



## **MedStar St. Mary's Goes Live!**



*St. Mary's Peer Recovery Coach team: Shyann Ringley, Eric Peterson, Eric Slankard, and OSOP Coach, Jess Bamberger.*

The Reverse the Cycle Program at MedStar St. Mary's Hospital went live on April 15, 2020. COVID-19 couldn't stop them! The team includes three Emergency Department Peer Recovery Coaches: Shyann Ringley, Eric Peterson, Eric Slankard, and one Overdose Survivor's Outreach Program (OSOP) Coach: Jess Bamberger.

Within the first few days of Go-Live, the team has hit the ground running, which has included making 5 referrals to treatment and counting. The team has all expressed how grateful they are to be able to provide support to patients at such a critical time. Mosaic Group is proud to include another MedStar Hospital to the growing list of sites implementing SBIRT, OSOP and Medication Assisted Treatment Initiation, and are excited to welcome this new group of Peer Recovery Coaches to the network!

## **Overdose Rates and COVID-19**

### ***Why are individuals more susceptible to overdose during this time?***

There are several factors that contribute to individuals being more susceptible to overdose during this time. These factors include stress, lack of connection, increased drug supply, long gaps between use, idle time, a reduction in treatment admissions, limited community resources, less access to Narcan, and long wait times for first responders.

Due to the uncertainty currently surrounding many areas of life, people are experiencing increased stress-levels, which can contribute to higher rates of relapse. Many people in recovery might be experiencing increased idle time, loss of employment, or less access to recovery support services and some are increasing their drug supply, or "stocking up", in fear of not being able to obtain enough, during COVID-19.

Individuals who have gone longer periods of time without use experience a lowered tolerance. If they return to prior levels of use, they will be more likely to overdose. With the reduction in treatment admissions due facilities having limited capacities, waitlists have grown. Many recovery support services are not available or are limited. These barriers make it difficult to support individuals and provide lifesaving supports, such as Narcan.

This is why your role as a Peer Recovery Coach is vital. Our peers need connection and to be aware of what resources are available during this time. Our newsletters have highlighted ways to stay connected, how to fill idle time and other self-care topics that have tips you can share with your peers, as well. Also, remember to take care of yourselves.

## Coach-Connect

This week, we wanted to take a moment to recognize Dawn Moody, pictured below. *“Coaches from LifeBridge Carroll Hospital Center are working from home and still caring and reaching out! It’s different but can be done!”* -Dawn Moody.



**Do you want to submit something to be featured in the Mosaic Minute? Let us know!**

We heard your feedback! The Mosaic Minute will now be accepting your submissions. Please reach out to us with your success stories, questions, pictures, or any other materials you would like to see highlighted [here](#). If you would like to submit pictures or any artwork, please send an email to your primary consultant! If you have not already, please feel free to give us feedback by filling out this [survey](#). This is also where you can submit any ideas you have regarding topics you would like to see.

## Self-Care Corner

### *Alcohol and coping during COVID-19*

With COVID -19, many are now faced with having to work from home or are not working at all. **Liquor stores are considered essential businesses** and remain open. This can be challenging for individuals in recovery, who may have extra time on their hands. People are also bombarded with media messages that make light of the excessive use of alcohol to deal with COVID-19 and quarantine. It’s important to acknowledge these factors when supporting individuals in recovery or in active addiction. How are you using motivational interviewing techniques to address this reality? We would love to hear from you.



*Don't forget to use your drink charts to help patients understand what is considered a standard drink.*

**Thank you for all you do on the frontlines!**

**For more resources and information, check out our [website](#), or click the images below to follow, like, or subscribe to our social media pages!**

