



WESTERN MAINE ADDICTION
RECOVERY INITIATIVE

SUPPORTING EDUCATION, PREVENTION & RECOVERY

Please return application to: Western Maine Addiction Recovery Initiative, C/O
Healthy Oxford Hills, 181 Main St. Norway, ME 04268

Western Maine Addiction Recovery Initiative - Recovery Coach Academy Application :

Candidate Information:

Name:

Date of Birth:

Phone:

Email:

Street Address:

Address 2:

City:

State:

Zip Code:

Please complete all pages of the application, including reviewing and signing the Shared Agreements & Responsibilities.
A background check will be performed on all applicants.

Please return application to:
Western Maine Addiction Recovery Initiative
235 Main Street, Box #3
Norway, Me, 04268

Describe why you have chosen to take Recovery Coach training?:

Briefly describe your experience with Addiction Recovery. If relevant.

Explain why you or your organization are interested in Recovery Coach Training?

Explain how you or your organization plan to use Recovery Coach Training?

Office use only:

Training Start Date:

Training Site:

Training City:





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PROJECT
save ME

Western Maine Addiction Recovery Initiative

A NEW BEGINNING

Welcome to Project Save ME. We are glad you have chosen to be part of our coach network created by the Western Maine Addiction Recovery Initiative, our parent organization. Our primary purpose is to help people in Maine wanting to recover from Substance Use Disorder (SUD).

The coach network is set up with the intention to connect the newly recovering person to the recovery community and support networks throughout Maine. A recovery coach is a peer, meaning they have direct personal experience with recovery from SUD.

Our coaches go through an intensive training before becoming a Project Save ME Recovery Coach. Many of our coaches have sustained long-term recovery offering many years of experience without using drugs and/or alcohol.

The service of recovery coaching provided by Project Save ME is a short-term process meant to help open the door to what we hope will be an enriching and continuous life for you without substance use. Coaches serve as a personal guide and mentor in the beginning of recovery, suggesting strategies and resources to aid in managing the transformative nature of recovery and help to empower you to sustain the process.

We believe recovery is a lifelong personal journey requiring courage and commitment to live in new ways that strengthen, support and affirm wellbeing. Responsibility for personal recovery ultimately lies within each recovering individual. No one can do it for us. Being in recovery is a decision made by each individual. However, there are vast amounts of support and messengers of hope in our recovery networks and communities. Through the coach program you will come to know many options and solutions available to you in Maine.

Typically a recovering person will meet with a Recovery Coach to create a Recovery Wellness Plan and help find the initial resources and supports needed to get started. The Project Save ME Recovery Coach Program is completely confidential and offered at no charge to help educate and advocate for recovery from Substance Use Disorder. There is hope and help.



save

RECOVERY PLAN

WOMEN'S MENTAL HEALTH AND RECOVERY SERVICES

Recovery is a process, not a destination. It is a journey that begins with the decision to seek help and continues through various stages of healing and growth. Recovery is not a one-time event, but a continuous process of learning, unlearning, and relearning. It is a path that leads to a life of meaning, purpose, and hope.

The purpose of this recovery plan is to provide a structured approach to achieving long-term recovery. This plan is designed to be flexible and adaptable, allowing for changes as needed. It is a tool to help you stay focused on your goals and to track your progress over time.

This plan is based on the principles of recovery-oriented care, which emphasizes the individual's role in their own recovery. It is a collaborative effort between you and your healthcare providers. The plan is tailored to your specific needs and goals, and it is designed to be a living document that evolves as you progress.

The plan is organized into several sections, each addressing a different aspect of recovery. These sections include:
1. Assessment of current status and needs
2. Identification of strengths and resources
3. Development of goals and objectives
4. Implementation of interventions and supports
5. Monitoring and evaluation of progress

It is important to remember that recovery is a personal journey. There is no one-size-fits-all approach. The plan is designed to be a guide, not a rigid set of rules. It is up to you to decide what works best for you and to make adjustments as needed.

The plan is a living document that should be reviewed and updated regularly. It is a tool to help you stay on track and to celebrate your successes. It is a commitment to your own well-being and to your future. We encourage you to take ownership of this plan and to use it as a guide to a life of recovery.

The plan is designed to be a collaborative effort between you and your healthcare providers. We encourage you to share your thoughts and feelings with us and to work together to develop a plan that is truly yours.

We are committed to your recovery and to providing you with the support and resources you need to succeed. We will continue to work with you to ensure that your plan is effective and that you are achieving your goals. We are here for you every step of the way.

We believe in the power of recovery and in the ability of every individual to overcome their challenges and to live a life of meaning and purpose. We are proud to be part of your journey and to support you every step of the way. We are committed to your recovery and to providing you with the support and resources you need to succeed. We will continue to work with you to ensure that your plan is effective and that you are achieving your goals. We are here for you every step of the way.

in addition:

a) I understand that Coaches DO NOT provide transportation for Recoverees & will adhere to this

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b) As a Coach, I WILL NOT give out my personal information, except my phone number, to Recoverees while supporting them in my Coach role.

c) I understand I won't be assigned to coach a person who is a friend, family member or engaged in a 12-step sponsorship relationship.

Print Name:-----

Signature:___-____- Date:-----

Reviewed By:_____