

Journey

making recovery from addiction visible

ISSUE 13

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Individually
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From the publisher -

As we head into our third year as a print magazine, I was reflecting recently on how **Journey** first started; and how today, advancements in technology enable us to share information at the speed of light.

That wasn't always true.

The year is 1991, I'm typing on a new computer called a MacIntosh and I'm creating galley's for a local newspaper called Journey as a typesetter.

The publisher, Bob Hall, was just a guy whose life was saved by going to AA. He wanted to share informative articles about recovery so that his fellow humans didn't feel so alone and maybe could find the love, support and tribe that they needed.

At that point in my life, I was drunk most of the time. I was "couch surfing," which in those days meant that if I was able to find a party after the bar closed, I would be able to sleep on a couch instead of an alley off State Street that I had come to call "home."

The only thing Bob ever said to me was, "When you're sick and tired of being sick and tired, I know a place you can go."

Fast forward a few years and thanks to an intervention, I was lucky enough to get into a long term treatment program for alcoholism.

Fast forward 25 years and I've had a life that I never could have imagined.

Using my love of technology, I've worked in corporate IT most of my career, leading people, building systems and getting my geek on.

In 2017, I had a dream — dream when I was sleeping. I saw Bob Hall's face and the banner from his newspaper and when I woke up I thought "well, that was weird" and reached out to Facebook land to see if any old timers had a copy of that newspaper ... and someone did.



A year later, when a night of despair over another overdose death led to anger about the fact that recovery from addiction isn't as visible as active addiction, I started to wonder what could be done about it.

I started talking to friends about putting out a message of hope, shining a light on the fact that there are MILLIONS of people in recovery and that there are many different paths. That life in recovery is expansive and really unknown to us until we spend a little time in a different life than we were living.

Many friends wanted to help and we talked about putting in print personal recovery stories celebrating freedom from addiction along with articles about spirituality, wellness and financial recovery, along with shining a light on the good things being done by many for the recovery community.

Twenty of us met on November 1, 2018 to create a magazine that amplifies hope and on March 1, 2019 we had 10,000 copies of our new magazine. Over the past two years we've printed 12 issues and have distributed over 100,000 copies in over 500 locations.

We bring the hope by distributing to prisons, jails, addiction treatment centers and sober living houses, in addition to grocery stores and coffee shops.

Using advancements in technology to share information widely, we are an amplifier to help change the narrative about addiction.

Thanks to Bob Hall for planting a seed for hope.

The solutions for addiction need to be more visible than the problem and that's what our **Journey** team of people, some in recovery, some allies, are doing every day - because we believe that visible recovery saves lives and our job — is to make recovery visible.

With immense gratitude,

Carolyn

visible recove



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ery saves lives



Katie Rodrigues of Biddeford and Kennebunk Police Chief Robert Mackenzie talking with a community member about addiction and recovery. Photo by Alyce Henson/courtesy of Rotary International. © Rotary International. All Rights Reserved.

A life turned around

Making a clean break from where she was

by Amy Paradysz

Katie Rodrigues went to jail over a Milky Way and a scuffle with a man named Jackie Chan.

“That candy bar was a blessing, because I got off the streets,” says Katie, who had been homeless in Connecticut in the darkest years of her addiction. “I think the judge knew that I needed help.”

Nine years later, Katie has been in recovery for more than seven years. She lives with her partner Maria Ramos in a Biddeford apartment overlooking the river and WoodGrain Barbers, which they opened in 2018.

“We have worked really hard to

change our lives,” says Katie, who met Maria in prison.

Three years ago, Katie connected with Kennebunk Police Chief Robert MacKenzie and Steve Danzig of ENSO Recovery, who invited her to tell her recovery story to groups as varied as rehabs, Rotary, juvenile detention and the Chamber of Commerce.

“I got the opportunity of a lifetime,” Katie says, adding that she spoke regularly for two years before the pandemic brought gatherings to a halt.

But periods of pause can be powerful times of reflection. That’s what Katie discovered

after she went to jail over that candy bar and was finally—finally!—ready to claw her way back to a life without opioids, heroin or cocaine. She was 26 then, and it had been a decade since she’d had multiple surgeries for a deviated septum, had been prescribed Percocet and Vicodin and then began trying other drugs.

“I went from trying to be a normal kid, going to school and working, to losing my jobs and dropping out of college,” Katie says. “I was in trouble. I would ‘doctor shop’ and go to hospitals, and when I couldn’t do that anymore, I resorted to the next thing: heroin. My parents tried to help me a hundred times. Rehab,

detox, in-patient, mental health evaluations—all the things that they tried to do didn't work because I wasn't ready to get clean."

Her parents, Joe and Nancy Rodrigues, tended to play good cop-bad cop. As stress started to affect their health and their marriage, they met with other parents of drug-addicted children and determined that they had to set boundaries.

"I was homeless by the time I was 24," Katie says. "I was living out of my car, and then eventually just on the street. I would call home, and then I'd lose touch. It went on like that for a really long time. It eventually took me going to prison—not once but twice."

Katie got out of her first stay in a maximum-security prison in Niantic, Connecticut with three years of probation. But, after several months, she relapsed. High and hungry, she went into a Dollar Store, put a Milky Way in her pocket and walked out.

"The store owner ran out, grabbed my arm and said that he'd seen me steal and that he wanted what I had taken," Katie says. "I threw the candy bar on the ground and thought that he'd let me go. But he didn't. He yelled for someone in the store to call the police. I scuffled with him, and he was hanging on to me. I elbowed him in the face and broke his glasses where they connected, and it nicked him."

Stealing a candy bar is larceny. But, because she assaulted the store owner (who happened to have the same name as well-known martial arts stuntman Jackie Chan), that was robbery. She served 19 months in prison, then she went back to the Dollar Store and apologized. She finished her sentence at a halfway house in Waterbury, Conne where

she held down her first full-time job, walking to Dunkin' Donuts at dawn.

"Slowly I got clothes and a cell phone with minutes," she says. "Then I got a second job, I kept working, and I didn't give up."

But then her six-month stay at the halfway house ended.

Joe and Nancy Rodrigues, who had retired and moved to Kennebunk, got a call from their daughter's parole officer saying that Katie needed a place to live where she would have a fighting chance to stay in recovery. Joe said he'd be there in the morning to pick her up. He told the parole officer, "If she's not there, tell her don't ever call us again."

But she was there, thankfully, and she moved to Maine that day in 2013.

"It was the greatest thing I ever did," Katie says.

Finally, she was ready.

After Katie lived with her parents for a month, Maria came to Maine and they spent a winter in the Rodrigues' beach house, saving up for an apartment. By the time the barber shop opened in 2018, the Rodrigues family had met the MacKenzies, who also have a daughter with a recovery story.

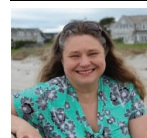
"One thing led to another," Katie says, "and I started speaking places with Chief MacKenzie, meeting people, and volunteering and going into rehabs and speaking with women. The response has been incredible. Everyone has someone in their life affected by addiction."

Sometimes Nancy comes along and speaks from the parent perspective. And she's honest that it took years for that mother-daughter relationship to grow

beyond politeness and hope to deep, enduring trust.

"Now she calls me seven times a day, and I call her back four," Nancy laughs. "We've created a best friend relationship—one that, I might add, we'd never had before."

"My parents have gotten me through this," Katie says. "I could never go back to the life I lived. And I could never do that to them. I was told a long time ago, 'Play the tape in your head. Don't just think about getting high, think about what happens after that.' Sometimes people say, 'Do it for you,' but sometimes we need other reasons. Sometimes we need to do it for someone else."



Amy Paradysz is a freelance writer from Scarborough and part of the Journey team; she can be reached at amyparadysz@gmail.com.

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The mutual benefits of Sponsorship in AA

Often we compare the long descent into addiction to walking into the woods and getting lost. One day we realize that we have strayed far from the path we wanted to take and instead are disoriented, alone and believe there is no way out.

That's where alcoholism took me. I had drunk myself out of most meaningful relationships and hid my drinking so that no one could bring it to my attention. I had no idea how to regain those things and I couldn't stop drinking.

When I finally surrendered to my powerlessness over alcohol, I knew I needed help but had no idea where to find it. I had heard of alcoholism and Alcoholics Anonymous (AA), but that was as far as it went

I made my way to my first AA meeting where I heard people sharing their daily approach to solving the drink problem.

They said that working the twelve steps of AA would give me a daily reprieve from having to drink. And they suggested, just like being lost in the woods, that I would find my own solution faster if I had a guide—someone to show me the path they had taken to get back to sanity. In AA we call that guide a Sponsor.

Sponsorship happens when one alcoholic or addict who has had some success in recovery shares their experience with another who wants to stop. The two walk shoulder-to-shoulder in mutual support of each other's sobriety. The Sponsor needs the Sponsee

just as much as the other way around.

Early in AA's formation, Bill W., one of AA's co-founders, sought out an active alcoholic to work with because he knew that doing so would help him. It might also help the other. But Bill was assured another sober day if he could find someone to whom he could give his precious gift of sobriety.

It took me six miserable months of not drinking and not working with a sponsor before I was finally willing to ask for help.

Alcoholism centers in the mind and without alcohol to mask the true nature of my disease, I was getting more and more aware of just how sick I was.

Finally, as a “stark raving sober” woman, I asked a woman to sponsor me and she said she would be honored.

Here are some things we discussed in that first conversation— the beginnings of her showing me the path out:

She asked if I was willing to go to any length for my sobriety. I said “yes.” I had to say yes because life as I was living it was intolerable. I had no alcohol and I had no solution for alcoholism. Yes, of course I would go to whatever length it took to recover from this disease!

She told me that there are three vital attitudes that would help me be successful: Honesty, open-mindedness and willingness. She asked if I could be those things. I said “yes” to open-mindedness and willingness.

I was very open to her suggestions and willing to do whatever it took. I balked, though, on honesty because I knew my own penchant for lying. I would lie and not even know why I had lied.

She assured me that if I was willing to go through with it, working the twelve steps would teach me how to be honest, as it has proved to do.

She told me to bring a copy of AA’s Big Book, our fond name for the textbook, “Alcoholics Anonymous,” to her house at a designated time. We would use that book to learn how the first 100 recovered alcoholics found their solution, and we would do just what they did. As a result, I, too, would recover from alcoholism, which has also proved true.

That was the beginning of my

trek out of the woods and back to a sane and useful life. Today, I still work with a sponsor daily who passes on her experience to me.

She helps me see where I am working the steps effectively and where I could focus more closely. And now, I have the honor of sponsoring others.

When someone asks me to work with them, I pass on what was so freely given to me with a happy heart. Because, just as with Bill

W., I know that working with another gives me insurance against a slip back into the insanity of alcoholism.

It is an honor, a privilege, and a God-given gift.

Written by a member of the Journey team, sharing their personal experience while protecting their anonymity.

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Recreating Myself

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*“Hi, my name is Niki.
“It’s nice to meet you.”*



I remember how awkward it was to introduce myself by a name other than Nichole, but I was determined that my start in recovery was going to leave “addict Nichole” behind me.

According to the article, “Top 10 Reasons People Change Their Name” written by Michelle Kaminsky, Esq. found on legalzoo.com, one of the top 10 reasons for changing your name is not liking your current name. I was beyond not liking my name; the name was fine, it was me that I didn’t like.

Trauma and active addiction had done a number on who I thought that I was or was supposed to be and over time had turned me into someone that I loathed, detested, and couldn’t even look at in the mirror.

I did things to myself and others that went against every value I thought I had and the vision of myself in the mirror was attached to shame, disgust, remorse, and

pain. I came to a place where I had no choice but to use, even just to hide from myself.

I knew immediately when I finally asked for help and got to rehab that I had a choice again. I could recreate myself and I was filled with the excitement that I used to get when moving into a new apartment.

That fresh start that lets you decorate things in a different way. That promise to yourself that you will do better at keeping the place clean and will care for your things better than you have in the past. The home that you create and are proud to show to others.

Recovery was my new home but I could not bring “Nichole” into that place. She was the old ratty furniture that needed to be thrown out.

I continued in my recovery with much enthusiasm and kept filling myself with everything that recovery had to offer, including

esteemable acts to build my subpar self-esteem. I took the memories of the awful things I had done; over time, and with opportunity and support, have done my very best to make things right with people that I had harmed.

Taught by people who had experience in recovery, I learned that I was not defined by what I had done and that regret was a feeling that robbed me of the joy that was present before me.

Reviewing my life helped me to take stock of the very reasons that made drinking and drugging seem like a reasonable solution.

When I reached the end of active addiction, all I could see was every bad thing that I had ever done.

Doing the work of recovery also restored memories of the things I had done well and things that I could like about myself.

I realized that part of recreating who I was also included changing

my perspective of who I thought I was before. My house didn't just have ratty furniture, it also contained antiques of great value.

Discovering that I was funny, caring, and kind and just needed some restoration got me curious about myself.

I learned that I was a good teacher and student and that I always had been.

I uncovered a sense of humor and that discernment of when to use it.

I wasn't just recreating myself, I was rediscovering who I was. There were things I didn't like and I gave myself permission to let go of what I could and to love myself when I couldn't.

Gifted with a different perception of myself and the tools of recovery, I went back in time to 5-year-old Nichole who experienced abuse and hugged her.

I cheered for 5th grade Nichole for being named Student of the Year and told her she deserved it for all of the reasons her teachers listed.

I stopped by and visited boy-crazy and lonely 12-year-old Nichole and gave her the love that no boy ever had.

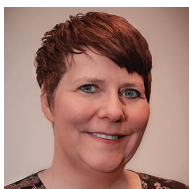
I peeked in on the ashamed 36-year-old Nichole and gently reminded her that she had done the best she could.

I celebrated the wins Nichole experienced throughout her life and I did my best to unconditionally love her through her trials and gently comforted her through the pain of her decisions.

I am the one who walked 40-year-old Nichole to the door of rehab, with a suitcase and a handful of hope and introduced her to the world as Niki.

Today, I still introduce myself as Niki—not as a fresh start, but as a coming home to Nichole and everything she has been, is and will be. I love each aspect and change in myself today and when I look in the mirror, I am connected to me.

Niki "Nichole" Curtis



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.

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Couples In Recovery

Recovering individually and recovering together

by Elaine Shamos, MPH & Glenn J. Simpson, LCSW-cc, CADC

Substance use disorder has often been called the lonely person's disease. At the end of our individual stories, and at the beginning of a new chapter, we were two people with very different paths finding ourselves in a similar place: isolated, disconnected, and frighteningly alone.

Today, we identify ourselves as individuals in recovery and as a couple in recovery. That is, as we have come to better understand our individual stories, we are working on co-creating our recovery story as a couple.

For the two of us, there have been many moments of joy, sadness, frustration, compromise, and interesting opportunities for growth. Over the course of this continuing column, we hope to share our process and introduce you to what we have found to be the unique challenges and wonderful gifts of being, living, and identifying as a couple in recovery.

What does it mean to be in recovery?

We believe that recovery is simply a process of change toward wellness where one continues to

grow towards their full potential. Each person in the couple must decide their own path(s) to recovery which may include: 12-Step programs, SMART Recovery, Refuge Recovery, individual psychotherapy, faith-based programs, support groups, etc. Our first suggestion to couples, is to acknowledge that each person's program is unique and there is no one way or path. As a partner, you may have thoughts, opinions, and advice regarding your significant other's program, which can be discussed and explored, but we each must work our own program, not theirs. Likewise, for a couple to be

in recovery, there is no one path for shared contentment. However, we do know that an important characteristic of a thriving couple is understanding each other's personal experiences. For us, it became helpful to occasionally attend our partner's program of recovery. This has been a great learning experience and really opened us to a greater appreciation and respect for each other.

Who is a couple in recovery?

A couple in recovery can be two people living with substance use disorder; a couple where one person is in recovery living with substance use disorder and the other is a concerned person in recovery; or two people in recovery from living with others with substance use disorder. Research shows that substance use disorder is a family disease, where each member of the family (or couple) can develop unhealthy patterns of coping.

We found that each of us continues to need an ongoing recovery program that meets our individual needs. However, over time, we have come to see that we also share many learned coping strategies, such as control, enabling, and withdrawal – all behaviors we used in past traumatic situations.

Often, partners are also adult children of parents with substance use disorder and the couple comes to work with how this may play out in their relationship.

For us, this information led to one of us attending a new program specifically for adult children of alcoholics. For other couples, it may lead to

engaging in therapy or support groups.

What does recovery as a couple look like?

As we come to understand and collaborate within each other's story of recovery, a process of trust, exploration, and support for each other's growth begins.

Ultimately, a new, shared narrative belongs to the couple.

We make a conscious decision to recover together with a formal or informal program that includes agreed upon boundaries.

Like one's individual program, this is an ever-changing process. We are hoping to share our journey and offer communication skills, relapse prevention tips, and other strategies that are uniquely helpful to couples in recovery. In the end, it is the couple that decides what it means to be a "couple in recovery".

We are very excited to share our research and experience with you in this new column for couples seeking ideas and answers to their particularly challenging situations.

We believe recovering together means we are committed to bringing our relationship into a sacred space of mutuality. In this way, we co-create an environment of commonality, deeper intimacy, an opening for compassion, curiosity, and abundant fun.



Elaine Shamos and Glenn Simpson from Portland, are new contributors to the Journey editorial team and they can be reached at

facebook.com/CouplesinRecovery.

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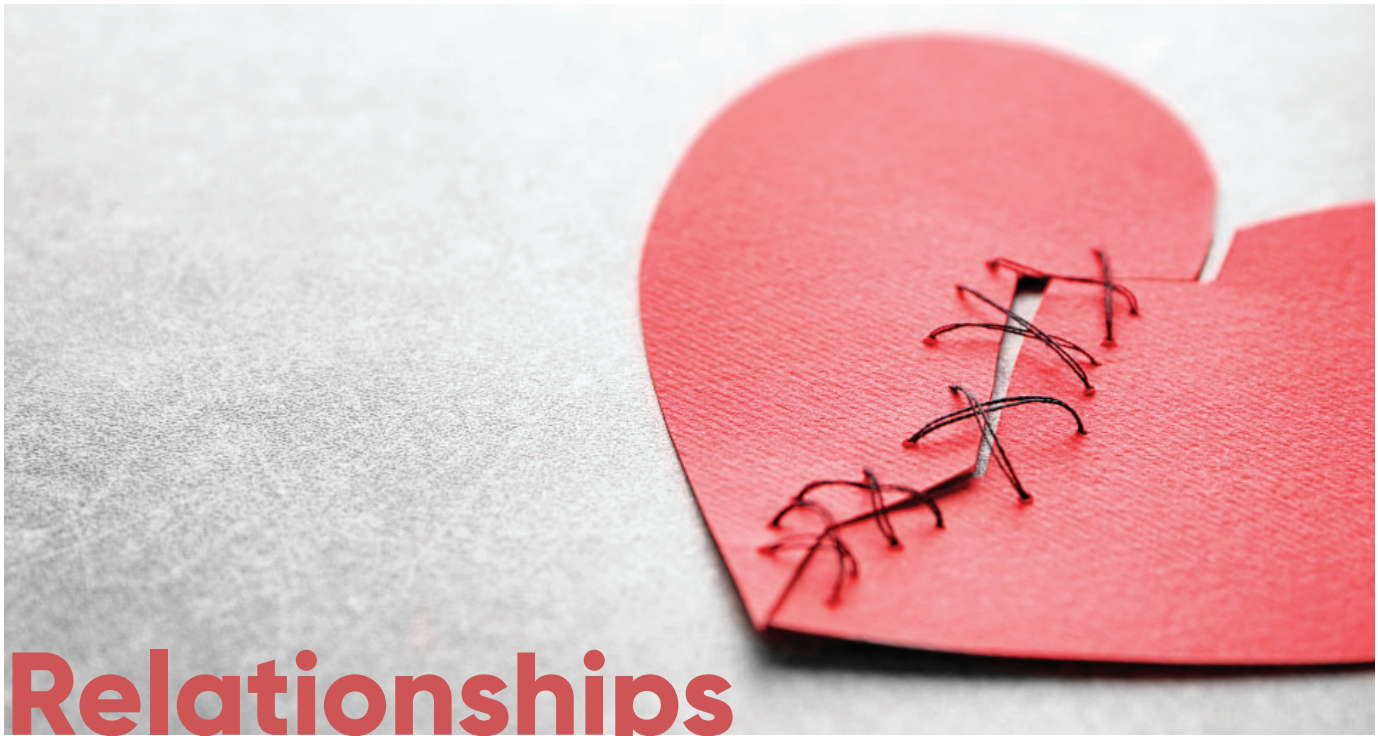
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Relationships

Showing up today for all of them

by Tyler Hall

For most of us in our adult lives, I think something that we all can agree on is one of the most challenging things we face ... relationships.

But for those of us who have struggled with addiction, it can be an even deeper struggle.

Addiction in its nature is a self-centered affliction, and I recall quite fondly the deep seeded traumas, of people, places, and things, how I perceived the world around me, and most importantly how I felt about myself.

The underlying thing I was always unable to effectively build, maintain, and let grow was relationships.

When I started my recovery journey in 2019, I quickly learned about my struggles with the ever dreaded “r-word”, and it was only because the pain inside my heart and soul grew to be too great to bear.

It’s in our nature as human beings to have the internal magnetism that pulls us all closer to each other, to be there for one another, to feel connected, but I could never effectively do so, in any manner, because I could never see the world outside of myself.

Through paper and pen, the guidance of my peers, and my literature, not only was I able to become abstinent, but I started to learn about all the things in my past, the things underneath the masks I wore, the things I even lied to myself about, and how they played their role in how I view relationships in the present.

I learned that the key to those relationships is consistency and commitment, two simple words with a whole lot of meaning, but really the key to everything was me.

Recovery has brought me the greatest gifts this world has ever known, but not a single one of those things is material.

Today I’m a husband, a father, a grand-father, a friend, many things I thought I would never be able to do, let alone find so much joy in. Each day is a greater gift than the next.

The ability to hold healthy and effective relationships in my life today is one of the most rewarding things I could ever experience and ask for, and I wouldn’t trade it for anything.



Tyler Hall, from Augusta, is a freelance writer in recovery and a new contributor to the Journey editorial team.

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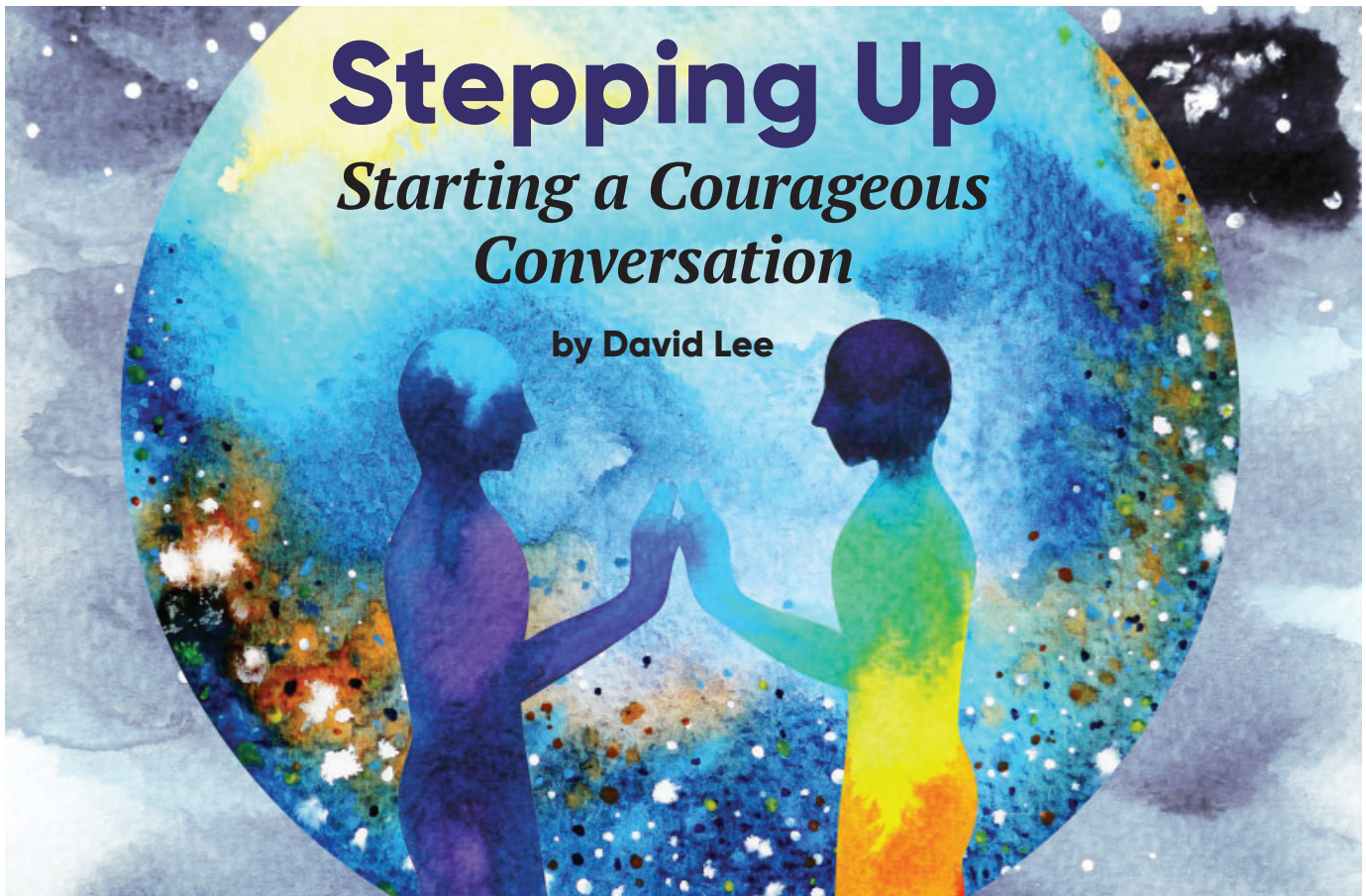
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Stepping Up

Starting a Courageous Conversation

by David Lee



After sharing with a close friend about a frustrating and puzzling situation involving another person, I asked for her perspective and insights. I was especially interested in this friend's perspectives, given her background as a therapist.

Having offered her psychological insights, she proceeded to tell me what I should do.

As someone who does not appreciate being told what to do or receiving unsolicited advice, I bristled at this and found myself recoiling as she continued her impromptu lecture.

My old, reflexive response to these situations has been to get quiet, maintain a polite exterior, and grow increasingly more angry and resentful, while telling myself that I won't be sharing openly with this person in the future.

I know this wounded response, born out of a childhood absent the freedom to speak my truth, does not help me be the person I want to be, nor cultivate the kind of close, open-hearted relationships I find so important in life.

I realized I had a choice.

I could continue to withdraw emotionally or I could speak up.

So I spoke up.

I said to my friend, in a calm tone of voice, something like "I wasn't asking for your advice on what I should do, I'm asking for your insights and perspective."

Not the least bit taken aback or put off, she said "Oh...OK" and then started to share her insights minus the directives. However, within minutes, she was back to interspersing her observations with directives about what I should do.

As someone far too adept at the unpleasant art of rumination, I repeatedly reviewed this conversation over the next few days, which, not surprisingly, increased my irritation and resentment.

I thought about whether it was worth bringing it up to her again, or just letting it go. I wondered if that was simply who she was and that if I didn't want to get lectured to or told what to do, I would simply need to not share openly with her about life challenges, as I would with other friends.

I felt sad about that option as I value deep connection and conversation, and really like this person. The prospect of a more superficial relationship where I would need to weigh what I shared was not appealing.

When I thought about bringing it up to her, I imagined her

responding in a blunt, “in your face” way, as she had been that way in her younger years. As I considered that possibility, I realized that her very direct and often blunt ways from years before had softened, so the odds of that happening were small.

Because I value our relationship, and wanted it to be the best, most satisfying version possible, I decided to “put my big boy pants on” and address it with her.

With great trepidation, I texted her saying I had been thinking about our conversation and wanted to check in with her about something.

She immediately texted me back and said “I’m free now.”

Yikes...I thought...am I ready for this?

Ready or not, I called her.

I said something like: “I was thinking more about our conversation the other day and was aware of how helpful it was to get your insights and perspectives, but I’m not a big fan of being told what to do or given unsolicited advice, so... would love it in the future if I share some dilemma, if you would hold off on the ‘this is what you should do’ stuff unless I ask for advice...do you know what I mean?”

I held my breath.

“Sure,” she said in a calm, matter of fact tone of voice. She then went on to say how she gets into directive therapist mode automatically because she’s had so many friends over the years ask her for advice based on her therapy background and just assumes that’s what people



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want. With a chuckle, she said something like “If I forget and do that again...just tell me to knock it off.”

After hanging up and reflecting on what happened, I was reminded why I am such a believer in having “courageous conversations” versus retreating into our old, habitual wounded responses.

I have found from personal experience that being willing to notice our reflexive counterproductive responses that enabled us to survive in childhood, and then consciously choosing a more healthy alternative in the moment, is an incredibly powerful healing practice, especially when it involves close personal relationships.

Each time we choose the new, healthy response over the old, dysfunctional knee-jerk response,

we weaken the hold the old pattern has on us, and build skills and behaviors that make possible wonderfully soul-satisfying relationships.

This is why I’m such a believer in having challenging conversations—even though I would prefer not to—as well as owning my wounded responses and practicing new, healthier ones.

So...what are some takeaways from this story?

1. The first step to choosing new healthier responses is becoming **aware of our wounded, reflexive responses**, so we can catch them when they arise. This is where a skilled therapist, mentor, sponsor, or coach can be invaluable.

2. We then need to **learn the communication tools** that make possible conversations that are both courageous and compassionate, so we’re able to speak our truth without attacking, blaming, or judging, and thereby approach these moments in a healthier, more productive manner.

3. When we notice we have been triggered, **we can remind ourselves we have a choice**. We can indulge ourselves in our old habitual ways that will get us our usual results, or we can step outside our comfort zone

and try the new, more effective approaches we’ve been learning. To increase the odds that we will choose the “new and improved” approach, it helps to focus on our Why...why we care about this relationship and why we want it to be the best it can be, and why we want to be the best WE can be.

4. Before we have the conversation, it’s helpful to discharge our negative emotions so we can go into the conversation in a calm, open-hearted way. Venting to a third party, journaling, and vigorous exercise are three ways of doing that.

5. It’s important to **challenge counterproductive stories we tell ourselves** about why the person did or said what they did, before we actually have the conversation.

6. The saying “Assume ignorance rather than malicious intent” is so helpful in this regard, as well as asking the question “**What might make any normal, healthy, well-intentioned person do this?**” This question helps derail our internal rants about the other person and those “they did this because they’re a bad person” stories we’re telling ourselves, which only guarantee that we will go into the conversation with a counterproductive attitude and emotional state.

7. **Go into the conversation with a spirit of generosity and curiosity**, rather than with an “I’m going to set them straight” attitude. The more open-minded and genuinely curious we are, the more likely the other person is to hear what we have to say without getting defensive, and the more likely to share openly about



where they were coming from. Also, being in a curious, open-minded state obviously increases the odds we will actually hear and understand the other person's perspective.

8. **Review your plan for how you are thinking of bringing up the issue** with your therapist, coach, sponsor, mentor or wise friend. I've found this to be a game-changer.

9. Practice Dr. Angeles Arrien's recommendation: **"Speak your truth without blame or judgement."** Share what you experienced, how it affected you, and what you would like. As part of sharing your experience with those close to you, you might want to self-disclose your awareness of the old, learned unproductive response that got triggered, so they know you are not blaming them.

For instance: *"I know you were not being critical in what you said and that my defensiveness is my stuff."*

I've also found that being willing to own an unhealed wounded response without knowing what it's about is very healing and strengthens the relationship.

So for instance, it might sound like: *"I'm not sure why I'm feeling defensive (or hurt, or angry) right now, I just know I am."*

Examine how you receive others' candid sharing and feedback. If you easily become defensive and combative, or find yourself refusing to concede valid points or acknowledge valid feedback by other people, this reduces the chances others will bring up what needs to be said. Because my friend was so calm and reasonable in response to my feedback and request, I am more likely to share openly in the future. If you tend to get

defensive easily rather than acknowledging the validity of another's perspective, this would be a great area to work on in therapy or coaching.

Relationships offer us a tremendous opportunity to heal and grow, if we approach them with mindfulness, self-awareness, the desire to create the best relationship possible, and the desire to become the best version of ourselves. Hopefully this short story and nine take away points will help you on that journey.



David Lee is a career coach with Heart at Work Associates and a workplace relationship consultant.

He is the author of the "Dealing with a Difficult Co-Worker: The Courageous Conversations at Work Series."



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Did you know that preventing substance use can start in your medicine cabinet?

More than 80% of seniors use at least 1 prescription medication on a daily basis and 11% of Maine youth report that they have used medication that was not prescribed to them.

Remove expired or unused medications and safely dispose of them.

HOW TO SAFELY DISPOSE OF PRESCRIPTION MEDICATIONS AT HOME

There are safe ways to dispose of expired prescription medications at home!
Follow these recommended steps:

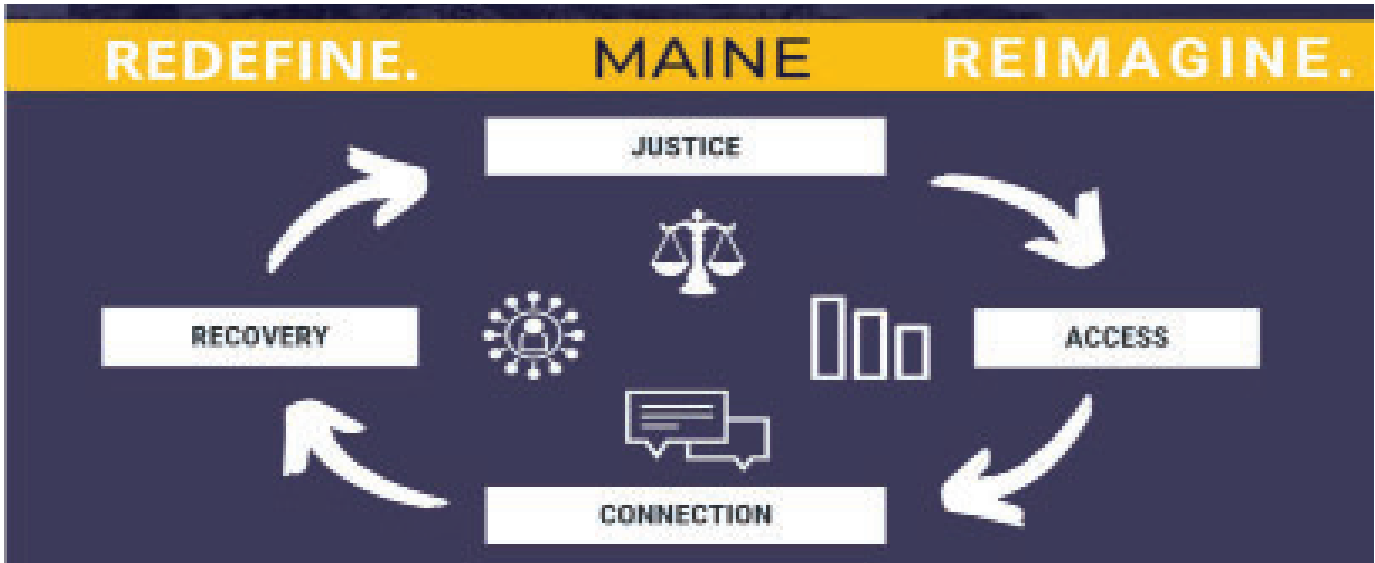
- 1** Find your expired and unwanted/unneeded prescription medications. Remove from container and mix with coffee grounds, cat litter, or dirt.
- 2** Place the mixture in a closed plastic bag to prevent spilling.
- 3** Throw the bag away in the garbage.
- 4** Scratch out your personal information on the empty medicine bottle to protect privacy, then throw away.

Resources: SAMHSA, FDA

If you have any questions, contact prevention@portlandmaine.gov.

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Portland Public Health Division

MAINE PREVENTION SERVICES
Maine Center for Disease Control & Prevention
Department of Health and Human Services



Game on!

Grassroots recovery advocacy group works with lawmakers to support recovery in Maine

by **Alison Jones Webb**

The First Regular Session of the Maine State Legislature convened on Wednesday, December 2, 2020, and the Maine Recovery Advocacy Project (MeRAP) was in full swing.

As overdoses continued to rise in 2020, the ME-RAP team conducted listening sessions with the recovery community throughout Maine to develop the 2021 platform. The listening sessions were the first step in giving people in the recovery community (people in recovery, people in active use, family members, and supporters) the grassroots organizing tools they need to respond to Maine’s long-standing addiction crisis.

MeRAP will focus on four areas to change the way Maine’s laws address addiction and recovery: Justice, Access, Connection, and Recovery.

Justice.

Representative Anne Perry (D-Calais) is sponsoring *An Act To Amend the Drug Laws by Decriminalizing the Individual Use or Possession of Schedule W, X, Y and Z Drugs*. This bill would restructure drug sentencing laws to make possession of personal use amounts of drugs a civil offense. A person charged with this civil offense would be able to choose between a fine or receiving an assessment for treatment.

Access.

Senator Cloe Maxmin (D-Nobleboro) introduced *An Act To Expand Recovery Organizations throughout Maine*. This bill would create \$1,000,000 in grant funding to open recovery community

organizations in the seven Maine counties that currently do not have one (Kennebec, York, Waldo, Hancock, Franklin, Somerset, and Piscataquis counties).

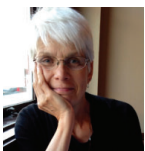
Connection.

Representative MaryAnne Kinney (R-Knox) introduced *An Act To Protect Families from Excessive Telephone, Video, and Commissary Charges in Maine Jails and Prison*. This bill would lower the cost of phone calls in Maine’s jails and prisons from an average of \$5 per 15-minute call to about \$1.50. Two free phone calls would also be provided to people who are incarcerated to ensure that everyone has the ability to connect with their families, community, and recovery support services.

Recovery.

Representative William D. Pluecker (I-Warren) has proposed *An Act To Identify and Replace Certain Stigmatizing References throughout the Maine Revised Statutes to change words like “drug user” and “inmate” in Maine statutes to more person-centered language like “person who uses drugs” and “resident.”* The bill also directs departments to do the same in their rules and manuals.

The Maine Recovery Advocacy Project (Me-RAP) brings grassroots organizers in the recovery community together to learn organizing tactics to advocate for people in recovery, enhance recovery-friendly policies, and ultimately end overdose death. First and foremost, we are committed to raising the voices of our community members. Our community includes people in recovery, people who use drugs, family members, and any supporters of the recovery process.



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.

JUSTICE IS ACCESS.

ACCESS IS CONNECTION.

CONNECTION IS RECOVERY.

RECOVERY IS ANY POSITIVE CHANGE.



Want to get involved?

We believe that recovery is any positive change. Our recovery community includes people in recovery, people who use drugs, family members, and supporters of the recovery process.

We hope you'll get involved.

What you can do right now is find out who serves you as:

- mayor
- city council/select board
- school board
- county commissioner
- sheriff
- district attorney
- and state legislator

Write down their names and contact info.

Be ready to get in touch with them when your voice needs to be heard.

Also, submit an application to join our state organizing team!

We need your help!

The application can be found at www.recoveryvoices.com/application/

For more information, contact Courtney at courtney@recoveryvoices.com or Kayla at kayla@recoveryvoices.com.

You can also ask to join the Maine Recovery Advocacy Project Facebook group.



Friendship Recipe

Openness, honesty and willingness to be vulnerable

by Sarah Kelly

My friend was having a really hard time. I wanted to show up for her, but at that point in my drinking, I was completely out of touch about what that meant. I decided to drop off a card and flowers to let her know I loved her and was there for her.

However, I did this when she wasn't home.

To this day I don't know if my timing was on purpose or unconscious, but it meant something.

She called me out on it and confronted me that it was an empty gesture. She told me that I wasn't really there for her, and that I just wanted to feel like I was.

Ouch.

I remember that I cried and felt like no matter what I did it wasn't enough. Our friendship was on rocky grounds, and close to being lost forever.

Then, I got sober.

In recovery, I finally understood what my friend was telling me. She didn't need a card, she needed her friend. She wasn't telling me I wasn't enough (as I had interpreted it). She was telling me that I was exactly the person she needed because I meant so much to her, and I had disappeared. Perspective is everything.

Friendships in recovery are meaningful relationships that hold depth and value.

Some people have to change everything when they come into recovery – people, places and things. This may mean the loss of old friendships, but this isn't true for everyone.

While some people may be a hindrance to your recovery journey, others can be a support and your friendships may actually deepen.

I was fortunate to have a lot of good friends who stayed by me, but I had to change my behavior with people to be a good friend. I had to re-learn (or perhaps learn for the first time) what it really

meant to show up. And what a journey it has been!

There are many ingredients to healthy relationships.

First, in recovery we look at our own behavior – our selfishness, our harms, and how we have used others. Our actions play a huge role in our past and future friendships. When we can pinpoint the areas in ourselves to improve, we can grow and change.

At the same time, we need to go deeper. Having healthy relationships is also a matter of good self-esteem, knowing our worth, and setting boundaries.

Third, key to any relationship is an openness, honesty, and willingness to be vulnerable.

Reciprocity is also a part of true friendships. Reciprocity means to have a mutual dependence, action or influence on one another.

This doesn't mean it's going to be 50/50 all of the time. It simply means that there is an equal investment in the relationship.

Sometimes life is difficult, and you aren't able to be as emotionally available for others as you would want. At these times your friend shows up for you.

Sometimes your friend is facing challenges and you're able to show up for them.

Sometimes you're both on equal footing to share with each other, whether it's the joys or the pain.

Many years later, the friend I sent the flowers to is still one of my best friends.

We worked through past issues, we navigated what our friendship looked like in my sobriety, and we learned how to be there for one another in new and deeper ways.

In recovery I've also gained a new and beautiful group of friends who teach me every day a new way of being in relationships.

Helpful tips:

- Find a practice friend. Okay this sounds silly, but it can be a life-changing exercise. Ask someone in recovery to practice being friends where you can be awkward and share feelings or fears. Many people in recovery feel socially fearful. Using substances temporarily took away those fears. Now just state them out loud, "I want to be your friend, but I don't know what to say next." It's incredibly liberating!

- Cultivate multiple friendships. No one person can ever meet all your needs, nor can you meet all of their needs. There may be different interests, hobbies, activities or simply different times of availability. Develop friendships with several or more people.

- A reason, a season or a lifetime. Not every relationship ends because it was toxic or not a good friendship. Sometimes people come into our lives for a distinct reason, an amount of time or forever. Sometimes we simply drift apart. People change in differing ways and grow in different directions. Be gentle around endings.

- Take care of yourself. This isn't always easy, but self-love and self-care goes a long way in showing up for others. When you take care of yourself, you can show up authentically and with meaning for others.



Sarah Kelly, owner of Sarah Kelly Coaching and co-owner of 'Love Yourself', 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.

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TouchPoint



Relationships with Humans, Nature, and Animals

Relating is at the core of every belief system

by **Kimble Greene, PhD**

Human existence is about relationships – relationships with self, earth, nature, spirit, things, people, animals, circumstances, jobs, professions, health, and more. Your entire life on this earth is about relationships. We're also genetically designed to survive by interacting with other living organisms – humans, nature, animals. Humans, in fact most living things, are not meant to live solitary lives.

Beyond our hard-wired survival instincts, we thrive as human-spirit beings when we relate

well to others, to nature, to the unseen, to the world around us, and to ourselves. Relating is an integral, holistic aspect of your human experience and therefore, as much a biological phenomenon as it is social, emotional, and spiritual. Relating is not just something you do; it's part of who you are at your core; it's what makes you human. The perception we are individuals, entirely separate from one another, from all living things in general, is an illusion.

Connection is built into your DNA, it's truly what makes the

world go 'round. Life creates life through the intimate connection between creatures and among life forms. We're designed to rely on one another for survival and for the continuation of our race. In fact, we would not exist if not for intimacy – emotional and physical. According to some versions of history, the very nature of our creation as humans begins with the act of connecting in the most intimate manner possible, the mating of two individuals. From the moment of conception, you are intimately linked to at least one other human being.

Relating is at the core of every religious, spiritual, cultural, and social belief system. How you communicate and relate is determined by you, each and every moment.

Often you don't realize how much you rely on relationships to fill the void within.

The most important step in attracting the right relationships begins with you – what you believe is right for you in terms of relationships and, most important, how you relate to and honor your Self first.

All your relationships become an extension or reflection of what you bring to the table. If your well of self-love and acceptance is depleted, then that depletion will be reflected in your relationships.

Start with your own self-healing, growth, love, value, and acceptance. Fill your inner well by loving yourself as much as Source loves you.

Most importantly, communicate this self-love back to yourself with words, gestures, and affirming thoughts and feelings which are loving and accepting.

Discover what you truly desire from each relationship as well as from yourself and re-evaluate it frequently.

Choose not to allow familial, societal, cultural, or any other external influences and rules decide for you what you desire in any relationship, and ultimately in your life.

Choose how you want to show up as an individual and within your relationships based on who you are at your core.

Relationships and how you manage relationships are the foundation for personal and interpersonal growth.

How you interact within those relationships often determines

how your life transforms from moment to moment, from one experience to the next, from the past to the present to the future. We communicate every second to things, nature, circumstances, people, ourselves, and the nonphysical world. How you choose and convey your thoughts and feelings shapes your world. This is often referred to as relational consciousness.

Are you aware of how you communicate with and relate to yourself, to others, to things, and to the world in general?

Most of the time, people yearn to make a connection, bridge the gap from singular to one. The first step is to connect with your inner self and get to know you inside and out.

As we grow, relating is how we discover ourselves, others, and the world around us. How you relate and communicate fundamentally shapes your world as well as the world around you. Every moment of your life contributes to the grand scheme of evolution, yours, and the universes'.

Here are some ways you can develop relationships:

- Loving connections come from the heart – decide who feels safe and supportive in your life and designate them your new 'family'.
- Define all your relationships on your terms – how to act and interact in ways that nurture your spirit.
- When it comes to other people's expectations regarding relationships – make your own rules!
- Thoughts, ideas, and feelings become the energy that creates you and your world. Manage your thoughts, feelings, actions and energy by honoring and empowering yourself.

In addition to 'doing or acting', relationships can also be created by simply allowing your loving spirit to shine upon others wherever you go.



Kimble Greene PhD, Founder and Chief Catalyst at Catalyst Enterprises Worldwide, LLC is a Bestselling Author, Master Catalyst, and Trailblazer.

You can reach her at kimble@drkimblegreene.com



Affirmations

My relationships are healthy and strong.

My family and friends fill my life with joy and meaning. I nurture my relationships with them.

My relationships make me feel needed and cared for. I connect with something larger than myself. I experience being known and understood. I create a sense of belonging and community.

My relationships help me to manage stress and overcome challenges. I have others that I can count on and turn to in times of need.

My relationships enable me to enjoy life more. We share laughter, lively conversations, and fun activities. We bring out each other's strengths. We encourage healthy behaviors and greater accomplishments.

I communicate openly and honestly. I express my thoughts and feelings. I speak tactfully and directly. I listen attentively and provide empathy and validation.

I give generously. I block out time to spend with my loved ones even on my busiest days. I share my talents and resources. I reach out to others when they are struggling.

I receive graciously. I create balanced relationships based on give and take. I set boundaries and ask for what I need.

I earn trust and respect. I honor my commitments. I strive to be a wonderful partner, parent, and friend.

Today, I express my appreciation for my partner, family, friends, neighbors, and coworkers. I draw strength from those around me. My relationships enhance my mental and physical wellbeing.

Self-Reflection Questions:

1. How can I be more proactive in my personal relationships?
2. What happens to my relationships when I take others for granted?
3. What are the main qualities I look for in a friend?

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journey 8:18

CELEBRATING FREEDOM FROM ADDICTION
Lindsey Higgins, South Portland, Maine
journey 11:56

CELEBRATING FREEDOM FROM ADDICTION
Margo Walsh, Cumberland, Maine
journey 9:33

CELEBRATING FREEDOM FROM ADDICTION
Amy Alexander, Brunswick, Maine
journey 10:00

CELEBRATING FREEDOM FROM ADDICTION
Celebrating freedom from addiction to AMPLIFY HOPE
1:07

Only a phone call away

Nurturing relationships through Telephone Recovery Support

by **Leslie Clark**

In 1935 Bill Wilson walked through the lobby of the Mayflower Hotel in Akron. He passed the bar and looked for a phone booth, desperately seeking someone to talk with who would understand his craving. He was put in touch with Dr. Robert H. Smith and the rest is history. Their 15 minute conversation turned in to five hours of talking and Alcoholics Anonymous was born.

Reaching out on the telephone is deep in the roots of the recovery community.

Today there are many pathways of recovery, but picking up a phone and connecting as one person in recovery with another person in recovery is as much a part of our relationships as it was in the days before the internet existed and nobody could have foreseen Zoom.

Connecting by telephone is both unorganized (how many of us have a list of numbers in our phone and know that we could call any of them at any time of day or night?) and organized through Telephone Recovery Support programs at all of Maine's recovery community centers.

Telephone Recovery Support is a free peer-to-peer service where volunteers offer weekly phone calls to people in recovery to check in and see how things are going. Like all peer recovery, the calls help both the person receiving them and the person making them.

Like the early days of recovery, the telephone has once again become one of the most important tools in recovery during Covid. As we find ourselves stuck at home we've relied on our phones to share one-to-one and have conversations with other people in recovery. None of us **have to** recover alone. None of us **can** recover alone.

In the past year Maine's recovery community centers' volunteers have made over 18,000 calls to hundreds and hundreds of people. If you're interested in signing up to receive Telephone Recovery Support calls, or to become a volunteer and make calls, contact your local recovery community center or the recovery hub at Portland Recovery Community Center.
www.portlandrecovery.org



Leslie M. Clark, MSW serves as executive director of Portland Recovery Community Center (PRCC). Leslie speaks openly as a person in long-term recovery to help reduce stigma and advocate for resources and effective public policy.

NEED A PHONE?

Through generous support from RALI Maine, we offer **free smart phones** with 60 days of service to help you get connected to recovery supports.

Contact us at
info@portlandrecovery.org

Recovery Community Centers In Maine

✦ **Aroostook Recovery Center of Hope**

59 Main St, Houlton, ME 04730
(207) 254-2213

✦ **Bangor Area Recovery Network**

142 Center Street, Brewer, ME 04412
(207) 561-9444

✦ **Bath Recovery Community Center**

97 Commercial Street, Bath 04530
(207) 389-4236

✦ **Boothbay Harbor Peer & Wellness Center**

35 School Street, Boothbay Harbor, ME 04538
(207) 315-6236

☆ **Coastal Recovery Community Center**

11 White Street, Rockland, ME 04841
(207) 691-3697

✦ **DownEast Recovery Support Center**

311 Main Street, Calais, ME 04619
(207) 952-9279

✦ **DownEast Recovery Support Center**

11 Free Street, Machias, ME 04654
(207) 259-6238

✦ **Lakes Region Recovery Center**

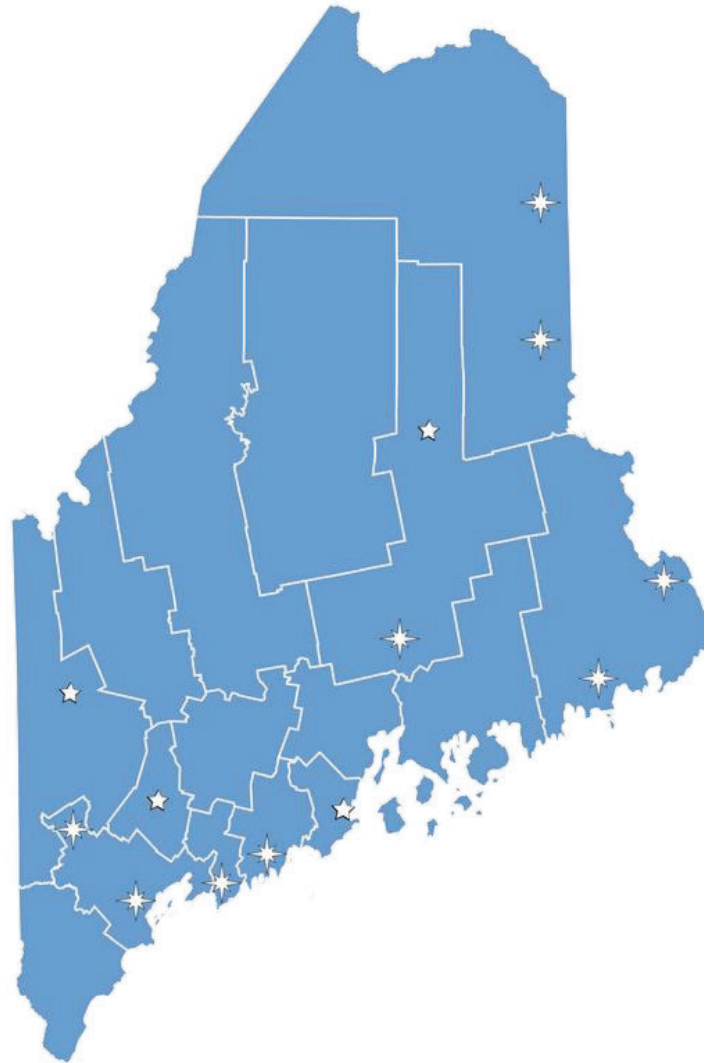
25 Hospital Drive, Suite E, Bridgton, ME 04009
(207) 803-8707

☆ **Larry Labonte Recovery Center**

412 Waldo Street, Rumford, ME 04276
(207) 418-4983

Pir2Peer Recovery Center

☆ 1009 Central Street Millinocket, ME 04462
(207) 447-9500



✦ **Portland Recovery Community Center**

468 Forest Avenue, Portland, ME 04103
(207) 553-2575

☆ **REST Center**

205 Main Street, Lewiston, Maine 04240
(207) 783-7378

✦ **Roads to Recovery Community Center**

1 Water Street, Caribou, ME 04736
(207) 493-1278

✦ Designates Maine Recovery Hub funded center

Recovery PROGRAMS

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

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.maineafg.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

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.dausa.org

Food Addicts in Recovery

Anonymous (FA) offers relief from the symptoms of eating disorders and guidance on living in recovery.
www.foodaddicts.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.

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

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.

Food Pantry RESOURCES

ORGANIZATION	ADDRESS	CITY	PHONE
Andover Food Pantry / First Congregational Church	23 Elm Street	Andover	(207) 392-4678
7th Day Adventist Church Pantry	316 Minot Ave	Auburn	(207) 998-5238
High St Congregational Church Pantry	106 Pleasant Street	Auburn	(207) 784-1306
Bon Appetit Community Meal Program	19 Crescent Street	Biddeford	(207) 250-0995
Bridgton United Methodist Food Pantry	214 Main Street	Bridgton	(207) 318-4467
Brownfield Food Pantry	701 Pequaket Trail	Brownfield	(207) 935-2620
Mid-Coast Hunger Prevention Program	12 Tenney Way	Brunswick	(207) 725-2716
Buckfield Food Pantry	31 Turner Street (RT 117)	Buckfield	(207) 336-2776
Casco Village Church Food Pantry	941 Meadow Road	Casco	(207) 627-4282
Chebeague Island Food Pantry	255 North Road	Chebeague Island	(207) 846-4106
Community Food Pantry	290 Tuttle Road, back of building	Cumberland	(207) 232-5258
Gray Community Food Pantry	8 Rocky Ridge Road	Cumberland	(207) 671-4458
Dixfield Emergency Food Pantry / Dixfield Baptist	2 Chapel Road	Dixfield	(207) 562-7470
Waterboro Community Food Pantry	26 Townhouse Road	E. Waterboro	(207) 247-5967
Falmouth Food Pantry	271 Falmouth Road	Falmouth	(207) 632-2687
Freeport Community Services Food Pantry	53 Depot Street	Freeport	(207) 865-3985 x205
Gorham Ecumenical Food Pantry	299-B Main Street	Gorham	(207) 222-4351
Harrison Food Bank	VFW 176, Waterford Road	Harrison	(207) 647 3384
Footprints Food Pantry	37 Old Post Road	Kittery	(207) 439-4673
New Gloucester Food Pantry	19 Gloucester Hill Road	New Gloucester	(207) 926-3260
OOB Community Food Pantry	155 Saco Avenue	Old Orchard Beach	207 937 8094
First Baptist Food Pantry	360 Canco Road	Portland	(207) 773-3123
Preble Street Food Pantry	252 Oxford Street	Portland	(207) 775-0026
Preble Street Soup Kitchen	Mobile stops	Portland	(207) 775-0026
Project FEED Pantry	202 Woodfords Street	Portland	(207) 761-3920
Root Cellar	94 Washington Avenue	Portland	(207) 774-3197
Sacred Heart/St. Dominic Food Pantry	80 Sherman Street	Portland	(207) 773-7746
St. Lukes Food Pantry	143 State St. (enter Park Street)	Portland	(207) 772-5434
St. Vincent De Paul Soup Kitchen	307 Congress Street	Portland	(207) 772-1113
White Memorial Food Pantry	97 Allen Avenue	Portland	(207) 797-4414
Williston-Immanuel United Church Food Pantry	156 High Street	Portland	(207) 775 2301
Wayside Food Pantry Community Meals	Many locations	Portland & Westbrook	(207) 775-4939
North Pownal UMC Food Pantry	851 Lawrence Road	Pownal	(207) 407-3081
Raymond Food Pantry	1273 Roosevelt Trail (Rte.302)	Raymond	(207) 310-1419
Saco MEALS Program / MHT Parish Hall	271 Main Street	Saco	(207) 604-0985
Curtis Lake Church Community Meals	38 Westview Drive	Sanford	(207) 324-0652
Scarborough Food Pantry	167 Black Point Road	Scarborough	(207) 883-2342
Sebago Food Pantry	183 Sebago Road	Sebago	(207) 274-1569
South Portland Food Cupboard	130 Thadeus Street	South Portland	(207) 874-0379
Portland Westbrook Vineyard Food Pantry	715 Bridgton Road	Westbrook	(207) 854 8339
Westbrook Community Food Pantry	426 Bridge Street	Westbrook	(207) 591-8147
Windham Food Pantry	377 Gray Road	Windham	(207) 892-1931
Yarmouth Community Food Pantry	116 Main Street	Yarmouth	(207) 846-3773

A NEW YEAR IS A NEW OPPORTUNITY TO RECOVER AND RECONNECT.



Social distancing due to a global pandemic can be lonesome, but when a substance use disorder further isolates you from your loved ones, it's common to feel even more confused and lost. Maine Behavioral Healthcare's substance use treatment program is here to help you stay connected to the important relationships in your life.

Our intensive treatment programs offer the following services:

- Medicated Assisted Treatment to control cravings and reduce withdrawal
- Group and individual counseling
- Peer support
- Patient navigation
- Education about health maintenance through each level of treatment

Begin your path to recovery today.

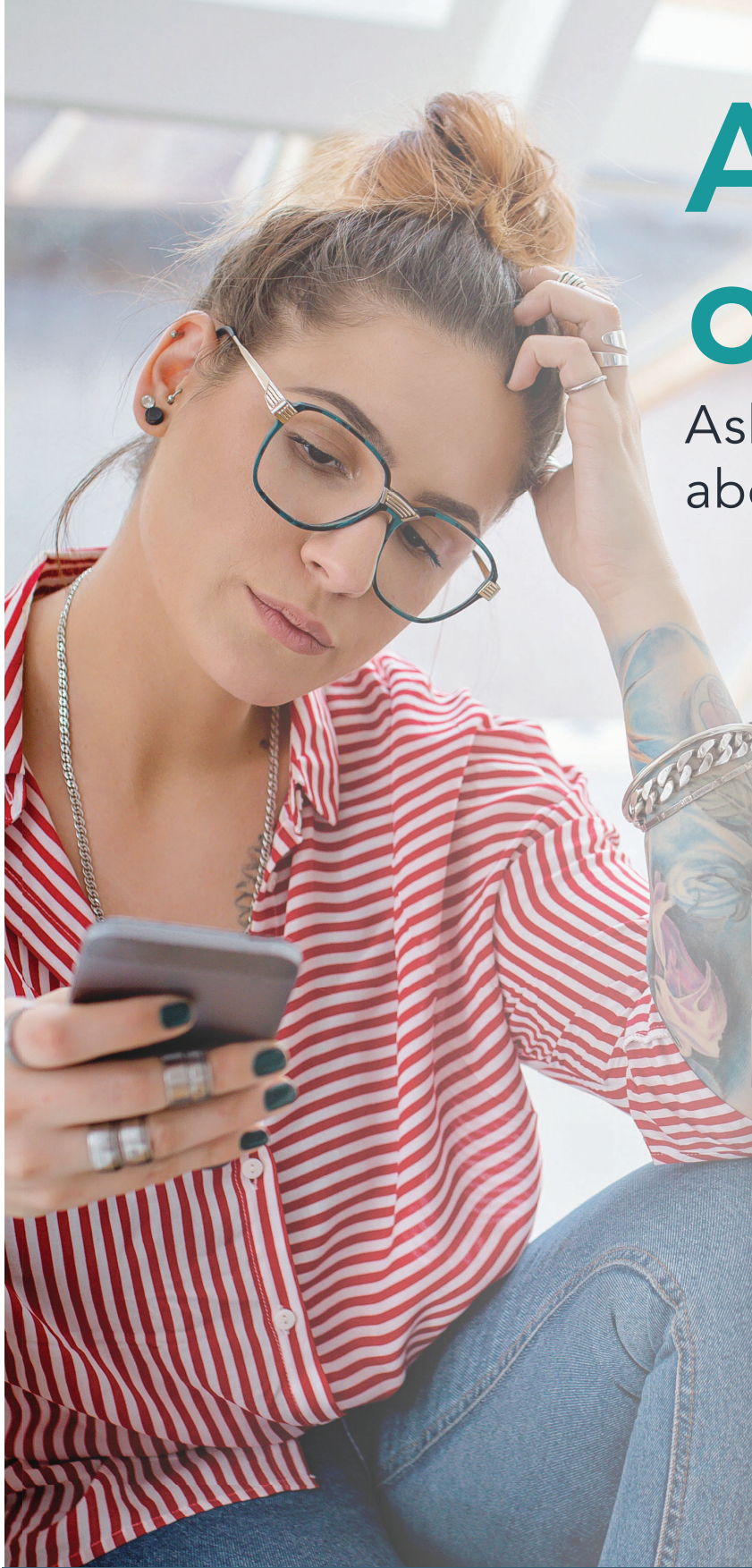

Maine Behavioral Healthcare
MaineHealth

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

Learn more at mainehealth.org/IMAT

Always on hand

Ask your doctor or therapist
about reSET® or reSET-O®



1:20 PM 100%

< Back Check In

Have you used today? Yes No

How strong is your craving right now? 5

What triggers are affecting this craving?

Hungry	Not reported
Angry	5
Lonely	5
Tired	5
Social Pressure	5

reSET® | **reSET-O®**