

**Safe /sāf/ adjective.
Protected from or not
exposed to danger or risk; not
likely to be harmed or lost.**

“I’m a recovering heroin addict and the recovery center has been a safe haven for me. I attend 12-step meetings, volunteer and attend weekly recovery coach sessions. I also just got a job when an employer walked in. I don’t think I’d be where I’m at in my recovery if it wasn’t for the recovery center. This place is truly a blessing.”

Andrew, Roads to Recovery

“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

“DRSC has provided our community with hope and me with a purpose. As a person in Recovery, I am both grateful and humbled to be a member and volunteer at the center as part of the growing Recovery movement in Washington County.”

Chasity, DownEast Recovery Support Center, Calais and Machias

“I work hard in my recovery. At the Recovery center I feel like I belong and am part of something important. DRSC has kept me SAFE.”

Michelle, DownEast Recovery Support Center, Machias

Our centers support individuals in a variety of ways:

- Peer support is one-on-one and/or in group settings;
- Meetings can be held in-person and/or virtually;
- Telephone support is available;
- Naloxone trainings are conducted in-person as well as virtually;
- Naloxone kits are available onsite, by mail, or by delivery.

We’re here to help! Reach out to us today!

Our Center Locations



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

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



Aroostook Recovery Center of Hope

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



Roads to Recovery

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



SUBSTANCE USE PEER RECOVERY CENTERS

Aroostook & Washington Counties

*Substance Use Peer Recovery Centers
are a service provided by:*



AMHC

Making a difference in your community every day.

www.amhc.org

Our Mission

To provide support, education and resources for people recovering from and affected by Substance Use Disorder, spreading the message of hope throughout the communities we serve.

Who We Are

Our peer centers are open for any adult seeking recovery from substance use, whether that substance use challenge is their own or that of another person in their life. We believe that connection to others in recovery is one of the most important aspects in starting this journey. At our centers you will find that mutual connection.

**RECOVERY IS NEVER
OUT OF REACH**



Health Promotion Strategy formerly known as Harm Reduction

Our Health Promotion Strategy is a compassionate, non-judgmental approach to meeting people where they are at in their substance use journey. Our peer centers support health promotion strategies by offering monthly Naloxone Trainings. Naloxone is used to reverse the effects of an overdose. The training will help the participant understand:

- What is an overdose?
- What is Naloxone?
- How does Naloxone work?
- How to check for signs and symptoms of an overdose and what to do next.
- If Naloxone is required, how to administer it.

We strongly encourage all community members to take advantage of this training. You may save someone's life.

OUR CENTER SERVICES ARE FREE

All pathways to recovery are embraced and welcomed at our centers—we want to help. We offer recovery coaching, one-to-one peer counseling, and multiple groups that focus on topics such as employment, wellness, music, and social events. For more information, be sure to contact your local peer center and follow us on Facebook. We are firm believers in harm reduction, now known as Health Promotion Strategy. For this reason, once a month our centers provide training in Naloxone training and distribution. If you would like to support your local Peer Recovery Center, volunteers are always welcome.

Recovery Coaching

"A recovery coach is a person who helps remove personal and environmental obstacles to recovery, links the newly recovered person to the recovery community, and serves as a personal guide and mentor in the management of personal and family recovery. Such supports are generated by mobilizing volunteer resources within the recovery community, or provided by the recovery coach where such natural support networks are lacking." – William White

What is a Recovery Coach?

- Motivator and Cheerleader
- Ally and Confidant
- Problem Solver
- Resources Broker
- Lifestyle Consultant
- Recovery Planner

A Recovery Coach is Not the Following:

- Sponsor
- Therapist
- Nurse/Doctor
- Priest/Clergy
- Lawyer Coaching