

# SUPPLEMENTAL CRCT NEWSLETTER MARCH 2020

## Peer Specialists Are Veterans Helping Veterans Build Bridges to Wellness

*The Community Recovery Connections Team creates and supports Veteran social networks in Bedford, on the North Shore, South Shore, Merrimack Valley, and surrounding areas. We are Veterans in recovery; we offer guidance and direction to the community for the Veterans we are honored to serve.*

The current state of affairs W/COVID-19 has impacted our daily lives dramatically. Many Veterans affiliated with CRCT are trying to live/maintain recovery of some sort. In this climate we find the opportunities to interact, socialize, or get info. dwindling. Coffee Socials on hold, larger events postponed/cancelled, schools shutdown, and then recovery meetings (AA,NA,OA,GA, SMART ect.) on hiatus or very few available. What options do we have? What can we do? This newsletter gives pointers on staying connected while we practice social distancing. Please remember; **peers are Veterans and we want to help even more during this time.**

**How to access AA or NA meetings remotely**  
*Dependent on your computer settings,  
Click the links or press CTRL and then  
press on the links.*

For those in recovery accessing meetings is crucial. Many venues have canceled in-person AA/NA meetings & public transportation has reduced their hours. We highly suggest staying connected with your sponsor. If you need a meeting, there are options such as; virtual AA, NA, GA, OA, Ect.

Below are two links for an up-to-date in person AA/NA meeting

([Click here](#)) or ([Click here](#))

Below are four links to Digital AA & NA meetings

([Click here](#) (or [here](#)) or AA Chats ([Click here](#)) or ([NA Click here](#))

If you are experiencing anxiety or other symptoms the Veterans Crisis Line is always available. Talk, Text or chat. Call **1-800-273-8255** press 1 or Send a text message to **838255** or confidential online chat session at [Veterans crisis Line](#).

### What is telehealth?

In Massachusetts emergency legislature have been implemented to allow telehealth. But what is telehealth and how do you access it as a veteran if you don't have private insurance? Telehealth is an opportunity to remotely access medical and mental health visits remotely through a computer or phone. This option IS available to Veterans for routine visits and Mental health visits. Please contact the clinic you are seen in to ask for telehealth options. Reach out to the peers or the telehealth office Call (781) 687 4600 another option is contacting ,or contact your health care team via myHealtheVet ([click here](#))



### Other useful resources

Regaining your calm NPR— ([Click here](#)), Maintaining your mental health during COVID-19 ([click here](#)), Resources for discussing COVID-19 with a child or adolescent— ([click here](#))

Tips to be productive when working from home— ([click here](#)), contact your health care team at myHealtheVet ([click here](#)), Managing stress and anxiety during this time CDC—([Click here](#))



**WE ARE HERE!!!!!!** As of this writing the certified peer specialists (CPS) are standing by in as many ways that make sense. Feel free to check in with some of us! If you feel anxious, or distressed reach out! Peers are ready willing and able to speak with you and provide resources or just listen.....call us !!

- Things to do if you're stuck at home!!!!***
- Dependent on your computer settings, Click the links or press CTRL and then click on the links.*
- Major museums have opened virtual tours  
Travel + Leisure link below offer 12 free tours  
[Click Here](#)
  - Dial into digital concerts—The guardian posted “Quarantine soirees’: classical music and opera to stream at home “ ([Click Here](#) )
  - Family eGuide posted 110 Boredom busters ([Click Here](#) )
  - Free Education media from open culture is below : ([Click Here](#))
  - Lifehack has 30 fun things to do at home ([Click here](#))
  - 123 Homeschool- 101 FUN things to do ([click Here](#))
  - Watch Service dog puppies on SDP puppy cams ([click here](#))
  - Go to the ZOO from your couch ([click here](#))
  - Stuck at home? 20 things to do trying to avoid the (COVID-19) ([Click here](#))
  - Virtual national part tour’s ([click here](#))
  - Other museum tours ([Click here](#))
  - Other neat tours ([Click here](#))
  - Free field trips ([Click here](#))

- Contact A Peer**
- Chuck D , MA, CPS** (781) 687-2911 / (781) 382-5912
  - Hector E, CPS** (781) 687-3909
  - Jessica M CPS** (781) 687-2864 / (781) 885-4428
  - Karen M, CPS** (781)-687-3315 / (781) 885-5625
  - Tony R, CPS** (781) 983 3571
  - Matt N, CPS** (781) 825-3745
  - Mike W CPS,** (781) 760– 4107
  - Erich Z, CPS** (781) 389-7761
  - Steve H, CPS** (781) 879-6185
  - Charlotte D** (781) 825 5371
  - Jeremy K, CPS** (339) 234-3990
  - Chuck C, CPS** (781) 824-0347
  - Mike K, CPS** (781) 971-3246
  - Trina P, CPS** (781) 999– 2725
  - Nick O, CPS** (781) 687-2575
  - Helen S-D, CPS** (781)-885-5823
- [vetscsma@gmail.com](mailto:vetscsma@gmail.com)
- [facebook.com/vetscoffee](https://facebook.com/vetscoffee)

- Ways to remotely connect with others!!!!**
- Modern gaming platforms give the added option to play together remotely!
  - Have facetime social gatherings— reach out connect
  - Skype friends and share a meal , tidy up, or DIY projects together
  - Call your neighbors and loved ones to check in
  - Ask for assistance!
  - Call the Peers
  - Play an interactive augmented reality game like Pokémon go or Harry Potter

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