovery coaches and a mental health agency have transformed the community's approach to addiction – and become a model for the rest of the state.

“Treatment is an individual strategy,” says Bruce Campbell, vice president of operations at the Bangor Area Recovery Network, a

regional hub for recovery support in Eastern and Central Maine that has been around for a decade.

“But recovery happens over time, during life, living life with people who have been there, done that, got the T-shirt.”

Despite its agricultural-sounding acronym, the BARN is in downtown Brewer in an 8,000-square-foot space that used to be Pam's Used Furniture. The BARN hosts 12-step groups, classes, recovery celebrations, fundraisers and social events. On any given Saturday night, 125 people may show up for peer support meetings followed by a deejay dance.

Campbell thought that organizing the recovery community would be challenging – and it was until the organization started creating meaningful opportunities for people in recovery to volunteer, sharing their journey with others.

The BARN is open daily from 10 a.m. to 8 p.m. and runs on 800 to 900 volunteer hours a month and community fundraising.

“Our biggest goal is to have someone walk through the door,” Campbell says. “That means they've walked into an area that supports them if they want a recovery coach, or want to be referred to treatment or just want to be in a safe place.”

The BARN's four pillars state that (1) recovery is a process, (2) there are many pathways to recovery, (3) recovery overcomes shame and stigma, and (4) last but not least, recovery is a community responsibility.

Ned Bachus, a devoted volunteer with the Mid-Coast Recovery Coalition, says, “Just as other people factor into your addiction, other people factor into your recovery.”

A three-year-old nonprofit, MCRC trains recovery coaches and has purchased two properties, turning them into a men's recovery residence in Rockland and a women's recovery residence in Camden where they live with their children under 12. At the heart of this approach is the belief that people doing recovery together in community are more likely to succeed.

"People who recover seem to be individuals who find grounding in something larger than themselves – in God or whatever it is that humbles them and makes them realize that they're not the center of the universe," Bachus says. "The way to gain control is through surrender to the fact that you need other people. For most people for whom recovery is working, I see a humility that affords them to become far more stable and

independent. But it always involves interdependence, too."

For some, recovery begins when they hit rock bottom – which may involve criminal activity and a law enforcement response.

"From what I've seen, substance abuse disorder isn't something that law enforcement can solve," says Kennebunk Chief of Police Robert MacKenzie. "It has to come from a community and a societal level. Law enforcement goes out and arrests the so-called 'bad guy.' But the majority of people we encounter in criminal activity are using a

substance, and putting somebody in jail doesn't solve the problem."

A few years ago, this 31-year veteran of the law enforcement profession started leading overdose recognition and response classes – first with the Kennebunk Rotary, then the Kennebunk-Kennebunkport-Arundel Chamber of Commerce, and eventually even interested clubs at Kennebunk High School.

"It reduces stigma," he says. "I think we've seen some change in societal views. But, overall, people are uninformed on substance abuse disorder."



**Just as other people factor into your addiction, other people factor into your recovery.**

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Two years ago, five friends from the Kennebunks formed a group called Above Board to host a glitzy end-of-summer bash and raise funds for something to make their community stronger, and they chose to get behind MacKenzie's addiction-response efforts.

"Bob is forward-thinking, cutting-edge, and he needed community support to move his ideas forward," said Kristen Martin, a co-founder of Above Board.

In August 2018, Above Board raised \$50,000, which the Kennebunk Police Department, in collaboration with treatment provider ENSO Recovery, used to establish the Recovery Coach Training Academy of the Kennebunks in January. Forty new recovery coaches and 35 first responders have gone through an eight-hour training. Based on participant feedback, aspects that were most useful to law enforcement officers became the content of a two-hour training block, called Law Enforcement's Response to Substance Abuse Disorder, that will be mandatory for law enforcement officers statewide in 2020.

For the annual event this August, Above Board raised \$60,000 to fund a program in which crisis workers from Sweetser will ride along with Kennebunk police officers to provide mental-health follow-up.

"This is a fairly unique partnership," said Debra Taylor, Sweetser's president and chief

executive officer. "The idea here is to not only ameliorate a crime in the moment but to stick with a person. When an individual experiences a moment of crisis,



A women's recovery residence in Camden

it is often the first time they are receiving support for their addiction and mental health issues. It's that moment that leads them to the community connections and treatment that will set them on the path to recovery. There will be successes. Lives will be saved."

All of this started with a police chief sharing a message of respect, compassion and harm reduction – and some regular people asking what they could do to help.

"If we can do it in this community," MacKenzie says, "I think we can do it everywhere."



Amy Paradysz is a freelance writer from Scarborough.

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# Recycled Rides

A Saco collision repair shop makes it easier for people in recovery to move on

Jessica Truman of Brunswick says the gift of a car was life-changing as she embarked on her recovery journey.

## By Amy Paradysz

As Jessica Truman reached one year of sobriety in November 2017, her next steps were daunting: Rent an apartment, get a car, find a job and reunite with her three children – all while paying legal restitution.

Community played a leading role in Truman's journey to sobriety, and, as it turns out, community also was there for her in those terrifyingly exciting and overwhelming next steps.

"When I first got sober, I was at PRCC (Portland Recovery Community Center) a lot because I couldn't get into a sober house right away and I couldn't get high there," she says.

"There are just people who you see working so hard in their recovery – here and volunteering and putting their heart and soul into it," said Leslie Clark, executive director of

PRCC. "Jess was just working her heart out to make it all work."

A year after she got sober, Truman dropped by PRCC and got some exciting news.

"She couldn't believe she was getting a car," Clark said. "Because she knew it would change everything."

Recycled Rides is a program through the National Auto Body Council in which insurers, collision repairers, paint suppliers, parts vendors and others collaborate to repair and donate vehicles to deserving people and service organizations. Since 2007, more than 1,000 cars have been donated through the program, including three through Phil O'Connor of R.P. Bell Collision in Saco.

"They take a car that was in a wreck and totaled out and volunteer their time and resources to fix the car,"

Truman says. "Then they go through PRCC to figure out somebody to give the car to. They said it was because of me helping other people in recovery and because it would change the direction I was headed in."



R.P. Bell Collision's Phil O'Connor likes being involved in a program that gives back.

"It's our way of giving back," O'Connor says. "We pick a charity, and for the past three years we went to PRCC and

gave a car to them. We're giving to something that is part of our lives. My daughter has been an addict since she was 15, and she still struggles with it. She has helped with the giveaways."

The giveaways are community celebrations, with the recipient,

PHOTOS BY BRIAN DELANEY

their family and representatives from all involved organizations, including PRCC, R.P. Bell, Geico, Berlin City and LKQ Auto Parts.

"It's very emotional seeing these women getting themselves in a better position," O'Connor says. He's asked the three recipients – PRCC happened to choose a woman three years in a row – to write him and his wife a letter a year later with an update on their lives.

"They want to see whether what they're doing is making a difference – and it absolutely is," Truman says. "I wouldn't have been able to pay off all my restitution for legal issues and get an apartment and a car all at once. And living without a car is damn near impossible, especially with children."

While she was in a sober living home in Portland, she was only able to see her kids – now ages 17, 9 and 8 – for about an hour a month for a year and a half.

Then, all at once, in February 2018, she received a 2013 Toyota Camry with just 40,000 miles on it, moved into an apartment in Brunswick and, most importantly, was reunited with her kids, who had been staying with her parents in Gardiner.

"It was incredible," she says.

Within the recovery community in Portland, she met and fell in love with Cecil Solaguren, who was on a parallel journey of recovery – and is a manager for MaineWorks (which provides construction, manufacturing and road-work jobs for people in recovery). They married in September.

The Solagurens live – and drive her kids around – in Brunswick. She commutes to a full-time housekeeping job in Portland, where she manages to give lifts to people in recovery who don't have vehicles.

"That's what friends do," she says.



Amy Paradysz is a freelance writer from Scarborough.



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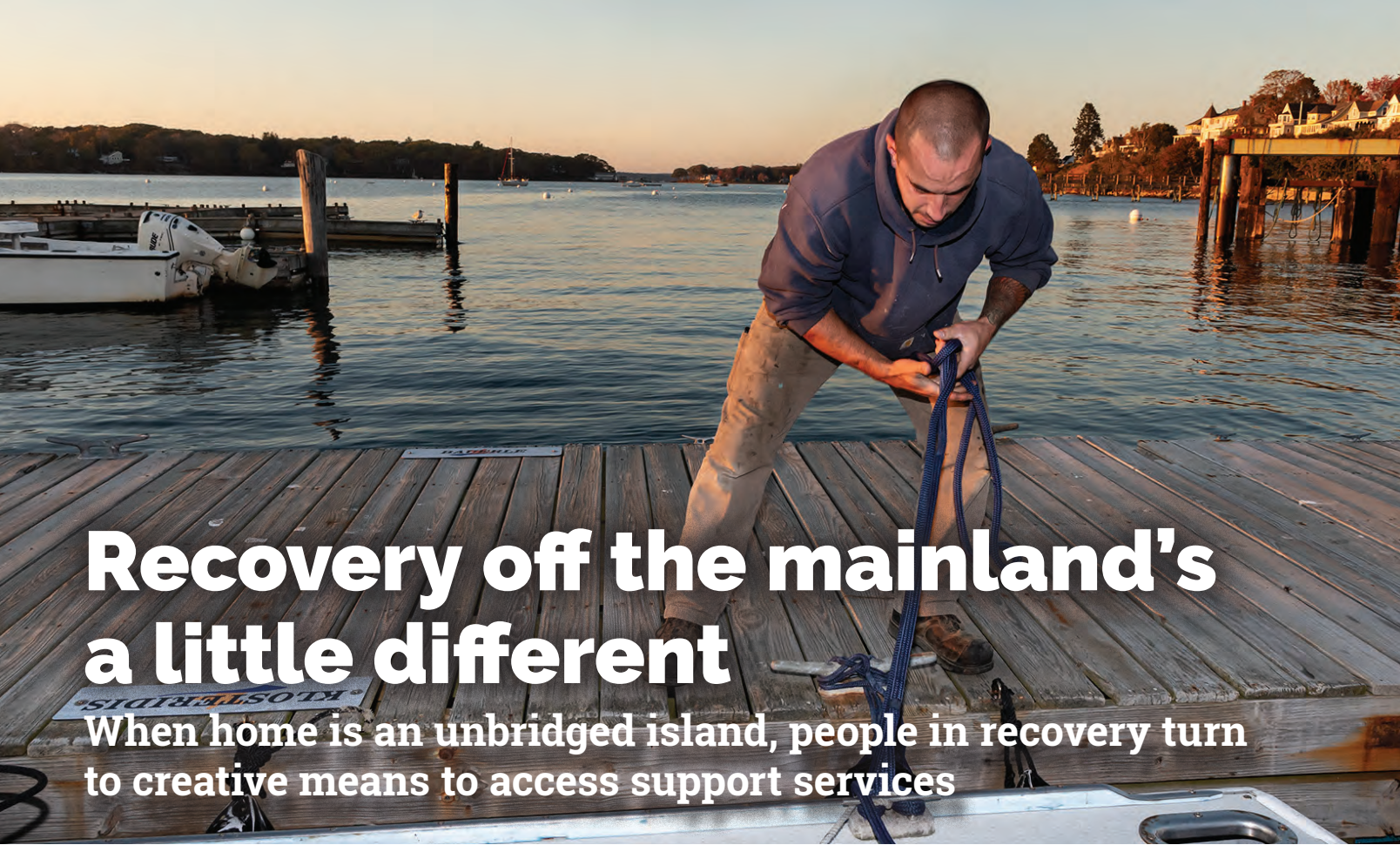
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# Recovery off the mainland's a little different

When home is an unbridged island, people in recovery turn to creative means to access support services

Peaks Island resident Keith Ivers, casting off, says he knows he's not alone in his recovery. | Photo by Brian Delaney

By Courtney Naliboff

**W**hile life on one of Maine's 15 unbridged islands can seem idyllic, the reality in geographic isolation, with a finite number of fellow islanders, can lead some residents to seek out drinking or drug use as a "common denominator."

Debby Bates, 70, found this to be the case when she lived on Monhegan Island in the 1970s and early '80s. At the time, Monhegan had just 81 year-round residents, and that's now down to 45.

"The alcohol brought people together," she says. "We were in our '20s, and we drank with people of all ages, people older than my parents or my parents' age. This was the common denominator that allowed people to like each other because you can't choose on an island who is there. That eased the tension of having all these different personalities in this small little place."

For Keith Ivers, 40, an insular sense of safety on Peaks Island fostered his drinking and substance use.

"The island was like a security blanket, like I could drink and use as much as I wanted because I was already home by being on the island," he says. "By being out here, I felt like it removed so many possibilities for things to get in the way or hinder how much I used."

"There is a culture of drinking and drugs," says Nancy Hopkins-Davisson, 62, a lifelong resident of North Haven, an island in Penobscot Bay. "But, I think in general people kind of root for the person in recovery."

Hopkins-Davisson says accessing the island's regular 12-step program meetings has helped her in her recovery over the past 28 years, as has reading and researching. She finds her connection to the island and islanders an important source of support.

"For me, the more I opened up, in the beginning, the more I got back. And then I didn't feel as isolated," she says. "I had a really good reaction when I stopped drinking and just told people I stopped drinking."

Hopkins-Davisson says that as someone who "grew up outside," the island's natural beauty provides the spiritual connection she needs in her recovery. "I feel like it really supports me. I love being outside, and kind of meditating outside and walking and working outside, and all times of the year. And I don't really know how to explain it, but I just kind of feel like nature is my higher power."

Ivers, who owns Peaks Island Fuel Company, finds solace and support in his commute by boat to mainland meetings.

"On the weekends I go to early-morning meetings, and there's nothing more peaceful than watching the sun come up when you're headed towards the city,



*Phil Crossman chairs the board of an organization tackling opioid use problems on Vinalhaven.*

*Photo by William Trevaskis*

and then to get on your boat and drive away from the city and watch the lights fade when you head back out," he says. "It's amazing."

The tight-knit Peaks community, including Ivers' and his wife's families, has been a surprising source of support as well, although Ivers chooses to attend mainland meetings rather than the one available on island.

"New in recovery, I was still pretty much ashamed of myself and I didn't want to mix the two, then it turned into I liked being in town," says Ivers, who has been in recovery for two years. He quickly learned that he wasn't alone in his recovery.

"As soon as I got off the island to a couple meetings, I bumped into these people and it gave me a safety net. I wasn't alone," he says. "Ever since people have found out that I've been in recovery I haven't had anything but support. I haven't been shamed by one person."

In addition to the support islanders receive from their communities and the soothing natural beauty surrounding them, several organizations exist to connect islanders to recovery services.

Maine Seacoast Mission, based in Bar Harbor, which has offered medical, educational and spiritual support to island communities since 1905 – including access to counselors who work with addiction issues – is one such organization.

With telemedicine equipment, including a specialized examination camera and other diagnostic devices, the mission allows people to see primary-care doctors and counselors.

"I do work with Acadia Family Center, which is in Southwest Harbor, and MDI (Mount Desert Island) Behavioral Health, and both of those work with addiction issues," says Sharon Daley, a registered nurse and the mission's director of island health. Daley is available for family members and patients to talk to, has assisted physicians with drug-testing patients taking suboxone – a medication prescribed for people in recovery from opioid use – and has hosted counseling

## ASSISTING ISLANDERS IN A MULTITUDE OF WAYS SINCE 1905

*By Courtney Naliboff*

For 114 years, Bar Harbor-based Maine Seacoast Mission has offered medical, community and spiritual services to Downeast residents and islanders, including those in recovery from addictions.

Its 75-foot vessel, Sunbeam V, serves many roles – from hosting potlucks to transporting people between islands to breaking sea ice with its steel hull. While the Sunbeam is repaired in dry dock this winter, the Mission will use its smaller vessel, the Moonbeam, to bring services to islanders.

Ed Greaves Education (EdGE), a branch of the Mission dedicated to supporting Downeast students in their pursuit of post-secondary education and career opportunities, is housed at the Mission's Downeast campus in Cherryfield. A ropes course, trails and after-school programming foster leadership skills and connect students to academic tutoring and mentors. The Mission also offers post-secondary scholarships.

The medical branch of the Maine Seacoast Mission brings telemedicine technology to the islands. It also offers islanders in recovery support through in-person meetings and access to recovery counselors through teletherapy.

The Maine Seacoast Mission's mission – to work with people's strengths and honor the capacity of individuals to choose their own course in life – makes it an ideal partner to support islanders in recovery.

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sessions aboard the Sunbeam V, the mission's 75-foot vessel, currently in dry dock for repairs.

Vinalhaven – Maine's most populous unbridged island, about a 75-minute ferry ride to Rockland across West Penobscot Bay – created its own organization to address a growing problem with opioid addiction, Our Island CARES (Community-Awareness-Recovery-Education-Support).

"It was founded in 2016 by Jeannie Conway and Annette Cash, who worked at the ferry terminal," says Phil Crossman, who chairs the CARES board. "They knew that drugs were coming into the island, they knew in what fashion they were getting here, how they were getting picked up."

Crossman says the founders had no interest in prosecution or punitive action – they wanted to focus on the need to address a problem that was becoming more and more critical for the community. CARES offers a weekly recovery group and hopes, with the addition of an Island Institute fellow, to offer more opportunities for people in recovery, including employment opportunities, as well as substance use prevention education.

Dr. Kendra Emery, Pen Bay Medical Center's Community Health medical director in Rockport, said that while there isn't yet island-specific data about access to recovery services, she assumes that the rural nature



Nancy Hopkins-Davisson says North Haven island life suits her recovery.  
Photo by William Trevaskis

of an island community makes it harder to access resources for psychosocial and emotional support. "The same factors play a role in rural communities in Maine and throughout the United States," she says.

Despite the challenges of recovery in an isolated community, separated from the mainland and the more abundant services there, and with less anonymity than in a larger community, Yvonne Thomas, a member of the CARES board and the Island Institute's education specialist, sees some advantages to being in recovery on an island.

"Islands can and will be more and more great places for people in recovery because so much of what addiction is is that it's a disease of isolation. And even though we live in very isolated communities, you

can't really be an isolated individual in an island community," she says. On islands, community members rely on each other for things as varied as moving cars on and off the ferry, picking up items from the mainland, and watching each others' children in times of need.

Emery agrees with Ivers' and Davisson's assertion that connecting and being open with family, friends and neighbors can be a vital support for islanders in recovery.

"As someone from rural Maine, I have seen firsthand the strength and power of community that provides an unmatched fabric of integrated support," she says.

Thomas agrees: "Community is part of the cure."



Courtney Naliboff lives, writes, parents and teaches on North Haven island.



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# Creating meaningful relationships requires courage

By David Lee

If you want to create a supportive, encouraging and nourishing community, start by looking at how you “show up” in relationships. Do you do that in a way that fosters caring, open-hearted connections?

To explore how to do this, I want to share a simple, yet lesson-laden experience I had recently with Carolyn Delaney, Journey’s publisher.

While I love being part of Journey and the good it’s bringing to the world, and have huge fondness and respect for Carolyn, I recently also felt frustrated by not getting timely responses when I emailed her.

This was one of those classic experiences people have in the workplace where they want to do a great job but their supervisor’s lack of response makes that hard.

In this case, I’d go back and forth between engaging in frustrated negative self-talk about Carolyn not being thoughtful or respectful and thinking about quitting and then reminding myself of the great work Journey is doing, what a great person Carolyn is, and her off-the-charts work demands.

I stepped back and reflected on how this was a perfect example of:

- *How and why employees go from caring deeply about their work, supervisor and employer to gradually becoming indifferent, and ... eventually leaving.*
- *How we humans often make people less important to us and harden our hearts to them when we’re upset, rather than speak up and have a courageous conversation.*

Because I believe in – and teach about – having courageous conversations, I knew I needed to “walk my talk.”

So the next time I saw Carolyn, I mentioned how frustrating it was to not have my emails answered. I was conscious of “speaking my truth with kindness” and not having a harsh or judging tone of voice or using any kind of one-up language.

Carolyn, being Carolyn, listened without getting defensive. She apologized, acknowledged that it must be frustrating, and shared a little of what was going on with her work load. Before we could finish, other people showed up for a meeting and she excused herself.

I felt good about the interaction. She made it clear that she heard and cared about my point of view. And she called the next day to say she felt bad that we hadn’t finished our conversation and wanted to see how I was doing.

I let her know that I appreciated her calling and that I felt heard, and that I also recognize the demands on her time. She said she’d be more organized about follow-up tasks and asked if she could do anything else to make it right.

I told her that the way she had responded made it “all good” and thanked her. After the call, I reflected on what our two interchanges offered for lessons about creating satisfying, meaningful relationships:

**1** **Choosing to speak up has HUGE implications for relationships and life.**

As someone who knows only too well the “withdraw and make that person less important to me” survival mechanism from childhood, I know how easy it is to avoid the discomfort of a courageous conversation. But if we choose to harden our hearts rather than keep them open and venture into uncharted conversational

territory, we'll never have the open-hearted, deeply meaningful relationships we desire.

## 2 Challenge 'Mind Reading' and unproductive stories you tell yourself about a person.

This is one of the most useful practices for cultivating a healthier, more open-hearted approach to conflict. Mind Reading is when we "explain" to ourselves why someone did or said something and then believe our "explanation" as fact rather than just our guess. Next time you're upset with someone, notice the "story" you're telling yourself about them. Chances are it's unproductive. One of my favorite antidotes to this is asking, "What might cause any normal, healthy, decent person to do this?"

In the situation described above, I knew the only way to get the true story was to bring it up. I recommend you do the same when you're telling yourself negative stories about another person. Of all the tools I've learned over the years for personal well-being and resilience, learning to recognize and challenge counterproductive self-talk is probably the most useful, and ... it's a lifelong practice – I still catch myself regularly engaging in it.

## 3 While we can't control whether someone shares what's bothering them, we can increase the likelihood by how we show up.

Because Carolyn's way of relating to people is warm, caring and thoughtful, I believed she'd be open to hearing me, rather than getting defensive. And she was – she demonstrated a desire to understand where I was coming from and explicitly acknowledged her understanding. This made me willing to talk openly rather than just disengage and move on.

## 4 Being honorable and accountable creates a strong foundation for a caring, meaningful relationship.

This is a huge one to remember. Carolyn was willing to hear feedback and didn't try to manipulate the conversation. I'm sure you've had experiences with people who – because feedback triggered shame – became instantly defensive and wouldn't acknowledge the validity of what you said. Instead, they attacked you or turned things around to make it about you, or make it your fault. You probably found it hard to trust or respect them after that, unless they changed their ways. Holding ourselves accountable, admitting when we're wrong, and acknowledging when uncomfortable feedback is valid are all honorable behaviors that lead others to trust and respect us.

## 5 Courageous conversations bring relationships to a more intimate, more meaningful level.

Even though I liked and respected Carolyn beforehand, my fondness

and respect for her grew more because of how she showed up in our conversations. Haven't you experienced that? Haven't you dreaded bringing up a difficult issue with a friend – afraid it would ruin the friendship – and instead it brought you closer together?

That happens because we hunger for authentic, intimate connection (even though part of us fears this), and when we get to experience it with someone, we can't help but care more deeply about them and feel closer.



David Lee is a career coach with Heart at Work Associates and a workplace relationship consultant. He is the author of the "Dealing with a Difficult Co-Worker: The Courageous Conversations at Work Series."



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# Our Oneness makes us unique – and part of a whole

By **Kimble Greene**

**T**he word “community” brings to mind a story I once heard many years ago, passed down through generations. This is how I remember it:

“As you travel north across the lush green meadows, over snow-capped mountains and far beyond the majestic glaciers, you will find a land where people love one another – knowing no hatred, judgment or unkindness. Each of these people has only one leg and not one of them can get around independently. Yet, because they all love one another unconditionally, they are able to walk around by embracing each other. The more they love, the tighter they embrace and the faster they move – running even, like the wind across the plains. If they should ever stop loving, they will stop embracing and they will die. Love creates miracles.”

In truth, we are all One – each and every human being is connected by the essence of a loving spirit. For some, this spirit is known as a soul

or heart. Regardless, it is this core essence that defines not just our humanness but our humanity.

Humanity isn’t measured in dollars and cents or by successes and failures. It’s not measured at all in fact – it’s a natural consequence of each individual’s unique expression of loving kindness, generosity, humility and unconditional love. This loving kindness also creates community. Within community, each individual thrives, not unlike the story above.

Our Oneness makes each of us individually unique and part of the whole, both at the same time. When One of us breathes, thinks, feels and acts, we all breathe, think, feel and act. We are One, individually and collectively – one within ourselves, one with each other, one with nature, one with Earth, one with sky, one with the elements, one with life and, ultimately, one with existence.

Here are some ideas for creating community through your Oneness:

1. Thoughts, ideas and feelings become energy – you can

spread your loving energy with a simple intention.

2. In addition to “doing or acting,” community also can be created by simply allowing your loving spirit to shine upon others wherever you go.
3. Set aside your fears and act upon those ideas you may previously have thought to be meaningless. Your loving gestures always have meaning for somebody.
4. Even a simple smile for a stranger can change somebody’s world in an instant.
5. When you love yourself, you can’t help but pass that love along to others.



---

*Kimble Greene, Ph.D. is a best-selling author, transpersonal counselor, inspirational speaker and developer of The Monarch Method™ for personal transformation.*  
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### **What has surprised you the most about sober living?**

I was surprised that I can genuinely love myself and live a life where I don't make decisions for myself based on the approval of others. I remember at one point in very early pre-recovery when I was seeing a drug and alcohol counselor. The counselor wanted me to look at myself in a mirror and tell myself I loved myself, I couldn't do it without hesitation and tons of tears. Today, I can look in that mirror and clearly like myself and everything that I've become.

### **What is your greatest joy today?**

I truly love to make other people laugh and to give them hope. It's that moment after an unexpected laugh that some people take in a real breath, one that helps wash away some of the stress and anxiety that they were carrying.

### **What new hobbies have you explored in Recovery?**

I remember when I first got sober, I was at rehab and they had coed softball and we would play the guys from Milestone Foundation every other week. I decided that although I had hated team sports all of my life that I was going to enjoy this and change my attitude. I had a BLAST!!! And although I could barely walk for days after, I realized that being open minded to things I had such an attitude about was going to change my world, and it did. I even took up running (which I thought I hated but had never really done) and used a couch-to-5K app on my phone and even ran and completed the Family Restored 5K!! Another hobby that I started but haven't done a bunch of is painting.

## **Niki Curtis**

**AGE:** 47

**RESIDENCE:** PORTLAND

**OCCUPATION:**  
STUDENT SERVICES  
COORDINATOR, SPATECH

**TIME IN RECOVERY:**  
7 YEARS



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

I've tried to answer this question and have so many options that I can't choose just one. A day that involved my family and friends but also some alone time with God seems like it would be perfect.

This actually sums up about 95 percent of my days. The most important thing about any perfect day is being present to all that is going on around me and going with the flow!

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

I have a really big toolbox with many options to use for bad days. I have found that the best way to get out of my bad day is to focus on helping someone else. My troubles end up seeming so small when I try to be of service to someone with more going on than I have. It helps me to feel less alone and also gives me something I can do. Bad days happen, and when I am gentle with myself and others, I find that they pass much more quickly.

### **Name one of your goals for the future.**

One of my goals for the future is to travel to Greece. I have had a lifelong desire to explore the country and it started way back when I was 12 years old. I had two different penpals from Greece. I find the culture and scenery fascinating but mostly I have sentimental attachment to the idea of such a magical place that was so different than where I grew up.

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

Dear You, yes YOU!!! You might come up against things in early recovery that seem entirely impossible. But there is a group of us on the other side of the line that thought the same thing and we are SOOOO eager for you to join us. Be gentle on yourself, and you don't have to do this perfectly. Many many hugs!!!



# Veterans find military experience helps their recovery efforts

By Sarah Kelly

**T**he recovery community has its own language. We often speak it without even realizing we're doing it. We grow accustomed to certain words, phrases and nuances. This can be an adjustment when first seeking recovery.

I remember mimicking the things I heard and just trying to say the "right thing" to fit in. I had been a chameleon for so many years adjusting to any group I surrounded myself with. From fancy cocktail hours in Washington D.C., to dive bars in sketchy places, I had a knack for adjusting socially to my surroundings. This skill was something I used as I found sobriety, and luckily only lasted a short time until I found myself and my voice.

Another unique community I'm familiar with, having worked in it

for about a decade, is the military community, which also has its own language. The first meeting I ever sat in within it, I felt like they were speaking Japanese. I didn't understand anything. It was acronyms and phrases I'd never heard. The military's unspoken language, the formality and body language, seemed completely foreign.

This got me thinking about how veterans and service members navigate coming into recovery. Are there two barriers to overcome, both a civilian culture and a recovery community language? I set out on a quest to learn more. And what I learned really surprised me.

"Being in the military has worked in my favor," says Dan Blake, a veteran Marine and member of the Maine National Guard. Dan was deployed twice into Operation Iraqi Freedom. He has been free of alcohol or drugs for over a year and a half.

"I always knew I had a problem, but it didn't transpire into accidents. I was always chasing someone else's party," he says. He described the world of drinking before and after Afghanistan. There were definitely differences in using alcohol for fun vs. as an escape from reality, but he didn't feel he faced the really harsh consequences.

Dan informed me that some of the slogans often heard in various recovery programs originate from the military. He laughed and shared, "KISS - Keep It Simple, Stupid. That's from the military. I already speak this stuff."

Lightness aside though, Dan has experienced real pain as a result of both his tours and his addiction. "There are just some people you don't drink with," he says, referring to those who return home with pains of wartime trauma. The journey to healing has deepened his connection to his values.

“The Marines introduced me to integrity, but I didn’t have the maturity to know what that was. Recovery has taught me that integrity is doing the right thing when no one is looking,” Dan says. “Recovery has given me opportunity.”

Kristen Fissell has been sober for more than two years. Also a veteran, she sought help for her drinking while still on active duty in the Coast Guard. Her recovery journey began with seeking help outside of the military and going straight to recovery resources. Once sober, Kristen went to treatment for trauma, where she also found help for substance use disorder. She shared her experience with the process of trauma healing within the military: “There was less understanding in 2015, but I think that things are getting better.”

Kristen and Dan share similar viewpoints that military life actually proved helpful in her recovery journey. Similar to the military, Kristen felt like her path of recovery was “well outlined with really clear actions and expectations.”

“I did think it (military background) was useful,” says Kristen. “Take direction, and you’ll do well. That mentality served me quite well. I didn’t need to challenge the authority of the program and its messages because I knew it was created to help me. I know a lot of people who come into recovery feeling they can’t trust someone else or a system – and logically so after what some of us have been through. But, in the military, I was taught to trust orders because you believe in the mission, which was something higher than me. I felt like recovery was similar, so I could trust those who offered their help in sobriety recovery.”

She has felt welcomed into the recovery community as both active duty and as a veteran. And, at times, she feels her military background has been beneficial. She recalls one

night in Texas when she was in a recovery group meeting that hadn’t been very welcoming, “As soon as I said I was in the service, I suddenly got more respect.”

What I learned from these conversations that came as a surprise was that having a military background did not create a barrier to feeling welcomed into the recovery community. The languages of both are far more similar than I realized. We all are

part of unique subcultures, and yet when we come together in shared experiences, we may find we are more alike than we realized.



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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## ROTARIANS CAN MAKE A BIG IMPACT ON ADDICTION CRISIS



*Susan Gross believes Rotarians can break down barriers and be great supports in their communities.*

**By Alison Jones Webb**

If you want to know how to bring people together and create connections, just ask a Rotarian.

“Rotary brings people from the community together every week. I can’t think of another organization that has that kind of reach.” That’s the message Lisa Hallee, a member of the Waterville Rotary Club, wants people to hear.

When Hallee moved to Cape Elizabeth this year, she started attending the Portland Rotary Club, and that’s where she heard Gordon Smith, Gov. Janet Mills’ Director of Opioid Response, speak about the state’s opioid epidemic. His words hit home: Hallee’s nephew died from an opioid drug overdose earlier this year.

Hallee joined the District 7780 Recovery Initiative Committee (serving Southern and Eastern Maine and parts of New Hampshire), which organizes seminars that educate the community about opioids, overdose and stigma; supports education in public schools; and raises money to train recovery coaches. “It’s the usual Rotary stuff (bringing people together to find solutions),” Hallee says with pride.

Hallee is now working with Rotary District 7790 (serving Central and Northern Maine and Quebec)

on a districtwide conference on opioids. Its goal is to educate Rotarians about opioids and substance use disorder so that they understand that the crisis relates directly to them even if they don’t know someone personally affected, and so they can play an important role in responding.

Susan Gross, a member of the York Rotary Club, agrees that Rotarians need to be well-informed. When asked what Rotarians can do, she’s quick to respond:

“Rotarians can learn, be informed about substance use disorder. They need to be aware of the problem, as well as solutions,” Gross says. That includes bringing speakers to weekly meetings to talk about recovery and how to support people seeking help or who are already in recovery, and that can spark discussions within their own clubs about the problems – and solutions – in their communities.

“Rotarians can talk about their own experiences, as recovery allies and family members,” Gross adds. By openly sharing their personal stories, they start to reduce stigma, break down barriers for people to seek help, and create empathy and support.

That was Hallee’s experience when she shared her nephew’s story at a Waterville Rotary Club meeting. “There was an outpouring of support,” she says.

Rotarians need to know about recovery support services in their communities and then promote and publicize them, says Lisa Robertson, director of York Community and Adult Education. The “Making Change Support Group” in York is one such recovery support service. With help from Choose to be Healthy, a longstanding prevention coalition in the area, some federal funds, the York Public Library, and pizza donated by local pizza shops, the support group was launched earlier this year.



**We wanted to make ourselves resources for people interested in changing their substance use.**

“When you see an opportunity, you take it,” Robertson says. “We wanted to make ourselves resources for people interested in changing their substance use.”

The group is for people interested in making positive changes in their lives and is led by a trained group facilitator who helps create a judgment-free zone where participants can share experiences, set goals and seek support from peers. The group has been a success, with regular attendance each week.

“Rotarians can help get the word out about this support group to fellow Rotarians,” Robertson says, adding that they also can help by sharing information with family members, neighbors and friends and volunteer by giving people rides to class.

Rotary connections are important to Sue LoBosco, too. She’s part of the Recovery Initiative Committee in Southern Maine, and as a social worker, she uses her committee connections to learn about treatment and other services to help clients, many of whom are women with substance use disorder. “There is this amazing network that I can share with my clients and their families,” she says.

LoBosco sees big changes ahead, and Rotary will be a part of them. Like Hallee, she hopes Rotary clubs across Maine will come together to develop a statewide program designed to educate, raise awareness and inspire others to

seek solutions in their communities to support people in recovery.

Eventually, because Rotarians are part of so many sectors – business, education, social services

– she envisions major systems changes in the way recovery-support services are delivered.


“Rotary moves mountains,” LoBosco says. Like Rotary International’s

initiative to eradicate polio worldwide, she thinks Rotarians can take the opioid initiative beyond Maine to the international level by working with Rotary clubs in Canada and other countries.

It all starts in the community, though. People in recovery live in every community in Maine. Rotarians are everywhere, too, and these initiatives are deepening their connections with their communities. As Hallee puts it, “The world of Rotary and recovery are not that far apart.”



*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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## Paradigm Windows Open mind, open heart, and opportunity

Lark Pitts of Paradigm Windows is proud of how inclusive her company is.

By David Lee

**A**t a recent recovery job fair in Biddeford, a young man walked up to the Paradigm Windows table and introduced himself to Lark Pitts, the company's human resources and safety coordinator. He told her about his background and then, in a whisper, asked if the fact that he'd been incarcerated would eliminate him from consideration.

Pitts leaned over and said, "You don't have to whisper. It's OK ... I don't have a prejudice about that and - we are at a recovery fair."

Pitt's comment reflects the open-minded, open-hearted culture of Paradigm.

"We are very inclusive. It comes to us naturally," she says. "We have such a diverse workforce. We have people from all over the world and all types of backgrounds. Bouncing back from incarceration and recovery are just part of that."

To give you an example of Paradigm Window's culture of open-mindedness, take Julka

Arsovski, an immigrant from Bosnia. When she joined the company as a production worker, she spoke no English.

Twenty years later, because of her drive and initiative, she is now the company's plant manager. In addition to immigrants seeking opportunity, Paradigm has many employees in recovery and others who have been incarcerated and have worked their way up to leadership and customer-facing positions.

To make the most of Paradigm's opportunities, Pitts offers this advice to anybody with a strong work ethic and desire to do their best:

**Your past doesn't define you.**

"Look me in the eye and own what happened ... no blaming or excuses." Doing this communicates accountability and integrity, two qualities employers value highly in employees.

**You're more than your past. You have accomplishments and skills. Own them.**

"Don't be afraid to tell me about the good stuff. Don't worry about tooting your own horn, no one else will do it," says Pitts. By backing up your claims with specific examples and stories, you can speak candidly about your abilities and accomplishments without sounding like bragging. You're just sharing the facts.

Remember everyone has aspects of their past they aren't proud of. There's no need to dwell on the negatives. Acknowledge them and then help the interviewer understand the contribution you can make. That's what they want to hear about.

**Don't be a shrinking violet.**

Pitts tells new hires to "Speak up ... whether it's about processes, quality or your pocketbook." People who advance at Paradigm ask for what they need, she says, and also show they care about contributing to Paradigm's success by speaking up when they see opportunities for things to be done more efficiently or more safely.



## Have a 'can-do' attitude.

"Don't be an Eeyore (the gloomy donkey in Winnie-the-Pooh). Be willing to do the jobs that need to be done, be willing to work hard, interact with everybody, and speak up rather than be silent," Pitts emphasizes.

This is hugely valuable career advice. A can-do attitude, along with its cousin, initiative, are among the top qualities managers look for – and wish they saw more of – in employees.



David Lee is a career coach with Heart at Work Associates and a workplace relationship consultant. He is the author of the "Dealing with a Difficult Co-Worker: The Courageous Conversations at Work Series."

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## Readers Share

# RECOVERY ADVOCATE – A BIRTHING

by Bruce Campbell

*And so it was, the few of us  
Lamenting the headlines, the lead stories  
Morbid fascination of destruction and death  
Why that message to hear?*

*When we know, the hundreds and thousands of us  
Those who no longer live on the front page  
But thrive in the obscurity in mainstream living  
Hidden beneath the veil of anonymity.*

*The lie is dead - we do recover!*

*We rise and we rise and we rise  
Our voices no longer hidden  
Our faces no longer hidden*

*May I add my face and voice  
To the swelling throng of recovery*



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# THIS RECOVERY LIFE

Contributed by  
Sarah Siegel

I grew up on a tiny island called Cliff, off the coast of Portland in Casco Bay. A great deal of my childhood was steeped in the magnificent beauty that Maine's wild places offer. I enjoyed nature, fishing and playing with my beloved cat, Lady.

I started drinking alcohol at age 9 to dull constant psychological and emotional pain, even though I had no idea at the time where it came from. However, it's clear now looking back, that I hated myself for most of my life. I felt painfully out of place wherever I went and desperately wanted to be liked by older kids, who seemed so much cooler than me. By high school, I had found harder drugs, and the summer I turned 18, after barely graduating, I packed up my car and started a road trip that took me

coast to coast four times over two years and to every continental U.S. state.

There was a long stretch of time during those two years that I was homeless, spare changing and hitchhiking. Also during that time, I found heroin and crack. I finally returned to Maine to learn that my Mom had reported me a 'missing person.' I did whatever was needed to survive and was barely hanging on to life. I used to live and lived to use, and began working at clubs to support my habit.

I eventually went to countless treatment centers, detoxes and programs, in an attempt to stop the machine of addiction that was destroying me. These included experimental treatments for Opioid Use Disorder outside of the

country. There's so much more to my story, so much suffering that I can never fully convey the depth of. However, my story didn't end there. During the years when I was in and out of treatment, I repeatedly found a small community of people in recovery wherever I went, who loved me during a time when I couldn't love myself – when I didn't know how to love myself. I really believe it was because of their support that I got my first real foothold in recovery. Beyond this, I used many different tools and healing modalities in the first years, and I still do today. Most importantly, I kept on going even when I didn't want to.

Today, I am writing this from my kitchen, after helping my three beautiful children get out the door for school. I'm now

an Ordained Interfaith Minister and a Mindfulness Meditation Coach. I write and offer wedding and funeral ceremonies, which I love doing. I love walking beside people as they experience both intensely joyful and profoundly painful moments, as these are times that stand out from the daily routines and give us opportunities to reflect on our path thus far.

I have found so much meaning through studying the world's religions and reading about countless humans who have found peace and personal transformation by walking

different spiritual paths. I have a very deep mindfulness meditation practice cultivated over many years. While I don't sit on my cushion every day, I do practice mindfulness as I go about my daily activities. And in this way, I've learned to calm my fight-or-flight response and connect to an inner sense of peace that exists regardless of outside circumstances. I still get anxious and triggered, but I know how to tend to myself amidst it. I no longer need to hurt myself or pick up a substance to cope. In fact, this December I will celebrate 12 years in recovery!

I recently accepted a job as a recovery coach and couldn't be happier about it. There is a new, inclusive, compassionate, strengths-based recovery movement taking place in our state, and it is incredibly exciting to be a part of it!

This spring, I also had the great honor of becoming part of the Journey magazine team and have loved writing for such a special publication – the first of its kind in this country! Journey spreads the message of "hope and freedom from addiction."

If there's one thing you take away from my story, it's that recovery IS possible, regardless of how dark it may get or how impossible it may seem at times. We DO recover, and I am only one among many who have found lasting freedom from the bonds of addiction. You can too!

Many blessings on your path.



**“I kept on going even when I didn't want to.”**

# PEOPLE LIKE US LIVE LIKE THIS



**L**isa Silverman finds lasting healing through holistic practices and shows others the eclectic path recovery can take.

With her unique sense of style and radiant personality, Lisa Silverman has been a brilliant force in Maine's recovery community for over three decades. It's hard to imagine there was a time when she was isolated and self-contained.

However, in 1989, life seemed bleak to her. The only person in the world who knew she had a problem with drinking was her boyfriend. She was young and frequently drank to blackout. He was much older, a drug dealer, and caught up in the relentless machine of addiction.

At one point in their relationship, before Lisa's boyfriend went to rehab, he told her, "Lisa, you're one of us, too."

While initially unwelcome, those words reached a deep place in her. And as a result, she began seeing the reality of her addiction more clearly. Her life was consumed by drinking, drugging and partying, and she had completely lost touch with her dreams.

A month later, she entered treatment and began a process that would lead to profound and lasting healing. After treatment, Lisa spent six months at a transitional recovery residence in Bangor, then stayed on for a year as a live-in volunteer. She found communal living to be deeply meaningful and longed to experience more of it.

"I began to dream about opening a natural foods store and a separate retreat center where people could learn to cook, experience the joy that comes from eating well and become more present

## LISA SILVERMAN

By Sarah Siegel



*Community builder Lisa Silverman and her dog Riley at Mackworth Island in Falmouth*

in their bodies instead of living only in their minds," Lisa recently recalled while sitting on a bench in Whole Foods, flashing her characteristically sunny smile.

On a trip to Florida early in her recovery, Lisa was drawn to an area with a farmers market restaurant and a holistic bookstore that offered massage, energy work, nutritional counseling and yoga. She was inspired to ultimately pursue many of the same practices through an education in cooking, holistic nutrition, breathwork and meditation.

"During the years I was using substances, I felt very disembodied," Lisa recalls. "Meditation, eating well and caring for my body in new,

holistic and compassionate ways gave me a whole new way of experiencing the world."

Lisa says she began to experience non-ordinary states of consciousness without needing to use substances through her practice of breathwork, holistic nutrition and meditation. She yearned to share these experiences and insights with others and to create community structures for this.

For Lisa, coming together with others in sacred community is an integral part of her recovery and her life.

"I think there's great power in community because the energy can build when there's more than one person," she says.

Inspired by the joy she found through cooking and eating healthy food, Lisa created a cooking school called Five Seasons. She also got deeply involved with Kirtan, which is traditional Indian call-and-response chanting, bringing it to Maine in 2008. "One of my biggest joys is cooking for my Kirtan musician friends, singing with them and then seeing others experience the magic contained within the joyful music gatherings."

Lisa is immediately warm and welcoming, and her kitchen reflects these qualities. It's a place where others have experienced nourishment, both physically and spiritually, through countless gatherings she has hosted there. For many years, her kitchen has been a safe space for women in recovery to gather and support one another and a home for a meditation group, called a Satsang. For two decades, she also offered macrobiotic cooking classes from her home.

Today, Lisa lives a vibrant life. It's nourished by deep community roots nurtured over the years, the joy she finds in seeing her daughter thrive, and spending time with her husband and dog. She also loves having her hand in many meaningful endeavors.

Lisa is a community liaison at McAuley Residence, which provides transitional housing for women in recovery from drug and alcohol dependency. She's also deeply involved with Kindred Spirits Camp, a summer camp for adults offering nonjudgmental listening, radical acceptance and much more. Lisa, who teaches breathwork, music and movement at the camp, describes the experience as "taking a shower in unconditional love for a week" and calls it a place where you can "pick your own family members and have them support and love you no matter what."

Many camp participants develop such strong bonds that they meet

year-round to reconnect, listen and support one another.

"Connecting with people at Kindred Spirits Camp is not about doing something perfectly," Lisa explains. "Instead, it's about showing up, being vulnerable and allowing others to love you. You don't need to do anything to fit in, you are loved just because you breathe and are human."

Lisa knows much about and deeply appreciates such connection.

"I'm so grateful for the supportive women in my life who call me on my stuff when I am being too easy on myself and don't let me get too hard on myself at the same time," she says. "One of my greatest joys is showing others the eclectic path that recovery can take."



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



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- St. Mary's Regional Medical Center
- United Ambulance Services

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**Always count your blessings!**

# WELLNESS



## Community acupuncture works because wellness starts with ‘we’

*Wildwood Community Acupuncture in Portland*

**By Niki Curtis**

**T**hey say there’s “strength in numbers,” and in acupuncture, it’s not the number of needles used that necessarily provides strength – it’s the vast number of health issues it can treat that gives it power.

And the healing power of acupuncture increases that much more during a “community acupuncture” session—when several people gather in a room full of comfortable reclining chairs with warm blankets to receive the beneficial treatment at the same time.

In such a session, you might find an older woman with arthritis, a young man suffering from severe anxiety, a cancer patient who has intense nausea while healing from a full mastectomy and a former lawyer who just started his recovery journey from substance use disorder and dealing with withdrawal and

cravings. It’s a quiet and peaceful space where each member of this community can stay relaxed, allowing the healing benefits of acupuncture to take effect.

They may have different reasons for being there, but their ultimate goal is the same: wellness.

Community acupuncture was introduced to the United States in 2002 when licensed acupuncturists Lisa Rohleder and Skip Van Meter started Working Class Acupuncture, with a business model mimicking Asia’s longtime community model. The hope was to expand access to people who have no insurance or insurance that doesn’t cover holistic medicine practices such as acupuncture.

Licensed acupuncturist Ryan Nitz opened Maine’s first full-time community-acupuncture clinic, the Maine Center for Acupuncture in South Portland, in 2010.

“I am trying to create movement,” says Nitz, who adds that he is passionate about minimizing people’s pain. “Oftentimes, when there is physical pain or emotional pain, there is stuckness. And my goal as a practitioner is to help unblock those areas and create movement.”

Nitz’s choice to move from private practice to the community acupuncture model happened for two reasons: he explains, “There’s value in the exchange of money for the services versus using insurance because people are investing in themselves,” he says. “And the second piece is that acupuncture should be affordable. My experience in private practice showed that people were falling out of care due to the cost. People shouldn’t have to break the bank to feel better.”

Nitz explains that he helps people understand the power of community acupuncture by asking them things like whether they’ve ever sung in a choir or what their favorite movie is

PHOTO BY BRIAN DELANEY

and where did they see it. This helps illuminate the amplified power of healing that happens in community acupuncture, just as the energy is amplified when people watch a movie together or sing a song together.

“Community acupuncture is a place where people can focus on creating space for life to slow down,” he says. “And when life slows down, new possibilities can arise and shifts can begin to occur.”

Like Nitz, Daniel Katz believes strongly in the power of community. He says he opened Wildwood Health Center in 2005 in Portland to create a modern and integrative approach to health care. Since treating participants in a drug-court program in Portland, Ore., he has taken a “we’re all in this together” approach to treating patients in his community acupuncture clinic.

He encourages patients who are in recovery to bring a friend in recovery or a loved one interested in having acupuncture with them to their acupuncture sessions. This is because he understands how easy it is to feel isolated during early recovery, and having sessions together builds healthy support. Community acupuncture provides a safe place for people to work on their healing together, he says.

Acupuncture, in general, can be an integral part of a patient’s recovery in ways that they may not even anticipate, he says.

The National Acupuncture Detoxification Association is an organization that encourages wellness through community acupuncture for behavioral health, including addiction, mental health, and disaster and emotional trauma. NADA’s standardized acupuncture protocol is being used to help people in early recovery who are suffering the many detox symptoms.

Kristen Boze is a licensed acupuncturist and owner of The Sunshine Factory, a healing arts studio in South Portland. She’s

an acupuncture detox specialist, trained in NADA protocol, and holds a free weekly NADA acupuncture clinic to help those in early recovery relieve anxiety, reduce cravings and improve their overall mood. She also offers several weekly community acupuncture and cupping therapy clinics in her Castle Building studio.

Asked why she’s so passionate about community acupuncture, Boze says, “My 10-plus years studying and practicing acupuncture, not to mention my 40-plus years of being a human, has taught me that no one is immune to addiction and trauma. And when implemented effectively, acupuncture and specifically the NADA protocol, can change people’s lives!

“Not only is it my greatest passion, but I believe it is my responsibility to do everything in my power to help and to educate people ... individually

as well as our community as a whole. Knowledge is power, and healing together, as a community, creates a ripple effect where strength in numbers becomes the byproduct, effectively allowing us to change the cycle of addiction into a cycle of healing. I truly believe with all my heart, that this is possible. And for me, there is no more powerful inspiration than that.”

Community acupuncture provides a space where people can heal together, be treated for many things at the same time, find rest, and become unstuck. It’s a place where strengths are multiplied and the “we” in wellness is evident.



*Niki Curtis of Portland is a woman in long-term recovery whose passion is helping and teaching others to love themselves.*



photo courtesy: Robert Mitchell

## Substance Abuse is Serious Business!

### Recovery? ... maybe not so much.

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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](mailto:tim@timsample.com) or call 207 522 3347

## A debt-reduction primer: *getting rid of credit-card debt*

By Casey McClurkin

**Y**ou've done a great job in recovery, prioritizing yourself to be a healthier human – and that's commendable – it's no easy task getting and staying sober. Now let's talk about financial recovery.

Spending, like drinking and drugging, eating, gambling, and other addictions, is but a symptom. If you have a serious problem with shopping and spending, please seek help from a qualified individual or organization. While active in my addiction, spending was a side effect of drinking, and I racked up credit-card debt to some serious extremes.

I want to offer up a few strategies to help you manage your credit cards to get out and stay out of debt, for good. It just takes a few simple steps and then staying committed to the process. In the beginning, it may take a little time to get

organized, but once you put in the initial effort, you'll be amazed by how simple this process can be.

First (and this is the most painful of all the steps!), you have to know where you stand. You can't avoid paying your credit-card bills, and you need to know your starting point. Make a list. It should include the names of your credit cards, balances, minimum payments due, due dates, interest rates, and the customer-service number for each card. It could look something like the table below.

Next, call each card company to try to get lower interest rates. Arm

yourself with a simple script and positive attitude – be pleasant with the agent who wants to help you! You could say something as simple as, "Hi. I've been a loyal cardholder for (X) years. I'm calling to see if you can reduce my interest rate. Any reduction would help." If the agent says no, politely ask to speak with a supervisor and ask again. If you get a "yes," great! Mission accomplished. If you get a "no," ask why, and find out if there's anything you can do so that the interest rate may be lowered in the future. Don't be discouraged – you can't control the outcome, you can only control your actions and reactions.

<b>Credit Card</b>	<b>Balance</b>	<b>Minimum payment due</b>	<b>Due date</b>	<b>Interest rate</b>	<b>Phone number</b>
Visa	\$1,500	\$75	10th	18.95%	800.555.1212
Discover	\$3,500	\$125	16th	24.95%	800.555.1213
Mastercard	\$ 800	\$35	1st	21.95%	800.555.1214
<b>Total</b>	<b>\$5,800</b>	<b>\$235</b>			

Next, determine how much money you can afford to pay toward credit cards each month. In the example above, the minimum payment due for all three is \$235. The person with these debts has \$300 budgeted for credit-card payments a month, so there's an extra \$65. You have at least three choices for how to apply that extra money:

### 1. The Snowball Method

Apply the extra payment to the lowest balance first – in this case, the Mastercard. Pay the minimum amount due for Visa and Discover and pay the minimum balance plus the extra \$65 to the Mastercard until the balance is paid in full – \$100 total to this card a month until \$0. Then, take that \$100 and add it to the next lowest card's payment, and so on. This method is good for folks who need milestones to keep them motivated.

### 2. The Avalanche Method

Apply the extra payment to the card with the highest interest rate first – in this case, the Discover card. Pay the minimum balance due on the Visa and Mastercard, and pay the \$125 minimum plus the extra \$65 to the Discover card until it's paid off. Then you'll have \$190 a month to apply to the next-highest-rate card. This is best for folks who want to pay the least amount of interest overall.

### 3. The Emotional Baggage Method

Apply the extra payment to whichever card gives you the most anxiety when you open the bill. Maybe it reminds of you of something or someone you're ready to do away with. Maybe you've have that balance for years and it makes you mad to pay it every month. Whatever the reason, with this method, the credit card with the most emotional intensity attached to it goes first! Just like the other two methods, keep paying the minimum balance on the other two cards, and apply the extra \$65 payment to the card you can't live with anymore.

It's that simple. Simple but not easy, I know. One thing to note and this is very important – while working toward zero credit-card debt, stop using the cards. Worst-case scenario, if you do have to use credit, choose one card and use only that one.

There are great resources that I like to use on [www.vertex42.com](http://www.vertex42.com). I have no affiliation with that site except that using its debt-reduction calculator helped me get out of debt quickly and painlessly.

See you next time when we talk about increasing savings and the best places to save your money.



Casey McClurkin, who started her recovery journey from alcoholism in 2012, is a Behavioral Financial Advisor and self-proclaimed money nerd. She's passionate about budgeting, debt reduction and saving.

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# NONPROFIT SHOWCASE



## At Amistad, relationships are built on mutual respect

Lunch service cleanup at Amistad's Driscoll's Diner

By Catherine Berce

Originally founded in Portland in 1982 as a support community for families affected by mental illness, Amistad Peer Support and Recovery Center has since evolved into a supportive place for people experiencing addiction, mental illness, homelessness, food insecurity and other challenges.

Today, Amistad offers free daytime peer-support groups, activities, free breakfast and lunch five days a week and other assistance to 600 to 700 people each month at 66 State St. At the heart of Amistad's work is a belief in the power of people helping people. Staff members have themselves experienced addiction, recovery, mental illness, trauma, poverty, food insecurity, homelessness and more.

"We're trying to engage with people as whole people," says Executive Director Brian Townsend. "Peer support is very different from other modalities, and it's often uniquely successful in helping people arrive at personal transformation."

Amistad offers one-on-one peer support and group peer support, but not traditional mental-health counseling. Staff members trained and credentialed in peer support build relationships and help people challenge their assumptions in the way that a friend would.

"The alchemy is in the relationship," says Townsend, noting that many visitors have

gotten support in various other places where the dynamic is, 'I'm the one seeking help and you're trying to help me.'"



Executive Director Brian Townsend sees all relationships as mutual.

"We don't have that rubric here. We basically see all relationships as mutual. We always see the person coming into Amistad as the sole expert on their own experience and we treat them that way," Townsend explains. "We're very authentically curious about their decisions

and behaviors because we know there is a reason for every action and behavior and world view. And only after arriving at that place of mutual respect and understanding can we start pushing back and challenging these assumptions and world views.

“If they perceive it as caring, there are just a lot of options for that to land well. These interactions don’t look like anything else that you find out there in the world.”

Amistad also operates support programs at Mercy Hospital in Portland, Riverview Psychiatric Hospital in Augusta, the Harbor Peer & Wellness Center in Boothbay Harbor and the Peer Learning Community in Bath. And it has a residence for women in recovery from opiate

**We always see the person coming into Amistad as the sole expert on their own experience and we treat them that way.**

addiction through a partnership with Community Housing of Maine (a nonprofit that provides supportive housing for homeless and special needs people) and the Greater Portland Addiction Collaborative (nonprofit and public-sector partners creating a comprehensive treatment model for uninsured people battling heroin and opioid addiction).



Catherine Berce is a freelance writer from Portland.

Amistad Portland has a free continental breakfast from 9-10 a.m. and free hot lunch from 11:30 a.m.-1 p.m. weekdays. Attending support groups or having a meal at Amistad doesn’t require a commitment. Visit [amistadmaine.org](http://amistadmaine.org) to learn more.



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# 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. 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.

## H.O.P.E.: Finding meaning, value and purpose

By Deborah Train

**D**r. Ken Hamilton, founder of H.O.P.E. (Healing of Persons Exceptional) Groups, was fascinated by health and healing from the time he was a young Maine boy. His experiences set him on a course of self inquiry and investigation that led him to study medicine at McGill University in Montreal in 1956.

It was there that he was taught the seriousness of how to advise and support patients physically, as a surgeon. And equally – if not more importantly, he gained valuable insight into how his willingness to listen to his patients' stories resulted in positive effects on their recoveries.

In 1975, Hamilton was introduced to the teachings of Earl Nightingale and the principle that everyone is born with a “worthy ideal.” Nightingale's lifetime of teaching how to acquire success taught him that health and well-being were related to the inner-core passion of a person, often buried beneath childhood trauma, cultural expectations and other unfortunate circumstances of life.

He believed that to remember these passions and to align with an individual's core values – no

matter how deeply buried beneath circumstance – is the key to health and success. After years of sharing the wisdom of Nightingale's insights with his patients, Hamilton was introduced to the Rev. Barry Wood, M.D. A psychiatrist from Portland, Wood was active in 12-step recovery and introduced Hamilton to that style of group work.

During Hamilton's apprenticeship with Wood, Wood was diagnosed with cancer. At the same time, Bernie Siegel's book “Love, Medicine, & Miracles” came out, detailing his Exceptional Cancer Patients support groups. Hamilton attended Siegel's workshops and others. Insights gained from these workshops as well as from other mentors and teachers led Hamilton to start groups for his own cancer patients.

He went on to form the first H.O.P.E. Group with five cancer patients in 1987, ultimately opening up the groups to all who suffer from disease, whether it be physical, mental or emotional.

H.O.P.E.'s premise is that we all have the capacity to heal within ourselves – that healing is the integration and balance of body, mind, emotion and spirit. The spiritually based philosophy of H.O.P.E. asks participants to focus on four key questions:

1. Who am I?
2. Where do I come from?
3. What am I doing here?
4. Where am I going?

“H.O.P.E. encourages an intimate connection with self and the individual's own unique expression of values inherent in well-being. They build the organization and structure around certain words, images, and concepts that join the members in a set of values,” explains a 2019 H.O.P.E. booklet.

The philosophy is that a person is not broken, in need of ‘fixing,’ but rather suffering from disease and the injury of painful experiences. H.O.P.E. contends that wellness comes with the discovery of peace of mind, meaning, value and purpose in life.

For more information, including about attending H.O.P.E. Group meeting, visit [www.hopehealing.org](http://www.hopehealing.org). Or call H.O.P.E. senior guides Ken Hamilton (207-890-3673) or Liz Holder (727-420-2964).



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

# Statewide RESOURCES

**These resources are gathered from a variety of sources. Our goal is to provide information on nonprofits 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.

### **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](http://www.maineaccesspoints.org)

## **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](http://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.

### **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.

## **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](http://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](http://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](http://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](http://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](http://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.yorkwave.org](http://www.yorkwave.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 Delaney  
at (207) 679-5005  
for more information.**



# SUPPORTING OUR VETERANS WHEN THEY NEED IT MOST

Veterans are at higher risk of opioid addiction because they are more likely to experience an injury during their service.

This Veterans Day – and every day – the **Rx Abuse Leadership Initiative (RALI) of Maine** is proud to work with organizations like Easterseals Maine and Veterans Count. They are helping veterans and their families who may be struggling with substance use disorders.

**When we rally together, we can make a real difference  
in the lives of Mainers.**



[rali-me.org](http://rali-me.org)

# 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.

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Reduction in ER admissions:



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

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