

“Addiction is not pretty, and you don’t fully understand it unless you’re dealing with it head-on.”

—Christian Slater, Recovering Addict

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Dear Friend,

For many it is hard to believe that addiction exists in this idyllic fishing community and summer playground, yet our services are needed now more than ever. For many in our island community addiction is a harsh reality. Whether struggling to find recovery for their own addiction, or to find relief from the addiction of a loved one, seven out of every ten families know what Christian Slater means. They are forced to deal “head-on” with finding paths to recovery every day, and each person facing these challenges deserves the caring assistance of their community. Now is the time for us to make a difference.

What can we do to deal head-on with addiction? We can start by not looking away, and instead look directly into the eyes of those addicted—with compassion. We can, through our acceptance and assistance, guide with heart those who seek help. And when a person achieves milestones on their recovery path, we can cheer for them. The most invisible people in any community are those who are working a successful recovery program—the anonymous among us are uncelebrated heroes. We can change that by letting people know we support their recovery from addiction.

AFC provides resources for recovery by educating our community members about addiction and working to alleviate stigma and bias, whether in our churches, schools, or medical centers. To help youth make informed choices about drug and alcohol use, we provide prevention education classes for children who will be faced with that choice very soon. We help them find their resiliency, which is their innate ability to find inner strength to deal with life’s challenges rather than to seek an external “fix”. We offer trainings in this philosophy for agencies and institutions that facilitate services for youth. We train interns entering the field of addictions treatment. We provide compassionate strengths-based counseling and therapy at our outpatient counseling center in Southwest Harbor. Ultimately, we are working every day to fulfill our mission of providing resources for all who are dealing with addiction.

In a recent survey of clients, 78% felt the services we provided were helpful for their recovery; and 93% would recommend our services to friends and family, and in fact, 35% of clients surveyed were referred to us by a friend. A respondent told us, “My counselor was intimately familiar with 12 step programs,” and of all those surveyed, 59% reported they are continuing support in a 12-step recovery program, such as AA, NA, or Al-Anon. They told us, “The level of respect for me as I was in crisis was so much higher than

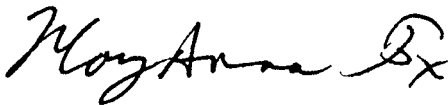
any place I have ever been, and aided in quick healing,” and “I was able to get the support I needed to get sober and stay sober.”

The programs we provide are made possible by you; our generous supporters who refuse to look away, but instead join us in our mission to face this disease head-on.

Forty-three percent of our annual operating budget comes from donor support. You are receiving this annual appeal letter because you have been a compassionate supporter in the past and we count on your continued generosity for the sustainability of our work. This year we have received a challenge pledge from an anonymous donor who will donate \$50,000 if we reach our annual fundraising goal of \$217,000. We ask that you consider giving a little more this year, or perhaps make a three year pledge to increase the impact of your generosity. Please send your contribution in the enclosed remittance envelope as soon as possible and show your commitment to changing, and saving, lives.

Thank you for your continued support.

Sincerely,



Mary-Anna Fox
Board President



Ed Oechsle
Executive Director

Statistics:

- Over the past five years admissions for opiate addiction in Hancock County rose 400%.
- The number of people affected by addiction directly or indirectly is estimated to be seven in ten.
- Maine ranks 34th per capita spending by state for prevention, treatment and research.
- Prevention programs can deliver a return of \$10 for every dollar invested, yet the state of Maine ranks 36th in prevention.
- Every dollar spent on treatment can deliver a return of \$12 or more in reduced substance related crime, criminal justice and health care costs.
- A recent survey found 35% of Hancock County high school students reported alcohol use in the previous 30 days, and binge drinking in the previous 2 weeks.

- statistics courtesy
Maine Office of Substance Abuse

In 2010, we provided:

- Prevention: in 2 counties, and at 13 schools, we provided 137 prevention lectures, to over 1,300 students.
- Treatment: 185 clients were served in 1,295 individual sessions, and 94 group sessions.
- Areas served: 52% Mount Desert Island 34% Hancock County.

- statistics courtesy
Acadia Family Center

Please visit our website: www.acadiafamilycenter.org

Because Acadia Family Center is a 501(c)(3) nonprofit organization, donors may be able to take the full, fair market value deduction on gifts of property, including appreciated stock. For direct transfer instructions or information about other contribution options, please contact our Director of Development, Michele Marks, at 244-0720.