

## **PROTECT YOUR RECOVERY DURING A PANDEMIC**

**HAASA (Hamilton Alliance Against Substance Abuse)** is pleased to announce that there is hope for your treatment and recovery from substance use disorder during this pandemic.

Addiction is a disease of isolation, therefore a pandemic puts recovery and treatment at risk

Many addiction treatment facilities in New Jersey have turned to virtual platforms to treat their patients and to engage patients in recovery groups and aftercare. Some are utilizing telehealth options for therapy in which patients are connecting with their counselors in real-time via personal computers and mobile devices. Telehealth is also being used to hold virtual group meetings.

Self-Help groups such as Alcoholics Anonymous are now holding meetings through Zoom and other virtual platforms. Those interested in accessing information about virtual AA meetings should visit the Central Jersey AA website at [www.centraljerseyintergroup.org](http://www.centraljerseyintergroup.org). This website will give you the information required to join the meeting.

Additionally, Mercer County offers the OORP program (Opioid Overdose Recovery Program) specifically for people with opioid use disorder. This program will link the person with opioid use disorder to an appropriate intervention, dependent upon their needs. After the initial contact is made, there will be weekly follow-ups via telephone by a recovery specialist. The outreach number for the OORP program is (609) 651-1623. The outreach number is available 24/7 so that individuals may get the help that they need.