



Coping During the Pandemic: Stress and Substance Use, Misuse and Substance Use Disorders

Community Webinar • January 20, 12 pm

Presented by:

Dr. Christine Munroe, DO

York Hospital Recovery Center MAT Medical Director

Eric Haram, LADC

York Hospital Recovery Center Director

Susie McKenna, MSW

Certified Recovery Coach -

Portland Recovery Community Center



**RECOVERY
RESOURCES**

RECOVERY SUPPORTS

PORTLAND RECOVERY COMMUNITY CENTER

Check out our website and all of the fun and helpful resources!

https://portlandrecovery.org/recovery-support/#typeofgroups_area



EVERYDAY AT 12NOON

Join URL: <https://zoom.us/j/99629866539>

Password: PrCc20

Meeting ID 996-2986-6539

Meeting Password PrCc20

ALL RECOVERY is a recovery support group honoring all pathways to recovery. Meetings that create a safe and positive environment for people in all pathways to recovery. Meetings are typically discussion based, but the format has the freedom to be free flowing to fit the needs of the group.

NARCOTICS ANONYMOUS

<https://www.na.org/>

SEACOAST NA

<https://gsana.org/>

VIRTUAL NA

<https://virtual-na.org/>

NEW HAMPSHIRE NA

<https://gsana.org/meeting-list/>



Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. PRCC offers a variety of AA meetings, ranging from meditation discussion, ticket meetings, and step focused meetings.

CONT....

ALCOHOLICS ANONYMOUS

<https://www.aa.org/>

AA DAILY REFLECTIONS

https://www.aa.org/pages/en_US/daily-reflection

VIRTUAL AA

https://www.aa.org/pages/en_US/options-for-meeting-online



HEROIN ANONYMOUS

<https://heroinanonymous.org/meetings/> In our Fellowship you will see one heroin addict helping another, freely passing on their experience to the next person who is desperately searching for an answer to their own heroin



SMART

<https://www.smartrecoverytest.org/local/>

The leading self-empowering recovery support group. Our participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science based mutual help groups.

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When You Need More...

The Recovery Center at York Hospital (207-351-2118)

- ✓ ALL Substance Use Disorders
- ✓ 1:1 Counseling
- ✓ Intensive Outpatient Program (IOP)
- ✓ Outpatient Groups; Continuing Care/Early Recovery, Coping Skills, and Gender Specific groups
- ✓ Medication for Addiction Treatment (MAT) - buprenorphine (Suboxone®)
- ✓ Rapid Access to Care
- ✓ Link to York Hospital Health Care Help Center, Primary Care, Psychiatry
- ✓ Confidential

HOPE GROUPS

FROM RECOVERY TO REDEMPTION

<https://zoom.us/j/98362744735?pwd=amdUYWFIM1dlbG9VUDk4dzVxdmJUdz09>

Meeting ID: 983 6274 4735
Passcode: Prcc2020

HOPE is based on Attitudinal Healing, a cross cultural method of healing that helps remove blocks such as judgment, blame, shame that are in the way of experiencing lasting love, peace and happiness.



<https://www.crystalmeth.org/>

Crystal Meth Anonymous is a California-based non-profit, public-benefit corporation founded in 1994 working as a twelve-step program of recovered and recovering crystal meth addicts. Participants in local groups meet in order to help others recover from methamphetamine addiction.

MARIJUANA ANONYMOUS

Marijuana Anonymous founded in 1989 is an organization and twelve-step program for people with common desire to maintain abstinence from marijuana.



MARIJUANA ANONYMOUS

<https://marijuana-anonymous.org/>

MA PRCC ZOOM MEETING

Zoom ONLINE Meeting (meeting id: 739 271 881)

ZOOM Password: 743259 dial in: (312) 626-6799 The room opens at 3:45



Wellbriety is a movement which seeks to break the cycle of hurt caused by alcoholism and other addiction, with an emphasis on Native spiritual traditions. Wellbriety has incorporated parts of the approaches of Alcoholics Anonymous and Narcotics Anonymous into a spirituality based largely on modern Lakota spirituality.

Wellbriety means to be sober and well. ... Wellbriety teaches that we must find sobriety from addictions to alcohol and other drugs and recover from the harmful effects of drugs and alcohol on individuals, families and whole communities.

<https://wellbriety.com/>



Portland (Maine)

RECOVERY DHARMA

@PRCC

Recovery Dharma is a peer-led movement using Buddhist practices and principles to overcome addiction.

<https://recoverydharma.org/>



A Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction.

<https://ca.org/meetings/>



A fellowship of men and women who have recovered from addiction and are committed to helping those who still suffer. We have recovered by using the twelve steps as outlined in the book of Alcoholics Anonymous.

<https://daausa.org/find-a-meeting/>

ALANON

SEA CHANGE YOGA (Virtual Via ZOOM)
Free... THURSDAY'S 1:30PM

<https://zoom.us/j/91837133896>

Meeting ID: 918 3713 3896

Password: PrCc20

REIKI WITH JEFFREY
Free... THURSDAY;S 2-2:30PM

Join Zoom Meeting

<https://us04web.zoom.us/j/663249957?pwd=dHBhZGdOdGsyWHJTMnd5WnlvZ2ZlZz09>

Meeting ID: 663 249 957

Password: 002498