

NAVIGATING COVID-19 AS A PEER RECOVERY COACH

Give light and people will find the way.

– Ella Baker

YOU ARE UNIQUELY EQUIPPED TO SERVE

- **You are a valuable part of your team.** Your work may feel deprioritized amidst COVID-19, but your setting and your role make you uniquely equipped to serve the most vulnerable individuals in our communities during these times.

CONSIDER YOUR IMPACT

- **SBIRT and PEER RECOVERY COACHES are a vital part of our healthcare system.** Stay the course. Remember to follow your protocols and continue your mission, even amid the changing environment and any possible influx of patients in the emergency department. Peer recovery support is needed now more than ever. You have the capacity to connect patients with life-saving services.

CONNECT WITH YOUR TEAM

- **Increase your communication with everyone.** Remember, the patients you serve are distinctively vulnerable during these times. They may be experiencing increased anxiety and risk. Get curious about the specific challenges they are facing and how you can best serve them. Use this knowledge to inform, educate, and support your colleagues.

ADMINISTER YOUR OWN OXYGEN MASK FIRST

- **You Cannot Serve Anyone else, if you do not first serve yourself.** Prioritize your self-care, to best serve others.

ASK YOURSELF:

How is this impacting ME?

How are MY emotions?

What changes AM I experiencing?

What tools can I use to COPE?

What are MY needs and how can I meet them?

Most Importantly, ASK FOR SUPPORT.

*MOSAIC GROUP is here to help.
we want you to be successful, above all else.*

YOU ARE A STEWARD

- **Your attitude is contagious and can positively impact your peers, patients and the healthcare professionals you work with.** Remember to hold hope for others, maintain a positive attitude and **OFFER SUPPORT.** You are currently working with those who need the most support, at this **CRITICAL & UNIQUE** point in history.

