

Journey

FOR MAINE'S RECOVERY COMMUNITY

ISSUE 7 • FEB/MARCH 2020

Nourishing the Body, Heart & Soul

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Brant Dadaleares
Portland, Maine

Non-Profit Spotlight:
The Center for
Grieving Children



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FOR MAINE'S RECOVERY COMMUNITY

ISSUE 7 • FEB/MARCH 2020

PUBLISHER
Carolyn Delaney

PHOTOGRAPHER
Brian Delaney

ISSUE 7 CONTRIBUTORS

Alison Jones Webb
Amy Paradysz
Casey McClurkin
Catherine Berce
David Lee
Deborah Train
Kimble Greene
Nanci Adair
Niki Curtis
Robyn Wiley

JOURNEY TEAM

Aidan Madigan
Barbara Conner
Brenda Briggs
Carole Fontaine
Diane Atwood
Kathy Potter
Lisa Twombly
Mary Atwood
Mickie Kucinkas
Nancy Wolach
Sue Dancil
Sarah Lunt
Sarah Siegel
Theresa Yarnold

info@recovery-journey.com
(207) 679-5005
533 Congress St.
Portland, ME 04101
www.journey-magazine.com

Cover: Brant Dadaleares from Gross
Confection | photo by Brian Delaney

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Members of the Journey team: from the left - Mary Atwood, Kimberly Marcotte, Niki Curtis, Carolyn Delaney, Sarah Siegel, Diane Atwood, Lisa Twombly, Aidan Madigan, Sarah Lunt and Deborah Train.



From the publisher -



Here in Maine, February means winter is about half over. The days start getting a little longer and spring starts to be a speck I can see in the near future.

For me, February is a month of complete surrender. It's the month that I surrendered to a women's half-way house (called Evodia House back in 1993) and accepted the fact that I am an alcoholic and desperately needed help to stop destroying my life.

I was very sick spiritually, medically and emotionally. Nourishment meant a lot of sleeping, taking my prescribed medication, eating regular meals and attending local 12-step meetings.

Eventually I started to feel better and was able to add to the list of things that nourished me. An additional 12-step program, a spiritual practice, gainful employment and time with my kiddos and friends.

Over the years, I've found new ways to nourish myself — exercise classes, yoga practice, kirtan, online learning. The list of what's available is endless and changes from season to season.

I'm really up against my own will when it comes to making the decision of where to put my energy and what I allow into my life. Choosing something that feeds me and helps me be the best version of myself or choosing something that takes from me is usually my own decision. My struggle is what Kimble Greene talks about in her article this issue, *"Feeding the Fear or Nourishing the Soul"*. Am I justifying a bad decision under the guise of "I deserve it" or is it actually a good decision for the life I want to live?

David Lee's article, *"How to create a life eco-system"* provides an opportunity to explore and question what we have and what we allow in our lives. He encourages us to define and create an environment that provides a rich soil in which we can grow.

At Journey, our desire is to build a culture that provides good soil for the magazine to flourish as we expand throughout the State.

March is our 1-year anniversary! Hard to believe it's (already/only) been a year. For me, it's been an amazing year of growth. From changing professions to speaking publicly about recovery — I've had Journey team members with me every step of the way. As each of them explores their own contributions to Journey and what it means for them personally and professionally, we all recognize that we are blessed to be able to do this work ... together.

Together, we can get through our individual insecurities and step into new spaces. We're on a mission to amplify hope and celebrate freedom from addiction ... together.

Cultivating good soil so we can grow is a must! Our mission is too important to do otherwise.

Sober sister hugs,

Carolyn

visible recove



BROTHERLY LOVE

Courageous men learning to be in compassion



ON THE JOURNEY

Maine local John Campbell shares his experience about joy, tools and goals.



PEOPLE LIKE US

Maine local Brant Dadaleares shares his life in recovery today.



THIS RECOVERY LIFE

Maine local Terry Brown shares on engaging male strength in recovery.

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ery saves lives



A Courageous Men circle, from the left - Bob Klotz, Stephen Andrew, Marty Tuttle, George Ayoob, Brian Clark, Russ Murley, Doug Millar - photo by Brian Delaney

BROTHERLY LOVE

Courageous men learning to be in compassion

by **AMY PARADYSZ**

Six times a week, ten men walk into Stephen Andrew's office on Middle Street in Portland, slip off their shoes, sit in a circle and do something that takes some courage at first—they talk about their feelings.

Andrew, a licensed alcohol and drug counselor and group psychotherapist, has been leading ***Courageous Men Circles*** in Portland for 23 years, nourishing souls with the power of compassionate conversation and connection.

"There has to be a hell of a feeding or these 60 men wouldn't be coming through these doors every week," Andrew says. "They can say, 'There are people who know my story and know what I want in this life.'"

Men stay in these groups an average of 4½ years, and some have come for decades, devoting 90 minutes a week to listening, opening up, accepting, forgiving, and most importantly, connecting deeply. And that takes time. And practice.

"It's not like when I'm watching the Patriots game with some guys I'd say, 'This week I was really hurt by this...' But I can do that here," says Brian Holmes, who has been in the Tuesday night men's group for half a year.

He's in recovery, and sometimes he wants to talk about that. Other times, that's not really what's on his mind.

"I can share whatever is going on in my life," Holmes says. "it can

be very intimate, and it can be positive or negative—and I can be heard."

About half of the men in these circles are in recovery from substance abuse or dealing with chemical addiction in some way. But, as the saying goes, everybody is dealing with something.

"We hit what I call a 'male pause' that says, 'This is what it's about?'" says Andrew, who is co-author of *Game Plan: A Man's Guide to Achieving Emotional Fitness*.

"We happen to live in a culture that's about succeeding and acquiring, not just for ourselves but for our families," he says. "Here, we're trying to sit with each other and say it doesn't matter

where you come from or what happened to you, it's about sitting and listening with compassion. And then we turn that compassion and empathy inward.

We have this self-love concept in the world that says that you have to love yourself before you can love others, but actually you have to love others before you can love yourself."

Doug Miller says his men's group has fundamentally changed how he sees himself.

"I've realized that I'm pretty normal," he says. "You think you have these demons and realize it's just the human condition."

Bob Bitten, a Vietnam veteran who has been part of the men's circles since the beginning, says, "I found that I'm not broke. I'm just human."

Some members fight against a natural inclination to "fix" things, learning to stay out of the realm of advice-giving and instead in empathetic listening. (Bitten jokes, "Stephen tells us we have to be at least 40 feet from the building to give advice.")

"The only antidote we have to shame is empathy," Andrew explains. "It's not advice."

Some men had to learn not only how to talk about their feelings but to even recognize them.

"I was thinking mostly about results, productivity, the job I was doing and how well I was doing it," says Mike Sisk. "Provide, protect and perform—that's the track I was on. I got on it in the morning, and I'm not sure I got off it at night."

When the men's circle took a break for the holidays, Sisk was a little surprised to find that he genuinely missed it.

"You can't count on necessarily having the kind of emotional encounter you might need with other men at any other time," he says. "This is intentional and you know you're going to have that opportunity."

"At the same time," says Jon Morrill, "we are learning to be comfortable in our vulnerability that we can take it out of this room if we want to—and encourage our male friends to do the same."

"It's important to practice," Bitten says. "The world of men often doesn't allow for vulnerability. If you don't want to get shot down when you try to be vulnerable; you have to practice at it."

"Or have the courage to be shot down," Morrill says, with a smile.


Andrew describes men as "oppressed" in the sense that they're taught at a young age that they shouldn't show vulnerability or exhibit feelings other than anger. Plus, in mixed company, men often feel compelled to hide their anger to protect women.

But, in a small group of men who get to know each other week after week, year after year, they are able to lay down the burden of their rage, their shame, and their fear.

"If you don't connect deeply," Andrew says, "you're likely to develop some kind of compulsive behavior to medicate yourself."

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"it can be very intimate, and it can be positive or negative—and I can be heard."



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Project funded by the Maine Health Access Foundation

"If you don't connect deeply," Andrew says, "you're likely to develop some kind of compulsive behavior to medicate yourself."

Gambling. Violence. They're all compulsions, Andrew says, and anyone who is emotionally connected with other people is less likely to be drawn in—or back in.

Some of the men develop real-world friendships outside the weekly meeting.

"We call one another when we're struggling, and just to know that they are there is really comforting," says Kevin Mannix, who deals with anxiety. "We have problems. So what? Doesn't everybody? The good part is that we're trying to better ourselves, not to fix things—I'm always going to have some anxiety, but it doesn't have to rule my life."



In addition to the men's circles at Health Education & Training Institute, Andrew leads intimacy support groups, a women's circle and a group for caregivers, such as counselors, residential workers and recovery coaches.

Each group is limited to 10 members, and space doesn't open up until someone leaves the group, which isn't often.

"Why leave?" Andrew asks.

"Because they're fixed? They weren't ever broken. They come because they are struggling with loneliness, with isolation, with addiction, with violence and with trauma, and they want some relief. We all want relief from those things.

I never focus on a problem, because then you get more problems. I focus on love, compassion and community of tenderness."

*Amy is a freelance writer from Scarborough. **This was the first time she interviewed seven men at once.***

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Celia Grand has been leading women's retreats for over 20 years. She began the REPLENISH Healing Retreat series in 2017 as a result of an in-depth study of Taoism, Buddhism, Chinese Medicine, Acupressure, Feng Shui and 15 years practice of Qigong, Tai Chi, Marital Arts and meditation.

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THE CENTER FOR GRIEVING CHILDREN

*A Welcoming, Safe Space Where Families
Find Support and Healing*

by CATHERINE BERCE

For the last 33 years, Maine's Center for Grieving Children has been providing support and resources to those grieving the loss of a loved one. The Center was founded in 1987 by Portland resident Bill Hemmens following the death of his sister. At the time, Hemmens was trying to find resources to support his niece

as she dealt with the loss of her mother. In the years since then, the Center for Grieving Children has grown and today serves more than 4,000 children, adults, teens and families each year across Southern Maine from its locations in Portland and Sanford.

According to Anne Heros, Executive Director for the Center

for Grieving Children, what makes the Center unique is the family model that it uses across its programs and workshop offerings. The Center gives families a safe place to begin the healing process together, which is particularly important for children and families who have lost a loved one to addiction.



*Standing l-r: Lisa Morin, Anne Heros, Florence Young, Patty O'Brien, Claudette Ndayininahaze
Sitting l-r: Jamie Schwellenbach, Emma Walker, Monicah Paquette | photo by Brian Delaney*

“Our peer support groups break down the walls of isolation and with children, in particular, help them understand that they are not alone,” says Heros. “Children are in the process of developing their own language for feelings and need to be supported when something life-changing like this happens in their family. We want to give them hope and make them feel less alone.”

The Center for Grieving Children offers peer support groups for children ages three through 18 and their parents and caregivers, for young adults ages 19-30, and for bereaved parents and young widow(er)s/partners.

The Center’s peer support groups are run by volunteer facilitators from the community who have completed at least 30 hours of training and are supported by the Center’s clinical staff. All of the

All of the Center’s services and resources, including its peer support groups, are free

Center’s services and resources, including its peer support groups, are free.

Heros says that in the last few years, there’s been a shift in the reasons why families are coming to the Center for Grieving Children. Today, many of those who come to the Center need help dealing with the death of a loved one by overdose. As a result, the Center has adapted its training of volunteers and staff members to serve those grieving a loved one’s addiction-related death.

“Rather than the Center being a sad place, even though the

reasons for coming to the Center are sad, sometimes it provides a child with an outlet for the first time for them to feel it’s okay to have fun, to laugh,” said Heros. “When families come to the Center on their first night, they often come to our door in a vulnerable and raw place. But they usually leave that night in a very different place.”

The Center for Grieving Children provides free programs and resources for adults and children that center on bereavement, coping with serious illness, the needs of immigrant/refugee youth, and providing educational workshops and training for school teachers and administrators. The Center also collaborates and maintains referral relationships with area therapists, schools and nonprofits, should a family’s needs go beyond what the Center can offer.

To learn more about the Center for Grieving Children’s offerings, visit www.cgcmaine.org or call (207) 775-5216.

You also can email the Center for Grieving Children at cgc@cgcmaine.org. If you’re interested in volunteering at the Center for Grieving Children, visit <https://www.cgcmaine.org/get-involved/>



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Catherine Berce is a freelance writer from Portland.



What has surprised you the most about sober living?

Well, I guess the thing that surprises me the most is that I am not bored. I was so afraid to get sober because I believed that I would be bored all the time. It turns out that the boredom was when I was active either using drugs or alcohol. There's so much time now to do things and I don't get bored. Oh what a relief! Oh what a freedom!

What is your greatest joy?

I would have to say that my biggest joy these days is being present for my family, my friends and the people that I work with. I'm no longer "*The Escape Artist*" that I was for so many years, without even knowing that I was The Escape Artist. These days I'm the guy that remembers those little details. That just did not happen before. And to talk to my daughters and remember everything I said is such a gift.

What new hobbies have you explored in Recovery?

Well, it's not so much a new hobby. I have always been a bird watcher. But toward the last few years of my substance abuse I was using those binoculars to hide from the world. I was out there getting so messed up that I couldn't even hold the binoculars still. Today I'm a member of several bird pages, like the American Eagle Foundation and Cornell Lab. I'm even in touch with the local Audubon man when

I spot interesting or exciting birds in the area. Now that's a hobby I'll carry for the rest of my life. It really sets me free. And another bonus of that is that I've turned my daughter's on to watch birds and they both have bird feeders and they both text and call Dad when something wild occurs. Priceless!

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

Well, it would definitely be outdoors. It would be in early summer, perhaps late spring, with my best friend, Susan. Maybe in the valley between a couple of mountains on a nice walking trail with a river to follow. We would bring some food and just look at what God has given us. The natural high to me these days is being outdoors and in touch with nature. There is nothing like it and I searched for that all my life not knowing that it was right under my nose. So grateful!!!

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

Well, I think one of my most important and most successful tools is that pause moment. I pause looking for God, asking God what he would do in that situation. It's made such a difference in my life instead of just flying off the handle and willy-nilly answering things that really had no foundation behind them.

Name one of your goals for the future.

One of my goals for the future is to become more available to others like me who need help. There's such a movement in this country, in this world, for helping people with addictive personalities. I sponsored a few people and I've got a lot of joy out of that, even though the results weren't great. But there's so many foundations these days I would love to get onboard and try to help others in the same way that I was helped by so many people in Portland Maine when I first came in.

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

Well, I guess it would be that they have to learn how to be patient. I had no patience when I came in. I wanted everything to be all better overnight and it certainly doesn't happen that way. One of my favorite slogans is "One day at a time."

If you go by that one day at a time - you can break it down into one hour at a time, one minute at a time, and it works for me every single time.



Glenn Simpson

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REDEFINING NOURISHMENT

What nourishes you today may not tomorrow

by ROBYN WILEY

What people, places, and activities feel most nourishing to your mind, body, and spirit? Do you have a regular practice that keeps you feeling your best? Do you ever go through periods where the things that once nurtured you no longer do?

Many times over the years, when things have been going relatively smoothly in my life, my mind assumes that the tools I use for self-care will work forever... and if I just keep to my daily schedule of x, y, or z thing (i.e. yoga, meditation, or going on nature walks), I'll be centered and happy for life!

But then ... you know what's coming - some thing or many things "hit the fan," and suddenly none of the tools that worked so brilliantly for me before seem to be helping much anymore. You'd think I'd catch on sooner than I do—maybe after a week or two of

these activities and my overall life feeling flat and empty-but alas, it usually takes a while, and a rather ungraceful fall before I begin to realize that perhaps I need to reassess what I'm doing.

I don't know about you but this scares the bejesus out of me, every time. 'If that doesn't work anymore, what will!?' Maybe nothing ever will!

But when I come to my senses, or rather, come back to my spirit, I begin to see that these times of challenge are actually times of great potential growth in disguise. Times of growth are not times to do what we've always done in the same way we have always done them. Rather, times of growth urge us to step beyond our normal activities and normal ways of life to discover what else is out there.

Times of challenge and growth beckon us to look at things differently, to redefine what

we want, to redefine what we need and what feels good and nourishing to us.

During challenging periods, we need to redefine what we most need every day, or maybe even moment to moment. Perhaps most of all, times of growth call on us to redefine who we are and who we want to be while we're here on this planet.

If you're struggling to figure out what nourishes you or fills your cup, or if you're in a stage where you need to redefine these things, know that you are in good company.

There may be times when we have to pause, reassess, and go back to the drawing board and maybe ask yourself:

"What are some tools I haven't used for a while that have really made me feel nourished in the past?"

Times of challenge and growth beckon us to look at things differently

“What are some tools I haven’t tried yet that I’d really like to try?”

“Who in my life that loves and supports me may have some ideas or insight?”

Like any goal or intention we may have for ourselves, nurturing ourselves is a journey, not an end destination. What works one day may not work another; what feels great one day may feel the opposite way on another.

The key thing is to have an open mind, to be willing to experiment and try new things, and to reach out to trusted others when we’re feeling stuck.

Perhaps the greatest thing to remember about nurturing ourselves is that we cannot do it alone!



Robyn Wiley is an author, strategic intervention life coach and reiki master teacher.

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People Like Us Live Like This

by LARA SANTORO



photo by Brian Delaney

Brant Dadaleares

Brant Dadaleares doesn't ask people he hires if they have a problem with alcohol and drugs. The owner of Gross Confection Bar in Portland's Old Port offers a very specific piece of advice instead. "Don't try to pull the wool over my eyes because I've done it all," he says.

Dadaleares grew up in the industry. He made his bones at the New England Culinary Institute in Montpelier Vermont where, he says, he was asked to leave "because I was a drunk and they'd had enough of me." Raised by alcoholics partly in South Portland, partly in Brunswick, Dadaleares, who recently turned 49, sought relief in alcohol at an extremely young age. Somehow, he powered through both middle school and high school, got to culinary school and landed, barely in his twenties, in the blistering heat of the restaurant world.

Not just any restaurant world, though. Portland was in the process of transforming itself when Dadaleares got his first job at the much-celebrated Fore Street.

Improbably for such a small town, Portland was developing approaches to food that would rival those of cities like Seattle and San Francisco and snag Bon Appetit's coveted *Best In*

The Country award in 2019. The pressures were nearly unsustainable, the drugs abundant, the alcohol even more so. Yet despite ever-rising consumption levels, Dadaleares was only confronted twice during the course of a long and successful career. The second time, he says,

"Well, at least he's doing it" I will never forget that day.

"I'd fallen so badly that I ripped the whole side of my face open." It was February 10, 2014. The next day, he heard the doorbell ring. Standing there the two people closest to him: his ex boyfriend and his current one. "If you choose to keep drinking, neither of us will be in your life," they told him.

That was the turning point

Dadaleares had two drunk driving convictions by then and the state of Maine had imposed counseling for alcohol and drugs. Dadaleares started paying attention. He'd been complaining about the sorry state of desserts in Portland. One day, during a counseling session, he singled out someone who had achieved a level of success with what Dadaleares considered to be third rate stuff. "Well, at least he's doing it," remarked his counselor,

Steve Danzig. "I will never forget that day," says Dadaleares.

He sat down and wrote a business plan for a dessert bar. He cooked up ideas. He refined them. He reached out to people. He organized pop-up events that inevitably sold out and spread his reputation around town. Once that was done, he found a local bank that, he says, "believed

in me totally." Finally, he put together the mother of all Kickstarters.

He made a thirty-foot-long dessert. He armed people with spoons and filmed them as they pressed in one after the other and demolished his gorgeous creation. Finally, he put it all online. The result? Donations from as far away as California, from people, he says, "I will never see," in the amount of \$35,000 dollars.

Gross Confection Bar, the only dessert bar in Portland, celebrated its first anniversary on January 4th this year. He says, "I reflect a lot on what happened to me while I drank, how much it ruined me. Now I don't even think about booze." But, he adds with a smile, "If you take my coffee away, I will

Lara Santoro is a freelance writer in Portland Maine.

READER SHARE

by Elaine Jhamos

CAIRNS ON THE BEACH (watercolor)



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by *DEBORAH TRAIN*

Virtuality, an acrylic by Deborah Train

From the time I can remember, I have had a driving, insatiable curiosity.

My time spent wandering through the woods and along the shore, communing with Nature, observing light, motion, people, birds, and life, in general, have all been about one thing - how can I connect with and express this Beauty, this emotion, this Truth?

How can I capture this moment in my own unique way?

In a way that matters, in a way that serves?

The creative process is one of the most intimate perspectives we have of ourselves. It bridges our inner and outer world, and inherently cultivates the human powerhouse - the world of our imagination.

This is where realities, art, and connections of all kinds are made between the brain, the heart, and the rest of the Universe. When my father said "No" to a knife for whittling, at ten years old I sharpened a screwdriver and began to carve out a branch of driftwood.

My mind went to work innovating, problem solving, and exploring the various possibilities, while my hands and eyes helped me to 'feel' my way to the finish. Years later, as I tried to understand my own process, I came to learn that this combination of intuitive and analytical - right brain, left brain activity develops new



neural pathways, increasing and harnessing the neuroplasticity that contributes to innovation.

When I am using my creativity I feel better, emotionally, physically, spiritually. Thirty years ago I put down alcohol and picked up my long forgotten paintbrush. This

has been the soul to my own personal journey.

Painting brought me back to my center and reconnected me with the environment and the peace and beauty of being in the present moment.

Writing has unfurled the twisted sails of my inner world and helped me to process life's lessons.

This creative energy is not separate from the love that I feel or the thoughts that I think, they are my visual prayers. The creative process is a synergy of all that makes us unique.

Every single human has this inherent ability within them. I believe the world needs our collective creativity. We need to honor one another in our personal expressions of being.

Art is subjective

It is a vehicle for expressing one's own perception of beauty, emotion, and resonance. The energy, intention, and point of reference is unique to an individual's experience, culture, and authenticity. Art is as open to interpretation as there are humans in the world. If you only use the intellect to explore the value of the creative process, well, you're leaving out the creative process!

Showing up for our own creativity nourishes the soul, feeds the intellect, and provides us an emotional outlet.

It builds self confidence, self efficacy, and is an amazing stress reducer. The creative process brings together the subconscious, conscious minds and connects these unique energies with the outside world, via whatever medium is chosen.

Once we remove the expectations, the judgement, and the cultural mind set that only certain people are artists - this untapped resource can be as densely nourishing as the breath we breathe. And, perhaps, can collectively be the guiding light for restoring

"We need to honor one another in our personal expressions of being"

our Humanity, by drawing upon our own true nature.

The mysteries and gifts of the right brain, the imagination, and the creative process are all happening now, culminating all that is, to create the future. How much more powerful can it get? Einstein knew this power.

Watch a child selecting colors and moving them to paper. They are engaged in the process of making, uninhibited and free to explore and learn. This freedom is accessible to anyone, no matter their age.

Don't get hung up on comparing - nurture your own progress and allow your curiosity to take the lead. Some suggestions to light that spark of creativity might be to walk through a music store, an art store, write a poem, plant a garden, take a cooking class, go to a play, sing out loud, dance, and pay close attention to what lifts your spirits and brings you joy.

As I begin to paint I set my intentions, I pray, and prepare to be inspired. I allow what technical training I've had to merge with my intuitive aspects and set out to invent the world - a world filled with color, with truth, peace, and beauty.

This is how I find nourishment - through this innate gift we have all been blessed with.



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



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Your Worth is Greater than your Net Worth

by *CASEY MCCLURKIN*

■ This is the final installment in a series about financial recovery. ■

Well folks, this is it. The final article in the financial recovery primer. This is when we talk about the big picture: Net Worth. You may have heard the term net worth and you may wonder what it means. Let's dive right in to learn exactly what net worth is, how to calculate it, and what it means to you.

First - what IS Net Worth? In very simple terms, net worth is everything you own minus everything you owe. For example, your house: if you own your house, take the value of your house (not necessarily how much you paid for it, but what is today's market value?) and subtract your mortgage balance and any other loans associated (a home equity line of credit, for example).

If your house is worth \$200,000 and your mortgage is \$125,000, then the difference, \$75,000, is the bottom line in your net worth calculation. Again, this is a very simplified example.

So, what other types of things that you own are included in net worth? Your liquid assets - meaning cash, checking, savings, retirement savings, cash value life insurance, etc. Also, tangible assets that will appreciate in value. For example, jewelry, art, home furnishings. Any real property you may own - not just your home, but any land or rental property you own.

What about your car? This is a line item that is completely debatable. The thing about cars is: the minute you drive off the lot after you've purchased a car, the value starts to go down.

For this reason, some folks do not include the value in their net worth calculation. If you do, just remember: the car is going to go down in value over time UNLESS it is a collectible.

For the sake of simplicity, and because you do include a car loan in "everything you owe", let's include the value of the car in "everything you own".

Speaking of everything you owe, what should we include here? This is more straightforward: mortgages, credit card balances, student and car loans, medical balances payable. If you make a monthly payment to reduce the debt, you should include it in "everything you owe".

Right now some of you are thinking, "what I owe is significantly more than what I own." That may be true. But part of financial recovery is knowing and admitting where you are and making a commitment, one day at a time, to improve your finances.

What could be better than knowing your starting point and watching your progress over time? Net worth is the single most important statistic to watch over time to show your financial health is improving.

You've already done the hard work of figuring out exactly what you owe and to whom, now just tack on what you own.

I challenge you to check in on your net worth once a year. When you do your taxes, for example. That would be the perfect time to check in and compare to where you were last year.

Now, what “should” your net worth be? That is a tougher question to answer. **To me, the best answer is: your net worth should be higher now than it was this time last year.** But if you want specifics, there is a formula for that. It is a formula from a classic personal finance book, “The Millionaire Next Door” by William Stanley and Thomas Danko:

$$\text{Net Worth} = \frac{\text{Age} \times \text{PreTax Income}}{10}$$

This is a general guideline and you may find arguments for and against this formula, but it’s a good place to start. So if you are 40 years old and make \$35,000 a year, according to this formula your net worth “should

be” \$140,000. But again - every person’s situation is unique, and there isn’t a single formula out there that is one size fits all!

I want to leave you with a final thought about net worth: you, as a spiritual being on this Planet Earth, have infinitely more value than your net worth.

What I mean is - ultimately, it doesn’t matter if your net worth is \$10, \$100,000 or \$1,000,000 - you are as valuable as any other human on this planet.

Please do not get hung up on the numbers. Get hung up on making yourself better than you were yesterday.

Your worth is greater than your net worth.



Casey McClurkin, who started her recovery journey in 2012, is a Behavioral Financial Advisor.

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THIS RECOVERY LIFE



TERRY BROWN
Falmouth, Maine



photo by Brian Delaney

One unexpected aspect of my personal journey in recovery which has brought a series of pleasant surprises is the male bonding inherent in the process.

When I first started going to meetings, they were mostly of mixed gender. Eventually, I went to a treatment center, where most of the time, genders were separated, particularly in meetings.

This struck me as a bit odd, but then again, so did the entire process of recovery! I mean, I grew up going to Church, but holding hands and saying prayers with complete strangers wasn't exactly second nature. It took some getting used to.

It was made very clear in the recovery process I was pursuing that getting a sponsor and taking his direction would be a central component to success. "Men with men and women with women" is how it was bluntly stated. Well just because it was made clear, doesn't mean I got it right away. Like most things in recovery, it all came very slowly for me.

Looking back now, over seven years into my journey, with over one year of continuous sobriety, I am grateful for so many changes in myself, in my thinking, and in my relationships. Learning to cultivate deep, trusting relationships with other men is one of the many blessings of recovery.

I had always maintained great relationships with other men from my childhood, college days, and

work environments. I also enjoyed relationships with other men at Church and in coaching my sons' sports teams, but nothing could have prepared me for the intensity, the kindness, and yes, the love I have received from other men in recovery.

Like so many things, I have come to understand this love very differently than before. There is a nourishment that comes from cultivating close relationships with other men in recovery. I was fortunate enough to be introduced to a weekly, 'fathers in recovery' meeting by my sponsor. This is a place where men come to talk about the challenges we face as fathers, sharing openly and honestly about all aspects of our most meaningful relationships.

I also attend a men's meeting at noon every day that my work schedule allows. Seeing other men being honest about their shortcomings, their disappointments, and witnessing their growth is extremely helpful. A commitment to one another grows amongst participants in these meetings, as we see each other struggle and succeed. We watch each man's life evolve in recovery, and usually for the better.

There is an intimacy and a power in this type of mutual support and growth over time that is very different from any other relationship in my life.

We learn to listen to each other and share the truth about our own challenges. The unconditional care

and lack of judgement between men in recovery, and particularly in men's meetings, form a very sound foundation upon which friendships are built to last. Rather than trying to impress each other, our primary focus is to connect with each other, and to understand the challenge of the present moment. How can we help each other handle the struggle of the day or the week - however big or small it may seem?

This environment of caring for one another is central to many paths in recovery. It happens in gatherings and exchanges amongst people of all different ages, backgrounds and genders. But when the focus is narrowed down to the common struggles men share in their lives and in their recoveries, bonds of trust and love can be formed very quickly.

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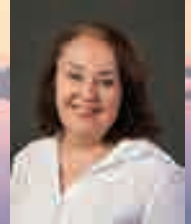
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Daily Self-Care Recovery Practices

by *NANCI ADAIR*

*what to do when
self-care mechanisms
stopped providing
pleasure and
caused more pain*

In the Big Book of Alcoholics Anonymous it states that alcoholics have an above average intelligence and a sensitive nervous system. Tony Robbins, a well-known motivational speaker, says there are two prime motivators for all of human behavior. They are to avoid pain and increase pleasure. For many those of us who struggle with addiction achieved both of these goals. Substances increased pleasure and helped to escape pain.

Entering into recovery we need to understand that this was the very best we could do to take care of ourselves. However these self-care mechanisms stopped providing pleasure and caused more pain in the long run. In this article I will touch on the first four items on the following checklist of daily self-care in recovery practices.

Checklist: Daily Self-Care Recovery Practices

- Eat healthy foods
- Drink lots of water
- Get enough sleep
- Move your body
- Engage in a spiritual practice
- Connect with nature
- Write in a journal
- Learn something new
- Express yourself creatively
- Do something for someone else

EAT HEALTHY FOODS

What is healthy eating in early recovery?

Tips for healthy eating include cutting back on your consumption of processed foods. Eat foods as close to how they come out of the ground and off a tree. Eat between 3 and 5 times a day. Make your plate a colorful array of foods, this will help you get a balance of nutrients. No, this does not include a plateful of skittles.



When shopping in a grocery store stay on the outer perimeter of the store. This will help you cut back on products that come in a bag or box. If these suggestions sound daunting and too much try add food (like a green vegetable) rather than subtracting from your food intake. Rather than telling yourself you can no longer eat potato chips with your sandwich at lunch, try adding a salad.

DRINK LOTS OF WATER

Water at room temperature most closely mirrors the water in the cells of our bodies, all 33 trillion or so. I happen to like ice cold water or hot water with lemon more than water at room temperature. If you are detoxing drink plenty of water. It helps the process.

A key reminder is the amount of water you need every day refers to water only, not the water in tea or water with lemon.

GET ENOUGH SLEEP

The lack of sleep can age men by a decade and impairs a woman's reproductive cycle. When I worked at Mercy Recovery Center I went to my doctor and told her I was concerned about my memory. She said all I needed to do to improve my memory was get a full 8 hours of sleep on a consistent basis. If you are struggling with sleep at all the key is regularity.

Go to bed at the same time, wake up at the same time, no matter whether it's a weekday or weekend. Regularity is the anchor to the quality of your sleep. The next tip is the quantity of sleep. Stay in bed for 8 full hours. Try a warm bath or foot massage before getting ready for bed.

What you listen to or read for the 5 minutes before you fall asleep is marinated for the entire time

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you are sleeping. formulating a gratitude list in your mind.

Think about what works for regulating sleep for babies and children; soft lighting in a cool room, a comfort object like a teddy bear, or calming music.

MOVE YOUR BODY

Start by shaking different parts of your body when you wake up, just like the hokey pokey. Put your right foot in, take your right foot out and shake it all about. Makko Ho is a Japanese form of Yoga that literally wakes up the chakras and meridians of the body.

Whatever you love doing that gets you moving is the best place to start. If you love to dance, find music that makes you want to move. If you love working out at a gym, go for it. Get an exercise buddy or accountability partner and set individual movement goals.

There are so many ways to be active indoors and out. I play pickleball several times a week and find it is as much a social activity as a physical one. When you set a goal to get physically active try the following tip - aim for doing your activity more often than not. Move your body 4 days out of 7.

This concludes part 1 of this self-care in recovery practices - stay tuned for part 2



Nanci Adair, LCPC, CCS, ACC therapist and life coach, specializes in recovery - www.nanciadair.com



A morning class at Yogave, a donation-based yoga studio in Falmouth. | photo by Brian Delaney

JUST ... *Breathe*

by **ALISON JONES WEBB**

There are so many ways that yoga allies can support your recovery journey! I spoke with four yoga instructors who have experienced the transformative power of yoga and want to share it with others.

Elise Boyson, the Executive Director of Sea Change Yoga in Portland, says when she started doing yoga, she had an experience she'd never had before. "I had the experience of coming home to myself."

Sea Change Yoga is a nonprofit that brings trauma-informed yoga to people who can't afford it or can't access it, like at the Androscoggin County Jail or the Southern Maine Re-Entry Center for Women in Windham. Sea Change also offers two free classes a week at Portland Recovery Community Center.

Trauma-informed yoga, Boyson explains, is all about compassion and choice rather than instruction

and judgment. It is predominantly a restorative (yin) style of yoga. "It's a gentle type of yoga. Often, we don't even get off of the mat."

Patrick Connor, a yoga instructor in Kennebunk, came to yoga the way many people do – in his fifties, he had back pain. He went to doctors who eventually said there was really nothing they could do to help. In looking for a pathway to get better, he found yoga.

"Yoga is a practice that looks into the essence of 'what we are' as the interweaving of consciousness and physicality," Connor says, and he focuses his classes on getting people to understand how this mind-body connection works in their lives.

For people in recovery, that might mean emphasizing the experience of the breath and the core, how the depth of our belly and heart space is affected by how we move and

breathe. This creates an opportunity to be more deeply aware of our feelings and how they are connected to our posture, and how we use movement and are choosing our perspective.

By being in different postures, we have an opportunity to be more conscious about what it's like to open up, to have the choice to do it or not, and to understand the consequences.

Connor's son is in recovery, and he thinks yoga can be important for family members, too. For people who stick with it, over time the practice of yoga transforms their experience of living and works its way into healthier relationships, creates peace of mind, and enhances sleep.

Leslee Clark, owner of WellHeart Yoga, loves the rich and grounded life yoga has given her and is interested in making yoga

accessible to everyone. Ten years ago, she opened Yogave, Maine's only donation yoga studio, in Falmouth. There's a box at the entrance to the studio, and people who come to class pay what they can. "If you're struggling financially and need to be around people, there is a place for you at Yogave," Clark says.

Clark has been teaching yoga for 14 years and leads yoga instructor trainings, but she spends most of her time now focusing on grief support. Since the death of her son in 2017, she has been drawn to yoga as part of the grief process, and is continually reminded of the importance of yoga as a way to slow down our thoughts, to breathe, to access our own internal wisdom. "This can be so empowering to a person in recovery from anything," she says.

Clark believes strongly in the power of doing yoga with other people. Group classes create an opportunity

to inspire and to be inspired by others. "There's a difference between yoga on your own and yoga with a community of fellow

"I had the experience of coming home to myself."

travelers. In a group, we're all a witness to each other. What helps people who are doing the work of healing is community."

Libby Nilsson agrees. "Yoga is my community," she says. Nilsson is an instructor at Maine Hatha Yoga in Portland, a "hot yoga" studio where every class follows the same sequence of postures.

Nilsson likes the detoxifying qualities of heat and sweat and the predictability of the postures, and she sees yoga as a "moving meditation" that is a very important part of her recovery.

She has watched herself change and create a new attitude toward life with her practice, and she loves watching this transformation happen in other people. "The possibilities of learning about yourself are infinite."

Yoga has a far-reaching impact, in our bodies, our minds, and in the community.

As Boyson said, "You can use breath as an investigation to your truth, your soul. If we continue to teach yoga, we really are changing our lives, and as a result, changing communities and changing the world."



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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Massage: Nourishing Your Mind/Body Connection

by NIKI CURTIS

Did you know that part of a muscle's anatomy is called the belly? In a muscle, the belly is the biggest part of the muscle where the majority of muscle fibers come together to either contract in flexion or extension and do the work of holding our bones together, standing, sitting, bending, running, walking, picking things up, hugging people, waving hello, lifting a fork and more.

We feed and nourish our muscles with the foods we eat, the water we drink, and the exercise we do. Our muscles work hard for us but often we do not use them in a balanced way, either overusing them or under-using them. Nourishment is essential to a healthy body and long life, and it comes in more forms than just through food. Massage is another way that we can nourish our bodies, minds and, specifically, our muscles.

PRI Educational Development Company's Swedish Massage Workbook defines massage as "the rubbing and kneading of muscles

and joints of the body with the hands, especially to relieve tension or pain." Non-medicated pain relief is one of the most important benefits of massage that happens by a process of "wringing" the toxins from the muscles while increasing the blood flow that transports essential nutrients to the muscle.

Peggy York, Campus Director of Spa Tech Institute, a school that offers Massage Therapy as one of its programs, explains other benefits of massage to the client and says, "Massage increases our happy hormones like dopamine and serotonin and lowers our stress hormones like cortisol, leaving us in a place of peace and presence that most people cannot attain unless they are doing something that they are completely in love with and that gives them great joy."

Jay Phelps has been receiving various types of massage for the past 20 of his 22 years in long-term recovery and claims, "I find it's a huge asset and companion to my sobriety and if I had not

engaged in massage, the quality of my recovery would not be nearly as full and the joy factor in my life would be less." He finds the whole experience is a spiritual one and adamantly states, "Massage has been vital for handling life transitions.....and the benefits not only happen at the table but carry into the week and often back to the table for a future session." Because of the vulnerability that occurs during a massage, Jay believes "although not every therapist is a good fit for everyone, the relationship that you build with your therapist opens a level of trust. The more you can trust the therapist the more that you can move blocked energy and tension."

As a practitioner, Peggy shares, "I need to go into a place of raising my vibration in order to be aligned before a session. Like supervision in mental health therapies, you have to work your own issues out in order to work on a client and provide an excellent service, being fully present to better read the body's feedback. The benefits of giving a massage are just as

deep and healing as getting a massage due to the physical and energetic connections that are made during a session.” The importance of receiving sessions as a practitioner is highlighted at the school she directs due to the physical demand that’s required working in this field.

Jay has watched our culture catching up to the evident medical benefits of massage. The U.S. Bureau of Labor Statistics states, “Employment of massage therapists is projected to grow 22 percent from 2018 to 2028, much faster than the average for all occupations. Demand will likely increase as more healthcare providers understand the benefits

of massage and these services become part of treatment plans.”

In a society where the opioid epidemic has become headline news, in part due to over prescribing of pain medication, Pharmacy Times Magazine says

“Massage increases our happy hormones like dopamine and serotonin and lowers our stress hormones

that Maine and 14 other states have passed a law beginning in 2016 that limits the prescribing of opioid pain medication. As a result, massage has become a vital part of many treatment plans as a way to combat pain.

People in early recovery can also benefit from the benefits of massage during what is normally a difficult time of detoxification from drugs or alcohol.

It appears that, like many other holistic therapies, massage is a viable approach to nourishing the whole body and this practice can strengthen our connection to ourselves.



Niki Curtis of Portland is a woman in long-term recovery whose passion is helping

and teaching others to love themselves.



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Feeding the Fear or Nourishing the Soul?

by *KIMBLE GREENE, PHD*

Questions you must ask yourself are, *'what is the purpose behind my choice?'* and *'am I feeding my fear or nourishing my soul?'*

There are a lot of grey areas in life, not the least of which is understanding your own needs and wants. It's a fine line we draw between, *'Do I need/want this to feel good?'* or *'Is this genuinely good for me?'*

Life is messy and there's no expectation to live it perfectly. Living your best life is preferred as this is the only one you get (that we know of anyway).

So, how do you recognize if something is good for you in a nourishing, authentic way or if it just creates a feel-good moment, in a superficial, feed-the-need kind of way?

The simple answer boils down to 2 things: purpose and intuition.

Let's talk about purpose first

Many people can make the same choice for very different reasons, with dramatically different results. For example, both Sam and Jess decide to work late one evening. For Jess, it's about a deep commitment to a career that enriches her life on many levels — it nourishes her soul. For Sam, it's an excuse to avoid dealing with life outside work, relationships, problems, etc. — overworking feeds the fear within.

So, questions you must ask yourself are, *'what is the purpose behind my choice?'* and *'am I feeding my fear or nourishing my soul?'*

Next — intuition; the second solution for distinguishing between feeding the fear and nourishing the soul.

Sometimes, it's hard to tell the difference between healthy desires and damaging needs. Our brains and egos can fool us into believing a choice is about survival. In order



to thrive, however, it's your heart, gut or intuitive choice that guides you down the optimal path.

The ironic thing is we all have aspects of fear (shame, doubt) and soul (faith, wisdom) within. The one that runs the show is the one you feed the most.

Some tips for nourishing your soul:

- Scan your body to determine if your choice is brain or heart driven
- Determine if your choices are based on your authentic desires or someone else's expectations

- Fine-tune your innate intuitive sense by practicing listening to the inner messages and wise whispers that seem to come from nowhere
- Manage your fears by setting them aside when they pop up
- Surround yourself with people who support you in ways that warm your heart and boost your confidence. and focusing instead on the optimal scenario
- Spend time in nature and with animals, these two natural energy boosters are food for the soul.



Kimble Greene PhD, Founder and Chief Catalyst at Catalyst Enterprises Worldwide, LLC is an author, transformation catalyst, strategic consultant and developer of The Monarch Method™ for personal transformation. www.drkimblegreene.com



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High quality outpatient substance abuse & mental health treatment

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Specializing in all addictions and pairing the client with the counselor who can best help

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(207) 774-4564

142 High Street, Suite 508 **PORTLAND**
391 Main Street **BIDDEFORD**
50 Sandbar Road **WINDHAM**
510 Main Street **GORHAM**

counseling207@aol.com
www.addictiontreatmentplus.com

MILESTONE RECOVERY

A nonprofit helping Mainers find recovery for more than 50 years.



Detox | Residential Treatment | Housing | Outreach | Emergency Shelter
Portland & Old Orchard Beach
milestone-recovery.org
(207) 775-4790



Winter Warmers

Photography and recipes by Lauren Lear

Nourishing your body is a huge part of self-care and that starts with what we eat. It can be so daunting to think ahead with a recipe or two in mind and then find everything at the store. However, a little preparation can mean the difference between having fast food at the last minute or knowing you have the makings of a healthy satisfying dinner within your reach.

I chose these recipes because they are simple yet exciting enough to jump off the page and get you to the grocery store. Nothing is more satisfying than a meal you prepared yourself with care and attention to the fresh ingredients you are using to make a nourishing meal that not only tastes great but is good for you too. The best part is that you know exactly what you are putting in your body and that it is as fresh as can be. Plus, leftovers never hurt.

You can't beat a classic like chicken soup, or can you? Upgrade this classic with zoodles of your choice and a kick of spice that could melt the frostiest of snowmen.

Spicy Chicken Zoodle Soup

INGREDIENTS

- 4 c chicken stock
- 1 in ginger root
- 1 lemongrass stick
- 4 c cooked chicken, pulled
- 4 c butternut squash, spiralized
- 4 c cabbage (savoy and bok choy) cut into 1 in strips
- 1 jalapeno, thinly sliced
- 1 tbsp sriracha
- ½ c cilantro, trimmed
- 3 lime wedges

DIRECTIONS

1. Heat chicken stock in a large stock pot on medium high.
2. Add ginger and lemongrass and let simmer on low for about 5 minutes. Add chicken, noodles, cabbage, jalapeno, sriracha and let simmer for 10 minutes.
3. Pour into bowls and garnish with cilantro and lime wedges.





One of my favorite fresh comfort dishes is homemade pesto sauce with chicken. This pasta free pesto dish gives you the satisfying depth of flavors with fresh basil and gooey mozzarella.

Chicken Pesto Boats

INGREDIENTS

- 3/4 c fresh basil leaves
- 3 tbsp pine nuts
- 2 cloves garlic, minced
- 1/3 cup pecorino-romano cheese
- 1/4 c olive oil
- 2 1/2 cups cooked chicken, shredded
- 4 zucchini halved, ends trimmed and scooped out, (I used an apple corer)
- 1 c cherry tomatoes, thinly sliced
- 3/4 c shredded mozzarella cheese
- sea salt and black pepper

DIRECTIONS

1. Preheat oven to 350.
2. Using a food processor, combine basil, pine nuts, garlic, and romano. Pulse until fine and add olive oil while mixing.
3. Add chicken to a large bowl and add pesto mixture. Stir to combine.
4. Line baking sheet with zucchini halves. Brush edges with olive oil. Add the pesto chicken mixture and top with mozzarella and tomatoes.
5. Bake zucchini boats for 20 minutes until cheese is bubbly and slightly golden.

Lauren Lear is a professional food photographer and stylist with a studio in the Dana Warp Mill in Westbrook. I started my photo business in June of 2010 doing portraits, but my first photo gig with The Holy Donut is what jump started my food photography career. Catch more photos and recipes on my site, www.laurenlearfood.com.



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 provides options and 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.

Alcoholics Anonymous (AA)

207-774-4335/800-737-6237
www.cso.aamaine.org

Al-Anon /Alateen

www.al-anon.org
207-284-1844 / 800-498-1844

Adult Children of Alcoholics

(ACOA or ACA)

A 12-step, 12-tradition program for men and women who grew up in dysfunctional homes
207-322-6284
www.adultchildren.org

Cocaine Anonymous (CA)

617-539-6090 / 800-347-8998
(meeting info only)
www.ca.org

Codependents Anonymous (CoDA)

602-277-7991 / 888-444-2359
www.coda.org

Debtors Anonymous (DA)

Debtors Anonymous offers hope for people whose use of unsecured debt causes problems and suffering. 800-421-2383 / 800-974-0062
<https://debtorsanonymous.org/>

Drug Addicts Anonymous (DAA)

A fellowship of men and women who have recovered from addiction and are committed to helping those who still suffer, based on the 12 steps
970-761-5189
www.daausa.org

Gambler's Anonymous (GA)

718-352-1671 / 888-830-2271
<http://newenglandga.com>

Heroin Anonymous (HA)

A fellowship of heroin addicts who help each other practice complete abstinence from drugs and alcohol
347-858-3601
www.heroinanonymous.org

H.O.P.E. Group

A safe place where people come together to find wellness by sharing their stories and listening with an open heart and mind to others
727-420-2964 (Liz)
www.hopehealing.org

Marijuana Anonymous (MA)

A fellowship of people who share their experience, strength and hope to recover from marijuana addiction
609-529-6332 / 800-766-6779
www.marijuana-anonymous.org

Narcotics Anonymous (NA)

A support program for people in recovery from drug addiction based on the 12 steps of AA
www.namaine.org
818-773-9999/
800-974-0062

Overeaters Anonymous (OA)

A fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating
Dial 211 for meeting info.
<http://oamaine.org>

Sex and Love Addicts Anonymous (SLAA)

A program of recovery for people addicted to sex and love, based on the 12 steps of AA
207-323-5143 / 800-204-2803
www.slaafws.org

SMART Recovery

Mutual-support meetings that are free and open to anyone seeking science-based, self-empowered addiction recovery
440-951-5337
www.smartrecovery.org

Wellbriety Movement

(White Bison)

A sustainable grassroots movement that provides culturally based healing for indigenous people
207-992-0411 / 877-871-1495
<https://wellbriety.com>

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 benefit the recovery community.

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

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

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 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.

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

Low to no-cost assistance to people who are employed, underemployed, or have barriers to employment.

New Ventures Maine

800 442 2092

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

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
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
207 773 7746

T 10-11:30a

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

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.

Cumberland County RESOURCES

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

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,

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

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.

Greater Portland Health

180 Park Avenue
207 874 2141

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

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

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.

Cumberland County RESOURCES

YORK COUNTY

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

Preble Street Resource Center

5 Portland St Portland
207 874 1005

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

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

Tedford Adult Shelter

49 Cumberland St Brunswick
207 729 1161

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

Tedford Family Shelter

34 Federal St Brunswick
207 729 1161

For families. Call to determine eligibility/access services.

TRANSPORTATION

Go Maine Commuter Connections

(ME Turnpike Authority)
2360 Congress St Portland
800 280 RIDE (7433)

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

Greater Portland METRO-Connector

21 Elm St Portland
207 774 0351

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

Portland Transportation Center (PTC)

100 Thompson Point Portland
207 828 3939

Regional Transportation Program, Inc. (RTP)

127 St John St Portland
207 774 2666

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

CLOTHING

Open Hands, Open Heart
(side of Saco Food Pantry)
67 Ocean Park Rd Saco

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

COUNSELING & SUPPORT

The Center for Grieving Children

NP Congregational Church 893
Main St Sanford
207 773 7417

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

www.cgcmaine.org

EMPLOYMENT PROGRAMS

York County Career Center

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

YMCA Northern York County
3 Pomerleau St Biddeford
207 283 0100

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

FOOD

Biddeford Food Pantry

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

Proof of residency required; 1x per month.

Bon Appetit Community Meal Program

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

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

York County RESOURCES

Footprints Food Pantry

37 Old Post Rd Kittery
207 439 4673

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

FoodPrintsFoodPantry.org

Matthew Meal @ St. Ignatius Gym

25 Riverside Ave Sanford

2nd T 5:30–6:30p

OOB Community Food Pantry

155 Saco Ave Old Orchard Beach
207 937 8094

M 2–7p; T & Th 9a–12p

Food, clothing, toiletries & resource
assistance.

www.oobcommunityfoodpantry.org

Saco Food Pantry

67 Ocean Park Rd Saco
207 468 1305

M–F 9–10:45a; last T 5–6:45p

Must show proof of residency each
time.

Saco MEALS Program

MHT Parish Hall, 271 Main St Saco

M & Th 4:15–5:30p

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

www.sacomeals.org

St. Therese Food Closet

66 North Ave Sanford
Th 12:30–2:30p

Stone Soup Food Pantry

180 Main St (lower level) Biddeford
207 283 0055

Once a week, M & W 10–11a

Also has a clothing closet out
back.

Waterboro Community Food Pantry

26 Townhouse Rd East Waterboro
207 247 7789

1st T 4–7p; all other T 1–4p

York County Shelter Pantry

5 Swetts Bridge Road Alfred
207 324 1137

T & F 12–3

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.com

TRANSPORTATION

Wheels to Access Vocation and Education (WAVE) Agency

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

www.yorkkwave.org

BECOME A RESOURCES SPONSOR!

Journey provides these
Resources listings as a
directory to 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.**

SINCE 2017, MAINE RECOVERY FUND HAS PROVIDED:

- **SAFE TRANSPORT TO WORK**
(6,500 safe rides and 2,000 bus passes)
- **WORKER STARTER KITS**
(350 warm jackets and 750 pairs of steel-toed boots for those just getting to work)
- **ACCESS TO SERVICES**
(sober housing, recovery support, medical/dental, skills training, mental health counseling)
- **CRISIS RESPONSE**
(over 220 crisis interventions for those in need of immediate assistance)

Seventy-two percent (**72%**) of maine recovery fund clients are successful in recovery and rebuilding their lives. (We consider a client a success if they are able to maintain steady employment, access safe, sober housing, and begin to build a life for themselves to sustain their recovery).



**MAINE
RECOVERY
FUND**

ELAINE WALSH CARNEY
PRESIDENT AND CO-FOUNDER
ELAINE@PATHFINDERPA.COM

MARGO WALSH
BOARD CHAIR AND CO-FOUNDER
MARGO@MAINEWORKS.US

494 FOREST AVE.
PORTLAND, ME 04101
(207) 650-9179

MAINEWORKS

**A GOOD JOB MAKES
ALL THE DIFFERENCE**

MaineWorks is a proud B Corporation, member of the Alternative Staffing Alliance, and leader in social employment. We strive to be a model for other companies and a catalyst for change around the world.



Contact Us (207) 415-3585 | info@maineworks.us | www.maineworks.us

SHARING THE TOOLS TO HELP LIFT UP OTHERS

When someone misuses substances to self-medicate unaddressed mental health conditions, **support from a loved one can help.**

The Maine Chapter of the National Alliance on Mental Illness – a partner of the Rx Abuse Leadership Initiative of Maine – empowers people to intervene and share resources.

Working together, we'll help address the opioid epidemic.

Learn more at **rali-me.org**.

