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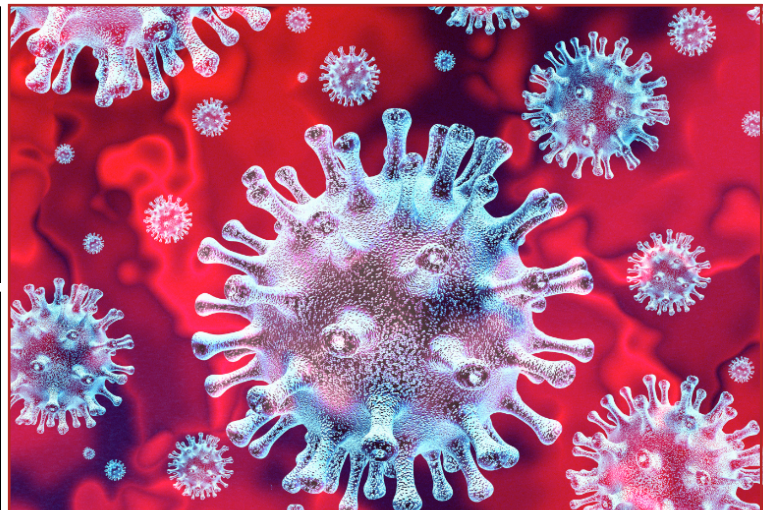
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real help = real hope

OTPG QUARTERLY APRIL 27, 2020

## Helpful COVID-19 Crisis Resources

**COVID-19 Resources:** <https://www.vitalstrategies.org/drug-use-covid-resources/?fbclid=IwAR03mDrtwuX5w-8gAul--IMhdcFgy0icEzC-56ok24LzHjfiENTalkOdCEQ>

**Request PPE:** <https://ga.readyop.com/fs/4cMi/8d3e>

**Online Recovery Resources:** [https://www.intherooms.com/home/covid-19-resources/?fbclid=IwAR3\\_wll4zT0q5bZv6viOPnEHAfr\\_9HpAHwzBm2V-Lp8vaKAehd9bjvUzWw](https://www.intherooms.com/home/covid-19-resources/?fbclid=IwAR3_wll4zT0q5bZv6viOPnEHAfr_9HpAHwzBm2V-Lp8vaKAehd9bjvUzWw)

**NASW, ASWB, CSWE, & CWSA Standards for Technology in Social Work Practice:** <https://www.socialworkers.org/LinkClick.aspx?fileticket=IcTcdsHUcng%3d&portalid=0>

**Emergency Practice Permits for Physicians, APRNs, and PAs:** <https://medicalboard.georgia.gov/press-releases/2020-03-16/gcmb-emergency-practice-permittemp-license-response-covid-19>

**Georgia Department of Public Health:** <https://dph.georgia.gov/novelcoronavirus>

**ASWB Updates by State:** <https://www.aswb.org/regulatory-provisions?fbclid=IwAR1EjYfUNSTInYQZOPwJpclbY060eR1IZVEjlrYIwM8PG9YohI-VBRnx3RaM>

**Families First Coronavirus Response Act:** <https://www.dol.gov/agencies/whd/pandemic/ffcra-employer-paid-leave>

**Free Online Trainings:** [https://www.socialwork.career/2020/03/covid-19-resources-social-workers-therapists.html?fbclid=IwAR0EpBdifwGe0NqZyfALZbpC7ZDUa72dS\\_0zfDUT41LEpR1-tgxpMF3efPU](https://www.socialwork.career/2020/03/covid-19-resources-social-workers-therapists.html?fbclid=IwAR0EpBdifwGe0NqZyfALZbpC7ZDUa72dS_0zfDUT41LEpR1-tgxpMF3efPU)

**Flyer for Never Use Alone Hotline:** <http://neverusealone.com/wp-content/uploads/2020/01/Flyer.jpg>

## Stay Connected

### Reminder – you should not be closing!

We know that limiting person to person contact is the most effective way to control the spread of this disease. However, closing your facility is not an acceptable or legal way to go about this. If you are currently closed temporarily or closing on particular days each week, OTPG implores you to cease this practice immediately. No state or federal authority or agency has granted permission to close on any days other than Sundays and approved holidays. Access to our services is essential at this time to support the health of our communities.

**Georgia Council on Substance Abuse**

**20 YEARS**

**VIRTUAL ALL RECOVERY MEETING**

**TUESDAY WEDNESDAY THURSDAY SATURDAY SUNDAY**

**10AM-11AM & 7PM-8PM**

**FRIDAY 7PM-8PM**

**DOWNLOAD THE FREE APP!**

**Zoom MEETING ID 695 949 293**

**#GARECOVERS**

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## Stay Connected

### From left to right

Shannon Spisak, Ali McCorkle, Shonnie Foster, Ryan McLaughlin, Andrew Wheeler, Brian Carpenter, Stevie Ankerich, Tiffany Woods and Tracy Stevens at Athens Clinic/ DM&ADR Inc.



Sammi Jo Fahrendthold and Jessica Ross at Alliance Recovery Center in Athens



### Note from a Certified Peer Specialist by Riley Kirkpatrick, Alliance Recovery Center in Athens GA

My name is Riley Kirkpatrick and I'm a person in long term recovery. I am a CARES / Certified Peer Specialist at Alliance Recovery Center in Athens GA. Medication Assisted Treatment has been the pathway with which I have been able to find and maintain long term recovery and I love having the opportunity to share my experience of having Methadone be such a life saving medication for me, in conjunction with other modalities. Having a peer onsite with lived experience adds an additional level of care and support for the patients and I'm grateful more Opioid Treatment Provider's are seeing the benefit of having CARES onsite.

A few months ago we started an MAT All Recovery mtg at Diva's Who Win Freedom Center in Athens. Diva's is a local RCO (Recovery Community Organization) and, although most of their resources are for women in recovery or, after leaving the sex traffic industry, most meetings are coed, including this one. All Recovery meetings are considered "non-denominational," they are not faith based, are not 12-step, nor are they centered around any particular pathway. They are ultimately a safe space where folks in recovery can share and learn from each other as to what IS working in their lives and recovery. Although we make it clear that all are welcome, we usually have between 70% and 80% of people who's recovery pathway has included some form of medication assisted treatment, usually methadone and

suboxone/buprenorphine. My fellow CARES / CPS from Athens Clinic / DM&ADR, Charlotte Martin, is always present at these MAT All Recovery meetings with me. This creates a very safe space for patients of both clinics who may feel some anxiety showing up at a meeting where they think they know no one. I can see that our presence helps them feel safe and comfortable, and helps them engage with the greater recovery community, outside of the four walls of their OTP.

Although this global pandemic of Covid-19 has proved to create many hardships, when it became apparent that we could no longer meet in person, we decided to continue these meetings over Zoom. While we are having online meetings over the internet, we encourage you to let any patients that you have who might be interested in attending online. Please follow Alliance Recovery Center Athens for up to date information and how to log on to our meetings. If you, or your interested patient, is not on Facebook, you can also email me at [rileykirkpatrick14@gmail.com](mailto:rileykirkpatrick14@gmail.com) as I am more than willing to share the varying password information from week to week. Also, if you have any questions regarding the logistics of hiring a CARES at your OTP, please feel free to reach out via the same email.

**Love and Care to you all during this time of social distancing.**



# An Introverts Guide to Self-Care at Home

By Tameron Smith, Founder of **Taking Up Space**

We get it, quarantine and self-isolation is not for the social butterflies. You want to spread your wings, connect with others, and embrace your life to the fullest. Your home is starting to feel like a small cramped cage and the monotony of your new lifestyle can take some adjustment. Luckily, introverts have been making a “home” in solitude for as long as we can remember.

Here is a list of seven great ways to pass time at home:

1. Get on YouTube or Pinterest and create the change you've been putting off. It doesn't have to be constructive; it just needs to be something you are already passionate about. New hair styles, how to change your own oil, training your dog to do tricks, or even interesting historical battles; whatever you always wanted to be good at or know more about.
2. Pinterest is also fun for creating your new future. Whether it's the car you always wanted, how to write the best resume for your next job, or your dream bachelor or bachelorette party, there is so much content to engage both your imagination and planning skills.
3. Speaking of planning, now is a great time to figure out what your next move is. Whether it's going for that promotion, looking to get certified, or planning your perfect quarantine-free week, there has never been a better time to think about what would feed your heart.
4. This is a great time for introspection and reaching out for support via your mental health provider. Being alone with your thoughts, habits, and impulses can be scary, especially if you have a history of trauma. A lot of people are unaware that mental health services are available via Telehealth. Therapists are aware of the mental toll quarantine can take and they are ready to support you on a variety of platforms.

5. Get active! Enjoy your body! Get fresh air! If your area still allows it, driving on a back road is a safe way to break routine. You can go sit on your porch and enjoy some sunshine. You can open the windows and dance to your favorite songs. You can go yoga barefoot in the backyard. Quarantine doesn't have to be limiting!

6. Technology has made it easier than ever to connect with others in new ways. Join a Facebook group that has similar interests. Video chat with your parents. Live stream a movie and watch it with your friends. If you feel like there is nothing new to talk about, use Google or Pinterest to find a list of questions and learn something new about your loved ones.

7. Donate your time! There is a lot of information online about how to better serve the underprivileged. There are sites that will send you materials for sewing masks. There are shelters asking for donations of essential items. Your elderly neighbor may feel more secure if you made their grocery store runs, as it limits their exposure. You can call, ask for a list, and leave the items at their door to minimize contact.

Taking Up Space is a developing community created to empower women of color in professional spaces. It strives to encourage students of color to utilize programs at their college created for their success as well as help professionals of color navigate their workspaces. It is open to women allies as they seek education on how to practice intersectionality throughout their career. Taking Up Space incorporates resources, representation, and open discussions to inspire women of color to achieve their professional goals and provide a support system for their next obstacle. **For more information contact Tameron at [woc.takingupspace@gmail.com](mailto:woc.takingupspace@gmail.com)**

## A Call to Clinicians: Is Your Cup Full?

By Erica Acebo-Johnson

Hey all, hope you're all taking care of yourselves in this weird world we're living in. I keep waking up and forgetting that these are not “normal” times. For the first time in what feels like weeks it's beautiful outside, the sun is shining, it's warming up, the flowers (and pollen) are back, but this is far from normal. And it is okay to not be totally okay. As clinicians, we are the ones showing up when things get ugly. We are present with compassion when people show us their struggle, and this compassion is what I'm trying to most apply to myself now. We can be scared, angry, frustrated, numb, happy, sad, grateful and a little lost, all at once, because for the most of us, this is new and the world on the other side may not look the same as the one we knew in January. So, I ask you to take care of yourselves in the coming weeks and months. Stay home, if you can, as much as you can. Practice self-care. Be gentle with yourself. Only through compassion and kindness for ourselves will we make it through to continue to serve our clients and be present for our friends and families. We'll get through this, together (but apart, seriously stay home)

## Some Self Care Tips:

- Move your body
- Talk a walk (if it is safe to do so)
- Have a in house dance party
- Sing way too loud
- Make sure your eating and drinking lots of water
- Keep a journal
- Or just sit, and rest.
- Try and not put a ton of pressure on yourself to accomplish all of the things, remember, compassion is key.

The next AATOD conference to look forward to is in Las Vegas, April 11-14, 2021.



## Come Join Us! become an OTPG member

The annual membership dues are listed below and are based on the current patient census of your facility.

- 0-149 patients: \$250
- 150-299 patients: \$500
- 300-499 patients: \$1,000
- 500+ patients: \$1,500

Please visit our web site for more information on membership.



Get to know the OTPG board members visit [www.otpggeorgia.org](http://www.otpggeorgia.org)

### The benefits available to members of OTPG:

- Four free one CEC trainings during 2017
- Access to free hotline maintained by Jackson-Lewis PC, labor and employment law specialists
- Membership with the American Association for the Treatment of Opioid Dependence (AATOD)
- Discounted education opportunities
- Affiliation with community organizations
- Updated state and federal information to include statistics, changes to regulations, available funds, etc.
- Chance to network within our industry
- Ability to purchase discounted copies of "Exploring the World of Opioid Addiction"