



Two Epidemics

The Daily Beast recently published an [article](#) pleading readers not to forget “the other pandemic killing thousands of Americans”. According to the author, Kate Briquet, authorities across the country have reported a large uprising in fatal opioid overdoses, since COVID-19. ***We are now struggling to combat two epidemics, at the same time.***

As we know, social distancing and social isolation create barriers to treatment and access to life-saving services. In Franklin County, Ohio, the coroner stated this has resulted in her needing a temporary morgue to handle the surge of new deaths. In Montgomery, Ohio, there has been a 50% increase in overdose deaths over the last year. The executive director of Montgomery County Alcohol, Drug Addiction and Mental Health Services reported her agency is doubling down on effective solutions like delivering naloxone kits and informing individuals of telehealth treatment options. She stated her team is even writing inspirational notes to give out to those who are struggling.

While facts like these are grim, they remind us why peer recovery support is so vital. Your services matter now more than ever; you are the essential frontline heroes. For any additional support, please don't hesitate to reach out to us.

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

The Mosaic Minute is 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](#), or email your primary consultant!

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Coach-Connect

Although many of our daily routines have changed as a result of the pandemic, there has been no decrease in the number of individuals impacted by substance use. COVID-19 has triggered an array of psychological challenges for many; and individuals with substance use disorders are likely facing compounded stress during these times.

Fran is an Overdose Survivors Outreach Program Peer Recovery Coach at Grace Medical Center. As a result of COVID-19, her location and role have changed. In addition to working with overdose survivors to provide harm reduction education and overdose prevention, Fran is also educating the identified high-risk population on the dangers associated with continued illicit poly-substance use. She has also made the shift to remote support in the midst of COVID-19, which she admits has been challenging.

Fran stated, “I've learned that doing something for someone else is a powerful antidote; especially to individuals experiencing substance use disorders along with emotional disturbances. I take pride in being amongst the numerous frontline essential workers during this time.” ***Thank you, Fran, for all that you are doing to support patients during this time.***



Self-Care Corner

According to the [American Art Therapy Association](#):

“Art therapy can be used to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change” (2017).

The [American Psychological Association](#) (APA) (2020) states that art therapy can lead to personal emotional repair and transformation. It allows participants to express themselves spontaneously and symbolically. This may assist with the development of new insights for achieving positive change. Art therapy can be used for processing trauma and coping with stress.

While it is important to seek out the professional guidance of a licensed art therapist, there are a few simple activities you can try at home during COVID-19, if you feel drawn to using this modality for coping. Below, we have listed some activities for you to try. We hope this is helpful.



Try these at home:

- **Draw or paint your emotions.** Focus your intention on visualizing what your emotions would look like if they were physical objects. What colors would they be? What sorts of lines and textures would they have? You can also use music for this activity. Choose a song that expresses what you are feeling and paint/draw what you envision.
- **Use adult coloring books or free coloring sheets online.** There are many free coloring sheets online, with intricate patterns. Some people find that focusing on the details of these complex prints can be a calming activity. Try researching Mandalas.
- **Design something you will never send.** Write a letter or draw a picture for someone (that you never have to send) as a way of letting out unexpressed emotions.
- **Try finger painting.** Though messy, this sensory activity can be an enjoyable way of letting your inner-child out!
- **Make a collage.** Find some of your favorite images from magazines or the internet and paste them on a piece of paper. Some people utilize collages for creating vision boards. Try making different collages for your different moods.
- **Free paint/draw.** Allow yourself to freely express yourself without judgement. Begin to draw whatever comes to mind and promise yourself you won't worry about what it looks like. Remember, this is just for you and can be kept private.
- **Keep an art journal.** Keep a notebook just for doodles, random artwork, and whatever comes to mind. Date your images and look back over them from time to time. This can be helpful reflecting on where you have been and what you have already survived.

For more ideas and inspiration, check out this [article](#).