

Dear All,

Recently the nation and Connecticut have had increases in COVID-19 cases and hospitalizations. We know this is a very challenging and stressful time. We are here to support you.

We are in contact with state and local DPH, DMHAS, and DSS. We have continued to follow their guidance to help all Recoverees and Staff remain healthy and safe. Liberation Programs' Medical Director is advising our Leadership on final policy decisions related to the Coronavirus.

Anyone with Coronavirus symptoms (fever, coughing, trouble breathing, new loss of taste and smell) should let Nursing know immediately.

Liberation Programs' Inpatient Residential Updates:

- All group sizes have been reduced with socially distant seating.
- Treatment has been enhanced by Independent Study
- Medical appointments will continue to be conducted via telehealth whenever possible.
- Meals will continue to be served tableside.
- New admissions continue to be required to have a negative COVID test result.
- Visitations will continue virtually, with expanded access to video sessions.
- Flu shots continue to be offered.
- Additional professional cleaning will be continued.
- PPE is available, including masks for Staff and Recoverees.
- If you do not feel well, please notify your Counselor immediately.

Please Continue to Follow Expert Guidance to Help Protect Yourself & Others:

- Wear a mask whenever possible, covering your mouth and nose.
- Maintain a minimum of 6 feet distance between yourself.
- Clean your hands frequently, including before you eat or drink. Washing hands with soap and water for at least 20 seconds works best. Hand sanitizer and isopropyl alcohol wipes can also be used to clean your hands.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose when you cough or sneeze. If using a tissue, dispose promptly and wash your hands.
- Please also review and follow the updated guidelines from the Governor's Office

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