



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

Updated May 19, 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.)

### **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.

### **Beacon of Hope**

[Beacon of Hope Recovery Community Center of Walden](#) is providing warmline support by calling (240) 298–0212. Additionally, they are providing food pick-up and delivery hours, 1-1 phone-based recovery coaching and Zoom meetings.

### **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.***

### **Chopra Center, The**

[The Chopra Center](#) is a U.S. whole health brand and premier provider of experiences, education, teacher certifications and products that improve the health and well-being of, mind, body, and spirit.

[The Chopra Center's](#) tips to stay calm during the Coronavirus: “Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.”

### **Connections App**

[Connections App](#) was developed by Addiction Policy Forum and CHESS Health to help support individuals in recovery from substance use disorders. This is a free smartphone app that is scientifically proven to support individuals in recovery by reducing relapse and promoting pro-social engagement.

With the Connections App individuals can:

- Track their sobriety
- Access e-therapy to learn new recovery skills,
- Connect with trained counselors and peers through messaging
- Clinical support is available 7 days a week, 9 a.m.–10 p.m. EST
- Track treatment plans and set reminders
- Journal daily

- And discover helpful videos, testimonials and more through the unique resource library

### **Digital Recovery Meetings**

[Unity Recovery + WEconnect + Alano Club](#) are 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 Center of Excellence Peer Recovery Support Specialists**

Individuals may contact the Peer Recovery Support Specialists for one on one peer support.

Region	Peer Recovery Support Specialist	Contact Information
Eastern Shore	Kenneth Crawford	(443) 717-1137 <a href="mailto:kenneth.crawford@som.umaryland.edu">kenneth.crawford@som.umaryland.edu</a>
Baltimore City	Carrie Jenkins, CPRS, RPS	(410) 299-1791 <a href="mailto:Carrie.jenkins@som.umaryland.edu">Carrie.jenkins@som.umaryland.edu</a>
Northeast Central Maryland	Kenneth Wolfson, CPRS, I-FPRS	(443) 690-9811 <a href="mailto:kwolfson@som.umaryland.edu">kwolfson@som.umaryland.edu</a>
Southern Maryland	William Hinman	(443) 717-2439 <a href="mailto:whinman@som.umaryland.edu">whinman@som.umaryland.edu</a>
Western Maryland	Carin Miller	(410) 299-1308 <a href="mailto:Carin.miller@som.umaryland.edu">Carin.miller@som.umaryland.edu</a>

**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 are 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.

### **Maryland Peer Advisory Council**

[MPAC](#) hosts a bi-weekly Recovery Town Hall meeting where peers share local resources and discuss self-care items during the COVID-19 crisis. Please email the program administrator at [mpacalp@gmail.com](mailto:mpacalp@gmail.com) for more information about the next scheduled event.

### **Maryland's Commitment to Veterans**

[Maryland's Commitment to Veterans](#) is a program within the Maryland Department of Health devoted to total wellness for veterans and their families. Regional resource coordinators provide assistance to veterans and their families to support a healthy transition to civilian life. Coordinators are able to provide a variety of educational programs to the community and community partners in order to improve the awareness, and understanding of veteran behavioral health, wellness and resources.

*To connect to a regional resource coordinator*, individuals may call the Maryland's Commitment to Veterans referral line at (877) 770-4801. Calls are answered 24/7.

Maryland's Commitment to Veteran's Peer Navigators can be reached at (301) 738-7176 Monday through Friday 9 a.m.-4:30 p.m. The Peer Navigators will connect veterans with their partners in the community.

### **Maryland's Commitment to Veteran's Operation Roll Call**

Veterans who live in Maryland can now sign up to be part of Maryland's Commitment to Veterans' (MCV) new Operation Roll Call program to receive a weekly or biweekly call to check in on their wellbeing during this difficult time. Veterans can call MCV's 24/7 hotline at (877) 770-4801 to sign up.

### **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 always manned phone lines but often are voice mailboxes where individuals seeking support can leave a message for follow up.

Jurisdiction/Program	Warm Line Hours	Phone Number
<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 City/ Baltimore County: On Our Own Inc.</b>	Mon.–Sun. 7 a.m.–7 p.m. EST	(410) 402–4078 (410) 258–8451 (443) 414–1123 (410) 301–0844
<b>Baltimore County</b>	24/7	(410) 253–1694
<b>Baltimore County: MartyLog</b>	Mon.–Sun. 9 a.m.–7 p.m. EST	(410) 917–2702
<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>Dorchester County: Dri Dock Recovery &amp; Wellness Center</b>	Mon.–Fri. 8 a.m.–4:30 p.m. EST	(443) 342–6884
<b>Frederick County: On Our Own</b>	Mon.–Sun. 10 a.m.–8 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>Howard County</b>	Mon.–Fri. 8 a.m.–5 p.m. EST	(667) 203–1253
<b>Kent County: Recovery in Motion</b>	Mon.–Fri. 9 a.m.–5 p.m. EST	(443) 282–4611
<b>Mid Shore: Chesapeake Voyagers, Inc.</b>	Mon.–Sun. 10 a.m.–6 p.m. EST	(410) 822–1601
<b>Montgomery County: Silver Spring WRC</b>	Mon.–Sat. 1–6 p.m. EST	(240) 278–2621
<b>St. Mary’s County: On Our Own</b>	Mon.–Sun. 10 a.m.–6 p.m. EST	(240) 526–0220

<b>Queen Anne’s County: Health Department</b>	Mon.–Fri. 8 a.m.–4:30 p.m. EST	(410) 758–1306 Option 1
<b>Washington County: Office of Consumer Advocates</b>	Mon.–Fri. 8:30 a.m.–4 p.m. EST	(301) 707–8330
<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

**Mental Health Association of Maryland**

[Mental Health Association of Maryland](#) is curating a list of trusted resources to help you take care of your mental health during this difficult time.

**Mid-Shore Intergroup**

[The Mid-Shore Intergroup](#) is available to provide help when an alcoholic or person in recovery requests. Like regular A.A. groups, their primary purpose is to carry the message of Alcoholics Anonymous. Here are some of the things Intergroup does:

- Answer phone or walk-in requests for help
- Provide information around online support groups
- Provide information on treatment centers, hospitals and halfway houses
- Serve as a vital link between local members and A. A. General Services.

**NAMI Maryland - COVID Resources**

[NAMI Maryland](#) will be rolling out additional support and education to help our community process the impacts of the COVID-19 pandemic.

**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.

### **National Domestic Violence Hotline**

The [National Domestic Violence Hotline](#) has trained advocates available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. Individuals may reach the hotline at (800) 799-7233 or TTY (800) 787-3224.

### **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.

### **On Our Own of Maryland**

[On Our Own of Maryland](#) is a statewide peer-operated behavioral health advocacy and education organization and hosts the following weekly support groups:

- Timeout Tuesdays:
  - Every Tuesday at 4 p.m.
  - This group is most helpful to those who have taken a WRAP class in the past, but all are welcome to join.
  - Join via Google Meet at [meet.google.com/ukx-feow-udv](https://meet.google.com/ukx-feow-udv) or by phone using (732) 965-7469 and pin 685-252-419#.
- Wellness Wednesdays:
  - Every Wednesday at 4 p.m.
  - This support group is open to all.
  - Join via video chat at <https://oomd.meetingspace.io/> or by phone using (312) 626-0327 and pin 99-125#.
- WRAPPY Hour:
  - Every Friday at 7 p.m.
  - This group is specifically for WRAP facilitators.
  - Join via Google Meet at [meet.google.com/she-pdwv-etm](https://meet.google.com/she-pdwv-etm) or by phone using (661) 553-0114 and pin 770-041-757#.



### **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.

### **SAMHSA's Disaster Distress Helpline**

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) offers a toll-free helpline to connect individuals to the nearest crisis center for information, support and counseling to cope with stress, anxiety, and other depression-like symptoms that are common reactions to natural or human-caused disasters. The helpline phone number is (800) 985-5990.

### **SAMHSA's National Helpline**

[SAMHSA](#) offers a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. The helpline phone number is (800) 622-HELP (4357) or TTY (800) 487-4889.

### **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](#).

### **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).

### **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®.

### **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 help 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.

### **Suicide Prevention Lifeline**

[The Suicide Prevention Lifeline](#) offers a 24-hour, toll-free, confidential suicide prevention hotline. This hotline is available to anyone in suicidal crisis or emotional distress. Calls are routed to the nearest crisis center in the national network of more than 150 crisis centers. The hotline number is (800) 273-TALK (8255) or TTY (800) 799-4889.

### **Veteran's Crisis Line**

[The U.S. Department of Veteran's Affairs](#) offers a crisis line to connect veterans who are in crisis (and their families/friends) with qualified, caring Department of Veteran's Affairs responders, most of which are veterans themselves. This is a confidential, toll-free hotline and can also be accessed through an online chat platform or via text message. The phone number is (800) 273-TALK (8255) Press 1 or TTY (800) 799-4889.

### **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.