



INSIDE InterCommunity

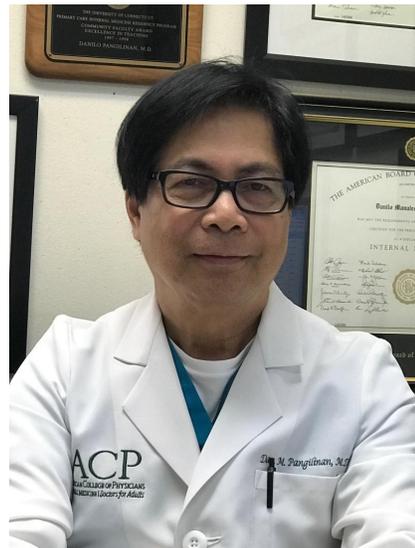
OUR WORK. OUR MISSION. OUR PEOPLE.

Detoxification and Recovery Amidst the Pandemic

Chief Medical Officer Dr. Danilo Pangilinan's article "[Detoxification and Recovery Amidst the COVID-19 Pandemic](#)" describes how the pandemic impacts those with substance use disorders. Social distancing and self-quarantine increase stress and anxiety for many people, triggering drug and alcohol use and relapse for those in recovery.

Moreover, individuals with substance use disorders may be afraid to pursue needed detoxification and rehabilitation services for fear of contracting COVID-19 infection. In fact, detoxification and rehabilitation centers, such as InterCommunity's Detoxification Center in Hartford, follow very strict guidelines to prevent the spread of COVID-19 and other communicable diseases.

Read the full text of Dr. Danilo Pangilinan's article [here](#).



SPOTLIGHT ON OUR STAFF: Telehealth Mental Health Care



Peg Kirkpatrick LCSW, LADC, CCDP-D, Director of Adult Behavioral Health in East Hartford, shared her thoughts on working during the pandemic:

"This is a challenging time on multiple levels. I'm concerned for our clients and want to be sure they can access the kind of care they're used to receiving. I'm concerned for our therapists, care

coordinators and all of our staff, and have been focused on trying to offer the staff as much

support as possible so they can continue to do the amazing work they each do.

As we provide telehealth services, which does have some challenges, we are finding benefits in this process. One of our therapists noted 'the most significant part has been being able to get a glimpse of the client's life outside the therapy office' (being introduced to loved ones as well as pets). Overall, the ability to meet "directly" with all our clients and to offer them the connection and support they need during this time has been incredibly gratifying. This is new for all of us and as we work collaboratively to gain comfort with the new processes, there has been a shared sense from clients that "we are in this together."

The work of therapy is often about aiding and supporting our clients in overcoming and managing adversity and restoring a sense of hope. The more we are present to that task, in whatever way we're able, the better we all are. As one client put it 'I'm all alone all day, and just hearing a familiar voice has lifted my mood.' This connection, at its essence, is truly what the work is about and I feel blessed to provide these needed services."

Thank You to InterCommunity's Board of Directors

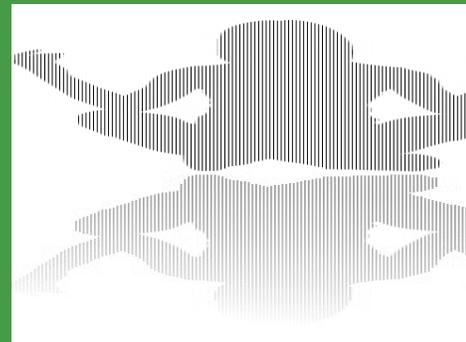


A big **THANK YOU** to InterCommunity's Board of Directors for providing 140 meals to InterCommunity's essential staff at 8 locations in Hartford, East Hartford, Glastonbury, and South Windsor. It was much appreciated by all!

And many thanks to the staff at [El Pollo Guapo](#), located at 26 Front Street in Hartford, who prepared the delicious lunch. Supporting our restaurants and small businesses is so important in these challenging times!

Self Care During the Pandemic

May is National Alcohol Awareness Month, a campaign to increase awareness of mental health and fight stigma. According to the [National Institute of Mental Health](#), nearly one in five adults lives with a mental illness. Depression and anxiety are among the most common mental health disorders but often go undiagnosed and untreated. This is of special concern during this time of social distancing and isolation.



We all are in different circumstances during this time. Some are working in jobs with increased stress in their lives, some are working from home and some are not working at all. There are different kinds of challenges for each of us.

- a. If you are working from home and learning new ways to do your job, be patient with yourself and those around you. It takes time to change our habits and routines.
- b. If you are working in the community ~ THANK YOU!! You have likely had many changes in the way you work and additional strategies for safety, which can create more anxiety. Allow yourself time to decompress at the end of your day and time for self care.
- c. If you are working and homeschooling children, congratulations and thank you! YOU are a hero! There is never an expectation you will master home schooling. Be realistic with the expectations you place on yourself and your kids, and allow for time to have fun together as well.

(Excerpt from "Self Care in the Time of COVID" by Peg Kirkpatrick and Dyana Hagan)

