

Coronavirus Information

Dear Participants:

Given the current status of COVID-19 in the US, the Arkansas Medical Foundation is implementing temporary measures related to your monitoring. We recognize there may be some hardships moving forward and hope this offers some guidance. We believe there is a balance to be struck in protecting the healthcare workforce, patients and community, and supporting your recovery. While we realize it is critical that we not contribute to the problem with unnecessary exposure due to monitoring requirements, this is also a time of increased stress and anxiety for each of you. You need to consider your personal situation as it pertains to your recovery, your personal health and your employment.

The Governor of the State of Arkansas has declared a public health emergency and the Center for Disease Control and Prevention has advised individuals to take precautions in light of the coronavirus outbreak. We understand the best way to prevent illness is to avoid being exposed to the virus. Therefore, the AMF is adopting the following precautionary measures:

Meetings:

AMF participants who are required to attend anonymous support group meetings may attend online meetings in lieu of in-person meetings from now until April 30, 2020 to lessen exposure to other individuals. Attached is a partial list of online support meetings. Caduceus is recommended since meetings are typically smaller in number and pose less risk of exposure. UPDATE: Some Caduceus meetings are being cancelled, we understand this is unavoidable. You may compensate as a smaller group, via ZOOM, or whatever means you find appropriate. Please send legible verification of attendance including date, time, and title of meeting. NO PHOTOGRAPHS! Please legibly fill in the form provided on our website under forms. We are recommending additional contact with your sponsor during this time in order to continue in your recovery efforts.

Urine screening:

Random urine drug testing continues to be required. As always, please contact us to discuss individual situations. Random drug testing may be excused if you have refrained from practice and are not working in healthcare. If you are vulnerable to complications from the coronavirus and elect to not random urine drug test, you are also required to refrain from practice. Similarly, if you have tested positive for the coronavirus, you have been exposed to the virus, or have symptoms of viral illness, we will excuse random drug testing with verification that you have also requested to refrain from practice and are not going to work. Please note additional testing such as hair/nail, and/or PEth tests may be required before return to practice is approved.

Office Hours:

The AMF office will be open at limited times. We will remain available via email and phone messages will be checked at 8:00, 12:00, and 4:00. We will make every effort to return calls on the day they are received.

Intakes or meetings to discuss urgent issues will continue to be conducted at the AMF office with an appointment unless the participant has tested positive for the flu or coronavirus; has been exposed to the virus; is showing symptoms of viral illness or has been asked to self-isolate or self-quarantine; has traveled outside of the country; or resides or works in an area that is under government directed quarantine.

If you have additional questions or concerns, please call the office and leave a message or email director@arkmedfoundation.org and we will work with you to determine what additional measures may be appropriate. Please allow additional time for your calls and emails to be returned.

As more information becomes available, these guidelines may be subject to change.

Please use your best judgment to manage your health and wellness.
Dr. Bradley Diner, Dr. Larry Lawson, and Rebecca

ONLINE MEETINGS

AA Online Meeting Directory: <http://aa-intergroup.org/directory.php>

AA – Online - [http://12stepforums.net/alcoholics anonymous online meeting.html](http://12stepforums.net/alcoholics%20anonymous%20online%20meeting.html)

AA COVID-19 Informational Page: AA link- https://www.aa.org/assets/en_US/en_updatesoncoronavirus.pdf

Al-Anon – Online - [http://12stepforums.net/alanon family group online meeting.html](http://12stepforums.net/alanon%20family%20group%20online%20meeting.html)

IDAA - <https://www.idaa.org/>

In The Rooms: An Online Addiction Recovery Community

AA, NA, Dual Diagnosis, SAA (sex addiction), CPA(chronic pain): www.intherooms.com

NA Online Meetings “Addicts helping Addicts Recover”: <http://na-recovery.org/>

NA – Online - [http://12stepforums.net/narcotics anonymous online meeting.html](http://12stepforums.net/narcotics%20anonymous%20online%20meeting.html)

NA COVID-19 Informational Page: NA

link- [https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus web message 12Mar.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/Coronavirus%20web%20message%2012Mar.pdf)

Recovery Dharma: “Healing from Addiction with Buddhist Practice”, daily meetings via computer, smartphone or dail-in: <http://recoverydharma.online/>

Smart Recovery:: <https://www.smartrecovery.org/community/>

WEconnect and Unity Recovery are partnering together to offer 4 daily all recovery meetings to anyone in the world. Meetings will follow an open format and are available to anyone in or seeking recovery. 7 days a week: 9am ; 12pm; 3pm; 9pm ; All times are EDT. Join by navigating to: <https://unityrecovery.zoom.us/j/2656499375>

ZOOM meetings if available

Recovery Apps for Phone

Sober Grid allows you to create online profiles and interact, support, and engage with other people in recovery using a platform similar to Facebook. You can also use the app to create anonymous check-ins about whether you're sober or not, your mood, and what's going on.

SoberTool is an easy way to track your clean and sober days. The app includes daily motivational messages and reminders to keep you on target

The WEconnect app provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, or meditate—anything you need to provide that extra push.

AA Big Book- This app gives you access to the full text of the Big Book, along with a meeting finder, podcasts, prayers, and personal stories. You can use the app to bookmark meaningful passages, make notes on individual chapters in the comment section, and search for specific keywords.

12 Step Meditation Daily Reflections for AA, NA, Al-Anon- This app features hundreds of easy-to-follow guided meditations, as well as soothing music, prayers, and 12-step recovery audio.

I Am Sober- to track your sober days and milestones, build new habits, and enjoy ongoing motivation from a community of people who get it.

Pink Cloud- locate meetings near you based on your location

Meditation Apps

- Headspace
- Simple Habit Daily Meditation
- Calm
- Stop, Breath, and Think

Podcasts

The Bubble Hour-invites listeners to share their stories of recovery from alcohol addiction. Each week, host Jean McCarthy holds space for a guest to tell their truth, and together they explore topics relative to recovery.

Busy Living Sober- a podcast with the mission of “giving people an opportunity to listen, learn and live a sober lifestyle without shame while having fun.”

The Addicted Mind is about understanding addiction, its impact and the latest treatment options available. This podcast aims to create an environment of compassion for individuals caught in the destructive grip of the addictive process. It works to deliver real hope to people who are suffering from addiction's painful impact.

The Sober Guy- Host Shane Ramer is in recovery from alcohol. He interviews a mix of celebrity guests and everyday people who have experienced addiction or felt the impact of drug or alcohol use. He focuses on living a positive, healthy and sober lifestyle, and uses his podcast as a platform for sharing inspiration with others who want to live the same way.

Let's Talk: Addiction and Recovery- Hear what leading addiction and recovery experts are talking about—addiction trends, topics and challenges as well as research, practices and advances that point the most promising way forward. Provoking interview series, brought to you by Hazelden Betty Ford Foundation.

The Boiled Owl Coffee Club- www.boiledowlaa.org Casual conversations about recovery in Alcoholics Anonymous.
Listen online or with any podcast management app.