SAMHSA COVID-19 Response

We are Strong; We are Resilient; We will Persevere

SAMHSA cares about your Health and Wellness. Optimal health is defined by 8 dimensions: Emotional, Spiritual, Intellectual, Physical, Environmental, Financial, Occupational, and Social

- SAMHSA Guidance and Resources: SAMHSA.gov/Coronavirus
- Treatment and withdrawal management programs remain open
- Telehealth/medicine has been expanded
- 42 CFR Part 2 – CARES Act aligns requirements with HIPPA
- Training and Technical Assistance Related to COVID-19 (ATTC/PTTC/MHTTC)
- Virtual Wellness Breaks for staff involved in providing mental health services
- Behavioral Health Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak
Examples of SAMHSA’s Virtual Recovery Resources:

- **In The Rooms Online Recovery Meetings**: Provides online support through live meetings and discussion groups
- Online 12 Step Meetings: [Alcoholics Anonymous](#) and [Narcotics Anonymous](#)
- The Phoenix, a sober active community has introduced daily live-streamed, virtual programming for Crossfit, Yoga, and Meditation along with other online social events
- **Sober Recovery**: Provides an online forum for those in recovery and their friends and family
- **National Alliance for Mental Illness (NAMI) Coronavirus Information and Resources Guide**
- 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](#) and “Tips for Staying Connected and Safeguarding Your Addiction Recovery”
- Shatterproof: “How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery” provides helpful suggestions
- The Chopra Center: “Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.”

**SAMHSA’s National Helpline – 1-800-662-HELP (4357)**
Key messages to amplify...

• We are **concerned** about people with mental and substance use disorders.
• Substance Use Disorder **Treatment services are still open.** Medications like methadone and buprenorphine continue to be available either at Opioid Treatment Programs or through doctor’s offices.
• **If you are in crisis** and need immediate help — please call 911. If you or someone you know is thinking about suicide—whether you are in crisis or not—call **1-800-273-TALK (8255)**.
• Many have lost access to daily meetings and activities that help them sustain their recovery.
• While staying at home is important, **there is no need to isolate** - using the phone and computer to stay in touch with your support network is important. Online meetings and other resources are available.
• Mental Illness and Addiction are chronic diseases with the potential for both recurrence and long-term recovery.
• **Staying connected and helping each other** is critical.
An Ounce of Prevention...

**Take Control. Take Action.**

- **Take-Back Day**
  - April 25, 2020 has been postponed
- We can still help every day! Pharmacies are still open. [Click here](#) to locate a drop site near you.
- Continue to share information on prevention.
- Remember, the majority of people who misused prescriptions received them from friends or relative who received them from a single doctor.