

Triggers & Relapse

- The stress of this situation may place you at greater risk for alcohol or drug use.
- You may feel increased stress due to
 - Changes in your school or work schedule.
 - New responsibilities that come up because of social distancing, such as having to watch your younger siblings.
- You may feel anxiety related to the news and things you see on social media about coronavirus.
- You might also experience feelings of sadness or anger because you can't see your friends as often as you'd like.
- Practice self-care (i.e. listening to music, reading, meditation, walks) during this stressful time. Talk to trusted family members and friends for support. If they don't live with you, use videochats or the telephone.
- Take breaks from following social media and watching the news.
- Transmitting coronavirus is less likely outdoors than it is indoors. Try to have some active time outdoors (walking, running, or playing sports) each day while maintaining at least 6 feet between yourself and others ("social distancing").
- Realize you (and all individuals) may be asked more health questions than usual at visits to your clinician or pharmacy. *This should be the case for everyone and not just those with addiction.*

Medication & Other Treatment Considerations

Ongoing access to medications used to treat addiction and naloxone to is essential.

Maintaining Access to Your Current Medication(s):

- Talk to your clinician and your pharmacy about having enough medication (perhaps more than you are used to receiving) and the possibility of planned refills. Only reduce your dose of medication if you cannot access your regular dose.
- If you have coronavirus or fever, cough or new breathing problems, you should stay away from others as much as possible. If you are sick or have any of the symptoms listed above, tell your clinician and pharmacy before coming into pick up medications so that they can prepare to receive you.
- Work with your clinician to adjust the type of monitoring (self-report, urine toxicology, breath testing) and frequency that is best for your clinical situation.

Special Considerations for Access to Methadone:

- Methadone treatment programs can use telehealth, including telephone, to reach you in a way that protects your privacy.
- Methadone treatment programs can work with state agencies to increase the amount of take-home bottles of methadone (up to 28 days' supply) for some patients and/or those with serious medical problems.
- Bottle delivery may become an option at some methadone treatment programs in the future.

Special Considerations for Access to Methadone *continued*:

- Patients with exposure to coronavirus may be able to get 14-day take-home doses of methadone to allow them to stay at home and away from others.
- Patients who are quarantined with coronavirus infection can designate an uninfected person to pick up and deliver their methadone or, if necessary, the program may be able to provide "doorstep" delivery using an approved lock box.
- Methadone treatment programs may reduce the number of groups or limit the amount of people who can attend groups.
- If you need to travel, try to arrange guest access to methadone dosing at another treatment program located near where you will be.

Starting or Changing Medication(s):

- Do not delay starting treatment. Starting buprenorphine at home has been successful for some patients and may work for you.
- Some patients may be able to switch to long acting (monthly) versions of a medication (monthly injections of buprenorphine or naltrexone) which may help ensure continued treatment.
- If you are already receiving monthly injectable medications, you should stay in touch with your clinician regarding scheduled appointments. If you cannot make it to your clinician when you are due for an injection or if supplies are limited, you may be able to switch to a pill or film version of your medication.

Counseling & Meetings

Resources listed here are for information-sharing purposes only and should not be considered direct endorsements.

- Work with your clinicians to identify alternatives to in-person (including group) visits.
 - This may include telephone or "telemedicine" options.
- Some meetings (AA, NA) may be cancelled or have limited attendance.
- In groups and meetings, try to maintain at least 6 feet between yourself and others at all times ("social distancing"). Avoid hugging, shaking hands and holding hands to keep everyone safe.
- Look for online or digital support groups and resources. Free, noncommercial online options include:
 - Alcoholics Anonymous (AA) Intergroup: <http://aa-intergroup.org>/You can look for groups for young people such as the 5th Dimension Group for Young People.
 - Smart Recovery: www.smartrecovery.org, click on "online community."
 - CT Narcotics Anonymous (NA): <https://ctna.org/find-a-meeting/virtual-meetings/>
 - Cocaine Anonymous (CA) Intergroup: <http://www.ca.online.org>
 - Marijuana Anonymous (MA): <https://ma-online.org>
 - InTheRooms: <http://intherooms.org>
 - LifeRing (Secular Recovery): <https://www.lifering.org/online-meetings>
 - DynamiCare: <https://www.dynamicarehealth.com/news/2020/3/16/free-daily-online-recovery-support-meetings>
- Two commercial options, which may require fees or in-app purchases, include:
 - Headspace: <https://www.headspace.com>
 - Connections (CHESS Health): <https://www.chess.health/download/>
(requires the participation of your clinician)

Counseling & Meetings *continued*

- You can explore more options by visiting <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

Smoking, Vaping, and COVID-19

- Those with lung disease are at increased risk of worse coronavirus infection.
- Coronavirus can be passed through saliva. Don't share vapes, e-cigs, cigarettes, bongos or joints with other people.
- Smoking and/or vaping any substance may increase lung irritation and your risk of viral infection.
- To help stop smoking and/or vaping, you can call your clinicians for advice and check out these resources:
 - NIH Smokefree Teen: <https://teen.smokefree.gov>
 - This is Quitting (Truth Initiative): <https://truthinitiative.org/thisisquitting>
 - National Tobacco Quitline: or <https://www.quitnow.net/mve/quitnow> or 1-800-QUIT-NOW.
 - Craving to Quit: <https://www.cravingtoquit.com>

Travel

- You should limit all travel, including travel to even nearby places.
- Most cities have made suggestions about not traveling.
- If you need to travel, make sure you have enough medication or can get a treatment provider where you are headed.

Other Medical Conditions

- Certain medical conditions (diabetes; lung diseases such as asthma, cancer) place all patients at increased risk. Work with your clinicians to be sure these health conditions are being treated.
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- You should be sure to have all of your vaccinations (also known as immunizations) including influenza ("flu shot"), tetanus, hepatitis A and B, and pneumonia, as appropriate.

Where to Find Information About Coronavirus

Monitor your state and local health department website and the Centers for Disease Control (CDC) Coronavirus website for the latest information.

- CDC Coronavirus Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Connecticut Department of Health Coronavirus Website: <https://portal.ct.gov/Coronavirus>
- Connecticut Department of Mental Health and Addiction Services Coronavirus Website: <https://portal.ct.gov/DMHAS/Newsorthy/News-Items/DMHAS-Response-to-COVID-19>
- Yale New Haven Health Coronavirus Website: <https://www.ynhhs.org/patient-care/covid-19.aspx>
- Hartford Healthcare Coronavirus Website: <https://hartfordhealthcare.org/health-wellness/coronavirus>

Additional Information

Coping with stress during infectious disease outbreaks:

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

Taking care of your mental health during infectious disease outbreaks:

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

Additional information on safer drug use:

<https://yale.app.box.com/v/COVID19HarmReductionGuidance>

<https://harmreduction.org/wp-content/uploads/2020/03/COVID19-safer-drug-use-1.pdf>

Find syringe service programs in Connecticut:

https://www.211ct.org/search?terms=syringe&page=1&location=ct&service_area=connecticut

For patients living with HIV:

<https://www.hiv.gov/hiv-basics/living-well-with-hiv/taking-care-of-yourself/emergencies-and-disasters>

<https://aidsinfo.nih.gov/guidelines/html/8/covid-19-and-persons-with-hiv--interim-guidance-/0>