

OPIOID RESPONSE VOLUNTEER OPPORTUNITIES

1. Volunteer at your local recovery community center. There are 21 such centers across the state. A list can be obtained from the Portland Recovery Community Center which is the Recovery Hub for the state.
2. Train as a recovery coach. The four-day curriculum is offered several times a year with both virtual and in-person options. Recovery coaches serve in a variety of positions ranging from one-on-one coaching to assisting emergency room personnel.
3. Mentor a child, adolescent or young adult. There are many youth-development organizations in the state who are looking for mentors. Research shows that the impact on a child of having adult mentors is significant in preventing substance use disorder.
4. Volunteer at your local shelter or food bank. Lack of housing and food insecurity are prominent risk factors in the development of substance use disorders and mental illness.
5. Help break down the stigma and shame associated with substance use disorder by educating yourself about the impact of stigma and how to address it. The Co-occurring Collaborative Serving Maine (CCSME) has developed a resource list of initiatives and resources to reduce stigma around substance use and mental health disorders.
6. Use appropriate first-person language when talking about substance use disorders. Resources are available on several state and federal websites. Be prepared to speak-up when confronted with inappropriate and stigmatizing language.
7. Actively support individuals in their recovery. There may be recovery residences in your community that would welcome your support and interest. Individuals in recovery, particularly short-term recovery, work incredibly hard to stay in recovery. Support from their friends, family, co-workers and the community can mean the difference between success and re-occurrence of use.

8. If you have a special interest in the criminal justice system, contact your county jail and volunteer to serve on the jail's board of visitors. Ask whether there are other opportunities to assist persons with a substance use disorder who are incarcerated. It is estimated that 60 to 70% of persons residing in a carceral setting have a mental illness, substance use disorder or both.