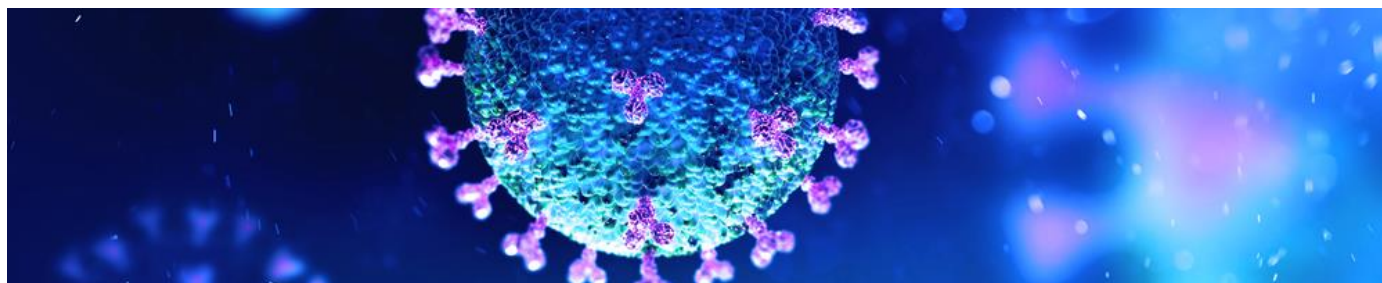


NEW ENGLAND ATTC COVID-19 RESOURCES



In response to the COVID-19 pandemic, the New England ATTC has developed multiple products in partnership with the South Africa HIV ATTC to support our partners and constituents during this time. Development of these materials was part of a Provider Self-Care initiative led by the South Africa HIV ATTC and the New England ATTC was proud to partner on graphic design and wide dissemination to an international audience. Our ATTC is well-positioned to continue supporting people with off-the-shelf products and our virtual trainings and technical assistance remain available. The below exercises detail self-care techniques as well as guidance on conducting and facilitating engaging online meetings. Though these products are geared towards healthcare providers, they are widely applicable.

Self-Care Series

These one-page exercises are designed to serve as a guide to self-care:

1. [Reflection and Breathing Exercise](#) - This one-page activity can be used to relieve uncomfortable emotions such as stress, anxiety, anger and sadness by being still and practicing intentional reflection and breathing.
2. [Wellness Wheel Exercise](#) - This one-page self-assessment activity can be used to set goals towards achieving greater balance in caring for oneself.
3. [Coping with Distress](#) - This one-page activity can be used to learn new ways to cope with and relieve stress. Developing ways to soothe can be helpful to prevent one from becoming emotionally overwhelmed.
4. [Healthy Coping Behaviors](#) - This one-page activity encourages taking care of oneself, particularly in moments of great instability.
5. [Regular Emotional Check-Ins](#) - This one-page activity that can help one slow down and check in with their emotional and physical well-being.

Online Engagement and Facilitation

In this time of increased online engagement – meetings, trainings, technical assistance, and more – it is important for facilitators to be prepared when hosting in online meetings. These one-page guides for online engagement were adapted from the larger resource developed by the Pacific Southwest Mental Health TTC to ensure cultural relevance. Specific topics include:

1. [General Guidelines for Virtual Meetings](#) - This guide helps facilitators to be fully engaged in a virtual meeting.
2. [Facilitation Guidance for Online Engagement](#) - This guide helps facilitators to prepare, set up, and host engaging online sessions.
3. [Group Norms Guidance for Online Engagement](#) - This guide helps facilitators to think through the setting of group norms and practices for online meetings.



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NEW ENGLAND ATTC COVID-19 RESOURCES



Webinar Series: Expanding Recovery & Wellness in a Pandemic

This 2-part webinar series was developed in partnership with the New England MHTTC:

1. [Sustaining Hope During a Time of Crisis: Supporting Multiple Pathways of Recovery](#) - This webinar focused on how isolation, stress, anxiety, trauma, financial difficulties, and physical distancing have impacted recovery processes and the well-being of the recovery community.
2. [Wellness and Self-Compassion: Supporting Mental Health and Substance Use Providers during the COVID-19 Pandemic](#) - This webinar focused on how providers are coping and how to best support this critical segment of the workforce. Participants learned how hopelessness, fatigue, stress, trauma, and social distancing are impacting the well-being of mental health and substance use practitioners.

ATTC Network COVID-19 Resources

Listening Session and Strategic Discussion Series:



Emerging Issues Around COVID-19 and Social Determinants of Health
for the Substance Use Prevention, Treatment and Recovery Workforces



Resources:

Please visit our COVID-19 pandemic response resources for both the ATTC & PTTC Networks for helpful resources related to substance use prevention, treatment, and recovery:

- [ATTC Pandemic Response Resources](#)

Additional SAMHSA COVID-19 Resources

SAMHSA recognizes the challenges posed by the current COVID-19 situation and is continually releasing new guidance and resources to assist individuals, providers, communities, and states across the country. Resources include general information and guidance for substance use treatment providers, specific guidance for opioid treatment programs, and information for discretionary grant recipients, as well as links to additional federal guidance. The resources are continually updated and can be assessed on the [SAMHSA Coronavirus](#) page.

Example resources include:

1. [Tips for Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak](#)
2. [Virtual Recovery Resources](#)
3. [Training and Technical Assistance Related to COVID-19](#)

Please contact the New England ATTC if you would like training or technical assistance related to these resources!



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