



National Hispanic & Latino

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**How social isolation, loneliness, and insecurity affect people in recovery from addiction and mental illness during COVID-19; and what to do about it.**

- We will begin the webinar promptly at 2:00PM (ET)
- Please post your questions by clicking the Q&A icon on your screen. We will answer questions at the end of the webinar, and we will try to answer as many as we possible.
- The webinar is being recorded and we will email all attendees once its ready. Also, a PDF copy of the presentation will be distributed at the same time. We will send an email to all attendees once these materials are ready. In order to view it, you must sign up (provided via link later) to our Juntos/ATTC list.

National Latino Behavioral Health Association **NLBHA**

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

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Esta presentación está respaldada por la subvención 1H79TI081174 del Departamento de Salud y Servicios Humanos, Administración de Servicios de Abuso de Sustancias y Salud Mental (SAMHSA por sus siglas en inglés). Las opiniones expresadas este sitio no necesariamente reflejan las políticas oficiales del Departamento de Salud y Servicios Humanos, el Centro Hispano Latino de Capacitación y Asistencia Técnica en Adicción/Prevención o de NLBHA; la mención de nombres comerciales, prácticas comerciales u organizaciones específicas tampoco implica el respaldo del Gobierno de los Estados Unidos, NHL ATTC o de NLBHA.

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## HOUSEKEEPING

- Recording and PPT Slide Deck
- All Lines Muted
- Q&A Session
  - Raising your hand
  - Chat Box
  - Q&A Box
- Post-Training Evaluation
  - External Link

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## National Latino Behavioral Health Association (NLBHA) Staff

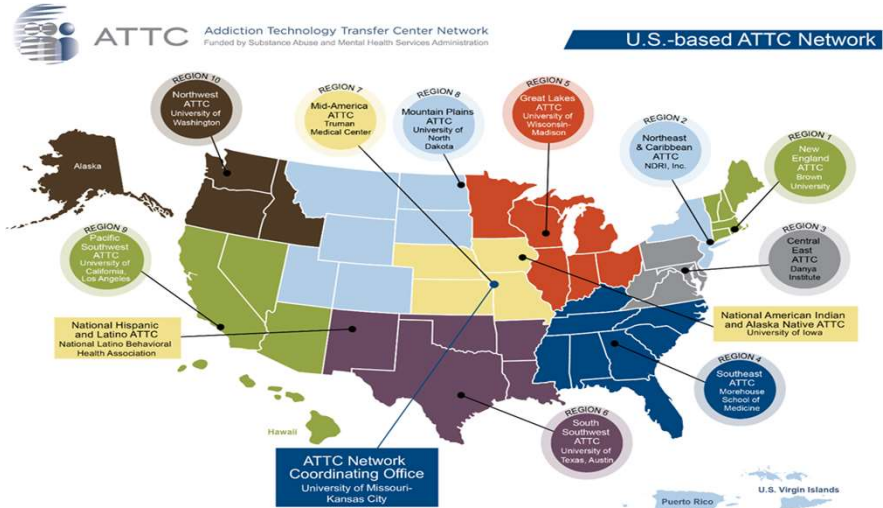


**Fredrick Sandoval, MPA**  
 Executive Director  
 NLBHA

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**U.S.-based ATTC Network**



The map displays the following regional ATTCs and their affiliations:

- REGION 1:** New England ATTC, Brown University
- REGION 2:** Northeast & Caribbean ATTC, NDRI, Inc.
- REGION 3:** Central East ATTC, Dorns Institute
- REGION 4:** Southeast ATTC, Morehouse School of Medicine
- REGION 5:** Great Lakes ATTC, University of Wisconsin-Madison
- REGION 6:** South Southwest ATTC, University of Texas Austin
- REGION 7:** National American Indian and Alaska Native ATTC
- REGION 8:** Mountain Plains ATTC, University of North Dakota
- REGION 9:** Pacific Southwest ATTC, University of California, Los Angeles
- REGION 10:** Northwest ATTC, University of Washington

**ATTC Network Coordinating Office:** University of Missouri-Kansas City

Other locations shown: Alaska, Hawaii, Puerto Rico, U.S. Virgin Islands.

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## National Hispanic and Latino Addiction Technology Transfer Center (NHL-ATTC)



Pierluigi Mancini, PhD,  
Director



Maxine Henry, MSW, MBA  
Co-Director



Ruth Yáñez, MSW  
Executive Admin. Assistant

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## Today's Presenter



**Pierluigi Mancini PhD, MAC**

*(Pronouns: he/him/his)*

**Director**

**National Hispanic and Latino Addiction Technology Transfer Center  
National Hispanic and Latino Prevention Technology Transfer Center**

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## Learning Objectives

Participants will:

- Learn how social isolation, loneliness and insecurity affect people in recovery
- Understand the steps for recovery and resilience during the pandemic
- Receive practical solutions to strengthen their recovery during social isolation.

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## How social isolation, loneliness, and insecurity affect people in recovery during COVID-19

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## How has our recovery been affected by COVID-19?

- Daily routines
- Meeting Limitations /
- In-Person Meeting Cancellations
- Cancellation of events
- No kissing, hugging or having a chat in person
- Loneliness
- Isolation



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## How it affect us

- Anxiety
- Fear and worry
- Uncertainty
- Sadness
- Boredom



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## How it affect us

- Frustration
- Anger
- Disorganization
- Guilt
- Fear of loss of income
- Sleep and nutrition



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## How it affects us

- Changes in our behavior
- Changes in our body
- Changes in our thoughts



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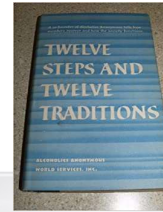
## Steps to recovery and resilience during the pandemic

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The Alcoholics Anonymous "Twelve Step" book (1970: 61), in its tenth step, says: "So we are faced with the decisive test: can we stay sober, maintain our emotional balance, and live a useful and fruitful life, Whatever our circumstances? "



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## How to build resilience

- Strengths
- Solutions
- Flexibility
- Creativity
- Circumstances that can be modified
- Hope
- Emotions
- The past



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## How to build resilience

- Relationships
- Support
- Stress
- Help
- Interpretations
- Change
- Goals



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## How to build resilience

- Take care of your body
- Communicate with others
- Rest
- Stay informed
- Avoid a lot of news
- Get help if you need



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## Money and Work

- Assistance for businesses
  - [https://www.uschamber.com/sites/default/files/023595\\_comm\\_corona\\_virus\\_smallbiz\\_loan\\_final.pdf](https://www.uschamber.com/sites/default/files/023595_comm_corona_virus_smallbiz_loan_final.pdf)
- Assistance for individuals
  - El gobierno de los EEUU paso el CARES Act que contiene \$2 mil millones de dólares  
<https://www.sbc.senate.gov/public/index.cfm/guide-to-the-cares-act>
- New opportunities

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**practical solutions to strengthen  
recovery during social isolation.**

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## What I can do

- Trust your recovery
- Use your Tools
- Ways to relax
- Rest
- Things you enjoy
- Talk / stay in touch
- Keep hope



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## What I can do



- Telephone,
- Email
- Text messages
- Social networks
- Accurate information
- Keep in touch
- Talk to a professional
- Be optimistic

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## What I can do

- Recovery meetings via Zoom (24 hours a day)
  - [https://www.bmc.org/sites/default/files/Patient\\_Care/Specialty\\_Care/Addiction-Medicine/Online-AA-Meeting-List.pdf](https://www.bmc.org/sites/default/files/Patient_Care/Specialty_Care/Addiction-Medicine/Online-AA-Meeting-List.pdf)
- Eat healthy
- Exercise
- Medications
- Meditation
- Breathe



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## How to help your children



- Talk to them
- Set a good example
- Limit media exposure
- Be careful when discussing the crisis

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And after the crisis.

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## What do I do after the crisis

- Return to the routine
- Work
- Meetings
- Children



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## Recursos útiles / Líneas de ayuda

### Línea de ayuda gratuita de catástrofes

(Disaster Distress Hotline) de SAMHSA

Teléfono gratuito: 1-800-985-5990 (español e inglés)

Mensaje de texto (español): Envíe "Háblanos" al 66746

Mensaje de texto (inglés): Envíe "TalkWithUs" al 66746

Teléfono para personas con dificultades auditivas (TTY): 1-800-846-8517

Sitio Web (inglés): <http://www.disasterdistress.samhsa.gov>

Sitio Web (español): <http://www.samhsa.gov/find-help/disasterdistress-helpline/espanol>

### Línea de ayuda nacional (National Helpline) de SAMHSA

Teléfono gratuito: 1-800-662-4357 (1-800-662-HELP) (Servicio de

información en español y en inglés para que le refieran a tratamiento las 24 horas del día, los 7 días de la semana, los 365 días del año)

Sitio Web: <http://www.samhsa.gov/find-help/national-helpline>

### Red Nacional de Prevención del Suicidio

(National Suicide Prevention Lifeline)

Teléfono gratuito (español): 1-888-628-9454

Teléfono gratuito (inglés): 1-800-273-TALK (8255)

Teléfono para personas con dificultades auditivas (TTY):

1-800-799-4TTY (4889)

Sitio Web (español):

<http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Sitio Web (inglés):

<http://www.suicidepreventionlifeline.org>

### Localizador de centros de tratamiento

Localizador de centros de tratamiento de salud conductual de

SAMHSA (SAMHSA Behavioral Health Treatment Services

Locator)

Sitio Web:

<http://findtreatment.samhsa.gov/locator/home>

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## National Hispanic and Latino ATTC

*For more information about the National Hispanic and Latino ATTC and to request training and technical assistance you can reach us at:*

[www.nlbha.org](http://www.nlbha.org)

<https://attcnetwork.org/centers/national-hispanic-and-latino-attc/home>

*Or directly at:*

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## Presenters' Contact Information

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## Satisfaction Evaluation

Friendly Reminder:

Directly after this webinar ends you will be immediately re-directed to an external site to complete the satisfaction evaluation survey.

Thank you for attending our webinar. Enjoy the rest of your day!