

# Celebrating Recovery Together

Bridging healthcare organizations with their communities

Across the state, Recovery Rallies are planned and hosted to celebrate Recovery Month in September. These rallies are a show of support and celebration to those in their recovery journey with substance use disorder. But Recovery Rallies aren't just for those in active recovery – they're for friends, families, and support networks of individuals, and those who still struggle with substance use disorder. These events welcome community members to connect and learn about substance use disorder, recovery, local resources, and how to best care for their neighbors.

Supporting and promoting recovery from substance use disorder is an effort that requires collaboration and dedication from every sector of a community, including healthcare organizations. That is why it is vital for healthcare organizations to attend and engage with events like recovery rallies. These rallies provide an opportunity for healthcare organizations to learn from the experiences of those in recovery in their communities, as well as stay aware of the recovery resources and efforts available.

Community Benefit Health Promotion Coordinators, Cecilia and Kristina, supported and attended recovery rallies in all three Central Maine Healthcare hospital service areas: Lakes Region Recovery Center's rally in Bridgton on September 9th, Western Maine Addiction Recovery Initiative's march and rally in Norway on September 17th, and Lewiston Area Public Health Committee's Rally for Recovery in Lewiston on September 30th.



Harm Reduction Kits given out at the Lewiston Rally for Recovery



Kristina and CMH Team Members at the Bridgton Recovery Rally

Contact Healthy Androscoggin for more information at [info@healthyandroscoggin.org](mailto:info@healthyandroscoggin.org) or 207-795-5990

