



Franklin County Recovery Center

RECOVERY RALLY



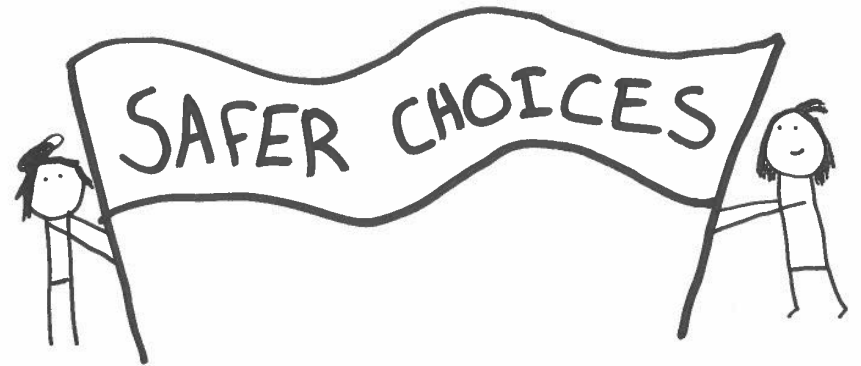
Saturday, September 6th, 2025
Meeting House Park
Downtown Farmington
139 Main Street
Farmington, ME 04938
11am - 2pm

SAVE THE DATE

Support Fuels Strength. Awareness Drives Change.
Recovery Empowers Us.

RECOVERY *happens here*

To reserve a free tabling space or for more information:
207-778-1015 or Info@FranklinRecovery.org





Community Events
Peer Recovery Coaches

Recovery Support Meetings
OPTIONS Initiative

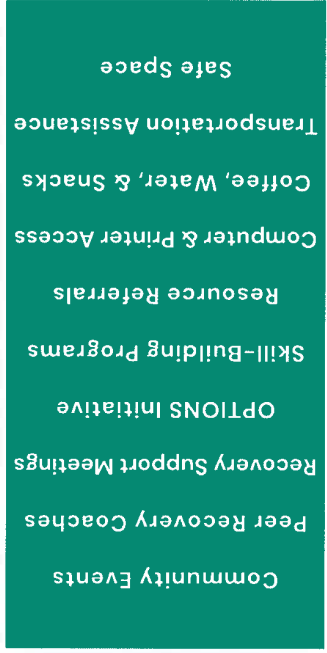
Skill-Building Programs
Resource Referrals

Computer & Printer Access

Coffee, Water, & Snacks

Transportation Assistance

Safe Space

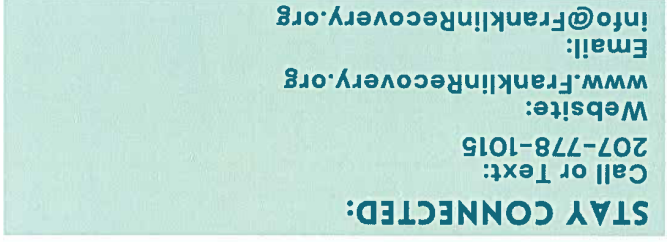


STAY CONNECTED:

Call or Text:
207-778-1015

Website:
www.FranklinRecovery.org

Email:
info@FranklinRecovery.org



SAVE LIVES
OPTIONS

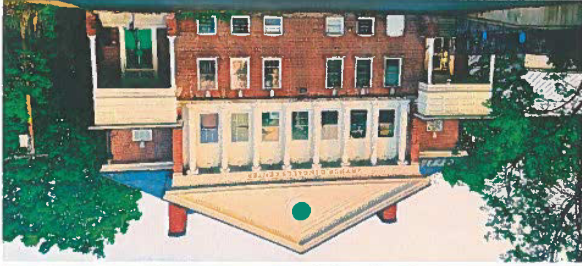


SCAN ME

FACEBOOK:

FRANKLIN COUNTY RECOVERY CENTER

The Ingalls Center
144 High Street, Farmington
Tuesdays and Thursdays
11:00AM-4:00PM

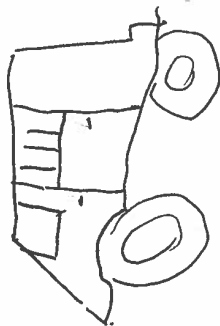
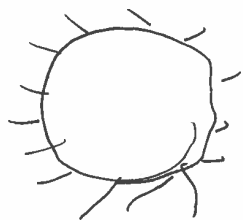


RECOVERY happens here



I got surrounded by the
police yesterday
There were four cruisers
and six officers
I didn't want to talk to
them

I went to the beach and
went swimming
It was a good day with a
healthy interaction
I got to spend the day
with my brother

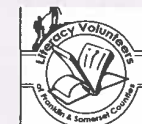
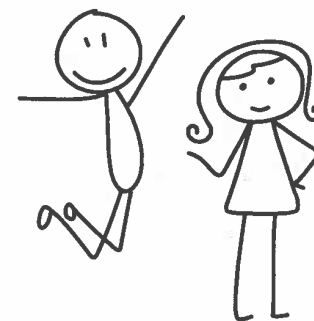


Recovery Comics: Safer Choices, Stronger Communities

Thursdays
2-4pm

Literacy Volunteers
+
Franklin County Recovery Center
+
You

Franklin County Recovery Center
144 High St, Farmington



RESPECT TO CONNECT: UNDOING STIGMA

WHAT IS STIGMA? Stigma is a social process linked to power and control which leads to creating stereotypes and assigning labels to those that are considered deviate from the norm or behave "badly" -- stigma creates the social conditions that makes people who use drugs believe they are not deserving of being treated with dignity & respect, perpetuating feelings of fear and isolation

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WHAT DOES LIBERATION LOOK LIKE?

- Liberation is the act of setting someone free from imprisonment, slavery, or oppression
- In the context of drug use & sex work, liberation is about freedom from thoughts or behavior -- "the way it's supposed to be" -- and how we are conditioned
- Stigma limits a person's ability to access services they need because they feel unworthy
- Stigma creates barriers while receiving services of receiving or requesting services
- Stigma creates barriers while receiving services by people feeling unwelcome or judged by

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WHAT DOES STIGMA LOOK LIKE?

TREE OF STIGMA

TREE OF LIBERATION



-

Trunk: Beliefs

Trunk: Beliefs

- 
- Trunk: Beliefs
- Trunk: Beliefs

Roots: Perceptions

- Roots: Perceptions**

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- Roots: Perceptions**

TREE OF STIGMA
TREE OF LIBERATION

Revised 2020

FOR MORE RESOURCES, VISIT [HARMREDUCTION.ORG](https://harmreduction.org)

[/HarmReductionCoalition](https://harmreduction.org) [/HarmReductionCoalition](https://harmreduction.org) [@harmreduction](https://harmreduction.org) [@harmreduction](https://harmreduction.org)

**NATIONAL
HARM REDUCTION
COALITION**

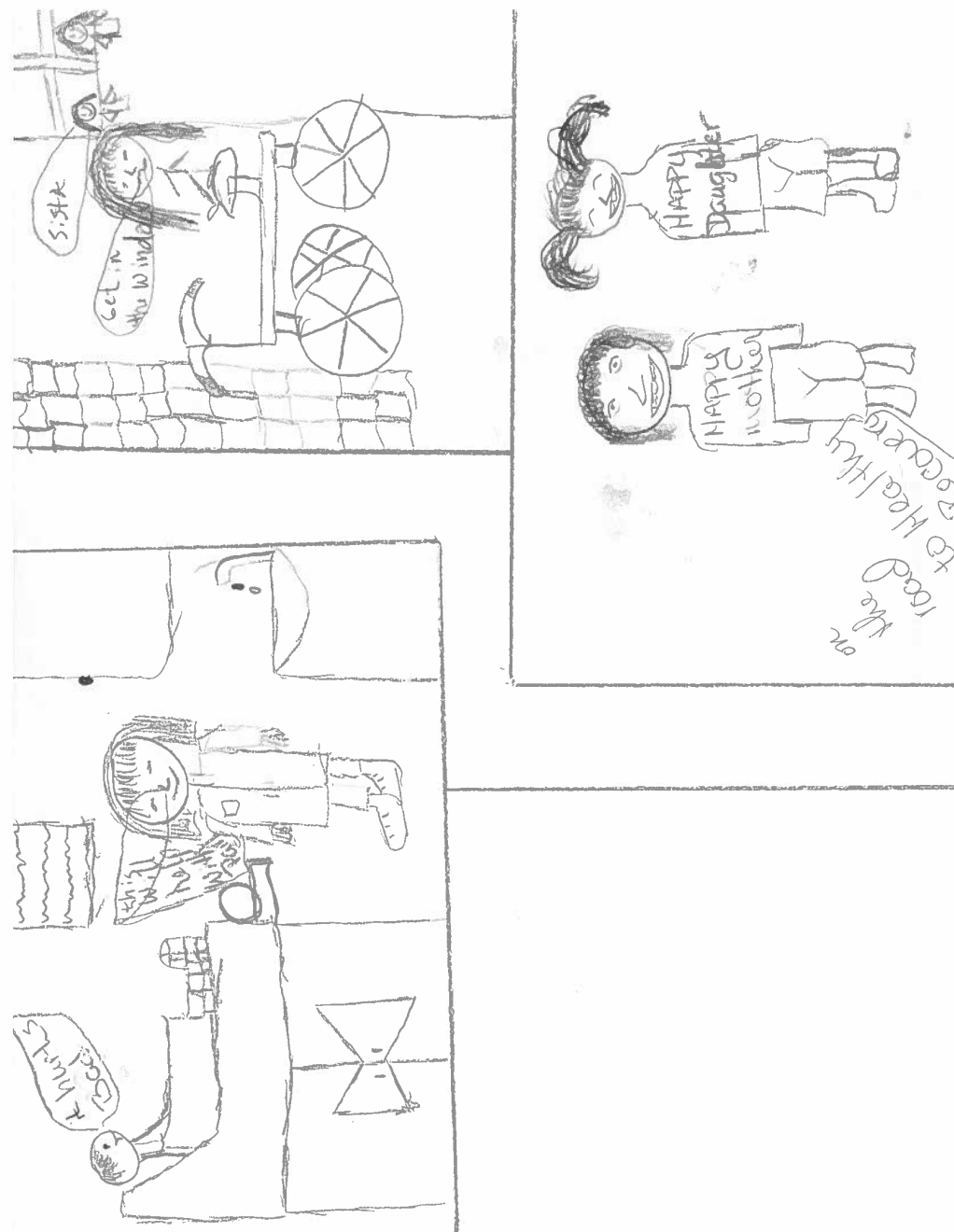
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WAYS TO REDUCE.....

SHARE INFORMATION!

TALK OPENLY ABOUT MENTAL HEALTH + SUBSTANCE USE DISORDER

INVOLVE PATIENTS + Family in Care

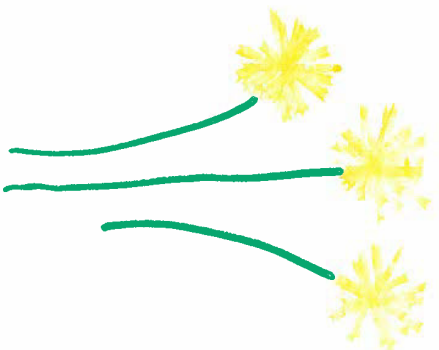
GO USE ~~personal~~ Respectful language

MORE THAN JUST A DIAGNOSIS

ADVOCATE!

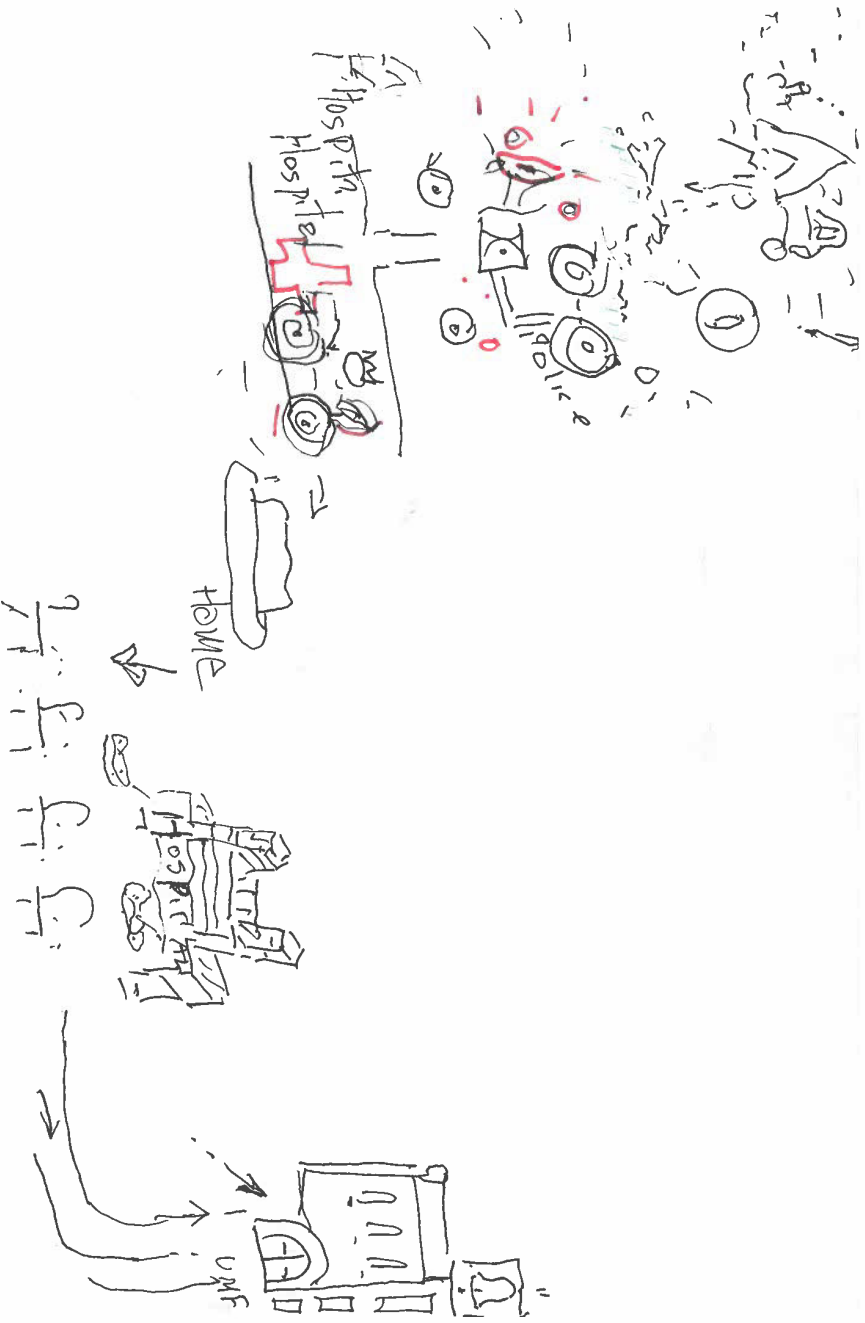
Dandelions

"disrupts the endless green of a well-manicured lawn"



Not a WEED....

- * Nutritious Food Source
- * Vital Food Source for pollinators
- * helps improve soil health
- * Herbal Remedies
- * Symbol of hope + resilience



Mother

Drug User &

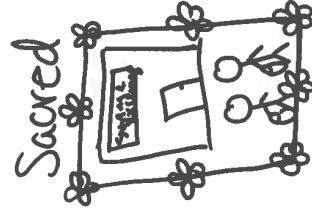
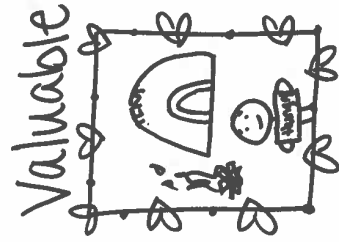
Community member

ARE NOT

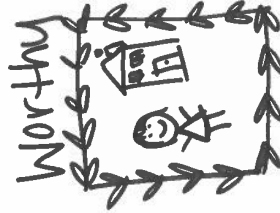
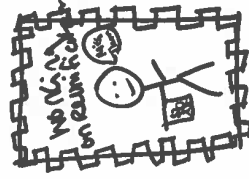
mutually exclusive

terms

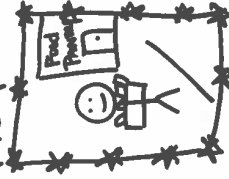
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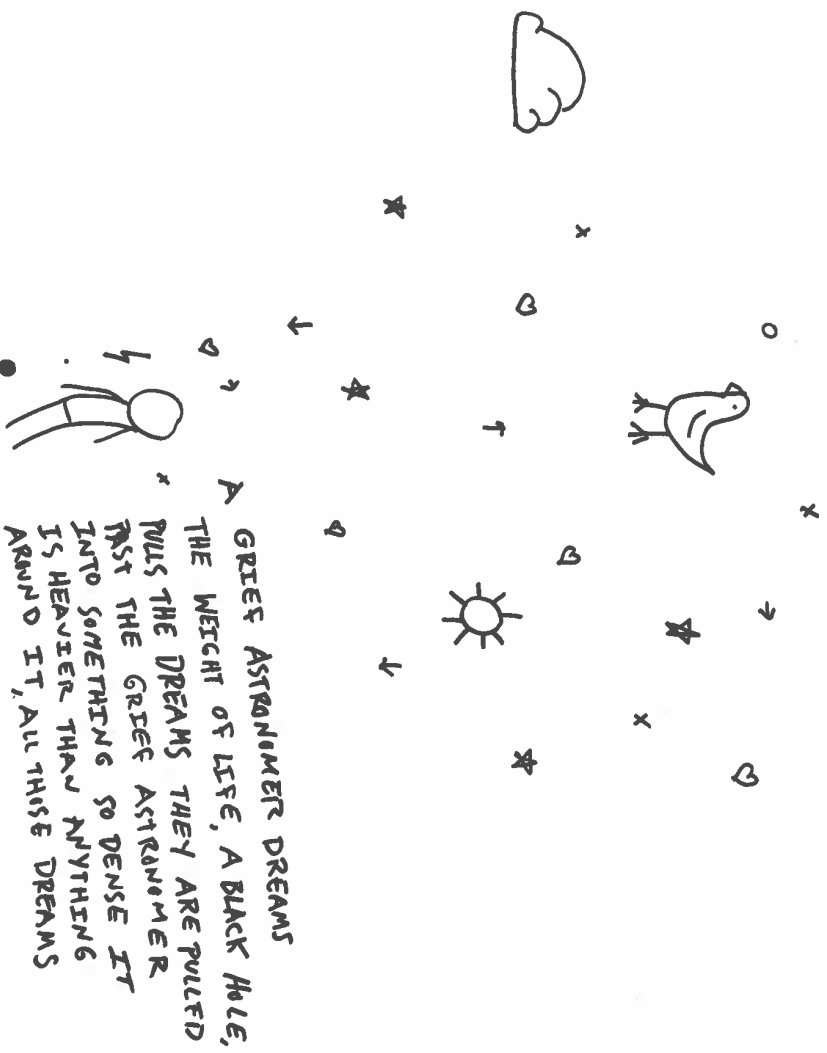


Cherished

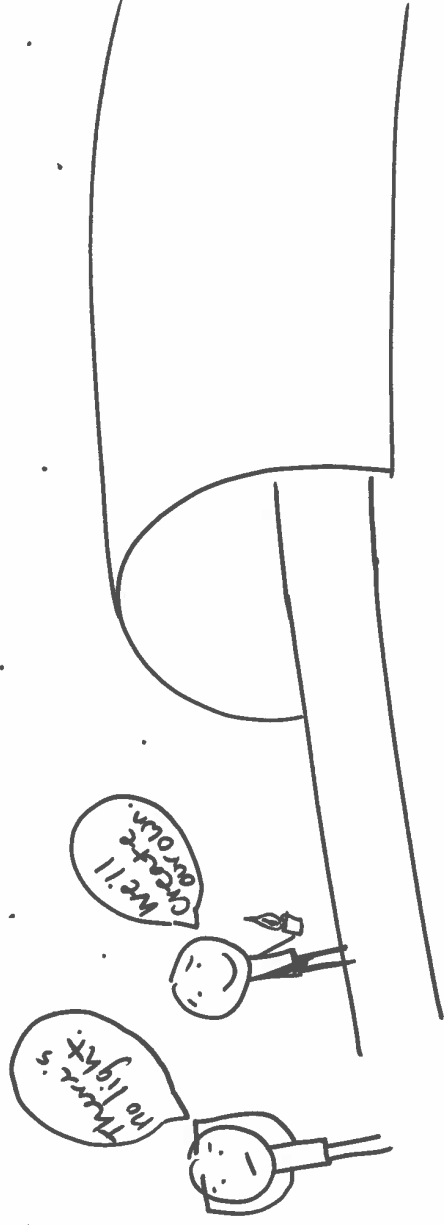


Respected





WHAT DOES A GRIEF ASTRONOMER SEE?



What if when a mountain is rumbling	What if we could be fat squirrels
Instead of being scared and running away	Happy in a tree
People see what is going on, what it needs	With everything we need
Then it might not need to explode and become a volcano	

PRINCIPLES OF HARM REDUCTION

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

Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

FOUNDATIONAL PRINCIPLES CENTRAL TO HARM REDUCTION

Harm reduction incorporates a spectrum of strategies that includes safer use, managed use, abstinence, meeting people who use drugs "where they're at," and addressing conditions of use along with the use itself. Because harm reduction demands that interventions and policies designed to serve people who use drugs reflect specific individual and community needs, there is no universal definition of or formula for implementing harm reduction.

However, National Harm Reduction Coalition considers the following principles central to harm reduction practice:

Accepts, for better or worse, that illicit and illicit drug use is part of our world and chooses to work to minimize its harmful effects rather than simply ignore or condemn them

Establishes quality of individual and community life and well-being — not necessarily cessation of all drug use — as the criteria for successful interventions and policies

Ensures that people who use drugs and those with a history of drug use routinely have a real voice in the creation of programs and policies designed to serve them

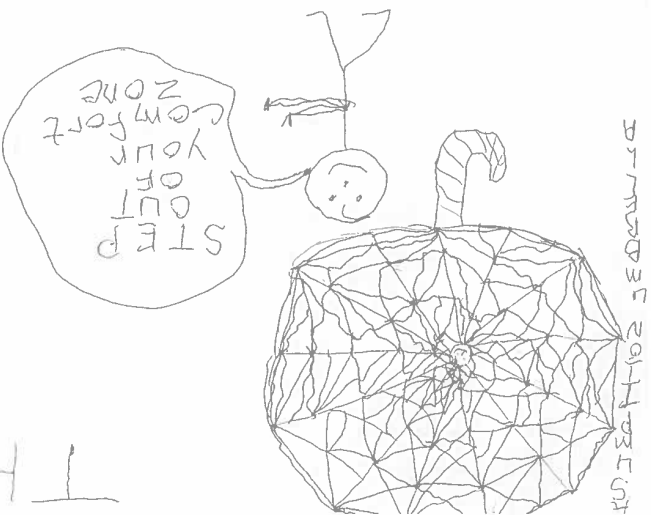
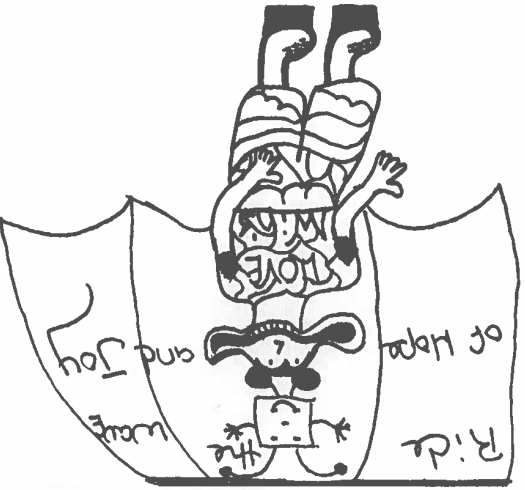
Recognizes that the realities of poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities affect both people's vulnerability to and capacity for effectively dealing with drug-related harm

Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe use to total abstinence, and acknowledges that some ways of using drugs are clearly safer than others

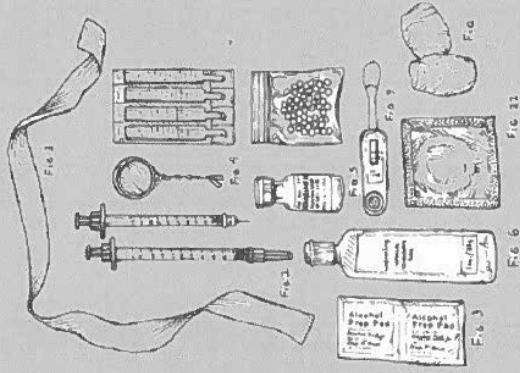
Calls for the non-judgmental, non-coercive provision of services and resources to people who use drugs and the communities in which they live in order to assist them in reducing attendant harm

Affirms people who use drugs (PWUD) themselves as the primary agents of reducing the harms of their drug use and seeks to empower PWUD to share information and support each other in strategies which meet their actual conditions of use

Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use



THINK



A difficult life is not less worth living than a gentle one. Joy is simply easier to carry than sorrow. And your heart could lift a city from how long you've spent holding what's been nearly impossible to hold. This world needs those who know how to do that. Those who could find a tunnel that has no light at the end of it, and hold it like a telescope to know the darkness also contains truths that could bring light to its knees. Grief astronomer, adjust the lens, look close, tell us what you see.

- Andrea Gibson

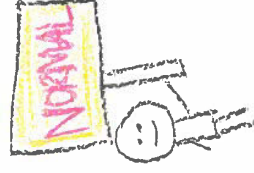
Providing safer use strategies

Meeting people where they're at.



Key Principles of

HARM REDUCTION



Reduce Stigma

Empower Others

DONT HAVE SEX!!!	MTFI!!!	HPV is common	Healthy AF
I know it sounds bad but it seems like you and Jason are getting close. Remember to be safe if you engage in sexual activity and please let me know if you have any questions.	I know it sounds bad but it seems like you and Jason are getting close. Remember to be safe if you engage in sexual activity and please let me know if you have any questions.	I know it sounds bad but it seems like you and Jason are getting close. Remember to be safe if you engage in sexual activity and please let me know if you have any questions.	I know it sounds bad but it seems like you and Jason are getting close. Remember to be safe if you engage in sexual activity and please let me know if you have any questions.

HARM REDUCTION INTERVENTIONS

A philosophical and political movement focused on shifting power and resources to people most vulnerable to structural violence

The approach and fundamental beliefs in how to provide the services

Tools and services to reduce potential harm



The "mindset" that someone brings to the situation, including thoughts, mood, and expectations

Case Study : Jessica

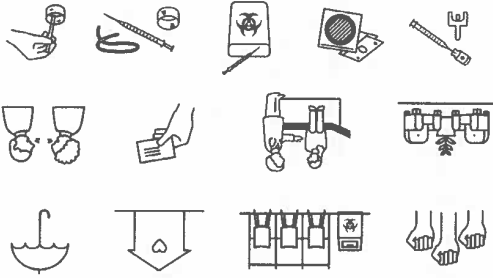
Jessica has been using heroin on and off for the past 10 years. Jessica stopped using for a few months while she was with her ex, but they recently broke up. She is feeling depressed and anxious and is looking to use again. She buys a bag and heads to the syringe exchange for some new points and heads to her encampment in a rush.

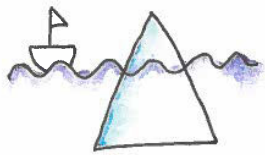
FOR MORE RESOURCES, VISIT HARVARD.EDU/STUDENT

[Facebook](#)
[YouTube](#)
[HarmReductionCoalition](#)
[Twitter](#)
[@harmreduction](#)
[Instagram](#)
[@harmreduction](#)

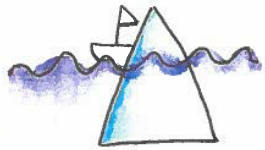
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HARM REDUCTION
COALITION**

HARM REDUCTION INTERVENTIONS

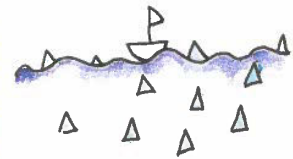




A CRISIS
IS THE TIP
OF THE ICEBERG



WHAT SMALLER
RISKS & HARMS
LED TO THE CRISIS?



WHAT RISKS COULD
BE REDUCED
TO PREVENT
ANOTHER CRISIS?

HARM vs. RISK

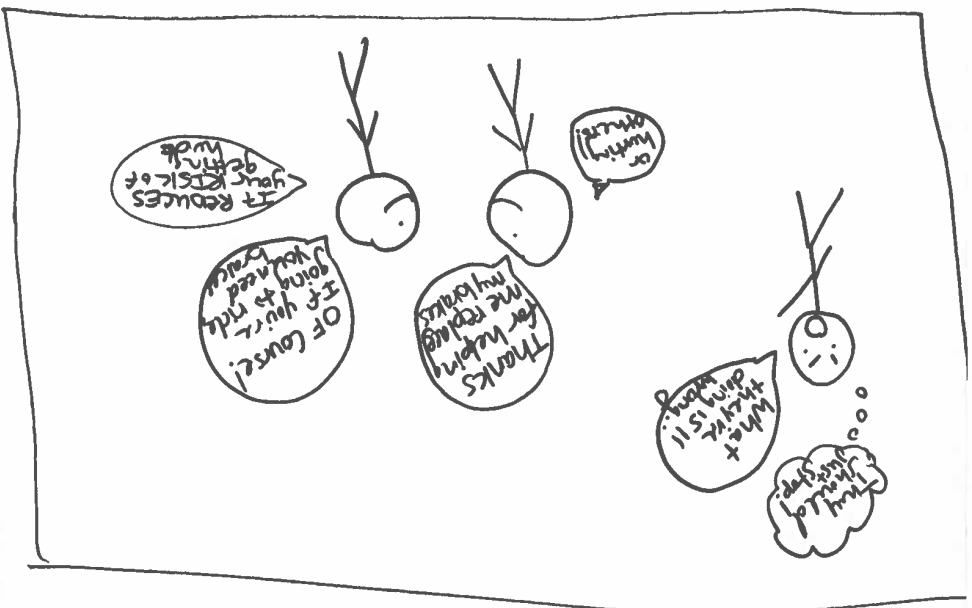
I don't care what anyone says I'm gonna go get high!

I'm not here to tell you No!
Do I want you sober? OF Course!
But I can't make you so all I ask
is to just test your supply
if use this fresh needle for
safety

That's okay! Remember
we talked about you
feeling this way lately
that is why we got
you this box of
safe use tools
last week from
the SSP!

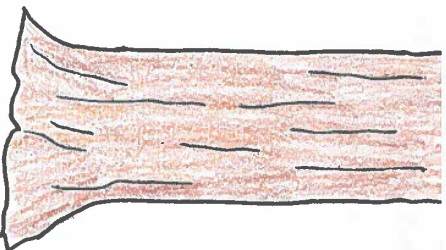
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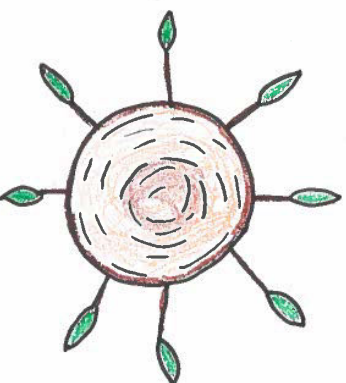
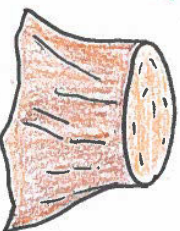


STUMP SPROUT

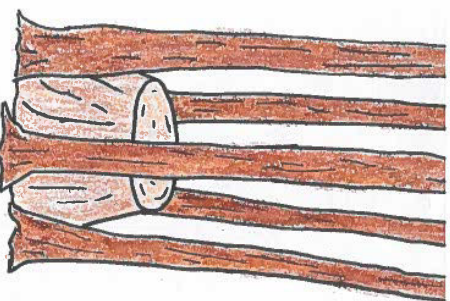
A BIG OLD TREE



GETS CUT DOWN



NEW TREES GROW IN A CIRCLE THE SAME SIZE AS THE OLD TREE



SO MANY SOLUTIONS!

ACTIVITY: Problem Tree



Substance Use Spectrum

Substance use occurs on a spectrum, from total abstinence to chaotic use and a whole host of behaviors in between. There are many degrees of use, and the extent to which substance use affects or interferes with a person's life varies by substance and by circumstance. While abstinence is a part of the substance use spectrum, harm reduction does not require it; harm reduction supports safer drug consumption even (and especially) in chaotic use.

Abstinence
Experimentation
Occasional Use
Regular/Social/Recreational Use
Heavy Use
Substance Dependence
Chaotic Use

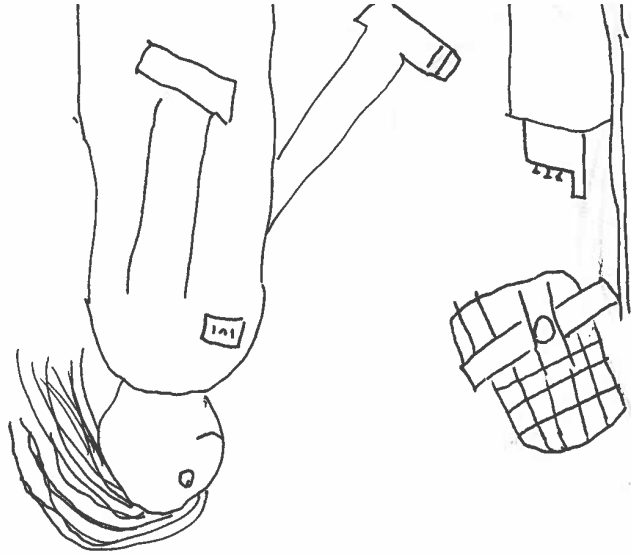


Adapted from Denning et al,
Over the Influence
(The Guilford Press: 2003).

Harm Reduction supports and celebrates any positive change while resisting a narrative that would treat the substance use spectrum as a moral ladder. A positive change is one that reduces risk to oneself and one's community, that makes space for a person to pursue spiritual, emotional, and physical health and wholeness, that emerges from and increases their agency. One person's positive change may be to start smoking heroin instead of injecting it, thereby reducing the risk both of overdose and of many infections; another's may be to shift from heavy use to occasional use in order to make more time for a job, hobby, or relationship; another's may entail giving up one or more substances entirely to prevent harm. Principles of non-judgment and non-coercion require that none of those choices be treated as morally superior or inferior to another. Everyone's path is their own, but Harm Reduction offers compassionate, evidence-based support on the journey.

This side of the picture
is a happy family

And a pharmacist comes
in and screws the family
up
And the pharmacist
could be anyone
It could be a doctor



LESS RISK, MORE ...

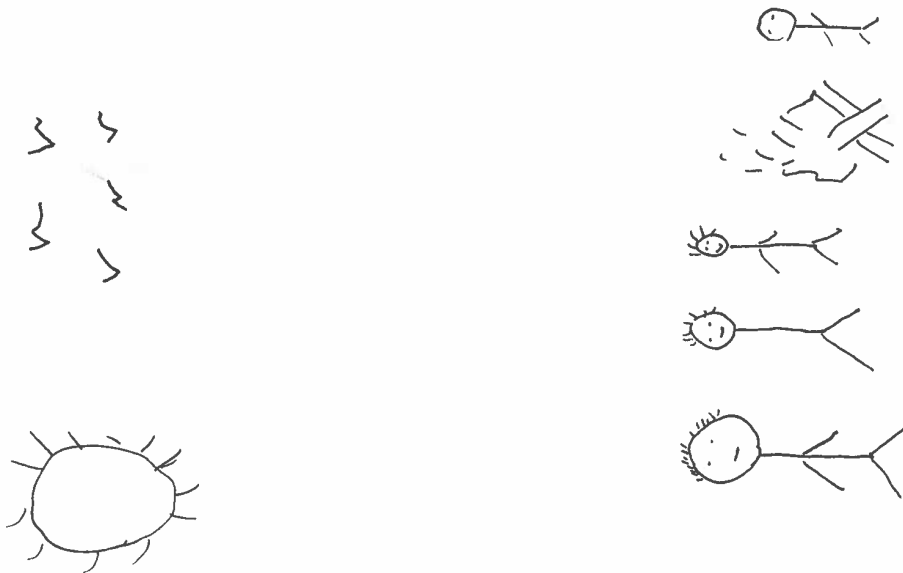
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-Spirit of Harm Reduction: A Toolkit for Communities of Faith

MAKE A LIST OF RISKS IN YOUR COMMUNITY.
IF THE RISKS WERE REDUCED, WHAT WOULD THAT
MAKE SPACE FOR?

IF THIS RISK WAS REDUCED,

WE COULD HAVE MORE...



MAY YOU BE

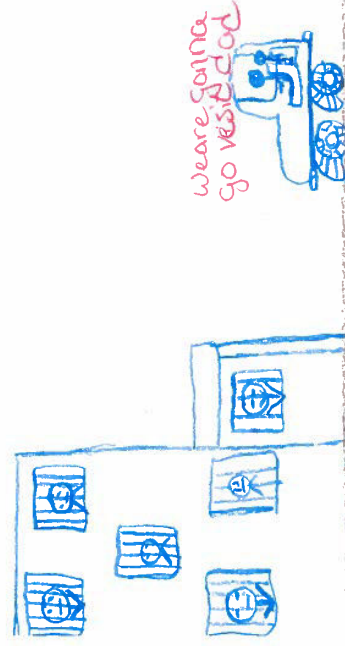
HAPPY HEALTHY WHOLE

HELLED

THE SWEETEST LIFE IN A WORLD
OF DANGER

SOFTNESS
+
CARE

RESILIENCE
+
STRENGTH



We are going
to visit dad

Happy humans

Houses
for
the un/crisis



Could the
house help
the mall



Good [morning/afternoon], everyone.

I'm here today to talk about harm reduction—not as a controversial concept, but as a compassionate, practical approach to care. Harm reduction is about keeping people safe, preserving dignity, and meeting folks where they are. It's not about condoning risky behavior—it's about acknowledging reality and choosing empathy over judgment.

And here's the thing: we practice harm reduction every day.

Crosswalks, stop lights, seat belts, and antilock brakes.

Nutrition labels, food pantries, and the Food is Medicine program at Franklin Memorial Hospital.

Support groups, safety nets, and hot and warm lines.

Medication assisted therapies for high blood pressure and diabetes.

We wear seat belts—not because we plan to crash, but because we want to survive if we do.

We eat healthy food—not because we expect perfection, but because we're trying to reduce long-term risks.

We install smoke detectors—not because we want fires, but because we want to be warned in time.

We offer sunscreen, helmets, life jackets—all tools that say, "Your life matters. Let's protect it."

So why, when it comes to substance use, does harm reduction suddenly become controversial?

Why is there such a divide in how we view it?

Is it stigma? Is it fear? Or is it that we've been taught to value punishment over prevention?

Because when we center humanity, the path becomes clearer. Harm reduction doesn't ignore the struggle—it honors it. It builds bridges where systems have failed. It says, "You're still worthy of care, even if you're still in the fight."

So I ask you:

What would our communities look like if we treated every life like it was worth saving—no exceptions?

What would our community look like if every person was supported in being happy, healthy, and whole?

What would it look like if our community truly extended compassion and care to people who use substances?

What would it look like if our minds were opened and we listened when people tell us what they need?

Let's keep asking. Let's keep listening. And let's keep showing up—for every person still fighting to be seen.