



CommunityNEWS

Promoting Health & Wellness through prevention in our Community.

Parents Should Take Social Distancing Seriously

For the first time ever, Americans are asked to practice “social distancing,” which the Centers for Disease Control and Prevention (CDC) defines as “remaining out of places where people meet or gather,” and “avoiding public transportation.” That includes going to the gym or parties, or using buses, subways, taxis and rideshares like Uber or Lyft.

Social Distancing also means maintaining a distance of six feet (or two meters) from others. Yes, that means you’re supposed to be keeping kids six feet apart whenever possible, not piling them in a car to go the local movie just because they’re out of school. Social Distancing is key both to your own and your children’s health and meant to help limit the spread of the virus throughout the community.

Most Children are Not in Danger

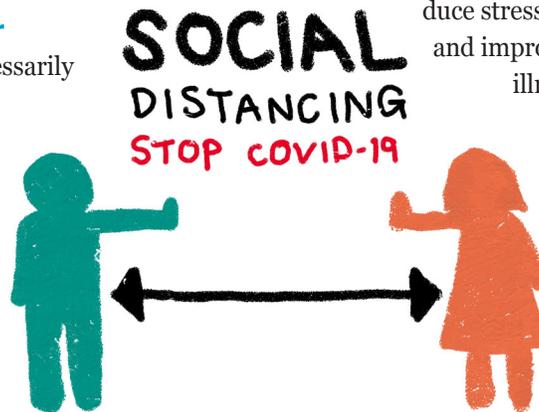
Remind your children they are not necessarily in serious danger from the virus — unless, of course, their immune system is already compromised from a serious medical condition. Most healthy children “are at reduced risk” of serious illness or death from coronavirus, said Dr. Tom Frieden, former CDC director. “One bit of good news is that, unlike the flu, children up to at least age 18 appear to not become very ill with Covid-19. They can be infected, but fatal infection appears to be extremely rare.”

Children are ‘Spreaders’

If the vast majority of children are not in danger, why such caution? Because we don’t yet know how infectious children under age 20 may be, said Dr. Deborah Birx, White House coronavirus response coordinator, in a recent press briefing. So at this time, it’s best for the most vulnerable in our society if we act as though children may be key transmitters of coronavirus, and do our best to help everyone stay safe.

Plan Carefully

There’s no way you can keep your child away from everyone, of course, so experts suggest parents plan carefully. If possible, consider individual outdoor activities like biking or hiking where sports equipment isn’t shared and it’s easier to keep a good distance from each other. Outdoor activities are also an excellent option for the whole family — to reduce stress, get the sunlight and exercise we need, and improve our sleep — all things that fight off illness of any sort.



While going to the movies may not be not such a good idea right now, there are some outings we still need to do. We all have to eat and picking an unpopular time to visit the grocery store may be best. And though many restaurants are closed right now, consider take-out or delivery. Support

local businesses as much as possible since they are a community resource.

In the end, experts say, it all comes down to what you — as a parent — are comfortable with when it comes to risk. And keep in mind that this is the current advice. It could change tomorrow as we learn more about this viral invader.

But as you ponder how to navigate these next few weeks at home with your kids, keep in mind that the impact of your decisions affect more than your family.

East Bay Recovery Center Continues Support During Covid-19 Pandemic



As this unprecedented time in our lives continues to unfold, The East Bay Recovery Center, a part of East Bay Community Action Program, is monitoring the COVID-19 health crisis very closely and has implemented new strategies, protocols and procedures to reach people in new ways and continue providing peer to peer recovery support services to the community.

COVID-19 has changed the way that we live our lives — putting a hold on a tremendous amount of personal and economic activity, at least in the short term. However, COVID-19 has not stopped substance use and mental health disorders, nor has it put an end to the need for recovery support services.

For many, COVID-19/Coronavirus has added to the underlying mental and emotional issues that underlie their addiction. For example, stress, loneliness, depression, boredom, isolation, and more are becoming issues for many as a result of the impacts of COVID-19.

Some helpful tips for keeping up with your recovery during this difficult time:

Hold On to Your Goals

The uncertainty you're facing right now might make you wonder whether there's even any point to keeping up with recovery. Reminding yourself why you choose recovery can help. Maybe relationships have never been better thanks to the work you've been putting in. Or perhaps you're feeling physically better than you ever thought you could. Whatever your reasons, keeping them in mind can help. List them off mentally or try writing them down and leaving them somewhere you'll see them each day. Visual reminders can be a powerful tool.

Remember: This Pandemic Won't Last Forever

It might feel especially challenging to maintain recovery when your process involves things that are currently on hold — whether that's work, spending time with loved ones, or hitting the gym. This disruption is unsettling and frightening. But it's

temporary. It might be hard to imagine right now, but there will be a point when things will start to feel normal again. Continuing the effort you've already put into recovery will make it easier for you to jump back into the swing of things once this storm passes.

Create a Routine

Pretty much everyone is trying to find some kind of routine right now, but it's especially important for folks in recovery. Chances are, a lot of elements of your pre-pandemic routine are off-limits right now. If you can't follow your typical routine, you can regain structure by developing a quarantine routine instead.

It can be simple or detailed, try to schedule times for:

- getting up and going to bed
- doing work at home
- meal prep and chores
- essential errands
- self-care (more on this later)
- virtual meetings or online therapy
- hobbies, like reading, puzzles, art, or watching movies

Embrace Physical Distance, Not Emotional Distance

Enforced isolation can cause plenty of distress, even without any underlying factors.

Although physical distancing guidelines mean you shouldn't have close physical contact with anyone you don't live with, you certainly don't have to cut yourself off completely.

You can make a point of staying in touch with loved ones by phone, text, or video chat. You can even try virtualizing some of your pre-pandemic social activities, like a remote dance party. A little awkward, maybe, but that might make it more fun (or at least more memorable!)

Check Out Virtual Recovery Support Options

Support groups are often a big part of recovery. Unfortunately, whether you prefer 12-step programs or therapist-directed group counseling, group therapy is currently a no-go right now. Still, you may not have to give up on group meetings. East Bay Recovery Center has virtual All Recovery Meetings twice daily. See our Facebook page for our Virtual All Recovery Group flyers. 12 step fellowships also are holding virtual support meetings.

Make Plenty of Time for Self-Care

Feeling your best can make it easier to weather challenges that come your way. Self-care is especially important now, both for your mental and physical health. The only problem? Your go-to techniques might not be available right now, so you may need to get a bit creative.

Explore New Interests (if you're up for it)

You've probably heard this over and over again, but now might be a great time to teach yourself a new skill or take up a hobby. Keeping your free time occupied with enjoyable activities can distract you from unwanted or triggering thoughts that might negatively affect recovery. Doing things that interest you can also make the time you spend at home seem less bleak. Playing a video game or catching up on that one show you started and never got to finish are totally acceptable, too.

Practice Compassion

Self-compassion is always a key aspect of recovery. It's one of the most important tools you have right now. While it's often easy to offer compassion and kindness to others, you might have a tougher time directing those same feelings inward. But you deserve kindness as much as anyone else, especially during uncertain times. You may have never experienced anything so stressful or life-altering as this pandemic and the physical distancing it's brought about. Life isn't proceeding in a usual way. It's OK to not feel OK right now.

East Bay Recovery Center is still open Monday through Friday from 9am to 5pm for crisis emergencies and drop-in Naloxone/Narcan distribution. We will deliver free Naloxone/Narcan kits to anyone in the East Bay Community.

Any questions on services or Naloxone/Narcan distribution, please contact us at 401-289-2055 or 401-302-6231.

Virtual Support is Available

East Bay Recovery Center, part of East Bay Community Action Program, has maintained individual recovery support services remotely by telephone and is offering our All Recovery meetings virtually via Zoom conferencing. The All Recovery Groups are same times as regular scheduled programming. Qigong Meditation Group is offered virtually on Wednesday mornings at 10am and our Women Empowerment Group is on Thursdays at 5:30pm.

Virtual All Recovery Groups via Zoom are scheduled on Monday, Wednesday and Friday – 10am and 2pm Tuesday and Thursday – 12pm and 4pm

**Join Zoom Meeting at <https://zoom.us/j/7545086986>
Meeting ID: 754 508 6986**

Mobile : +1-646-558-8656 Meeting ID: 754 508 6986

East Bay Recovery Center is participating in the statewide Coach Effect program which is offering 24/7 recovery support hotlines in both English and Spanish.

**East Bay Recovery Center Recovery Support Hotline:
401-302-6231 (English) 401-602-6735 (Spanish)**

Social Host – Know the Law

It's all about the property the crime is committed on.



What is the Social Host Law?

The primary purpose of the Social Host Law (RI General Laws 3-8-11.1) is to deter underage drinking parties or gatherings where adults knowingly allow minors to drink alcohol, whether or not they provide it.

What Are the Penalties?

First Offense: Any person over the age of 18 who violates the law shall be guilty of a misdemeanor punishable by a fine not to exceed \$500.

Second and subsequent offenses: Any person who violates the law shall be guilty of a misdemeanor punishable by a fine not to exceed \$1,000, jail time not to exceed one year, or both.

You may be required to make restitution or incur criminal charges if someone is hurt, suffers from alcohol poisoning, or is killed as a result of drinking alcohol on your property.

The person in control of the property does not have to be present, does not have to be aware of the drinking, nor do they have to be an adult.

5 Things to Know About Kids & Medicine



Keep all medicine out of children's reach and sight and remember child-resistant packaging is not child-proof.

Emergency? Call Poison Control at 1.800.222.1222
Confidential, expert medical advice 24 hours a day.

A Student's Message to the Mt. Hope High School Senior Class of 2020



Makayla Soares

For the past 13 years we have all been envisioning what is supposed to be one of the happiest times of our teenage lives. We dreamed about decorating our caps and visiting our elementary schools as a walk down memory lane. Many of us watched older siblings walk the stage and many of us are the older siblings that are meant to walk the stage. We pictured the Spring of our senior year, and it certainly did not involve being locked away in our homes. By this time, we have learned that we will not be returning back to school. We won't be having the traditional prom or graduation that we have envisioned for our whole lives.

At this time we are at the peak of this pandemic. While this is very important, there is another matter that is just as important. The class of 2020 is allowed to be upset. We are allowed to be angry and frustrated about what we will miss out on. It is okay to indulge in our own selfishness. We have worked hard these past 13 years to balance school and sports as well as juggling part time jobs and clubs. We have also had to transition to online learning, during one of the most stressful times of our lives. We are allowed to hurt.

TIP 411 – Partnering for Prevention

The Warren Police Department launched a new smartphone tool to get updates, view alerts and submit anonymous tips.

Developed by TIP411, the Warren Police Department app puts a powerful new crime-fighting tool into the hands of community members of all ages. The app is available for download for free via the Google Play Store, iTunes App Store, or by visiting the Warren Police Department website. The app and TIP411 “text a tip” system are 100% anonymous, as the technology removes all identifying information before police see the tips and there is no way to identify the sender.

Residents can submit anonymous tips by texting “warrenpd” and their message/tip to 847411 or tips can also be submitted through the department’s website. TIP411 is not intended for reporting emergencies. **Always call 9-1-1 in an emergency.**

The public is our greatest crime-fighting resource and we hope they will use TIP 411 to share information about suspicious activity to help make our community a safer place for all.



Warren
Prevention Coalition

514 Main Street, Warren, RI 02885 • 401.245.7387

#Connectionisthebestprevention

We never really knew what we had until it was taken away from us. And I think I speak for all of us when I say that our priorities have definitely shifted. I find myself holding a much greater appreciation for “Time.” You never truly know how much time you have with someone. We never anticipated that our time together would be cut short. And our time in life is so short. While we are allowed to be sad and frustrated we cannot dwell on what we cannot change. Instead of wasting time being sad, use this precious time to reflect on the memories you’ve had. Many of us travelled our whole educational career watching each other blossom into young adults. Spending our first experiences together. Going to our first school dances, and 13 first days of school, and the amazing spirit weeks that we have had. While @aour year might be ruined, we will always remember the years full of laughter, friendships, memories and moments that will live long after us.

We might be scared but we are strong! Covid-19 may have taken away our prom and our graduation but it will never take away the memories that Mt. Hope has given all of us, and for that we are lucky. Stay Safe Huskies. *And Always Stay RRHIIP’d!* – Makayla Soares – Class of 2020

Community RESOURCES

East Bay Community Action Program (EBCAP)

100 Bullocks Point Avenue
Riverside, RI 02915

(401) 437-1000

East Bay Center

2 Old County Road
Barrington, RI 02806

(401) 246-1195

East Bay Recovery Center

31 Railroad Avenue
Warren, RI 02885

(401) 302-6231 or 401-289-2055

BH Link Hotline — (401) 414-LINK (414-5465)

24/7 – help with a behavioral healthcare crisis.

For information, contact Ann Marie Roy at ARoy@townofwarren-ri.gov or Maria Ursini at Mursini@townofwarren-ri.gov. warrenprevention.com

Funding from Drug Free Communities Program (DFC), RI Department of Health, East Bay Regional Prevention Coalition and Department of Behavioral Healthcare, Developmental Disabilities and Hospitals.