

Annual Report

YTD Ending December 2022

Recovery Aroostook: Recovery Takes a Community



First big big thank you!

We would like to take a moment to express our sincere gratitude for your generous support in helping us continue our work in our recovery residences and our community programs. Your contributions are making a true difference in the lives of those struggling with addiction and mental health challenges, as well as their families and loved ones. We are incredibly grateful for your support.

With your help, we can continue to provide a safe and supportive environment for individuals in recovery, as well as offer community programs that educate and inspire positive change. Your donation has allowed us to expand our services to the community and has allowed us to reach more individuals who are in need of our help.

We understand that your decision to donate was not an easy one, and we want you to know that your generosity is deeply appreciated. Your support has given us the resources and motivation to continue to make a positive impact in the lives of those we serve.

Once again, thank you for your contribution. We could not do the work we do without your support, and we are grateful for your continued partnership.

With sincere gratitude,

Jon Holabird

Chair, Recovery Aroostook



Our Mission: Our organization is dedicated to empowering individuals in their journey of recovery from Substance Use Disorder (SUD) and creating a community that is recovery ready.



Our Philosophy: we strive to provide a safe and inclusive community where individuals can heal, grow, and thrive.

We believe in treating the whole person, not just the addiction or mental health challenge. We provide a holistic approach to recovery that addresses the physical, emotional, and spiritual aspects of an individual's well-being.

Our mission is to support individuals in building a strong foundation for sustainable recovery by offering a range of services including recovery residences, community programs, and support groups. We are committed to promoting a culture of recovery that reduces stigma and promotes acceptance, hope, and healing for all those impacted by addiction and mental health challenges.

At the core of our mission is the belief that every individual has the potential to overcome their challenges and achieve long-term recovery. We are dedicated to helping individuals who suffer from SUD ways to discover their inner strength, resilience, and purpose, and to supporting them in creating a "fulfilling and meaningful life in recovery."

The You Matter 5k - In Memory of Trevor Graves Total Raised: \$6360



So much love to Jamie Allen and the entire Graves family for their support and participation in this event. They helped us bring awareness to our community. Addition doesn't care who you are, if you have a good family, if you are affluent or poor. It does not discriminate. We called it the You Matter 5K because Jamie said from that start that Trevor mattered to so many people, but that he just didn't recognize that. Over 100 people participated in our 5k, both in person and virtually. Raising over \$6,000, the You Matter 5k was our largest fundraiser of the year.

Say Their Names: The T-Shirt

What started as a remark in an executive board session, turned into a major fundraiser and stigma eraser in the Say their Names campaign. The goal of this campaign was to remember people we've lost to SUD and overdose. We invited parents, loved ones, friends, and community members to honor the 636 people Maine lost to overdose in 2021 by donating \$6.36 to Recovery Aroostook in memory of someone they lost.

This drive evolved into a t-shirt that recorded all of the names and reminded everyone that "Everyone is somebody's someone." What Say Their Name did was allow families, friends, and communities to remember and talk about these lost loved ones, share memories, shed a tear, but also, hold that person close again.

We were told that no one would purchase a shirt with a "bunch of dead addicts" on it. Challenge accepted. We pre-sold over 200 shirts and received requests for sweatshirts. This campaign raised over \$3000 and truly helped us show the community that addiction knows no boundaries.



Community Presence:

Recovery Aroostook made our presence in the community a priority in 2022. It was important for us to attend festivals, fairs, and local events promoting the work we do.

We began by reserving space in our base town, Caribou at the widely known (and much revered) Thursday Nights on Sweden Street. We had a table with facepainting for kids, information about our organization and other organizations promoting recovery, we had narcan and instructional materials, along with a quick training if someone asked, and of course a donation jar.

At these events, our focus isn't really raising funds, it's raising awareness. Throughout 2022, but especially in the summer, you would see our table and banner throughout the county, as far north as Fort Kent and we made it to Presque Isle activities several times.

We had specially made bracelets for the Pride event held in Presque Isle, we participated in Rockin' on Riverside, and we met with many businesses.

We are all about connections and networking. Always looking for people and places that will support our mission, creating pathways to recovery. Our community presence is in large part thanks to our amazing Chairperson and his wife. Jon is a big believer in testimony. He truly is looking to help people wherever he goes. He is walking proof that recovery is possible, and that thriving is also possible.

His wife is the organization behind the chaos. Together they make a formidable team, and you will often see them at our booths sharing the message of a recovery ready community. They believe in the power and promise of recovery, and so do we!

Committee Meetings

Our Executive Board Meetings are held on the third Tuesday of each month at 5 pm at the CARL building in Caribou. Although open to the public, only the Executive Board members and guests participate in this meeting.

The board often discusses issues at the recovery residences, upcoming events, possible fundraisers, and any concerns from the community. This is normally when "jobs" are assigned out for the month, and minutes are only minimally taken as a way to record ideas and assure follow through.

At 6 pm our Open Community Meeting is held. In 2022, we began the year by offering "zoom" participation. However, near the end of summer 2022, Zoom began cutting our time off at 40 minutes. April had the idea of going live on Facebook in place of zoom meetings. It allows our community to watch the meetings, ask questions, and learn about the work we do each month. In addition, we do not have to pay for this service.

Our live facebook presence has increased the participation from our community almost three fold. We hope that with consistency in 2023, we can make this a true community event each month.

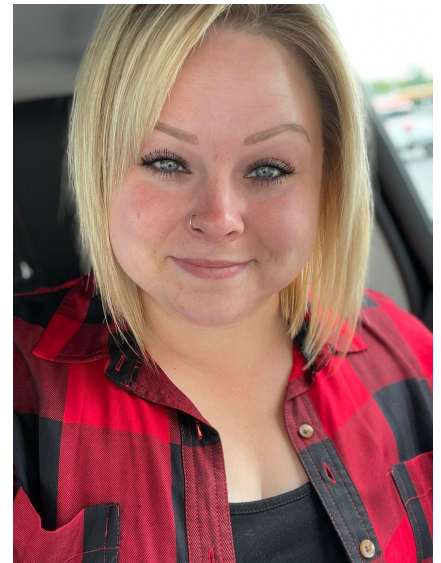
In 2023 we are making a concerted effort to gather more people around our table from various sects in our community. Our plan is to formally invite our police and judicial departments, other substance abuse programs, mental health programs, hospitals and our CAP agency to attend our executive meetings. With better community representation, we hope that our work can meet the ever changing needs of our communities.

Our Executive Board: We welcomed three new executive board members in 2022.



Jon Holabird has been in active recovery for five years, owns a successful redemption business, is married and has two biological children. He and his wife recently adopted a 16 year old young man. Jon found his way to sobriety through incarceration, rehab, AA, NA, and finally the church. He is a pillar of our community, involved in active outreach, mentoring, monitoring, and leading. He is the chair for Recovery Aroostook.

***New* Missy DeWitt** is a recovery ally and an affected other. She's the mother of a sweet, vivacious 7 year old who is the light of her life. Missy stepped into the role of house manager to both our men's & women's recovery houses in Caribou in July of 2022. The only two recovery houses in Aroostook County, which fuels her mission to make sure they are around for years to come. Her deep-seated passion to help individuals affected by substance use disorder stems



from a 30+ year history of witnessing many of her family members and friends battle with SUD. Since joining Recovery Aroostook and our Caribou Recovery Houses, Missy has completed her Recovery Coach training, an Ethical Considerations course, and a Preventing and Interrupting Stigma Associated with Substance Use Disorders class. Missy sits as Vice Chair of Recovery Aroostook.



Elizabeth Holabird has been in active recovery for five years. She is a wife, a mother, and works for a daycare in our town. Elizabeth found her way to sobriety through rehab, AA, and finally a relationship with God. She has one biological child, a step child, and recently adopted a 16 year old young man. Liz is the treasurer of Recovery Aroostook and was one of its founding members in 2017.

***New* April Flagg** is a veteran teacher, a former executive director, and Department of Corrections analyst. She is a leader and a powerful advocate. A trained recovery coach, she is a driving force behind fundraising and community involvement. Often called the “idea girl” she is the media relations and grant writer for the organization.



***New* Jaclyn Gilbert** has been in active recovery for over 2 years and owns a spiritual counseling business now. She is a single mother and has a four year old son. Jaclyn took a different route when becoming sober. She took the journey alone. She presently has a spiritual business where she helps a wide variety of people including those in active addiction or in recovery so they may learn how to move forward and be their best selves for themselves. Jaclyn is a consultant for the board and runs Beyond Recovery, a new community program for 2023.

Recovery Aroostook's Executive Board is a volunteer appointment.

Financials

Proceeds

Type	
Personal donations (from single donors)	\$4,415
Say Their Names t-shirts	\$3,250
636 Campaign	\$446
In Memory of Hannah White	\$2570
In Memory of Bennett	\$400
Facebook Fundraisers (birthday etc)	\$2175
You Matter: The Trevor Graves 5k	\$6360
Total Raised (2022):	\$19,616

Expenses

Type	Amount
Recovery House Maintenance (plumbing, house supplies, repairs)	\$4500
Fuel (Recovery Houses)	\$1000
Say Their Name (postage)	\$242
Family Group Facilitator	\$1200
Office Supplies	\$300

Recovery in Full Color	\$230
Aid to Recoverees (bail, gifts, clothing for job interviews, phones, etc.)	\$2400
PO BOX	\$135
Total	\$10,007

Finances as of December 31, 2022

Account Balances: Checking: \$7,580

Scholarship: \$2,000

Total: 9,580

Our Plans: 2023

Snowbowl: February 2023

A community sponsored event that makes winter come alive in Aroostook. The organizers pegged Recovery Aroostook as the receiver of donations for this event.

Sustaining Donor: Be an Ally

Our goal is 250 sustaining donors by the end of 2023. 250 people donating \$10 monthly would give our organization \$2500 of working capital to keep our houses running and our programs stable. It wouldn't allow for growth, but it would secure the most important aspects of what we do for the community right now. Donors can choose to donate through [Paypal](#) or through Facebook and our "donate" now button.

Bingo - Hosted by the VFW. This event will take place on May 1st, 2023.

Ride for Recovery - July 15th three motorcycle clubs will come together and celebrate recovery in "The Ride for Recovery." We estimate this event could raise upwards of \$2500

The You Matter 5k - Our most successful fundraiser of 2022 returns bigger and better in 2023. Scheduled for September 2nd, we will push more virtual runners and incorporate more cool activities in the day. We hope to raise \$7,000. This is a HUGE goal, because the first year was so successful, but we believe success breeds success.

The Recovery Residences - In 2023 policies, procedures, contracts, and expectations will all receive an update. We hope to have several aspects of maintenance done on both buildings, but the women's house in particular is in need of an overhaul.

Programming - We plan to continue our family group in Caribou, and hope to expand it to PI and perhaps north for a session. We've also incorporated a program called "Beyond Recovery" that encourages life choices and moving beyond the regimented recovery phase. In addition, we plan to incorporate an "art" night and a "game" night open to our recovery community.

T-Shirts - we want to focus on recovery in 2023, and our t-shirt design will reflect that focus. We want to really push the idea that recovery is a community event.



Growth: Our organization is looking into acquiring a property that has three apartments available for rent. We hope to renovate the building. It would allow us to have a meeting space, a place to hold our groups, and would help us receive income from rentals each month. It would also be a place for our sober residents to transition to once they complete their year in the recovery residences. Our residents would be given priority in tenancy when a property becomes available. We have many ideas for growth in the future! We are very excited to see what 2023 has in store for Recovery Aroostook!