

## More About Our Services

All services are completely free! Our centers welcome individuals who are interested in learning more about how to support themselves, a loved one, or an employee.

- All pathways to recovery are supported at our centers.
- Recovery coach matching service.
- Developing recovery action goals and plans.
- Support to find other prevention, treatment, and recovery resources.
- Help to access housing, food, and clothing.
- Guidance on employment preparation and opportunities.
- Referral support and information to other resources.
- Assistance with filling out applications for jobs, MaineCare, etc.
- Recovery meetings are held throughout the month—follow us on Facebook for more info!

*"I am a man with long term recovery. It has been pivotal to my own sense of safety and well-being, simply knowing that there is a group of volunteers and staff willing to help anyone who shows up. It is absolutely an anchor point, a place where others are also finding experience, strength, and hope upon which to build a new life."*

Ray, Aroostook Recovery Center of Hope

### Our Center Locations



DownEast Recovery Support Center

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

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



Aroostook Recovery Center of Hope

106 Main Street  
Houlton, ME 04730  
(207) 254-2213



Roads to Recovery

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



## SUBSTANCE USE RECOVERY SUPPORT CENTERS

*Aroostook & Washington Counties*

Free services and support are available for any individual, family, or business impacted by substance use.

Recovery Support Centers are a service provided by:



AMHC services are supported in part by the  
Maine Department of Health and Human Services.



*Our mission is to spread a message of hope throughout the communities we serve. We aim to provide support, education, and resources for those recovering from and affected by substance use disorder.*

**RECOVERY IS NEVER  
OUT OF REACH**

# OUR CENTER SERVICES ARE FREE

Peer support centers are staffed by individuals who are in long-term recovery and now assist others facing similar circumstances. They help individuals become and stay engaged in the recovery process, thereby reducing the likelihood of reoccurrence or return to use through mutual understanding, respect, and empowerment. Each center takes part in the following:

## **Promoting Harm Reduction Principles**

Harm reduction aims to prevent overdose, reduce disease transmission, and enhance overall well-being while providing access to treatment and healthcare services. Our peer centers support the following harm reduction principles:

- There are many pathways to recovery.
- Focus on reducing risks and meeting people where they are.
- Advocate for therapeutic rather than punitive drug policies.
- Recognize human rights.
- Involve people who use substances in decisions that affect their lives.
- Address stigma and provide education and support.

## **Naloxone Training & Distribution**

Naloxone trainings are conducted in person or virtually. This training covers overdose signs and symptoms, how naloxone works, and how to use it. Naloxone kits are available onsite or by delivery. Trainings and distribution are free and available to anyone in the community.

## **Recovery Coaching**

Peer recovery coaches walk side by side with individuals seeking recovery from substance use disorders. They help people to create a recovery plan and develop their own recovery pathways. Recovery plans and other supports are customized, and build on each individual's strengths, needs, and recovery goals.

## **One-on-One Peer & Group Advising**

Establishing connections to community resources that promote health and wellness, as well as facilitating access to recovery community supports, activities, and events for additional assistance.