

## **Maine Recovery Leadership Institute**

## **Maine Alliance for Addiction Recovery**

MAAR has established this Leadership Institute to provide recovery-focused activities & events that strengthen leadership capacity within the wide variety of recovery communities in Maine. Women & men who recover from alcohol & other drug (AOD) dependency often do not see themselves as leaders due to the consequences of their addiction. People report being marginalized and discriminated against and stigma poses the greatest recovery barrier they face, making it hard to find & begin treatment, to request other types of help, and to find meaningful ways to contribute to their communities once they are in recovery.

We recognize the importance of identifying one's gifts, native talents as well as those stemming from recovery, to strengthen self esteem and confidence and to sustain recovery over time. This process of valuing our talents also helps us to better participate in the community around us. We view leadership as the recognition of these traits and the decision to use our competencies in empowered ways. We recognize that is essential to provide people in recovery with the skills and knowledge necessary to be effective leaders.

MAAR has developed and hosted a variety of recovery-focused trainings & events to strengthen recovering people's self-identification as leaders and to provide opportunities for those individuals to practice those leadership skills. We have organized these offerings under this Recovery Leadership Institute, which is continuing to explore & develop leadership capacity-building activities within Maine communities.

As recovery advocates, we know that recovering people & allies are needed to serve as key educators about recovery and to put a face on recovery within our communities. This will reduce stigma & discrimination toward recovering people and their families over time. In addition, there is a national push sweeping our nation to advance Recovery Oriented Systems of Care. This emerging model will change the ways that support services are delivered to people in need of AOD assistance. Systemic changes will be planned through the participation of people in recovery; services will be tailored to facilitate long-term recovery, and recovering people will serve as peer mentors & providers of recovery services.

In the long run, we believe that strong recovery leadership capacity will enable Maine to cultivate a service system that is centered around the needs of recovering people and their families. Recovery leadership will also help us to change cultural belief systems, and to lessen stigma & reduce discrimination directed toward those who are healing from addiction.

If you would like more information about this Maine Recovery Leadership Initiative or would like to help us get the word out & help recovery leadership grow, please contact Deb Dettor at (207)458-4366 or [ddettor@masap.org](mailto:ddettor@masap.org).

**Here are some of our ongoing Leadership projects:**

- 1) Recovering Women's Leadership Training (RWLT)
- 2) Language of Recovery presentations
- 3) All-Recovery Support Groups
- 4) AOD Advocacy Leadership Network

**And past events:**

- 1) Recovery Month 2009: Recovery Leadership Retreat ~ ***Uniting Maine's Recovery Communities: We are Not Alone***
- 2) ***Advocacy Leadership Training Initiative***, Bangor & Portland (June 2009)
- 3) ***Power of Our Stories Media Training*** (September 2008)
- 4) Recovery Month 2008: Community Forum ~ ***Drums Along the Kennebec: A New Beginning to Support Addiction Recovery within our Communities***
- 5) ***One Face & Voice of Recovery*** Forums, Bangor & Portland (April 2008)

**Maine Recovery Leadership Institute Training Partners:**

AdCare / NEIAS

Maine Office of Substance Abuse (OSA)

Maine Association of Substance Abuse Programs (MASAP)

Maine Alliance to Prevent Substance Abuse (MAPSA)

Portland Public Health Substance Abuse Division

Maine Recovery Communities Coalition

Central Maine Recovery Group

Join Together / CASA

Faces & Voices of Recovery (FaVOR)

New England Alliance for Addiction Recovery (NEAAR)