

Resources for Substance using individuals and individuals in recovery

March 18, 2020

As we grapple with COVID-19, it is important to remember that social distancing does not mean social isolation. Connection is critical to maintain sobriety for those struggling with substance use disorder (SUD), who rely on supportive networks as a crucial part of the recovery journey. Below is a list of local, state and national resources currently available:

Manet Community Health Center, Quincy – 617-483-5733

With social distancing and services closing, Manet is concerned about the stress on the substance using individuals.

The Outreach Team at Manet has been actively reaching out to individuals by van and by foot. This team is available to anyone who is in need of services.

The Team is providing Narcan, syringes and other harm reeducation materials and wants to be sure that everyone has what they need.

Manet also has snacks, clothing and other personal care items (no toilet paper), including small hand sanitizers (while supplies last).

As of Thursday afternoon, March 19, 2020, detoxes and other treatment programs are still accepting referrals.

If anyone is in need of services, please share Manet's phone number - 617-483-5733. They will get people the supplies they need.

See the information sheet from the Harm Reduction Coalition at: <https://harmreduction.org/wp-content/uploads/2020/03/COVID19-harm-reduction-providers-1.pdf>

A New Way Recovery Center, Quincy – 617- 302-3287

The New Way Recovery Center located at 85 Quincy Avenue in Quincy remains open as of 3pm on Thursday March 19, 2020.

Meetings with over 10 people have been cancelled and social distancing (maintaining a distance of approximately six feet from others) has been implemented.

All potential visitors are being asked to call New Way at 617-302-3287 to be sure the Center is open and if they are able to provide the service being sought.

On-line Recovery Resources

Many meetings across the country have been put on hiatus or have changed from in-person to online due to the concerns over COVID-19, and more are expected to do the same.

Online resources to support connection for people in recovery:

- List of Online AA meetings: <http://aa-intergroup.org/directory.php>
- List of Online NA meetings: <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>
- List of Online SMART Recovery Meetings: <https://www.smartrecovery.org/community/calendar.php?c=6&do=displaymonth>
- List of Refuge Recovery Meetings Online meetings: <https://refugerecovery.org/meetings?tsml-day=any&tsml-region=online-english>
- **Access to In The Rooms Recovery Community Online (have to create an account):** <https://www.intherooms.com/home/category/community-and-meetings/>

Free APP available through the Addiction Policy Forum

- The Addiction Policy Forum is offering anonymous, prosocial engagement with others in recovery, connections to their care team, digital cognitive behavioral therapy (CBT), and other engaging and helpful features. In clinical studies and implementations worldwide, the Connections App has been proven to reduce rates of relapse and heavy substance use.

- Through the Connections App, the Addiction Policy Forum will supply trained counselors with a Telehealth strategy to help individuals with SUD maintain recovery. Training will occur daily from 9:00 AM to 10:00 PM.
- **To request the free app**, visit the Addiction Policy Forum's Connections App landing page: <https://www.addictionpolicy.org/connections-app>.

SMART Recovery Family & Friends www.smartrecovery.org/resources/family.htm

- SMART Recovery® Family & Friends Online sponsors a science-based, secular alternative to Al-Anon. Volunteer Facilitators provide online meetings that provide resources and support for those affected by the addictions of a loved one.

Resources for coping with stress

Coping With Stress during Infectious Disease Outbreaks:

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

Taking Care of Your Emotional Health: <https://emergency.cdc.gov/coping/selfcare.asp>

Coping with a Disaster or Traumatic Event:

https://emergency.cdc.gov/coping/pdf/Coping_with_Disaster.pdf

Resources for individuals overwhelmed with emotions like sadness, depression, or anxiety, or harm self or others call:

- **911**
- **Samaritans MA Statewide Helpline – 817-870-4673** or visit www.samaritanshope.org
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)