

Introduction

In an infectious disease outbreak, when social distancing and self-quarantine are needed to limit and control the spread of the disease, continued social connectedness to maintain recovery are critically important. Virtual resources can and should be used during this time.

This tip sheet describes resources that can be used to virtually support recovery from mental/substance use disorders. It also provides resources to help local recovery programs create virtual meetings.

Virtual Recovery Programs

- **Alcoholics Anonymous:** Offers online support <http://aa-intergroup.org/>
- **Cocaine Anonymous:** Offers online support and services <https://www.ca-online.org/>
- **LifeRing:** LifeRing Secular Recovery offers online support <https://www.lifering.org/online-meetings>
- **In The Rooms - Online Recovery Meetings:** Provides online support through live meetings and discussion groups <https://www.intherooms.com/home/>
- **Marijuana Anonymous:** Offers virtual support <https://ma-online.org/>
- **Narcotics Anonymous:** Offers a variety of online and skype meeting options <https://www.na.org/meetingsearch/>
- **Reddit Recovery:** Offers a virtual hang out and support during recovery https://www.reddit.com/r/REDDITORSI_NRECOVERY/
- **Refuge Recovery:** Provides online and virtual support <http://bit.ly/refuge-recovery1>
- **Self-Management and Recovery Training (SMART) Recovery:** Offers global community of mutual-support groups, forums including a chat room and message board <https://www.smartrecovery.org/community/>
- **SoberCity:** Offers an online support and recovery community <https://www.sobercity.com/>
- **Sobergrid:** Offers an online platform to help anyone get sober and stay sober <https://www.sobergrid.com/>
- **Soberistas:** Provides a women-only international online recovery community <https://soberistas.com/>
- **Sober Recovery:** Provides an online forum for those in recovery and their friends and family <https://www.soberrecovery.com/forums/>

- **We Connect Recovery:** Provides daily online recovery groups for those with substance use and mental illness
<https://www.weconnectrecovery.com/free-online-support-meetings>
- **Unity Recovery + WEconnect + Alano Club:** Providing daily virtual meeting for those in recovery and for their family members
<https://unityrecovery.org/digital-recovery-meetings>

RECOVERY RESOURCES AND SUPPORTS

- **The National Alliance for Mental Illness (NAMI) HelpLine** Coronavirus Information and Resources Guide
<http://bit.ly/NAMIresource>
- **Hazelden Betty Ford Foundation** contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions, including the online support community, *The Daily Pledge*:
<https://www.hazeldenbettyford.org/recovery/tools/daily-pledge> and "Tips for Staying Connected and Safeguarding Your Addiction Recovery": <http://bit.ly/HBF-Tips>
- **Shatterproof:** "How I'm Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery" provides helpful suggestions
<http://bit.ly/shatterproof-coping>
- **The Chopra Center:** "Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System." <http://bit.ly/Chopra-calm>

TIPS TO SET UP A VIRTUAL RECOVERY MEETING

Simple steps for 12 step groups using various virtual platforms for meetings:

<https://www.nyintergroup.org/remote-meeting-listing/help-setting-up-online-meetings/#zoom>

To host a meeting on zoom:

1. Set up a free account here:
<https://zoom.us> When you set up a free account, you can only host a meeting for 45 minutes. To host longer meetings, you need a paid account.
2. Schedule a meeting
<https://support.zoom.us/hc/en-us/articles/201362413-Scheduling-meetings>
3. Invite people to join a meeting :
<https://support.zoom.us/hc/en-us/articles/201362183-How-do-I-invite-others-to-join-a-meeting>
4. Create a flyer to publicize meetings. This flyer is sent to group members via email and text, posted on self-help group's District Website and posted on door of the physical site that is closed in an attempt to reach anyone who shows up for a meeting.