



In the News

Telehealth & Transformation

Across healthcare sectors, COVID-19 has pivoted the provider dialogue to forward-thinking solutions for treatment. Telehealth technology is at the forefront of these discussions, especially for those fighting the opioid epidemic. According to Forbes, this is not only about virtual doctors' appointments – it also involves Artificial Intelligence (AI) and machine learning tools ([MacDonald, 2020](#)).

A recent article from the [Washington Post](#) said AI has been incorporated into nearly every aspect of modern medicine, far-surpassing the use of machine intelligence in other industries.

So, what are all those fancy terms and how are we really using these technologies? One example is the use of radio-frequency identification (RFID) (like the chip in your credit card) for tracking and auditing controlled substances. This prevents inappropriate prescribing and theft of prescription medicines. Companies like Google and Facebook have also committed to using their technological power to lower the appearance of websites and listings promoting the illegal prescribing and purchase of opioids.

In addition to these measures, telehealth has been critically important for patients receiving medications for Opioid Use Disorder. Many programs have taken advantage of videoconferencing to connect individuals with not only peers, but with providers that can monitor and prescribe necessary medications.

Suffice it to say, COVID-19 has forced our society to make tremendous strides. We are grateful for the innovative solutions our industry has developed for battling two epidemics, simultaneously. At Mosaic Group, we're taking these slivers of hope as evidence that challenges can, and do, breed transformation.

Self-Care Corner

Post-Traumatic Growth

We are facing times of great unrest, grief, and uncertainty and it can be extremely heavy to absorb and process. There are overwhelming images permeating social media, the news, and within our very own communities. We want to remind you that preserving yourself is of utmost importance for the collective health of our communities. As they say, "you cannot pour from an empty glass". We encourage you to listen to your body and honor your needs. Sometimes, that might look like turning off the news and disengaging. Other times, it might mean reaching out to your community and getting involved in service. Remain authentic and aligned to the self-care strategies that feel right to you.

The Substance Abuse and Mental Health Services Administration (SAMHSA) stated trauma results "from an event, series of events, or set of circumstances **experienced by an individual** as **physically** or **emotionally harmful** or life-threatening" ([SAMHSA, 2013](#)). This means what we see on the news, in our communities, and within the workplace can be experienced as traumatic, if we are experiencing it as physically or emotionally harmful. We all have unique ways of processing it. With this in mind, we hope you will be kind to yourself. Take the space you need to validate any pain or heavy emotions and seek the support you need.

Tedeschi and Calhoun (2004) emphasized that trauma can be the foundation for highly transformative growth. However, we don't just transition from pain to growth overnight. It is a process that involves time, nurturance, and acceptance. If you are feeling grief, honor that. By accepting and validating our emotions, we foster personal and communal resiliency. By compassionately facing our pain, we extend ourselves the opportunity to cultivate "post-traumatic growth", or positive psychological changes resulting from adversity.

Coach-Connect



Mosaic Group wants to thank Barbara Pinnock, an OB Peer Recovery Coach at Carroll Hospital, for her dedication and adaptation during COVID-19!

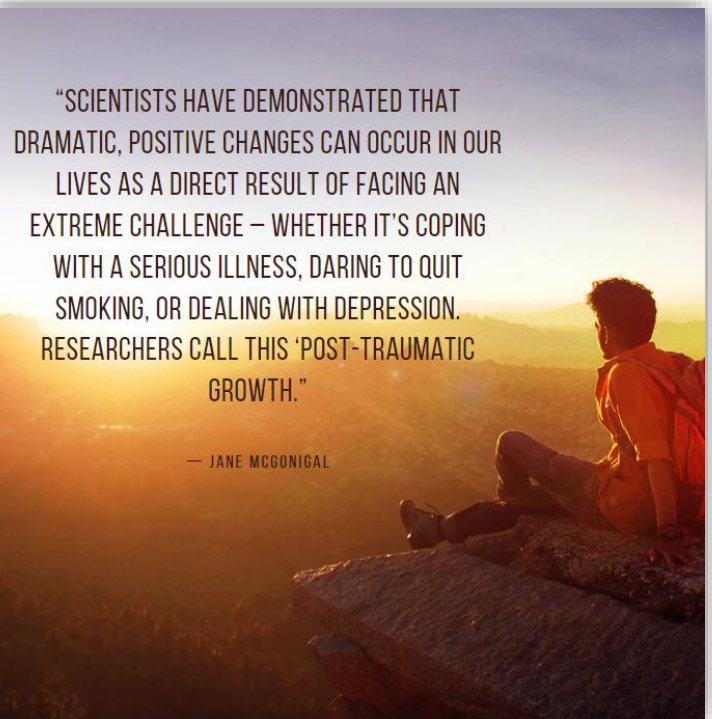
Today, we want to recognize Barbara Pinnock, an OB Peer Recovery Coach at Carroll Hospital Center. Barbara has observed first-hand the benefits of expanding to virtual recovery support services. After referring many patients to virtual AA, NA, and Celebrate Recovery meetings, she has received encouraging feedback! Several patients have told her they feel grateful for the option to attend virtual meetings and that they otherwise would have struggled with working up the courage to attend an in-person meeting. Barbara also refers patients to use meditation apps, YouTube videos, and live virtual meditation sessions. Being able to access these services from comfort of their own homes has helped some patients ease into exploring recovery.

Barbara herself has had to adapt to remote support from her supervisor and primary consultant, since she came on board just five weeks before everything changed. Her hard work does not go unnoticed; she demonstrates dedication and is adaptable in all that she does!

Barbara is originally from New York, and currently lives Frederick, MD. In her free time, she loves to bike ride and facilitate women's recovery groups. Barbara, a mother herself, has a passion for helping other mothers who may be struggling with substance use.

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](#), or email your primary consultant!



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