

## Mental Wellbeing During Coronavirus/COVID-19

### Toolbox Talk: Risk of Alcohol or Substance Use Relapse Rising with COVID-19

**Note: Please maintain proper “physical distancing” of six feet or greater, in accordance with the CDC Social Distancing guidelines, while discussing this Safety and Mental Health Toolbox Talk.**

#### Helping Employees and Family Members Find Online Recovery Meetings

COVID-19 has disrupted our work and family routines. COVID-19 has increased stress and anxiety even among those fortunate to be working. As stress levels have intensified, alcohol and substance use are reportedly rising significantly.

Approximately 10% of the United States adult population reports being in recovery for alcohol or substance use disorders. Many of these Americans regularly attend in-person recovery meetings for routine personal connections and fellowship. As physical/social distancing requirements banned group meetings of 10 or more, many recovery meetings were forced to stop meeting in person.

As COVID-19 disruptions continue, persons in recovery from alcohol and substance use disorders face increasing isolation and lack of group support. Many employers and labor union representatives are growing increasingly concerned about employees who are in recovery experiencing a relapse if they cannot find a connection to virtual or online recovery meetings.

Many recovery groups have had online/virtual meeting format before COVID-19. The popularity of online recovery meetings has grown during COVID-19. **Listed below are several of the major recovery groups facilitating online or virtual meetings:**

**In the Rooms** – Free online recovery app: <https://www.intherooms.com/home/>

- Offers 130 weekly online meetings compatible with all recovery methods/programs.
- Available for iPhone and Android format
- *Overview Guide:* <https://www.intherooms.com/home/how-can-in-the-rooms-help-me/>

#### **Alcoholics Anonymous (AA):**

- Homepage: <http://aa-intergroup.org/index.php>
- Online meeting directory: <http://aa-intergroup.org/directory.php>
- Email, chat, audio/video meeting options
- Meetings available in English, Spanish and other languages.



### **Narcotics Anonymous (NA):**

- Homepage: <https://virtual-na.org/>
- Virtual/online meetings in American Sign Language; English; Spanish; French & German
- *Meeting Directory (takes up to 30 seconds to populate):* <https://virtual-na.org/meetings/>

### **SMART Recovery (Self-Management And Recovery Training):**

- **Homepage:** <https://www.smartrecovery.org/>
- **Online Meeting Calendar:** <https://www.smartrecovery.org/community/calendar.php>
- *Registration required for the Smart Recovery Online (SROL) system:*  
<https://www.smartrecovery.org/community/join.php>

### **Action Steps:**

1. Remind employees regularly about your company's Employee Assistance Program (EAP) and the services available to employees and family members and dependents.
2. Share this information about online/virtual recovery meetings with your employees.
3. If you're a union contractor, share this information with your Union Stewards and/or local Business Agents assigned to your company.
4. Be sensitive that your company likely has persons in recovery for alcohol and substance use. Understand the unique challenges COVID-19 has created by cutting them off from their routine access to support in recovery groups.
5. Be supportive of those employees in recovery that may need help locating virtual or online recovery meetings.