

April 2020



# INSIDE InterCommunity

OUR WORK. OUR MISSION. OUR PEOPLE.

**REMINDER: InterCommunity's Detoxification Center is OPEN.  
Call 860-569-5900, Ext. 515**

## Recovery While at Home

Recovery doesn't have to stop even during a pandemic. There are many options available for people to join an online group (telephone, chat, or video) for the support they need.



### Resources include:

[aa.org](http://aa.org) (AA online)  
[myRecovery.com](http://myRecovery.com) (Video meetings)  
[na-recovery.org](http://na-recovery.org) (Narcotics Anonymous - Text chat)  
[Stepchat.com](http://Stepchat.com) (Text chat)  
[al-anon.org](http://al-anon.org) (Al-Anon)  
[smartrecovery.org](http://smartrecovery.org) (non-12 Step Text chat and Voice chat)  
[olganon.org](http://olganon.org) (Gamers Anonymous - chat room)

## SPOTLIGHT ON OUR STAFF: We're all in this together

**Maylie Ponce, R.N., B.A.**, at InterCommunity Health Care shared her thoughts about these difficult times:

"One thing that I keep thinking about is how much I truly miss the patients. I miss hearing the stories down the hallway, the laughs, the personal aspect of it all. I know my peers feel the same. It is the small things we as people and healthcare professionals take for granted. I am amazed at the support we continue to give despite the challenging times. The patients



are happy and grateful to know we are just a call away.

I lived in NY during 9/11 and experienced some of the most horrific things people may not think possible. It is in these lowest and hardest moments we are able to stand up and take care of each other."



## Recovery is a Process

April is National Alcohol Awareness Month, a reminder that alcohol use disorders impact people from all walks of life, but effective treatments are available and recovery is possible.

The recovery process takes time, effort, and the support of family, peers, and friends. There are [four major dimensions that](#)

[support recovery:](#)

- **Health**—overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- **Home**—having a stable and safe place to live.
- **Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- **Community**—having relationships and social networks that provide support, friendship, love, and hope.

