

# Grand Traverse County Drug Free Coalition Newsletter

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## A NOTE FROM THE COORDINATOR

Hello coalition members,

I hope that everyone is staying safe and healthy! Due to the extended Stay At Home order, we will not be meeting in May. Families Against Narcotics (FAN) – Grand Traverse Area will have a virtual meeting for their monthly forum on Thursday, May 7 at 6:30pm. Everyone is welcome to join, I will send out the meeting details in an email as the date approaches.

I hope that we will be able to resume our regular monthly meetings in June and I look forward to seeing you all again soon!

Be well,

Lauren

## RESOURCES

- The State of Michigan has put together a list of resources if you're feeling emotional distress caused by COVID-19, the page offers many ways to connect to emotional-support services without leaving your home: [https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_99557---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_99557---,00.html)
- The Michigan Department of Health and Human Services has established a warmline for persons with mental health conditions. The warmline will be operated by Certified Peer Support Specialist. Individuals calling the warmline will be provided with support by peers who have their own lived experience with mental health issues. They will be providing wellness support and a listening ear. Here is the link to the warmline: [https://www.michigan.gov/mdhhs/0,5885,7-339-71550\\_2941---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941---,00.html). The phone numbers is (888) 733-7753.
- Matt Zerilli and Madie Begley from Addiction Treatment Services' The PORCH co-host a Facebook live check-in weekday mornings to help people stay connected and to cope with the current physical distancing requirements. To watch Mornings at the Porch Live, or to watch the recorded videos, visit and join the "The PORCH Community Center: A Project of ATS" Facebook group.
- The National Institute on Drug Abuse (NIDA) has put together a list of resources for people with substance use disorders and those in recovery to address the unique challenges faced during the COVID-19 pandemic: <https://www.drugabuse.gov/related-topics/covid-19-resources>
- The NIDA for Teens has a free online toolkit that offers science-based activities and resources on drug use and addiction for educating teens while they are out of school: <https://teens.drugabuse.gov/teachers/out-of-school-time->

[toolkit?utm\\_source=teeneblast&utm\\_medium=email&utm\\_content=nf&utm\\_term=NPnp&utm\\_campaign=teen-NDAFW2020](https://www.interlochenpublicradio.org/post/social-distancing-especially-hard-recovering-addicts-northern-michigan?fbclid=IwAR2ytr9sHeo2UTwomWR9knXcoXpPkJXF1D_1QqUq9fMYAUU8H6j8rbSPGoA)

## NEWS AND ARTICLES OF INTEREST

- Interlochen Public Radio – Social Distancing Especially Hard for Recovering Addicts in Northern Michigan: [https://www.interlochenpublicradio.org/post/social-distancing-especially-hard-recovering-addicts-northern-michigan?fbclid=IwAR2ytr9sHeo2UTwomWR9knXcoXpPkJXF1D\\_1QqUq9fMYAUU8H6j8rbSPGoA](https://www.interlochenpublicradio.org/post/social-distancing-especially-hard-recovering-addicts-northern-michigan?fbclid=IwAR2ytr9sHeo2UTwomWR9knXcoXpPkJXF1D_1QqUq9fMYAUU8H6j8rbSPGoA)
- The National Institute on Drug Abuse – COVID-19: Potential Implications for Individuals with Substance Use Disorders: <https://www.drugabuse.gov/about-nida/noras-blog/2020/04/covid-19-potential-implications-individuals-substance-use-disorders>
- NPR – Opioid Addiction is ‘a Disease of Isolation,’ so Pandemic puts Recovery at Risk: <https://www.npr.org/sections/health-shots/2020/03/27/820806440/opioid-addiction-is-a-disease-of-isolation-so-pandemic-puts-recovery-at-risk>

## Contact Us

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**Grand Traverse County  
Drug Free Coalition**

*If you have news or events you would like to share or are interested in participating in the Coalition, please contact Lauren Reed via email at [GTCdrugfreecoalition@gmail.com](mailto:GTCdrugfreecoalition@gmail.com)*