

Journey

FOR MAINE'S RECOVERY COMMUNITY

ISSUE 8 • APR/MAY 2020

RECOVERY ALLIES: Family Matters

**Employer Showcase:
Milestone
Recovery**

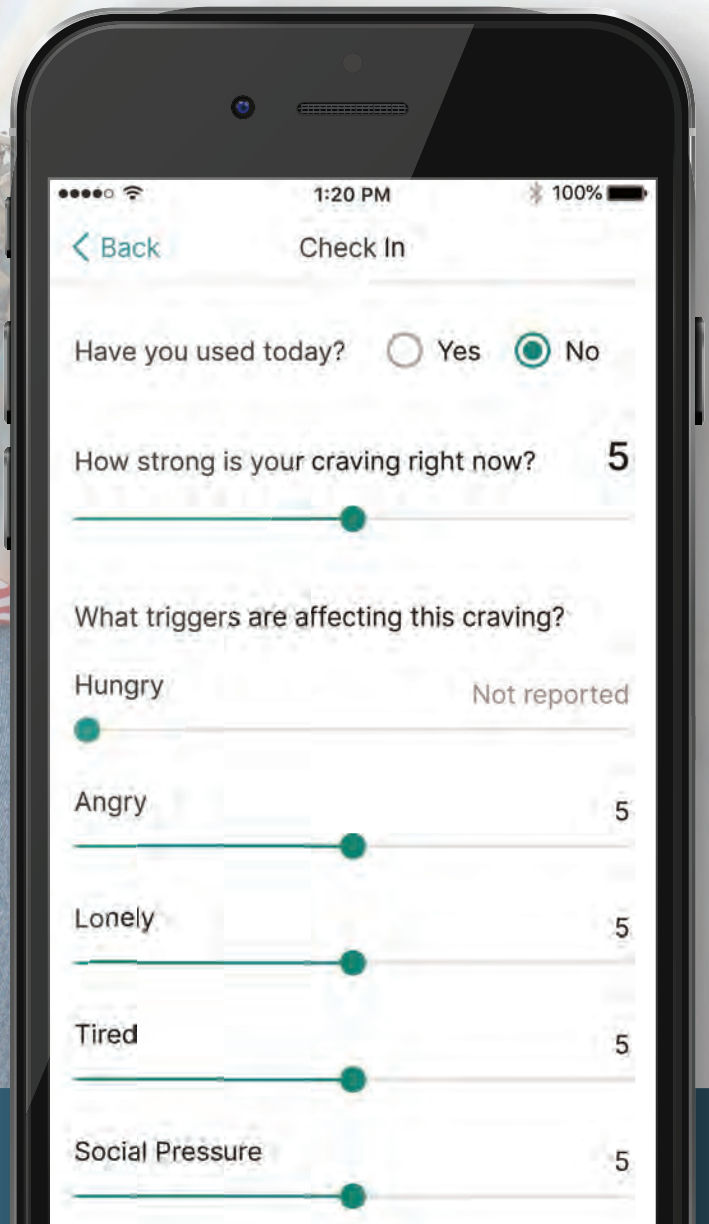
**Non-Profit Spotlight:
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FOR MAINE'S RECOVERY COMMUNITY

ISSUE 8 • APRIL/MAY 2020

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Members of the Journey team: from the left - Mary Atwood, Carolyn Delaney, Dean Raymond, Josh Riddle, Alison Jones Webb, Brian Delaney, Amy Paradysz, Nancy Wolach, Kathy Potter, Lisa Twombly, Niki Curtis



From the publisher -

Solving new puzzles together without a box cover for reference

It's April 8, and I'm taking big, deep breaths as I write this from my car on the East End in Portland, Maine. It's a favorite peaceful spot of mine where I've written a few of these letters.

Over the past month, it's felt like my life, once a complete picture that I could see, love and appreciate, has become like a big puzzle out of its box – all 1,000 pieces strewn about with the cover missing. So I can't see the big picture to start putting the frame together.

With each passing week, I've reached varying levels of acceptance about reality and have adjusted as needed. Don't go into the office. Don't go to gatherings. Don't go to (in-person) meetings. Don't touch things without wearing gloves. Don't go out without a mask.

Not just to keep myself healthy but to keep from potentially harming other people.

With each week, I've ultimately gotten to a place where I'm looking at the pieces of my life I can control and can start putting that frame together. I can work from home. I can attend online gatherings and meetings with technology. I can buy masks for myself and others.

Today, I can appreciate that the puzzle I need to put together is really just each 24-hour period in three chunks: 5 a.m. to noon, noon to 5 p.m., and after 5 p.m. For me, it works to keep things that simple and clear.

What I can control:

- **My physical space** – Optimizing the space in our home and making it as comfortable as possible.
- **Taking a breather** – I visit East End Beach every single day. It's 10 minutes away. I just stay in my car and breathe, and it helps enormously.
- **Connecting with others** – Either over the phone or laptop/tablet. Hearing people's voices and seeing faces matters more than ever. Reaching out to say hi to people is as important to me as I hear it is for them.

Only by identifying what I need for myself can I succeed in putting together each day's puzzle. And that creates the foundation for me to be of service other people.

Speaking of which ... in this great issue, Sarah Siegel explains how taking care of the basics during this pandemic allows us to be of service to ourselves, our family and our community (*Simplifying Self Care*, page 38). And Sarah Kelly reminds us that from small moments to large actions, there is great joy in helping someone else (*How Service Work Leads to Self-Esteem*, page 30).

With immense gratitude,

Carolyn

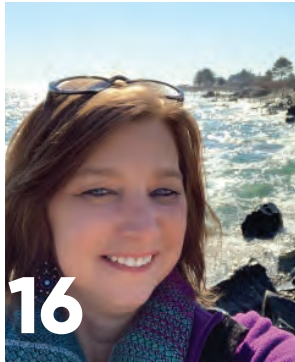


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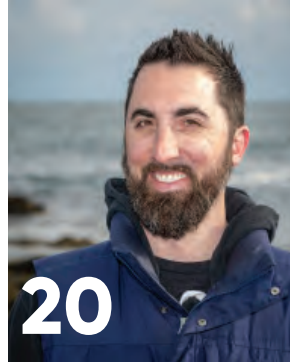
SOPHIA'S HOUSE

A safe place to call home



on the journey

Angel Eggen shares her personal experience



people like us live like this

Bryan Page shares his path and journey with Lara



this recovery life

Melody Paul shares her life today

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Sophia's House watercolor painting by Kelly Christopher

Sophia's House, a safe place to call home

*Former convent in Lewiston now a sanctuary of healing
from sex trafficking, addiction, and incarceration*

by **AMY PARADYSZ**

A former convent in Lewiston is now a safe haven for a small community of women who have survived a trifecta of traumatic, adverse experiences—sex trafficking or exploitation, addiction, and incarceration.

“We’re more than a sober house,” said Sophia House founder Klara Tammany, who lives on the second floor. “We know that often people who struggle with addiction or have been incarcerated were likely

exploited, if not trafficked; they just don’t use that language. But their troubles now are rooted in that life-long trauma.”

Six women—all trafficking survivors—will live here for two years, rent free, and receive support services and job training. Each woman will have a room of her own and access to a shared kitchen, bath, living room, and dining room. Five other women who support the mission of the house rent apartments on the first and second floors,

covering the cost of running the building—or at least that’s the hope.

This first-of-its-kind program in Maine is coming to fruition now partly because of seeds sown in Lewiston decades ago by two orders of Catholic nuns. The Sisters of Notre Dame lived in a convent on Bartlett Street, and the Daughters of Wisdom ran a drop-in women’s center called the Center for Wisdom’s Women on Blake Street. The center served hundreds of women in

what is called the “B-Street neighborhood” because the streets are named Blake, Bartlett, Birch and Bates. It’s one of the poorest census districts in Maine, where over 40 percent of the residents live at or below the poverty line.

With the nuns aging and dwindling in number, the Sisters of Notre Dame closed their convent in 1965. For the same reason, the Daughters of Wisdom were ready to close the Center for Wisdom’s Women in 2008. A core group of volunteers who didn’t want to see the center close persuaded the Daughters of Wisdom to let them run it as a private nonprofit. Tammany served as executive director.

“It’s a weekday drop-in center,” Klara says. “Anyone can come. There’s no charge, no appointments, no paperwork. It’s very low barrier. It is a place to bring women together and support each other in building community and making life better.”

Early on, Klara knew that the needs in the community far surpassed what a drop-in day center could achieve.

“We began to look around and think about the problem behind the conditions we see—including addiction, mental illness, unemployment, diabetes, and obesity,” Klara says. “We learned about adverse childhood experiences (ACEs) and the impact of trauma, particularly on women, when it goes unaddressed. ACEs and trauma explain every woman who was coming through our doors. Studies show that the impact of ACEs leads to more isolation. The key is bringing people out of isolation, and it takes a long time.”

For 20 years now, Thistle Farms, based in Nashville, has been providing a two-year program of supportive communities for women who have experienced sex trafficking, addiction, and incarceration.

“The women live together and hold each other accountable, have all the support they need, and live there rent-free for two years on average,” Klara says. “Thistle Farms is highly successful. Two-thirds of the women who start the program finish, and 84 percent remain stable and sober.”

After a visit to Nashville in 2015, Klara had a vision for what the vacant Sisters of Notre Dame convent could be. St. Mary’s



Klara Tammany

Health System, which by then owned the building, first agreed to sell it for \$45,000. But the Center for Wisdom’s Women wasn’t going to be approved for a Federal Home Loan Bank of Boston affordable housing grant for half a million dollars of renovations unless the building was donated—and that’s what St. Mary’s did. Two communities of the Sisters of Charity gave

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significant seed funding, the project obtained historic preservation tax credit approval, and in less than a year, the Center for Wisdom's Women fundraised the remaining \$700,000 needed for Sophia's House to open without a mortgage.

The first program resident moved in on Dec. 23, 2019—right after she was released from prison. For a few years now, Klara has been connecting with the Maine Correctional Center and county jails to get to know women before they are released and welcome some of them into the Sophia House program.

"When we work with women, I say, 'Hon, it's not your fault that you're in this bind,'" Klara says. "That's the ACEs pattern, that you were terribly abused or traumatized as a child, so when you're 12 or 13 you run away from home. When you're on the street at that age and

"When we work with women, I say, 'Hon, it's not your fault that you're in this bind'."

you're hungry and you don't have a roof over your head, what's your choice? You go sleep with somebody so you don't starve to death. And then they hook you into sleeping with other people—for money—or they start giving you drugs so that you're dependent on them. You eventually are arrested and thrown in jail. When you get out of prison and you have two weeks of meds and \$50 in your pocket."

And the pattern repeats—unless, somehow, it is stopped. The road back from sex trafficking,



addiction, and incarceration to love, sobriety, and freedom requires patience, Tammany says. There's no quick fix in unwinding a lifetime of adverse experiences.

"One six-week intensive outpatient program (IOP) will not undo it on its own," she says. "Counseling won't undo it on

its own. Medication will not undo it on its own. You have to have community support that is caring and respectful, you have to tend to someone's inner spirituality, and you have to be trauma

and gender-sensitive."

That's what Sophia's House is striving to be—and is becoming. The six survivors in the Sophia House residential program walk to the women's center and participate in IOP. Health Affiliates Maine is providing mental health therapy, addiction work and case management; Central Maine Medical Center's Family Medicine Residency is providing physical health care; and the six dentists in town have each agreed to take one patient pro bono. Although all this community support is critical,

much of the healing process happens from within—with self-forgiveness. And, eventually, women who graduate from the two-year program could rent one of the apartments and become survivor leaders.



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Sophia's House Program Director Tricia Grant



How does a girl from Lewiston get sexually trafficked? And then become a leader in the recovery movement?

Tricia Grant grew up exposed to alcohol, drugs, and sexual abuse and, by the time she was 12, she was struggling with housing stability. At 14, she was pregnant. At 15, she was a mother and a part-time high school student, scrambling between her job at McDonald's and babysitting, desperate to pay bills.

"Just hearing what my community was saying about me made me the most vulnerable," she says. "I heard comments like, 'There are my tax dollars going to waste.' So I stopped receiving all assistance."

One day at work, Grant was talking with a friend about the struggle to earn enough money and how afraid she was that if she didn't "do everything perfectly" that her son would be taken away. Two men overheard and invited the girls to come to an apartment the next evening to hear about a way they might be able to earn some money.

"I don't think we even thought about what it was," Grant says. "We went up there and they raped us. They gave me a pager and told me, 'When this pager goes off you better show up where we tell you to show up, or we'll have your son taken away from you.' They knew that was my biggest fear, and they exploited that."

As ordered, Grant showed up when the pager went off, or someone would pick her up and bring her to a strip club, a hotel room, or a party.

"I tried to stay in school, because it was my only safe normal place,"

Grant says. "People saw the good things I was doing being a mom. They recognized that I was a very good student and was smart and they encouraged me in that way. Then school ended in June, and by the time September rolled around, I was too broken to go back."

Grant never again saw that friend who walked into the sex trafficking trap with her; she's still missing.

"That's the reality of this," Grant says. "People go missing all the time, if we don't help."

There were other girls—and they never knew where they were going, how long they'd be gone, or what would be expected of them. They were silent. For Grant, silence became chronic.

"After that year and a half, when I was no longer being trafficked, I didn't tell anybody for 16 years what had happened to me," Grant says. "I didn't know what had happened to me. I didn't know there was a name for it, and I had hidden it, trying to live a normal life and trying to pretend everything was great."

And then one day Grant was at a fundraiser where a presenter spoke about sex trafficking—and, for the first time, Grant knew that none of it had been her fault.

"That really rocked me and broke me," she says. "I had a teaching job that I'd been at for 11 years that I lost because I couldn't keep it together."

Putting a name on her nightmare and letting those memories rush back in was a bit like rebreaking a bone so that it could set properly. She took a summer to regroup with her kids

Program Coordinator Tricia Grant with Klara Tammany's dog Sophie - photo by Amy Paradysz

and heal emotionally, then took substitute teaching and catering jobs—gigs with the flexibility to put her emotional health first.

"Once Homeland Security cleared me, I was able to share my story for the first time," Grant says, explaining that there are details that she can't share because they could jeopardize an open investigation. "I got involved with organizations that would hire me to share my story with law enforcement or do independent consulting."

Over the past seven years, Grant has partnered with Courage Lives in Northern Maine and helped start a safe house in Androscoggin County. Now, as program director at Sophia's House, she's following a calling to "help others become survivors and then thrivers."

She says, "Witnessing the brokenness in humanity, I talk to God a lot. It took a while to really let myself let go and let God."

Amy is a freelance writer from Scarborough.

RECOVERY ALLIES



FAMILY MATTERS

by ALISON JONES WEBB

Family members can be a critical support for people in recovery, and they can take what they learn in their families and become allies in the community. As recovery allies - parents, stepparents, grandparents, step grandparents, sons, daughters, brothers, sisters, aunts, uncles, and cousins can all have a powerful role in spreading hope and making recovery visible.

Kaitlin MacKenzie is a young woman in recovery, and she has a lot to say about family support in early recovery. “My parents learned about substance use disorder, and that changed the way they reacted to me,” she said. “We all started

talking about it, and that made a huge difference.”

Kaitlin followed the advice of a counselor who suggested that she write down what she needed most, and to share that with her parents. She asked them not to approach her harshly, to make sure they are there for her, that they listen, and that when they see her pushing them away, to find ways to help her from being isolated. Echoing the growing understanding that recovery is about connection, Kaitlin went a step further and said, “Judgment will always hurt, and love and connection will always help.”

Bob MacKenzie, Kaitlin’s father, has learned and grown from his

experiences with Kaitlin. When I asked him “how do you support a family member in recovery?” he didn’t hesitate. “Be there. Let them know you love them. Let them know you will always be there.”

Bob is passionate about carrying the message that recovery is possible and there is always hope out into the community. Through his work as the Chief of the Kennebunk Police Department and as a Rotary member, he has changed the conversation about addiction in his community and across the state. He has participated in countless community meetings about addiction, with the aim of educating people on how addiction is a disease, and how recovery is

possible. He makes sure the law enforcement officers in Kennebunk understand the importance of empathy and know how to talk “human to human” to the people they interact with. He has supported the training of dozens of recovery coaches in York County. In these ways, he has magnified his support of Kaitlin to a broader support of people in recovery in his community.

Kaitlin’s mother, Karen, is an elementary school teacher, and she, too, has learned from Kaitlin the importance of being open

need to. She sees the families of her students as her family, too, and she tries to approach her relationships with them in an open and non-judgmental way.

After creating a way for authentic emotions and real conversations to surface in the family, Karen said, “We’re all a little bit better now.” Perhaps that could be said for her community as well.

In a 2010 speech titled “Recovery is Contagious” at the NorthEast Treatment Centers Consumer Council Recognition Dinner in

“Recovery is contagious. Get close to it. Stay close to it. Catch it. Keep catching it. Pass it on.”

and non-judgmental. She put this to work creating a space for conversation when she and Kaitlin cooked together in the early days and weeks of Kaitlin’s recovery last summer. By connecting with her daughter, listening, being comfortable with silence, and letting conversations happen no matter the topic, her message to Kaitlin was, “I am beside you on this journey. I’m not going anywhere. I’m here.”

“It was wonderful for both of us,” Karen said. “I hope we can do it again next summer.”

Karen’s experience with Kaitlin has allowed her compassion to grow, and she feels she has more empathy now for people who are in difficult places in their lives. She feels a sense of gratitude for every day, every moment. “I carry that in my heart, with my students and their families. I know that some of them are affected by addiction,” Karen said. She has created a “safe zone” in her classroom where students know they can be safe, take a break, take care of themselves when they

Philadelphia, researcher and writer William White encouraged people in recovery to be “recovery carriers,” to spread recovery through affection and caring and making the transformative potential of recovery visible. Allies, too, can be recovery carriers, taking the message of hope and understanding with empathy and respect into their lives in the community. Recovery is contagious, and allies can be recovery carriers.

At the end of his speech, White left this message with everyone present, including individuals and families in recovery and allies of recovery: “Recovery is contagious. Get close to it. Stay close to it. Catch it. Keep catching it. Pass it on.”



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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EMPLOYER PROFILE

by PATRICIA MCCARTHY

Milestone Recovery stands out for running the only non-profit medical detox program in southern Maine and the area's only homeless shelter for men struggling with substance use disorders.

And for the past 53 years, it's been known for providing compassionate care even when patients can't pay.

But lesser known is the fact that Milestone practices what it preaches about the value of second chances – and in no small way. In fact, at least 40 percent of its 70 employees are in recovery from addictions, many having gone through Milestone programs themselves.

Kirk Carlsen, 55, is one such employee. After treatment at

Milestone's long-term residential program in Old Orchard Beach for six months in 2013, he was hired as an attendant at its 41-bed shelter in Portland. Two-hour commutes on three buses never bothered him, he says, because he was so grateful for the job and chance to give back.

He's made a lot of that opportunity, gaining confidence



Bob Fowler and Marianne Sensale-Guerin from Milestone Recovery | Photo by Patricia McCarthy

and progressing to a supervisory role – Milestone’s housing specialist, working with community agencies to secure permanent housing for homeless people.

“There’s no end to what can be done here. Every day is a challenge, but I love it,” says Kirk, who understands “lonely, very dark times” of most clients, having battled through addictions much of his life. “The job and the recovery path I’m on go hand in hand, I’m always going to pay back what was given to me here tenfold, and the work environment is second to none.”

That’s a culture Milestone’s managers take pride in cultivating, and it’s been recognized. In 2019, Milestone was voted one of the Best Places to Work in Maine by the Society for Human Resource Management. And its employees – from shelter cooks to nurses to outreach workers – that provide the ratings.

“We’re not judgmental and our employees know that, and that’s really important to them,” says Marianne Sensale-Guerin, director of finance and administration, who left a corporate job for Milestone six years ago after seeing her daughter through opiate addiction. “And they understand that gratification doesn’t come from the monetary end of things. It comes from the mission.”

Workers also appreciate the lengths to which their employer goes to break barriers. Milestone routinely works through appeals and waiver processes for potential employees with spotty backgrounds who otherwise would be disqualified for state-supported jobs.

“We also recognize that relapse is part of recovery, and if that does happen, we support our employees and bring them

“There’s no end to what can be done here. Every day is a challenge, but I love it.”

back,” Marianne notes. “A lot of companies won’t.”

Bob Fowler, who has spent 30 years working with people with substance use disorders, calls his last six as Milestone’s executive director the most challenging and best of his career.

“We see tremendously talented people who don’t survive this disease, and that’s really hard,” he says, adding that it’s also tough operating a nonprofit when reimbursement rates don’t keep up with costs and other resources are strained.

“The highs are high and the lows are low. The flip side is that I have the opportunity to see people whose lives are in disarray find recovery. We work with some walking, talking miracles. So that’s tremendously gratifying.”

Beyond its 16-bed detox program and shelter on India Street in Portland and its longer-term treatment program for 16 men in Old Orchard (and two recovery houses for men on that site),

Milestone also operates:

- Mary Dowd House, a recovery house in Portland for 10 women.
- A Homeless Outreach and Mobile Engagement program. The HOME Team does community outreach to help homeless people who have mental health, substance or behavior problems. The team responds to calls that otherwise would be handled by Portland police, fire or MEDCU workers, makes rounds to homeless encampments, transports people to the hospital or Milestone, does case management work and more.
- A Housing Navigator Program, in collaboration with MaineHousing, that helps people experiencing chronic homelessness find permanent housing.
- A new program developed in partnership with the Department of Health and Human Services that allows peer navigators in recovery themselves to help people moving out of detox into their next level of care, be that sober living, additional treatment or permanent housing.



Patricia McCarthy is a writer, editor and photographer from Cape Elizabeth.



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What has surprised you the most about sober living?

It's possible. With a little faith anything is possible. A good work ethic is imperative. You must be passionate and believe.

What is your greatest joy?

Family and friends- holistic healing modalities

What new hobbies have you explored in Recovery?

Knitting, jewelry making, journaling

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

Wake up yoga. Breakfast journaling productive period- sm, medical calls, lunch knitting/ crafting time trip to the beach dinner and knitting.

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

- > Meditation
- > Essential oils

Name one of your goals for the future.

To lead a yoga nidra practice before I die.

Currently have cancer with no viable medical treatment. I'm pursuing holistic measures and working toward a radical remission.

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

Be gentle with yourself, know this isn't easy work but you can do it if your open to believing.

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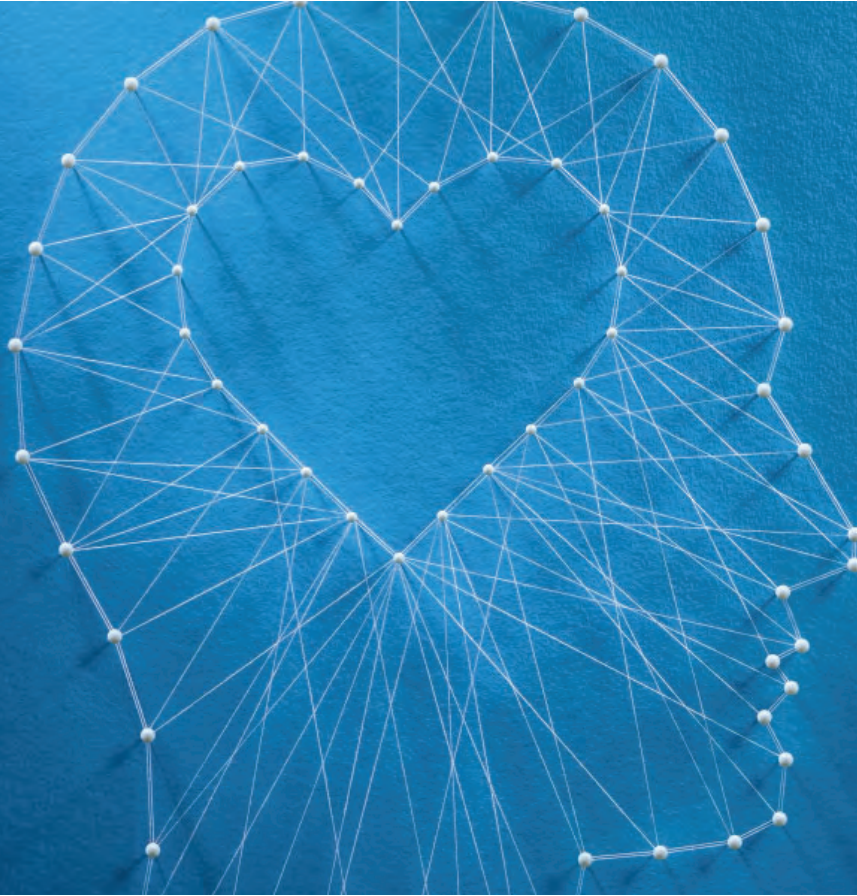
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Compassionate living

Navigating this strange time of social distancing

Just as handwashing and social distancing are key in the fight against coronavirus, emotional connection and compassion are key in the struggle against addiction of any kind. Substance abuse, workaholism, overeating, sex addiction, gambling, violence. They're all compulsions, says licensed alcohol and drug counselor Stephen Andrew, who has been leading Courageous Men's circles in Portland for 32 years.

At this strange point in history of mandated social distancing, how do we not become emotionally distant, isolated, and vulnerable to relapse? Andrew offers the following tips.

SET AN INTENTION

Each morning, set an intention to be motivated by compassion this day. Say to yourself, "May I notice suffering around me, and may I be helpful with empathy." And say, "I am here for you."

SUPPORT LOCAL CAUSES

Helping out locally with your time and financial support in your own community can create a real feeling of immediacy between action and outcome. Even knowing that there are many worthy causes all around the world and you may very well find ways to help those who are suffering further afield,

and it may miss the immediacy of the felt sense of compassion.

START SMALL

There are so many opportunities to be compassionate, and it is perfectly reasonable to start small. Do small acts of compassion that help people to suffer a little less, such as listening a little longer to someone who is upset, or running an errand for someone who is quickly running out of time in their day. Something as simple as saying "Hello" to everyone who comes within hearing distance or looking directly into the eyes of everyone within ten feet of you.

LOOK FOR OPPORTUNITIES

One component of compassion is encouragement. As you move about your life, keep your head up and eyes open looking for opportunities to practice a gift of kindness each day, compassion in action. Sometimes we can be on autopilot and walk right by these opportunities. So see if you can open up yourself and create awareness.

BE PRACTICAL

One component of compassion is action. Be practical with your help, support, or involvement in alleviating, witnessing, or preventing suffering. Doing something practical to help where you see suffering can make a real difference to yourself and others.

FOCUS YOUR EFFORTS

Considering how to focus your efforts can be invaluable. Perhaps something has happened in your own life and you find a way to help others who are going through the same thing. Perhaps your community is struggling with particular issues such as opiate addiction. Focusing your efforts will help maintain your energy and motivation. Think small, aim low, go slow.

PLAY TO YOUR STRENGTHS

Acting with compassion skillfully is vital and most likely to be helpful. So, how is your skillfulness at being empathetic? And how might you be able to use it? Are you a therapist, an artist, a community organizer, a property manager? No matter what you do, you will have skills that can also be brought to compassionate action as well as the skillfulness of empathy.

INSPIRE OTHERS

Compassion is infectious and can spread through a family or friendship group, a neighborhood or community. Setting a compassionate example

"If your compassion does not include yourself, then it is incomplete."

can often inspire others, and this is certainly something where the more the merrier! Be an advocate and champion of empathetic compassion.

DO REGULAR COMPASSION AUDITS

Check in with yourself at the end of the day and ask, "How well have I lived with compassion

today?" What were some moments where I was helpful? Were there other moments where I could have been helpful? What about moments where I might have hurt or harmed another? We are all fallible human beings, and sometimes we accidentally, carelessly, or even sometimes purposefully cause suffering. Being aware of this. Understanding it and working to do things differently or better tomorrow can lead to real growth.

YOURSELF

Finally, be compassionate with yourself. The famous Buddhist psychologist Jack Kornfield once said, "If your compassion does not include yourself, then it is incomplete." The more you act for others in a compassionate way, the more you mindfully address your own harsh, critical self-thinking.



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People Like Us Live Like This

by LARA SANTORO

Bryan Page Kennebunkport, Maine



Bryan Page's battle with addiction took him down a well-worn path: when opioids got too expensive, he switched to heroin, and when heroin brought him to his knees, he called his mother.

Carol Page had served up what Bryan calls "tough love". She'd kicked her son out of the house and set boundaries visible even through the fog of substance abuse, thereby missing the moment toward the end of 2003 when Bryan, aged 22, got a hold of his friends and said, "Let's go pile up" with every imaginable substance intending to never wake up again.

But wake up Bryan did and, as the dark of another night settled over his end-of-life plans, he saw himself turning "thirty, forty, fifty, and still doing the same thing." He dropped a dime into a payphone in front of the last liquor store he ever kept in business. When his mother answered, he said, "I'm done. I'll do whatever it takes. I do not want to live like this anymore."

What followed was a journey filled with singularities. Bryan did not go through twelve steps recovery groups. He spent fifteen months in a faith-based program called Teen Challenge, emerging out of a house he shared with men of all ages so profoundly altered that he joined the effort to

start another Teen Challenge in another location. "It's a program rooted in biblical principles," says Bryan, "Humility, integrity, honesty, transparency, gentleness, faithfulness."

As Teen Challenge took him on drug awareness campaigns all

"... a program rooted in humility, integrity, honesty, transparency, gentleness and faithfulness."

over New England, Bryan came to a realization: "I had a heart for people, I loved people, I wanted to work with and for people," the more "banged up", he says, the better. The path to becoming a pastor opened up after Bryan met his wife Danielle and moved from Massachusetts to Maine. While working construction around Kennebunk, Bryan met a wealthy man with an embarrassment of properties in the area. The man, says Bryan, "took an interest in me," eventually offering to finance both an undergraduate and graduate degree in theology so that Bryan could embark on his dream of "church planting."

By then, Bryan had plenty of experience as a pastor. He and his wife had connected to the

Kennebunk community. They'd hosted meals and had been hosted in turn. Says Bryan, "Soon enough we had thirty something people" who met publicly on Sundays in "a wicked basic set up," consisting of some chairs, a mike stand, and a coffee station. "We didn't want it to be pews and hymnals and a big

cross hanging at the front," he says, to avoid scaring people "scarred by the whole church thing."

Bryan's Seven Mile Road

church now ministers to over one hundred people in and around Kennebunk. It meets on Sundays in a building placed at the service of the community by a local contractor. Bryan himself can be found in the back helping people in need.

"There is a substance abuse issue in the Kennebunks," he says, "People come in busted up. Or they reach out and say, hey, I've got a loved one, can you help me out." In a rare moment of spare time, he reads C.S. Lewis.

Lara Santoro is a writer in Portland Maine.



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Daily Self-Care Recovery Practices

by **NANCI ADAIR**



In the last issue I had the privilege of introducing a Recovery checklist of Self-Care Practices. In recovery we discover that the behaviors and substances that once alleviated our pain and gave us pleasure stopped working. Here are practices I trust will serve you well if you use them.

CHECKLIST: DAILY SELF-CARE RECOVERY PRACTICES

We covered the first 4 in the last issue of Journey and here we'll continue.

- 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

ENGAGE IN A SPIRITUAL PRACTICE

When we were active in our addictions many of us made our substance our higher power. When we were actively using substances many of us would wake up thinking about how to obtain that substance. In fact we would think about the substance all day long. Whenever we were in any kind of quandary we turned first to substances. This is akin to worshipping a substance. We saw substance use as the answer to all of life's problems. If substances were your higher power than you already know how to turn to a higher power. This knowledge can guide you in determining what you need to engage in a spiritual practice. Your higher power

does not need to be outside of yourself it can be learning to listen and follow a higher self.

The following is an exercise on developing your own concept of a higher power. On one side of a piece of paper write down what you were taught to believe about God and religion. On the other side of the page write whatever you would like a higher power to be and do for you. When you are done rip the page down the middle, throw away the old concept and begin imagining the new. Notice the common denominators between recovery and many spiritual traditions.

Religions practice meditation and prayer. There is often a fellowship, a church or gathering space, some form of reading and acts of charity. See how many of these principles you can employ in creating your own spiritual practice in recovery.

CONNECT WITH NATURE

This doesn't just mean going outside. Connecting with nature can include listening to sounds of the ocean in order to fall asleep, holding a crystal or stone during meditation and in stressful situations, planning a garden or starting seedlings inside this month. Try the following writing exercise. Think of yourself at this stage in your recovery as a weather system and then write a paragraph long description starting with I am. I am a fog waiting to lift. I am the wake of a tornado.

WRITE IN A JOURNAL

If journaling doesn't come naturally to you start by reading a page in the big book and write your response to a single sentence that your resonate with. You can also stop dating your entries and see if this helps you to let go of perfectionism. Bullet journals are helpful in that they have an index in the front. Early in recovery, journals can tend to be a place to vent. While this can be cathartic it can also foster isolation and depression.

Try writing a journal focused on gratitude. Each night before going to sleep write down 3 things you are grateful for, 3 things you accomplished or 3 things that came your way that day. You can keep an abundance journal and catalog all the ways in which you are experiencing abundance in your life. Keep an intuition journal and write down coincidences as they occur and intuitive thoughts. In this journal I suggest writing down whether or not you actively responded to your intuition or the coincidence appearing in your life.

As a result of focusing on gratitude, intuition and abundance you will see these positive energies multiply. You will have more to be grateful for. You will experience greater wealth and prosperity. You will trust in your higher power and be guided more frequently by your intuition.

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LEARN SOMETHING NEW

Exercise your brain. From the mundane to the profound, it strengthens your mind to keep learning. Did you know that if you are about to sneeze you can look into a bright light and the urge will pass? With the internet at our fingertips it is easy to learn a new fact on google or learn how to do something new on YouTube. Practice having a beginners mind even in a subject area where you are an expert.

EXPRESS YOURSELF CREATIVELY

Artists share having a sensitive nervous system in common with addicts. Many artists have turned to substances. In early recovery it is not uncommon to feel reluctant to paint or play music. There is a fear

that being dry means one's creativity is also dried up. Can you perform or be in touch with your creative muse without the help of a substance? I encourage you to try on a daily basis. Start with one of the new coloring books designed for adults and give yourself permission to color outside the lines.

DO SOMETHING FOR SOMEONE ELSE

Twelve step groups are based on passing on the message of recovery. Be cautious not to be a caregiver to the extent that you ignore your own needs for self care. Addicts tend to be selfish and self serving and helping others has been proven to strengthen your own heart. One suggestion is to do something for someone else without letting the recipient

know. Look for opportunities to help someone. For example let someone enter into your lane in traffic.

There has never been a time when we have needed self care more than we do today. First and foremost stay clean and sober. The Big Book of Alcoholics Anonymous talks about how we do not need to learn how to live without drinking. We need to learn how to live with sobriety. To face life in all its glory and tragedy remaining present to all of it.

Stay safe, stay healthy, stay connected.



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Listen

Fear says
'what if this is
the end of the world?'
Love asks
with a tender and open smile
'Oh my precious child,
what if this is the beginning.'
Don't lose hope
Don't let fear harden you
Lean in to the unimaginable.
Dare to laugh
amidst disaster
even with shattered dreams
and a broken heart
that cries for all those suffering.
Dare to love
even now
even here.
Remember who you are,
without all the layers
of conditioning.
Come home
Again
And
Again.
Bathe in the beauty
All around.
Remember, dear child
The sky and earth
Still
Sing.
It is up to us
To listen.

- - Sarah Siegel

READER SHARE

Brighter Tomorrow

Life may take a downward spiral
And overwhelm us for awhile.
Pain may seem a way of life.
Endless moments filled with strife.
Gloom may settle in our soul,
Splitting that which once was whole.
And yet despite this painful rift;
There still exists a timeless gift.
The saving grace when all is gray.
God's promise of a brand new day.

-- Susan Peabody
Richmond Maine



Financial Recovery Gauging Your Financial Health

by CASEY MCCLURKIN

Turn on the news and all you hear about is two things: Covid 19 and the economy. I'm no doctor, so you will never hear advice from me about your physical health.

That said, your financial health is absolutely what I'm all about. This issue, let's talk about some key indicators of your financial health. Some of these ideas will be familiar to you if you've been reading for a while. Nevertheless, these are the most important things to keep an eye on and check on a regular basis to see if you are in good financial health, so they are worth repeating!

The first and most easily accessible indicator of your financial health is your credit score, which can range from 300 to 850. This is a measure of your creditworthiness as determined by banks and other financial decision makers. Having a good credit score is important for so many reasons including, but not limited to, whether or not you will be approved for a loan or credit card and the interest rate

you may receive. For example, a credit score over 760 could earn you an interest rate of 3.212%, as opposed to 660 for 3.825%, which could save you thousands of dollars over the life of a loan (rates as of 3/24/2020, www.myfico.com). In addition, many employers these days are looking at your credit score and credit report when you apply for a job. It is being used as a measure of your dependability and trustworthiness. When you are moving and need to rent an apartment, these days almost every single landlord is going to run your credit report. Too low or too many delinquencies, and you just may find yourself having to pay twice the amount of security deposit or worse, losing out to someone with a higher credit score.

The great thing about tracking your credit score is there are multiple legitimate resources on the web to find your score, learn about improving your score, and implementing a plan to do such. A few resources I personally use are www.nerdwallet.com, a free

service that updates your score monthly; www.experian.com, a paid service that will monitor your credit, and www.myfico.com, which is the score most lenders use for home loans. Tracking your score monthly will be sure your overall financial health is improving.

The next measure of financial health is your debt to income ratio. This is calculated by adding up all your monthly debt payments divided by your monthly income. For example, if you have two credit cards with a combined minimum monthly payment of \$300 and your monthly income is \$3,000, your debt to income ratio is 10%. Keeping this ratio under 36% is desirable for most lenders, especially when applying for a mortgage.

Next up, savings rate. How much of your disposable income are you saving? Is it 1%? 5%? 10%? 50%? Simply put, if my paycheck is \$1,000 and I'm saving \$50, my savings rate is 5%. Not bad! The idea here is to know what your

rate is and every time you get an increase in income, rather than spending that increase, try to save it. This avoids the nefarious “lifestyle creep” you may have heard of. Are you in a position where you feel like you can’t afford to save? To this I say, in the words of Tony Robbins: “If you can’t, you must. And if you must, you can.” Savings is one of those topics that folks can get really fired up about. If that is you, there are resources available on www.sobermoney.com.

Lastly, the granddaddy of all financial health indicators is your net worth. Simply put, this is everything you own minus everything you owe. The value of your home, savings, 401k, checking account, etc. minus your mortgage, car loan, credit card balances, student loans. This is one of those items we look at either semi-annually or annually.

The reason being is for most folks, their retirement accounts are a big portion of their net worth. And with the volatility in the stock market these days, you could see some wild fluctuations day to day or week to week. Net worth is a marathon, not a sprint.

I recommend sitting down and getting a good base point for all of these measures. Then make a date with yourself to look at each at least twice a year. The exception being your credit score. It’s a smart financial move to monitor

your credit score at least monthly, especially if you are working to improve it. Your financial health impacts so many areas of your life - I believe it’s worth the time it takes to see where you stand.

Stay safe, stay healthy.



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



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THIS RECOVERY LIFE

MELODY PAUL
Bangor, Maine



photo provided by Melody Paul

Hello everyone!

My name is Melody and I'm in recovery.

I have been in recovery for twenty months. I honestly have to say that recovery and community has saved my life. I hit my rock bottom when I was going through my detox in the local county jail. Sitting there in that cold nasty jail cell is when I realized that I had to make some changes. I had no place to live, no job, no family that was close, it was horrible.

Just a few months earlier I was serving time in the Maine state prison for furnishing. Someone close to me died as a result of this sick behavior.

I needed support and I was desperate to stop using alcohol and other substances. I felt alone and ashamed of myself. I had already been to rehab and I knew about the meetings but I was afraid of rejection.

I knew that my life needed to change and that I needed help from the community. I needed family but they were hundreds of miles away in Nova Scotia. I decided to hit the local meeting at the Bangor Area Recovery Network ("BARN) in Brewer. My first few meetings I just sat there and listened to others share their experience, strength and hope with each other. That is when I knew I was in the right place with people who were just like me.

A few weeks passed and I started to feel hopeful once again. I found an apartment and a part time job that helped me stay busy. I started working with a sponsor, that is when I started my step work, which I truly believe has saved my life. I started to volunteer at the BARN on a weekly basis and I slowly started to heal myself.

Today I have a place to call home, a job that I love, sober friends that are like family. I enjoy the life that the higher power intended me to have now. I don't need to cloud my vision with pollution like substances.

I also facilitate a Wellbriety meeting at the BARN every Thursday night at 6pm in their boardroom, we smudge with sage and pray -- we have a healing circle. Unlike other meetings we pass a talking stick around so that everyone in the group has time to share.

Wellbriety is a sober lifestyle that is balanced emotionally, mentally, physically and spiritually. Wellbriety movement provides culturally based healing. Wellbriety's mission is to help heal our inner wounds that we addicts have a difficult time to overcome such as substance use, codependency, co-occurring disorders and intergenerational trauma.

While in prison I wrote a book about my life and recovery.

A memoir called "Savaged to Wellness", my story of survival and overcoming the everyday obstacles of life. It is a recovery story with highs and lows.

Today I enjoy my life without the need to get high or drink anything, I enjoy life naturally. I honestly haven't been this happy in all my life. It's because of recovery and places like the BARN that help the fellow addict.

There are many of us in Maine that enjoy our new way of living life on life's terms. Community programs that provide therapy and services to us addicts in the community are life saving, family changing and community change for the better way to live.

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How service work leads to self-esteem

by SARAH KELLY

I remember the day I realized I hated myself. I was about 90 days sober – and it hit me like a ton of bricks. I sat there ugly crying and shared with a group of people my feelings. I had no idea how long I had actually disliked myself because I had been disconnected from my feelings for years. I had hidden it for so long. I hid it behind alcohol, men, my career, and my ambition. I covered it with designer clothing and material objects. I had convinced myself that I was in fact happy, and a strong independent woman. In many ways it was true; I had created an incredible life. But the real truth was that on the

inside, I felt like I was unlovable and unworthy of living a happy life. My recovery journey has brought me to fall in love with myself.

During using, self-esteem plummets. We put ourselves in circumstances that bring down our worth. Some of us had little self worth to begin with, and years of active using made it worse. For others, self worth was taken away from the actions that came with using. From being called horrible names by people to participating in activities that went against our true values, in active addiction, we often found ourselves lost from

our true essence. In the journey of recovery, we get to find that again.

If you're in recovery, you've probably heard a saying to the effect of "self-esteem is built by taking esteemable actions." What does this mean? It means that through one action at a time – small or large – we can build our self worth. Paying a bill on time, returning a shopping cart, and not calling out of work sick may sound simple to some, but they can truly be life changing.

While there are many actions and practices that build self-esteem,



self-esteem is built by taking esteemable actions

one area that is particularly beneficial is being of service to others. Being of service builds connection, community, gives purpose, increases happiness, and is good for physical health. Science and technology are catching up to what many great philosophers and spiritual leaders have said for years – altruism leads to greater happiness. There is great joy in helping someone else and giving back. In fact, MRI studies are now showing that altruism actually sparks some of the same brain receptors and chemicals that are associated with pleasure.

Someone early on told me, “you can always do the dishes.” What she meant was there is always somewhere to be of service no matter where you are – even a dinner party. This remark changed my life as it brought me a new sense of understanding that service can be done anywhere. Being of service can come in many forms. From small moments to large actions, it will bring you to a better life.

WAYS TO BE OF SERVICE:

Start simple with small acts of kindness. Put away your shopping cart at the grocery store, hold the door for someone, give a compliment. Small things lead to big changes.

Volunteer your time. Get involved in something that matters to you. Recovery community centers rely on volunteers. There are nine recovery community centers in Maine, and more opening!

Listen. Listening is a skill that we don’t use as often as we think we do. Taking the time to just let someone share what is going on

in their life with no outside distractions is a powerful

Today, service is a part of my daily life. It’s been crucial in my own journey of self worth and recovery. Find ways to implement service in your own life – and just know – you can always do the dishes!

way to be of service.

Building others up. Supporting the people in your life, whether your family members or at your sober house, can help them feel better and you feel better. Affirm the good they are doing. Help by giving a ride to a job interview. Words of encouragement go a long way.



Sarah Kelly, owner of Sarah Kelly Coaching, is a National Board Certified Health & Wellness Coach (NBC-HWC) and Connecticut Community for Addiction Recovery (CCAR) Certified Recovery Coach. Sarah is an active member of the recovery community.

A message from our founder, healthcare provider, scientist and innovator Ariel Eliana:

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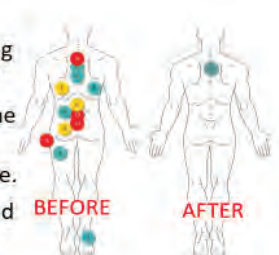
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NONPROFIT SHOWCASE



York County Shelter Programs

by **PATRICIA MCCARTHY**

After 41 years, York County Shelter Programs, Inc., remains true to its original mission – providing comfort and hope to people who have nowhere else to go.

The Alfred-based 501(c)(3) organization began as the bare-bones York County Alcoholism Shelter for homeless men who were dealing with alcohol addiction. It operated in a rundown former jail building, but that was a vast improvement for men accustomed to sleeping on the streets or in the woods.

The YCSP has evolved into so much beyond a roof over heads. It helps people deal with mental health issues, substance use disorders and other problems that lead to homelessness and to find their way into affordable housing and jobs.

Compassion and care have always been at the core of operations, says Executive Director Megan Gean-Gendron. And she'd certainly know.

Her father, Don Gean, ran the

agency for 30 years before retiring in 2014, so the shelter has been a second home of sorts for her growing up. Megan, 40, took over the reins in December.

“The agency was a central part of our family – from the first Mama Mia’s pasta suppers that we all volunteered at, to the weekend and evening check-ins that I’d tag along on. I loved running around the campus as a kid. My dad often talks about the ‘original five guys’ – Ray, Ray, Charlie, Charlie and George – who were at the shelter when he took over, and they were

the inspiration for the agency’s first permanent housing units.

“I remember when one of the Rays was presented with a birthday cake at the bakery (YCSP operates the Shaker Hill Bakery) one day and then started crying. We found out he’d never had a birthday cake in his life! That was a tough lesson. I’d always known how special this place was, but it was experiences like that where I realized that what my dad and the staff were doing was incredibly special and unique.”



“At every turn, they were expanding the services to better serve the clients,” Megan says. “Those clients were truly at the center of every decision that they made over the years, and it really is remarkable. We continue today with that same commitment to the folks we serve.”

YCSP already:

- Has 37 shelter beds for adults in its Alfred emergency shelter, where each new resident is assigned a navigator to assess needs and arrange for proper services.
- Has 16 family shelter beds in Sanford.
- Has 24 treatment beds at Layman Way Recovery Center, an addiction treatment center that’s a collaboration between YCSP, the York County District Attorney’s Office and York County government. Center residents are nonviolent jail inmates who are better served there with counseling, 12-step program support, medication-assisted treatment for withdrawing from opiates, family support groups, mentor programs and caseworkers who help residents plan for life after they graduate.
- Offers a variety of support services from a staff that includes residential technicians, caseworkers, a variety of counselors and a psychiatrist.
- Owns and manages about 126 affordable housing units in southern Maine that allow shelter residents to move into transitional or permanent housing.
- Runs a food pantry in Alfred that feeds about 3,000 people a month.
- Prepares meals for retreat guests at Notre Dame Spiritual Center on the YCSP campus.

- Offers job skills training for residents, working with its maintenance crew and food services department.

All told last year, about 700 people were housed through YCSP, but Megan says more is needed. She’s working to open a sober house for residents who graduate from the Layman Way program. And she wants to get a treatment program her dad started at the nearby Ray Angers Farm up and running again.

Megan calls her job wonderful and fulfilling. “I love being part of helping folks see the version of themselves that we all see, but maybe they haven’t seen for a long time. I remember when I was really young, my dad saying something to me that really stuck and became a part of how I looked at the world: No child growing up in this country ever dreams that they’ll grow up to be homeless.

“Until you are walking in someone’s shoes, you have no idea what that person has gone through. I always felt it was so important to point out that the body you barely notice each day as you walk to your office is a human being and absolutely deserves to be acknowledged and seen.”

And she loves seeing them. “I find an enormous amount of motivation and inspiration from all of the residents. Some of the stories and experiences and what folks have endured and overcome are just incredible. To be part of their process and new path is an honor and I am just so grateful to be a part of their journey.”



Patricia McCarthy is a writer, editor and photographer from Cape Elizabeth.



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“Selling a house with Erin was one of the most surprisingly easy, helpful, inspiring, and reassuring experiences I could imagine. She felt like a life coach, friend, cheerleader, knowledgeable advisor, and shoulder to lean on all at once.”

Catherine, Portland

HOW CAN I HELP YOU?



*Pieces of Recovery: The Puzzle Project by Glenn Simpson
Photo by Brian Delaney*

The Ripple Effect of Positivity

Community puzzle project now a ‘touchstone’ of hope in women’s prison.

by **NIKI CURTIS**

The first spark of positivity is often forged at rock bottom. Sheer desperation motivates us to move beyond the horrors of our current situation. Think about it this way: When a pendulum reaches the highest point in one direction of its swing, it is at its maximum potential energy.

Publisher Carolyn Delaney says, “The rock never sees the ripple it creates.”

Each of us throws our own rock and creates our own ripples. But together, as part of this magazine,

we throw a handful of rocks, creating many ripples.

One of those ripples happened after we published the March 2019 issue, which included a “People Like Us” story on Glenn Simpson by Lara Santoro.

Glenn, a social worker in recovery himself, sought to connect people through art. He thought of a puzzle, where each piece—each person, each story—is connected to the others. He brought oversized puzzle pieces to recovery communities throughout Maine and asked people to

write a word or draw something representing their recovery and add it to the whole. At Portland’s Recovery Rally in September 2019, the whole puzzle—all 80 feet of it—came together in hours. People who may have felt isolated in recovery came to a public park and participated in a stigma-breaking, joy-making, conversation-starting work of art.

That wasn’t the end of the ripple.

Heatherly Wing, a former inmate at Southern Maine Women’s Re-entry Center, read the article on Simpson’s puzzle and brought the

idea to the prison's Community Culture women's group. She recalls how nervous she was presenting the puzzle idea to the women's population, saying that she wrote a two-page speech and then didn't look at it once.

"I reminded women that recovery can be from a lot of things, not just drugs," Heatherly said. "It could be a recovery from trauma or any unfortunate event in our lives and even recovery from a disconnection with our higher power."

The women were so interested that some who were being released soon wanted to be sure to get a piece before their release date.

"It was so overwhelming with inspiration and amazing to see how the attitudes of a few women can change those of almost 100 others," Heatherly said. "That unity was amazing."

Inmate Sarah Suchswanz said, "You can really see where someone is at in their recovery just by looking at what they put on their piece. My favorite piece has words all around the puzzle piece, recovery words, positive words, and I was amazed at how many there were and that they didn't repeat."

Even more ripples are occurring as the puzzle wall impacts new women coming into the correctional system.

"It's impacting the new women who come in, and it's a contact touchstone to remind us of recovery and hope," said inmate Claire Valenoti. "The women ask for more recovery connections and express interest in the ways that more recovery opportunities, like 12-step sponsors, can be brought in to them."

Inmate Tomihka Hood told us that both the magazine and the puzzle wall have been inspiring for her



Pieces of Recovery | Southern Maine Women's Re-Entry Center
Photo by Michelle McLaughlan

in her journey of recovery. "My higher power created a series of events that got us here," she said. "The magazine was brought in, Heatherly took that and helped start the puzzle wall. ... Recovery comes in waves, whether you are in or out of prison."

Heatherly now manages Refuge House, a 12-step Christian-based recovery home in Portland, making more ripples.

It's about connection. It's about the contagious quality of hope. It's about stories of survival, strength, positivity, and love.

Each person is a ripple of positivity, of light and of hope, all amplified by the connections they forged with each other.



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

help others and spread positivity. She loves to find creative ways to do that, including writing for Journey.



Link Stevens LCSW, LADC

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142 High Street, Suite 409 Portland Maine 04101
LinkStevensCounselor@gmail.com



Service to Self

Giving you the foundation to be of service to others

by **KIMBLE GREENE**

Typically, when we talk about being of service, we mean what we can offer or do for others, or anything outside of ourselves. And, yet, we can't give away what we don't already possess. Service begins with self-service, self-awareness, self-honor, and self-love – for yourself and for life. Therein lies infinite opportunity and possibility.

I've come to the realization that, at your core, you already have everything you need – quite simply, the power to choose how you respond to and benefit

from all that life throws your way. There are times when those responses seem much more automated than others, I call those reactions. Nonetheless, choice and the ability to self-govern and transform are still in your toolbox - you are both the monarch ruler and the monarch butterfly.

The Universe has a grand plan for you and, whether you believe it or not, you are guided along your pathway by a Source grander than you can imagine. That doesn't mean you don't have influence over the everyday

details of your life. It means that believing in you and having faith in that which you cannot always see keeps you on your pathway, aligned with every upcoming opportunity for your dreams to manifest. Life and service begins with you every moment moving forward.

Have faith there is a Divine purpose to your life, that everything you have experienced and have yet to experience is offered to you by the Universe as an opportunity, leading you toward the You and the life you desire.

Stand strong in the belief that you're as deserving of service as everyone else.

Stand strong in the belief that you're as deserving of service as everyone else. It's this conviction that will carry you when the earth beneath you shakes, when the very foundation of your world leans, cracks, and sometimes even falls away. Your survival depends not on the footing beneath and around you, but on the strength, the light, the divinity within you. Your greatness lies at your core, your soul center – not in the doings, things, people, and circumstances that make up your life at any given moment.

That's why service to self must be a constant, giving you the foundation for service to others and the world. Your core, your innermost being, blossoms with nurturing, acceptance and love, as does every living thing. The primary source of that love is you.

HERE ARE SOME WAYS YOU CAN SERVE YOU:

- Spend time exploring the wise and gracious being you are at your core – this is time hard-earned and well-spent.
- Identify 3 ways you can serve (honor, nurture) yourself and commit to doing those things daily. They can be as simple

as using respectful and encouraging self-talk. They can also be as grand as you desire.

- Begin to think of self service as self honoring instead of selfish. It's kind of like the oxygen mask on an airplane, you can't help anyone unless you put your mask on first.
- When it comes to serving others, decide what resonates with you, set your own expectations and honor your ability to serve in both small and large ways – you bring light to the world!



Kimble Greene Ph.D., Founder and Chief Catalyst at Catalyst Enterprises Worldwide, LLC is an author, master coach, and developer of The Monarch Method™ for personal transformation. www.drkimblegreene.com.

Proudly supporting the recovery community through our Spotlight Fund:
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Simplifying Self Care

A must during the COVID 19 Pandemic

by **SARAH SIEGEL**

For me and countless others, self-care practices have been a crucial component of building and maintaining a life of recovery. Today, as our nation and our world face the Corona virus pandemic, it has never been more critical to take care of ourselves. Self-care doesn't need to be complicated; in fact, it shouldn't be. In times of great upheaval, less is more. Years ago, when I was trapped in the cycle of active addiction, homeless, and living out of my car, I had no understanding of how to care for myself. I would wake up sick, needing to find heroin, and my day would consist of doing whatever was necessary to quell the discomfort. If I had time or energy, I would find a soup kitchen. Otherwise, I would "fly a sign" on the edge of the

street to beg for spare change. I "lived to use and used to live." Everything else was unimportant in comparison.

When I entered recovery, I had to learn how to take care of myself in basic ways. Implementing these new skills was a process, and it didn't happen overnight. Instead, I relied on support from others and the guidance of a few trusted people, until I was able to consistently care for myself. I also found encouragement for building a self-care practice through reading about the work of psychologist Abraham Maslow (1908-1970).

Over the years, Maslow's hierarchy has helped me prioritize where to put my energy and attention in taking care of myself.

His premise is that a person can only meet his or her full potential once basic needs are met. At the base level of the hierarchy are our physical needs--food, water, warmth, rest and exercise. With those met, we can focus on safety and security, and then belonging and connectedness.

Amidst all the uncertainty of these times of worldwide crisis,



Maslows hierarchy of needs

Simplifying daily life and making sure my fundamental needs are met helps me weather difficult times

Maslow's work helps to remind me that in order to feel safe and secure, I first need to make sure I am taking care of myself in the most foundational sense: eating healthy food, getting enough sleep, breathing fresh air, and not consuming too much media.

Then I can focus on security, by being consistent with work and finances, and doing everything I possibly can to stop the spread of this virus (especially by staying home as much as possible, washing hands, and not touching my face). With that foundation laid, I can focus on making and maintaining healthy connections with others in my life. Beyond this, I save trying to fulfill the more complex needs of feeling a sense of accomplishment and fulfilling my life's purpose for the less intense times that will return.

Simplifying daily life and making sure my fundamental needs are met helps me weather difficult times without reaching for substances or engaging in other addictive behaviors to cope.

This pandemic won't last forever. We can use this time to cultivate a simple yet profound practice of self-care. By doing so, we can come out on the other side of

this experience more connected to ourselves and, despite social distancing, more emotionally connected to others.

What can you do today to meet your basic needs? If you're struggling to do so, can you take small steps in the direction of healing, starting with feeding yourself and getting more rest? Can you let go of excess worries, take a walk, and get some fresh air? Can you call a supportive person and connect?

Even now, recovery is not only possible, it is probable! There are so many people willing and ready to help. If you are struggling, please know that even in this time of physical separation you are not alone. Reach out--not only to the people who were already in your life but to people you meet in online recovery meetings.

When you are overwhelmed, tired, or just distracted, try simplifying things and focusing on meeting your basic, daily needs first. Above all, remember we do recover and there is always hope!



Sarah Siegel is a recovery coach at Crossroads as part of an innovative project with Portland Recovery Community Center. She has been in recovery from opioid use disorder and substance use disorder since 2007 and from working the sex industry since 2003. Today she is a mother, interfaith minister, meditation coach and writer.

Our path is ever changing

How we live our path is our choice.

REPLENISH Healing Retreats

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- to experience, sense and feel inner peace while harmonizing with others
- support within a compassionate community

JULY 25, 2020 -- REJUVENATE

Learn to harness and support your abundant energy for growth and well being.

October 19, 2019 -- RELEASE

Purify and thrive our body and spirit by letting go and allowing in healing energy.

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.

replenishhealingretreats.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

The Family Restored

The Family Restored is an interactive and educational support group for families coping with a loved one's addiction. Family members have the opportunity to ask questions, discuss their concerns, and build community with other families in a supportive and non-judgmental environment.

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

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.yorkwave.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.**



DUSTIN WANTED
A STABLE LIFE.
WE GAVE HIM THE HOPE
HE WAS LOOKING FOR.

After a motorcycle accident, Dustin was prescribed opioids to treat his pain. Prescription opioids turned into an addiction, and eventually Dustin turned to heroin. With the help of Maine Behavioral Healthcare's substance use treatment program, Dustin is now sober, working and thriving in a new life filled with hope.

"I've learned a lot about relapse prevention and am thankful for all this program has done for me."


Maine Behavioral Healthcare
MaineHealth

Accepting new substance use treatment patients in South Portland, Biddeford, Rockland and Springvale. Call **1-844-292-0111**.

Learn more at mainehealth.org/IMAT



PROVIDING SUPPORT WHEN IT'S NEEDED MOST

Just as
communities have
rallied to support each other
during the opioid epidemic, so too
are we coming together to protect
one another amidst the many new
challenges posed by COVID-19.

Join us and learn more at **rali-me.org**.