



As a community, we are coming together in response to the COVID-19 pandemic to help mitigate the spread. The CDC is encouraging preventative measures including cancelling large gatherings and social distancing. During this unprecedented time, it is incredibly important to ensure the recovery community and individuals struggling with substance use disorders get the support and help they need. The recommendations being placed forth by the CDC, DOH and other state organizations may place added measures to the delivery of services, but services will remain to serve those in need of critical behavioral health services. To assist our community partners during this time, the York Opioid Collaborative has developed a list of local resources with changes to adjust to the current situation. It is not an all-inclusive list, so please feel free to reach out with any updates other collaborative members should be made aware of within your organization. We will continue to update this list and share out on a weekly basis.

#### **Support Groups:**

- Pro-A Online and Virtual Recovery Support Resource list: <http://pro-a.org/wp-content/uploads/2020/03/PROA-Online-Support-Resource-list-31720.pdf>
- Unity Recovery Virtual Recovery Meetings: [https://unityrecovery.org/digital-recovery-meetings?fbclid=IwAR1vRSqEgP4gZ43R5rbghElwdeG6Hv\\_souxFaPLCHDyPh96mRdSmjtM\\_EfE](https://unityrecovery.org/digital-recovery-meetings?fbclid=IwAR1vRSqEgP4gZ43R5rbghElwdeG6Hv_souxFaPLCHDyPh96mRdSmjtM_EfE)
- PHMCA Virtual Drop in: Tuesday and Thursday 1pm-2pm <https://zoom.us/j/131337859>

#### **Recovery Support Services:**

- The RASE Project: Continuing to provide intakes for MAT coordination and offering recovery support via phone. Continuing to provide support/placements for Warm Handoff Program via phone. York Office: 717-900-1926

#### **Treatment Services:**

- Department of Drug and Alcohol Programs Hotline: 1-800-662-HELP
- Emergency Withdrawal Management 24/7: White Deer Run Regional Support Center 1-866-769-6822
- Gaudenzia: Facilities will remain open but taking precautionary measures to keep individuals safe. Visit [www.gaudenzia.org](http://www.gaudenzia.org) and fill out "I need help" "My Loved One Needs Help" Or "My Client Needs Help" Contact Matt Null Marketing Manager at 717-497-7402 for more information
- Innovo Detox: Accepting referrals for private insurance but restricting non-essential visitors. Call 717-619-3260
- Recovery Centers of America: RCA has implemented new policies and procedures due to COVID-19 regarding pre-screening, medical clearances and limiting exposure, but continues to admit new patients 24/7. Contact Treatment Advocate Emily Geier at 215-337-5113 or 1-800-Recovery
- White Deer Run: WDR Facilities are still accepting clients but implementing precautions to reduce risk associated with COVID-19. Contact Michelle Britton Regional Service Coordinator at 717-968-3640
- York/Adams Drug and Alcohol Commission: The building is closed to the public; however staff are still available during normal business hours at 717-771-9222

#### **Emergency Food Assistance:**

- Central PA Food Bank: <https://www.centralpafoodbank.org/find-.../find-a-food-pantry/>
- York County Food Bank: <https://yorkfoodbank.org/need-food/>
  - Also looking for volunteers and donations
- PA 211: <https://www.uwp.org/211gethelp/>