



In The News

There have been many articles, news reports and social media postings about the rise in mental health and substance use treatment needs as the COVID-19 pandemic has spread. It is widely known that stress, isolation and fear can bring on or increase mental health and substance use symptoms in individuals. Every individual has been impacted by COVID-19 in some way and it has changed all of our lives. All of this change is often viewed negatively in the news and reports but it is important that we look at the good that has come from this experience we have all faced.

One of the positive factors that has occurred due to COVID-19 is the increase in the use of telehealth and virtual health care. Although this is another huge change for most of us, it has allowed many more people to receive the care that they normally would not be able to receive due to the number of barriers they experience getting to an office building. This experience has also forced our country on a fast track to figure out how to make virtual health care work for the foreseeable future. With this change, it will allow many of the patients we may see with mental health or substance use issues receiving more of the care and support they need than they would have previously before COVID-19.

Through this difficult time, it is often very easy to focus on all of the negatives and inconveniences we are experiencing. We challenge you to also see the positives and opportunities we get to experience as we all go through this together.

Human Rights Watch <https://www.hrw.org/news/2020/06/08/mental-health-support-necessary-during-covid-19-pandemic>
Center for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/hcp/telehealth.html>

Self-Care Corner

Planning Self-Care ahead of time

Throughout these trying times, we have consistently shared the importance of self-care and many ways to incorporate self-care into our lives. One of the pieces that we know about self-care is that it **MUST** be planned out or it will not occur. Some of our priorities have been adjusted in our lives and schedules have been changed during these times and one of the first things to go is our self-care. Now that you have so many examples and options of self-care, let's discuss how to plan the self-care into your normal routine!

- 1. First, Create a roadmap of your self-care techniques.** During those times when you are not in crisis and are able to identify the things that you know calm and relax you, make your list of self-care techniques or things you want to add into your days that are specifically for you.
- 2. Put self-care into your schedule.** Once you have your list, schedule these things into your schedule just like you would a meeting or an appointment. Identify a time and place for when you will focus on your self-care and what you will do during that time.
- 3. Tell others about your self-care routines.** When you share with others what you are doing for yourself and that you have scheduled it into your day, it holds you accountable to make sure you complete the self-care you have schedule in.

All of these tips allow you to look forward to different parts of your days, weeks or months as you have your self-care routines added into your schedule to make sure they occur.

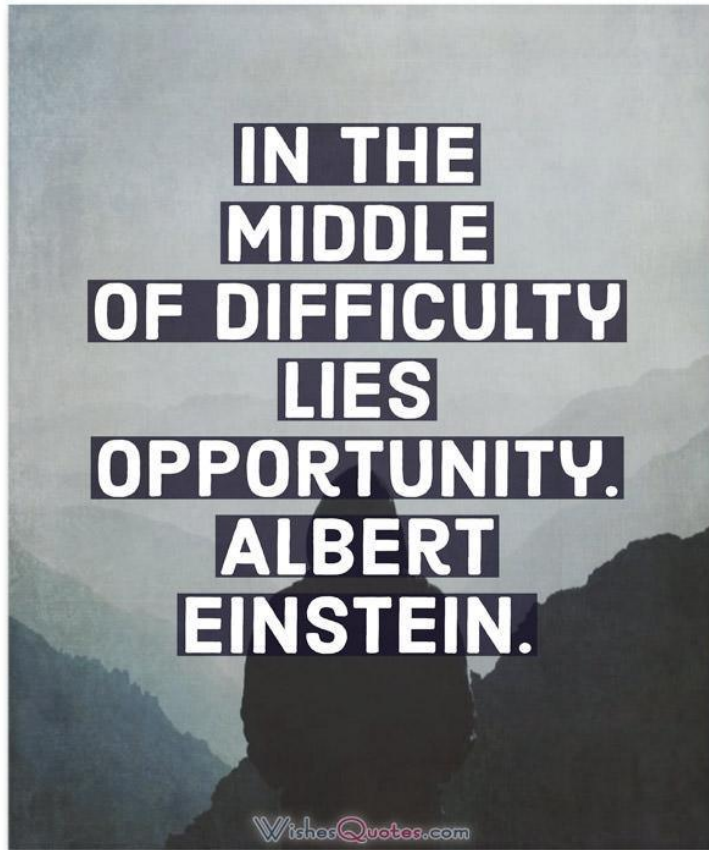
Mindful <https://www.mindful.org/why-you-need-a-self-care-plan/>

Coach-Connect

We are so excited to be expanding our reach with the Reverse the Cycle program! Just this year, we will bring 12 hospitals live with the program in the state of West Virginia. That means many Peer Recovery Coach positions are available throughout West Virginia.

Currently there are positions available in Northern and Southern West Virginia. This includes the towns of, Parkersburg, Wheeling, Beckley, Raleigh, Princeton, Welch, Clarksburg, and Keyser.

If you have any questions about these positions, please reach out to Erin Cosgrove-Findley at ecosgrove@groupmosaic.com.



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