

Going Where the Need Is

Lakes Region Recovery Center (LRRC) celebrates its three-year anniversary this month! Learn about how LRRC is providing support for the Bridgton recovery community.

Founded in 2018 by Catherine Clough-Bell and Dr. Peter Leighton, LRRC is a small but mighty recovery community center located in Bridgton, Maine on the Bridgton Hospital campus.

The original vision for the center was a community space for people in and seeking recovery to hangout, find support, and enjoy LRRC's beautiful outdoor and garden spaces. However, LRRC's close proximity to the hospital has led the center to become so much more than a recovery community space.

In addition to coordinating daily meetings, volunteers, recovery coaching, and telephone recovery support, LRRC's three staff members—Tracey Martin, Candy Greenberg, and Christine Wight—are on call every day to provide peer recovery support in the hospital's Emergency Department (ED). Thanks to LRRC's help, patients in the ED are provided recovery supports beyond their immediate needs, including a Medication-Assisted Treatment (MAT) provider, a counselor, Narcan training, and a packet of recovery resources prior to discharge.

“Our mission has always been to go where the need is,” says Tracey Martin, LRRC's Executive Director. “If our people are coming here to feel safe, they should be able to feel safe on the whole campus. We have worked super hard to build a relationship with the hospital to make this campus safe, and the hospital has listened to us. Now we work together to meet our community's needs.”

“It's all about showing up,” added Candy Greenberg, LRRC's Communications Specialist. “Day to day, we have no idea what will happen, but the nurses in the ED are great—they always ask patients now ‘Would you like to speak to someone in recovery?’ And we show up for the most important part: one-on-one connection.”

On September 18, 2021, LRRC is hosting a Recovery Remembrance Walk to honor the late Dr. Peter Leighton, one of LRRC's founders who passed away this summer from brain cancer. As Dr. Leighton was an important voice in the recovery community, the walk serves as a remembrance as well as a celebration of National Recovery Month. [Learn more about the event here.](#)