



**142 Center Street
Brewer, Maine 04412**

**(207) 561-9444
bangorrecovery@gmail.com
www.BangorRecovery.org**

MEHAF Addiction Care Collaborative Meeting #3: Building Capacity

Wed, May 23, 2018

Maple Hill Farm, Hallowell

"Effective Ways to Build Recovery Ready Communities: Panel Discussion"

Sharing the Experience of the Bangor Area Recovery Network
Bruce Campbell, BARN Board Member

Organizing the recovery community

- Convening a summit on recovery
- Develop a plan for recovery community advocacy
- Having the authority for the voice of the recovery community

Connecting with the provider community

- BARN: A recovery community center
- Connection points with providers. Systems v b g t
- Where the recovery community fits into a Recovery Oriented System of Care

Engaging the business and broader community

- Using the "business model" for advocacy efforts to combat stigma, makes it a dollars and cents conversation rather than a debate
- Joining the Chamber of Commerce
- Expanding support with community organizations, faith community

*Recovery is a process
There are many pathways to recovery
Recovery overcomes shame and stigma
Supporting recovery is a community responsibility*

Organizing the Recovery Community
Bangor Area Recovery Community Coalition

A Bangor Area Summit on Addiction Recovery

Broadening the Base for Recovery:
Promoting Recovery Pathways in the 21st Century

Bangor Civic Center
September 4, 2008

187 Attendees

Estimated 2/3 were persons in recovery

Focus Groups

Health/Medical Business/Housing Faith Community Criminal Justice Family

Answering these two questions:

What are the barriers to recovery?

What are some strategies to overcome those barriers?

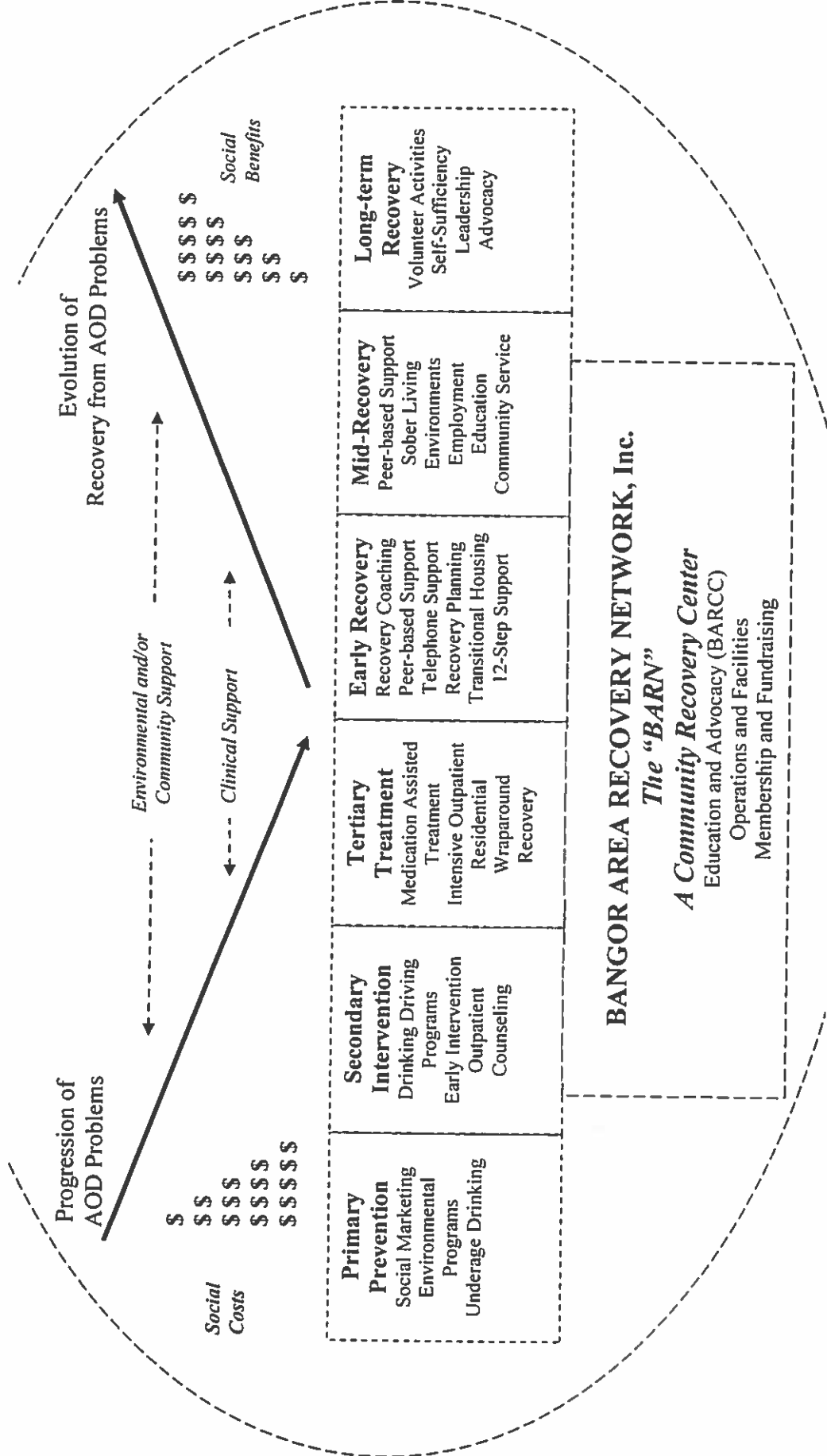
“Embracing Resiliency as a Framework for Recovery”

A Community Plan for Recovery Advocacy	
EDUCATION	ADVOCACY
<p><i>Information</i> Website development Written materials</p> <p><i>Communication</i> Technology (radio, media, podcast) Speaker’s Bureau</p> <p><i>Prevention</i> Public Health Advisory Board Substance Abuse Task Force</p>	<p><i>Changing the conversation</i> Supporting unmet recovery needs Community engagement</p> <p><i>Making recovery visible</i> Stories of recovery Enhancing resiliency at all levels</p>
Bangor Area Recovery Community Coalition	

Conducted annual summits/conferences for the first five years
Bangor Area Recovery Network (501c3) incorporated 2009
First pilot recovery community center opened 2010
Permanent recovery community center site opened 2012

A Recovery-Oriented System of Care: Bangor, Maine

GREATER BANGOR AREA PUBLIC HEALTH ADVISORY BOARD Substance Abuse Task Force



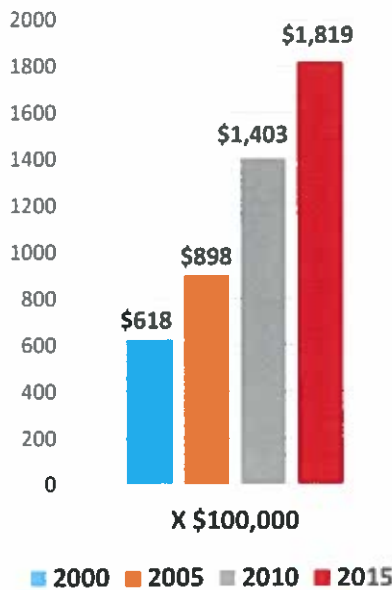
Bangor Area Recovering Community Coalition
BARCC is a group of recovering individuals and their allies who advocate and support addiction recovery in the greater Bangor area.



Supporting Recovery is a Community Responsibility...

Because It Is Just Too Expensive Not To!

Economic Costs of Substance Use in Maine

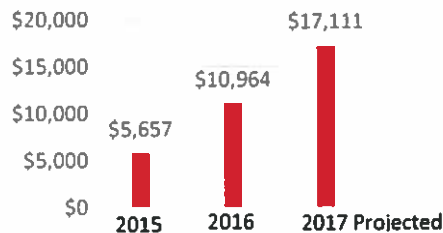


2000, 2005, 2010 Reports from the Maine State Office of Substance Abuse
2015 – US Surgeon General Report (2016)

In 2015, the annual economic cost of substance abuse was **\$1,376 per capita**.

Each and every year, that's **\$1,376** for each man, woman, and child living in Penobscot County.

Monthly Costs of Emergency Medical Care Related to Substance Abuse and Mental Health



Penobscot County Jail

IN RECOVERY, PROBLEMS DECREASE

- Involvement in illegal acts and involvement with the criminal justice system (e.g., arrests, incarceration, DWIs) *decreases by about ten-fold*
- Frequent use of costly Emergency Room departments *decreases ten-fold*
- Reports of untreated emotional/mental health problems *decrease over four-fold*
- Personal debt *decreases and owing back taxes decreases*

IN RECOVERY, ASSETS INCREASE

- Steady employment in addiction recovery *increases by over 50%*
- Participation in family activities *increases from 68% to 95%*
- *Twice as many* go back to school or get additional job training and more people *start their own business*
- Paying bills on time and paying back personal debt *doubles*
- Preventative health care almost *triples*
- More people report *paying taxes, having good credit, making financial plans for the future and paying back debts*