



Collection of programs

My journey to rediscover me

INTRO

Hi everyone, my name is Lorie. I am so grateful to be here today, sitting with these amazing women forging their paths and being a light for those that will follow.

For the one fierce young lady that told me in rehab, 5 years ago that I would be speaking one day offering an option to get out of the darkness...

Icesis Stanwood.. Thanks lil sis. Your missed by many!

Collecting that which is meant for me!



My journey in recovery started Nov. 3rd 2018. (The first request in prayer was in Sept. we will get to that) The journey from that day to now has been a collection of tools, from A/A and N/A, to mental health treatment and spiritual beliefs of my understanding.

It was suggested to me, early on to take what I understand from each program and create a program that works for me! That is exactly what i did! Here are my examples of what that looked like for me!

12 Steps of Addiction Recovery

- Break the cycle of addiction - 28 day rehab
- Build a foundation for sobriety - 3 months in sober living
- Address underlying issues that contribute to addiction - counseling
- Promote healthy coping and problem-solving skills - Dbt
- Enhance relationships - meetings, community involvement
- Increase self-awareness - Meditation, prayer, yoga
- Increase self-esteem - Affirmations, self positive reinforcement
- Encourage spiritual growth - Question everything

Mental Health & Substance Use Disorder Counseling

Mental health counseling got me out of my head and living in the now.

With the guidance of an amazing counselor

I was able to forgive

I was able to change thought patterns, to redesign if you will my mind.

Substance Use Disorder counseling allowed me to understand that cravings, are normal.

With the guidance of a counselor also in his recovery

I was able to participate in social events for recovery

I was held accountable for my step work

Dialectical Behavioral Therapy

What are the 4 techniques of DBT?

Mindfulness

Distress tolerance

Interpersonal effectiveness

Emotional regulation.

What are the two primary cognitive strategies in DBT?

Acceptance

Change.



Alcoholics & Narcotics Anonymous

Am I an addict? Do I belong and to who?

My experience with AA was in Crossroads.

Experiencing a whole new journey with other women.

This soon became my foundation that is strong today through the AA literature.

My first meeting ever in my life was at Roads to Recovery center

It was awkward at first. I grabbed a cup of coffee and sat.

I would find my sense of belonging to this literature.

I had finally found the spaces I felt like everyone else!

Doing my part in local legislature

Maine People's Alliance did a collection of stories that I am fortunate to have been a part of!

Maine Recovery Advocacy taught me to use my voice for the voiceless! I am grateful to have been able to give testimony to our Maine legislation, amongst many other fierce advocates for bills like The Good Samaritan Law and for Recovery centers throughout Maine.

I am thankful to have been in support of others fighting for justice within the DOC! Being at peaceful protests where other amazing individuals speak up against the social injustice and the changes needed!



Medically Assisted Treatment - MAT

I am fortunate to have a primary care doctor who is familiar in the field of addiction.

I found a sense of trust.

This helped me to be consistent with prescribed medication.

Restored my will for physical fitness.

Cannabis-

This is my medication. With cannabis in its many forms, I am able to be a contributing person in society.

I can focus on the imperative priorities of life.

I am present!

The struggle ends, when
the gratitude begins-

-Neale Donald Walsch

Recovery Coaching

"A recovery coach is someone who is trained and interested in promoting recovery by removing barriers and obstacles to recovery by serving as a personal guide and mentor for people who are recovering or looking for recovery,"

-The Connecticut Community for Addiction Recovery (CCAR).

Motivational Interviewing & Harm Reduction

MI -a method that involves enhancing an individuals motivation to change by means of four guiding principles.

Resist the righting reflex

Understand the patient's own motivations

Listen with empathy

Empower the person

Harm reduction -set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

Somatic Yoga

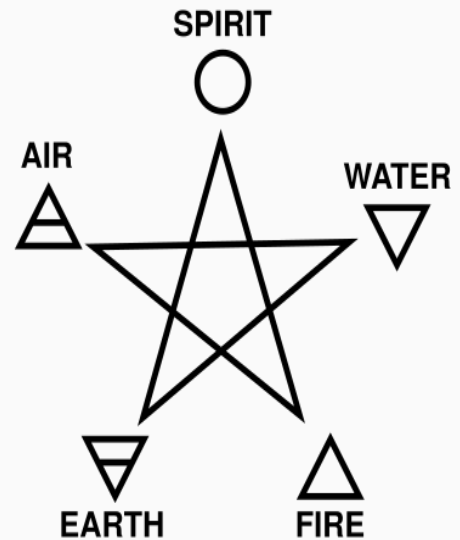
Somatics is about body-mind integration.

Our muscles can become tight or restricted due to development reasons, habitual patterns, emotional stress, injuries or trauma.

Small, slow and gentle movements are used to re-educate the brain so that it can relax and move these muscles more functionally

My prayer to the universe

I offer myself to the universe, to remove, redesign, and rebuild who I was meant to be. Give me the discernment between spirit and ego. Remove that which is not intended for me, allow me to receive that which will bring light and love to the world.

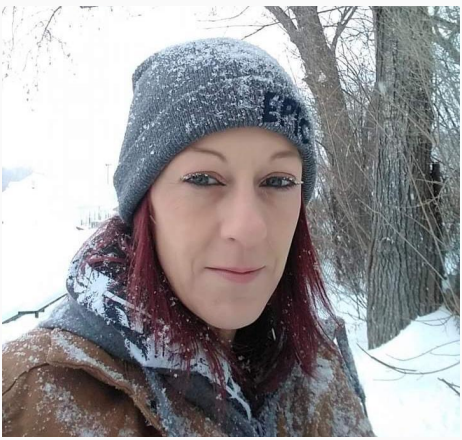


Every individual deserves to live a life
that they choose- I am here for the
experience and the lessons!
I appreciate each of you for listening.

9.30.18

Not sure if a journal will help ~~in~~ hoping
this helps. Tired of dealing with drs.
and I have no interest in talking to a ~~dr~~
psychiatrist. I used to write in a journal
back in high school. It was pretty neat
to read so many years later. So here
goes.

First some honest truths I truly
wish to change and hope I have the
strength to... I'm a heroin addict. It's
not a joking matter, even though I crack
jokes to avoid truths from others.



Grateful,
thankful and
abundantly
blessed!

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