



When faced with stressful situations, we can use adaptive coping strategies such as problem-solving, seeking support, emotion-focused coping, and healthy forms of tension-release (e.g., exercise, humor, meditation, relaxation training, or creative pursuits). However, times of stress may also lead to use of maladaptive coping strategies, including denial, avoidance, negativity, and substance use. The current social distancing restrictions add complication, making it more difficult to utilize certain adaptive strategies and harder to resist some unhealthy ones.

For individuals in recovery from substance use disorders, the loss of support from interacting with a sponsor and/or attending 12-step meetings can be particularly challenging. **If you think you, or someone you care about, may benefit from additional support in maintaining your recovery**, there are many options available through online and virtual resources. These can be accessed by visiting the UFCOM Wellness COVID-19 resource page here (<https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/#recovery>) or clicking on the links below:

## For Individuals in Recovery

### *Online meetings*

- [AA](#)
- [NA](#)
- [Al-Anon](#)
- [Smart Recovery](#)
- [Buddhism-based mutual support group](#)
- [AA Meeting recordings](#) [use password: thebroadhighway]

### *Recovery Apps*

- [Sober Grid](#) – allows you to interact, support, and engage with other people in recovery using a platform similar to Facebook.
- [SoberTool](#) is an easy way to track your clean and sober days. The app includes daily motivational messages and reminders to keep you on target.
- [WEconnect](#) provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, meditate, etc.

- [AA Big Book](#) – an app that gives you access to the full text of the Big Book, along with a meeting finder, podcasts, prayers, and personal stories.
- [12 Step Meditation Daily Reflections for AA, NA, Al-Anon](#): This app features hundreds of easy-to-follow guided meditations, as well as soothing music, prayers, and 12-step recovery audio.
- [Connections App](#): provides access to e-therapy, clinical support, and a unique e-library of resources.

**If you are concerned about your alcohol or other substance use**, and are interested in receiving individualized services, please call the UF Health Staff Telepsych Services center between 8:30 a.m. and 7 p.m. (7 days per week) at 352-265-5459 or email [c19peersupport@shands.ufl.edu](mailto:c19peersupport@shands.ufl.edu) [provide your name, contact number, and best time(s) to receive a call back]. A licensed mental health professional will perform a quick screening and help you identify the service(s) that would be most useful and convenient for you.

Alternatively, you can **contact the UF Health Florida Recovery Center (FRC) directly** at 352-265-4FRC. The FRC offers inpatient detoxification services, partial hospitalization/residential treatment at the campus on 13<sup>th</sup> Street/Williston Rd., intensive outpatient services (currently offered via telehealth), and outpatient services offered in clinic or via telehealth. You can learn more about these options at: <https://floridarecoverycenter.ufhealth.org/drug-alcohol-treatment/>

For tobacco users, the UF Area Health Education Centers (AHEC) would like to encourage you that now is a great time to quit tobacco. **You can join a free tobacco cessation group with an expert facilitator** and group support, all from the comfort of your home. This will help you decrease risk for complications of COVID-19 and make strides for a healthier lifestyle. Virtual classes are now available through UF COM, with support from Tobacco Free Florida. Attendees will receive free Nicotine Replacement Therapy (patches, gum, and/or lozenges) and quit aids, along with a toolkit that guides you through the process. You can also invite family members and friends who use tobacco to join you on this journey. *For more information or to register for a free class, call 352-265-9569.*

Stay well,

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