



295 Water St.
Augusta, Maine 04330

April 12th, 2021

Dear Senator Claxton, Representative Meyer, and members of the Health and Human Services Committee,

My name is Lorie. I am a resident of Auburn and a person in long-term recovery. My recovery began in 2018. It was a Wednesday morning. My friend Angela picked me up, we went to a building on the corner of Water St. and Main. A building that I had walked, drove by a thousand times over twenty years.

Most of the time the windows in the front were empty. A few times small businesses would take up shop, never for long. Caribou is the most Northeastern city in the United States. Fun fact. That morning those windows showed a glimpse of hope for me.

Roads to Recovery Community center was open and it was bright. It was warm, resources, and I felt a sense of belonging. The ladies I met that day became my recovery coaches, my peer supports, my friends. That night we would return to the center. Angela went with me to my first recovery meeting. Walking inside brought comfort to me that I hadn't felt in a long time. A feeling of hope. Over the next few days, I would go back daily - sitting with my new association, people who are not using.

I was able to do my intake for Crossroads there. I now live in Auburn and when I return to Caribou I don't worry about triggers or faltering in my program. I know that I have a safe space and support still at that recovery center.

I am before your committee today to testify in favor of LD 488 because recovery centers are vital, especially for newcomers. I hope that your committee will pass this bill and help to ensure that recovery community centers are available across our state.

I am happy to answer any questions.

Thank you,
Lori Paddleford