

# **Recovery Resources & Supports for SUD - COVID19**

## **PHONE/VIRTUAL SUD RESOURCES & RECOVERY SUPPORT**

### **GROUPS/MEETINGS:**

#### **Partnership for Drug Free Kids - free & confidential helplines:**

You can connect to us in the following ways, with support available in English and Spanish. We're available from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.

- [Text Message to 55753](#)
- [Call 1-855-378-4373](#)

#### **Online Intergroup: Alcoholics Anonymous**

1 Day at a Time: Meets at 10 pm Eastern / 7 pm Pacific, 7 Days a Week, SMTWTFS and features English speaking group members from all around the world. An audio/video meeting and feature a 15-minute speaker or topic followed by a group discussion 7 days a week. All are welcome. Great for newcomers, longtimers and everyone in-between.

- Visit: <http://aa-intergroup.org/directory.php>

#### **IN THE ROOMS: Global Online Recovery**

In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. Embraces multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.

Visit: <https://www.intherooms.com/home/>

#### **Streaming 24-7 Free NA Speakers**

- [www.naspeaker.com](http://www.naspeaker.com)

#### **Digital All Recovery Meetings - 7 Days a week - 9am, 12pm, 3pm**

- Join by navigating to [unityrecovery.zoom.us/my/allrecovery](https://unityrecovery.zoom.us/my/allrecovery)

#### **Pause a while - Hosting free conference calls for AA meetings**

- [Facebook](#)
- 2pm Every Day
- Dial in number: 425-436-6360
- Access Code: 422932

#### **A Virtual Awakening - Closed online AA meeting for women/trans/non-binary people**

- Recovery literature, speakers, open discussion
- Sun, Mon, Wed, Fri at 8:30pm EST, Thurs 1:00pm EST
- Facebook A virtual Awakening - <https://zoom.us/j/4822208285>

#### **Staying Cyber - AA Meetings on the web**

- [www.Stayingcyber.org](http://www.Stayingcyber.org)

#### **Never Alone Club – Online NA meeting everyday**

- [www.Neveraloneclub.org](http://www.Neveraloneclub.org)

## Virtual NA

- NA meetings online and by phone
- [www.virtual-na.org](http://www.virtual-na.org)

## **MEDICAL CARE**

### **Reading Urgent Care--(Temporarily Closed)**

Please be advised that Urgent Care in Reading will be temporarily suspending services as of 7 p.m. on March 16, 2020, until further notice.

- Urgent care is staffed at the *MelroseWakefield Hospital Emergency Department*. With the increased volume at the hospital, their clinical leadership made the decision to redeploy those providers to the emergency department.

*Urgent care services, please visit:*

### **Melrose Wakefield Hospital**

- 585 Lebanon Street  
Melrose, MA 02176

### **Lawrence Memorial Hospital**

- 170 Governors Avenue  
Medford, MA

*\*\*Open from 7 a.m.-11 p.m. every day and for your convenience, you can reserve a spot online at [melrosewakefield.org/urgent](http://melrosewakefield.org/urgent).*

## **COVID-19 Testing**

Routine testing is not currently being provided at Melrose Wakefield Healthcare. Their website states "We are reserving testing for those patients who are clinically compromised."

### **The CDC recommends the following:**

#### **PLEASE AVOID COMING TO THE HOSPITAL**

- Mildly ill patients should be encouraged to stay home and contact their health care provider by phone for guidance for clinical care
- Patients who have severe symptoms such as difficulty breathing should seek care immediately.
- Older patients and individuals who have underlying medical conditions or are immunocompromised should contact their physician early in the course of mild illness.
- Information is from: <https://www.challiance.org/>

### **Medical Care for Covid-19**

- **If you feel sick with a fever or dry cough, or other flu-like symptoms, call your primary care provider. In most cases, you should just stay home.** Always tell your medical team if you have been in contact with someone with a confirmed or suspected case of COVID-19.
- **If you have a high fever, trouble breathing or severe flu-like symptoms, call 9-1-1 or go to your closest Emergency Department.**

- **Please do not come to the Emergency Department if you have mild symptoms** or are looking for COVID-19 testing. The ED is for patients with serious health needs.
- **CHA primary care sites are discouraging walk-in visits.** Please call to schedule a visit.
- **CHA cannot provide medical clearance** for return to work or school after foreign travel.

### **COVID-19 Drive-Thru Testing:**

- Testing will be conducted in a tent located at the Crown Street parking lot adjacent to Somerville Hospital (33 Tower St.)
- Testing is scheduled to begin on March 18 and will be provided seven days a week, from 9 a.m. to 3 p.m.
- ONLY current CHA primary care patients can currently be tested at this location
- Patients MUST CALL their primary care provider to be screened; tests will not be provided without prior authorization
- Due to the continued limited supply of tests, only patients who meet federal CDC criteria will be eligible to protect you and our other patients.

## **STRESS/ANXIETY RESOURCES:**

[Mental Health & Coping During COVID 19](#)

[Coping With Stress During Infectious Disease Outbreaks](#)

- SAMHSA HANDOUT

[Caring for Your Mental Health During Coronavirus](#)

[Taking Care of Your Mental Health During Uncertainty](#)

Disaster Distress Helpline: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

- The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

## **TALKING WITH KIDS**

Parent Resource: What to Share with Your Children and Monitor their Media Intake.

- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)
- [Talking with Children About COVID-19](#)

This fact sheet provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them.

- [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)

SPANISH: [Activity book](#) for kids on understanding and preventing corona virus

## **DOMESTIC VIOLENCE RESOURCES:**

### **Background info on how COVID-19 impacts DV victims**

DV victims may be experiencing increased danger and isolation due to COVID-19

From National DV Hotline

- Survivors may be forced to stay in the home or in close proximity to their abuser more frequently
- Abuser may withhold necessary items, like sanitizer or disinfectant
- Abuser may share misinformation to frighten or control the victim
- Abuser may feel more justified and escalate their isolation tactics
- Travel restrictions can impact a survivor's escape/safety plan
- Programs surviving victims/survivors (shelters) may be impacted

Source/Topic	Key Points
<a href="#">National DV Hotline</a>	<ul style="list-style-type: none"><li>● Create a safety plan (<a href="#">interactive safety plan guide</a>)<ul style="list-style-type: none"><li>○ In case of limited shelter availability, consider staying with friends/family, in a motel, or in your car</li></ul></li><li>● Practice self care<ul style="list-style-type: none"><li>○ Make sure your basic needs are met (enough sleep and regular meals)</li><li>○ There is no wrong way to care for yourself; think about what feels right for you &amp; your situation</li></ul></li><li>● Reach out for help<ul style="list-style-type: none"><li>○ Try to maintain social connections online or ver the phone if it's safe to do so</li><li>○ Try to maintain a daily routine</li></ul></li></ul>
<a href="#">Futures without Violence</a> Comprehensive	<ul style="list-style-type: none"><li>● Recommendations for victims<ul style="list-style-type: none"><li>○ Follow the CDC guidelines that are safe and possible in your current situation</li></ul></li></ul>

<p>resource list for victims, communities, domestic/sexual violence advocacy organizations/service providers, and workplaces</p>	<ul style="list-style-type: none"> <li>○ Consider reaching out to a friend/co-worker/family member who could check in with you about your safety and support needs during quarantine</li> <li>● Recommendations for communities: <ul style="list-style-type: none"> <li>○ Take care of each other. Reach out to make sure that loved ones, friends, and colleagues have the care and support they need so that they feel safe at home</li> <li>○ Other resources/articles listed for supporting DV survivors, community care, &amp; financial relief for vulnerable communities</li> </ul> </li> <li>● Recommendations for DV/SV advocacy orgs &amp; service providers <ul style="list-style-type: none"> <li>○ Review your agency's protocols for infection disease prevention</li> <li>○ Plan with program staff and community partners for how you will continue to provide essential services and meet the needs of vulnerable populations</li> <li>○ Actively encourage employees to stay home if they are feeling sick. Information about virtual DV/SA advocacy are being developed by Nat'l Network to End DV and will be posted here as soon as they are available.</li> <li>○ This may be a frightening and isolating time for survivors and their children. It is a good time to activate friends and family and community support</li> </ul> </li> <li>● Recommendations for workplaces <ul style="list-style-type: none"> <li>○ Living wage, flexible scheduling, and paid leave allow workers to address health &amp; safety needs without losing income</li> <li>○ Some states are allowing employees to apply for unemployment income if employees have to miss shifts, experience reduced hours, have been diagnosed with the virus, or have been exposed and quarantined</li> </ul> </li> </ul>
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DV Resources:

- National Domestic Violence Hotline - 24 hour hotline: Call 1-800-779-7233, text "loveis" to 22522, <https://www.thehotline.org/>
- RESPOND, Inc - 24 hour hotline (local resource): 617-623-5900, [www.respondinc.org](http://www.respondinc.org)
- The Network La Red - 24 hour hotline, (spanish language available, specializes in LGBTQ and non-traditional relationships, local resource): 617-742-4911, <http://tnlr.org/en/24-hour-hotline/>

## **SUD/MENTAL HEALTH SERVICES:**

Massachusetts Behavioral Health Access - to find available detox beds

- ☐ Under Substance Use Disorder Services Click on - **find a provider openings**
- ☐ Use drop down menu to search for available services - for Detox it would be **ATS**
- ☐ <https://mabhaccess.com/Search.aspx>

MGH West End Clinic closed

- ☐ virtual, no new intakes

Bridge Clinic

- ☐ Taking Walk-ins

Recovery Centers of America

- ☐ open

New England Recovery Center part of Spectrum Health Systems

- ☐ open

Lahey Tewksbury Detox

- ☐ open

Lahey Danvers Detox

- ☐ open

Highpoint Plymouth, Brockton & Jamaica Plain Detoxes

- ☐ open

Spectrum detox

- ☐ open

Banyan Treatment Center Mass

- ☐ open

Bridgewell Lynn Outpatien

- ☐ t-open, looking into Telehealth for individual tx.

Malden/MOA

- ☐ Paul Hammersley available by phone **#?** - working remotely

Medford Office of Prevention and Outreach

- ☐ drop in group closed until further notice
- ☐ Alysia LaGambina available by phone (781) 654-5635
- ☐ [www.facebook.com/recoveringMedford](http://www.facebook.com/recoveringMedford)

Somerville Police - Community Outreach, Help & Recovery

- ☐ Staff working remotely and in office on part time basis.
- ☐ No in person meetings but follow up on all calls remotely so people can email or call  
- Contact: Patty Contente 617-625-6600 ext. 7281 or  
[pcontente@police.somerville.ma.us](mailto:pcontente@police.somerville.ma.us)
- ☐ Recovery Coach is also available on part time basis
- ☐ Kerriann at 617-863-0416 for Somerville Residents

MA NETWORK OF CARE:

- ☐ <https://massachusetts.networkofcare.org/mh/>

Taking Care of Your Behavioral Health:

- TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK
- <https://store.samhsa.gov/system/files/sma14-4894.pdf>

Eliot Community Services

- 24-hour access number: 1-800-988-1111

Eliot Community Mental Health - Not open to new clients, but existing clients can use Telehealth.

- No in-person session. If they do not have access to a computer/phone the Eliot Everett Clinic has computers available for walk-in for clients to use.

## **UNEMPLOYMENT RESOURCES:**

To apply for Snap Benefits:

- <https://www.fns.usda.gov/snap/recipient/eligibility>

To apply for MassHealth:

- <https://www.mass.gov/.../apply-for-masshealth-the-health...>

Rent Payment Assistance:

- <https://www.mass.gov/.../learn-about-residential...>

Fuel Assistance:

- <https://www.commteam.org/>

Unemployment Assistance:

- <https://www.mass.gov/.../department-of-unemployment...>

USBG Foundation - bartenders relief fund/grants:

- <https://www.usbgfoundation.org/covid-19-response>

### **Small business/nonprofit loans now available, as a first step**

The Governor has announced a [\\$10 million Small Business Recovery Loan Fund](#) to provide emergency capital up to \$75,000 to Massachusetts-based businesses impacted by COVID-19 with under 50 full and part-time employees, including nonprofits. Loans are immediately available to eligible businesses with no payments due for the first 6 months.

- *How to Apply:* Please complete the application found on MGCC's website, [EmpoweringSmallBusiness.org](https://www.mass.gov/empowering-small-business).
- Completed applications can be sent via email [tomgcc@massgcc.com](mailto:tomgcc@massgcc.com) with the subject line "2020 Small Business Recovery Loan Fund".
- MGCC can be reached by email: [mgcc@massgcc.com](mailto:mgcc@massgcc.com).

### **If you need guidance regarding legal help, here are some resources from Attorney General Maura Healey**

- Information about sick time laws: 617-727-3465
- Help with insurance claims or medical bills: 888-830-6277

- Report price gouging or defective products: 617-727-8400
- If you're having difficulty negotiating a travel refund or are concerned about a potential scam, consider filing a complaint: [www.mass.gov/how-to/file-a-consumer-complaint](http://www.mass.gov/how-to/file-a-consumer-complaint)

## **HOMELESS RESOURCES**

### **Shelter updates:**

- New temporary shelter at 112 South Hampton St. Boston 617-534-6100
- Lynn, Life Bridge, Action, Salem - open to existing patrons, no new intake at any of these shelters
- Pine Street Inn is closed to new patrons at this time
- Malden Warming Center - closed for rest of season
- Resource Kit: [Infectious Disease Toolkit for CoCs: Preventing and Managing the Spread of Infectious Disease for People Experiencing Homelessness](#)

*\*Advised not to send to the ER because they are overwhelmed, and not safe to be there.*

*\*Homeless subcommittee being formed to determine best options, and resources available - will keep updated*

### **Services for the homeless:**

- 24/7 Boston helpline: 617-635-4500
- Shelter List:

<https://www.boston.gov/departments/neighborhood-development/services-homeless>

- Planning is ongoing with homeless service and healthcare providers, and City of Boston representatives to develop appropriate screening, isolation, and quarantine measures for individuals experiencing homelessness who may be affected by COVID-19.
  - The BPHC Engagement Center is being moved into an outdoor space.
  - Several BPHC Recovery Services programs are shifting to mobile health or outpatient services.
  - Boston Healthcare for the Homeless Program has identified and operationalized a limited number of beds for individuals who are homeless and require isolation or care for COVID-19.

### **Eliot Homeless Services**

- Contacts - Monica Cronin, Melissa Glassman
- All teams practicing social distancing, checking/calling shelters to ensure minimize spread of the virus- still need to determine how we are responding and supporting

shelters. Eliot is sending new intake to South Hampton St. shelter in Boston  
617-534-6100

## **NATIONAL GUIDANCE:**

### **HARM REDUCTION COALITION**

- (English) [COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs](#)
- (Spanish)

[Guía para proveedores de servicios de jeringuillas y reducción de daños y para el uso de drogas más seguro durante el brote de COVID-19 - Harm Reduction Coalition](#)

### **SAMHSA Opioid Treatment Program Update (as of 3/16/20)**

- FOR ALL STATES WITH DECLARED STATES OF EMERGENCY: The state may request blanket exceptions for all stable patients in an OTP to receive 28 days of Take-Home doses of the patient's medication for opioid use disorder. The state may request up to 14 days of Take-Home medication for those patients who are less stable but who the OTP believes can safely handle this level of Take-Home medication.

### **Guidance from DEA**

- [DEA Coronavirus](#)
  - ☐ Not aware of any controlled substances shortage at this time
  - ☐ Telehealth is being allowed for prescribing (new patients w/out evaluation need to meet conditions; existing patient can just use telehealth)

### **Medication Assisted Treatment**

- [US Department of Justice](#)
  - ☐ MAT can be arranged to be delivered to doorstep for those in quarantine