



hope re-imagined!

eNewsletter

June 2020

Safely Connecting to Recovery Communities in the Social Distancing Era

“Listening to peers share experiences about how they dealt successfully with drug-related problems gave individuals in recovery confidence in dealing with their own situations.”¹ Additionally, “higher rates of abstinence were related to higher levels of [12-step meetings] attendance.”



While the coronavirus pandemic has been challenging for all, it has posed a unique hardship for those recovering from substance abuse disorders - since many consider **12-step meetings essential** to their ongoing recovery. [Online 12-step meetings and phone chats](#) have helped to fill the void created by social distancing and recommended limits to the number of persons who should engage in face-to-face gatherings during the pandemic.

Access to virtual 12-step meetings has allowed those in the [Arundel Lodge Residential Rehabilitation Program](#) (RRP) to safely continue this valuable addition to their formal clinical treatment plans throughout the Stay at Home/Safer at Home orders period, according to Kim Donnelly, **Mental Illness Chemical Addiction Program Manager** at Arundel Lodge (ALI).

Donnelly went on to explain that “[t]hose who have **their own [mobile] devices** are encouraged to use them to attend the online meetings. Those who don’t own devices use **[ALI] laptops and iPads in a small group** setting in each house to make sure that they can **follow social distancing guidelines** and requirements.”

Each MICA program resident has the opportunity to “attend Alcoholics Anonymous (AA) virtual meetings every Wednesday and Friday evening,” said Donnelly. “They can also attend a regularly scheduled AA speaker’s meeting every Friday afternoon,” she added. “The leader of a local [Anne Arundel county] AA meeting group sends a **ZOOM video conferencing link** to me every Friday morning,” Donnelly said. She then “forward[s] the link” to residents and staff in each of the eight MICA houses.

For more information about the Arundel Lodge Residential

Rehabilitation Program contact:

Lisa Hughes, RRP Director, lhughes@arundellodge.org

¹ Cori K. Sheedy et al., "Guiding Principles and Elements of Recovery-Oriented Systems of Care: What do we know from the research?". Substance Abuse and Mental Health Services Administration, August 2009.

² Tracy, K., & Wallace, S. P. "Benefits of peer supports groups in the treatment of addiction". Substance abuse and rehabilitation, 7, 143-154. <https://doi.org/10.2147/SAR.S81535>

Announcement: 'The Open Eye Gallery Arts Collaborative'



Throughout the pandemic, artists affiliated with the [Open Eye Gallery at Arundel Lodge](#) continue to create in their various locations as they shelter in place.

We've learned that while we are physically separated and dispersed across a wide geographic area, we can also **collaborate to create**.

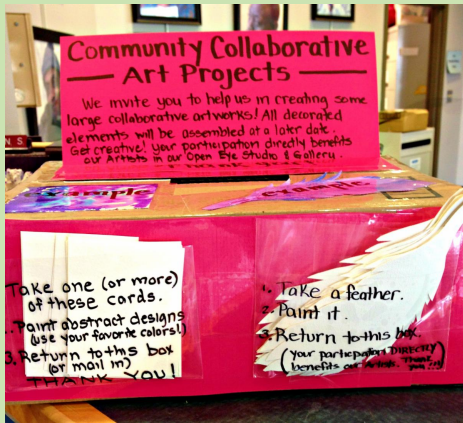
In our upcoming collaborative arts project, each participating artist will create a small, individual work of art that will be combined with other artists' creations into a larger, harmonious whole in the coming weeks.

We invite every member of the Arundel Lodge community - clients and family members, staff, volunteers, and supporters - to participate in any or all of the collaborative projects described below!

- **Project 1: Do you like to work with watercolor?** Then the Butterfly-themed artwork project may be for you.
- **Project 2: Would you enjoy decorating feather-shaped canvas pieces with acrylic paint** to assemble into a large sculpture?
- **Project 3: Do you love to Needle Felt?** If you enjoy needle felting birds, insects, leaves or flowers, this could be just the creative outlet you've been seeking.

(The sale of these completed works will directly benefit our artists, funding new art supplies for their use.)

For more information regarding how to participate in these projects contact:



Complimentary Supplies for Your Project

You can pick up complimentary supplies for your project at the Arundel Lodge front desk:

2600 Solomons Island Road
Edgewater, MD 21037

Empowering Recovery Through Work During the Pandemic

“Research has shown that persons served who “engage in competitive work do experience improvements in self-esteem and in control of symptoms, compared with [persons served] who do not work or work minimally.”¹



Therefore, the Arundel Lodge (ALI) [Supported Employment Program \(SEP\)](#) team continues to [partner with local businesses](#) to integrate community

employment in the treatment plans for interested individuals during the Covid-19 pandemic in compliance with state guidelines.

But, “[the] Covid-19 public health crisis has thrown a wrench in everyone’s system,” said Katherine Sullivan, who provides individualized, ongoing support and coaching to participants in ALI’s Supported Employment Program. She goes on to say that despite the economic disruption and social distancing requirements, “...the people served (by the program) are adapting and know that their treatment team is committed to them and will be there for them.”

Unfortunately, like thousands of Marylanders who work, SEP program participants who work for stores or restaurants have been furloughed or laid off. (Across the country, retail businesses and restaurants among hardest hit by pandemic-related closures.) However, there are a few [SEP](#) participants in jobs with employers that provide services deemed essential during the pandemic. They are grateful to have the opportunity to continue working during this challenging time, according to Katherine.

Regarding how she and her team rise to the challenge of providing ongoing

support in the era of [social distancing](#), Katherine has one simple and straightforward response; **“There’s more than one way to provide services!”**

Made possible by [Governor Hogan’s executive to upgrade designation of disabilities services personnel](#), Katherine is also able to provide in-home and at-work support to SEP participants using video-conferencing or telephone.

For more information about accessing Arundel Lodge’s Evidence-based Supported Employment Program services contact:

Kiera Douglas, Supported Employment Program Manager,
kdouglas@arundellodge.org (443) 433-5900 x5924

¹ <https://www.arundellodge.org/why-evidence-based-supported-employment-matters/>

Thank You, Arundel Lodge Volunteers. We could not do it without you!

Unfortunately, the disruptions to our operations due to COVID-19 precluded our efforts to properly partake in the celebration of **Volunteer Appreciation Week this past April.**

Arundel Lodge is blessed and truly grateful to have so many volunteers who help us throughout the year to improve the lives of children, adults, and families impacted by mental health and substance use disorders. The time and talent contributed in support of such a wide range of programs and activities is enormous and so very much appreciated!

For information about volunteer opportunities with Arundel Lodge contact:

Deborah Wienhold, Volunteer Liaison,
dwienhold@arundellodge.org, 443-433-5900
ext. 5843





Cooking Classes



Meal preparers



Reindeer Roundup



Benefit Event

Donate

[Visit our website](#)