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S.A. 101- Introduction to Substance Abuse

Covid Journal

What can we learn from Covid-19 virus that we can utilize as addiction counselors?

I think what we can learn with the Covid-19, from my own experience and from the experiences I often hear from the recently recovered as well as people of long-term sobriety is that SUPPORT is the key factor in a strong, and long-lasting recovery. Lately, even in my own doctor's office, they have decided to close all group meetings trying to slow the spread of Covid-19. Now I don't want to say that therapist don't understand, but I think the difficult thing to see here is that therapy is meant mostly for one thing, additional or sole support in the recovery process. Also, the ability to help our clients create goals that will assist them in the recovery process and help keep them on the recovery path. Therapy is a way of giving clients "busy-work" so to say, and also a way for clients to vent out the emotions that have been "stuffed" back inside through the week. Many would agree that therapy is the only place for some clients to find any support, someone to vent to about their hardships when their family and/or friends have turned them away. Unfortunately, during times such as this, many addicts feel very alone and are facing the choices of curing the loneliness by slipping back into addiction.

I truly believe when the community is facing such detriment that we need to come together and make a plan. My plan would be to start small by keeping the groups together. Apps such as Zoom, Google hangouts, Duo, and Skype have been used in at-home U. A's and check-ins. If we could keep our groups together by using one of these apps to check in together every week, keeping the same groups together I think that would help support everyone for starters. Not only that but I believe as a therapist I would want to reach out whether it be a video or at the least a weekly phone call to check in and see how my clients are doing, or what I could help them with that would really help the clients. I know from my own experience that not once have I spoken to my therapist in the month I have been stuck at home. Not only feeling pretty cooped up but also leaving my mind open to wander. Thankfully I have the immense support of my family that not everyone else has. I really hope that in the future therapist step up and support their clients a lot more. These are tough times and we can only get through them TOGETHER!