



COVID-19 Update for Promise Resource Network and Recovery Hub

Monday, March 16, 2020

PRN is monitoring the status of the COVID-19 outbreak and will be offering information to our PRN community and various ways of remaining connected. Please read this update for the most updated information:

Hub Temporary Closure

Due to the risk of COVID-19 to our community, PRN's Recovery Hub is temporarily closing from **Monday, March 16, 2020 through Sunday, March 29, 2020**, to minimize exposure.

Outreach

The PRN team will be providing outreach and other supports to our community on a routine, ongoing basis via phone, email, Facebook, messenger, text, and when possible, individually in person.

Drug Treatment Courts, Shelter Plus Care, IPS, Homeless Services. PRN staff will continue to provide supports for individuals on their caseloads on an on-going basis via phone, e-mail, Facebook, text, messenger, and when possible, individually in person. In the cases where a PRN individual staff person falls in the high risk group we will need to limit access to spaces that could expose them.


24/7 Warm-Line

PRN is re-opening its 24/7 Warm-Line effective Tuesday, March 16, 2020. A Warm-Line is a non-crisis phone line, operated by Peer Support Specialists, to talk, support you through a difficult time, and combat feelings of isolation. The Warm-Line is confidential and free of charge! **PRN's Warm-Line** number is **(833) 390-7728 (toll free)**

The **Hot-Line** for Mecklenburg County Public Health Department is **(980) 314-9400**

Updates

Please check PRN's website at www.promiseresourcenetwork.com for updates as decisions are made as well as our facebook page

 /PromiseResourceNetwork



Virtual Support Groups and Classes

PRN will have daily support groups and classes available through zoom and/or Facebook live.

The virtual hub schedule is on pages 6-9

Mondays

- 10:00 am** Recovery 101 w/ Zach and Cedric
- 1:00 pm** Cooking w/ Reggie
- 2:30 pm** Chat-Support-Connect Support group

Tuesdays

- 10:00 am** WRAP 3 w/ Sharon
- 1:00 pm** Work Works w/ Ariel, Zach, Cedric & Darcy
- 2:30 pm** Chat-Support-Connect Support group

Wednesdays

- 10:00 am** Body, Mind, and Spirit w/ Jane
- 1:00 pm** In this Together w/ Aaron
- 2:30 pm** Chat-Support-Connect Support group

Thursdays

- 9:00 am** Yoga/Meditation w/ Casey
- 1:00 pm** Seeking Safety w/ Sharon
- 2:30 pm** Chat-Support-Connect Support

Fridays

- 10:00 am** Keep Your Power w/ Sharon
- 1:00 pm** Life in Balance w/ Aaron and Cedric
- 2:30 pm** Dual Recovery Anonymous (DRA) w/ Sharon



Staying in Touch

Please feel free to call the Hub at 704.390.7709, as our team will be on-site during the day while classes and activities on-site are closed. Here are all PRN email addresses:

PRN Team	Employee Name	Email Address
Recovery Hub	Aaron Wells	awells@promiseresourcenetwork.org
	Lisa Krystynak	lkrystynak@promiseresourcenetwork.org
	Anna Fiscus	afiscus@promiseresourcenetwork.org
	Sharon Galusky	sgalusky@promiseresourcenetwork.org
	Kim Lewis	klewis@promiseresourcenetwork.org
	Kim Porter	kporter@promiseresourcenetwork.org
	Reggie Foster	rfoster@promiseresourcenetwork.org
Housing/Homeless	Bobby Livingston	rlivingston@promiseresourcenetwork.org
Shelter Plus Care	James Searcy	jsearcy@promiseresourcenetwork.org
	Cedric Coit	ccoit@promiseresourcenetwork.org
Wellness/Recovery Courts	Amanda Martin	amartin@promiseresourcenetwork.org
	Aaron Wells	awells@promiseresourcenetwork.org
	Mandy Douglas	mdouglas@promiseresourcenetwork.org
	Lisa Krystynak	lkrystynak@promiseresourcenetwork.org
IPS Supported Employment	Darcy Quan	dquan@promiseresourcenetwork.org
	Zach Caldicott	zcaldicott@promiseresourcenetwork.org
	Cedric Coit	ccoit@promiseresourcenetwork.org
	Ariel Bracero	abracero@promiseresourcenetwork.org
Human Resources	Bunnie Holston	bholston@promiseresourcenetwork.org
QA/QI	Kristan Brown	kbrown@promiseresourcenetwork.org
Exec. Leadership	Denise Greene	dgreene@promiseresourcenetwork.org
	Cherene Caraco	ccaraco@promiseresourcenetwork.org

At-Risk Individuals

You are considered to be at risk if ANY of the following applies to you:

- You are over the age of 60
- You have a chronic illness such as respiratory disease, heart disease, immune deficiency, HIV, diabetes and/or kidney disease
- You have a history of cancer and/or stroke
- You are an active smoker

Try to stay put at home and not be out and about anywhere you can't get at least 6 feet or more of social distancing. Try to limit going out into the community to gathering essential items.

Do try to get outside for fresh air and sunlight.

What To Do If You Get Sick (CDC Guidance) If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- Seek medical care. Call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Please stay home, especially if you have a fever (>100.4F) and/or active cough and seek medical care early. Members should contact their primary care doctor or visit an urgent care clinic for evaluation. Watch for symptoms (CDC Guidance)
- The following symptoms may appear 2-14 days after exposure.*
 - Fever
 - Cough
- If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

We are monitoring the following websites to remain up to date on changing circumstances:

NC Department of Health and Human Services (NC DHHS)

<https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19response-north-carolina>

NC DHHS: Recommendations for All North Carolinians

<https://www.ncdhhs.gov/news/press-releases/covid-19-mitigation-measures-march-122020>

Mecklenburg County COVID-19 Hotline:

<https://www.wfae.org/post/mecklenburg-county-launches-coronavirus-hotline#stream/0>

<https://www.mecknc.gov/HealthDepartment/Pages/default.aspx>

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

CDC: What You Should Do If You Are At High Risk

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>



/PromiseResourceNetwork

www.promiseresourcenetwork.com



/Pvncprn

Tuesday 3/17/20

- 10:00am Crisis and Wellness Education (audio only)
<https://zoom.us/j/821422162?pwd=eFMwUkkxVTdLR2pHTzJuQXM2MmV4dz09>
 Meeting ID: 821 422 162 Password: 016157
- 1:00pm Work Works w/ Ariel, Zach, Cedric and Darcy (audio only)
<https://zoom.us/j/129001403?pwd=VkZ5aHJpMlNpeC9RemZkQTdRQW40dz09>
 Meeting ID: 129 001 403 Password: 023692
- 2:30pm Chat-Support-Connect (audio only)
<https://zoom.us/j/711238347?pwd=UnZQajlyQ3c2WU5XZ0Y5ZjNpbG1WZz09>
 Meeting ID: 711 238 347 Password: 021758

Wednesday 3/18/20

- 10:00am Body, Mind and Spirit w/ Jane (audio only)
<https://zoom.us/j/127182960?pwd=ZXVUOUZHafdzQnllZ1d1cHhiTIRyZz09>
 Meeting ID: 127 182 960 Password: 013651
- 1:00pm In This Together w/ Aaron (audio only)
<https://zoom.us/j/285401967?pwd=OXVKcUxYYUQyRENnSTNTNGpgeFprZz09>
 Meeting ID: 285 401 967 Password: 014546
- 2:30pm Chat-Support-Connect (audio only)
<https://zoom.us/j/410447860?pwd=UjB2a25lYnR3MnBqU2F3YVFlcldQUT09>
 Meeting ID: 410 447 860 Password: 007729

Thursday 3/19/20

- 9:00am Yoga and Meditation w/ Casey Facebook Live
- 1:00pm Seeking Safety w/ Sharon (audio only)
<https://zoom.us/j/474550823?pwd=NFMzd3hUWGJlaWplQlIYYjRwVGVIz09>
 Meeting ID: 474 550 823 Password: 032004
- 2:30pm Chat-Support-Connect (audio only)
<https://zoom.us/j/345767995?pwd=Ump2K3lBMFJSWlFjRlBjeiJyU0gyUT09>
 Meeting ID: 345 767 995 Password: 022688

Friday 3/20/20

- 10:00am Keep Your Power w/ Sharon (audio only)
<https://zoom.us/j/235749697?pwd=aUJ0aVowWjFHRk00M3ZZNVVjRG1TUT09>
 Meeting ID: 235 749 697 Password: 023423
- 1:00pm Life in Balance w/ Aaron and Cedric
<https://zoom.us/j/538391806?pwd=a2VhZERlYzJlRTdYekV5R1dwbnVvZz09>
 Meeting ID: 538 391 806 Password: 008537
- 2:30pm Dual Recovery Anonymous (DRA) w/ Sharon
<https://zoom.us/j/947766589?pwd=NjJWUURxSDNlNHFiWHZ5cHhqYXRydz09>
 Meeting ID: 947 766 589 Password: 001113

Monday 3/23/20

- 10:00am Recovery 101 w/ Zach and Cedric (audio only)
<https://zoom.us/j/428118640?pwd=QlhxbmR5ZER1V1BpK1RpUjcyRDJpUT09>
 Meeting ID: 428 118 640 Password: 001119
- 1:00pm Cooking with Reggie (audio only)
<https://zoom.us/j/796712998?pwd=S1ZqNHJSekpvSSStmbkxySldUUTNBUT09>
 Meeting ID: 796 712 998 Password: 004383
- 2:30pm Chat-Support-Connect (audio only)
<https://zoom.us/j/932592280?pwd=RTlhZWRmMTRNOE9Dc3Y4NXd3c1NSdz09>
 Meeting ID: 932 592 280 Password: 019646

Tuesday 3/24/20

- 10:00am Crisis and Wellness Education (audio only)
<https://zoom.us/j/872901718?pwd=cFJkQmIRMldPci96cnV1aXJHdWxYQT09>
 Meeting ID: 872 901 718 Password: 028218
- 1:00pm Work Works w/ Ariel, Zach, Cedric and Darcy (audio only)
<https://zoom.us/j/134233647?pwd=T1FOYVpJWtd0RUI5U2RZdUIhSElvQT09>
 Meeting ID: 134 233 647 Password: 021183
- 2:30pm Chat-Support-Connect (audio only)
<https://zoom.us/j/337087847?pwd=bjduNUZSQVVOK0ZGR1J3cHM5dy8wZz09>
 Meeting ID: 337 087 847 Password: 028144

Wednesday 3/25/2020

- 10:00am Body, Mind and Spirit w/ Jane (audio only)
<https://zoom.us/j/512286338?pwd=V1RueWU1SE1idkVYY0MzKzZqdS95QT09>
 Meeting ID: 512 286 338 Password: 002808
- 1:00pm In This Together w/ Aaron (audio only)
<https://zoom.us/j/474285100?pwd=YUgxenF4UEJFU3M3c3EzSGh2V0NxUT09>
 Meeting ID: 474 285 100 Password: 017431
- 2:30pm Chat-Support-Connect (audio only)
<https://zoom.us/j/463791415?pwd=NU16V0NldXNHRk84dmpUSWpISUY5QT09>
 Meeting ID: 463 791 415 Password: 005464

Thursday 3/26/2020

- 9:00am Yoga and Meditation w/ Casey
Facebook Live
- 1:00pm Seeking Safety w/ Sharon (audio only)
<https://zoom.us/j/524369803?pwd=cIJJaTRRemtnRU9UNmUyM0tLWEEdQZz09>
Meeting ID: 524 369 803 Password: 016282
- 2:30pm Chat-Support-Connect (audio only)
<https://zoom.us/j/227506777?pwd=K1Z3MUdITzNoY1h4UUhUY3ZLaHdSUT09>
Meeting ID: 227 506 777 Password: 022977

Friday 3/27/2020

- 10:00am Keep Your Power w/ Sharon (audio only)
<https://zoom.us/j/210032702?pwd=bERLaFZtRHV4MU1jNzBtK2tvVFgzUT09>
Meeting ID: 210 032 702 Password: 017783
- 1:00pm Life in Balance w/ Aaron and Cedric (audio only)
<https://zoom.us/j/962084500?pwd=amJkSHhaek5TVHVzT3hqYmIFZGtvdz09>
Meeting ID: 962 084 500 Password: 027011
- 2:30pm Dual Recovery Anonymous (DRA) w/ Sharon (audio only)
<https://zoom.us/j/713932175?pwd=d3FwRk4zRThJOUNIN3NZSOIZeEEyUT09>
Meeting ID: 713 932 175 Password: 017688

24/7 Warm-Line (833) 390-7728 (toll free)

A Warm-Line is a non-crisis phone line, operated by Peer Support Specialists, to talk, support you through a difficult time, and combat feelings of isolation. The Warm-Line is confidential and free of charge!

The Hot-Line number for Mecklenburg County Public Health Department is (980) 314-9400.



Confidential Peer-Support Warm-Line

A Warm-Line is a confidential and free non-crisis phone line, operated by Peer Support Specialists, to talk, support you through a difficult time, and combat feelings of isolation.

(833) 390-7728 (toll free)

WE HEAR
YOU | 24/7
(and we're good at listening!)