

Resources For Families

Ascension Brighton Center for Recovery - Chit Chat On-line

When - Weekly from 7:30pm to 9pm on Wednesday Eastern Time -

DetroitJoining infoJoin Hangouts Meet - meet.google.com/pkb-gpry-tgp

Join by phone - [+1 570-671-0173](tel:+15706710173) (PIN: 818934285)

[more details »](#)

You are invited to the support group "Chit Chat On-line" (per your request) with Ascension Brighton Center for Recovery through Google Meet. Ways to participate (see details above):

- utilize the link provided in your web browser
- connect by phone with the number listed, then enter the PIN #
- get the Google Meet app for your smartphone and use the meeting code above

Note: For the best virtual experience, we recommend you use a laptop or desktop computer. For all video options, you will need a functioning webcam and mic. Once in the meeting, please silence your mic when not speaking.

Online Support Communities

In response to the uncertainty and circumstances surrounding COVID-19, Partnership for Drug Free Kids is hosting a series of free, supportive online gatherings for parents and caregivers designed to help you connect with others, and gain helpful insight and ideas.

<https://drugfree.org/article/online-support-community-for-parents-caregivers/>

Al-Anon

https://al-anon.org/al-anon-meetings/electronic-meetings/?utm_source=Washtenaw+Families+Against+Narcotics&utm_campaign=2765442211-EMAIL_CAMPAIGN_2019_12_19_09_59_COPY_01&utm_medium=email&utm_term=0_9d03b31b39-2765442211-326005769

Introduction

In an infectious disease outbreak, when social distancing and self-quarantine are needed to limit and control the spread of the disease, continued social connectedness to maintain recovery are critically important. Virtual resources can and should be used during this time.

This tip sheet describes resources that can be used to virtually support recovery from mental/substance use disorders. It also provides resources to help local recovery programs create virtual meetings.

Virtual Recovery Programs

- **Alcoholics Anonymous:** Offers online support <http://aa-intergroup.org/>
- **Cocaine Anonymous:** Offers online support and services <https://www.ca-online.org/>
- **LifeRing:** LifeRing Secular Recovery offers online support <https://www.lifering.org/online-meetings>
- **In The Rooms - Online Recovery Meetings:** Provides online support through live meetings and discussion groups <https://www.intherooms.com/home/>
- **Marijuana Anonymous:** Offers virtual support <https://ma-online.org/>
- **Narcotics Anonymous:** Offers a variety of online and skype meeting options <https://www.na.org/meetingsearch/>
- **Reddit Recovery:** Offers a virtual hang out and support during recovery <https://www.reddit.com/r/REDDITORSNRECOVERY/>
- **Refuge Recovery:** Provides online and virtual support <http://bit.ly/refuge-recovery1>
- **Self-Management and Recovery Training (SMART) Recovery:** Offers global community of mutual-support groups, forums including a chat room and message board <https://www.smartrecovery.org/community/>
- **SoberCity:** Offers an online support and recovery community <https://www.soberocity.com/>
- **Sobergrid:** Offers an online platform to help anyone get sober and stay sober <https://www.sobergrid.com/>
- **Soberistas:** Provides a women-only international online recovery community <https://soberistas.com/>
- **Sober Recovery:** Provides an online forum for those in recovery and their friends and family <https://www.soberrecovery.com/forums/>

- **We Connect Recovery:** Provides daily online recovery groups for those with substance use and mental illness
<https://www.weconnectrecovery.com/free-online-support-meetings>
- **Unity Recovery + WEconnect + Alano Club:** Providing daily virtual meeting for those in recovery and for their family members
<https://unityrecovery.org/digital-recovery-meetings>

RECOVERY RESOURCES AND SUPPORTS

- **The National Alliance for Mental Illness (NAMI) HelpLine** Coronavirus Information and Resources Guide
<http://bit.ly/NAMIresource>
- **Hazelden Betty Ford Foundation** contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions, including the online support community, *The Daily Pledge*:
<https://www.hazeldenbettyford.org/recovery-tools/daily-pledge> and *"Tips for Staying Connected and Safeguarding Your Addiction Recovery"*: <http://bit.ly/HBF-Tips>
- **Shatterproof:** *"How I'm Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery"* provides helpful suggestions
<http://bit.ly/shatterproof-coping>
- **The Chopra Center:** *"Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System."* <http://bit.ly/Chopra-calm>

TIPS TO SET UP A VIRTUAL RECOVERY MEETING

Simple steps for 12 step groups using various virtual platforms for meetings:

<https://www.nyintergroup.org/remote-meeting-listing/help-setting-up-online-meetings/#zoom>

To host a meeting on zoom:

1. Set up a free account here:
<https://zoom.us> When you set up a free account, you can only host a meeting for 45 minutes. To host longer meetings, you need a paid account.
2. Schedule a meeting
<https://support.zoom.us/hc/en-us/articles/201362413-Scheduling-meetings>
3. Invite people to join a meeting :
<https://support.zoom.us/hc/en-us/articles/201362183-How-do-I-invite-others-to-join-a-meeting>
4. Create a flyer to publicize meetings. This flyer is sent to group members via email and text, posted on self-help group's District Website and posted on door of the physical site that is closed in an attempt to reach anyone who shows up for a meeting.

Local Virtual Step Meetings

Sunday - South Lyon Big Book Study-

Time - 2pm
Zoom ID - 645-729-581
Password - big book

Novi Noon -

Time- Monday - Friday at 12pm
Zoom ID - 248-514-8322
Password - Novi

Brighton/Howell - The Jumping Off Point Group -

Time - Every night at 8pm
Zoom ID - 563-29-4245
Password - 928498

South Lyon Zoomers Group -

Time - Thursdays at 7:30pm & Saturdays at 10am
Zoom ID - 702-882-5483
Password - Zoomers

B.R.A.G. Virtual Meetings

We just wanted to share our meetings as an additional resource for alumni during this crisis.

Check out the link below to see the calendar of virtual meetings and corresponding links hosted by B.R.A.G. on Zoom:

<https://calendar.google.com/calendar/embed?src=bragunity%40gmail.com&ctz=America%2FDetroit>
