

Bobby-Jo Bechard
Augusta

Senator Chloe Maxmin
Monday, April 12, 2021
LD 488: A Resolve to Expand Recovery Community Centers throughout Maine
Opposed

Good Afternoon,

My Name is Bobby-Jo Bechard, I am the Program Manager of the LINC Center located at 38 Memorial Drive in Augusta. This recovery center has been in existence for almost 40 years. During this time, the center has been an essential program for people with mental illness and/or co-occurring status. LINC is the acronym for Living IN Community, where together we discover our vision for obtaining our hopes, goals, dreams, and values. This togetherness, also known as intentional peer support, is empowering and provides a trusting environment. When this aligns with someone ready for a different life, change begins, and community is formed. Each person is encouraged to share what they know, and how they have come to know it. Unbiased knowledge then creates a platform for opportunities to contribute and be creative while nurturing personal development, wellness, and vocational connections. The peer-run recovery centers of Maine have shifted their ways from a social club to a peer-run recovery center. These communities offer recovery designed by the person seeking support. They are all-inclusive and do not put people in separate boxes. We all learn from one another so that we can live successfully in environments where there are many different thoughts and opinions. We learn to have difficult conversations when things are uncomfortable.

While there is no doubt in my mind that there needs to be support in the recovery community, I believe there should be more collaboration and inclusiveness. Recovery is messy and needs as many resources as possible. I am hoping this testimony will encourage those who are in favor of LD 488, will get to know the recovery community that already existing in Kennebec county, as well as the other counties listed in the proposal.