

MAAR Newsletter

April 2018



Maine Alliance for Addiction Recovery

MAAR

295 Water Street
Suite 108
Augusta, ME. 04330
Phone: 207-621-4111
www.maineallianceforaddictionrecovery.org

Darren Ripley,
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The Maine Alliance for Addiction Recovery

The Voice of Maine's Recovery Communities

"Help us promote recovery in Maine!"

**Springvale-
Sanford, Maine**



**Congratulations
Recovery Coaches!!**

In March, **Maine Alliance for Addiction Recovery (MAAR)** facilitated a **Recovery Coach Training** held at the **Nason Community Center Little Theater** in Springvale, Maine. 18 participants attended this 30 hr. training and received their **Recovery Coach Certificates**. Thank you, **Strategies for a Stronger Sanford** for hosting this training!!

Welcome to MAAR, Tonia Mason!



Hello Everyone! I am a student at University of Maine at Augusta. I am graduating in May, 2018 with a Bachelor of Science in Mental Health and Human Services. I am so pleased to have the honor of being an Intern at Maine Alliance for Addiction Recovery (MAAR)! As an intern here at MAAR, I have been trained as a Recovery Coach and a SMART Recovery Support Group Facilitator. I have also had the chance to talk with some inspiring people through Telephone Recovery Support! Welcome to the MAAR newsletter, Enjoy!!!!

*Please, feel free to contact me with ideas for future newsletters!
tonia.mason@maine.edu



EAT BREAD TO RAISE DOUGH

.....
PLEASE JOIN

Maine Alliance for Addiction Recovery

on

April 12th 2018

from

4pm to 8pm at our Augusta, ME location
.....

At Panera, we are committed to our community.

We believe that the universal spirit of bread is sharing®, and that's why we're committed to the communities that we serve. Our passion for everything we do spills over to include everyone we share our days with, and we appreciate the opportunity to give back to our friends, our neighbors and our community.

panerabread.com

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**April is
Alcohol
Awareness
Month**
 **NCADD**
 ncadd.org



NCADD Alcohol Awareness Month

“Changing Attitudes: It’s not a rite of passage.”

Alcohol Free Weekend Observed: March 30th– April 1, 2018

Whereas, excessive drinking is responsible for more than 4,300 deaths among underage youth every year; and

Whereas, alcohol is the most commonly used addictive substance in the United States; and

Whereas, where than more than 1.6 million young people report driving under the influence of alcohol in the past year; and

Whereas, young people who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who begin drinking before the age of 21; and

Whereas, drinking by persons before the age of 21 is linked to 189,000 emergency room visits; and

Whereas, the typical American will see 100,000 beer commercials before the age of 18; and

Whereas, kids that begin drinking will be more likely to be victims of violent crime, to be involved in alcohol related traffic crashes, and to have serious school related problems; and

Whereas, a supportive family environment is associated with lowered rates of alcohol use for adolescents; and

Whereas, kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50% less likely to use alcohol and drugs than those who don’t have those conversations.



SMART Recovery®

Self

Management

And

Recovery

Training

Free Self Help

Groups

SMART Recovery

is a scientific alternative for people who are seeking independence from alcohol, drugs, gambling and other addictive behaviors.

Discover the Power of Choice!™™

SMART Recovery

Meeting:

Wednesdays

6:00pm-7:00pm

**295 Water Street,
Olde Federal Building,
Conference Room**

Augusta, Maine

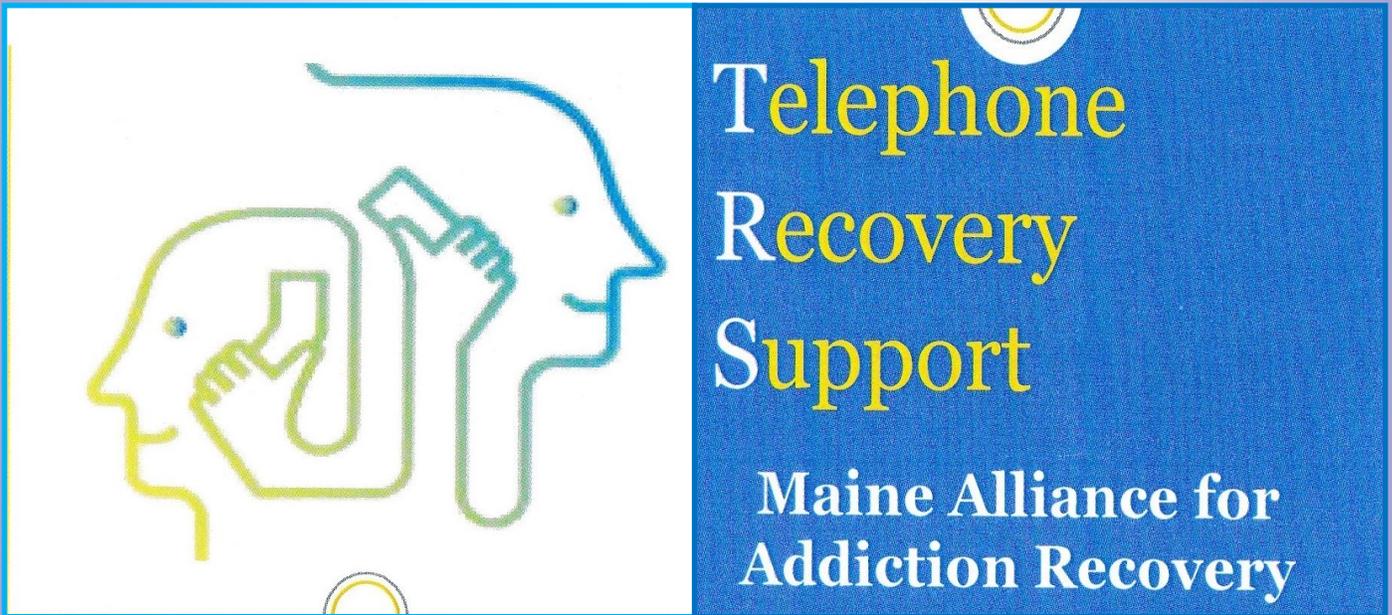
FMI, Contact:

Darren Ripley @

(207) 621-4111

We also learn specific methods for each task of the **SMART Recovery 4-Point Program** to:

- Enhance and maintain motivation to abstain.
- Cope with urges.
- Manage thoughts, feelings, and behavior.
- Balance momentary & enduring satisfactions.



Our **Telephone Recovery Support (TRS)** program is designed to help people stay in recovery. This program is a **free service** in which **trained volunteers** in recovery make weekly telephone calls, for 12 weeks, to individuals at any stage of their recovery journey. The calls are an opportunity to “check in” and see how they are doing, identify any issues and connect them to community resources as needed. Recent studies of telephone recovery support programs show that they are an effective way to help support recovery, reduce relapse & enhance recovery not only for recoverees, but for the volunteers as well. This service is also available to providers for enrollment of clients at intake. **(See page 7 for referral form)**

Effectiveness of Telephone Recovery Support Services

- **Cost**
No travel or childcare expense.
- **Safety**
For those in high-risk environments.
- **Timing**
Making calls during requested times or during those high-risk periods.
- **Adaptability**
Varying length of contact based on the need at the time.
- **Convenience**
Of less disruption to daily life.
- **Amplification Effects**
Enhancing recovery in addition to face to face meetings and other services.

Telephone Recovery Support Consent
Please Print Clearly

Name: _____ Date of Birth: ____/____/____

Address: _____ Referred by: _____

City: _____ State: _____ Zip: _____ Gender : _____

Email Address: _____ Phone # Home/ Cell (____) _____ - _____

Current Housing: Own Home Rent Shelter Sober House Halfway House Other _____

Would you like to receive text messages? YES NO DO NOT leave a voice message at this number

Telephone Recovery Support calls are made between 9am and 4pm Eastern Time Monday thru Friday.
Please check the time range (s) and day (s) that reflects when you prefer us to call you.

We will try to call you during the time range (s) and day (s) you choose!

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
 9:00 am – 11:00 am 11:00 am– 1:00 pm 1:00 pm—3:00 pm 3:00 pm—4:00 pm

I understand and agree to the following:

- I grant permission for a MAAR volunteer to call me weekly on the above telephone number (s) to support me in my recovery.
- Each time a MAAR volunteer calls, he/she will be asking me how my recovery is progressing and if I am in need of additional support (i.e., meetings in area, recovery community centers, safe/sober housing, social events, other resources)
- At the time of a call, if I am in need of a referral to a treatment program or detox unit, I will be assisted in finding a program, if I so desire.
- At the time of call, if I am of danger to self or others such as suicide threats/thoughts and/or possible harm to person or property, the MAAR volunteer and/or staff is required to contact the proper authorities.
- At any time I may decide not to take part in this service, I will call MAAR at 1-207-621-4111 or tell the volunteer when he/she calls.

Date

Signature

Mail completed form to MAAR 295 Water Street, Suite 108, Augusta, Maine 04330 or
FAX it to (207) 622-4113 Attn: Darren Ripley



Maine Alliance for Addiction Recovery

MAAR

www.maineallianceforaddictionrecovery.org



Recovery Coach Training Academy

Is Here!!!

The Maine Alliance for Addiction Recovery (MAAR) offers training for those seeking to become Recovery Coaches!! MAAR has facilitated trainings throughout our state since 2012!!

Why might I want to become a Recovery Coach?

Many individuals with a substance use disorder feel isolated and alone. A Recovery Coach can offer support, connections to resources and become a mentor so the person receiving the services of a coach feels that recovery is possible and achievable.

This training will provide you with new skills & opportunities to assist others on their road to recovery.

Who will receive support from a Recovery Coach?

Coaches work to support someone who is struggling with recovery from a substance use disorder. The coaches will help assist in developing a **Recovery Wellness Plan** that is determined by the participant, to help strengthen their quality of life, & help branch into the Recovery Community.

FMI Contact: Darren Ripley,
LADC, CCS
Executive Director
 Phone: 207-621-4111
 Fax: 207-622-4113

What is Recovery?

Recovery involves a personal recognition of the need for change & transformation.

We recognize that there are **many pathways to recovery from addiction &** respect that the individual chooses the path that best improves health, wellness, & quality of life over time.

Recovery requires Community!!

Recovery Services are free of charge to those seeking a coach.

dripley@maineallianceforaddictionrecovery.org



Recovery Apps Available Free of Charge!!



The **Maine Alliance for Addiction Recovery** community resource application contains informational links to treatment and recovery resources in Maine, online recovery support meetings, and a live chat feature.



The **Sober Tool** offers a sobriety counter that shows time sober, creates budgets and tracks money saved, receive inspirational daily messages, receive rewards for milestones and achievements, search for meetings, and socialize on the online recovery forum.



The **Self Help, Just For Today, NA** App offers daily meditations for Narcotics Anonymous, the ability to share messages of hope and recovery, boost your mood with positive affirmations, and it is also available in 5 different languages. (English, Arabic, Portuguese, Russian, and Spanish)



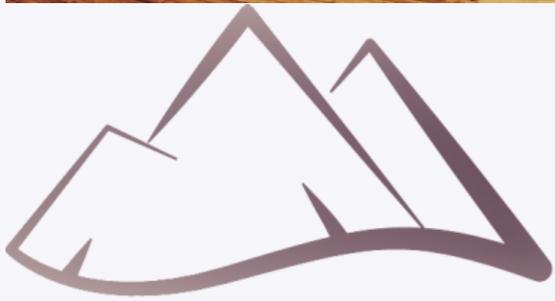
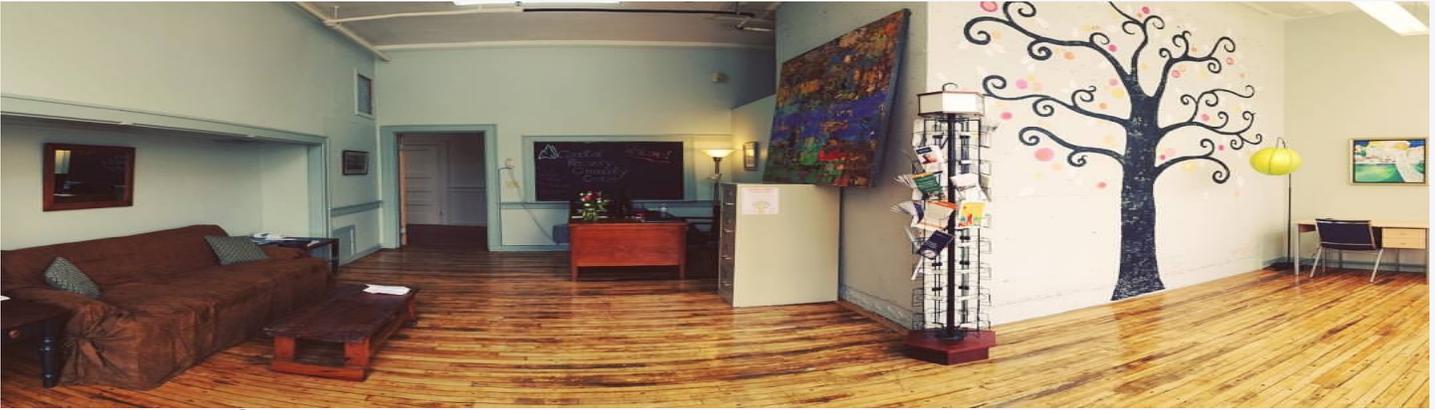
12 Step explanation and understanding of the 12 steps of alcoholics anonymous via sharing of an alcoholic. Includes genuine experience, strength and hope of an alcoholic who is now sober for a few years.



Suicide Safe is a suicide prevention learning tool for primary care and behavioral health providers and is based on the nationally recognized Suicide Assessment 5-step Evaluation and Triage (SAFE-T) practice guidelines.



The main goal of the **Healthy Lifestyle Manager** application is to support healthy lifestyle. Remember that everything depends on you! Care about health! Install, create your profile and go!



CRCC

Coastal Recovery Community Center

“We will listen to your vision and do everything in our power to create it exactly as you see it.”



Welcome!

The Coastal Recovery Community Center is a safe place for individuals in or seeking to be in recovery from substance use disorders.

CRCC offers a space for recovery meetings and services, including our

Recovery Coach Program.

The center is run by a dedicated group of volunteers who have a wide array of experience in the recovery community.

We encourage and respect all pathways of recovery!

CONTACT US

“We all get it, anyone who has been through it. It’s the community of people who can share our stories and support one another.”

Tel: 207-691-3697

E-mail: info@coastalcommunityrecoverycenter.org

Hours of Operation:
Thursdays 4pm-8pm
Saturdays noon-4pm

Location:
24 Lincoln Street
Suites 103 & 104
Rockland, Maine

Recovery Wellness Rally

Planning Committee Members Needed!



Sign Up Today!!

September is Recovery Month!!

Maine Alliance for Addiction Recovery (MAAR), is gearing up for a **Recovery Wellness Rally**, which will take place on **Saturday, September 15th, 2018** from **10 a.m. to 2p.m.**

MAAR is seeking individuals to form a planning committee for this event. **Please contact: Darren @ 207-621-4111**

dripley@maineallianceforaddictionrecovery.org

******* The 1st planning committee meeting is scheduled for **Tuesday, May 8th, 2018**, starting at **6p.m.** at the **MAAR office** located at **295 Water St., 1st floor conference room, Augusta, Maine 04330.**