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STATE SENATOR TWENTY-SECOND DISTRICT

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Substance Abuse Recovery Supports Available During Outbreak

Kenosha - While people are being encouraged to stay home, and with the Governor saying not to gather in groups of 10 or more, those in substance abuse recovery who attended meetings such as AA or NA may feel lost. However, there are ways to stay connected to your support networks during the crisis. Debbie Rueber of the Kenosha County Opioid Task Force and Keri Pint, Coordinator for the Kenosha County Treatment Court, are encouraging those in recovery to check out the following resources.

Both AA and NA offer meetings over the phone. Information on these can be found at AAPHonemeetings.org and NAByPhone.com. Additionally, these and other groups are offering interactive online meetings. You can access these at: smartrecovery.org/community; AA-intergroup.org; intherooms.com; myrecovery.com; neveraloneclub.org; and unityrecovery.zoom.us/my/allrecovery.

In addition to these non-face-to-face meetings, there are a number of podcasts, videos and apps that can be helpful during this difficult time. A sampling of these can be found below:

Podcasts

Mother Recovering: motherrecovering.com/listen

This Naked Mind: thisnakedmind.com/category/podcast/

Recovery Elevator: recoveryelevator.com/podcasts/

Sober Girl's Guide: asobergirlsguide.com/podcast

That Sober Guy: thatsoberguy.com/podcast

YouTube

AA Speakers

NA Speakers

Celebrate Recovery

SMART Recovery

Helpful Apps

AA Big Book, NA Speakers, Celebrate Recovery, Recovery Devotionals, Recovery Path, Sober Tool, 7 Cups of Tea

Additionally, Governor Evers is looking to guarantee reimbursement for mental health therapy sessions conducted online through what is known as "telehealth".

This is a difficult time for everyone, especially so for those in recovery, who may feel particularly alone and anxious. Know that you are not alone, and there is help out there.

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