

Government Operations Committee Meeting
Homelessness Related Services Summary
April 4, 2022

Video Recording at www.bangormaine.gov/video

Agency Website: [Recovery Residence](#) | [Fresh Start Sober Living - Maine](#) | [Bangor \(freshstartrecovery-maine.org\)](#)

Fresh Start Sober Living

Scott Pardy – Founder and Owner

- Fresh Start Sober Living (FSSL) was started about four years ago with one house. They now have ten houses that provide a safe, supportive, alcohol and drug free environment for those in recovery in need of a home.
- FSSL is not a non-profit but rather a corporation controlled by Mr. Pardy. He believes it allows fast growth than a nonprofit would. They do pay taxes as a result.
- Mr. Pardy undertook the effort after experiencing his own personal recovery journey and then worked in a jail and saw that it was just a revolving door of folks going from the street, to jail, to doing drugs, etc.
- FSSL's mission is to create a safe and affordable alternative with rules in place but low barrier. It directly helps keep people, and bring people, off the streets and out of experiencing homelessness.
- FSSL has grown exponentially in the last few years. There are eight houses in Bangor and two in Brewer. FSSL owns nine of them.
- The City of Bangor has been helpful. They provide rent for some individuals in need through General Assistance. Otherwise, they are self-supporting. He pointed out there is "no profit in sober housing." It is a struggle to keep the doors open, especially with rising costs such as electricity.
- Residents are required to work. The idea is that recovery should lead to productive members of society. Average stay varies but Mr. Pardy believes a few months is a good estimate. They lose one person a week which may seem like a lot but FSSL believes that its not and actually shows their success.
- Each house has a house manager. They volunteer for this position and rotate through. Service work useful in recovery. There is a house meeting once a week. The houses provide supportive, continued recovery.
- All houses are certified by the Maine Association of Recovery Residences (MARR). They are considered single family residences.
- FSSL is directly helping the homeless situation. They work closely with Penobscot County jail, Probation, Wellspring, and others. They are supported by a few churches who often provide meals to the houses. He works with EMDC for financing. Mr. Pardy shared FSSL has a huge debt load which mostly falls on him.
- Approximately, 20-30 applications are received a week; it is impossible to meet the demand.
- Mr. Pardy shared that he believes the homeless population is under counted. He believes a lot of folks fall between the gaps in services and support.

This document was compiled by the City of Bangor based on information provided at a City meeting. For complete information and for questions related to this agency's services, please contact them directly.