



FRANKLIN COUNTY RECOVERY CENTER

「YOUR
words
MATTER」♥

Created by FCRC volunteers! ♥

Franklin County
RECOVERY CENTER

**Tuesdays
and
Thursdays**
11:00AM-4:00PM

St. Joseph's
Community
Center
130 Quebec St.,
Farmington, ME

FRANKLIN COUNTY RECOVERY CENTER

Peer Recovery Coaches | Support Meetings
Resources | OPTIONS | Computers & Printer
Stations | Coffee & Snacks | Games & Activities



RECOVERY happens here

STAY CONNECTED:
Scan the QR code to view our monthly schedule on
Facebook.
Call or Text:
207-778-1015
Email:
FranklinCountyRecoveryCenter@gmail.com



SCAN ME





FRANKLIN COUNTY RECOVERY CENTER

presents:

A Community Celebration: *Working Together to Spread Hope*

April 26, 2025

EVENT SCHEDULE

10:00 AM: Networking

10:45 AM: Welcome & Introductions

10:55 AM: Evolution of Recovery in Franklin
County

11:15 AM: FCRC Volunteer Team &

Interactive Audience Activity

11:45 AM: Keynote speakers

12:15 PM: Closing & Networking

TABLING PARTNERS

1000 Lives Campaign

Avalon Counseling

Better Life Partners

Blue Sky Counseling

Franklin County Sheriff's Office

Health Affiliates Maine

Healthy Community Coalition

HealthReach Community Health Centers

Kennebec Behavioral Health

Know Your OPTIONS

Lifeline for ME & Summit House

Literacy Volunteers of Franklin & Somerset Counties

Sexual Assault Prevention & Response Services

Our Mission:

To create a safe, inclusive space where individuals
in substance use recovery, along with their friends and family,
can access support, resources, and social connections.

130 Quebec Street, Farmington, Maine
207-778-1015 | FranklinCountyRecoveryCenter@gmail.com

Recovery Comics:

Words of Wisdom

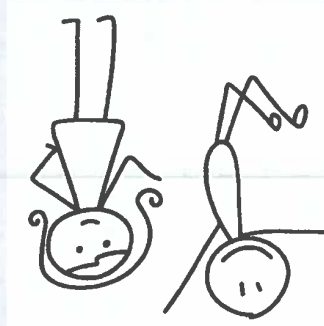
2-3pm

April 1, 15, 22, 29

Literacy Volunteers

+
Franklin County Recovery Center
+
You

Franklin County Recovery Center
130 Quebec St., Farmington



FRANKLIN COUNTY RECOVERY CENTER
presents:



A Community Celebration:
Working Together to Spread Hope

April 26, 2025

Agenda

- | | |
|---|--|
| <p>Our Mission:
To create a safe,
inclusive space
where individuals
in substance use
recovery, along with
their friends and
family, can access
support, resources,
and social
connections.</p> | <p>10:00 Networking Opportunity
<i>We warmly invite you to connect with our tabling partners and enjoy light refreshments</i></p> <p>10:45 Welcome & Introductions
<i>Please gather at the center round tables</i></p> <p>10:55 Opioid Response in Maine
<i>Gordon H. Smith, Esq., Director of Opioid Response, State of Maine</i>
Evolution of SUD in Franklin County
<i>LeeAnna Lavoie, MPH, CHES, Director, Healthy Community Coalition</i></p> <p>11:15 Working Together to Spread Hope
<i>FCRC Volunteer Team, Words of Wisdom and Interactive Audience Activity</i></p> <p>11:45 Comprehensive Opioid, Stimulant, and Substance Use Program
<i>Sargent Ryan Close, Franklin County Sheriff's Office</i>
<i>Alison Prior, Programming and Re-Entry Coordinator</i></p> <p>12:15 Community Connection
<i>As our Community Celebration comes to a close, we invite you to connect and learn more about the resources available and the people who help strengthen our community.</i></p> |
|---|--|

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WORDS OF WISDOM:

Person-First Language/Person-Centered Language

Person-first or person-centered language puts a person before a condition, diagnosis, or status.

When we use person-first language we remember that people are whole human beings and not defined by a single aspect of their lived experience.

Person-first language helps reduce stigma and affirms humanity and dignity.

PERSON FIRST LANGUAGE

IT'S AS EASY AS

1

2

3

A PERSON



WHO ARE

PEOPLE



EXPERIENCING

NAVIGATING

DIAGNOSED WITH

DEALING WITH

CURRENTLY

(ANY OF THE THINGS THAT ANY HUMAN MIGHT EXPERIENCE IN THEIR LIFETIME)

A PERSON WHO HAS ALLERGIES TO CATS
PEOPLE WHO HAVE EXPERIENCED FLOODING
FAMILIES WHO UTILIZE PUBLIC TRANSPORTATION

PERSON FIRST LANGUAGE REDUCES STIGMA
& AFFIRMS EVERYONE'S HUMANITY & DIGNITY

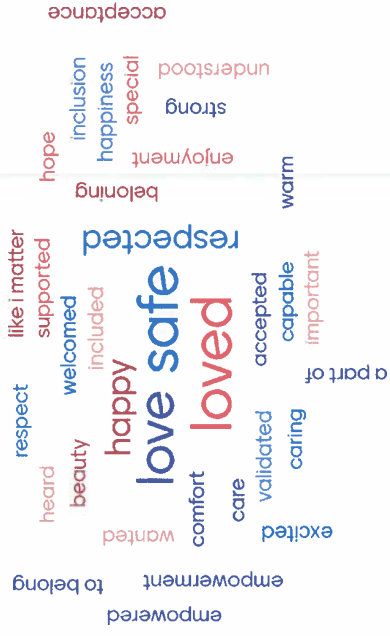
What do you hope to hear in a community that truly supports recovery? Reflect on the words, conversations, or stories that uplift and inspire.

35 responses

see you next week
be a cheerleader
non judgment
identification
its ok
music
we appreciate you
yes you can
welcome
support
joy
you matter
strong
moving
affirmation
love
hope
kindness
fun
i will help you
resources
i'll help
i see you
you are important
take care of yourself
laughter
you are amazing
we accept you
you got this

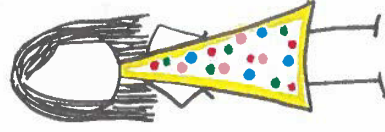
In a community that embraces recovery, what do you want to *feel*? Consider emotions, connections, or values that make you feel safe and empowered.

48 responses



I AM...

- ♥ A friend ♥
- ♥ LOVED ♥
- ♥ A MOM ♥
- ♥ A Member of my community ♥
- ♥ A person with a Substance use disorder ♥
- ♥ A sister ♥
- ♥ A leader ♥



I'm Ang Samperi, one of the Recovery coaches here in Franklin County. You'll find me at the Recovery Center every Tuesday and Thursday. Over the past year, I've watched this place grow and change in remarkable ways, and I'm grateful to continue being part of that journey. Today, I want to share something I've found essential—both in the growth of the center and in creating a safe, supportive space within our community:

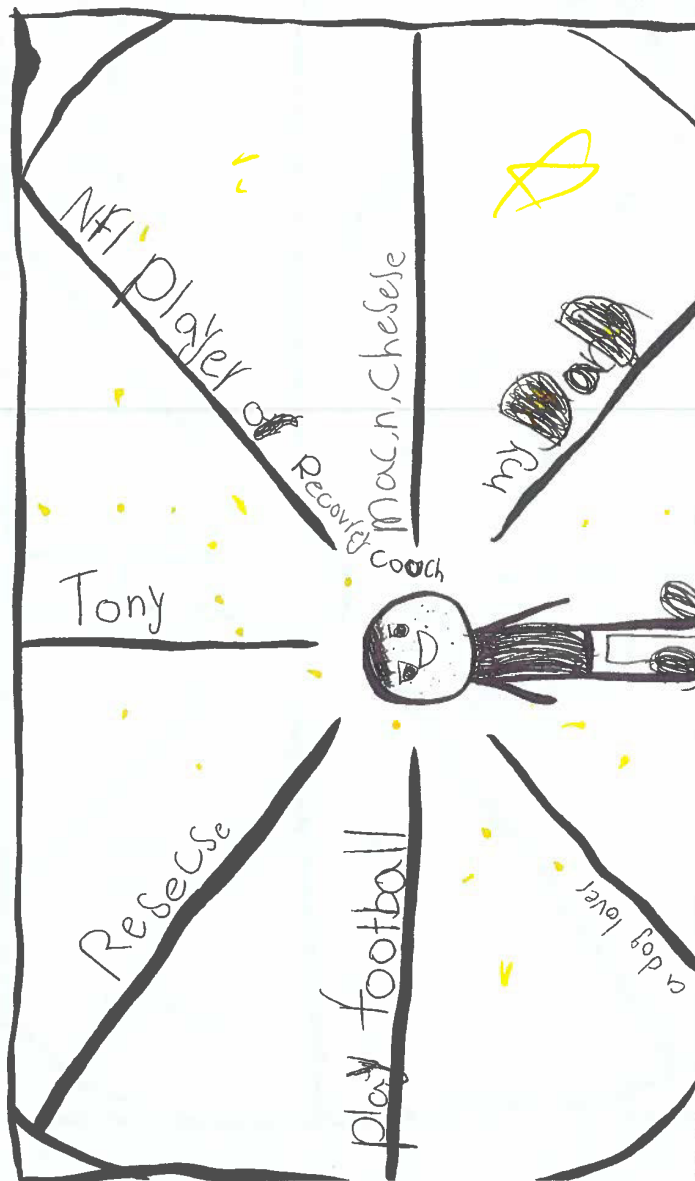
The Power of Words

Words have the ability to build or break, to comfort or harm, and to imprison or set free. Though small—just a collection of letters, sounds, or syllables—their impact runs deep, shaping how we see the world, each other, and, most importantly, ourselves.

In life, our words narrate who we are. They declare our goals, our fears, and our humanity. In recovery, they become even more than that. They become a **lifeline**, guiding us through some of the toughest terrain we'll ever face. That's why the words we choose matter so profoundly. Recovery—whether from addiction, illness, trauma, or hardship—is not just a process of healing. It's a process of **reclaiming power, identity, and hope**. One of the most transformative ways to do this is through **first-person language**.

When you look around a recovery-ready community, what do you hope to see? Think about visuals, actions, or environments that inspire hope and healing.
54 responses





What is First-Person Language?

First-person language means using words that reflect ownership of our experiences. Instead of being labeled as “an addict,” we say, **“I am navigating challenges.”** Instead of saying, “I am not enough,” we say, **“I am learning to grow and see my worth.”** These shifts in language redefine how we see ourselves, allowing us to move forward with strength rather than stigma.

The pronouns we use—both for ourselves and others—are equally important. Honoring someone’s chosen pronouns is an affirmation of their identity and humanity, a small act that fosters respect and understanding. Similarly, choosing empowering “I” statements—**“I am strong,” “I am healing,” “I am capable”**—can reinforce progress and encourage personal autonomy.

Shaping Mental Health Narratives

Language also shapes how we view mental health. The way we talk about it can either **perpetuate stigma** or **invite open conversation**. Saying **“I am prioritizing my mental health”** rather than “I’m broken” acknowledges challenges while emphasizing growth. Saying **“I live with anxiety, but it doesn’t define me”** helps reframe our perspective.

Speaking with **compassionate, inclusive language** contributes to a culture where seeking help is seen as an act of courage—not weakness.

Connecting Through Words

First-person language isn't just about how we see ourselves—it's also about how we connect with others. A simple statement like "You matter," "I see you," or "You are loved" reminds people they are not alone. Words can be a lifeline, an affirmation of worth, and a testament to human connection.

When we choose words carefully, we take responsibility—not in the sense of blame, but in reclaiming agency. **Recovery is personal.** It's our journey to navigate, our story to tell.

Words Create Reality

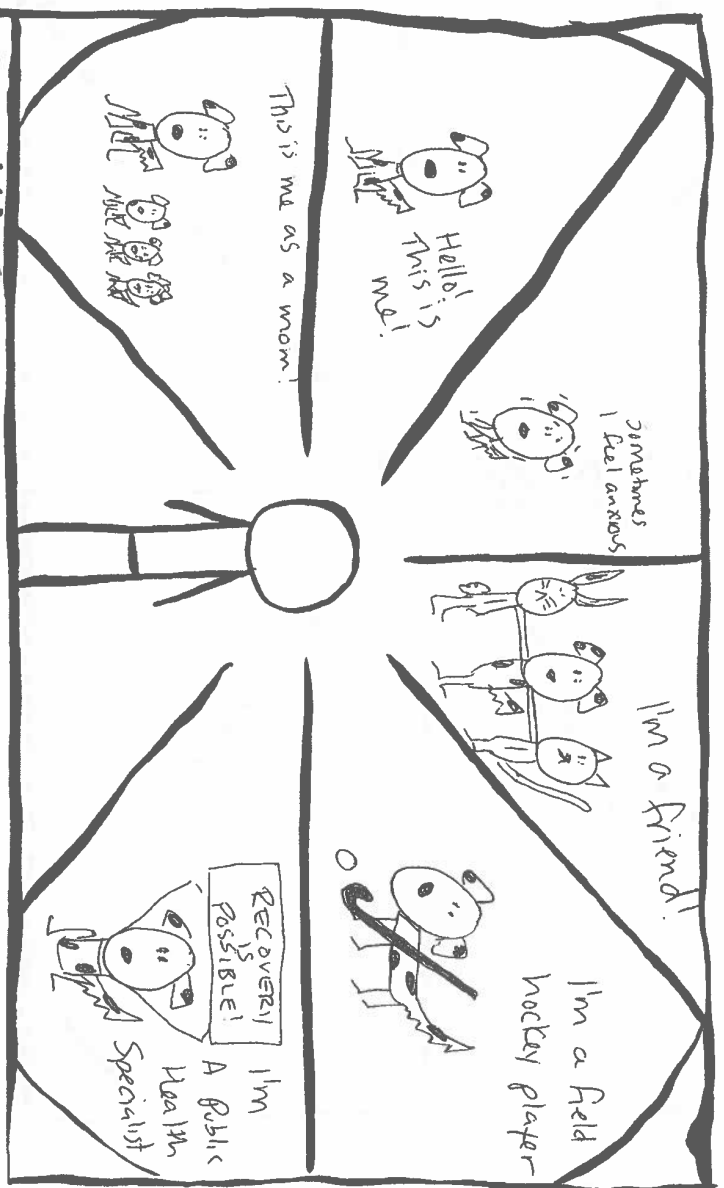
The language we use doesn't just shape individual recovery—it shapes how society views recovery itself. Labels reduce people to their struggles. **First-person language restores humanity**, shifting the story from one of shame to one of resilience, from limitation to growth.

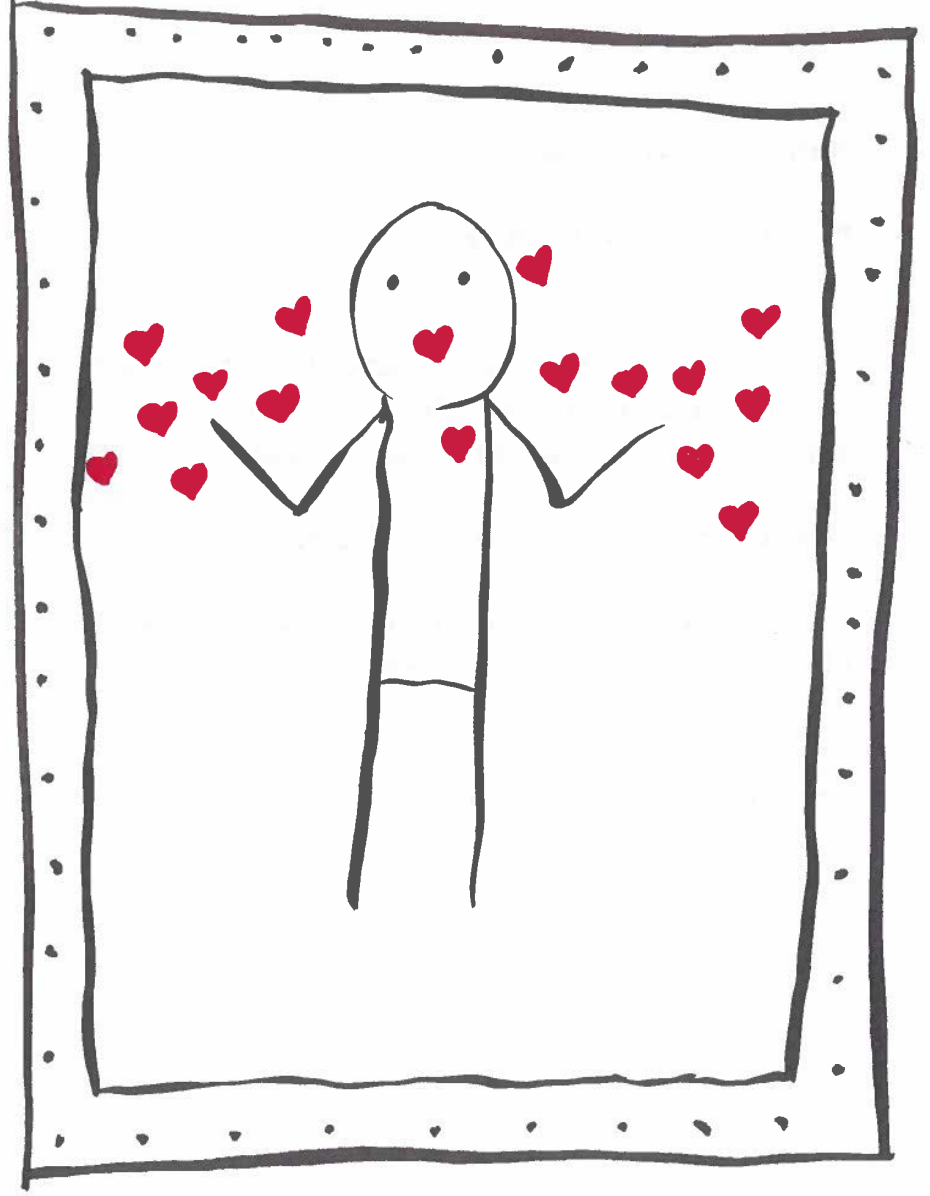
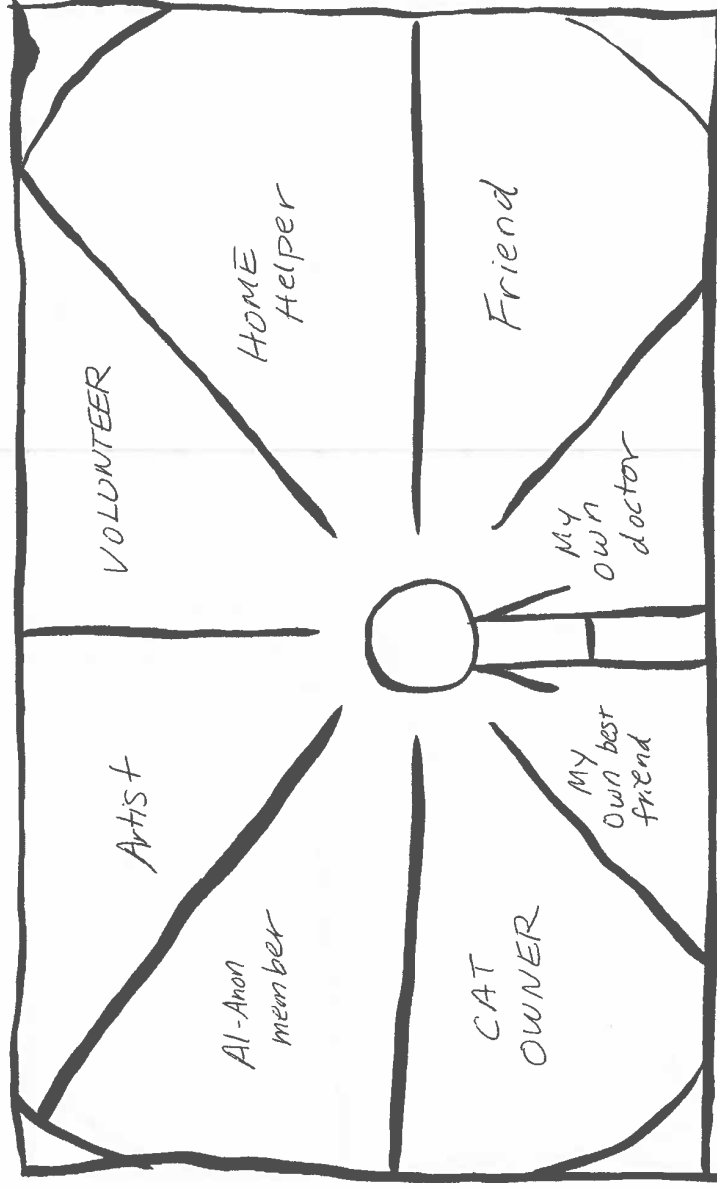
As we continue on this journey, **let's be intentional with our words.** Let's choose language that empowers rather than confines. Let's ensure that our words don't hold us in the past but free us to imagine—and claim—a brighter future.

Because at the end of the day, the words we choose don't just tell our story. **They create it.**

Let's make it a story worth telling.

Thank you.





WORDS OF WISDOM:

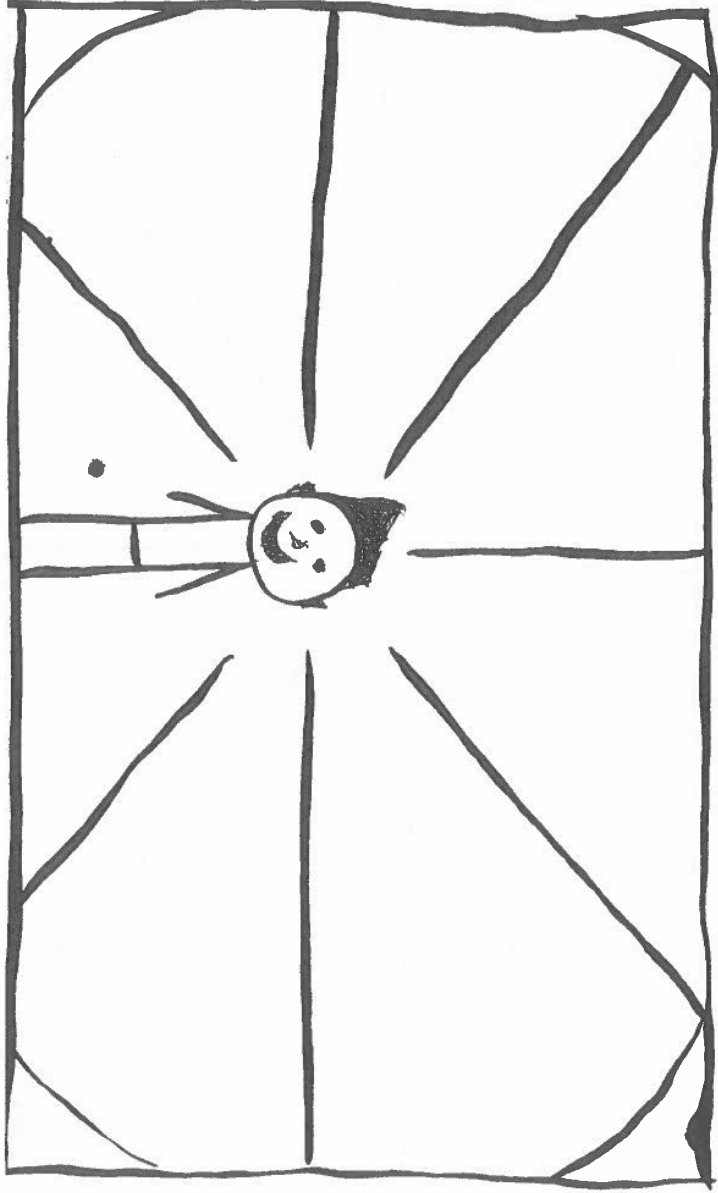
Better Ways! Best Practices!

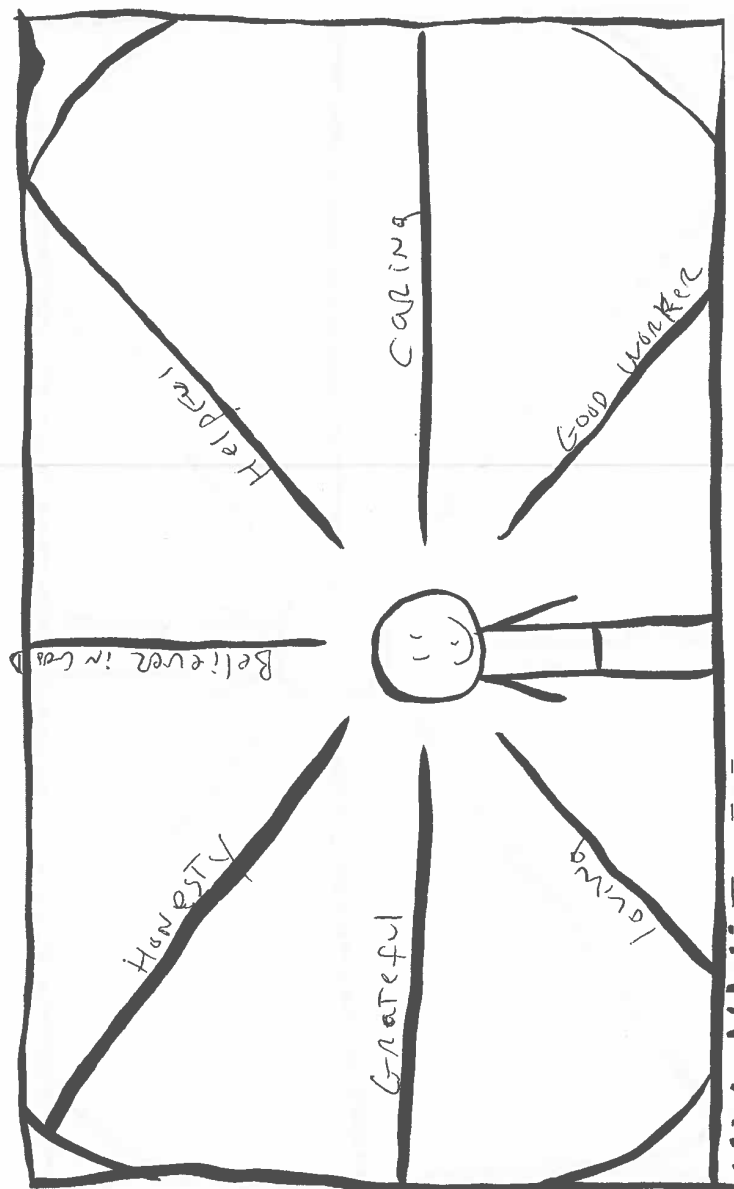
Use person-first or person-centered language- start with the person and then talk about their experience, condition, status, or identity.

Listen to find out how people self identify.

Don't act on assumptions, ask people how they self identify or what their preferred terms are.

Do some internet research- Google "Preferred terms for -----" or "Is it OK to say -----"





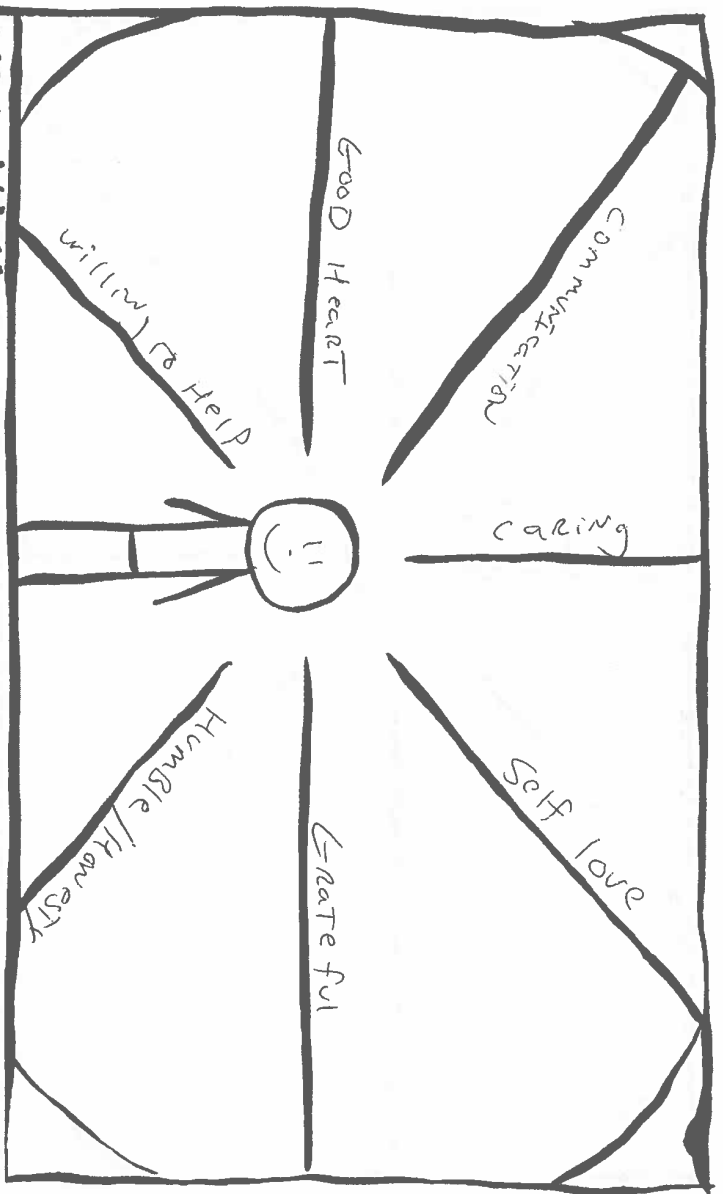
I am new to person first language but am starting to learn that thinking before I speak has been easier as time goes on.

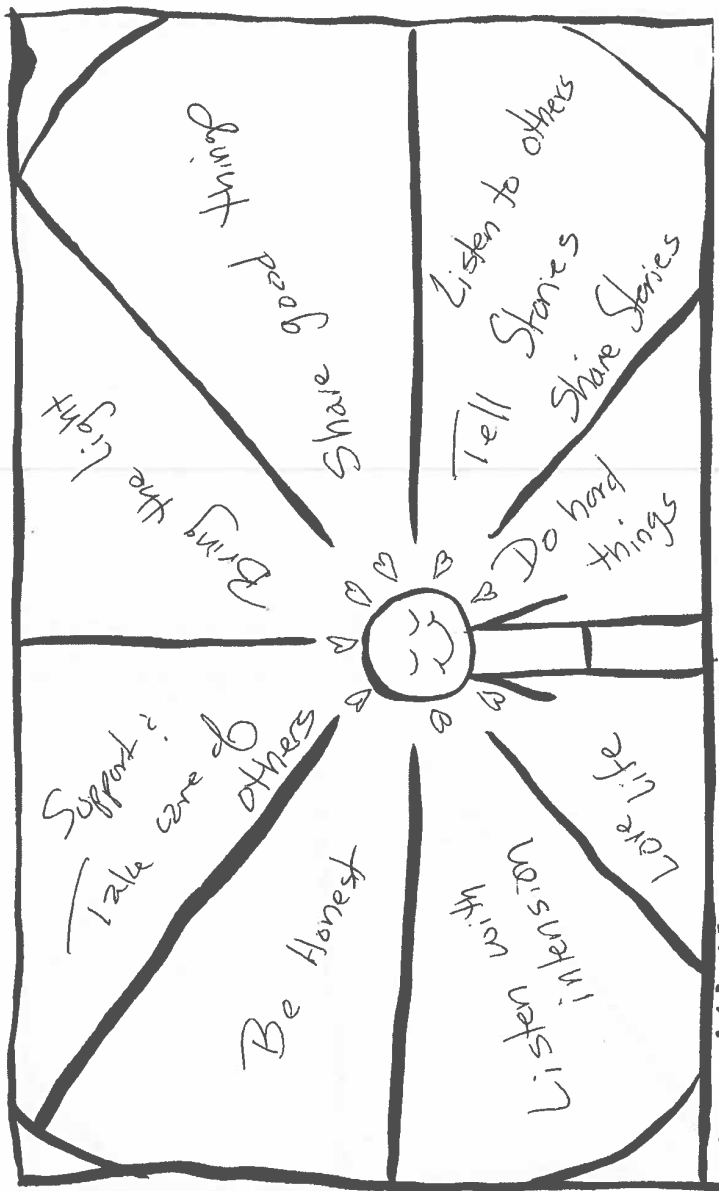
Learning a new skill is always difficult at first but as the saying goes practice makes perfect!

Gentle
Reminders
are
helpful.

Words Have

POWER...





Use Them

Wisely...

WORDS OF WISDOM:

Helping Each Other

We are responsible for our reactions and our interactions.

If you make a mistake:

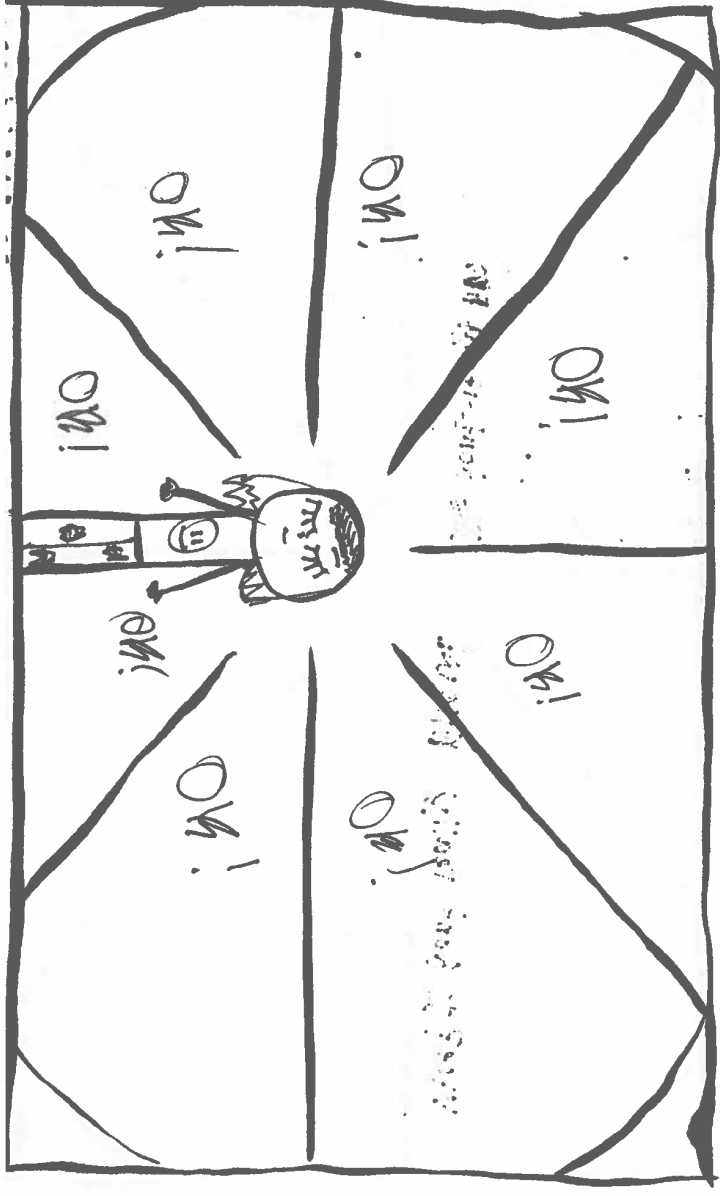
Acknowledge your mistake, correct it

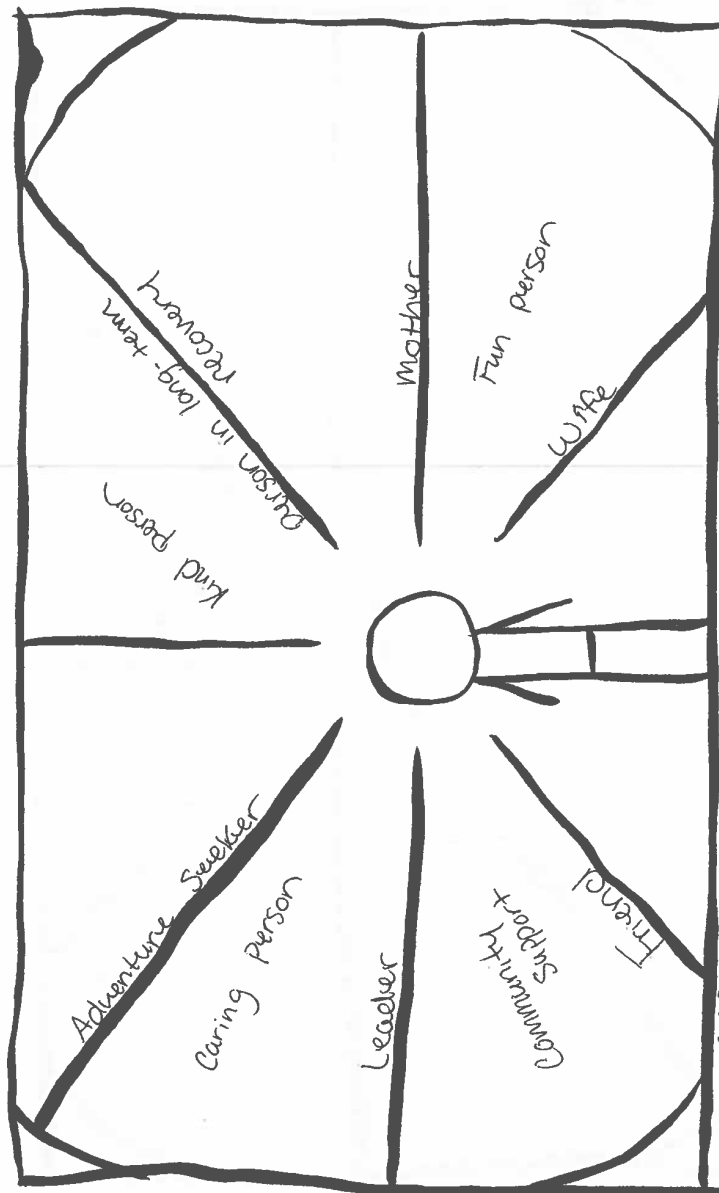
Accept feedback

Move on, don't fixate

Keep learning!

"I'm sorry, I realized that I made assumptions about your pronouns. I want to make sure I'm using the correct pronouns, can you share your pronouns with me?"





If you are triggered by language or see someone making a mistake:

Take a deep breath!

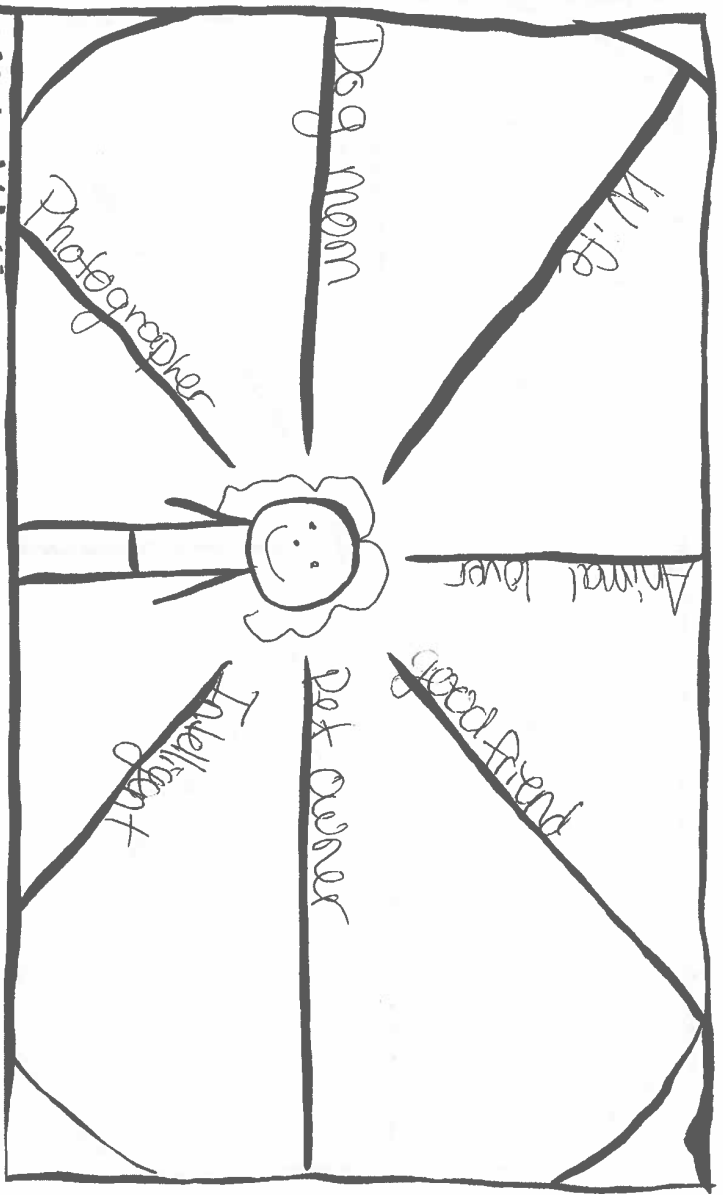
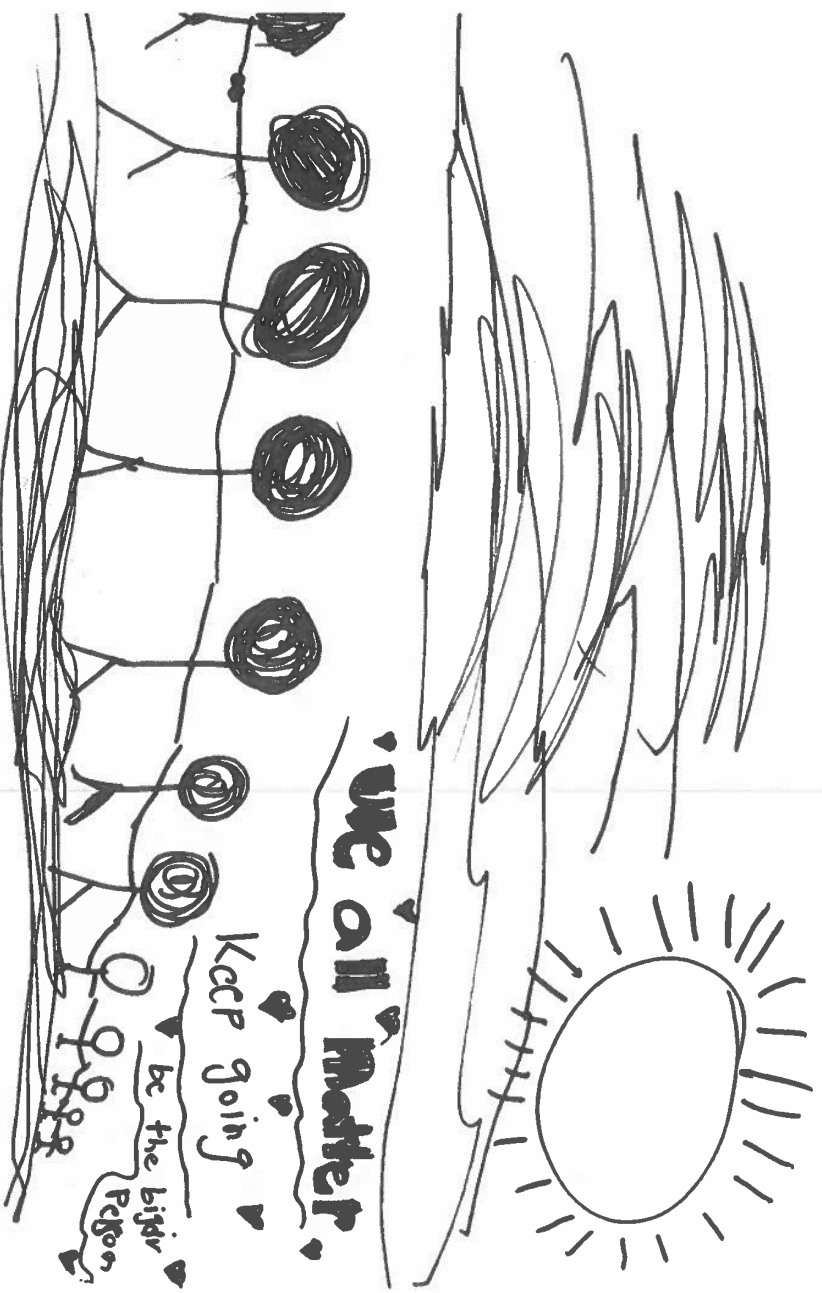
Sometimes it is OK to let stuff go, sometimes stuff needs to be addressed.

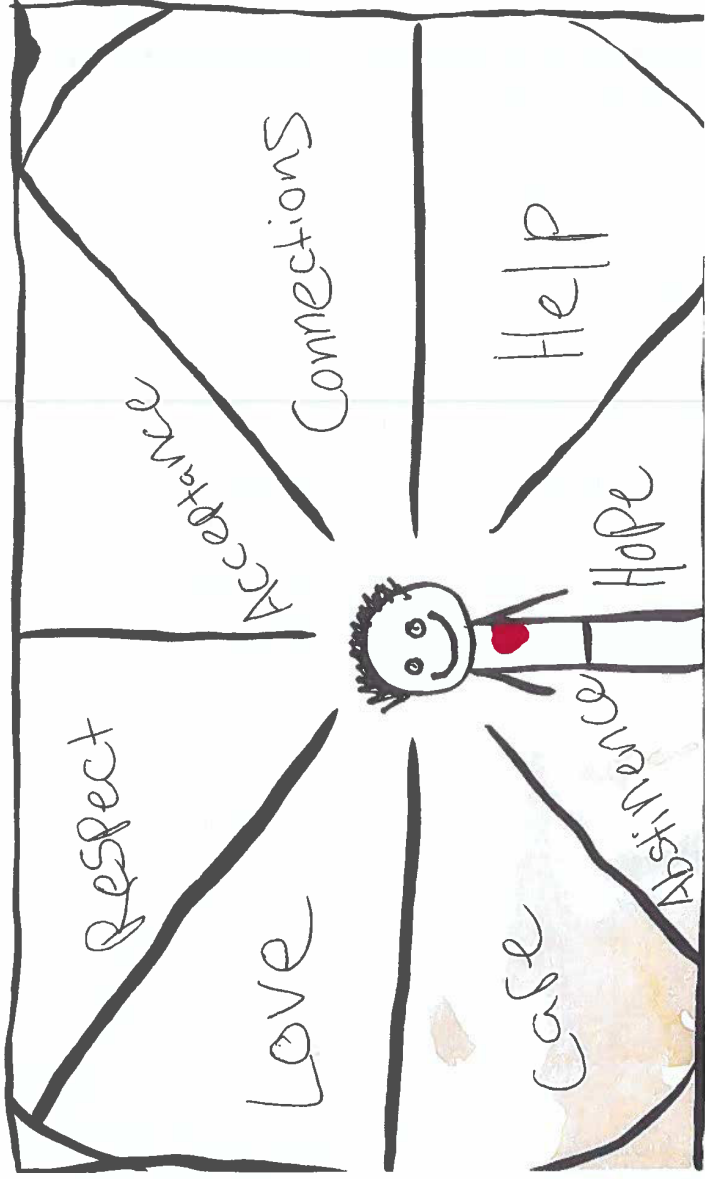
Consider intentions- Is the person making a mistake or being mean?

Consider your relationship- Is it important or necessary to confront the mistake? Are you the best person to confront the mistake or should you ask for help?

Try to communicate about the mistake in a way that educates.

Take care of your nervous system! It is hard to be a human!





without

HOPE

I am nothing...

Once I had a lot of stuff going on and needed fuel assistance. The person at the appointment was asking me lots of questions, my life was complicated and they were hard to answer. I started crying. The person said "I'm sorry this is so hard, I need to ask all these questions so I can make sure you get the help you need. Things are hard now, but you will get through this." I did not stop crying, because things were very hard then, but I answered the questions and finished the appointment. I really appreciated the person explaining why they had to ask the questions, it felt very kind.

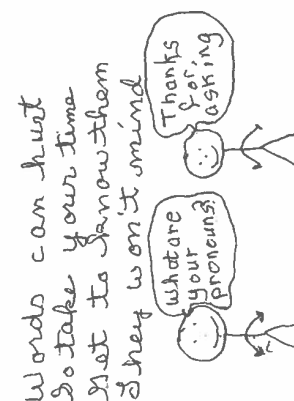
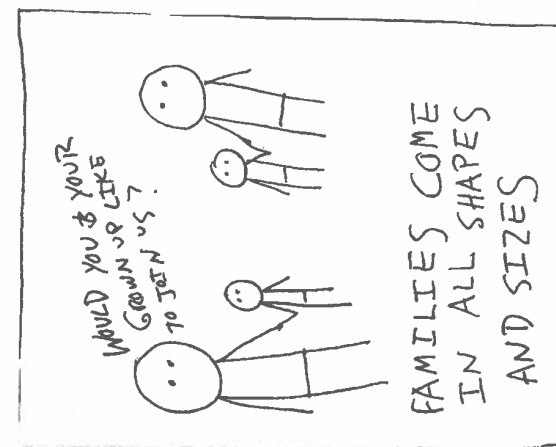
WORDS OF WISDOM:

- Language for communicating acknowledgement and repair when mistakes are made
- Conversations using restorative justice practices
- Listen, be transparent, identify what happened and the harm that was caused
- I'm sorry
- Apologizing
- We all mess up sometimes
- How can we grow together
- I apologize
- I am listening
- Tell me more
- It is OK
- Keeping it about myself and my feelings rather than focusing on the other's behavior
- Nice work
- That is a good way to do that, I hadn't thought of that
- I am sorry, would you help me understand
- I need help if you would like to help me

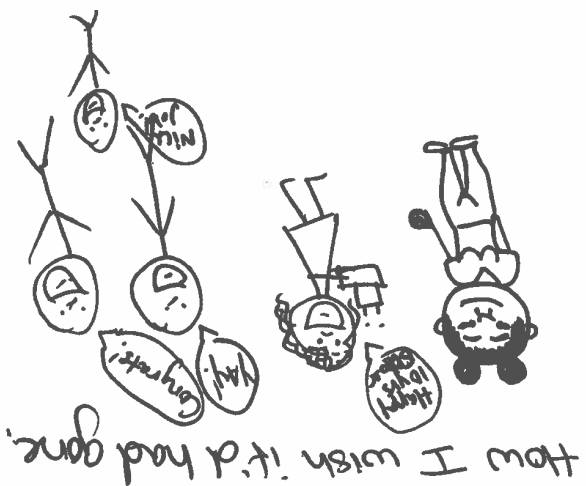
WORDS OF WISDOM:

Language for communicating acceptance and respect

- Just having civil conversations without conflict
- Not being emotionally beaten and hurt
- Person-first language
- Body language
- Smile, eye contact, hug/handshake
- Using correct pronouns
- Friendly
- You are important
- I am listening
- You are kind
- What do you think?
- Mistakes happen
- I support you
- You can do it
- You can do hard things
- You bring great energy
- It is OK
- Using "I" statements
- Active listening
- Listening is a language skill
- Accepting another's perspective even if you don't agree
- Empathy is a language skill
- I am happy to meet you
- I am happy you are here
- You are welcome, make yourself comfortable
- How can I help you
- I am so glad you're here



it's okay
to make mistakes
that how we learn.



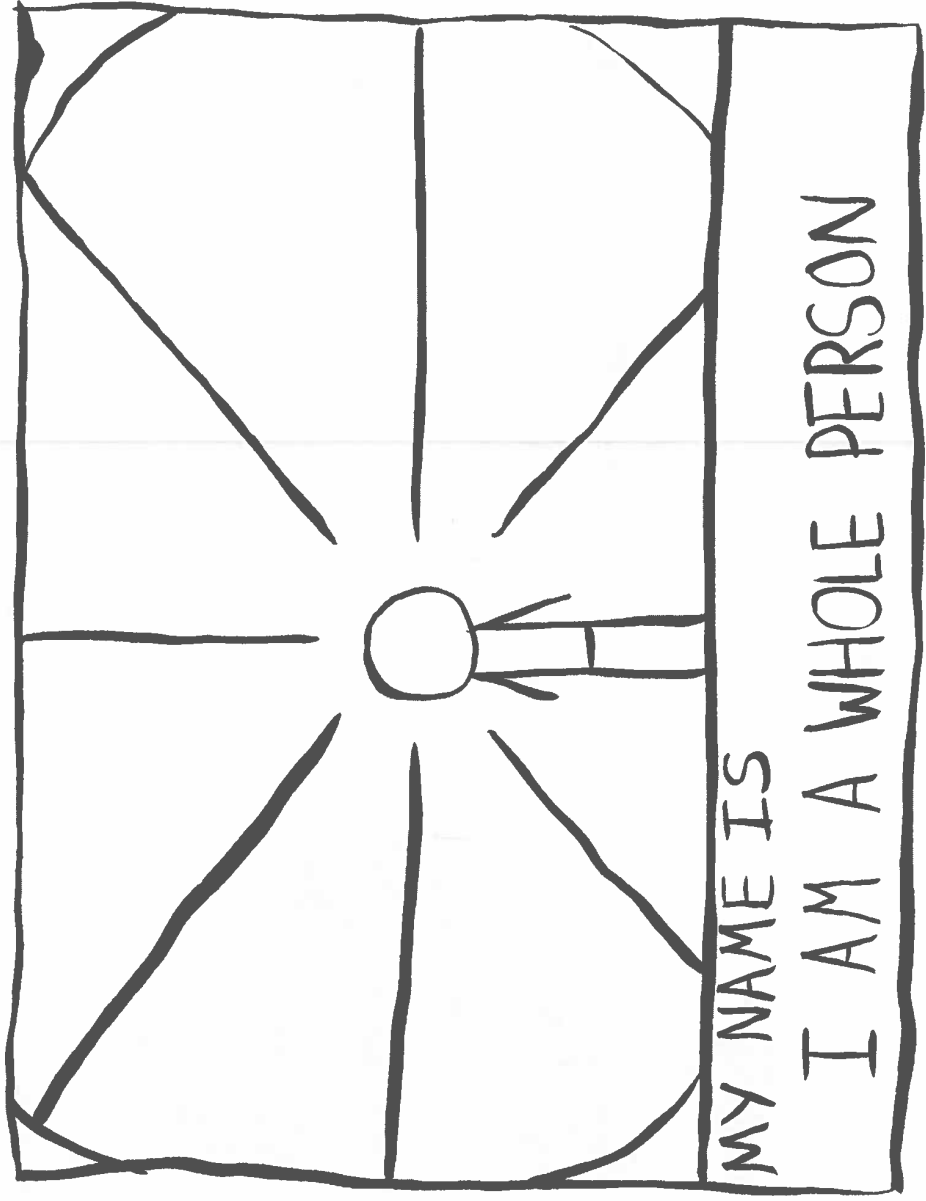
How I wish it'd had gone.



WORDS OF WISDOM: SHARE YOUR WISDOM

Please share your favorite language for communicating acceptance and respect.

Please share your favorite language for communicating acknowledgement and repair when mistakes are made.

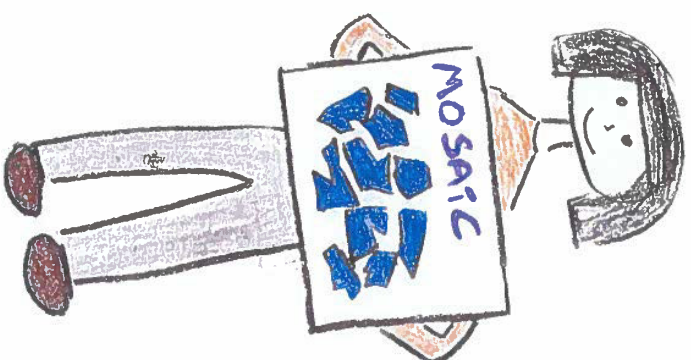
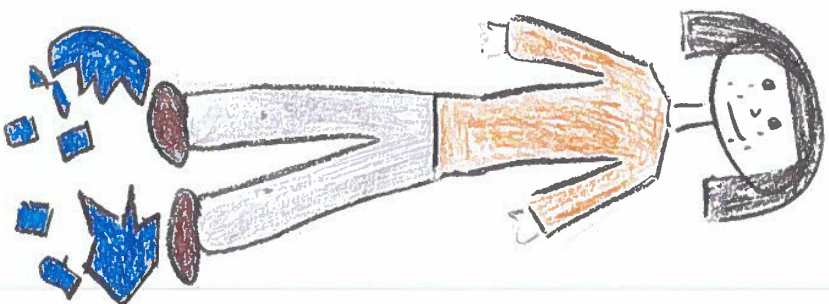
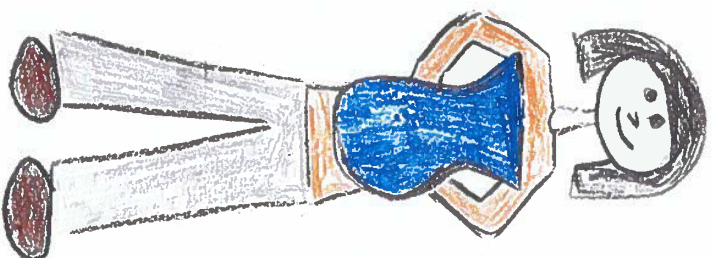


Never give up

Stay strong **Love** hope
HOC

A large, hand-drawn heart shape in red ink. Inside the heart, the word "Love" is written in yellow. To the left of the heart, the words "Stay strong" are written in black. To the right of the heart, the word "hope" is written in black. Below the heart, the letters "HOC" are written in black.

Life in 3 Acts



try to always
be kind