

COVID-19 & Impact on Substance Use Disorder

Local CHNA15 Resources & Highlights

**Advocates Psychiatric
Emergency Services:**
781-893-2003

MA Substance Use Hotline:
800-327-5050

**Safe Link Domestic
Violence Hotline:**
800-327-5050

Key Points to Remember:

- **What to inform clients/loved ones about:** education about safety around COVID and harm reduction skills; how to engage/enter treatment during pandemic; knowing what resources are in-person currently; importance of establishing a schedule/structure daily to reduce stress and staleness of working from home; starting/maintaining exercise or movement on a daily basis (therapy over a walk)
- **Positives emerging from COVID:** recognizing resiliency; increasing collaboration; reduction of transportation barriers with increased Zoom/FaceTime/telehealth meetings
- **Adaptations around collaborative care:** ability to pull multiple service providers together quickly for a client with technology centered meetings; communication between and within units/teams needs to remain strong despite lack of in-person office time; multi-service provider projects established to meet needs of increasingly complex clients
- **Strategies to help:** establish routines/habits; take family walks in nature; staying connected (video games for youth, virtual craft nights, remote movie nights); indirect learning about mental health/substance use disorders; texting youth, calling adults (providing phones to clients without phones); break up work days with socialization; change environment (socially and physically); education around substance abuse, behaviors to watch for, and available resources; set boundaries and/or establish expectations/contracts
- **Areas of concern to watch moving forward:** Alcohol Use Disorder due to increased time at home, decreased in-person work obligations, increased stress, and emergence of “functioning” alcoholics; increased isolation which leads to loneliness, depression, lack of motivation; relapse due to lost mobility and socialization; housing instabilities due to concerns of COVID exposures

For full event recording, visit www.chna15.org

Local Resources for you/your loved one:

- Local Public Safety Department – call and ask for their in house “clinician/social worker” or “mental health” or “substance abuse” coordinator (towns in bold at bottom have in house clinical/peer supports)
- MA Department of Mental Health www.mass.gov/orgs/massachusetts-department-of-mental-health
- Riser & Tread Therapy & Coaching www.riserandtread.com/
- Search for Treatment www.mahelplineonline.custhelp.com/app/account/opa_interview
- Find a therapist: www.psychologytoday.com/us or 617-720-2828 (Social Work Therapy Referral Service)
- MassSupport Crisis Counseling Program (for resources/support/interaction): 888-215-4920 or www.masssupport.org
- Vaping
 - Become an Ex: www.becomeanex.org
 - My Life, My Quit: www.mylifemyquit.com; get free confidential help by phone or text for quitting vaping or tobacco products; call 855-891-9989 or text “enroll” to 855-891-9989
 - The Truth Initiative: www.truthinitiative.org; text “quit” to 202-804-9884
- Local Hospitals
 - **Emerson Hospital: 133 Old Road to nine Acre Corner, Concord, MA 01743**
 - Partial Hospitalization Program (full day) or Intensive Outpatient Program (half day): 978-287-3520
 - Medication-Assisted Treatment (MAT): 978-287-3520
 - **Lahey Burlington: 41 Burlington Mall Road, Burlington, MA 01805**
 - Mental & Behavioral Health Care: 781-744-8013
 - **Lahey Winchester: 41 Highland Ave., Winchester, MA 01890**

Meetings:

- Alcoholics Anonymous: www.aaboston.org
- Narcotics Anonymous: www.na.org
- Smart Recovery: www.smartrecovery.org

Family Meetings:

- Al-anon & Al-anon Teen: www.ma-al-anon-alateen.org
- Learn2Cope: www.learn2cope.org
- Families Anonymous: www.familiesanonymous.org/