



## Recovery and Wellness Support Resources for the COVID-19 Outbreak

Updated April 1, 2020

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) continues to develop coordinated prevention and response plans for COVID-19. BHA will provide COVID-19 updates as they become available and accurate information for behavioral health providers, partners, and the greater community. For the latest COVID-19 information and resources, visit the [BHA website](#) or [coronavirus.maryland.gov](https://coronavirus.maryland.gov). For additional questions or concerns, contact your Local Behavioral Health Authority.

### Online Resources to Help Mitigate the Spread of COVID-19

It is highly recommended that individuals who are seeking or living in recovery utilize peer groups and other recovery support services to maintain their wellness and aid in their recovery process. Traditionally these groups meet in person and require individuals to be in close proximity to one another. The COVID-19 pandemic is a significant societal stressor that can affect anyone who is in recovery or seeking recovery. We encourage people in recovery to stay connected to treatment resources, even if their treatment/support/recovery programs are either closed or offering reduced support. This can be a very vulnerable time for people in recovery, as it is for those who are not.

To assist people seeking support during this time, we have compiled the digital resources identified below, which offer diverse online support to individuals seeking connection and engagement during times of social distancing. Please use them and share them with your networks. (Please note the inclusion of these resources is not necessarily an endorsement.)

#### **Additional NA Virtual Meetings**

[CPRNA Meeting Schedule](#) - NA is a nonprofit Fellowship or society of men and women for whom drugs had become a major problem. They are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

#### **Alcoholic Anonymous (AA) Online Meetings**

[Alcoholics Anonymous](#) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to

recover from alcoholism. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Their primary purpose is to stay sober and help other alcoholics achieve sobriety.

### **Baltimore County Reach Line:**

[The Baltimore County Reach Line](#) is Baltimore County's helpline and the place to call to get information about available resources, referrals and to have your questions and concerns addressed. This helpline is completely confidential and is answered by specialists Monday through Saturday from 8:30 a.m.–midnight. The phone number is (410) 88–REACH or (410) 887–3224.

### **Charm City Care Connection (CCCC) – Baltimore City**

The mission of [Charm City Care Connection](#) is to connect those impacted by drug use in Baltimore city to high-quality health care services and address any obstacles that might threaten that connection. We do this by providing comprehensive case management, harm reduction services, health screenings, and community engagement. All of our work is rooted in dignity, justice, and respect and centers members of affected communities in the planning and programming of our organization.

***This program is currently offering case management services via telephone: (301) 615–2193 and are able to do syringe services via drop-off delivery in Baltimore City.***

### **Digital Recovery Meetings**

[Unity Recovery + WEconnect + Alano Club](#) are now offering free virtual recovery meetings during the COVID-19 pandemic. They are now offering online recovery support groups which will be available five times daily at 9 a.m., 12 p.m., 3 p.m., 6 p.m., and 9 p.m. EST. They are also offering one daily family and loved one recovery support meeting at 8 p.m. EST. All recovery meetings are non-denominational, agnostic to any specific recovery pathway, and are open to anyone.

- Video is optional but can be used
- Real names do not have to be used and are not required
- Audio can be muted and you are not required to share
- Please be respectful of all participants just as you would in any other meeting or recovery space—we are all in this together

### **Gambler's Anonymous**

The telephone conference call platform they are using has local access telephone numbers for 74 different countries. If calling from a foreign country, please use the appropriate email address to request the local calling numbers.

Day/Time	Call-In Number	Access Code	Questions?
Sun. at 9 p.m. EST	(712) 770-5338	836083#	<a href="mailto:Sunday9PMHelp@gmail.com">Sunday9PMHelp@gmail.com</a>
Mon. at 9 p.m. EST	(712) 770-4925	554671#	<a href="mailto:Monday9PMHelp@gmail.com">Monday9PMHelp@gmail.com</a>
Tue. at 9 p.m. EST	(712) 770-4943	253824#	<a href="mailto:Tuesday9PMHelp@gmail.com">Tuesday9PMHelp@gmail.com</a>
Wed. at 9 p.m. EST	(712) 770-4160	611704#	<a href="mailto:Wednesday9PMHelp@gmail.com">Wednesday9PMHelp@gmail.com</a>
Thu. at 9 p.m. EST	(712) 770-4981	872853#	<a href="mailto:Thursday9PMHelp@gmail.com">Thursday9PMHelp@gmail.com</a>
Fri. at 9 p.m. EST	(712) 770-4996	565094#	<a href="mailto:Friday9PMHelp@gmail.com">Friday9PMHelp@gmail.com</a>
Sat. at 9 p.m. EST	(712) 770-5335	491301#	<a href="mailto:Saturday9PMHelp@gmail.com">Saturday9PMHelp@gmail.com</a>

### **In The Rooms**

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

### **LifeRing**

[LifeRing Secular Recovery](#) is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people.

### **Marijuana Anonymous**

[District 13](#) is an online fellowship of people who share their experience, strength, and hope with one another to solve common problems and help others to recover from pot addiction.

### **Maryland Center of Excellence**

[Help for Problem Gambling](#) offered by the Maryland Center of Excellence on Problem Gambling (Center) remains open and committed to providing real-time support, help, and hope to all Maryland residents. Contact the Maryland Problem Gambling Helpline by calling (800) GAMBLER or (800) 426-2537 to be connected with peer support, treatment providers, and other resources; or emailing the Center directly at [mdcepg@gmail.com](mailto:mdcepg@gmail.com).

### **Maryland Coalition of Families**

[Maryland Coalition of Families](#) (MCF) provides family peer support and navigation services to families throughout Maryland who are struggling with behavioral health challenges and is able to offer that support remotely. MCF offers peer support for families who care for children with mental health needs and anyone who cares for a loved one that is struggling with a substance use disorder or problem gambling. Services include one-on-one support via phone calls and texts, video conferencing, and email. Support groups and training are available online. All services are offered at no cost to families.

### **NAMI Support**

The [NAMI HelpLine Coronavirus Information and Resources Guide](#) may be a helpful resource for those with **mental health conditions**. This resource provides information about the pandemic, resources for support, warm line phone numbers, etc.

### **Narcotics Anonymous Online Meetings**

Narcotics Anonymous (NA) is a global, community-based organization with a multilingual and multicultural membership. NA was founded in 1953, and members hold nearly 67,000 meetings weekly in 139 countries today.

Day and Time	Meeting ID	Meeting Format
Mon. at 7 a.m. EST	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>	JFT/Topic
Mon. at 12 p.m. EST	<a href="https://bluejeans.com/375933012">https://bluejeans.com/375933012</a>	Rotating
Tue. at 12 p.m. EST	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>	Topic/Spiritual Principles
Fri. at 10 p.m. EST	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>	Rotating
Fri. at 11 p.m. EST	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>	Ask It Basket
Fri. at 12 p.m. EST	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>	Step Working Guide Study
Sat. at 12 p.m. EST	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>	JFT/Topic
Sun. at 12 p.m. EST	<a href="https://zoom.us/j/756488015">https://zoom.us/j/756488015</a>	Steps & Principles

### **Next Naloxone**

[NEXT NALOXONE](#) offers individuals in home naloxone delivery.

### **Online Resources from Hazelden Betty Ford**

“[Tips for Staying Connected and Safeguarding Your Addiction Recovery](#)” by Hazelden Betty Ford (HBF) contains online support meetings, podcasts/blogs, mobile apps, social media groups, and movie/video suggestions. HBF also has [The Daily Pledge](#) which is an online support community with chat rooms and places to hang out virtually with friends in recovery.

### **Peer Support Warm Lines hosted through Maryland’s Wellness and Recovery Center**

#### **Networks**

Maryland’s Wellness and Recovery Centers offer warm line services for the individuals who have non-urgent behavioral health needs in their jurisdiction. The warm lines are maintained by Peer Recovery Specialists who are able to provide peer support services over the phone. Warm lines differ from hotlines in that they are not manned phone lines but voice mailboxes where individuals seeking support can leave a message for follow up.

<b>Jurisdiction/Program</b>	<b>Warm Line Hours</b>	<b>Phone Number</b>
<b>Allegany County: Hope Station</b>	Mon.–Fri. 8 a.m.–4 p.m. EST	(240) 362–7168
<b>Baltimore City</b>	24/7	(410) 276–4035
<b>Baltimore County</b>	24/7	(410) 253–1694
<b>Howard County</b>	Mon.–Fri. 8 a.m.–5 p.m. EST	(667) 203–1253
<b>Carroll County: On Our Own</b>	Mon.–Fri. 9 a.m.–5 p.m. EST Sat. & Sun. 10 a.m.–4 p.m. EST	(443) 372–2800
<b>Cecil County: Voices of Hope</b>	24/7	(443) 993–7055
<b>Frederick County: OOO Frederick County</b>	Mon.–Sat. 12–6 p.m. EST	(301) 620–0555
<b>Garrett County: Mountain Haven</b>	Mon.–Fri. 9 a.m.–5 p.m. EST	(301) 334–1314
<b>Kent County: Recovery in Motion</b>	Mon.–Fri. 9 a.m.–5 p.m. EST	(443) 282–4611
<b>Montgomery County: Silver Spring WRC</b>	Mon.–Sat. 1–6 p.m. EST	(240) 278–2621

<b>Washington County: Soul Haven</b>	Mon.–Fri. 11 a.m.–5 p.m. EST	(301) 707–6267
<b>Wicomico County: COAT Team</b>	24/7	(443) 783–6875
<b>Wicomico County: Lower Shore Friends</b>	Mon.–Fri. 10 a.m.–5 p.m. EST	(410) 334–2173
<b>Worcester County</b>	Mon.–Sat. 10 a.m.–3 p.m. EST	(844) ONE–PEER (844) 663–7337

**Reddit Recovery**

[A place for redditors in recovery](#) to hang out, share experiences, and support each other. This is a place where individuals can discuss the various ways to achieve and maintain a life free from active addiction. Everyone is welcome.

**Refuge Recovery**

[Refuge Recovery](#) is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. This program is an approach to recovery that understands: All individuals have the power and potential to free themselves from the suffering that is caused by addiction.

**SAFE PROJECT**

In an effort to support students in recovery during the impact of COVID-19, SAFE Campuses Collegiate Recovery Leadership Academy students will be leading virtual Collegiate All-Recovery meetings three times a week. Participation is open to all students and alumni in recovery.

Below are the days and times that Collegiate All-Recovery meetings will be held until further notice:

- Mondays at 7 p.m. EST
- Wednesdays at 1:30 p.m. EST
- Fridays at 3 p.m. EST

To participate in a Collegiate All-Recovery meeting, please use [this link](#).

**Smart Recovery**

[Self-Management And Recovery Training \(SMART\)](#) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to

drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by SMART's science-based and sensible 4-Point Program®.

### **Shatterproof**

[“How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery”](#) provides helpful suggestions of what to do (exercising, reaching out, praying, meditating, focusing on breathing, listening to music, doing projects you’ve been putting off) and what NOT to do (extended time on social media, negative self-talk, eat too much unhealthy food, watch the news 24/7).

### **Sober Recovery**

[Sober Recovery](#) consists of forums that are a great place for people with substance use disorders to find assistance and helpful information. The community has more than 168,000 people who are recovering from substance use disorders and/or codependence, as well as their friends and family.

### **Sobergrid**

[Sobergrid](#) is a platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same.

### **Soberistas**

[Soberistas](#) is an international online recovery community, which makes it easy to connect with like-minded women who are friendly, non-judgmental, and helping each other kick the booze and stay sober.

### **Soberocity**

[Soberocity](#) could be a great solution for individuals that are looking for an online community that occasionally has live events across the country.

### **We Connect Recovery**

[We Connect Recovery](#) are online recovery support groups that are available daily. They are open to anyone who is dealing with substance use, mental health concerns, disordered eating, as well as any other quality of life concerns. Everyone is welcome no matter their pathway to recovery or recovery status.